

Quick RICE RICE Outhorise Outhorise RICE

115 All-New Recipes

Sneak Peek!

Tna Garlen's NEW COOKBOOK

Super-Easy SHEET-PAN MEALS

PUMPKIN S'MORES CAKE!







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And then...
they gave them raisins!

Nothing's scarier than a house without



OCTOBER 201

CHECK OUT OUR SPECIAL COFFEE SECTION ON PAGE 43 AND FIND FUN NEW TAKES ON AN AFFOGATO.

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Fun Cooking

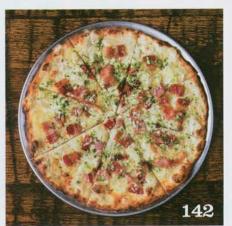
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Cover photograph by Ryan Dausch Food styling: Christine Albano Prop styling: Sarah Smart









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Party Time

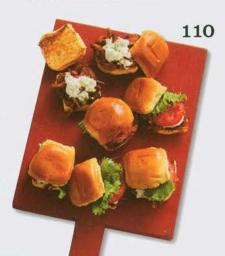
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Recipe Index



Coffee Cinnamon Buns

Coffee Monkey Bread



Coffee Pancakes



Coffee Candied Bacon



Coffee Granola



Sheet-Pan **Huevos Rancheros**



Sheet-Pan Chicken and Waffles



Sheet-Pan Apple Spice Pancake



SNACKS AND APPETIZERS



Coffee-Cocoa Almonds



Potato Skins



Queso Fundido



Halloween Deviled Tea Eggs



Cheesy Pumpkin Puffs



Spaghetti Worm Cups with Bolognese

SOUPS AND SALADS



Tomato Soup in a



Chicken & Spinach



Southeast Asian Pork Salad



Sheet-Pan Chicken Caesar Salad

PASTA AND GRAINS



Pimiento Mac and Cheese with Tuna



One-Pot Spaghetti



Mix & Match Fried Rice



MAKE A HALLOWEEN COOKIE HOUSE! SEE PAGE 118.

MEAT AND POULTRY



Flank Steak with Cabbage and Bacon



Slow-Cooker Chinese **Beef Stew with Noodles**



Teriyaki Pancakes with Broccoli, Sausage and Fried Eggs



Grilled Pork Tenderloin Sandwiches



Braised Chicken Thighs with Butternut Squash



Buffalo Chicken Sliders

FISH AND SEAFOOD



Shrimp and Barley Risotto



Seared Halibut with Brussels Sprouts Hash

VEGETARIAN DINNERS



Stuffed Potatoes with Lentil Chili



Sweet Potato Tostadas



FIND THIS BONUS BOOKLET ON PAGE 52!

SIDES



Coconut Creamed Kale



Mushroom Couscous



Shaved Cauliflower-Apple Salad



Glazed Carrots with Pepitas



Sautéed Shishito Peppers

DRINKS AND DESSERTS



Mocha White Russian



Coffee Negroni



Joe and Tonic



Espresso Martini



Classic Daiquiris, Updated



Witches' Brew



Coffee Pudding with Mini Doughnuts



Classic Affogato



Spumoni Affogato



Lemon Affogato



Maple-Whiskey Affogato



Rocky Road Affogato



Rum Raisin Affogato



Chocolate-Olive Oil Affogato



Frosted Coffee Brownies



Coffee Truffles



Frozen Coffee-White Chocolate Mousse



Coffee-Caramel Sauce



No-Bake Chocolate-**Peanut Butter Cookies**



Halloween Candy-Coated Apples



Latte Ice Cream Cake



Fresh Fig & Ricotta Cake



Pumpkin S'mores Layer Cake

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.



SWEET POTATO TOSTADAS PAGE 70

CALORIES: 410



SHRIMP AND **BARLEY RISOTTO** PAGE 72

CALORIES: 490



SOUTHEAST ASIAN PORK SALAD PAGE 72

CALORIES: 350



FLANK STEAL WITH CABBAGE AND BACON PAGE 80

ALORIES: 490



TRICK OR TREA

Consider handing out dark chocolate this Halloween: Scientists at California's Loma Linda University recently found that chocolate with high concentrations of cacao (at least 70 percent) can reduce stress and inflammation while also improving memory, immunity and mood.





Do your heart a favor and check out the special coffee section on page 43. A recent review of studies published by the American College of Cardiology found that people who consume up to three cups of coffee per day may be less likely to develop abnormal heart rhythms.

The protein collagen, which strengthens hair, skin, nails and joints, is everywhere these days. Almost 300 new collagen-enriched powders, bars and supplements were introduced in the United States last year! But you don't need to take a supplement. These ingredients can help the body produce more of its own collagen.



Dark green vegetables Coconut Creamed Kale (page 82)

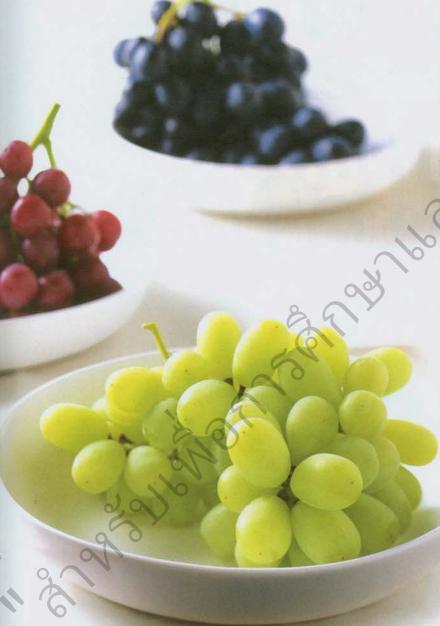


Fish Seared Halibut with Brussels Sprouts Hash (page 80)



Carrots Glazed Carrots with Pepitas (page 82)

MAINTAIN Wain.



Grapes have over 1,600 natural plant compounds

Research into the potential impact to our health when consuming grapes suggests that the whole grape—which contains over 1,600 natural plant compounds, including antioxidants and other polyphenols—offers a range of intriguing health benefits when included in our daily diet.

Help promote a healthy brain

Grapes may help support a healthy brain. In a preliminary study conducted at UCLA, researchers found that consuming about 2½ cups of grapes every day preserved healthy metabolic activity in regions of the brain associated with early-stage Alzheimer's disease, where metabolic decline takes hold.* A follow-up study is currently underway at UCLA, and additional human studies will be important to fully understand the role of grapes in this vital area of health.

A whole bunch of healthy

Scientists at some of the nation's most prestigious research institutions continue to study the potential health benefits derived from eating grapes every day. California's fresh-grape farmers are committed to supporting continued research on grapes and their impact on heart health, eye health, brain health, joint health and cell health. For now, just remember to...

Go with grapes every day for a whole bunch of healthy.

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We asked the stars: What was your best Halloween costume?

Star Search

Find your favorite Food Network celebs in this issue.



Chopped; The Best Thing I Ever Ate (on Cooking Channel) pg. 56



Sunny Anderson The Kitchen pgs. 22, 34



Maneet Chauhan Chopped pg. 125



Chopped pg. 56





Melissa d'Arabian Guy's Grocery Games pg. 24



Ree Drummond The Pioneer Woman pgs. 56, 137



Guy Fieri Diners, Drive-Ins and Dives; Guy's Grocery Games; Guy's Ranch Kitchen pg. 111



Amanda Freitag Chopped pgs. 38, 56



Nancy Fuller Farmhouse Rules pg. 22



Ina Garten Barefoot Contessa: Cook Like a Pro pg. 90



Duff Goldman Kids Baking Championship pg. 22



Alex Guarnaschelli Iron Chef America; Chopped; Fix Me a Plate (on foodnetwork.com) pgs. 22, 34



Eddie Jackson The Best Thing I Ever Ate (on Cooking Channel) pgs. 34, 56



Katie Lee The Kitchen; Beach Bites with Katie Lee (on Cooking Channel); Katie Lee Eats Meat, in Sweats (on foodnetwork.com) pgs. 56, 112

"I WENT AS A CHRISTMAS TREE ONE YEAR. I WORE A TIERED GREEN DRESS WITH BATTERY-POWERED LIGHTS AND HUNG ORNAMENTS ALL OVER IT."

"FORMER CHICAGO BEARS COACH MIKE DITKA-A.K.A. 'DA COACH.' I HAD A MUSTACHE, BEARS SWEATER, AVIATORS AND A CIGAR, IT WAS DEFINITELY A FAVORITE IN MY NEIGHBORHOOD!"



Jeff Mauro The Kitchen pg. 110



Trisha Yearwood Trisha's Southern Kitchen pgs. 56, 109



Geoffrey Zakarian Chopped; The Kitchen; Iron Chef America pgs. 22, 56



MAJORITY AGREE

MORE TASTE THAN BUD LIGHT

MILLER LITE. HOLD TRUE.

This one might qualify me for the parenting hall of shame: A few years ago I made a batch of brownies that called for three tablespoons of instant coffee granules. This, by the way, is enough to make about nine cups of coffee. Somehow, in the hours between when I made the brownies and when I offered a giant one to my 3-year-old daughter, I forgot about the coffee part and inadvertently gave her a caffeine high right before bedtime. She danced like a lunatic for an hour until the buzz wore off. She's 6 now, and I'm not sure this is related to the brownie incident, but she loves an iced latte more than anyone I know. She has never even tried a real one—only an occasional taste of my afternoon decaf. Nevertheless, I have created a coffee lover.

This was probably inevitable. Our mornings at home revolve around coffee. My husband has outfitted our kitchen with an industrial espresso machine that's hooked up to our plumbing, and we keep two portable machines in the basement in case the mother ship malfunctions. We take the smaller ones with us on family vacations—and occasionally lend them out to friends and family in need. This setup might sound extreme, but on the scale of coffee lunacy in this country, I think I fall somewhere in the middle. I wake up thinking about coffee, and I'll drive 10 minutes out of my way for a good latte, but I'll never drink more than two cups a day. When we asked Food Network stars about their habits for a special coffee section in this issue, Geoffrey Zakarian told us he drinks 12 double espressos a day (see page 56). We thought it must be a mistake, so we called back to confirm. The number was accurate; he really loves coffee.

Whether you share Geoffrey's passion or you're just one of the 80 percent of Americans who regularly make coffee at home, you should check out the booklet on page 52. It's filled with recipes that any coffee drinker will love. My own little coffee fanatic will be thrilled to try some of them, too-but next time, I'll use decaf.

> Maile Carpenter Editor in Chief

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ON YOUR MARK

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being west

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INGREDIENTS

- boneless, skin-on chicken thighs, trimmed
- teaspoons kosher salt, divided
- teaspoons black pepper, divided
- teaspoons Bertolli® Extra Virgin Olive Oil
- large yellow onion, sliced
- cloves garlic, sliced
- jar (24 ounces) Bertolli® Rustic Cut" Roasted Garlic Marinara with Garden Vegetables Sauce
- green bell pepper, sliced
- red bell pepper, sliced
- ounces brown mushrooms, quartered
- cup pitted Kalamata olives
- tablespoons capers, drained
- sprigs fresh thyme
- lemon, thinly sliced
- pound spaghetti, cooked
- tablespoons chopped fresh parsley
- cup shaved Parmesan cheese

DIRECTIONS

1. Season chicken with 2 teaspoons salt and 1 teaspoon pepper. 2. Heat oil in large skillet on medium-high heat. Add chicken, skin-side down. 3. Cook 2-3 min. on each side or until golden brown. Remove chicken from skillet. 4. Add onions to same skillet on medium-high heat. Cook 5-7 min. or until translucent, stirring often. 5. Stir in garlic; cook 30 seconds. Transfer mixture to slow cooker. 6. Add sauce, bell peppers, mushrooms, olives, capers, thyme, bay leaf, 1 teaspoon salt and 1/2 teaspoon pepper to onion mixture in slow cooker. Stir well. 7. Nestle chicken into sauce; top with lemon slices. Cover with lid. Cook on HIGH 4 hours (or on LOW 8 hours). Remove bay leaf. 8. Serve spagnetti topped with chicken, sauce, parsley and Parmesan.

SERVES 4 - PREP 20 minutes - COOK 8 hours



INGREDIENTS

- teaspoons Bertolli® Extra Virgin Olive Oil, divided
 - small zucchini, sliced in 1/2-inch half moons
- cups tightly packed Tuscan kale
- leaves, thinly sliced jar (24 ounces) Bertolli® Rustic Cut™ Three Cheese with Aged Asiago, Romano & Parmesan
- carton (32 ounces) vegetable broth
- can (15 ounces) cannellini beans, rinsed
- cup shaved Parmigiano-Reggiano cheese

DIRECTIONS

1. Heat 2 teaspoons oil in 6-quart pot on medium-high heat. 2. Add zucchini and kale; cook 1–2 min. or until kale begins to wilt, stirring frequently. 3. Reduce heat to medium; add sauce, broth and beans. Simmer 5-7 min. or until heated. 4. Top with Parmesan

SERVES 6 - PREP 9 minutes - COOK 15 minutes



INGREDIENTS

- container (15 ounces) whole milk ricotta cheese
- egg, beaten
- cup grated Parmigiano-Reggiano cheese, divided
- cup chopped fresh parsley, divided
- cooked lasagna noodles jar (24 ounces) Bertolli® Rustic Cut" Marinara with Traditional **Vegetables Sauce**
- package (8 ounces) shredded Italian blend cheese

DIRECTIONS

1. Preheat oven to 425°F. 2. Mix ricotta, egg, 1/2 cup Parmesan and all but 1 tablespoon parsley in medium bowl until combined. 3. Spray 13x9-inch baking dish with cooking spray. Layer 4 noodles, trimming to fit as needed, half the ricotta mixture, one-third of the sauce and one-third of the shredded cheese. Repeat layers. 4. Top with remaining noodles, sauce, Parmesan and shredded cheeses Cover tightly with foil. 5. Bake 30 min. or until cheese is melted and edges are bubbly. 6. Sprinkle with reserved parsley before serving.

SERVES 12 - PREP 30 minutes - COOK 15 minutes





October

SUN

MON

TUE

The Peanuts comic

WED

THU

FRI

strip debuted today in 1950. Make Peanuts cookies: Mix 1 cup each and cumin on tostadas. Top with shredded chicken peanut butter and sugar with 1 egg; bake at 350°, 10 to 12 minutes.

Thanksgiving became an official holiday 155 years ago today-a good excuse to whip up a pie shake: Blend vanilla ice cream with apple pie filling and milk.

It's the last weekend of Germany's Oktoberfest—have beer at brunch! Cook 12 ounces beer until syrupy;

stir in 1 tablespoon butter. Serve on pancakes.

It's Columbus Day in the US and Thanksgiving in Canada. Make a toast to both: Pour 1 ounce pomegranate liqueur over ice; top with prosecco.

Burger Bash is top burgers with bacon, frisée and 13

Food Network's 25th birthday party is tonight at the NYC Wine & Food Festival! Follow the action at #nycwff.

14



16

Today is World Food Day, Follow events aimed at tackling the hunger crisis around the globe at #zerohunger.

Throwback Thursday! Make a retro dessert: mini icebox cakes Layer chocolate wafers and whipped cream in small ramekins; chill 2 hours.

20

21



Four weeks until Thanksgiving! It's not too soon to make your pie dough. Just wrap it tightly, seal in a bag and freeze.

26



Philadelphia became a city 317 years ago today. Make cheesesteak pizzas: Go to foodnetwork.com/ phillypizza for the recipe.

doughnuts for a spooky brunch: vampire teeth into the hole of

30

Happy Halloween! Put orangeand-black snacks in the kids' lunch boxes: Dip dried apricots in melted dark chocolate; let set.



TOSTADA, ICEBOX CAKE AND DOUGHNUT PHOTOS: RYAN DAUSCH; FOOD STYLING: ADRIENNE ANDERSON. COOKIES. DEVON JARVIS/STUDIO D. MILKSHAKE, PANCAKES AND APRICOTS. CHARLES MASTERS. COCKTAIL AND CHEESESTEAK PIZZA: ANDREW PURCELL. BURGER AND MAMS: LEVI BROWN. PUMPKIN PIE. CON POULOS.



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You Asked.

Food Network stars answer your burning questions.



Sunny, whenever I make chicken and dumplings, the dumplings stick to the bottom of the

pot. Help!

David Daffron St. James, MO

Either the dumplings are too dense or the pot is too crowded. Don't overwork the dough, and make sure to stir the dumplings constantly once they hit the pot. There are many different types of dumplings, but I use a simple method I learned from my mom (foodnetwork.com/ sunnysdumplings).

-Sunny Anderson



Geoffrey, what inspired you to become a chef? Tatiana Szewczuk Clark, NJ

I've always loved hospitality, eating and entertaining, but I actually trained as an economist. Instead of pursuing that career, I ended up traveling to France for a short time after college and fell in love with the culture and lifestyle there. appreciate the regality with which they serve food in France. There's a theater to it that I'm really drawn to.

Geoffrey Zakarian



Alex, when I can't get ramps, what can I use as a substitute?

Joan Frazier Adams, TN

Ramps can be hard to find, especially since they're only in season for a hot minute (usually April through early June). Scallions are an easy replacement; you can mix them with a little bit of garlic for a comparable ramp flavor. Another option is to use leeks; just cut them up and cook until tender.

-Alex Guarnaschelli



Duff, Want to give apple pie a fun twist. Any ideas?

Asia Andrews Evansville, WI

One of my favorite ways to dress up an apple pie is with the streusel topping from my cookbook, Duff Bakes. It's pretty simple: Cream 1 stick butter with ½ cup each granulated sugar and lightly packed brown sugar, 1 tablespoon vanilla extract and a few pinches of cardamom or whatever spices you like. Then add 1 cup all-purpose flour and stir until crumbly. Sprinkle a generous coating on top of your pie before baking.

-Duff Goldman



Nancy, do you have a good cream-based soup recipe?

Lorriann Shatter Sioux Falls, SD

I'm a huge fan of cream-based soups, especially in the fall and winter. I have an excellent corn chowder recipe that you can find at foodnetwork.com/ nancyschowder. (It's from my cookbook, Farmhouse Rules.) I use bacon and thyme as layers of flavor in addition to the corn. In the past I've also added crabmeat for a spin on a tried-and-true classic!

-Nancy Fuller

Have a question for a Food Network foodnetwork.com



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STACK IT. BUILD IT. MIX IT UP



Happy Birthday

MELISSA D'ARABIAN IS TURNING 50!

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

Best gift ever "My Honda minivan! I've bought the same model—a used Odyssey— several times. One year my husband, Philippe, surprised me with a brandnew car. It smelled divine, but I never loved it like my trusty Odyssey—and Philippe could tell. So the best gift was actually an un-gift: He sold the new car and got me a used Odyssey."



Favorite birthday cake

"Is it weird to say carrot cake? It's my favorite of all time."



Best birthday party ever "Last year we had a low-key dinner party at our home. Philippe hired paella makers, and my daughter Charlotte made dozens of cupcakes. It was perfect."





Favorite way to celebrate

"Birthdays in our house mean breakfast in bed. I love seeing the people I care about most right when I wake up.'

Does your astrological sign mean anything to you?

"I'm a Libra, and while I'm not a follower of astrology, I think that I fit the typical description of a balanced Libra who tries to find both sides to a story."





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chilly days, chili nights

Come in from the cold to the savory warmth of a delicious meal. Harvest extra flavor with pepper jack cornbread and pumpkin cheesecake—true fall favorites.





chilly days, chili nights

Come in from the cold to the savory warmth of a delicious meal. Harvest extra flavor with pepper jack cornbread and pumpkin cheesecake-true fall favorites.



beef, chorizo and pinto bean chili

2 tablespoons olive oil 11/4 pounds ground beef, 80 percent lean 11/4 pounds fresh chorizo, casing removed 1 large onion, chopped

1 large red bell pepper, chopped 4 cloves garlic, chopped 3 tablespoons chili powder 1 tablespoon ground cumin

3 tablespoons tomato paste

+KOHL'S

3 tablespoons chopped pickled jalapenos, plus 2 tablespoons brine One 28-ounce can diced tomatoes One 14.5-ounce can beef broth Two 15-ounce cans pinto beans, rinsed and drained Kosher salt and freshly ground black pepper Sour cream, grated cheddar and chopped pickled jalapenos, for serving

Heat a Food Network 5-quart enamel cast iron Dutch oven over medium heat. Add the oil, beef and chorizo. Cook, crumbling with a wooden spoon, until browned, about 10 minutes. Add the onion and bell pepper and cook, stirring occasionally, until softened, about 5 minutes.

Stir in the garlic, chili powder and cumin. Make a space in the center of the pot and add the tomato paste. Let the tomato paste toast for a minute, and then stir into the vegetables. Add the jalapenos and brine.

Add the tomatoes, broth and 2 cups water. Bring to a simmer and cook until the chili begins to thicken, about 10 minutes. Stir in the beans and season with salt and pepper. Simmer until the chili is thick, about 30 minutes more. Serve with sour cream, cheddar and jalapenos.

Yield: 6 to 8 servings (12 cups) Active Time: 25 minutes Total Time: 1 hour 5 minutes

pepper jack cornbread

4 tablespoons unsalted butter. melted, plus more for brushing 11/2 cups coarse cornmeal, plus more for sprinkling 11/4 cups all-purpose flour

2 tablespoons sugar

2 teaspoons baking powder

1 teaspoon kosher salt 1/2 teaspoon baking soda 2 cups buttermilk 2 large eggs, beaten 4 scallions, chopped 11/2 cups grated pepper jack

cheese (about 3 ounces)

Preheat the oven to 400 degrees F, Brush a Food Network 9x13-inch nonstick textured baking sheet with melted butter and dust with

Whisk together the cornmeal, flour, sugar, baking powder, salt and baking soda in a large bowl. Beat together the buttermilk, eggs and melted butter in a spouted measuring cup. Pour the wet ingredients into the dry and whisk until just combined. Stir in the scallions and half the cheese

Spread the batter in the prepared pan. Sprinkle with the remaining cheese and bake until a toothpick inserted in the center comes out clean, 18 to 20 minutes. Cool on a rack at least 10 minutes before unmolding and serving. Cut into squares and serve warm or at room temperature.

Yield: 8 servings Active Time: 15 minutes Total Time: 45 minutes

pressure cooker pumpkin cheesecake

1 cup crushed gingersnaps 3 tablespoons unsalted butter, melted 1 pound cream cheese, at room temperature 1/2 cup sugar 2 large eggs, at room temperature Caramel sauce, for serving

3/4 cup pumpkin puree 1/4 cup sour cream. at room temperature 1 tablespoon all-purpose flour 2 teaspoons pumpkin pie spice 1/2 teaspoon vanilla extract

Line the bottom of a Food Network pressure cooker 7-inch springform pan with parchment. Combine the cookies and butter and press into the bottom of the pan.

Beat the cream cheese and sugar with an electric mixer on medium until smooth. Add the eggs, pumpkin and sour cream; beat until smooth, about 1 minute. Add the flour, pumpkin pie spice and vanilla; beat until smooth. Spread over the crust. Tap the pan on the counter to release any bubbles. Add 1 cup water to a pressure cooker. Set the included rack inside. Place the pan on the rack. Lock the lid and set to high pressure for 30 minutes.

Turn the steam valve to "Venting" to release pressure. Lift out the pan with potholders. (The cheesecake will settle as it cools.) Refrigerate until set, at least 4 hours. Loosen the side of the cheesecake with a thin knife. Remove the collar. Top with caramel.

sauteed kale with garlic and onions



3 tablespoons olive oil 1 medium red onion, sliced 3 cloves garlic, thinly sliced Pinch of crushed red pepper flakes

2 bunches kale (about 2 pounds), stems discarded and leaves chopped

3 tablespoons cider vinegar Kosher salt

Heat the oil in a Food Network 6-quart ceramic stock pot over medium heat. Add the onions and cook, stirring occasionally, until softened and just starting to brown, 5 to 7 minutes. Add the garlic and red pepper flakes and cook until the garlic is softened but not browned, about 2 minutes. Add half of the kale and cook, tossing occasionally, until wilted, 3 to 5 minutes. Add the vinegar, 1 teaspoon salt and the remaining kale, cover and cook, tossing occasionally, until the kale is just tender, about 10 minutes more.

Yield: 8 servings Active Time: 20 minutes Total Time: 30 minutes

Yield: 6 servings Active Time: 25 minutes Total Time: 25 minutes

A Little Something

Fun-size candy is celebrating a big anniversary: Fifty years ago, Mars first printed the phrase on its. downsized Snickers bars. The company soon expanded the line to include Milky Way, 3 Musketeers, Mars bar and M&M's. Of course, competing candymakers wanted in on the fun, too: Curtiss Candy Company added the phrase to small Baby Ruth and Butterfinger bars in 1971 and, despite a lawsuit, others followed. The candies have been a trick-or-treating mainstay ever since, although kids might argue that fun-size bars aren't technically as fun as normal candy bars: They're only about

30 percent the size!



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IF YOU'RE TIRED,
THESE MIGHT TASTE
EXTRA SOUR!

Apparently sleepiness can wake up your taste buds: A new study found that drowsy participants reported tasting more intense flavors in sour solutions than their well-rested counterparts. The sleepier people also had more cravings for sweet, high-fat foods like chocolate bars.

SOURCE: APPETITE



TWO OF A KIND

Do mayonnaise and ketchup belong together? The answer seems to be a resounding yes, but no one can agree on what to call the combo—or where it originated. Heinz posted a Twitter poll earlier this year to gauge interest in Mayochup, a mayo-ketchup hybrid already sold in the Middle East, and a debate quickly followed. Fans pointed out that the blend has been popular for decades in Utah (where people call it fry sauce), as well as in Argentina, Colombia and Puerto Rico. Heinz's solution: When bottles go on sale this fall, you'll be able to choose from 92 different labels based on Twitter submissions.

SUGAR SHOCK

Cities across the country have adopted controversial soda taxes, and new research reveals that the move is actually making a difference in what people drink. Two months after Philadelphia raised the price of sugary drinks by 1.5 cents per ounce, residents were 40 percent less likely to drink soda daily, relative to people in cities that did not add a tax. Bottled water consumption, on the other hand, was up by 58 percent during the tax period.

SOURCE: AMERICAN JOURNAL OF PREVENTIVE MEDICINE



STARRING

Star Wars lead Mark Hamill is getting into the baking business-at least on screen. His latest role is a cameo in a full-length animated movie produced by King's Hawaiian. The company, famous for its sweet rolls. worked with Fresh Baked Films on The Legend of Hallowaiian, which follows three kids who defend the Hawaiian Islands against a pineappleheaded monster on Halloween night. The movie premieres in select theaters in late September and October. For theater dates and locations, visit hallowaiian.com.

TESTING THE WATERS

Many pizza and bagel lovers in New York City swear that the water there is the secret to great dough. And now one new company is promising to bring the magic ingredient to restaurants across the country: New York WaterMaker's system attempts to replicate the chemical composition of water from a specific source. The start-up plans to eventually apply its technology to other food destinations, so you'll be able to taste authentic San Francisco sourdough bread and real Neapolitan-style pizza anywhere.



THIS GADGET WILL CREATE





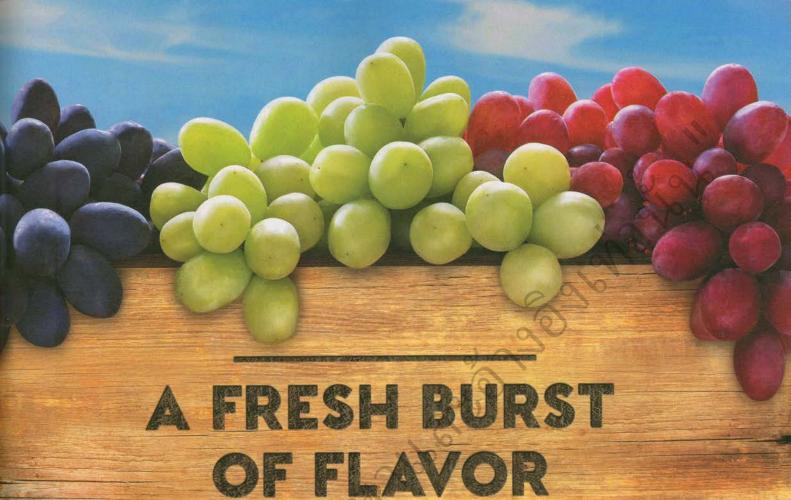
and other organizations

that help women learn the business side of farming.

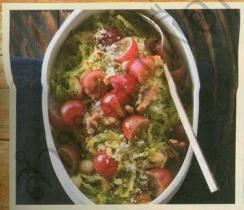
\$9 for three bags; amazon.com



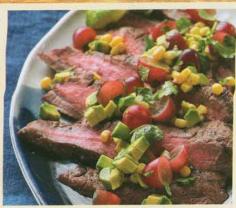
Here's a great excuse to gorge on macarons in October: The national company Woops! is dyeing all 21 flavors of its treats pink from October 19 to 21 in support of Breast Cancer Awareness Month even the chocolate ones! For each box of macarons sold that weekend (and all macarons sold online in October), \$1 will go to the National Breast Cancer Foundation. From \$15: bywoops.com



Make fall more festive
with plump & delicious grapes from California









ANTIOXIDANTS

→ NO FAT + NO CHOLESTEROL ←

GrapesfromCalifornia.com

NDY COR

Candy corn wasn't originally intended to be a Halloween treat. When George Renninger invented the tricolored sweet at Philadelphia's Wunderle Candy Company in the 1880s, it was called Chicken Feed and it was meant to be eaten year-round. More than 70 years passed before candy corn became a trick-or-treating staple—something historians attribute to its kernel shape, a nod to the fall harvest. These days, 35 million pounds of candy corn are produced every year!

What exactly is that flavor?

It sure isn't corn! Candy corn's main ingredient is sugar-and lots of it. The big brands also include corn syrup, dextrose and honey, which give the candy a marshmallowy taste, along with artificial flavors that add undertones of butter and vanilla.

Beyond the Bag

Check out these creative candy corn treats.



WHOOPIE PIE

Austin

Candy corn is mixed into the buttercream and stuck to the top and sides. irenesaustin.com



econd State Coffee

Charleston, SC

The baristas sweeten this latte with homemade candy corn simple syrup. then top it with a foamy jack-o'-lantern. secondstatecoffee.com



OLD-FASHIONED

The Bookstore

Seattle

The classic cocktail is mixed with simple syrup flavored with candy corn and cherries. bookstorebar.com

CURVEY SAKE

We asked Food Network fans how they feel about candy corn.

The stars weigh in.



"Growing up, all of my cousins and siblings loved it, but I would be OK with never seeing candy corn again in my life."

-EDDIE JACKSON



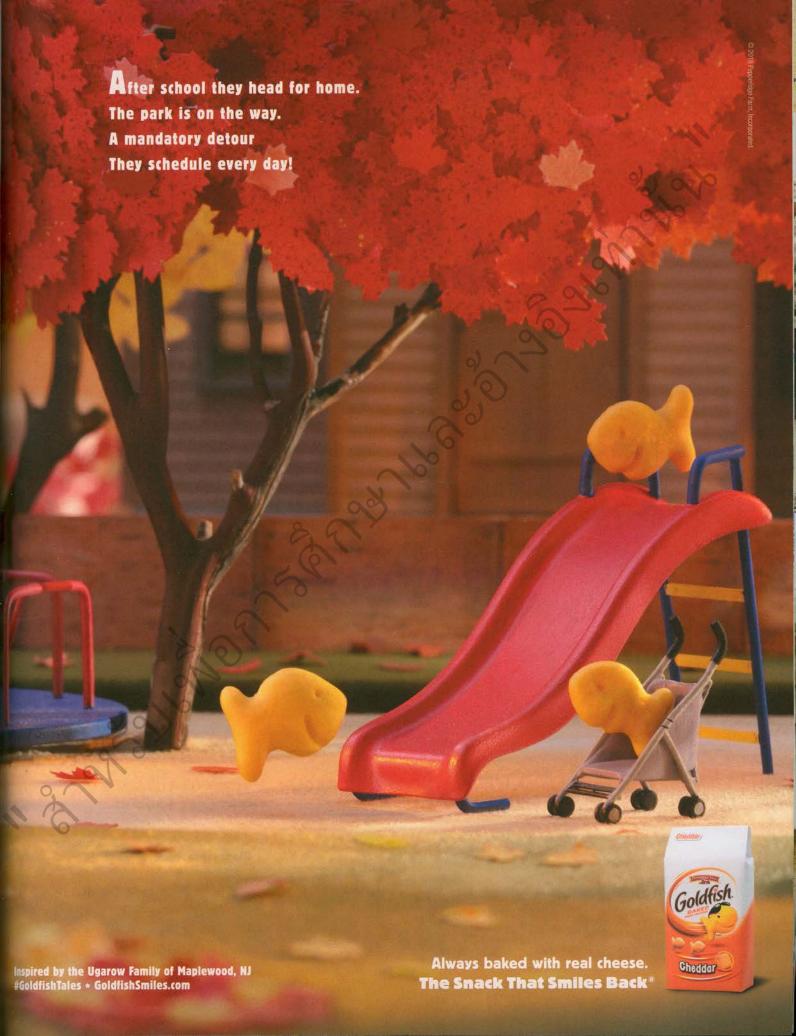
"lck. I prefer my corn from a cob." -SUNNY ANDERSON



LOVE IT

"To me, candy corn embodies Halloweenone of my favorite days of the year-so I'll nibble on a few for the sake of sugary reminiscence."

-ALEX GUARNASCHELLI



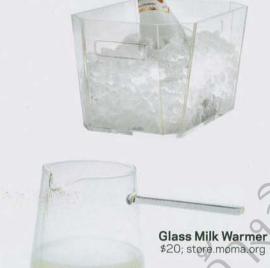
In the Know

Acrylic Bar Cart \$200; worldmarket.com

Claro Acrylic Party Bucket \$140; zgallerie.com

Square Acrylic Bar Stool \$749; wisteria.com







These transparent kitchen items are clear winners.

Acrylic & Glass Dining Table \$2,200; wisteria.com

Clear Twig Salad Servers \$11; madhousecollection.com

> Glass Water Kettle \$50; store.moma.org





THERE ARE NO SHORTCUTS TO MAKING EXCEPTIONAL ICED TEA.

As a Tea Master, I insist that our tea leaves are gently rolled and brewed in smaller batches for smooth, delicious iced tea.

Alex White, Pure Leaf Tea Master



Pure Leaf.

Our Thing is Tea.

Star Kitchen

Chef Amanda Freitag invites us into her cozy New York City kitchen.

As a judge on Chopped, Amanda Freitag spends a lot of time in a hectic TV kitchen. When she renovated her home kitchen last year, she wanted something...calmer. "My Pinterest page was all white and wood with plants," she says. "I love that Scandinavian look." To make the small New York City galley kitchen feel airy, she took down one of the walls, opening up the space to the rest of the apartment, and she kept the color scheme neutral with gray tile floors, stainless-steel counters and a maple island. Because the kitchen is so tiny, Amanda had to be ruthless about editing down her stuff. "When I'm out shopping, I constantly remind myself, 'Nope, you have nowhere to put that." There was one thing she couldn't go without, however: her Kitchen Aid dishwasher, an appliance she had coveted since moving to Manhattan 23 years ago. "I put everything in the dishwasher," she says, laughing. "It's exciting to finally have one!"







Get the Look

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



She keeps a houseplant in a painted rattan Basket Planter on top of her fridge so it gets extra light. \$40; cb2.com



The chef's go-to countertop appliances are her Vitamix and her Creatista Plus espresso maker. She's a self-proclaimed coffee addict and considers a morning cup (or three) a necessity. \$599; nespresso.com



Amanda chose all-white dinnerware similar to Food Network Broad Rim for its simplicity—it's great for photographing food. "I have so many mismatched things that I wanted something clean and cohesive," she says. \$120 for 40 pieces; kohls.com

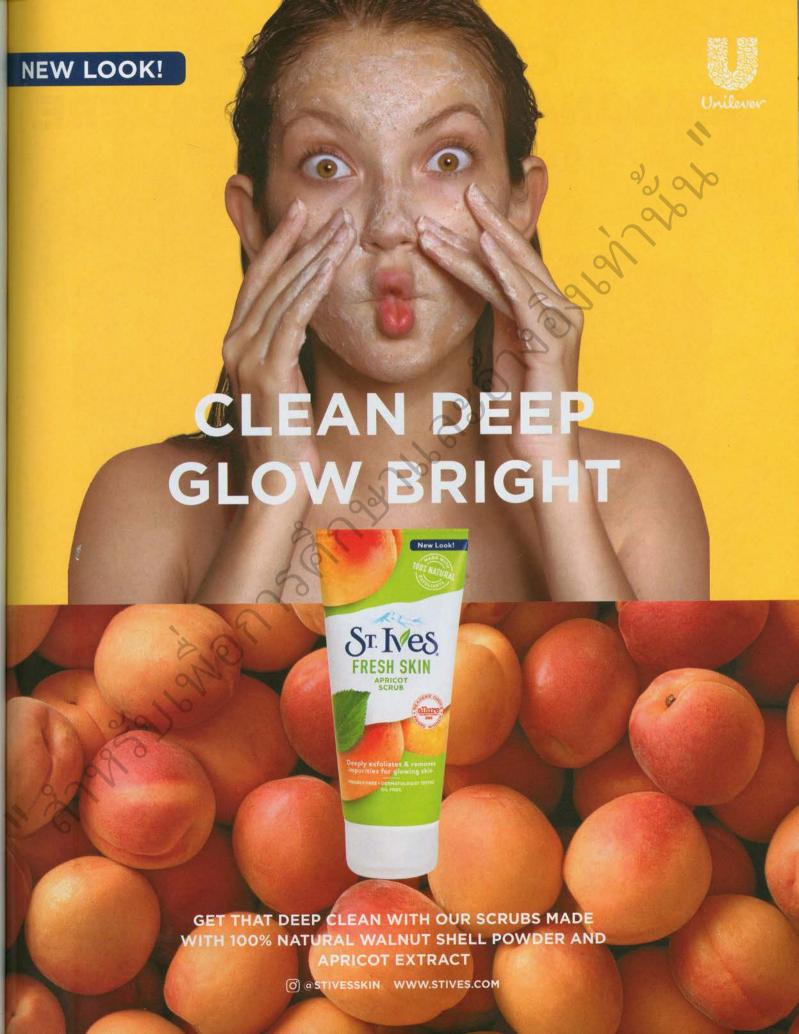
Amanda wanted concrete floors in her kitchen, but her contractor couldn't fit a concrete grinder in the small space. Instead, she went with a tile that has a similar feel but requires less equipment to install; it's similar to this Fresco Blanco Glazed Porcelain Tile. \$2.50 per square foot;

homedepot.com





A big Monstera Leaf adds a pop of green to Amanda's island. Hers is the real deal, but we like this faux one, too; it'll never wilt! \$20; worldmarket.com



COFFEE-MATE® SEASONAL FLAVORS ARE HERE.

GET ON YOUR COFFEE'S NICE LIST.





Nestle. Offeemate

Fun Cooking SPECIAL

Something's Brewing

We filled this section with dozens of recipes for coffee lovers, starting with this easy dessert: Make instant chocolate pudding using cooled coffee in place of half the milk, then divide among mugs and chill. Top with whipped cream and a mini doughnut or doughnut hole.

Could You Be a

Take this quiz and see if you know coffee like a pro.

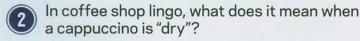




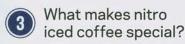




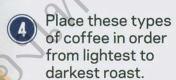




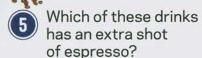
- A. It's half regular, half decaf.
- C. It's made with mainly foam versus steamed milk.
- B. It's made with skim milk.
- D. The shot of espresso is pulled in a shorter amount of time.



- A. It has extra caffeine.
- B. It's bubbly.
- C. It's spiked with beer.
- D. It's made with extra-premium coffee beans.

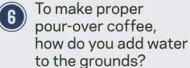


- A. Breakfast
- B. Blonde
- C. French
- D. Full city



- A. Dirty chai
- B. Red-eye iced coffee
- C. Doppio macchiato





- A. Add all of it at once.
- B. Pour half the water in, wait until it's absorbed, then add the rest.
- C. Continually add water while stirring the grounds with a spoon.
- D. Add a little water, pause, then slowly add the rest of the water in a circular motion.





Match the drink name to its description.

flat white, cappuccino, latte, cortado

- A. Espresso with equal parts steamed milk and foam ___
- B. Espresso with steamed milk
- C. Espresso with an equal amount of steamed milk -
- D. Espresso with micro-foamed milk



What does it mean to "dose" coffee?

- A. Add coffee beans to the grinder.
- **B.** Place ground coffee in an espresso filter.
- C. Add extra syrup to a drink.
- D. Pour regular drip coffee into a cup.



What's the most common type of coffee bean?



- A. Arabica
- B. Robusta
- C. Liberica



Place these espresso drinks in order from smallest to largest.

- A. Americano
- B. Ristretto
- C. Lungo
- D. Italiano



How long should you let coffee brew in a French press before pushing down the plunger?

- A. Push it down slowly right away.
- B. 2 minutes

C. 4 to 5 minutes

D. 8 to 9 minutes



12

Label this espresso machine's parts.

portafilter, hot water tap, steam wand, pressure gauge, group head



.....

Match the coffee drink to its sweetener.

Vietnamese coffee, mocha, New Orleans-style iced coffee,

espresso con panna



A. Sugar



B. Chocolate syrup



C. Sweetened condensed milk



D. Whipped cream



Which of these lattes contains coffee?



A. Chai latte



B. Golden latte

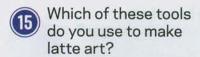


C. Matcha latte



D. None of these

Fun Cooking



A. Stencil

B. Toothpick

C. Airbrush

D. None of these



TRUE OR FALSE?

The fruit of a coffee plant is called the cherry.

Cold brew is made by chilling extra-strong hot coffee.

Frothed milk is the same as steamed milk.

Coffee beans taste best immediately after they're roasted.

The first step when steaming milk is to bring it to a boil.

You can make espresso from any type of coffee bean.

Hazelnut syrup is made with hazelnuts.

"Crema" is a term for adding just a splash of milk to espresso.

Decaf coffee still has caffeine in it.

French press coffee requires a finer grind than espresso.

SCORE SHEET

Give yourself one point for each correct answer.

1. (One point for each) A Moka pot: B Chemex; C AeroPress; D French press

2. C

3. B The addition of nitrogen gas gives nitro coffee a frothy, slightly creamy texture.

4. (One point total) B Blonde is a light roast; A Breakfast is medium; D Full city is medium-dark; C French is dark.

5. D The term "dirty" is generally used for tea lattes made with espresso, whereas "red-eye" refers to adding espresso to regular coffee. "Doppio" is a double shot of espresso.

6. D

7. (One point for each) A Cappuccino; B Latte; C Cortado; D Flat white

8.B

9. A Robusta is the second most popular, and Liberica is a rare heirloom variety.

10. (One point total) B, C, D, A All these drinks use about 3/4 ounce of ground coffee but different amounts of water.

11. C To make a proper pot, pour hot water over the grounds, stir, put the top on and wait four to five minutes before gently pushing down the plunger.

12. (One point for each) A Group head; B Hot water tap: C Portafilter: D Steam wand; E Pressure gauge

13. (One point for each) A New Orleansstyle iced coffee; B Mocha; C Vietnamese coffee; D Espresso con panna

14. D All of these include milk but no coffee: A chai latte has a spiced black tea syrup, a golden latte has turmeric and a matcha latte has green tea powder.

15. D You don't need any tools to make latte art, just the right pouring technique.

16. TEach one contains two coffee beans.

17. F Cold brew is made by steeping coffee grounds in cool or roomtemperature water overnight.

18. F Frothed milk is stiffer, meaning it has bigger bubbles than steamed milk.

19. F The sweet spot is three days to four weeks after roasting, once the flavors mellow.

20. F To make steamed milk, start with cold milk and, using a steam wand, swirl and froth until it's hot but not boiling, 135° to 155°.

21. T Espresso is just a brewing technique; that said, most baristas use dark-roasted beans to make it.

22. F Flavored syrups are normally made with extracts and natural flavorings. so the hazelnut variety usually has no nuts in it.

23. F Crema is the flavorful foam on top of a freshly pulled shot of espresso.

24. T Decaffeination removes 9.7 percent of caffeine.

25. F French press coffee is best made with coarsely ground beans.

HOW DID YOU DO?

O TO 12 POINTS PRETTY WEAK

Give yourself a little pick-me-up without actually brewing coffee: Try the coffee pancakes on page 52.

13 TO 25 POINTS **AVERAGE JOE**

Sounds like you know a cappuccino from a latte. Celebrate with some affogato! See page 50.

26 TO 38 POINTS

BUZZWORTHY You're a real pro! Reward yourself

with the espresso martini on page 55.



WENT-LEVEL WILLIAM STATES OF THE PROPERTY OF T

Try some fun new takes on this super-cool drink.

decade ago, the only people who knew much about cold brew were cutting-edge baristas and residents of certain parts of Louisiana, where the beverage is a specialty known as New Orleans-style iced coffee. These days, cold brew is a national obsession, with sales growing more than 400 percent over the last two years. Because it's made by steeping coffee grounds in cool or room-temperature water, cold brew has less acid and tastes smoother than regular iced coffee, which is made simply by cooling down hot coffee. Now that so many coffee lovers are cold brew enthusiasts, restaurants and cafés are expanding their options and serving the drink in the form of a cocktail. Here are three fun versions to try at home.

BASIC COLD BREW

Coarsely grind 1 cup coffee beans; put in a nonreactive container and add 5 cups room-temperature water. Cover and let sit 18 to 20 hours at room temperature. Strain through a cheesecloth-lined sieve.

JOE AND TONIC

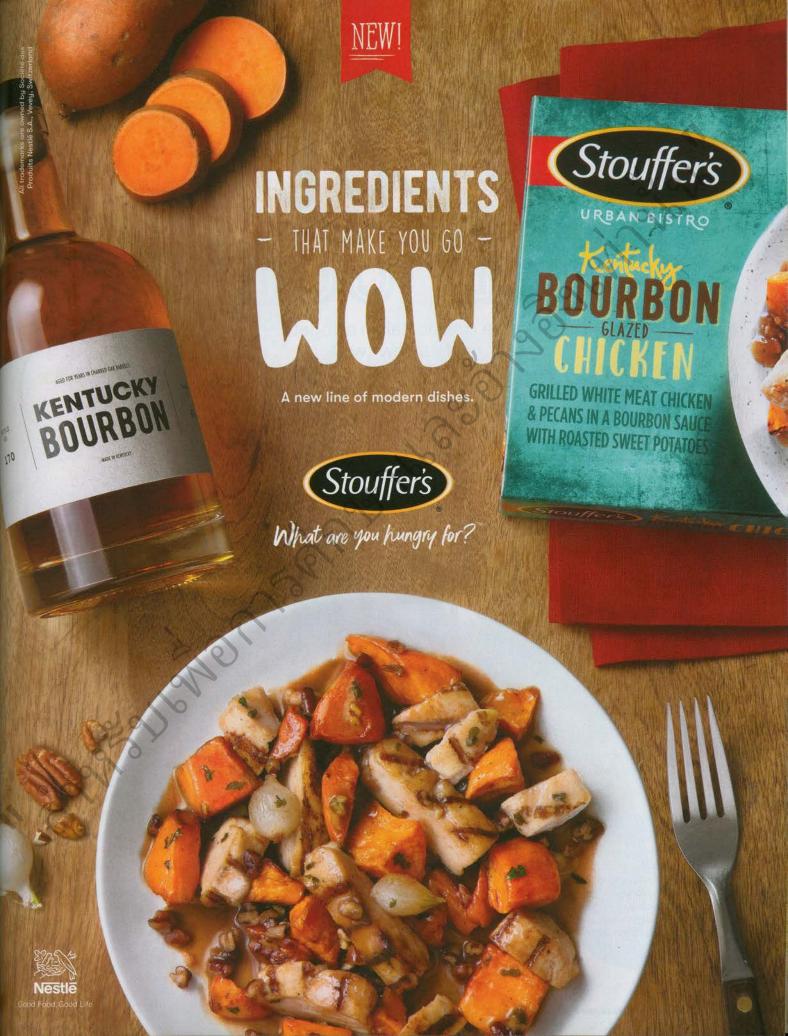
Combine 2 ounces each tonic, vodka or gin, cold brew and a squeeze of lime juice in a tall ice-filled glass. Garnish with a lime wedge.

MOCHA WHITE RUSSIAN

Drizzle warm fudge sauce down the inside of a tall glass and freeze until set. Shake 2 ounces each cold brew, chocolate milk, vodka and coffee liqueur with ice in a cocktail shaker. Strain into the prepared glass.

COFFEE NEGRONI

Shake 1 ounce each cold brew, Campari, gin and sweet vermouth with ice in a cocktail shaker. Strain into an ice-filled glass. Garnish with an orange twist.



Make a classic Italian affogatoor try a new twist.



for an affogato—it's denser than regular slow-churned or light



Spumoni

Microwave 2 ounces chopped semisweet chocolate and 1 teaspoon coconut oil in a small bowl until melted, about 1 minute; let cool 1 minute. Scoop pistachio gelato into a small glass. Top with the melted chocolate and let harden, then add a few jarred Italian cherries and their syrup. Pour a shot of espresso on top.

Lemon

Scoop lemon sorbet into a small glass, then pour a shot of espresso on top. Garnish with a lemon twist.

Rocky Road Scoop rocky road ice cream into

a small glass and top with mini marshmallows. Pour a shot of espresso on top.



Rum Raisin

Whisk ½ cup heavy cream and 2 tablespoons confectioners' sugar until soft peaks form. Add 1 tablespoon dark rum; whisk to medium peaks. Scoop rum raisin ice cream into a small glass, then pour a shot of espresso on top. Top with the whipped cream. Serve with biscotti.



Maple-Whiskey

Scoop vanilla gelato into a small glass. Drizzle 1 tablespoon each pure maple syrup and whiskey over the gelato, then pour a shot of espresso on top. Top with crumbled amaretti cookies.



Chocolate-Olive Oil

Scoop chocolate gelato into a small glass, then pour a shot of espresso on top. Drizzle with olive oil and sprinkle with flaky sea salt.

Recipes for COFFE Source of the fix in a whole new form!



COFFEE CINNAMON BUNS





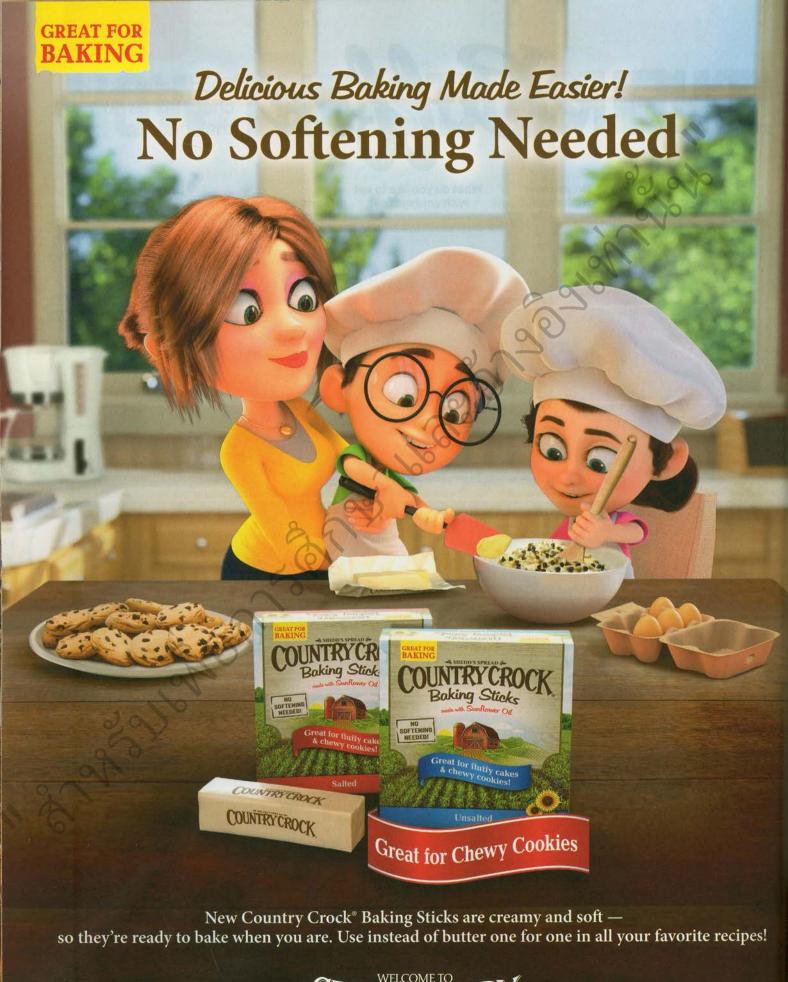


HOW THE STARS TAKE

	Iced or hot?	Go-to drink?	How do you take it?	How many cups per day?
TED ALLEN	T	Regular coffee	Sugar only, no dairy	(two in the morning and an espresso after lunch)
SCOTT		Triple espresso	No milk, no sweetener	(one triple espresso and three regular espressos)
KATIE LEE	T	Regular coffee	Half-and-half and a little cinnamon	2
GEOFFREY		Double espresso	No milk or sweetener	12 double espressos
REEDRUMMOND	0	Cold: cold brew; hot: latte	Whole milk and simple syrup or stevia	2-4 in various forms
TRISHA YEARWOOD		Regular coffee	Half-and-half and two brown sugar cubes	(But sometimes it's more like two pots.)
AMANDA FREITAG	T	Pour-over latte with an extra shot, depending on how tired I am	I use whole milk or oat milk (if I have been overindulging in dairy) and local honey or nothing.	2
EDDIE JACKSON		lced coffee	Almond milk and natural sweetener	1

THEIR Coffee Food Network chefs tell us how they perk up.

Flavored coffee: yay or nay?	Do you ever drink decaf?	What do you like to eat with your coffee?	Go-to coffee shop?	Brewing method at home?
BIG NAY	Rarely, and only if, say, I'm having dessert with a late dinner	Chocolate cake	If I'm on the run, usually Starbucks	Drip
NAY	Very rarely	A scone	I don't have one.	I have an espresso machine.
NAY	No	I love a bite of something sweet like a muffin or a piece of banana bread	SagTown Coffee in Sag Harbor, NY	Just an old-fashioned coffeepot, nothing fancy!
NEVER	Only by mistake	A tuna and artichoke panini from Sant Ambroeus in New York City	Sant Ambroeus	Drip, using fresh-ground beans
YES, but only for cold coffee drinks. Leave my hot coffee alone.	Never ever ever. What's the point??	When I'm feeling predictable, biscotti. When I'm feeling weird, Castelvetrano olives.	The Pioneer Woman Mercantile!	Cold brew, but I'm loving my Nespresso right now for the hot stuff.
YES, but only recently. I like subtle flavors like almond and vanilla.	What's that?	I usually drink coffee by itself first thing in the morning. If I'm at a restaurant, I'll drink it with dessert.	Holler & Dash and Frothy Monkey, both in Nashville	Drip Control
NO WAY!	Never. If I want a beverage without caffeine I have herbal tea or tequila!	With eggs for breakfast but I love cookies with an afternoon coffee.	Blank Slate, which is in my New York City neighborhood. I also really like Stumptown.	I have a traditional drip coffee maker, a Chemex for pour over and an espresso machine.
YES, hazelnut	Absolutely not	A nice warm scone or biscuit	Plum Coffee in Cypress, TX	French



Get recipes at CountryCrock.com

EGE OF G

Treat yourself to a large latte—made out of ice cream.



Consider this the ultimate iced latte: It's a tower of coffee ice cream! To make it, we just cut the carton off a large container of ice cream, added layers of brownie and then wrapped the whole thing in fondant to look like a coffee cup. The latte art on top is a swirl of coffee whipped cream. Turn the page for the how-to.

ACTIVE: 45 min | TOTAL: 3 hr SERVES: 8 to 10

Cooking spray

- 19.5-ounce family-size box brownie mix (plus required ingredients)
- 28-ounce container coffee ice cream
- 12 ounces white fondant

Confectioners' sugar, for dusting

- 11/2 cups cold heavy cream
- 1½ tablespoons unsweetened cocoa powder
- teaspoons instant espresso powder



...Get ready for delicious meals in minutes! The innovative Griddler® Five from Cuisinart® heats up in seconds, then functions as an open grill or griddle, contact grill, Panini press or half grill/half griddle - so you can quickly and easily cook everything from pancakes, and eggs and bacon to grilled steaks, kebabs and even seared foods. Redesigned with a sleek new look, its updated features include a sear function, digital adjustable temperature control with LCD display (heats from 175°F to 450°F), and a countdown/up timer for precise cook times. Updated design drains even more grease away from food for healthier cooking. And when you're all done, the nonstick, dishwasher-safe plates make cleanup a snap!

Cuisinart

Williams-Sonoma Macy's . Kohl's











HOW TO - - -Make the Latte Ice Cream Cake



Preheat the oven to 350°. Line a 9-by-13-inch pan with foil and coat with cooking spray. Prepare the brownie mix; pour into the pan and bake as directed. Let cool, then remove from the pan.



Cut out three browniecircles: one the size of the bottom of the ice cream carton (3 inches), one the size of the middle of the carton (3¾ inches) and one for the top (4½ inches).



Carefully peel off the ice cream carton and remove the ice cream in one piece. Cut the ice cream in half crosswise.



Assemble the cake upside down on a baking sheet as shown: Put the largest brownie on the bottom, then the wider half of the ice cream, then the medium brownie, then the remaining ice cream, then the smallest brownie. Freeze 1 hour.



Roll out the fondant into an 8-by-15-inch rectangle on a surface dusted with confectioners' sugar. Trim one long side to make it straight, then roll down the edge by about 1/8 inch to create a lip.



Whisk 1 cup heavy cream in a bowl until medium peaks form; spread on the top and sides of the cake. Wrap with the fondant, positioning the lip against the bottom edge of the cake. Trim the excess; set aside. Return to the freezer.



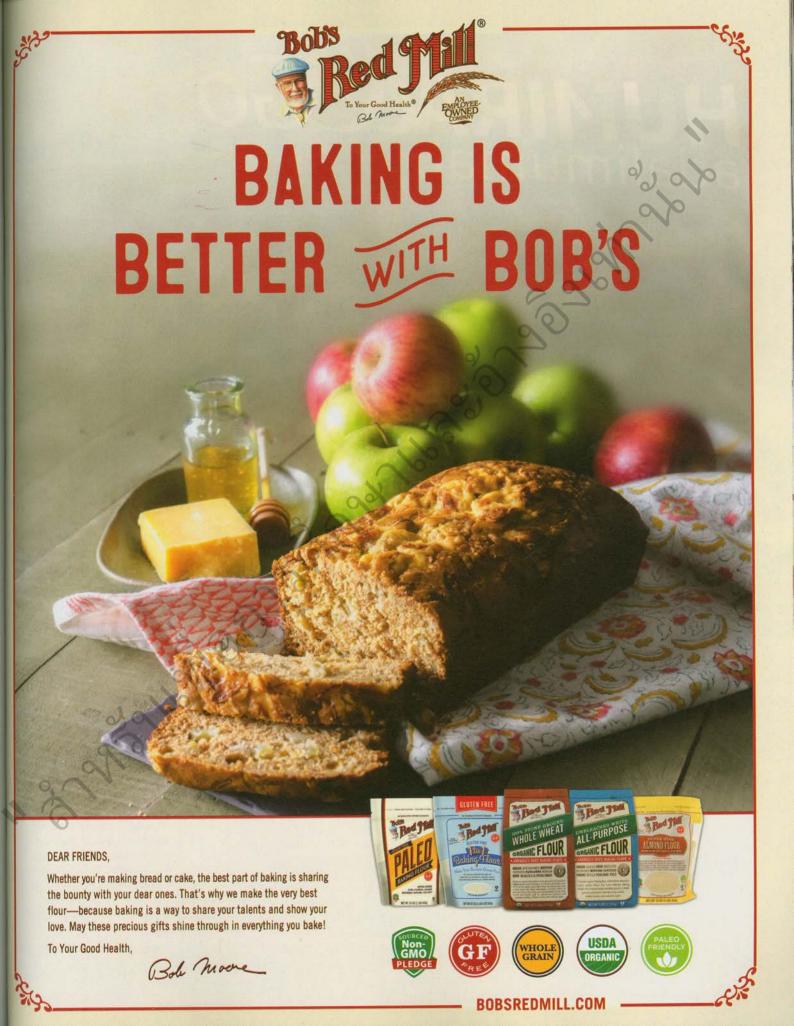
Knead the cocoa powder into the reserved fondant until evenly brown. Roll out into a 2½-by-13-inch strip. Trim the long sides to make them straight, then use a chopstick to make indentations in the fondant. 1/4 to 1/2 inch apart.



Whisk the remaining 1/2 cup heavy cream until very soft peaks form. Remove a few tablespoons to a zip-top bag and snip a small corner. Dissolve the instant espresso powder in 2 teaspoons hot water, then stir into the remaining whipped cream.



Turn the cake right-side up. Use some water to attach the brown strip to the middle. Spoon the coffee whipped cream on top of the cake, then pipe zigzags of the plain whipped cream on top and drag the chopstick through it. Freeze until ready to serve.





Who is HUMIRA for?1

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

Important Safety Information About HUMIRA® (adalimumab)1

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

Serious infections. HUMIRA can lower your ability to fight
infections. Serious infections have happened in people
taking HUMIRA. These serious infections include
tuberculosis (TB) and infections caused by viruses, fungi,
or bacteria that have spread throughout the body. Some
people have died from these infections. Your doctor should
test you for TB before starting HUMIRA, and check you closely
for signs and symptoms of TB during treatment with HUMIRA,
even if your TB test was negative.

 Cancer. For children and adults taking TNF blockers, including HUMIRA, the chance of getting lymphoma or other cancers may increase. There have been cases of unusual cancers in children, teenagers, and young adults using TNF blockers.
 Some people have developed a rare type of cancer called hepatosplenic T-cell lymphoma. This type of cancer often results in death. If using TNF blockers including HUMIRA, your chance of getting two types of skin cancer (basal cell and squamous cell) may increase. These types are generally not life-threatening if treated; tell your doctor if you have a bump or open sore that doesn't heal.

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

- Think you have an infection or are being treated for infection.
 You should not start HUMIRA if you have any kind of infection unless your doctor says it is okay.
- Have symptoms of an infection, such as: fever, sweats, chills, muscle aches, cough, shortness of breath, blood in phlegm,

- weight loss, warm, red or painful skin, sores on your body, diarrhea, stomach pain, burning when you urinate, urinating more often than normal, or feeling very tired.
- Get a lot of infections or infections that keep coming back.
- · Have diabetes.
- Have TB or have been in close contact with someone with TB, or were born in, lived in, or traveled where there is more risk for getting TB.
- Live or have lived in an area (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections, such as histoplasmosis.
 These infections may happen or become more severe if you use HUMIRA. Ask your doctor if you are unsure if you have lived in these areas.
- · Have or have had hepatitis B.
- · Are scheduled for major surgery.
- · Have or have had cancer.



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

Based on IMS NPA data: Total HUMIRA prescriptions written by dermatologists from 6/6/2014 to 6/10/2016 vs Enbrel, Stelara*, Simponi*, Cimzia*, Otezia*, Cosentyx*, and Taltz*. All trademarks are properties of their respective owners.

Approved for adults with plaque psoriasis in 2008

Source: Information derived using proprietary methodology by AbbVie from PatientSourceTM data provided by Symphony Health, January 2008-December 2015.



The commitment to challenge plaque psoriasis.

The proven results of HUMIRA.

Skin Clearance

 In clinical trials, most adults were clear or almost clear. Many saw 75% and even 90% clearance in just 4 months.

Works From Within

HUMIRA targets and blocks a specific source of inflammation on the inside, contributing to clearer skin on the outside.

Proven Track Record

For over 10 years, dermatologists have prescribed HUMIRA, with more than 250,000 patients treated.

Ask your dermatologist about HUMIRA... &Go

- Have numbness or tingling or a nervous system disease, such as multiple sclerosis or Guillain-Barré syndrome.
- · Have or had heart failure.
- Have recently received or are scheduled to receive a vaccine.
 HUMIRA patients may receive vaccines, except for live vaccines. Children should be brought up to date on all vaccines before starting HUMIRA.
- Are allergic to rubber, latex, or any HUMIRA ingredients.
- Are pregnant, planning to become pregnant, breastfeeding, or planning to breastfeed.
- Have a baby and you were using HUMIRA during your pregnancy. Tell your baby's doctor before your baby receives any vaccines.
- Take any other medicines. You should not take HUMIRA with ORENCIA® (abatacept), KINERET® (anakinra), REMICADE® (infliximab), ENBREL® (etanercept), CIMZIA® (certolizumab pegol), or SIMPONI® (golimumab).

Tell your doctor if you have ever used RITUXAN® (rituximab), IMURAN® (azathioprine), or PURINETHOL® (mercaptopurine, 6-MP).

Call your doctor right away if you have an infection or any symptoms of an infection while on HUMIRA.

HUMIRA can cause other serious side effects, including:

- . Hepatitis B infection in carriers of the virus.
- Allergic reactions.
- · Nervous system problems.
- Blood problems (decreased blood cells that help fight infections or stop bleeding).
- Heart failure (new or worsening).
- · Immune reactions including a lupus-like syndrome.
- Liver problems. These problems can lead to liver failure and death.
- · Psoriasis (new or worsening).

Common side effects of HUMIRA include injection site reactions (pain, redness, rash, swelling, itching, or bruising), upper respiratory infections (sinus infections), headaches, rash, and nausea

These are not all of the possible side effects with HUMIRA. For more information, talk to your health care provider.

HUMIRA is given by injection under the skin.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

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



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





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

CONSUMER BRIEF SUMMARY CONSULT PACKAGE INSERT FOR FULL PRESCRIBING INFORMATION

Patient Information

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

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

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

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

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

Before starting HUMIRA, tell your doctor if you:

- . think you have an infection or have symptoms of infection such as:
- chills
- muscle aches
- · cough · shortness of breath
- · blood in phleam
- · fever, sweats, or · warm, red, or painful skin or sores on your
 - · diarrhea or stomach pain
 - · burning when you urinate or urinate more often than normal
 - · feel very tired
 - weight loss
- · are being treated for an infection
- · get a lot of infections or have infections that keep coming back
- · have diabetes
- . have TB, or have been in close contact with someone with TB
- · were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure.
- · live or have lived in certain parts of the country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). These infections may happen or become more severe if you use HUMIRA. Ask your doctor if you do not know if you have lived in an area where these infections are common.
- . have or have had hepatitis B
- use the medicine ORENCIA® (abatacept), KINERET® (anakinra), RITUXAN® (rituximab), IMURAN® (azathioprine), or PURINETHOL® (6-mercaptopurine, 6-MP)
- · are scheduled to have major surgery

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

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

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

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

What is HUMIRA?

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

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

What should I tell my doctor before taking

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

- have an infection. See "What is the most important information I should know about **HUMIRA?**
- · have or have had cancer.
- have any numbness or tingling or have a disease that affects your nervous system such as multiple sclerosis or Guillain-Barré syndrome.
- . have or had heart failure.
- · have recently received or are scheduled to receive a vaccine. You may receive vaccines, except for live vaccines while using HUMIRA. Children should be brought up to date with all vaccines before starting HUMIRA.
- · are allergic to rubber or latex. Tell your doctor if you have any allergies to rubber or latex.
- The needle cover for the HUMIRA Pen 40 mg/0.8 mL, HUMIRA 40 mg/0.8 mL prefilled syringe, HUMIRA 20 mg/0.4 mL prefilled syringe, and HUMIRA 10 mg/0.2 mL prefilled syringe may contain natural rubber or latex.
- The black needle cover for the HUMIRA Pen 80 mg/0.8 mL, HUMIRA 80 mg/0.8 mL prefilled syringe, HUMIRA Pen 40 mg/0.4 mL, HUMIRA 40 mg/0.4 mL prefilled syringe, HUMIRA 20 mg/0.2 mL prefilled syringe, HUMIRA 10 mg/0.1 mL prefilled syringe and the vial stopper on the HUMIRA institutional use vial are not made with natural rubber or latex.
- · are allergic to HUMIRA or to any of its ingredients. See the end of the Medication Guide for a list of ingredients in HUMIRA.
- · are pregnant or plan to become pregnant. It is not known if HUMIRA will harm your unborn baby. HUMIRA should only be used during a pregnancy if needed.
- . have a baby and you were using HUMIRA during your pregnancy. Tell your baby's doctor before your baby receives any vaccines.
- · breastfeeding or plan to breastfeed. You and your doctor should decide if you will breastfeed or use HUMIRA. You should not do both.

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

Especially tell your doctor if you use:

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

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

How should I take HUMIRA?

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

What are the possible side effects of HUMIRA?

HUMIRA can cause serious side effects, including: See "What is the most important information I should know about HUMIRA?"

Serious Infections.

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

- · cough that does not · weight loss go away
- low grade fever
- · loss of body fat and muscle (wasting)
- . Hepatitis B infection in people who carry the virus in their blood.

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

- · muscle aches
- · clay-colored bowel movements
- · fever · feel very tired
- dark urine
- chills
- skin or eyes look · stomach discomfort yellow
- · little or no appetite · skin rash
- vomiting
- · Allergic reactions. Allergic reactions can happen in people who use HUMIRA. Call your doctor or get medical help right away if you have any of these symptoms of a serious allergic reaction:
- · swelling of your face, eyes, lips or mouth
- · trouble breathing
- Nervous system problems. Signs and symptoms of a nervous system problem include: numbness or tingling, problems with your vision, weakness in your arms or legs, and dizziness.
- Blood problems. Your body may not make enough of the blood cells that help fight infections or help to stop bleeding. Symptoms include a fever that does not go away, bruising or bleeding very easily, or looking very pale.
- New heart failure or worsening of heart failure you already have. Call your doctor right away if you get new worsening symptoms of heart failure while taking HUMIRA, including:
 - · shortness of breath · swelling of your ankles or feet
 - sudden weight gain
- Immune reactions including a lupus-like syndrome. Symptoms include chest discomfort or pain that does not go away, shortness of breath, joint pain, or a rash on your cheeks or arms that gets worse in the sun. Symptoms may improve when you stop HUMIRA.
- Liver Problems. Liver problems can happen in people who use TNF-blocker medicines. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms:
- feel very tired
- · skin or eyes look yellow
- vomiting
- · poor appetite or · pain on the right side of your stomach (abdomen)
- Psoriasis. Some people using HUMIRA had new psoriasis or worsening of psoriasis they already

had. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus. Your doctor may decide to stop your treatment with HUMIRA.

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

Common side effects with HUMIRA include:

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

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

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

General information about the safe and effective use of HUMIRA

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

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

Manufactured by:

AbbVie Inc.

North Chicago, IL 60064, U.S.A.

US License Number 1889

Ref: 03-B590/20018628 Revised: October, 2017

64C-1939246 MASTER

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LONG-TERM RELATIONSHIP

Amazing taste with **60 calories** and **70%** less saturated fat than butter.*
This could be the one!

*1 Tbsp: 2g sat fat, 60 calories; Butter: 7g sat fat, 100 calories



Weeknight Cooking

PHOTOGRAPHS BY RYAN DAUSCH

Make chicken and butternut squash in a single skillet. See page 74.



TOMATO SOUP IN A BREAD BOWL

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

- 5 tablespoons extra-virgin olive oil, plus more for drizzling
- 1 large onion, sliced
- 5 large cloves garlic, minced
- 11/2 teaspoons dried oregano

Kosher salt

- 28-ounce can whole peeled San Marzano tomatoes
- 2 cups cubed peeled butternut squash (about 10 ounces)
- cups low-sodium chicken broth
- tablespoons shredded parmesan cheese plus a small piece of rind (optional)

Freshly ground pepper

- 8-ounce sourdough bread boules, top 1/2 inch sliced off, insides hollowed out to make bowls
- 1 cup shredded mozzarella cheese (about 4 ounces)
- cup heavy cream
- 1. Preheat the oven to 450°. Heat 2 tablespoons olive oil in a large pot over medium-high heat. Stir in the onion and cook until softened, about 5 minutes. Stir in 3 minced garlic cloves, ½ teaspoon oregano and a pinch of salt; cook until softened, about 30 seconds. Add 1 cup water, the tomatoes, squash, chicken broth, parmesan rind, 3/4 teaspoon salt and a few grinds of pepper. Bring to a boil, then reduce the heat and simmer until the squash is very tender, 15 to 20 minutes.
- 2. Meanwhile, combine the remaining 3 tablespoons olive oil, 2 garlic cloves, 1 teaspoon oregano and a pinch of salt in a small bowl. Brush inside the bread bowls and place on a baking sheet. Cut the bread tops into cubes and add to the baking sheet. Bake until toasted, 8 to 10 minutes. Sprinkle the mozzarella around the edges of the bread bowls and on top of the bread cubes. Continue baking until the cheese starts melting, 2 to 3 minutes.
 - 3. Stir the heavy cream into the soup, bring to a simmer and remove from the heat. Discard the parmesan rind. Working in batches, puree the soup in a blender. Serve the soup in the bread bowls. Top with the cheesy croutons and parmesan and drizzle with olive oil.

Per serving: Calories 810; Fat 39 g (Saturated 14 g); Cholesterol 58 mg; Sodium 1,570 mg; Carbohydrate 90 g; Fiber 7 g; Sugars 9 g; Protein 27 g



SHEET-PAN CHICKEN CAESAR SALAD

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

- anchovy fillets in oil, mashed with the flat side of a knife
- 1/2 teaspoon grated lemon zest, plus 2 tablespoons lemon juice
- small cloves garlic, grated

Kosher salt and freshly ground pepper

- 1/2 cup mayonnaise
- 2 teaspoons dijon mustard
- 1/2 cup grated parmesan cheese
- 2 tablespoons chopped fresh chives, plus more for topping
- 1/4 cup extra-virgin olive oil
- 3 cups torn crusty bread (about 4 ounces)
- 4 skinless, boneless chicken breasts (about 6 ounces each)
- 2 romaine lettuce hearts, quartered lengthwise
- 1. Preheat the oven to 450°. Line half of a rimmed baking sheet with foil, folding up the edges to make a tray. Whisk the anchovies, lemon zest and juice, 1 grated garlic clove, 1/2 teaspoon salt and a few grinds of pepper in a medium bowl; let sit for a few minutes. Stir in the mayonnaise, mustard, ¼ cup parmesan and 2 tablespoons water. Reserve 2 tablespoons of the dressing in a separate bowl for the chicken. Stir the chives into the remaining dressing.
- 2. Mix 2 tablespoons olive oil with the remaining garlic clove; toss with the bread pieces in a large bowl and season with salt and pepper. Spread the bread on the unlined half of the baking sheet. Arrange the chicken on the other half; season with salt and pepper and brush with the reserved 2 tablespoons dressing. Bake until the bread is crisp, about 15 minutes. Remove the croutons to a plate.
- 3. Preheat the broiler. Arrange the romaine cut-side up on the open spot on the baking sheet. Drizzle with the remaining 2 tablespoons olive oil and season with salt and pepper. Broil until the lettuce is charred in spots and the chicken is cooked through, 2 to 4 minutes. Let the chicken rest 8 to 10 minutes, then slice.
- 4. Divide the lettuce, chicken and croutons among plates. Top with the dressing, the remaining 1/4 cup parmesan and more chives.

Per serving: Calories 630; Fat 42 g (Saturated 8 g); Cholesterol 115 mg; Sodium 1,276 mg; Carbohydrate 20 g; Fiber 2 g; Sugars 3 g; Protein 42 g





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ORIGINAL BRATWURST

MADE WITH 100% PREMIUM PORK At Johnsonville, we've been making sausage for 73 years. So yeah, we've grilled more than a few. Doing it right takes time you don't always have. Our new Flame Grilled Sausage is for those moments. Ready in less time than it takes to heat your grill, it tastes Made the Johnsonville Way, every time.

Johnsonville

SWEET POTATO TOSTADAS

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

3 sweet potatoes (about 1¼ pounds) peeled and cut into 1-inch chunks

Kosher salt and freshly ground pepper

- 3/4 small head red cabbage, shredded (about 11/2 cups)
- 3 tablespoons fresh lime juice (from about 2 limes)
- 2 cups chopped pineapple
- 1/4 cup fresh cilantro, chopped
- 2 cloves garlic
- 1 canned chipotle chile pepper in adobo, plus 1 to 2 teaspoons sauce from the can
- ½ teaspoon ground cumin
- 1 15-ounce can refried black beans (vegetarian, if desired)
- 8 tostada shells
- ½ cup Mexican crema or sour cream
- **1.** Put the sweet potatoes in a large skillet and add enough water to cover; season with salt and pepper. Bring to a boil, reduce the heat to a simmer and cook until tender, 20 to 25 minutes. Drain and return to the skillet.
- 2. Meanwhile, mix the cabbage, 1 tablespoon lime juice and a pinch of salt in a small bowl; set aside. Toss 1 cup pineapple with the cilantro and 1 tablespoon lime juice in a small bowl; set aside. Puree the remaining 1 cup pineapple with 1 tablespoon lime juice, the garlic, chipotle and adobo sauce, cumin and ¼ cup water in a blender until smooth. Stir the pineapple sauce into the sweet potatoes and cook over medium heat until warmed through, 3 to 4 minutes.
- **3.** Put the black beans in a small saucepan, add 3 tablespoons water and warm over medium-high heat. Spread on the tostadas, then top with the sweet potatoes, pineapple salsa and cabbage. Drizzle with the crema.

Per serving: Calories 410; Fat 12 g (Saturated 5 g); Cholesterol 15 mg; Sodium 511 mg; Carbohydrate 69 g; Fiber 11 g; Sugars 20 g; Protein 11 g



SLOW-COOKER CHINESE BEEF STEW WITH NOODLES

ACTIVE: 30 min | TOTAL: 7½ hr | SERVES: 4

- 2 pounds beef chuck roast Kosher salt and freshly ground pepper
- 2 tablespoons all-purpose flour
- 3 tablespoons hoisin sauce
- 2 tablespoons low-sodium soy sauce
- 2 teaspoons tomato paste
- 2 teaspoons chili-garlic sauce
- 1 teaspoon grated peeled fresh ginger
- 1 pod star anise
- 1 9.5-ounce package dried udon noodles
- bunch watercress, leaves picked (about 3 cups)
 Sliced scallions, fresh cilantro and balsamic vinegar, for topping
- 1. Put the beef in a 6- to 8-quart slow cooker and season lightly with salt and pepper. Whisk the flour and ½ cup water in a small bowl until smooth, then whisk in the hoisin sauce, soy sauce, tomato paste, chili-garlic sauce and ginger. Pour into the slow cooker and turn the beef to coat. Add the star anise. Cover and cook on low until the beef is tender, 7 to 8 hours.
- 2. Discard the star anise and transfer the meat to a plate. Shred into bite-size pieces, removing any large pieces of fat. Skim off any excess fat from the liquid in the slow cooker. Return the meat to the slow cooker and season with salt and pepper.
- **3.** Bring a large pot of water to a boil. Add the noodles and cook as the label directs; drain. Divide the noodles and beef stew among bowls. Top with the watercress, scallions, cilantro and a drizzle of balsamic vinegar.

Per serving: Calories 550; Fat 12 g (Saturated 4 g); Cholesterol 132 mg; Sodium 1,516 mg; Carbohydrate 54 g; Fiber 4 g; Sugars 10 g; Protein 56 g





SHRIMP AND BARLEY RISOTTO

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

- 5 tablespoons unsalted butter
- 1 small bulb fennel, chopped, plus ¼ cup fronds
- 4 cloves garlic, finely chopped
- 1 teaspoon chopped fresh rosemary

Kosher salt and freshly ground pepper

- 1½ cups quick-cooking pearl barley (about 8 ounces)
- 11/2 cups low-sodium chicken broth
- 1¼ pounds peeled and deveined medium shrimp
- 3/4 cup frozen peas
- 1/2 teaspoon grated lemon zest, plus 2 tablespoons lemon juice
- 1/4 cup grated parmesan cheese
- **1.** Melt 3 tablespoons butter in a large skillet over medium-high heat. Add the chopped fennel, garlic, rosemary and a pinch each of salt and pepper. Cook, stirring occasionally, until the fennel is softened, about 5 minutes. Stir in the barley until combined.
- **2.** Add the chicken broth and 2 cups water. Bring to a simmer, then cover, reduce the heat to medium low and cook until the barley is tender but still a bit saucy, 8 to 10 minutes.
- 3. Uncover and stir in the shrimp and peas. Cover and cook, stirring occasionally, until the shrimp are just cooked through, about 5 minutes. Remove from the heat and stir in the lemon zest and juice and the remaining 2 tablespoons butter until melted. Stir in the parmesan and 2 tablespoons fennel fronds; season with salt and pepper. Divide among bowls and top with the remaining fennel fronds.

Per serving: Calories 490; Fat 18 g (Saturated 10 g); Cholesterol 221 mg; Sodium 1,099 mg; Carbohydrate 54 g; Fiber 8 g; Sugars 3 g; Protein 31 g



SOUTHEAST ASIAN PORK SALAD

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

1 lime

WELLNESS 7/10

Try using

quick-cooking

barley in place

of rice in risotto.

It adds extra

vitamins, minerals

and fiber.

1 tablespoon peanut oil

Kosher salt

- 10-ounce bag mixed vegetable slaw or salad blend (such as kale, cabbage and kohlrabi)
- 2 Persian cucumbers, thinly sliced
- 1 shallot, thinly sliced
- 1 tablespoon grated peeled fresh ginger
- 1 pound ground pork
- 1 tablespoon chili-garlic sauce
- 1 tablespoon fish sauce
- 1 cup packed fresh cilantro and/or mint
- 1/4 cup chopped roasted salted peanuts
- 1. Grate the lime zest and set aside, then juice half of the lime into a large bowl and cut the other half into small wedges.

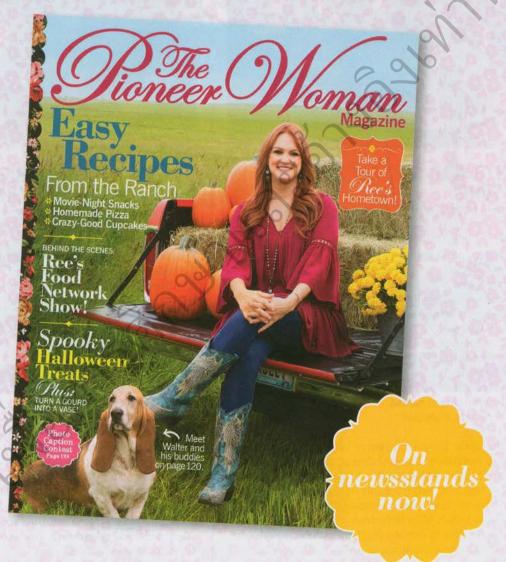
 Whisk 1 teaspoon peanut oil and a pinch of salt into the lime juice.

 Add the slaw and cucumbers and toss to coat.
- 2. Heat the remaining 2 teaspoons peanut oil in a large skillet over medium-high heat. Add the shallot and cook until softened, 2 to 3 minutes. Add the ginger and cook, stirring, until soft but not browned, about 1 minute. Stir in the pork and ½ teaspoon salt and cook, breaking up the meat with a wooden spoon, until browned in spots and no longer pink, 6 to 8 minutes. Carefully pour off all but about 1 tablespoon fat from the skillet. Stir in the chili-garlic sauce, fish sauce and lime zest and remove from the heat.
- **3.** Divide the slaw mixture among bowls. Top with the pork, herbs and peanuts; serve with the lime wedges.

Per serving: Calories 350; Fat 24 g (Saturated 7 g); Cholesterol 76 mg; Sodium 762 mg; Carbohydrate 10 g; Fiber 3 g; Sugars 3 g; Protein 31 g

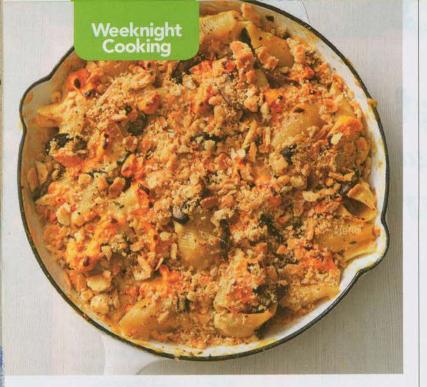






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PIMIENTO MAC AND CHEESE

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

Kosher salt

- ounces large pasta shells 8
- cup vegetable oil 1/4
- onion, chopped 1
- ounces sliced cremini mushrooms 8
- tablespoon chopped fresh thyme

Freshly ground pepper

- cup all-purpose flour 1/4
- 21/2 cups low-sodium chicken broth
- 1 cup whole milk
- 3 5-ounce cans tuna packed in water, drained
- 1 cup pimiento cheese spread
- 8 butter crackers, crumbled
- 1. Preheat the broiler. Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs; drain.
- 2. Meanwhile, heat the vegetable oil in a large ovenproof skillet over medium-high heat. Add the onion, mushrooms and 2 teaspoons thyme. Cook, tossing occasionally, until tender and beginning to brown, 10 to 12 minutes; season with salt and pepper. Stir in the flour to coat the vegetables; cook 1 minute. Add the chicken broth and milk and bring to a boil, stirring, until the mixture is thick and creamy, about 3 minutes. Stir in the tuna and ½ cup pimiento cheese; stir until the cheese melts, about 2 minutes. Stir in the pasta until combined; season with salt and pepper.
- 3. Dollop the remaining 1/2 cup pimiento cheese on the pasta mixture and broil until the cheese is melted and browned in spots, 1 to 3 minutes. Sprinkle with the cracker crumbs and remaining 1 teaspoon thyme and broil until the crackers begin to brown, 30 seconds to 1 minute. Let cool 10 minutes.

Per serving: Calories 760; Fat 36 g (Saturated 9 g); Cholesterol 77 mg; Sodium 1,143 mg; Carbohydrate 68 g; Fiber 3 g; Sugars 11 g; Protein 40 g



BRAISED CHICKEN THIGHS BUTTERNUT SOUASH

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

- skinless, bone-in chicken thighs Kosher salt and freshly ground pepper
- tablespoons extra-virgin olive oil
- 3 cups cubed peeled butternut squash (about 12 ounces)
- 1 large sweet onion, chopped
- 2 cloves garlic, minced
- 1/4 teaspoon ground turmeric
- 1 small cinnamon stick
- 1/3 cup golden raisins
- 2 wide strips lemon zest, plus the juice of 1 lemon
- cup low-sodium chicken broth

Fresh cilantro, for topping

- 1. Season the chicken all over with salt and pepper. Heat the olive oil in a large skillet over medium-high heat. Add the chicken and cook until browned, 4 to 5 minutes per side. Remove to a plate.
- 2. Add the squash and onion to the skillet and cook, stirring occasionally, until softened and lightly browned in spots, about 3 minutes. Add the garlic and cook until softened, about 30 seconds. Add the turmeric, cinnamon stick and raisins and stir to coat the vegetables.
- 3. Add the lemon zest and chicken broth to the skillet and bring to a simmer. Return the chicken to the skillet and reduce the heat to maintain a steady simmer; cover and cook until the chicken is cooked through, 10 to 12 minutes.
- 4. Transfer the chicken to plates. Stir the lemon juice into the broth and season with salt and pepper. Spoon the broth and vegetables over the chicken and top with cilantro.

Per serving: Calories 540; Fat 20 g (Saturated 4 g); Cholesterol 280 mg; Sodium 435 mg; Carbohydrate 28 g; Fiber 4 g; Sugars 15 g; Protein 62 g

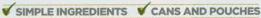




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GRILLED PORK TENDERLOIN

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

- red onion, thinly sliced, separated into rings 1/2
- 1/2 cup mayonnaise
- cloves garlic, finely grated

Juice of 1 lemon

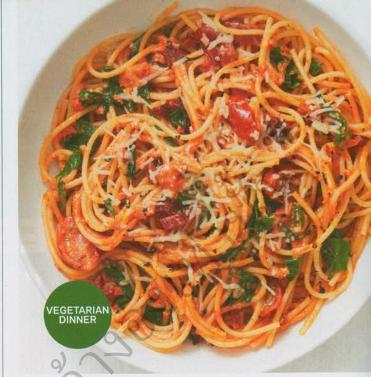
Kosher salt

- ounces shishito peppers
- teaspoon extra-virgin olive oil, plus more for the grill
- pork tenderloin (11/4 to 11/2 pounds)

Freshly ground pepper

- tablespoon smoked Spanish paprika
- teaspoon ground cumin
- 2 cups baby arugula
- baguette, cut into 4 pieces and split
- 1. Preheat a grill to medium high. Soak the red onion in a bowl of ice water. Mix the mayonnaise, garlic, lemon juice and a pinch of salt in a small bowl, refrigerate until ready to use. Toss the peppers with the olive oil and a pinch of salt in a large bowl and set aside.
- 2. Season the pork with salt, pepper, the paprika and cumin and rub all over. Brush the grill grates with olive oil. Arrange the peppers and pork on the grill and cover. Grill the peppers, turning once or twice, until charred in spots and crisp-tender, 1 to 2 minutes. Remove to a plate. Grill the pork, turning occasionally, until well marked and just cooked through, 12 to 15 minutes; remove to a cutting board to rest, 5 minutes.
- 3. Drain the red onion and blot dry. Thinly slice the pork and arrange on the baguette bottoms. Top with some of the garlic mayonnaise, then the red onion, arugula and bread tops. Serve with the shishito peppers; season with salt.

Per serving: Calories 670; Fat 27 g (Saturated 5 g); Cholesterol 89 mg; Sodium 1,250 mg; Carbohydrate 65 g; Fiber 6 g; Sugars 3 g; Protein 43 g

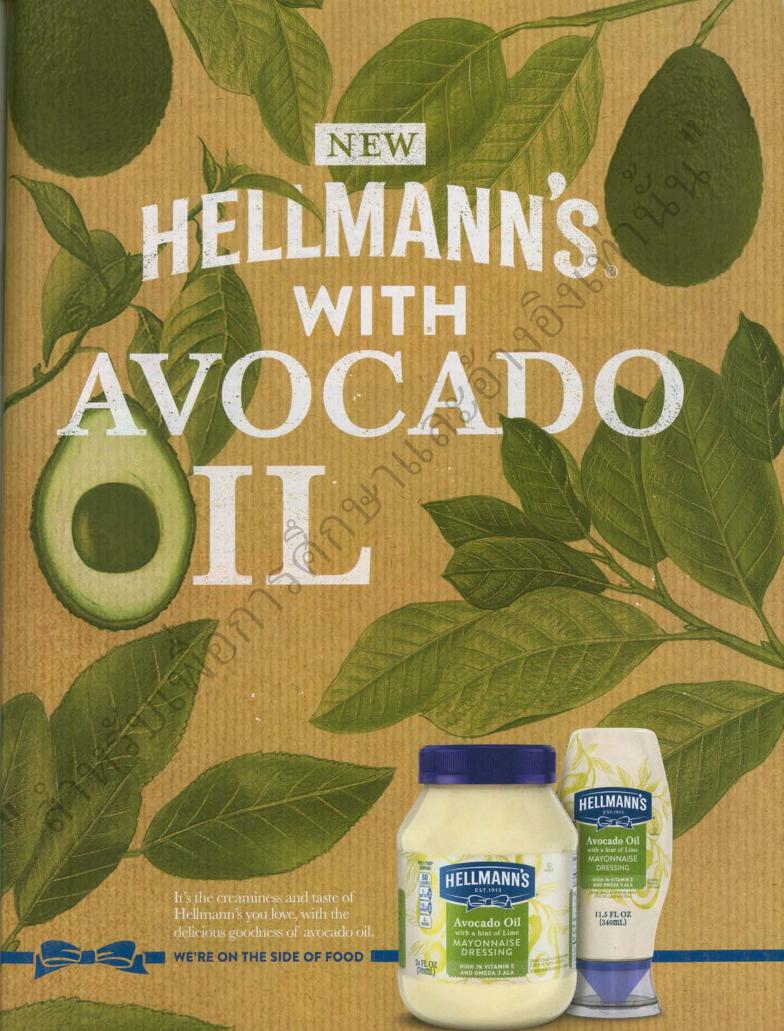


ONE-POT SPAGHETTI ALLA VODKA

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

- 2 tablespoons extra-virgin olive oil bunch Swiss chard, stems thinly sliced and leaves chopped Kosher salt
- 3 cloves garlic, finely chopped
- teaspoon red pepper flakes
- 1 tablespoon tomato paste
- 1/3 cup vodka
- 1 15-ounce can crushed tomatoes
- ounces spaghetti, broken in half 12
- 1/3 cup heavy cream
- 1/4 cup shredded parmesan cheese, plus more for topping
- cup cherry tomatoes, halved 1
- 1. Heat the olive oil in a large wide pot over medium-high heat. Add the chard stems, season with salt and cook, stirring occasionally, until tender, about 5 minutes. Add the garlic and red pepper flakes and cook until the garlic is softened, about 30 seconds. Stir in the tomato paste and cook until slightly darker in color, about 1 minute. Carefully add the vodka and cook 30 seconds to burn off the alcohol but not all the liquid.
- 2. Add 4 cups water, the crushed tomatoes, ½ teaspoon salt and the spaghetti to the pot and stir. Bring to a boil, then reduce the heat to a simmer; stir in the chard leaves. Cook, stirring occasionally, until the pasta is tender and the sauce is thickened, 10 to 12 minutes.
- 3. Stir in the heavy cream and parmesan. Cook, tossing, until combined. Remove from the heat and stir in the cherry tomatoes. Let stand a few minutes to let the sauce thicken; season with salt. Divide among bowls and top with more parmesan.

Per serving: Calories 560; Fat 18 g (Saturated 7 g); Cholesterol 27 mg; Sodium 810 mg; Carbohydrate 80 g; Fiber 8 g; Sugars 9 g; Protein 18 g



STUFFED POTATOES WITH LENTIL CHILI

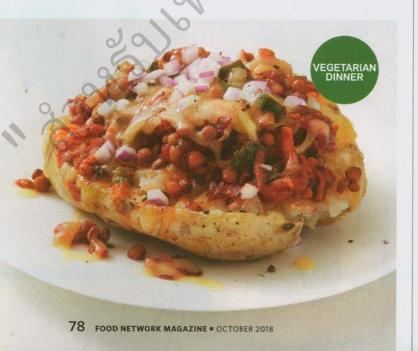
ACTIVE: 35 min | TOTAL: 40 min | SERVES: 4

- 4 russet potatoes (about 8 ounces each)
- 1 small red onion
- 1 poblano chile pepper
- 1 carrot
- 3 tablespoons extra-virgin olive oil

Kosher salt and freshly ground pepper

- 1 15-ounce can lentils, drained and rinsed
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 tablespoon tomato paste
- 1 14.5-ounce can diced fire-roasted tomatoes
- 1 cup shredded cheddar cheese (about 4 ounces)
- 1. Preheat the oven to 425°. Prick the potatoes with a fork and microwave until tender, 15 to 20 minutes. Transfer to the oven rack and bake until soft, about 15 minutes.
- 2. Meanwhile, finely chop the red onion. Put 2 tablespoons chopped onion in a small bowl; cover with cold water and let soak 10 minutes. Drain, pat dry and set aside for topping. Chop the poblano and grate the carrot.
- **3.** Heat 2 tablespoons olive oil in a large skillet over medium-high heat. Add the remaining red onion, the poblano and carrot; season with salt and pepper. Cook, stirring occasionally, until tender, about 5 minutes. Stir in the lentils, chili powder and cumin; cook until the spices are toasted, about 1 minute. Add the tomato paste and cook, stirring, until the vegetables are coated. Stir in the tomatoes and their juices, 1½ cups water and a large pinch of salt. Simmer, stirring occasionally, until thickened slightly, about 10 minutes.
- **4.** Split the potatoes open. Drizzle with the remaining 1 tablespoon olive oil and season with salt and pepper. Fluff the flesh with a fork. Sprinkle with half the cheese, then top with the chili. Sprinkle with the remaining cheese and the reserved red onion.

Per serving: Calories 520; Fat 20 g (Saturated 7 g); Cholesterol 28 mg; Sodium 803 mg; Carbohydrate 67 g; Fiber 13 g; Sugars 9 g; Protein 20 g



TERIYAKI PANCAKES WITH BROCCOLI, SAUSAGE AND FRIED EGGS

Put a new spin

on breakfast

or dinner with

these savory

pancakes!

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

- 6 links breakfast sausage, cut in half
- 1 12-ounce bag broccoli florets
- 4 cup vegetable oil, plus more for the pan Kosher salt and freshly ground pepper

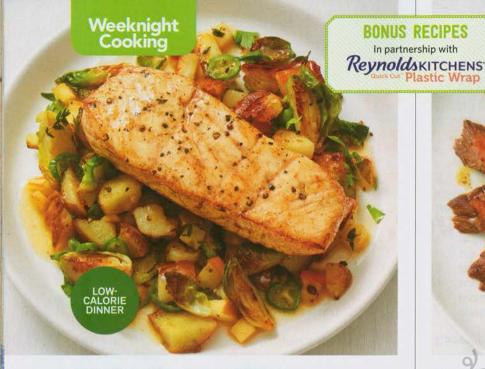
1½ cups all-purpose flour

- 2 teaspoons baking powder
- 6 large eggs
- 1 cup milk
- 3 tablespoons teriyaki sauce
- 3 scallions, finely chopped
- 1 teaspoon toasted sesame or chili sesame oil
- 1 teaspoon rice vinegar
- **1.** Preheat the oven to 450°. Toss the sausage, broccoli, 1 tablespoon vegetable oil and a pinch each of salt and pepper on a baking sheet. Bake, stirring, until the sausage is browned and the broccoli is charred, 25 to 30 minutes.
- 2. Meanwhile, whisk the flour, baking powder, $\frac{1}{4}$ teaspoon salt and $\frac{1}{2}$ teaspoon pepper in a large bowl; make a well in the center. Separate 2 eggs, putting the whites in a large bowl and the yolks in the well in the flour. Whisk the milk, 2 tablespoons vegetable oil and $\frac{1}{4}$ tablespoon teriyaki sauce into the yolks, then whisk into the flour; stir in the scallions. Whisk the egg whites until stiff; fold into the batter.
- **3.** Heat a large nonstick skillet over medium-high heat; brush with vegetable oil. Ladle ¼ cup batter into the skillet for each pancake. Cook, flipping once, until golden, about 4 minutes. Keep the pancakes warm on a baking sheet in the oven as they are done.
- **4.** Heat the remaining 1 tablespoon vegetable oil in the skillet and crack in the remaining 4 eggs; season with salt and pepper. Cook until the whites are set but the yolks are still runny, 3 minutes. Whisk the remaining 2½ tablespoons teriyaki sauce, the sesame oil, vinegar and 1 teaspoon water in a small bowl.
- **5.** Divide the pancakes, broccoli, sausage and fried eggs among plates. Serve with the sauce.

Per serving: Calories 580; Fat 31 g (Saturated 7 g); Cholesterol 305 mg; Sodium 1,101 mg; Carbohydrate 50 g; Fiber 4 g; Sugars 7 g; Protein 25 g







SEARED HALIBUT WITH BRUSSELS SPROUTS HASH

ACTIVE: 35 min | TOTAL: 40 min | SERVES: 4

- 1 pound Brussels sprouts, trimmed and quartered
- 4 red-skinned potatoes (about 1 pound)
- 1/4 cup extra-virgin olive oil

Kosher salt and freshly ground pepper

- 1 Gala apple, peeled and cut into small pieces
- 1 serrano chile pepper, thinly sliced (seeded for less heat)
- 11/2 teaspoons fresh thyme, chopped
- 4 6-ounce skinless halibut fillets
- ½ cup apple cider
- 21/2 teaspoons white wine vinegar
- 1 tablespoon unsalted butter

Chopped fresh parsley, for topping

- 1. Combine the Brussels sprouts and 2 tablespoons water in a microwave-safe bowl; cover with plastic wrap and put the bowl on a plate. Prick the potatoes with a fork and place around the bowl on the plate. Microwave the Brussels sprouts and potatoes until the Brussels sprouts are bright green, 7 minutes, then continue cooking the potatoes until just tender, 3 to 4 more minutes. Let both cool slightly, then drain the Brussels sprouts and chop the potatoes.
- 2. Heat 2 tablespoons olive oil in a large nonstick skillet over medium-high heat. Add the Brussels sprouts and potatoes; season with salt and pepper and cook, stirring, until browned, about 5 minutes. Add 1 more tablespoon olive oil, the apple, serrano and thyme, and cook until the apple softens, 5 minutes.
- 3. Meanwhile, heat the remaining 1 tablespoon olive oil in a separate large nonstick skillet over medium-high heat. Season the fish with salt and pepper; add to the skillet and cook, turning once, until just cooked through, about 8 minutes.
- **4.** Divide the hash among plates; top with the fish. Add the cider and 2 teaspoons vinegar to the fish skillet; simmer until reduced, about 2 minutes. Remove from the heat and swirl in the butter and the remaining ½ teaspoon vinegar; season with salt. Spoon over the fish and hash; top with parsley.

Per serving: Calories 440; Fat 18 g (Saturated 4 g); Cholesterol 84 mg; Sodium 395 mg; Carbohydrate 37 g; Fiber 7 g; Sugars 11 g; Protein 35 g



FLANK STEAK WITH CABBAGE AND BACON

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

- 2 slices thick-cut bacon, chopped
- 4 cup vegetable oil
- 1 onion, chopped
- ½ head Savoy cabbage, thinly sliced
- 3 tablespoons white wine vinegar
- 2 tablespoons sugar
- cup low-sodium chicken broth

Kosher salt and freshly ground pepper

- 1 flank steak (about 1½ pounds), halved lengthwise
- 1 tablespoon paprika
- 1 teaspoon garlic powder
- ½ cup chopped fresh parsley (or a mix of parsley and dill)
- **1.** Cook the bacon with 2 tablespoons vegetable oil in a large Dutch oven over medium-high heat, stirring occasionally, until crisp, about 5 minutes. Add the onion and cook, stirring occasionally, until softened, about 3 minutes. Add the cabbage, vinegar and sugar. Stir in the chicken broth, ¾ teaspoon salt and a few grinds of pepper and bring to a boil. Reduce the heat to a steady simmer, cover and cook, stirring occasionally, until tender and slightly saucy, about 15 minutes.
- 2. Meanwhile, put each piece of steak between 2 sheets of plastic wrap and pound with the flat side of a meat mallet or heavy skillet until about ½ inch thick. Season generously with salt and pepper, then sprinkle all over with the paprika and garlic powder.
- **3.** Heat the remaining 2 tablespoons vegetable oil in a large skillet over medium-high heat. Add the steak and cook until browned, about 3 minutes per side for medium rare. Transfer to a cutting board to rest 10 minutes, then slice.
- **4.** Stir the parsley into the cabbage mixture and season with salt and pepper. Serve with the steak.

Per serving: Calories 490; Fat 27 g (Saturated 7 g); Cholesterol 109 mg; Sodium 742 mg; Carbohydrate 21 g; Fiber 6 g; Sugars 11 g; Protein 42 g



3 out of 4

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Easy Sides



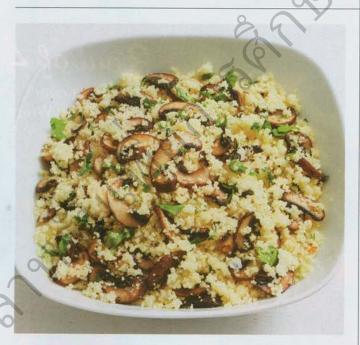
COCONUT CREAMED KALE

Heat 2 tablespoons coconut oil in a Dutch oven. Add 2 diced shallots, 1 tablespoon minced ginger, 2 minced garlic cloves and ½ sliced seeded Fresno chile; cook until softened. Stir in 10 ounces chopped kale, one 13.5-ounce can coconut milk and 1/4 cup water; season with salt and pepper. Cover and simmer until tender, 12 to 14 minutes. Stir in the juice of ½ lime. Top with fried onions.



SHAVED CAULIFLOWER-APPLE SALAD

Whisk 3 tablespoons olive oil with 2 tablespoons white wine vinegar, 1 grated garlic clove and 1 teaspoon maple syrup in a large bowl; season with salt and pepper. Add 1/2 very thinly sliced small head cauliflower, 1 sliced Gala apple, 5 cups baby greens, 1/4 cup fresh parsley and 2 tablespoons chopped chives. Toss and season with salt and pepper.



MUSHROOM COUSCOUS

Cook 8 ounces sliced cremini mushrooms in butter in a large skillet over medium-high heat, 4 to 5 minutes. Season with salt and pepper. Add 1 teaspoon each chopped garlic and thyme; stir 1 minute, then remove to a plate. Add 11/4 cups chicken broth, 2 tablespoons butter and a pinch of salt to the skillet. Bring to a boil, then pour over 1 cup couscous in a bowl. Cover and set aside 5 minutes. Stir in some chopped parsley and the mushrooms.



GLAZED CARROTS WITH PEPITAS

In a large skillet over medium-high heat, cook 1½ pounds thinly sliced carrots in butter and 1/4 teaspoon each pumpkin pie spice, salt and pepper, 3 minutes. Stir in 1 cup water and 1 tablespoon each cider vinegar and dark brown sugar. Cover and simmer until tender, 12 to 14 minutes, stirring once. Add 1 tablespoon butter and simmer, uncovered, until glazed, 3 to 5 more minutes. Season with salt and pepper; top with pepitas.



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Weeknight Cooking

INSIDE THE

Test Kitchen

Go behind the scenes of this issue.

CHILI FOR ALL

"My youngest sister cooks with a lot of beans and other legumes-she's vegan, plus she's on a budget (she recently graduated from college). She makes an amazing lentil taco that inspired me to create the lentil chili baked potato on page 78. It's a simple, inexpensive recipe, and lentils are a great vegetarian substitute for ground beef!"

> Melissa Gaman Recipe Developer



HOT OR NOT?

Keep an eye out for shishito peppers this time of year. The skinny Japanese peppers have become a popular menu item, and they're showing up in grocery stores now, too. People love the peppers in part because of the game of chance: One in 10 is extra spicy! We grilled shishitos to serve with the sandwich on page 76, and Ina Garten pan-seared them for an appetizer on page 96.



MIX A LOT

Coleslaw mixes aren't just shredded cabbage anymore! When we were shopping for the salad on page 72, we found blends made with beets, broccoli, Brussels sprouts, cauliflower, kale, kohlrabi, radicchio and more. And you can turn any of them into a super-quick side: Just toss with citrus juice whisked with a bit of oil, some salt and chopped fresh herbs.



Oscar Mayer

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DISCOVER A WORLD OF TASTE

EXCEPT THOSE NATURALLY OCCURRING IN CELERY JUICE AND SEA SALT.

Mix & Match FRIED FRICE

Make a super-quick dinner with your favorite ingredients! Veggie Lover's Fried Rice

Sausage and Pepper Fried Rice

> Hawaiian Fried Rice with Shrimp

DERSON; PROP STYLING: PAIGE HICKS, PINEAPPLE: RALPH SMITH, ALL OTHERS; GETTY IMAGES (9).

PHOTO: RYAN DAUSCH, FOOD STYLING: ADI



PICK YOUR RICE

Start with 3 cups cold cooked long-grain white or brown rice. (Or cook 1½ cups rice as the label directs, using ¼ cup less water than recommended and no butter or oil; spread out on a baking sheet and let cool.)



PREP YOUR PROTEINS

Prepare 1 cup total of the following ingredients (choose up to 2; do not precook).

- Bacon, roughly chopped
- Canadian bacon or ham, diced
- Skinless, boneless chicken thighs, cut into 1-inch cubes
- Cured chorizo or Chinese sausage, cut into 1-inch cubes
- Deli-sliced pastrami, cut into 1/2-inch strips

- Firm tofu, cut into 1-inch cubes
- Ground beef or pork
- Pancetta, cut into 1/4-inch cubes
- · Shrimp, peeled, deveined and roughly chopped
- Rotisserie chicken, cut into 1-inch cubes



CHOOSE YOUR MIX-INS

Prepare 1 cup total of the following ingredients (choose up to 3).



Baby bok choy, chopped



Kale, spinach or watercress, chopped



Bell pepper, chopped



Broccoli or cauliflower, chopped



Pineapple, chopped



Mushrooms, sliced



Red onion, chopped



Snow peas, thinly sliced



Carrots, shredded



Green beans, chopped



MAKE THE FRIED RICE

- Heat 1 tablespoon vegetable oil in a large nonstick skillet or wok over high heat. Add 1 beaten egg, swirl the pan to coat and cook until half set, about 10 seconds. Remove to a plate.
- Add your proteins to the skillet, season with salt and stir-fry until golden brown and almost cooked through. Remove to a bowl.
- Add ½ to 1 tablespoon more vegetable oil to the skillet, then stir in your mix-ins. Season with salt and add 1 teaspoon soy sauce, fish sauce or Asian chili sauce and 1 teaspoon grated ginger or garlic. Stir-fry until crisp-tender, 2 minutes.
- Add the cooked rice, spreading it out; heat through, about 3 minutes. Return the egg and proteins to the pan, stirring to break up the egg. Divide among bowls.

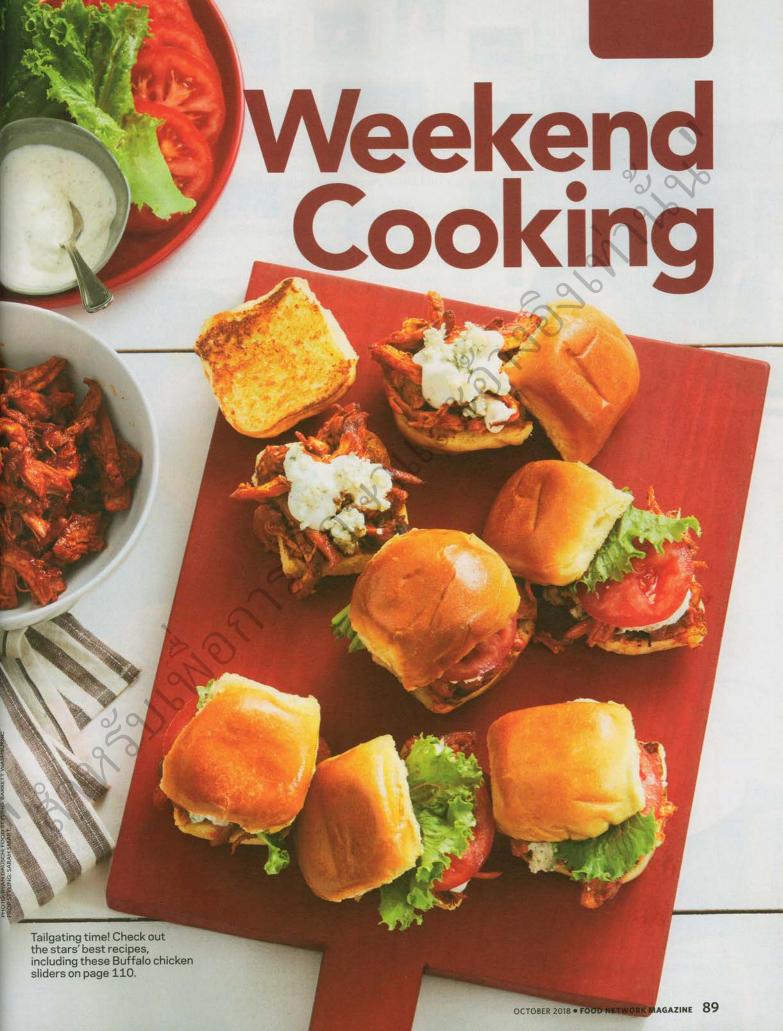


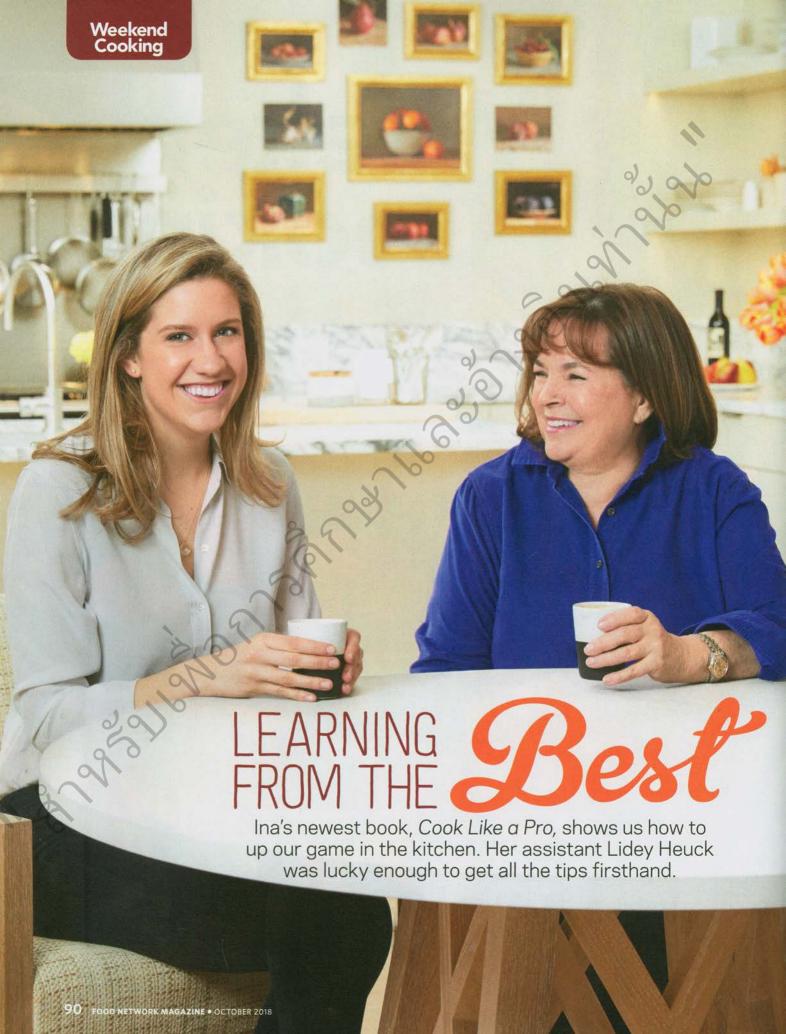
FINISH THE DISH

Top the fried rice with up to 2 of the following.

- Chopped cashews or peanuts
- · Chili oil
- Fresh cilantro
- Lime juice
- Sliced scallions
- Toasted sesame oil







s first jobs go, Lidey Heuck couldn't have done much

better than this one: Three days after graduating from Bowdoin College in Maine in 2013, the English major reported for duty in East Hampton, NY, as Ina Garten's new assistant and social media director. Her friends were in awe, her classmates were jealous and her father-well, he was just confused: "He had no idea who Ina was," Lidey says. "So he said, 'Wait, you just got this expensive education and you're going to be an assistant to a chef?"

He didn't realize at the time that his daughter had landed one of the most fabulous jobs on the planet. Lidey, a longtime Ina fan, would soon be exploring extraordinary markets, meeting world-famous chefs, and cooking side by side with the Barefoot Contessa herself.

If you ask Lidey how she got the gig, she'll tell you that she was lucky: She happened to have a college friend whose dad happened to know Ina, so she wrote her a letter, the friend's dad delivered it, and next thing you know, she was taking three ferries down the coast to the Hamptons for an interview. But as Ina explains, there's a little more to the story. She had been looking to hire someone for a while (she'd even posted a help-wanted ad in The East Hampton Star), but no one seemed quite right. Then Lidey's letter arrived. "When I met her, she was smart and so lovely and had a great social media plan. At one point I asked her, 'What drives you crazy in college?' and she said, 'When my roommates don't clean up the kitchen.' I thought, 'You're hired!'"

Also, Lidev ate a giant piece of coffee cake at the interview. This wasn't officially part of the test, but when Ina and her longtime assistant Barbara Libath offered it, Lidey wasn't about to say no. "It was the biggest piece of coffee cake I'd ever seen," she says. "I thought, 'I'm going to eat this whole thing because food is really important to her." Ina laughs about this story now because she hadn't even made the cake-she'd bought it from Mary's Marvelous, one of her favorite local caterers.

Lidev started the job a few weeks later, and soon after, Ina took her to the Williams Sonoma store in nearby Bridgehampton. Like a scene out of a fairy tale-or maybe an Oprah episode-Ina offered to outfit Lidey's home kitchen with all new gear: sauté pans, knives, a KitchenAid stand mixer, baking dishes, a food processor. "It was like a wedding!" Ina says. She wasn't just being generous; she wanted to make sure her new assistant was training with the right tools. "Cooking is like any skill," Ina says. "You have to keep doing it. Lidey had been cooking a lot on her own and I wanted her to have a fully equipped kitchen."

The investment more than paid off. Lidey, now five years into the job, has become a trusted recipe tester and has even started helping develop recipes. "I was working on a sgroppino recipe, an Italian cocktail with vodka and sorbet, and all the lemon sorbets tasted like lemon Pledge to me, so I was trying different flavors," Ina says. "I made a version with raspberry sorbet and it was good, but it wasn't quite there. Then Lidey suggested adding vanilla ice cream, sort of a berries-and-

cream idea. It was delicious! It's so nice to see how she has grown."

Lidey contributed in all sorts of ways to Ina's latest book, Cook Like a Pro, handing over a recipe from a friend for a chicken Waldorf salad that she used to love and getting Ina to try shishito peppers for the first time. "I had never had one before in my life!" Ina says. Lidey seared them in a skillet with olive oil until they were charred and then added a little lime juice and sea salt. They, too, turned out to be book-worthy.

"I think I've come a long way," Lidey says. And for the record, so has Lidey's dad. "He'll call me now and say, 'I'm watching Ina make this dessert, and it looks soooo good!"





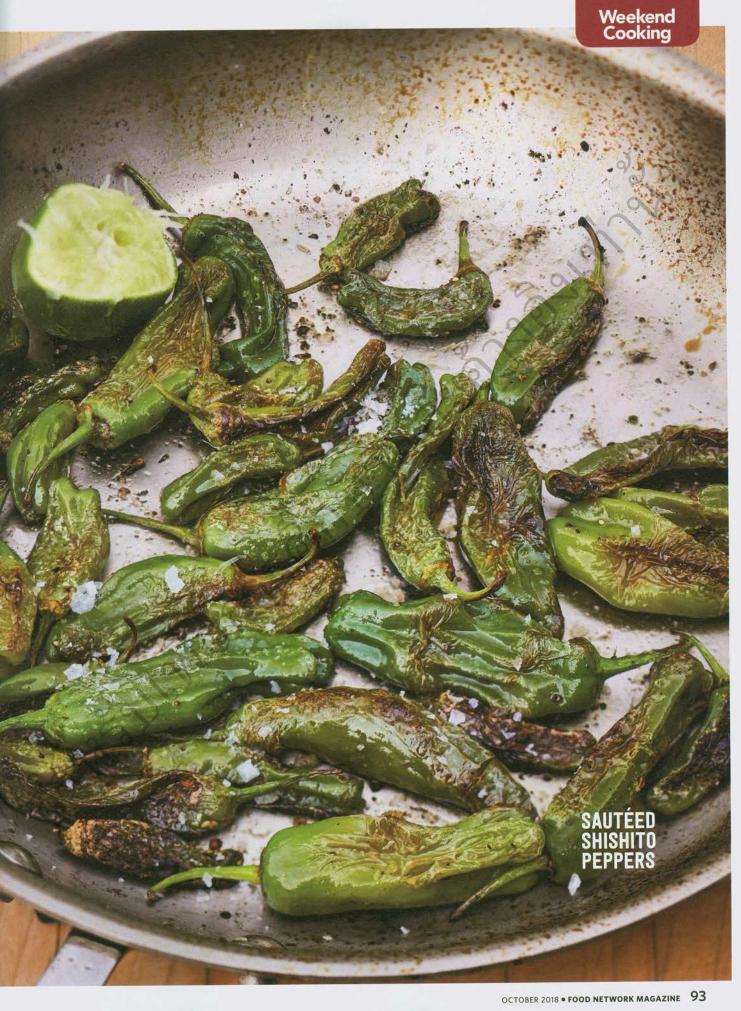
Making pizza with Katie Lee!

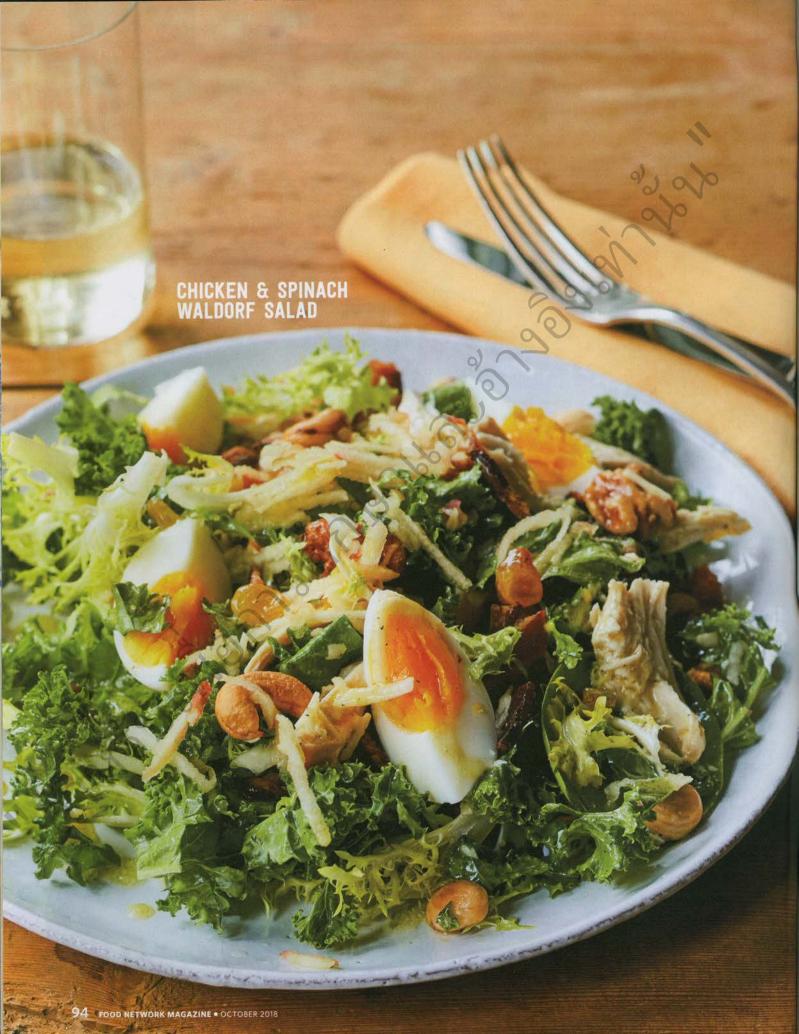


Find these recipes and more in Ina's new book, Cook Like a Pro (\$35: Clarkson Potter).

> TURN THE PAGE TO TRY RECIPES FROM INA'S NEW BOOK.









CLASSIC DAIQUIRIS.

ACTIVE: 20 min | TOTAL: 30 min MAKES: 6 drinks

- cup sugar, plus extra for dipping the glasses
- lime, cut in half
- 11/3 cups freshly squeezed lime juice (9 limes)
- 1⅓ cups Bacardi Gold dark rum

Very thin whole slices of lime, for serving

- 1. Combine the sugar with 1 cup water in a small saucepan and heat until the sugar dissolves completely. Set aside to cool or refrigerate for up to 2 weeks.
- 2. When ready to make the cocktails, rub the cut lime on the rims of 6 glasses and lightly dip the rims in a plate of sugar. Turn the glasses upright and set aside to dry.
- 3. Combine the lime juice, 1 cup of the sugar syrup and the rum in a pitcher. Fill a cocktail shaker 3/4 full with ice, pour in enough cocktail mixture to cover the ice, place the lid on the shaker and shake for a full 30 seconds, until very cold. (Time it; it's longer than you think!) Fill the prepared glasses ¾ full with ice and strain the daiquiris into the glasses, garnish with the lime slices and serve ice cold. Repeat until you've used all of the cocktail mixture.

PRO TIP: Limes at room temperature give more juice than cold ones. Roll the whole limes on a board with the heel of your hand before squeezing them to release more juice.

ACTIVE: 10 min | TOTAL: 10 min SERVES: 4 to 6

Good olive oil

½ pound shishito peppers Kosher salt and freshly ground black pepper

lime

Flaked sea salt, such as Maldon

- 1. Heat 2 tablespoons olive oil in a large (12-inch) sauté pan over medium to medium-high heat. When the oil is hot, add the whole peppers in one layer and sprinkle them with I teaspoon kosher salt and ½ teaspoon black pepper. Cook for 4 to 6 minutes, tossing often until blistered and browned.
- 2. Off the heat, squeeze some lime juice on the peppers and sprinkle with flaked sea salt. Serve hot right from the pan or transfer to a small serving dish. Have a dish nearby for discarding the stems.

PRO TIP: Acids such as lime juice, lemon juice and vinegar often add a delicious edge to savory foods like these peppers and give them more depth of flavor.



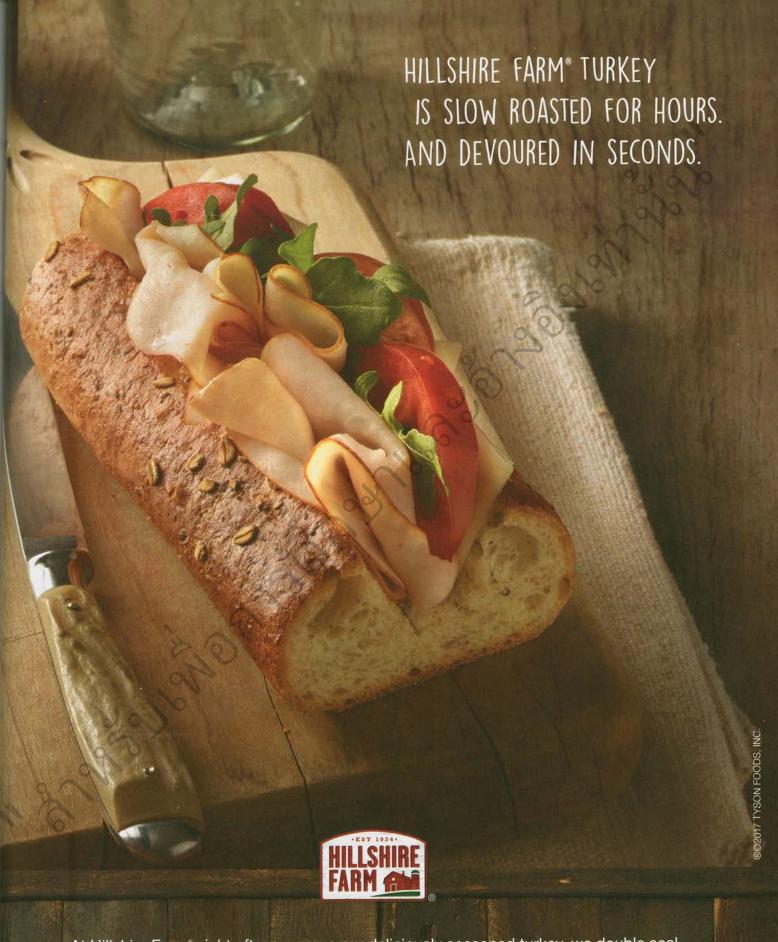
CHICKEN & SPINACH **WALDORF SALAD**

ACTIVE: 45 min | TOTAL: 1 hr 25 min SERVES: 4 to 6



- 1½ pounds bone-in, skin-on chicken breasts (2 large)
- cup good olive oil, plus extra for roasting the chicken Kosher salt and freshly ground black pepper
- pound thick-cut bacon, such as Nodine's
- cup whole roasted, salted Marcona almonds
- 1/4 cup whole roasted, salted cashews
- 1/4 cup whole walnut halves
- 3 tablespoons apple cider vinegar
- 1 tablespoon good Dijon mustard
- 2 teaspoons liquid honey
- cups baby frisée, washed, spun dry and sliced in 11/2-inch pieces
- cups curly kale, ribs removed, washed, spun dry, stacked and thinly sliced crosswise
- ounces baby spinach, washed and spun dry
- cup golden raisins
- ounces extra-sharp Cheddar, grated
- crisp red apple, unpeeled
- soft-boiled eggs, peeled and quartered (see tip)
- 1. Preheat the oven to 350°. Arrange three racks evenly spaced in the oven. (If you only have two racks, space them evenly.)
- 2. Place the chicken, skin side up, on a sheet pan. Rub with olive oil, sprinkle with salt and pepper and roast for 35 to 40 minutes, until the internal temperature is 140°. Cover the pan with foil and set aside to cool for 10 minutes. Discard the skin and bones, and shred the chicken by hand into 1-by-3-inch pieces.
- 3. Place the bacon on a wire cooling rack set on a second sheet pan and roast along with the chicken for 20 to 30 minutes, until browned. Remove the bacon to a plate lined with paper towels, cool and cut in large dice.
- 4. On a third sheet pan, combine the almonds, cashews and walnuts and roast for 10 to 12 minutes, tossing once, until lightly browned. Set aside to cool.
- 5. In a 2-cup measuring cup, whisk the 3/3 cup of olive oil with the vinegar, mustard, honey, 1½ teaspoons salt and ½ teaspoon pepper, and set aside.
- 6. In a large serving bowl, combine the frisée, kale, spinach, raisins, Cheddar, chicken, bacon, nuts, 1 teaspoon salt and ½ teaspoon pepper. Before serving, grate the apple on top and add the eggs. Pour the dressing over the salad and toss gently. Serve at room temperature.

PRO TIP: For soft-boiled eggs, place the eggs in a medium saucepan of boiling water, lower the heat and simmer for exactly 6 minutes. Set aside for 2 minutes.



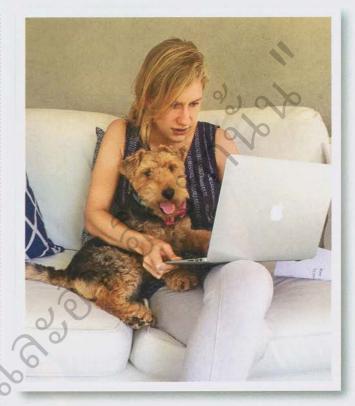
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FRESH FIG &

ACTIVE: 40 min | TOTAL: 1 hr 45 min

- 10 tablespoons (11/4 sticks) unsalted butter, at room temperature
- 1 cup granulated sugar
- 3 extra-large eggs, at room temperature
- cup fresh whole milk ricotta, at room temperature (see tip)
- 2 tablespoons sour cream
- teaspoon pure vanilla extract
- teaspoon grated lemon zest
- 1¼ cups all-purpose flour
- tablespoon baking powder
- teaspoon kosher salt
- large (or 12 medium) fresh figs, stems removed, quartered through the stem
- tablespoon turbinado sugar, such as Sugar in the Raw Crème fraîche, for serving
- 1. Preheat the oven to 375°. Butter and flour a 9-inch round springform pan, tapping out the excess flour.
- 2. Place the butter and granulated sugar in the bowl of an electric mixer fitted with the paddle attachment and beat on medium speed for 3 minutes, until light and fluffy, scraping down the bowl with a rubber spatula. With the mixer on medium low, add the eggs, one at a time, scraping down the bowl and mixing until smooth. Add the ricotta, sour cream, vanilla and lemon zest and mix until combined. Don't worry; the ricotta will make it look lumpy.
- 3. In a small bowl, sift together the flour, baking powder and salt. With the mixer on low, slowly add the dry ingredients to the batter, mixing just until combined. Pour the batter into the prepared pan and smooth the top. Arrange the figs on the cake, cut sides up, in snug but not overlapping concentric circles. Sprinkle with the turbinado sugar and bake for 35 to 45 minutes, until the top is lightly browned and a toothpick inserted in the center comes out clean.
- 4. Allow the cake to cool in the pan on a baking rack for 15 to 20 minutes, transfer to a cake plate and serve warm with crème fraîche on the side.

PRO TIP: Since ricotta is such an important flavor in this cake, try to use fresh ricotta from an Italian specialty store.



After working side by side with her idol, Lidey Heuck has learned a few things about great cooking and entertaining. Here are her top five takeaways.

LESS IS MORE. You don't need to fill your kitchen cabinets with tons of fancy gadgets-you can make fabulous food with a good knife, a mixing bowl and a stack of sheet pans.

KEEP THE FOOD SIMPLE. If you use fresh high-quality ingredients that are in season, they will shine in the most basic dishes. Sometimes this means an extra stop at a farmers' market or specialty-food store, but it is so worth your time!

KNOW YOUR GUESTS. These days it seems like everyone has something they can't or won't eat. Not everything you serve has to be vegan, but there should be something absolutely delicious for everyone to eat.

MAKE IT AHEAD. Get as much done as you can before your guests arrive; entertaining will be so much less stressful and more fun. No more spending half the party in the kitchen finishing dinner!

DON'T GO OVERBOARD. Forget the fussy hors d'oeuvres; serve little bites like roasted nuts and olives with drinks—it's less work for you and people won't fill up before dinner is served!



NO CONVERSION



half the sugar for Stevia In The Raw. Why only half? Keeping half the sugar is important for moisture, browning and rising. One cup of Stevia In The Raw has the same sweetness as one cup of sugar and pairs well with bold flavors like in this Mocha Cake with Peanut Butter Frosting. Get this sweet recipe and more at InTheRaw.com



THICK PICH PICH DELICIOUS

NOTHING ELSE TASTES LIKE

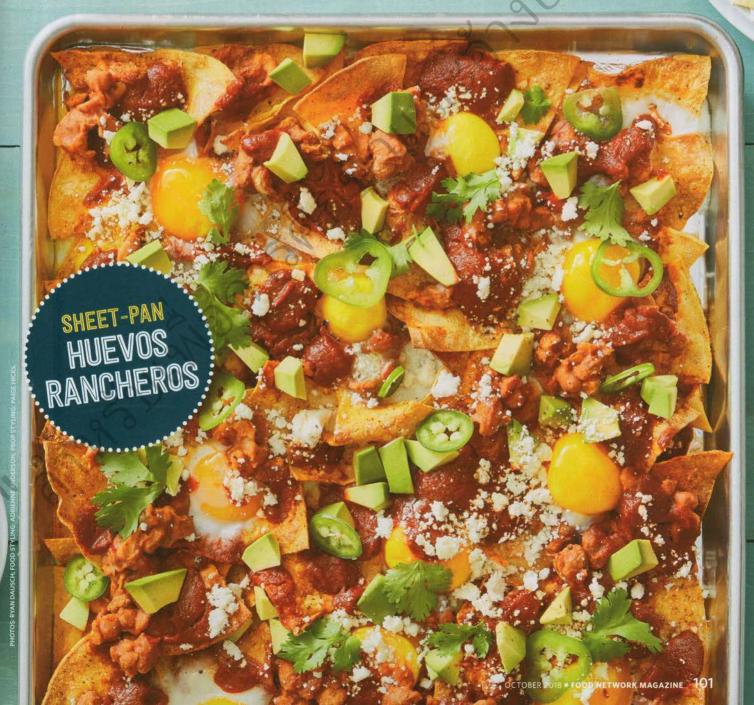


Weekend Cooking

One and DOME

Brunch EDITION

You can make these breakfasts on a single sheet pan.





Weekend Cooking SHEET-PAN APPLE SPICE PANCAKE



SHEET-PAN **HUEVOS RANCHEROS**

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

- small corn tortillas, 15 each cut into 6 wedges
- 3 tablespoons vegetable oil
- 1½ teaspoons ground cumin
- teaspoon chili powder

Kosher salt and freshly ground pepper

- dried ancho chile pepper, stemmed 1
- 14.5-ounce can tomato sauce 1
- 1 scallion, roughly chopped
- jalapeño pepper, thinly sliced 1
- cup packed fresh cilantro, 1/2 plus more for topping
- 1 16-ounce can chili beans in sauce
- 12 large eggs
- ripe avocado, chopped
- cup crumbled Cotija cheese Lime wedges, for serving
- 1. Preheat the oven to 425°. Line a rimmed baking sheet with foil. Add the tortilla wedges, drizzle with the vegetable oil and sprinkle with 1/2 teaspoon cumin, the chili powder, ½ teaspoon salt and a few grinds of pepper; toss until well coated. Spread on the baking sheet in a single layer and bake, stirring occasionally, until crisp, 20 to 30 minutes.
- 2. Meanwhile, combine the ancho chile and 1/4 cup hot water in a blender, Let stand until the chile is softened, about 5 minutes. Add the tomato sauce, scallion, half the jalapeño slices, the cilantro, remaining 1 teaspoon cumin, 1/2 teaspoon salt and a few grinds of pepper; puree until smooth. Lightly mash the chili beans in their sauce in a medium bowl until chunky.
- 3. Remove the tortillas from the oven. Drizzle with about 1/2 cup of the ancho sauce and top evenly with the mashed beans. Crack the eggs on top, spacing them out; season with salt and pepper. Gently run a rubber spatula through any thick egg whites to break them up and help the eggs cook more evenly. Bake until the egg whites are opaque, 15 to 20 minutes.
- 4. Drizzle with 1 cup more ancho sauce. Top with the avocado, cheese, remaining jalapeño slices and more cilantro; serve with lime wedges and the remaining ancho sauce.



SHEET-PAN CHICKEN AND WAFFLES

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

Cooking spray

- skinless, boneless chicken breasts (6 to 8 ounces each), cut on an angle into thirds
- 1/2 cup sour cream
- teaspoon garlic powder 1/2
- 1/4 teaspoon cayenne pepper

Finely grated zest of 1 lemon Kosher salt and freshly ground

- black pepper cups cornflakes, finely crushed 5
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons chopped fresh thyme
- 6 tablespoons unsalted butter, at room temperature
- 12 frozen home-style waffles Maple syrup, for serving
- 1. Position a rack in the upper third of the oven and preheat to 450°. Coat a rimmed baking sheet with cooking spray. Toss the chicken pieces with the sour cream, garlic powder, cayenne, half the lemon zest, ¼ teaspoon salt and a few grinds of black pepper in a large bowl to coat. Set aside.
- 2. Put the cornflakes in a shallow dish and stir in the olive oil, 1 tablespoon thyme and a pinch each of salt and black pepper. Coat the chicken in the cornflake mixture, pressing to adhere. Place on the prepared pan and lightly coat with more cooking spray. Bake until lightly browned on top, about 15 minutes.
- 3. Meanwhile, mix the butter with the remaining lemon zest and 1 tablespoon thyme in a medium bowl. Season with salt and black pepper and set aside.
- 4. Remove the baking sheet from the oven and move the chicken to one side. Arrange the waffles in two rows on the other side of the pan, overlapping them. Bake, flipping and rotating the waffles halfway through, until a thermometer inserted into the thickest part of the chicken registers 165° and the waffles are toasted and hot, 10 to 15 minutes.
- 5. Spread the lemon-thyme butter evenly over the waffles. Serve the chicken and waffles with maple syrup.



SHEET-PAN APPLE SPICE PANCAKE

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

FOR THE PANCAKE

- cup granulated sugar
- 1/3 cup packed light brown sugar
- 2 teaspoons apple pie spice
- tablespoons unsalted butter, at room temperature
- Golden Delicious or Gala apples, peeled, cored and sliced into 1/4- to 1/2-inch-thick rounds
- 13/4 cups all-purpose flour
- cup whole-wheat flour
- 1 tablespoon baking powder
- teaspoons baking soda 11/2
- teaspoon salt
- 2 cups whole milk
- 3/4 cup whole-milk Greek yogurt
- 2 large eggs
- teaspoons pure vanilla extract

FOR TOPPING

- cup confectioners' sugar
- 5 teaspoons apple cider
- teaspoon apple pie spice Maple syrup and/or whipped cream, for serving
- 1. Make the pancake: Preheat the oven to 450°. Mix the granulated sugar, brown sugar and pie spice in a large bowl. Rub a rimmed baking sheet with 2 tablespoons butter and arrange the apple slices on top in a single layer; sprinkle with 1/3 cup of the sugar mixture. Bake until the apples are tender and the baking sheet is mostly dry, 25 to 30 minutes.
- 2. Meanwhile, whisk both flours, the baking powder, baking soda and salt into the remaining sugar mixture. Whisk the milk, yogurt, eggs and vanilla in a separate bowl. Stir the milk mixture into the flour mixture.
- 3. Pour the batter over the apples and gently spread to cover. Bake until dry on top and a toothpick inserted into the center comes out clean, 12 to 15 minutes. Brush with the remaining 1 tablespoon butter. Let cool 15 minutes.
- 4. Make the glaze: Stir the confectioners' sugar, cider and pie spice in a bowl. Drizzle over the pancake. Cut into squares, invert onto plates and serve with maple syrup and/or whipped cream.



Brunch

THERE'S NO BETTER WAY TO START THE DAY THAN BY SHARING A MORNING MEAL WITH FAMILY & FRIENDS.

Handcrafted Smithfield quality meats make it easy to turn a meal into a masterpiece with mouthwatering, memorable dishes like the two delicious recipes featured here.



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Discover more ways to enjoy brunch at Smithfield.com.

HAM, EGG & CHEESE CRÊPES WITH ASPARAGUS



Smithfield® Anytime Favorites™ Boneless Ham Steak is an easy way to add flavor to any breakfast, whether it's a quick morning meal or this deliciously indulgent crêpe.

INGREDIENTS

CRÉPES:

- cup all-purpose flour
- 11/4 cups milk
- tbsp. melted butter

Pinch of so

- Smithfield Anytime Favorites Boneless Ham Steaks, any flavor, sliced the boneless Ham Steaks, engliavor, sliced the boneless Ham Steaks, any flavor, sliced the boneless Ham Steaks, any flavor, sliced the boneless Ham Steaks, any flavor sliced to be boneless Ham Steaks, and the boneless Ham Steaks, and the

- cup arugula or favorite microgreens for serving Olive oil, for drizzling

DIRECTIONS

CRÉPES:

1. Add all ingredients in blender and process until combined. Allow to stand for 10 minutes. 2. Heat a 12-inch nonstick sauté pan over medium heat and lightly coat with butter. Add ½ cup batter and swirt to distribute evenly and completely cover bottom. Cook until crèpe is lightly browned, lift lightly with spatula and flip over. Cook another 2 minutes and remove to plate. Continue cooking remaining crèpes.

FILLING:

1. Preheat oven to 375°. 2. Using same pan as for crêpes, add oil to pan and fry eggs until whites are just set. 3. Place on parchment-lined boking sheet, using 1 crèpe at a time, cover with sliced ham steak followed by cheese, egg and asparagus. Season with salt and pepper and fold crêpe. Bake for a few minutes, just to melt cheese and warm crêpe. Serve with arugula and drizzle with olive oil.

BACON CINNAMON ROLLS



Great on its own and versatile enough to elevate any breakfast. Smithfield Bacon adds an unexpected twist to c in this sweet and savory dish.

INGREDIENTS

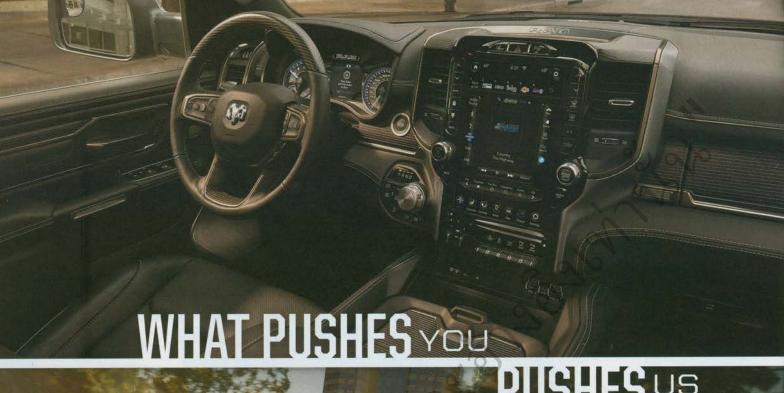
5 slices Smithfield Bacon, your favorite flavor 17.5-oz. can of refrigerated, prepared large cinnamon rolls with icing

DIRECTIONS

1. Preheat oven to 375°. Separate strips of bacon and lay out flat in single layer on lightly sprayed, foil-lined rimmed baking pan, lightly stretching each strip by an inch or two. Bake for 7-9 minutes or until bacon begins to curl slightly and fat begins to render. Remove bacon from pan with spatula while warm, draining on paper towels. 2. Reduce oven temperature to 350°. Open can of cinnamon rolls, separating durch into rolls and separating from the control of the separation. dough into rolls and reserving icing. Carefully unroll cinnamo into strips and lay out horizontally. Lay partially cooked bacor on top edge of dough strips, placing bacon so that half is on the dough and half above dough, and roll back up into original shape. 3. Bake cinnamon rolls according to package instructions, then microwave icing and top.



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BUILT TO SERVE

Try these easy tailgating recipes from some of Food Network's biggest football fans.

TRISHA YEARWOOD'S POTATO SKINS

ACTIVE: 50 min | TOTAL: 1 hr 50 min MAKES: about 24

- 3½ pounds (about 12 medium) red potatoes
- tablespoons olive oil
- slices bacon
- tablespoons salted butter, melted

Salt and freshly ground black pepper, to taste

- 2½ cups (about 10 ounces) grated sharp cheddar cheese
- cup sour cream 1/2
- cup finely chopped scallions
- 1. Preheat the oven to 400°. Wash the potatoes and pierce them all over with a fork. Rub them with the oil and place on a baking sheet. Bake until tender, 45 minutes to 1 hour. Remove the potatoes from the oven and halve lengthwise. Set aside to cool for about 15 minutes. Meanwhile, turn on the broiler.
- 2. While the broiler is heating, using kitchen shears, cut the bacon into small pieces. Cook in a medium skillet over medium heat, stirring occasionally, until crispy, about 10 minutes. Drain on a paper towel-lined plate and set aside.
- 3. When the potatoes are cool enough to handle, scoop out the flesh and save it for another use. Brush the insides of the skins with the melted butter and sprinkle with salt and pepper. Place on the baking sheet and broil until the skins begin to crisp, 2 to 3 minutes. Flip the skins over and broil
- for another 2 to 3 minutes.
- 4. Remove the baking sheet from the oven and fill each potato skin with the cheese and bacon. Put back under the broiler until the cheese melts, 3 to 5 minutes. Remove and top with a dollop of sour cream and a few pieces of scallion.





'This recipe started as a way to use potato skins left over from baked potato soup, but now it's the main event whenever I tailgate."

JEFF MAURO'S BUFFALO CHICKEN SLIDERS ACTIVE: 40 min 1 TOTAL: 1 hr 1 MAKES: 18 to 24

- tablespoon vegetable oil
- pounds skinless, boneless chicken thighs

Kosher salt and freshly ground black pepper

- tablespoon packed dark brown sugar
- teaspoons paprika
- 1/4 teaspoon cayenne pepper
- cup hot sauce (such as Frank's RedHot)
- 18 to 24 small rolls (such as Hawaiian or Parker House), buttered and toasted

Ranch dressing, for serving

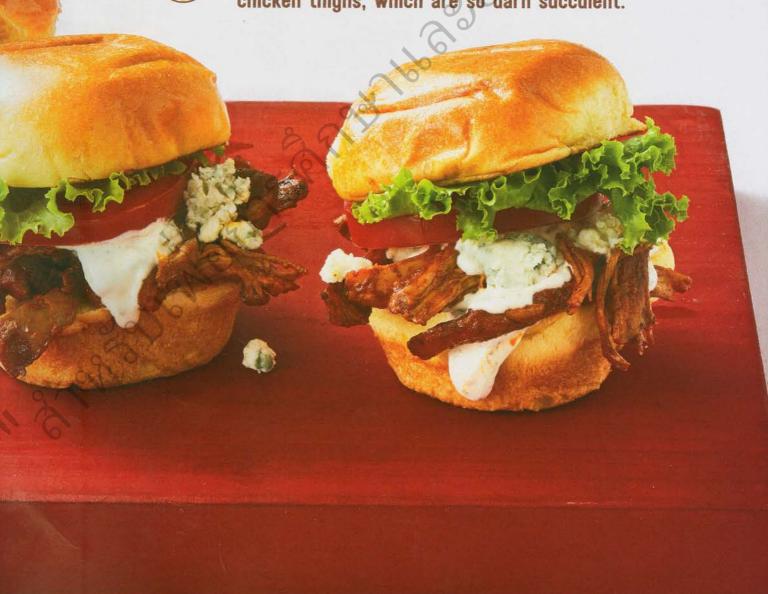
cup crumbled blue cheese

Sliced tomato and lettuce leaves, for serving

- 1. Preheat the oven to 400°. Heat a 12-inch ovenproof skillet over medium-high heat. Add the vegetable oil. Sprinkle both sides of the chicken with salt, black pepper, the brown sugar, paprika and cayenne. Add the chicken to the skillet and sear until golden on both sides, about 4 minutes.
- 2. Add the hot sauce to the skillet and bring to a simmer, then place in the oven to cook until an instant-read thermometer inserted into the chicken registers 160°, 12 to 15 minutes. Let the chicken cool in the skillet, then pull the meat with your fingers. Adjust the seasoning if necessary.
- 3. Preheat the broiler. Transfer the skillet to the broiler and cook until crispy and caramelized on top, about 4 minutes.
- 4. For the sandwich build: Place some chicken on the roll bottoms and top with ranch dressing, blue cheese crumbles, tomato and lettuce. Close with the roll tops.



"This is a great way to get tons of Buffalo-wing flavor without the bone! The key is using chicken thighs, which are so darn succulent."



GUY FIERI'S QUESO FUNDIDO ACTIVE: 25 min 1 TOTAL: 30 min 1 SERVES: 4 to 6 1. Preheat the oven to 400°. Cook the chorizo in a large cast-iron skillet over medium heat, link fresh Mexican chorizo, breaking up the meat with a wooden spoon as it renders, about 5 minutes. Add the casing removed onion, serrano and garlic and continue cooking until the chorizo is crisp and the onion is yellow onion, minced 1/2 translucent, 5 to 7 minutes. Remove the mixture from the skillet and transfer to a bowl. serrano chile pepper, Toss the cheeses with the flour in a separate bowl. seeded and minced 2. Add the beer to the skillet, stirring and scraping up any browned bits from the bottom cloves garlic, minced 2 of the skillet. Whisking constantly, add the cheese mixture a little bit at a time, whisking cup shredded Oaxaca cheese 1/2 until smooth and well blended. Stir in the beans, chiles and chorizo mixture. cup shredded mozzarella cheese 3. Place the skillet in the oven and cook until the queso is hot and bubbly, about 5 minutes. cup shredded sharp cheddar cheese Garnish with scallions and tomato and serve with tortilla chips. tablespoon all-purpose flour cup dark beer 1/2 cup canned pinto beans, "How could you not like this winning drained and rinsed dish? The serrangs and roasted cup canned diced roasted green chiles Chopped scallions and diced tomato, green chiles give it just enough kick for garnish to keep you coming back for more!" Tortilla chips, for serving (see right) GUY'S HOMEMADE Cut 8 flour or corn tortillas into wedges; fry in 350° vegetable oil, a few at a time, until crisp, about 30 seconds per side. Drain on paper towels; season with salt, cumin and a squeeze of lime juice. OCTOBER 2018 • FOOD NETWORK MAGAZINE



KATIE LEE'S NO-BAKE CHOCOLATE-PEANUT BUTTER COOKIES

ACTIVE: 30 min | TOTAL: 11/2 hr | MAKES: 30

- 1 cup peanut butter
- 60 butter crackers (such as Ritz; 2 sleeves)
- 3 cups milk chocolate chips Sprinkles, for decorating
- 1. Line a baking sheet with parchment paper. Spread a generous 1 teaspoon peanut butter onto each of 30 crackers and then top with the remaining crackers. Place on the prepared baking sheet and refrigerate until the peanut butter is firm, 20 to 30 minutes.
- 2. Put the chocolate chips in a microwave-safe bowl and microwave on medium power in 15-second intervals, stirring, until melted, about 1½ minutes. Use 2 forks to dip each sandwich into the melted chocolate until completely coated, then return to the baking sheet. (If the chocolate starts to stiffen, return it to the microwave for a few seconds.) After dipping the cookies in chocolate, decorate them with sprinkles.
- **3.** Refrigerate the cookies until firm, about 30 minutes. Store in an airtight container at room temperature for up to 1 week.



"These are perfect for tailgating because you can sprinkle them with your team's colors—plus they travel really well."



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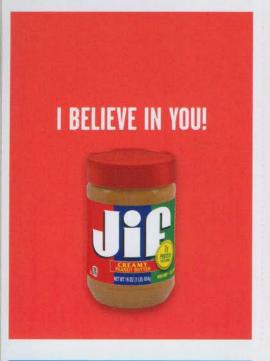
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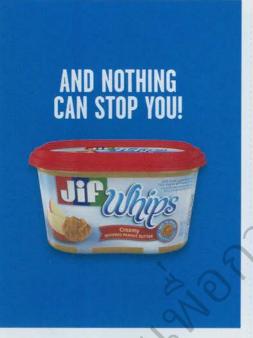
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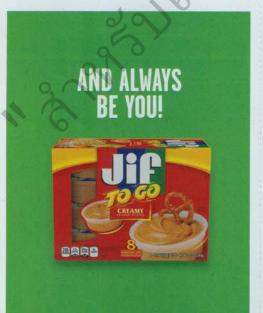






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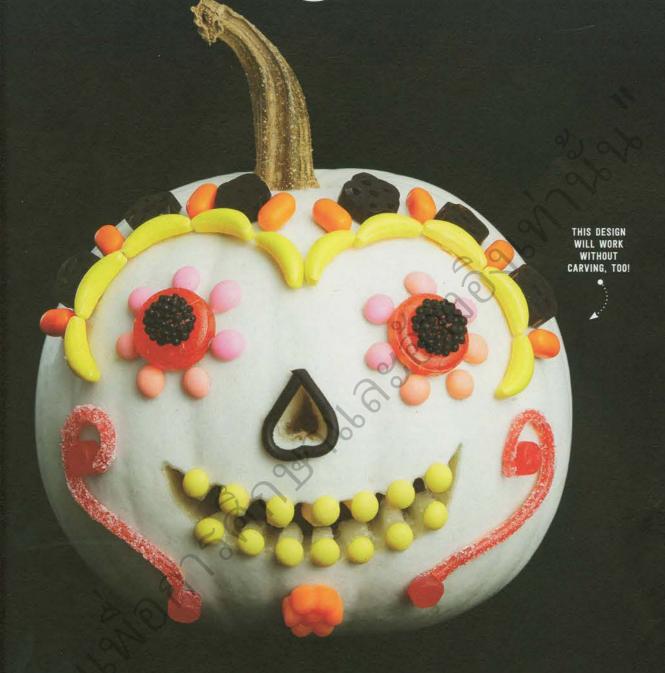
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Party Time



Dead Ringers

Set aside some Halloween candy this year to make a Day of the Dead-inspired jack-o'-lantern: Use a serrated pumpkin-carving knife to cut out a nose shaped like an upside-down heart and a mouth with notched teeth, then outline your carvings with black licorice laces or candy buttons (attach with straight pins or hot glue). Embellish the face by adding Life Savers, berry gummies, sliced licorice bites, sour straws, Runts, Tic Tacs and flower-shaped gummies.

Break out some candy melts and make a new Halloween treat.

Attach 2 candy eyeballs to a white candy-coated apple using more candy melts. Microwave 2 marshmallows until puffed, 10 to 15 seconds. Stir until smooth; let cool slightly. Using a spoon, scoop up the marshmallow (it will stretch into a thread) and wrap it around the apple.

Spiderweb

Microwave black candy melts until melted; transfer to a small resealable plastic bag. Snip a corner. While a white candy-coated apple is still wet, pipe a spiral onto one side with the melted black candy. Use a skewer to gently drag lines out from the center to create a web pattern. Let set.

Snip a marshmallow in half diagonally, then trim to make 2 triangles. Press the cut sides in black sanding sugar. Attach to a white candy-coated apple using more candy melts, then attach 2 green candies for eyes. Pipe lines with black icing.

HOW TO COAT THE APPLES

Insert a lollipop stick or dowel into the top of 6 apples. Microwave 3 cups white candy melts in 30-second intervals, stirring, until melted. Dip each apple into the white candy and let the excess drip off. Transfer to a parchment-lined baking sheet; let set before decorating unless otherwise directed.

Skeleton

Roll mini marshmallows between your thumb and index finger to make them into a bone shape. Attach the marshmallows to a white candycoated apple in a hand formation using more candy melts.

Look for sturdy lollipop sticks or wooden dowels at crafts stores. Regular wooden skewers are not strong enough.

Ghost

Make a puddle of melted white candy melts on parchment; set a white candy-coated apple on the puddle while still wet. Let set, then pipe eyes and a mouth with black gel icing.

Werewolf

Drag a skewer across a white candy-coated apple in 3 spots to look like scratches. Fill the scratches with red gel icing.

Dress up a prefab cookie house for Halloween.

We used Wilton's cookie house kit. It comes fully assembled and with plenty of icing Sq. westmary comes

Use icing to attach 4 yellow Starburst Minis to the house for each window. Pipe lines with black icing.

EES

Pipe melted black candy melts onto parchment in the shape of trees.
Let set. Cut a slit in gumdrops and insert the trees.

CHIMNEY Brush a marshmallow with corn syrup; roll in

with corn syrup; roll in ground chocolate wafer cookies. Top with white cotton candy.

ROOF

Thinly slice black licorice on the diagonal. Attach to the roof with icing.

BAT

Use 2 extra licorice slices from the roof for bat wings; attach to the house with a dot of black icing.

WALLS

WALLS
Spray the walls of the house with edible black spray paint (such as Wilton Color Mist).









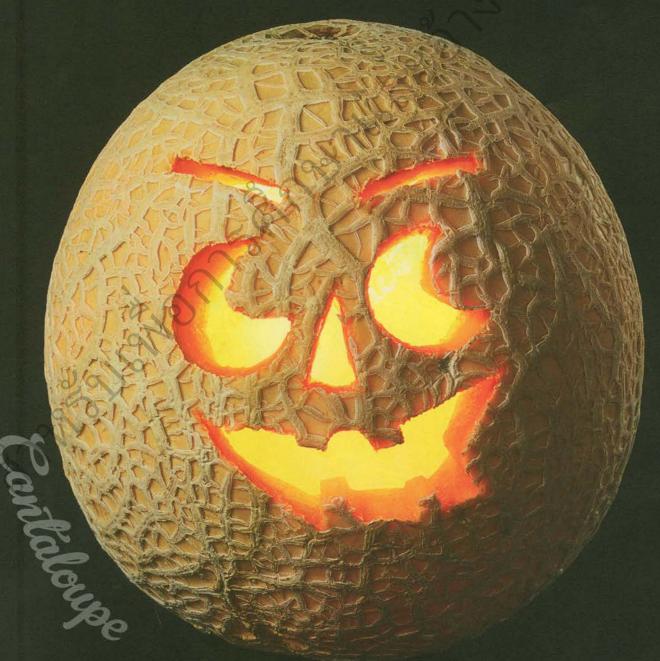
The String Cheese Kids Really Want



Full Snacks to Satisfy Your Family

Let's

You can carve jack-o'-lanterns out of more than just pumpkins!





Using a paring knife, carve a hole that's wide enough to fit a battery-powered candle in the bottom of the fruit. If the fruit is solid in the center (like a pineapple), cut out the flesh with the knife. If the fruit is hollow (like a melon), use a spoon to scoop out the seeds and scrape out some of the inside. Carve a face, then line the inside of the face with parchment for an even glow. Position the fruit over the candle.



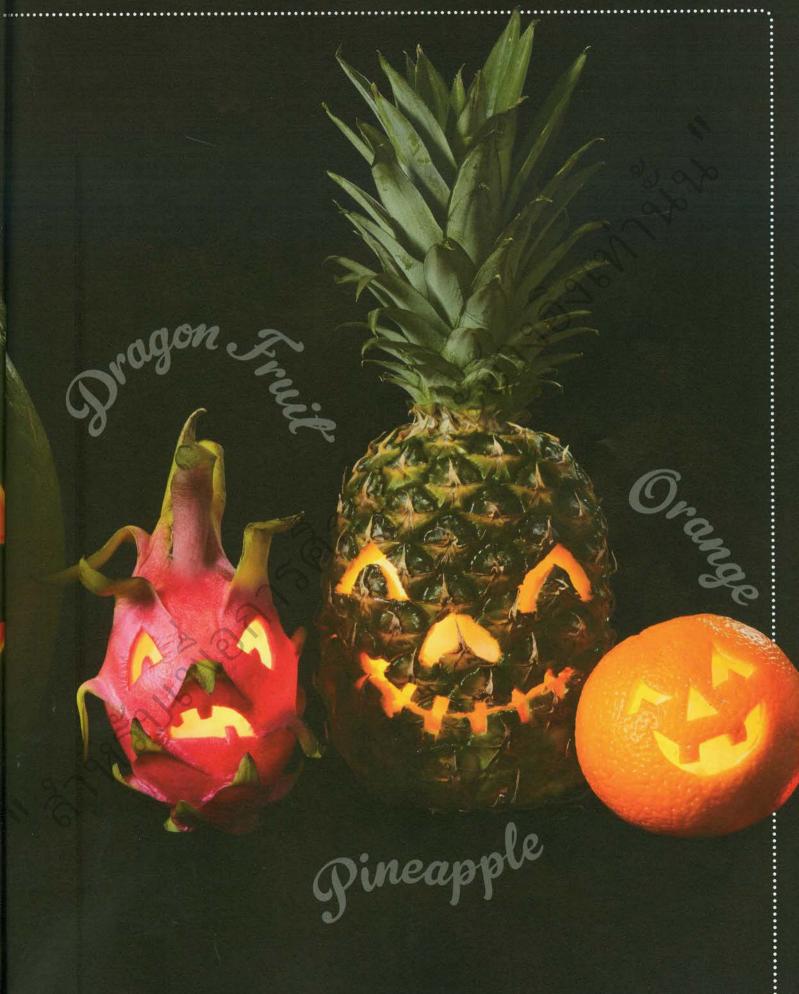


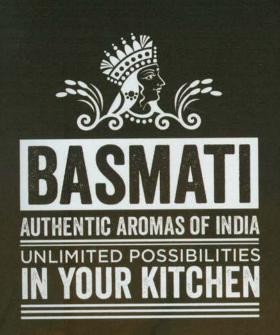




Honeydew

Papaya









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HALLOWEEN DEVILED TEA EGGS ACTIVE: 40 min | TOTAL: 1 hr (plus overnight refrigerating) | MAKES: 12

- cup dark soy sauce
- 2 tablespoons chili oil
- tablespoons loose black tea leaves 2
- tablespoon Chinese five-spice powder Kosher salt
- teaspoon sugar 1
- large eggs, at room temperature
- 3 tablespoons mayonnaise
- tablespoon Chinese mustard
- teaspoon Sriracha

Freshly ground pepper Orange gel food coloring

Black sesame seeds, for garnish

- 1. Combine 7 cups water, the soy sauce, chili oil, tea leaves, five-spice powder, 2 teaspoons salt and the sugar in a medium pot over high heat. Bring the mixture to a boil, then reduce the heat to a simmer. Cover and simmer for 10 minutes. Turn off the heat, uncover and let cool completely.
- Meanwhile, bring a large pot of water to a boil. Gently add the eggs and cook for 7 minutes. Remove the eggs and transfer to a bowl of ice water; let stand until cool to the touch.
- 3. Once the eggs have cooled, lightly crack the shells all over. The goal here is to make enough cracks to allow the flavor of the soy sauce mixture to steep into the egg. (You can also put them on a kitchen towel and roll gently.) Add the cracked eggs to the soy sauce mixture, making sure they are completely submerged. Refrigerate for 24 hours.
- 4. Peel the eggs. Cut a small piece off the wide bottom of each egg so it will sit flat, then cut off the top. Scoop out the egg yolks into a small bowl and mash them up with a fork. Stir in the mayonnaise, mustard, Sriracha, a pinch of salt and a few grinds of pepper. Tint orange with food coloring.
- 5. Pipe or scoop the filling into the egg whites. Sprinkle with black sesame seeds. Refrigerate until ready to serve.



The key to creating the veins is cracking the eggs properly: Don't be too gentle but don't put too much pressure on them either.

CHEESY PUMPKIN PUFFS ACTIVE: 30 min | TOTAL: 1 hr 10 min | MAKES: 12

- teaspoon extra-virgin olive oil
- small red onion, minced
- cup grated raw pumpkin (from one 8-ounce piece, peeled)
- tablespoons finely chopped fresh
- teaspoon finely chopped peeled fresh ginger
- teaspoon garam masala

- ½ cup shredded Swiss cheese
- cup shredded American cheese
- cup shredded mild cheddar cheese
- 17-ounce boxes frozen puff pastry (4 sheets), thawed

All-purpose flour, for dusting

- large egg, beaten
- 1. Start by making the filling: Heat the olive oil in a large skillet over medium-high heat, then add the red onion and cook until almost tender and translucent, about 4 minutes. Add the grated pumpkin, cilantro, ginger, garam masala and a pinch of salt and continue to cook until the pumpkin is softened, about 2 minutes. Transfer the mixture to a large bowl; let cool completely. Stir the Swiss, American and cheddar cheeses into the pumpkin mixture; season with salt.
- 3. Preheat the oven to 425° and line a baking sheet with parchment paper. Unfold the puff pastry on a lightly floured surface. Cut out 24 pumpkins with a 4-inch cutter; arrange half on the prepared baking sheet. If desired, cut out jack-o'-lantern faces from the remaining pumpkins using a paring knife. Heap 2 tablespoons of the filling in the center of each pumpkin on the baking sheet and brush the egg wash around the edges of each. Put the remaining puff pastry pumpkins on top. Seal the edges with a fork, then brush with more egg wash. Bake until golden and puffed, 20 to 25 minutes.

66 I love baking with ginger-it adds some heat, plus a layer of freshness.



SPAGHETTI WORM CUPS WITH BOLOGNESE ACTIVE: 20 min | TOTAL: 1 hr | SERVES: 4

Kosher salt

- pound squid ink spaghetti
- cup extra-virgin olive oil
- onion, diced
- cloves garlic, minced 3
- pound ground beef

Freshly ground pepper

- 14.5-ounce can crushed tomatoes
- 14.5-ounce can diced tomatoes
- 1½ tablespoons chopped fresh basil
- 1/4 cup grated pecorino romano cheese, plus more for topping

- 1. Bring a pot of salted water to a boil. Add the pasta and cook as the label directs. Drain.
- 2. Meanwhile, heat the olive oil in a large skillet over medium-high heat. Add the onion and garlic and sauté, stirring occasionally, until the onion is translucent, about 10 minutes.
- 3. Add the ground beef and $lac{1}{2}$ teaspoon each salt and pepper and cook, breaking the meat into small pieces with a wooden spoon, until browned, about 10 minutes. Add the crushed and diced tomatoes and their juices and the basil. Bring to a simmer and cook, stirring occasionally, until slightly reduced, about 15 minutes. Stir in the cheese just before serving.
- 4. Divide the pasta among small cups and spoon the sauce over the top. Sprinkle with more cheese.

66 I like to serve party food that starts a conversation.





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THE PIONEER WOMAN MAGAZINE

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SMORE, SPlease!

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PUMPKIN S'MORES LAYER CAKE ACTIVE: 1 hr 20 min 1 TOTAL: 3½ hr 1 SERVES: 8 to 10

FOR THE CAKE

- 1½ sticks (12 tablespoons) unsalted butter, at room temperature, plus more for the pans
- 6 whole graham crackers
- 21/4 cups all-purpose flour
- tablespoons cornstarch
- 21/2 teaspoons baking powder
- teaspoon baking soda
- teaspoon ground cinnamon
- 1/2 teaspoon salt
- cup granulated sugar 1
- 3/4 cup packed light brown sugar
- 4 large eggs, at room temperature
- 2 teaspoons pure vanilla extract
- 15-ounce can pumpkin puree
- 1/2 cup buttermilk

FOR THE FILLING

- ounces bittersweet chocolate, chopped
- 12 marshmallows
- 2 tablespoons unsweetened Dutch-process cocoa powder
- cup cold heavy cream
- teaspoon pure vanilla extract

FOR THE MERINGUE

- large egg whites 6
- 11/4 cups granulated sugar
- teaspoon cream of tartar Pinch of salt
- teaspoon pure vanilla extract

- 1. Make the cake: Preheat the oven to 350°. Lightly butter two 9-inch round cake pans and line the bottoms with parchment paper. Pulse the graham crackers into fine crumbs in a food processor. Add the flour, cornstarch, baking powder, baking soda, cinnamon and salt and pulse until well combined.
- 2. Beat the butter and both sugars in a large bowl with a mixer on medium-high speed until light and fluffy, 3 to 4 minutes. Beat in the eggs one at a time, beating well after each addition, then beat in the vanilla. Reduce the speed to low and mix in the pumpkin puree (the batter will look curdled). Beat in half of the flour mixture, then the buttermilk, then the remaining flour mixture. Divide the batter evenly between the prepared pans. Tap the bottoms of the pans against the counter to release any air bubbles.
- 3. Bake the cakes until a toothpick inserted into the centers comes out clean, 40 to 45 minutes. Transfer to a rack and let cool 10 minutes in the pans, then loosen the edges with a knife and invert the cakes onto the rack; discard the parchment and let cool completely.
- 4. Meanwhile, make the filling: Microwave the chocolate, marshmallows, cocoa powder and 1/3 cup heavy cream in a bowl in 30-second intervals, whisking occasionally, until melted and completely smooth. Stir in the vanilla. Let cool to room temperature.
- 5. Whisk the remaining ¾ cup heavy cream in a medium bowl until stiff peaks form. Whisk one-third of the whipped cream into the chocolate-marshmallow mixture, then gently fold in the rest with a rubber spatula. Refrigerate until firm, about 1 hour.
- 6. Meanwhile, make the meringue: Whisk the egg whites, granulated sugar, cream of tartar and salt in a large heatproof bowl. Place over a saucepan of simmering water (do not let the bowl touch the water) and cook, whisking, until the mixture is warm and the sugar dissolves, 3 to 4 minutes. Remove the bowl from the pan. Add the vanilla to the bowl and beat with a hand mixer on medium-high speed until the mixture is cool and stiff glossy peaks form, about 12 minutes (or transfer to a stand mixer and beat 6 to 8 minutes).
- 7. Assemble the cake: Using a long serrated knife, split each cake in half horizontally to make 4 layers total. Place 1 layer on a cake stand or plate. Transfer 1 cup meringue to a large resealable plastic bag and snip a corner. Pipe a ring of meringue on the perimeter of the cake layer (the meringue will keep the filling from oozing out). Spread one-third of the chocolate filling inside the ring. Repeat with 2 more cake layers, then top with the final layer. Cover the top and sides of the cake with the remaining meringue, using the back of a spoon to make peaks. Brown the frosting with a kitchen torch. Refrigerate the cake for 1 hour before serving.



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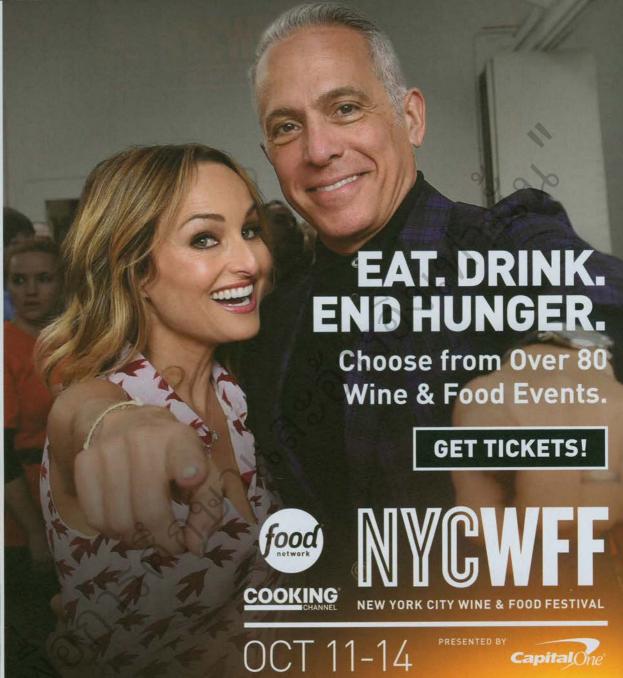
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WIRTZ, VA

Best in Glass

If you've found yourself longing for the good old days, you'll be happy to hear that the milkman is back: Dairies across the country, like family-run Homestead Creamery (homesteadcreamervinc.com) in Wirtz, VA, have started offering home delivery of fresh milk Ostraight from the farm (some even use glass bottles!). In the 1960s, nearly 30 percent of Americans got milk from a milkman, but because of better refrigeration and cheaper grocery-store prices, home delivery accounted for just 0.4 percent of milk sales by 2005. Here's hoping it makes a full comeback!



Shake before using

Rinse and return for deposit

No Artificial Hormones

Castle Rock Organic Dairy

Osseo, WI castlerockfarms.net

Royal Crest Dairy Denver royalcrestdairy.com Dahl's Sunrise Dairy

Babbitt, MN dahlssunrisedairy.com

South Mountain Creamery Middletown, MD southmountaincreamery .com

Doorstep Dairy Terre Hill, PA doorstepdairy.com

Thatcher Farm Milton, MA thatcherfarm.com

Here are some more dairies and distributors that deliver fresh milk. Manhattan Milk

New York City manhattanmilk.com

Trickling Springs Creamery Chambersburg, PA tricklingspringscreamery .com

Oberweis Dairy North Aurora, IL oberweis.com

Udderly Delicious Old Bridge, NJ udderlydeliciousmilk.com

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Berry Lemon Smoothie

INGREDIENTS:

1 scoop SlimFast Advanced Nutrition Vanilla Cream Smoothle Mix

1 cup ice cubes (about 3-4)

3/4 cup unsweetened almond milk

1/2 cup fat-free cottage cheese

1/4 cup mixed berries

½ cup lemon juice

Process all ingredients in blender until smooth & enjoy

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Pioneer Adventure

Ree Drummond has turned a tiny town in Oklahoma into a bona fide vacation destination. Come check it out!

If you've ever tuned in to *The Pioneer Woman*, you've likely heard Ree Drummond talk about Pawhuska, the small town in Oklahoma (population 3,400) where she and her family live. It used to be a sleepy place with mostly vacant storefronts and few visitors, but in October 2016, all that changed. Ree and her rancher husband, Ladd, renovated an abandoned former department store and opened The Mercantile, a 25,000-square-foot general store, restaurant and bakery. It wasn't long before Ree's fans—up to 15,000 of them a day—were filling the streets of Pawhuska. The Drummonds have since opened a small hotel and a pizzeria, and now a steakhouse is on the way.

Getting to a town like Pawhuska takes some effort—the closest big city is Tulsa, a little more than an hour's drive—but the trek is worthwhile, if only to try some of the state's best lattes and cinnamon buns (courtesy of Ree's bakery!). You'll also have a shot at meeting the Pioneer Woman herself: Ree often stops by The Merc, and sometimes you can even find her chatting with fans at her Lodge, where she films her show; it's open for tours a few days a month. Read on to plan your trip.



Ree says every item for sale makes her smile.

ARRIVE EARLY The Merc opens at 7 a.m., and if you're early enough, you'll see some local cowboys sitting down for breakfast. Plus you'll beat the rush.

SHOP AROUND You could spend hours browsing: More than 4,000 items are for sale—a mix of cooking and serving wares, tools, clothing, jewelry and tons of novelty gifts, all selected by Ree.

GET SOMETHING WRAPPED The gift-wrapping station is in true Pioneer Woman style. You can have any item wrapped with gorgeous custom paper, bows and silk flowers starting at \$5.

BRING YOUR APPETITE The restaurant serves mega portions of Ree's signature comfort food, like chicken-fried steak, biscuits and grilled cheese. If you're there before 11 a.m., try the Cattleman's Breakfast, a rib-eye with three eggs and potatoes.

CONSIDER TAKE-OUT The wait for a table can exceed two hours at peak times. Another option is to pop by the take-out counter for prepared sandwiches and salads that you can eat at tables on the second floor.

HIT THE BAKERY Some of the best sweets in the house are upstairs in the bakery: cupcakes, scones, croissants, brownies and Ree's famous cinnamon buns, plus a fun old-fashioned candy counter. If you hang out for a while, you might even catch a glimpse of Ree, Ladd or their kids. The family's ranch office is located on this floor, too!

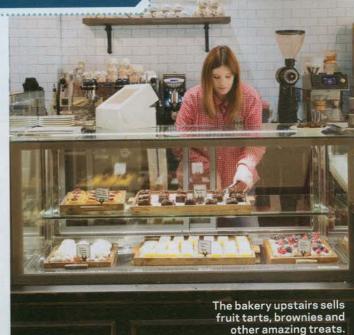
TRY THE COFFEE Ree sometimes jokes that she opened The Merc just to get a decent cup of coffee. The beans come from Topeca, a popular Tulsa coffee roaster, and the lattes and cappuccinos are as good as any you'd find in a big-city café.

Visit themercantile.com for more info.



MIYAZAKI, MERCANTILE EXTERIOR, 7THING: BUFF STRICKLAND,









from Italy.

he newest property in the Drummond empire is P-Town Pizza, across the street from The Boarding House. You might not think of a small town in Oklahoma as a place to find world-class pizza, but one visit to P-Town will prove you wrong. The ingredients are sourced from some of the best Italian food purveyors in the country, and the crust is thin and crispy with just a little chew (the result of testing the dough 73 times!). You'll find classic cheese and pepperoni, of course, but the specialty pies are the real draw, including Pizza-Ree-A, with pesto, baby tomatoes and goat cheese. Locals flock to the take-out area on the first floor, but upstairs there's a proper dining room and lounge with 11 TVs; Ladd's hoping the place will become the neighborhood sports bar. facebook.com/ptownpizzapawhuska





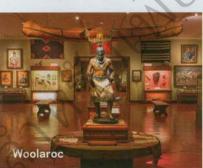
Visil the Lodge!

experience without taking a few photos at the Lodge, the Drummond family guesthouse where Ree films her show. The Lodge is about a 30-minute drive from Pawhuska, and some of that is on unpaved roads (you'll need a rugged car!). Drive slowly and take in the gorgeous scenery: You're bound to see cows and wild horses along the way. Free tours are usually offered several times a month; guests must pick up a ticket at The Merc the day of the tour. Visit themercantile.com for upcoming dates.

The potato and leek pizza is topped with bacon.









Poke Around Pawhuska

Here's what else you should do in town!

Joseph H. Williams Tallgrass Prairie Preserve The largest protected area of tallgrass prairie in the world, this nearly 40,000-acre preserve is home to thousands of free-ranging bison. See them up close on a drive, or set up a post at one of the picnic areas, nature.org

Osage Nation Museum Pawhuska is the capital of the Osage Nation, and the best place to learn about its people is at this historical and cultural center. Although just two rooms, it's packed with stunning artifacts, beadwork and textiles. osagenation-nsn.gov/museum

Woolaroc You could easily spend a full day at oil-magnate Frank Phillips's country property: It includes a working ranch, petting zoo, hiking trails and a museum with one of the finest collections of Southwestern art in the world. woolaroc.org

SHOP

Lorec Ranch Shopping is like a treasure hunt at this tiny outpost of a beloved Oklahoma City home-goods store. It's crammed with graphic patterned rugs, tooled leather ottomans, inlaid dressers, silver belt buckles and about a thousand other things! lorecranch.com

The Buckin' Flamingo You can find just about anything in this zany store, which serves as a jewelry showroom and home-goods emporium. Take note of the colorful metal lawn ornaments sourced from Mexico. facebook.com/ buckinflamingo

Osage Outfitters If you want to look like a local, stop by this stylish shop for a cowboy hat or custom boots. They ship nationwide. osageoutfitterspawhuska.com

Grill 125 One of the towering half-pound burgers at this neighborhood joint near The Merc will keep you full for a good part of the day. facebook.com/grill125

Rancho Los Primos Try the tortilla soup at this Mexican spot; it comes loaded with chicken, avocado and corn for just \$7. facebook.com/ rancholosprimospawhuskaok

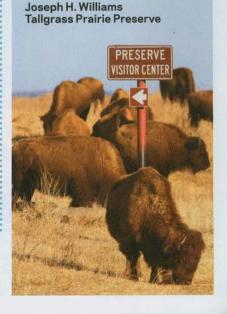
STAY

Frontier Hotel If you can't get a room at The Boarding House, consider this newly opened 20-room property across the street in the historic Triangle Building. From \$189 per night; frontierhotelpawhuska.com









On the Road

Plan Your Stay

If you don't find a room in Pawhuska, there are plenty of great options in Tulsa!

BARTLESVILLE PAWHUSKA O TULSA







Tulsa is the closest major city to Pawhuska, and the airport is just 10 minutes from downtown. It takes about an hour to get to Pawhuska, but you'll never hit traffic!

Ambassador When this hotel opened in 1929, it was designed as luxury housing for oil barons and their families. The rooms still have old-school glamour: tufted headboards, custom furniture and Italian stone walk-in showers. From \$188 per night; ambassadortulsa.com

The Mayo Hotel The art deco lobby of this boutique hotel is especially grand, and the rooms are spacious and modern. Many feature kitchens with full-size fridges and ovens. From \$209 per night; themayohotel.com

Hyatt Regency It's nothing fancy, but this chain hotel has everything you could need: comfy rooms, a pool and a Topeca coffee shop (in case you can't wait until Pawhuska for your caffeine fix). From \$109 per night; tulsa.regency.hyatt.com

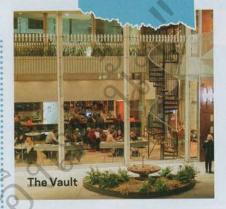
EAT

Chimera The food at this restaurant, bar and café skews veggie-heavy—a nice change of pace from the steaks and burgers you'll likely eat on your trip. Try any of the street tacos or the Buffalo cauliflower wings. chimeratulsa.com

The Vault This stylish midcentury restaurant occupies a former bank from the late 1950s. The cocktails are top-notch. vaulttulsa.com

Lone Wolf The brick-and-mortar outpost of a popular food truck dishes out fun twists on Vietnamese food, like fried-chicken banh mi and kimchi fries. Don't forget dessert: The dark chocolate soft serve is out of this world! lonewolftulsa.com

Pinkitzel You can't get a meal here, but our editors named this candy shop the best in Oklahoma in 2015, and it's still the most charming spot in town for cupcakes, truffles and other sweets. pinkitzel.com











Bartlesville is a happy medium between rural Pawhuska and busy Tulsa; it's about 25 miles northeast of Pawhuska and has two claims to fame: It's Ree's childhood hometown and the site of architect Frank Lloyd Wright's only skyscraper, **Price Tower.** Consider a stay in one of the upper-floor guest rooms (from \$149 per night; pricetower.org). From there, you're just a few minutes' drive to some of the town's best eateries, including **Murphy's Steak House** (get the Hot Hamburger), **Frank & Lola's** (try the green chili) and Omega Chocolate (don't miss the gelato).



*vs. Depend Silhouette Small/Medium. Depend Silhouette is a trademark of Kimberly-Clark Worldwide.

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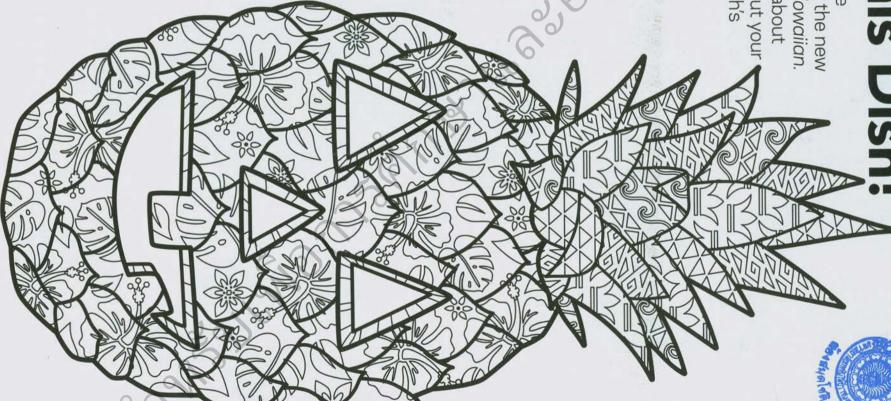


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