

food
network
magazine



JEFF'S
EASY MEATLOAF



INA'S
BREAD PUDDING

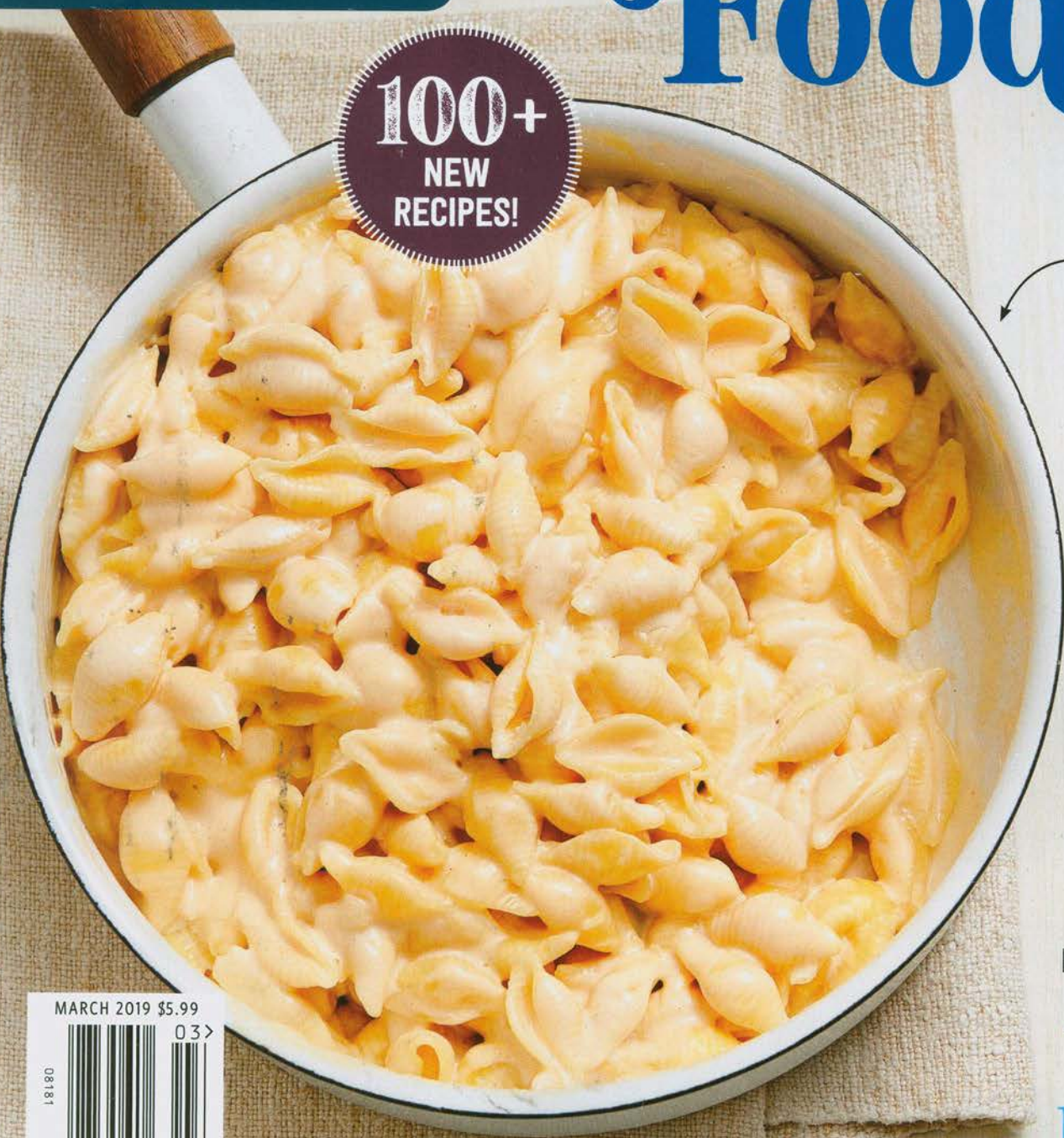


DUFF'S
FUDGY BROWNIES

ENTER FOR A CHANCE TO
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SEE PAGE 10

The Comfort Food Issue

100+
NEW
RECIPES!



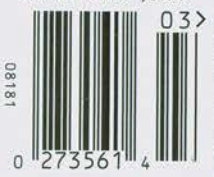
CLASSIC
Mac & Cheese
PLUS 10 TWISTS

Bonus!
Chili Cookbook

Shortcut Snacks
soft pretzels,
garlic knots
and more

BEHIND THE SCENES:
A Chopped Judge's Food Diary

MARCH 2019 \$5.99



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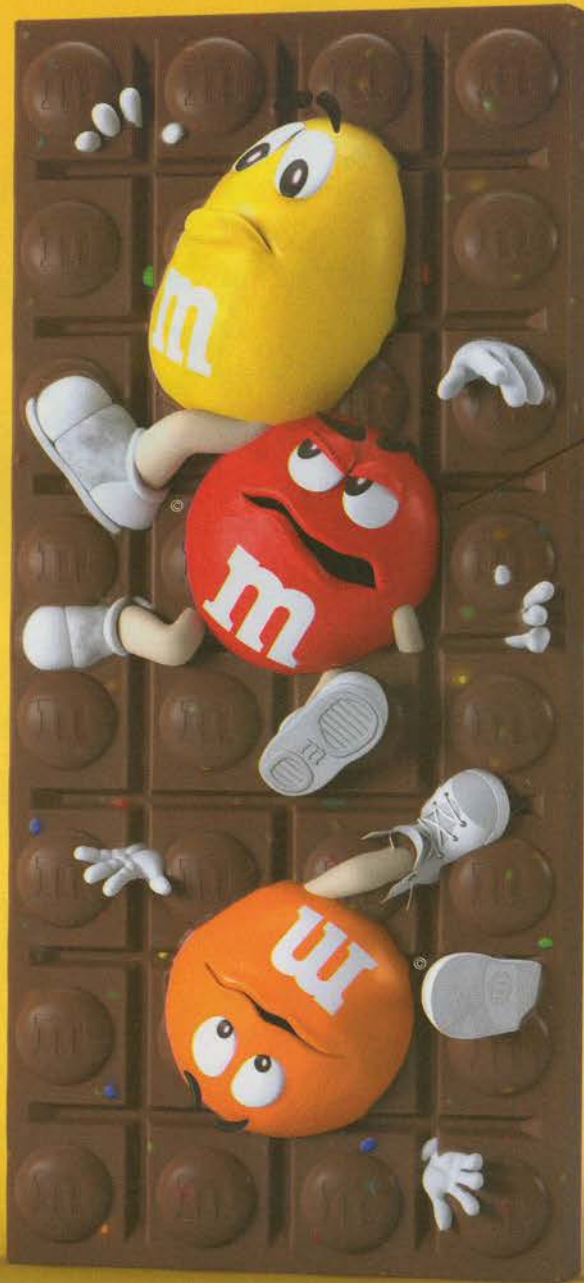
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I CAN THINK OF
A FEW THINGS.



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MARCH 2019

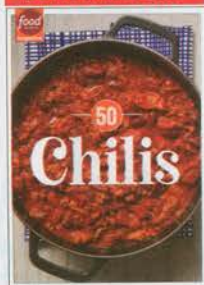
Find these
all-time favorite
diner pies on
page 111.



PHOTO: RYAN DAUSCH; FOOD STYLING: CHRISTINE ALBANO; PROP STYLING: JENNA TEDESCO

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Cover photograph by Ryan Dausch
Food styling: Christine Albano
Prop styling: Paige Hicks

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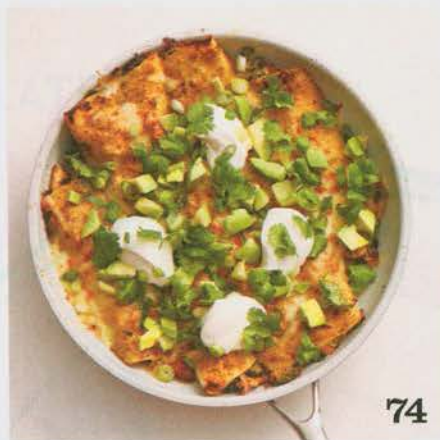
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Make party snacks out of pizza dough!

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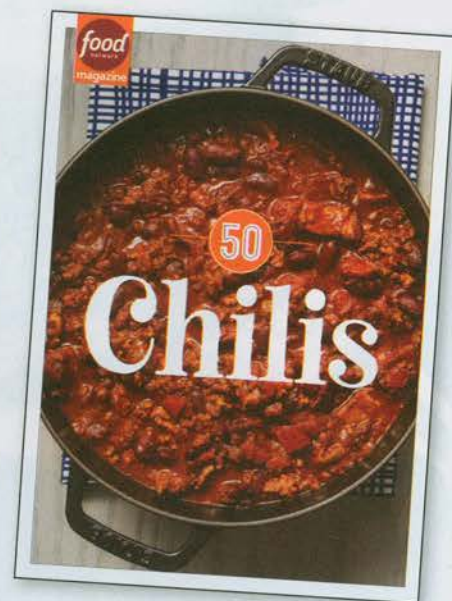
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Coconut Cream Pie




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Chocolate Pie

yesterday was **ARM DAY** AND **TODAY** you're feeling it! Raising your hand in that MEETING is just a hiiiiittle bit HARDER. you have to PROP your ARM UP to HAIL A CAB your HAIR DRYER WEIGHS an EXTRA TELLING you that WORKING. 

BUT THAT'S JUST YOUR BODY ALL THAT WORKING OUT is SO, FEED that CHANGE! With muscle-loving nutrients to help out those ARMS and B VITAMINS FOR ENERGY. HERE'S to FOOD that POWERS your MUSCLES. fuels your PROGRESS and feeds your CHANGE. ALL YOU HAVE TO DO IS LIFT A SPOON.

SPECIAL  POWERING YOU 

To Your Health

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

DINNERS UNDER 500 CALORIES



**BACON AND KIMCHI
NOODLE STIR-FRY**
PAGE 67

CALORIES: 430



**PORK MARSALA
WITH POLENTA**
PAGE 70

CALORIES: 420



**ASIAN CHICKEN
NOODLE SOUP**
PAGE 70

CALORIES: 430



**INSTANT POT
SHRIMP RISOTTO**
PAGE 72

CALORIES: 460



The Price Is Right

Organic foods may be worth the higher price tag. A new French study of 70,000 adults found that participants who frequently consume organic dairy, meat and produce had 25 percent fewer cancer diagnoses than those who don't eat organic foods. There was an especially steep drop in diagnoses of lymphoma and postmenopausal breast cancer. Make a big batch of chili from the booklet on page 96—and spring for organic meat!

Looking Good

You've probably heard that probiotics help with digestion, but they may help your skin, too. Small studies have linked probiotic consumption to acne reduction as well as skin hydration and elasticity, motivating beauty companies to release probiotic pills and powders. Up your intake naturally by eating more probiotic-rich fermented foods. Buttermilk is a good source—we used it to make the ranch dressing on page 24.



FEED THE CHANGE



B Vitamins to energize.



Protein to power those muscles.



Ingredients that work hard for you.



POWERING YOU

Star Search

Find your favorite Food Network celebs in this issue.

We asked the stars: What food most reminds you of home?



Valerie Bertinelli
Valerie's Home Cooking;
Kids Baking Championship;
Family Food Showdown
pg. 50



Maneet Chauhan
Chopped
pg. 34



Ree Drummond
The Pioneer Woman
pg. 88



Nancy Fuller
Spring Baking Championship
pg. 47

"Daal chawal, a lentil stew with rice. It was part of every meal growing up—there's something very comforting about it."



Ina Garten
Barefoot Contessa;
Cook Like a Pro
pg. 92



Duff Goldman
Kids Baking Championship;
Spring Baking Championship;
Buddy vs. Duff
pg. 26



Alex Guarnaschelli
Chopped;
Fix Me a Plate
(on foodnetwork.com)
pg. 12



Katie Lee
The Kitchen;
Katie Lee Eats Meat,
in Sweats (on foodnetwork.com)
pg. 49

"My grandma's biscuits and sausage gravy. Those biscuits were the first thing I ever learned to cook growing up in West Virginia, and I make them whenever I'm homesick."

"Giardiniera. In Chicago we eat it with almost every meal: on eggs, sandwiches, granola. And it's fermented—that's why we're going to live forever."



Jeff Mauro
The Kitchen
pg. 86



Lorraine Pascale
Spring Baking Championship
pg. 48

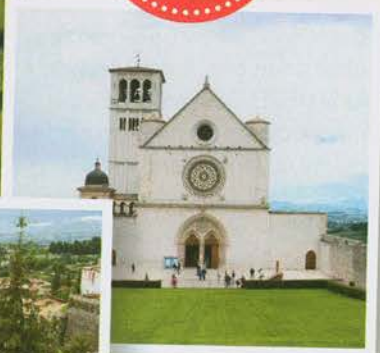


Buddy Valastro
Buddy vs. Duff
pg. 26



Italy Vacation Sweepstakes!

Enter for a chance to win a walking adventure for two in Umbria, Italy. The prize includes boutique-hotel accommodations for seven nights, daily breakfast, one lunch, four dinners, a wine tasting and detailed maps and route notes for a walking tour. The winner will also receive \$2,500 for transportation costs! Visit foodnetwork.com/italy to enter.



NO PURCHASE NECESSARY TO ENTER OR WIN. Food Network Magazine Italy Getaway Sweepstakes. Sponsored by Hearst Communications, Inc. Beginning February 5, 2019, at 12:01 a.m. ET, through March 18, 2019, at 11:59 p.m. ET, go to foodnetwork.com/italy on a computer or wireless device and complete the entry form pursuant to the official instructions. One winner will receive an eight-day, seven-night self-guided walking adventure for two in Italy. The prize package includes boutique accommodations for two, daily breakfast, one lunch, four dinners, optional wine tasting, detailed maps and route notes for walking tour, scheduled taxi transfers, plus a \$2,500 check, which winner may use to defray transportation costs. Total ARV \$9,096. TRANSPORTATION NOT PROVIDED. Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of entries received. Sweepstakes ends on March 18, 2019, at 11:59 p.m. ET. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at foodnetwork.com/italy.

NEW OAT YEAH. IT'S MORE THAN OATMILK, IT'S AN OATMIRACLE!



THE PLAIN ONE

THE PLAIN ONE

Silk
OAT YEAH
OATMILK

CREAMY & CREAMY
OAT YEAH
Inspired by CREAMY GOOD Oat Yeah might you forget it NO MOO IN Because our DELICIOUS goes with an

SHOUT "OAT YEAH!" WITH US

While making water to rise - DROP FOR DROP - something back what is used to GROW THE OATS for our oatmilk. BECAUSE NATURE SHOULDN'T GO THIRSTY And neither should you.

Silk
OAT YEAH
OATMILK

TRANSFORM YOUR

MORNING JOE GO-TO GLASS TASTY SPOONFUL

THE CHOCOLATE ONE

Silk
OAT YEAH
OATMILK

TRANSFORM YOUR

MORNING JOE GO-TO GLASS TASTY SPOONFUL

Star Diary

Alex Guarnaschelli reveals what she eats in a day.



Alex's breakfast plans include coffee—and monkfish liver!

5:43 a.m.

I wake up and need coffee immediately, but nothing is open! Grrrroow!...is that a word?



6:07 a.m. I jump in the car and head to the New York City studio where we film *Chopped*. I get dressed and made up.

7:49 a.m. I have watery coffee and coconut chia pudding. I stare at some scones as I chew the pudding. On *Chopped* days I'm often eating one thing and staring at another that I wish I could eat!

8:02 a.m. I take my seat on set alongside judges Geoffrey Zakarian and Martha Stewart. In the first Mystery Basket we have a mushroom cocktail, winter melon, snow pea tips and monkfish liver.

8:35 a.m. As we wait to taste the first round, I eat two spoonfuls of yogurt, two saltines and a cube of sharp cheddar cheese.

8:42 a.m. I taste the contestants' food. Monkfish liver at 8:42 a.m.!

9:36 a.m. We take a break to decide who gets chopped. I have an Americano and a bite of a powdered doughnut. I'm lying. I ate half.

10:32 a.m. The first chop is complete and I finish the doughnut, which I'd been hiding under my desk. It's true: I hide doughnuts on the set of a cooking show.

10:33 a.m. Basket two, the entrée round: porcini crème brûlée, veal chops, purple asparagus and bacon-shell mac-and-cheese tacos. Crème brûlée is tough: It could crush a delicate savory dish.

11:03 a.m. The second round of cooking ends, and I eat a few ice-cold grapefruit sections to clear my palate.



12:37 p.m. We finish judging the entrées and break for lunch. I have hot tea and check out the farm list for the next Greenmarket in Union Square. I'm excited about She Wolf Bakery bread and Locust Grove Farms apples.

1:47 p.m. I get hair and makeup touch-ups.



2:07 p.m. In the dessert basket: mushroom jerky, grenadine, granola and lemon meringue pie (yes, the whole pie).

2:37 p.m. Round three is complete. It's always the hardest because everyone is tired.

2:47 p.m. I sip more tea and have two bites of a dark chocolate turtle that Sean, the assistant director, hands me. Maybe I eat the whole thing; I'm not telling!

4:09 p.m. The judging is complete. It's time to make the final chop and crown the winner!

5:09 p.m. I head home to make dinner for my daughter.

5:49 p.m. I arrive home to my daughter watching *Chopped!* Tonight I'm making roasted chicken thighs (I'm a fan of Bell & Evans) and steamed rice. I have some great dried apricots from Russ & Daughters, which I slice and toss into the rice with sour cream, butter and Maldon sea salt. Heaven.



6:25 p.m. I eat dinner and do homework with my daughter. We make hot chocolate for dessert as *Chopped* plays in the background. My palate worked hard today. I think tomorrow I'll spend the day outside on my bike....

What Gets Alex Through the Day



Dior Backstage Airflash spray foundation
"I wear this on *Chopped*. My secret is to mix two shades, #301 and #401." \$62; dior.com



Peter Thomas Roth 24K Gold Hydra-Gel Eye Patches
"So cooling! And they get rid of puffiness." \$75; peterthomasroth.com



MAC Prep + Prime Fix+
"I spritz my face with this in between takes to freshen up." \$26; maccosmetics.com



Laura Mercier Crème Smooth Lip Colour
"I love the Red Armour color." \$28; lauramercier.com



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The Comfort Zone



Q uick question, don't overthink it: What's your favorite comfort food? Sometime last fall we decided to turn this issue into a comfort food edition. March seemed like the right time, in that it's the *worst* time, right? It's still cold in most places, there's not one national holiday that warrants a day off from work or school, and on top of that, we lose an hour of sleep on the 10th for daylight savings. An issue full of feel-good food seemed like just what we'd need to get us all over the last hump of winter. But there was one problem: When I went around the office asking staff members to name their favorite comfort food, I got a different answer from each person: fried chicken, chili, mac and cheese, chicken soup, French toast, pancakes, carbonara (that was someone in the food department, of course). We didn't know where to start, or what exactly to include.

Should we cover meatloaf? No-brainer. Jeff Mauro makes it on Sundays (page 86). Mashed potatoes? Definitely. They're on page 84. We decided to dedicate an entire section to mac and cheese, because Americans can't get enough of it: We ate more than 621 million boxes last year, which works out to about two for every man, woman and child in the country.

In the end we agreed that to qualify as comfort food, a dish should make you feel safe and happy. But this depends on where you grew up—and what taps into your deepest food memories. I had dessert with every meal as a kid, and I find comfort in anything that resembles my mom's Chocolate Long Cake (basically, a Texas sheet cake); she got the recipe from a friend in the '70s. Somehow, in all the excitement of building this issue, we ran out of room for a chocolate cake, so I'm squeezing this recipe in here instead. This time of year, it never hurts to start with dessert.

CHOCOLATE LONG CAKE

1. Combine 2 cups each sugar and flour in a large bowl with 1 teaspoon each baking soda and cinnamon and ¼ teaspoon salt. Bring 1 cup milk, 1 stick butter, ½ cup shortening and 5 tablespoons unsweetened cocoa powder to a simmer in a saucepan; pour over the flour mixture. Add ½ cup buttermilk, 2 eggs and 1 tablespoon vanilla. Whisk until combined.
2. Coat a 9-by-13-inch pan with cooking spray; pour in the batter and bake for 20 minutes at 400°. Let cool slightly.
3. Melt 1 stick butter with ¼ cup unsweetened cocoa powder and 6 tablespoons milk. Whisk with 1 pound confectioners' sugar until smooth. Spread the icing on the cake.

Show us your favorite comfort food! Post a photo with #fnmcomfort.

Maile

Maile Carpenter
Editor in Chief
@MaileCarpenter
@Maile_FNMmag



FOOD MADE FROM FOOD™



Made with only dates, almonds, unsweetened apples,
walnuts, raisins & cinnamon.

SCAN & SHOP



- Open your Amazon app
- Tap on the camera icon
- Scan & shop

SUN

MON

TUE

WED

THU

FRI

SAT

March



2 It's Dr. Seuss's birthday! Top cupcakes with yellow frosting, then decorate with gummy fish (one or two in red and blue) in his honor.

3

Have Sunday supper, then tune in to Valerie Bertinelli's *Family Food Showdown* tonight.



4

5

It's Mardi Gras! Make bananas Foster: Sauté sliced bananas in butter with brown sugar; off the heat, add a splash of rum. Serve over ice cream.

6



7

8

Italians celebrate International Women's Day by giving yellow flowers. Give flower-shaped sugar cookies instead! Decorate with yellow icing.

9



10

It's daylight savings time. Try this pick-me-up: Mix ½ cup sugar and 2 teaspoons each ground coffee and cinnamon. Sprinkle on buttered bread and broil.

11



12

Taco Tuesday! Have a walking taco: Cut open a bag of corn chips and add your favorite taco filling and toppings.

13



14

It's Pi Day! Make chips with refrigerated pie dough: Roll it out, brush with melted butter and sprinkle with garlic salt. Slice and bake at 350°, 10 to 12 minutes.



16

17

Happy St. Paddy's Day! Make shamrock eggs: Put green bell pepper rings in an oiled skillet; crack an egg into each slice. Cover and cook until set.

18



19



20

Spring is here! Whip up a quick pea dip: Puree a 10-ounce package thawed frozen peas with ¼ cup water, ½ cup ricotta and a pinch of salt.

21

The first tweet was sent 13 years ago today! Try your favorite recipe from this issue and tag it on Twitter #FNMbest.

22

23



24

Make a new side for Sunday supper: Toss frozen mozzarella sticks with chipotle chile powder and bake as directed. Serve with barbecue sauce.

25



26

Duncan Hines was born today in 1880. (Yes, he was a real person!) It's a great night to make a cake from a box!



27

28

March Madness is in full swing. Check out our fun basketball party menu on page 98.

29

30

Serve rosé floats for brunch today: Fill glasses with small scoops of strawberry ice cream. Top with sparkling rosé.

31

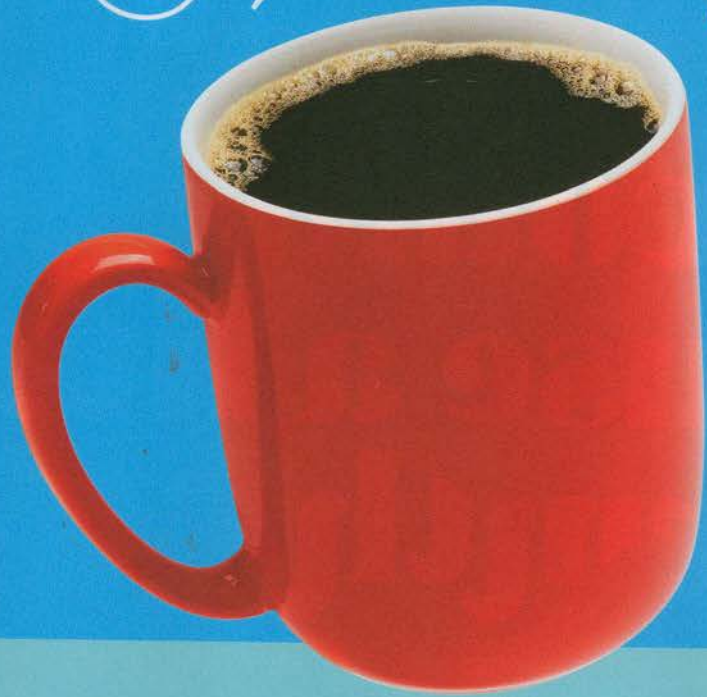


DR. SEUSS CUPCAKES: RYAN DAUSCH; FOOD STYLING: ADRIENNE ANDERSON; BANANAS FOSTER: BANANAS FOSTER; COOKIES AND SHAMROCK EGG: ALAMY; COFFEE TOAST: GETTY IMAGES; WALKING TACO: ANTONIS ACHILLEOS; PIE CHIPS: CHARLES MASTERS; PEAS: ANDREW PURCELL; MOZZARELLA STICKS: SHUTTERSTOCK; CONFETTI CAKE: JUSTI WALKER; ROSE FLOAT: RYAN DAUSCH.

2562 ส.อ. ๘



GIVE YOUR Morning a Lift



WAKE UP TO FULL FLAVOR
WITH A *smooth* CUP OF
SEATTLE'S BEST COFFEE.®

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**we could
all use a little
warmth.**



**heartwarming
the world.**

in the know

Canning It

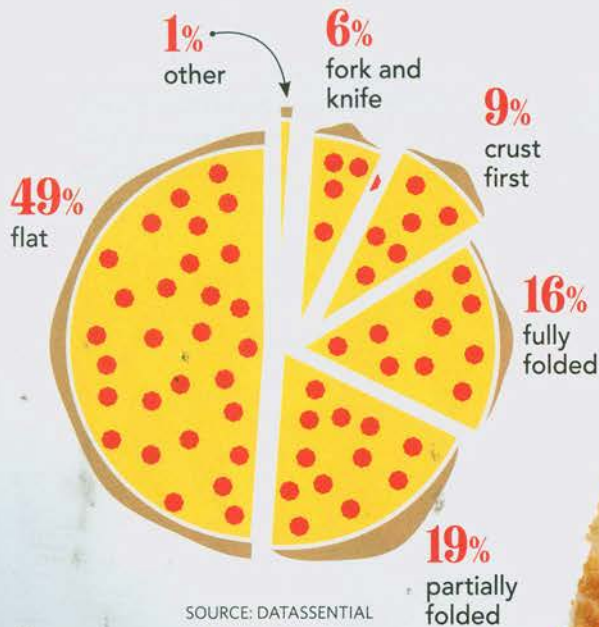
New “pastry beers” have been hitting the market and they taste a lot like the sweets that inspired them. To nail the flavor and even the smell of Key lime pie, Denver-based 14er Brewing Company ferments its cream ale with Key lime juice, vanilla and cinnamon, while brewers at Decadent Ales in Mamaroneck, NY, boil hops with marshmallows, vanilla beans, crushed graham crackers and cinnamon sticks to make their S’mores IPA. It’s the best possible way to drink your calories! 14erbrewing.com, decadentales.com



food news

A Piece of the Pie

What's the proper way to eat a slice of pizza? According to a recent nationwide poll, we're divided...



PIZZA: LEVI BROWN; BEER: GETTY IMAGES



IT'S POURING

Guinness has opened its first US brewery in more than 60 years—and, go figure, the starring beer is a blonde. The sprawling Guinness Open Gate Brewery and Barrel House in Baltimore County, MD, has been drawing thousands of beer enthusiasts for its extensive selection of Guinness (poured from 92 taps!) and its newly refined blonde lager. You can order the classic dark stout, of course, but it's far from locally brewed: The signature beer gets shipped from the motherland. No one's going to try to make that one 3,350 miles from home.

Chicken Littles

Next time you polish off a bag of chips, get some protein while you're at it: Meat purveyors are slicing and frying premium chicken cuts and selling them by the bag in familiar snack flavors like teriyaki and barbecue. Even chicken giant Tyson is in on the trend: The company has turned trimmings from its chicken breast tenders into ¡Yappah! Chicken Crisps.



Wilde Chicken Chips
\$24 for four bags;
wildebrands.com



¡Yappah! Chicken Crisps
\$3; yappah.com
for information





Point of Pride

We're biased toward the foods we grew up with, but that might have more to do with home pride than actual taste. In a recent experiment, Canadians significantly preferred the taste of maple syrup over honey, but only when they were primed with reminders of their Canadian identity. In trials without the reminders, preference for the syrup was marginal.

SOURCE: JOURNAL OF EXPERIMENTAL SOCIAL PSYCHOLOGY



Drinking coffee could toughen you up: A new study found that the more caffeine participants consumed daily (from coffee, tea, soda, energy drinks and chocolate), the less sensitive they were to painful heat and pressure.

SOURCE: PSYCHOPHARMACOLOGY

But First, Cocktails

If you want to make cocktails as quickly as you make your morning coffee, you might be interested in Bartesian: It works like a single-serve coffee machine, but you fill the tanks with alcohol instead of water, then insert a capsule containing nonalcoholic liqueur, bitters and juice. Press "mix" and the machine will pour a cosmopolitan (or one of five other drinks) in less than 30 seconds. \$299; bartesian.com



Mixed Emotions



Food emojis are way more controversial than you might think: New Yorkers recently led a social media campaign against Apple's new bagel emoji, complaining that it resembled the frozen presliced kind you'd buy at a supermarket. Apple promptly replaced it with a doughier bagel slathered with cream cheese. It wasn't the first time critics demanded a makeover.



In 2017, Apple replaced the shrimp, mussels and peas in its **paella emoji** with authentic Valencian ingredients: chicken, lima beans and green beans.

Later in 2017, Google responded to #BurgerGate by moving the cheese of its **hamburger emoji** from underneath the patty to its rightful place on top.



Google fixed its **beer emoji** in the same update: The original mug was partially full with an inexplicable gap between the beer and foam.



This gadget mixes drinks on demand!

KNOW IT ALL

Ranch Dressing

America's love for ranch dressing runs deep: In a recent study by the Association for Dressings and Sauces, about 40 percent of those surveyed listed ranch dressing as their favorite; the closest competitor, Italian dressing, came in with just 10 percent of the vote. It's hard to imagine life without ranch, but the dressing has really only been a national hit since the 1970s, when the Clorox company heard about the popular dressing served at California's Hidden Valley Guest Ranch and decided to make it available to the masses. The guest ranch has long since closed, but as you'll see here, its legacy lives on.

What's That Flavor?

Ranch's signature tang comes from a buttermilk base that is blended with herbs and spices. Recipes vary but almost all contain the following.



Onion Flakes



Garlic Powder



Dill



Parsley

HOMEMADE RANCH DRESSING

Whisk $\frac{3}{4}$ cup buttermilk, $\frac{1}{2}$ cup mayonnaise, 2 teaspoons Worcestershire sauce, $\frac{1}{2}$ teaspoon each onion powder and onion flakes and $\frac{1}{4}$ teaspoon garlic powder. Add 1 tablespoon each chopped chives, dill and parsley; season with $\frac{1}{2}$ teaspoon kosher salt and $\frac{1}{4}$ teaspoon pepper.



The Success Story

1954

Steve Henson opens the Hidden Valley Guest Ranch near Santa Barbara, CA, and starts giving visitors his homemade "ranch" dressing that he developed as a plumber in Alaska when he was cooking for coworkers.

1960s

The dressing becomes so popular, Steve starts selling packets of the seasoning at a local grocery store.



1972

After the Hidden Valley brand grows into a small mail-order business, Clorox buys the rights for \$8 million and adds more products, including party-dip mixes.

1983

Nearly a decade after buying the company, Clorox releases a shelf-stable dressing in bottles.



1986

Cool Ranch Doritos arrive. Ranch isn't a familiar flavor overseas, so internationally the chips are called Cool American.

1993

Hidden Valley introduces taco-, nacho cheese- and pizza-flavored ranch dressings around this time—but they're not a hit and disappear a few years later.



2015

Twisted Ranch, a restaurant dedicated to ranch dressing, opens in St. Louis, offering 31 twists on the original.

2017

After live-streaming a ranch fountain on Super Bowl Sunday, Hidden Valley starts selling a home version for \$100.



2019

Ranch's popularity keeps growing: It's now offered on about 20 percent of pizza menus nationwide!

Beyond the Bottle

Would you try these ranch-flavored products?



Soda
Lester's Fixins Ranch Dressing Soda



Tuna
StarKist Tuna Creations Ranch



Mints
Archie McPhee Ranch Flavored Mints

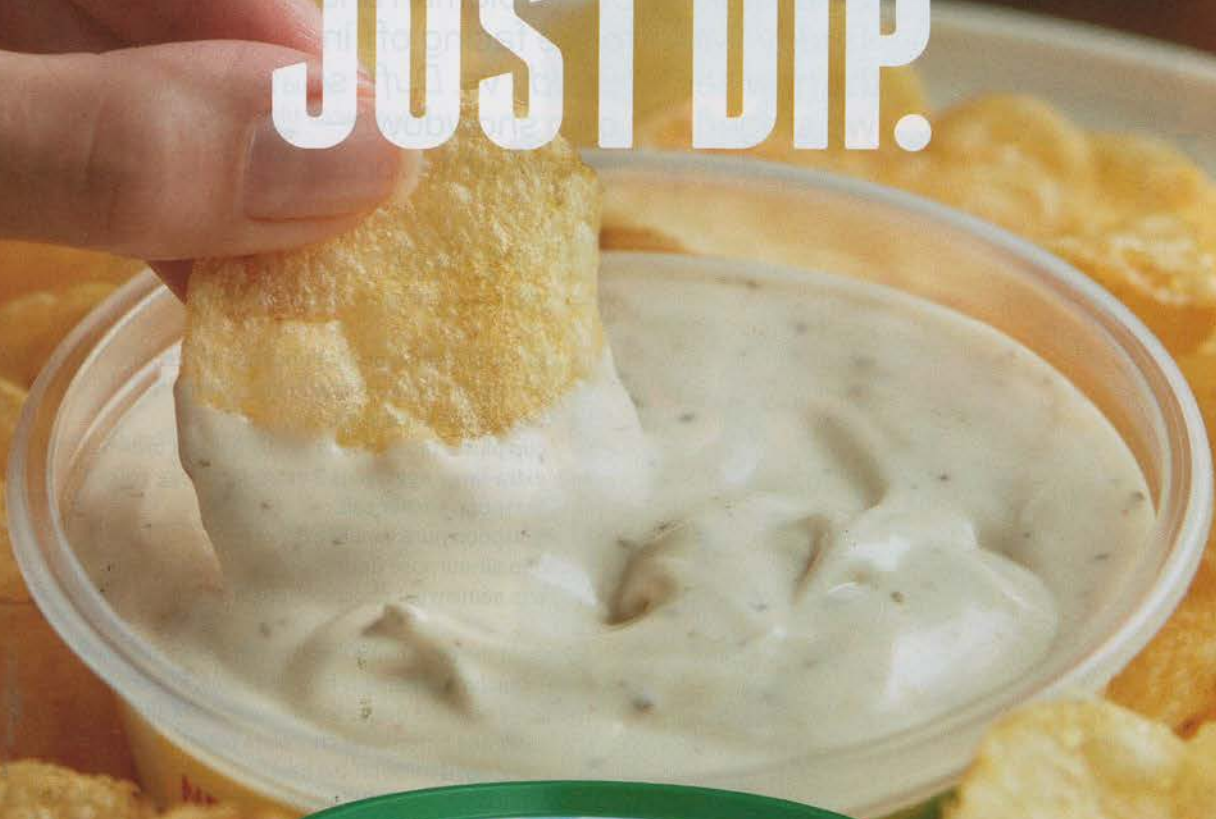


Cotton Candy
Kings Island's Sweet Spot Ranch Cotton Candy

Hidden Valley
THE ORIGINAL
Ranch

NEW

LAY THE RANCH ON THICK.
JUST DIP.



CREAMY & DELICIOUS



Open & enjoy!

YOU EITHER LOVE IT OR YOU REALLY LOVE IT
Find it in the Hidden Valley® Ranch aisle

BATTLE OF THE Brownies



DUFF GOLDMAN

VS.



BUDDY VALASTRO

Celeb bakers Duff Goldman and Buddy Valastro are facing off in the new series *Buddy vs. Duff*, so we staged our own showdown—over brownies. Pick your favorite!

DUFF'S "THE" BROWNIE

ACTIVE: 25 min | TOTAL: 1 hr 35 min | MAKES: 16 to 20

- 1½ sticks (12 tablespoons) unsalted butter, plus more for the pan
- 9 ounces bittersweet chocolate, chopped
- 1½ cups granulated sugar
- ¾ cup plus 2 tablespoons lightly packed brown sugar
- 3 extra-large eggs, plus 2 extra-large egg yolks
- ¾ teaspoon kosher salt
- 1 teaspoon pure vanilla extract
- 1 cup all-purpose flour
- 1 cup semisweet chocolate chips or chunks (optional)

1. Preheat the oven to 350° and butter a 9-inch square pan. Lining it with parchment paper is helpful as well. In a double boiler or a heatproof bowl set over a small saucepan of simmering water, melt the butter and bittersweet chocolate together, stirring often to avoid scorching. Set it aside off the heat.
2. In a big bowl, whisk both sugars, the eggs and yolks. Whisk in the salt and vanilla. Add the melted butter and chocolate and whisk to just combine.
3. Gradually stir in the flour and mix until everything is combined and smooth. Stir in the chocolate chips.
4. Scrape the batter into the prepared pan and bake for 35 to 45 minutes, or until a toothpick inserted into the middle displays as much goo on it as you want to see in the middle of those brownies!
5. Let the brownies cool in the pan on a rack for about 45 minutes. Brownies need time to set, and if you try to cut them while they are too warm, they will fall apart and ruin your day. Slice them at room temperature or colder, and if you want them warm, just put them in a hot oven for a minute or two. Serve the brownies with ice cream, duh!

“There aren’t any special ingredients in these brownies, but the end result is just awesome.”
—Duff Goldman



BUDDY'S RED VELVET-PECAN COOKIE BROWNIES

ACTIVE: 1 hr | TOTAL: 2 hr 15 min | MAKES: 42 to 48

FOR THE BROWNIE LAYER

Vegetable oil, for the pan
 3 sticks unsalted butter
 4½ ounces unsweetened chocolate, chopped
 3¾ cups granulated sugar
 2 tablespoons unsweetened cocoa powder
 ¼ teaspoon pure vanilla extract
 6 large eggs
 2 cups cake flour
 1 teaspoon kosher salt

FOR THE PECAN FILLING

1 stick plus 3 tablespoons unsalted butter
 ½ cup plus 3 tablespoons packed light brown sugar
 2 tablespoons heavy cream
 1 pound pecan pieces

FOR THE COOKIE LAYER

Vegetable oil, for the pan
 1 stick plus 3 tablespoons unsalted butter,
 at room temperature
 ½ cup granulated sugar
 ½ cup packed light brown sugar
 1 large egg
 2 tablespoons pure vanilla extract
 1¾ cups cake flour
 1 tablespoon corn syrup
 2 tablespoons unsweetened cocoa powder
 2 tablespoons baking powder
 1½ teaspoons baking soda
 1 teaspoon kosher salt
 1 tablespoon red gel food coloring
 2 tablespoons distilled white vinegar
 ½ cup white chocolate chips



1. Make the brownie layer: Oil a 12-by-17-inch rimmed baking sheet and line with parchment paper. Melt the butter and chopped chocolate in a small saucepan, stirring, until smooth. Mix the granulated sugar, cocoa powder and vanilla in a stand mixer fitted with the paddle attachment. Add the butter-chocolate mixture and mix on medium speed until combined. Mix in the eggs until combined. Mix in the flour and salt until partially combined, then scrape down the bowl and continue mixing until just combined. Spread the batter in the prepared pan; set aside.

2. Make the pecan filling: Bring the butter, brown sugar and heavy cream to a boil in a medium saucepan over medium-high heat, stirring occasionally. Add the pecans and stir until well coated. Remove from the heat, let cool briefly and spoon on top of the raw brownie batter in the pan; set aside.

3. Make the cookie layer: Oil another 12-by-17-inch rimmed baking sheet and line with parchment paper. Wipe out the mixer bowl; add the butter and both sugars and beat until smooth. Add the egg and vanilla and mix until combined, scraping the bowl with a rubber spatula halfway through. Add the flour, corn syrup, cocoa powder, baking powder, baking soda and salt and mix until smooth. Mix in the food coloring and vinegar. Stir in the white chocolate chips. Spread the cookie dough in an even layer in the prepared pan. Freeze until firm, about 30 minutes.

4. Preheat the oven to 335°. Once the cookie dough is firm, flip it on top of the pecan-topped brownie layer. Discard the parchment paper, then press down gently to bond the layers together. Put the empty baking sheet upside down on top of the cookie layer to act as a lid and transfer to the oven. Bake 30 minutes, then remove the top baking sheet. Continue baking until a knife inserted into the center comes out clean, 20 to 45 more minutes.

“Who doesn’t love a brownie! These have a twist that’s to die for.”
 —Buddy Valastro

Catch the new series *Buddy vs. Duff*, starting March 10 at 9 p.m. ET.

Emgality™ can help give you more migraine-free days

In people who had
4-14 migraine days
per month:

Emgality cut the
number of monthly
migraine days by

**75%
or more**
for some patients

In people who had 15
or more headache days
per month:

Emgality cut the
number of monthly
migraine days by

**50%
or more**
for some patients

In a study, the number of people with
≥15 headache days per month who achieved
75% reduction in monthly migraine days did not
differ from people taking placebo.

**Emgality reduced the average number of migraine days
each month in clinical trials**



Ask your doctor if Emgality is right for you

To get up to 12 free months of Emgality, go to **Emgality.com***

Commercially insured patients only/Not for government beneficiaries | See additional Terms and Conditions on the next page

SAFETY SUMMARY

Important Facts About Emgality™ (em-GAL-it-ē) injection. Also known as galcanezumab-gnlm.

Purpose

Emgality is a prescription medicine used for the preventive treatment of migraine in adults. The medicine comes in a prefilled pen or syringe and is taken once a month.

Warnings

Do not use Emgality if you are allergic to galcanezumab-gnlm or any of the ingredients in Emgality.

Emgality may cause allergic reactions, such as itching, rash, hives, and trouble breathing. Allergic reactions can happen days after using Emgality. Call your healthcare provider or get emergency medical help right away if you have any of the following symptoms, which may be part of an allergic reaction: swelling of your face, mouth, tongue, or throat, or trouble breathing.

Common side effects

The most common side effects of Emgality are injection site reactions. These are not all the possible side effects of Emgality.

Possible serious side effects

Emgality may cause allergic reactions (see Warnings). Tell your doctor if you have any side effects.

You can report side effects at 1-800-FDA-1088 or www.fda.gov/medwatch.

Before using

Before you use Emgality, discuss these questions with your doctor:

- Do you have other medical conditions?
- Do you take other medicines? Tell your doctor about all the prescription and over-the-counter drugs, vitamins, and herbal supplements you take.

Tell your doctor if:

- You are pregnant or breastfeeding.
- You are under age 18. It is not known if Emgality is safe and effective in children.

How to take

- Read the Instructions for Use that come with Emgality. There you will find information about how to store, prepare, and inject Emgality.
- Use Emgality exactly as your doctor says.
- If you miss a dose, inject it as soon as possible. Then continue to take it once a month from the date of your last dose.

Learn more

For more information, go to www.emgality.com or call 1-833-EMGALITY (1-833-364-2548). This summary provides basic information about Emgality, but it does not include all information known about this medicine. Read the information that comes with your prescription every time you have a prescription filled. Talk to your doctor or pharmacist about this information. Your doctor is the best person to help you decide if Emgality is right for you.

C-GZ-US-0235

Terms and Conditions: Offer good for up to 12 months until 12/31/2020 if healthcare provider submits a prior authorization form or coverage exception request, when required, to the patient's insurance provider. \$0 monthly offer for commercially insured with insurance provider coverage, subject to wholesale acquisition cost plus usual and customary pharmacy charges and a separate \$4900 maximum annual cap. \$0 monthly offer for commercially insured without insurance provider coverage, subject to monthly and separate annual cap of wholesale acquisition cost plus usual and customary pharmacy charges.

This offer is not available for patients without commercial insurance coverage or those whose prescription claims are eligible to be reimbursed, in whole or in part, by Medicare Part D, Medicaid, TRICARE or any other state or federal program. Offer void where prohibited by law and subject to change or discontinue without notice. Card activation is required. Subject to additional terms and conditions, which can be found at Emgality.com/savings.

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once monthly

Emgality™
(galcanezumab-gnlm)
120 mg injection



WHAT'S YOUR

Comfort Food IQ?

See how much you know about everyone's favorite feel-good foods.

1 Which of these comfort foods does not have an emoji?



A. Hot dog



B. Burrito



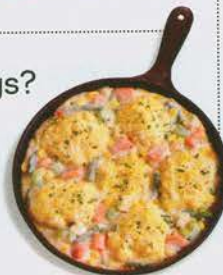
C. Pancakes



D. Potato chips

2 What's another name for chicken and dumplings?

- A. Parchment chicken
- B. Chicken and slicks
- C. Saucy chicken
- D. Noodle bird



3 Why does lava cake have a gooey center?

- A. Hot fudge is piped into it after baking.
- B. A center of chopped chocolate melts during baking.
- C. The cake is underbaked so the middle is still runny.
- D. The center is made of pudding.

4 Which of these creamy pasta dishes does not typically have milk or cream in it?

- A. Carbonara
- B. Alfredo
- C. Penne alla vodka
- D. Mac and cheese

5 What meats are in the "meatloaf mix" sold at supermarkets?

- A. Beef and veal
- B. Pork and veal
- C. Beef (with dried herbs and spices)
- D. Beef, pork and veal



6 Match the type of gravy to the food it's commonly served with.

- Redeye _____
- Sausage _____
- Cream _____
- Giblet _____

- A. Ham
- B. Chicken or turkey
- C. Biscuits
- D. Chicken-fried steak

7 Which combination of vegetables are you most likely to find in chicken pot pie?



- A. Peas, potatoes and broccoli
- B. Peas, carrots and onions
- C. Corn and peas
- D. Corn and red and green bell peppers

8 Chicken-fried steak is typically made with:

- A. Chicken B. Pork
- C. Beef D. Veal

9 Identify each of these traditional potato casseroles.

- Funeral potatoes _____
- Scalloped potatoes _____
- Shepherd's pie _____
- Hotdish _____



10 Which of these ingredients is not found in a traditional Texas chili?



A. Beans



B. Tomatoes



C. Ground beef



D. A, B and C

11 Why are grilled cheese sandwiches often served with tomato soup?



- A. It's a traditional pairing in England, where both dishes were invented.
- B. School kids loved when the two were served together in school cafeterias in the 1950s.
- C. New York City's Waldorf Astoria hotel offered the duo in the 1940s and started a sensation.
- D. During World War II, soldiers cobbled the meal together from ingredients in their ration kits.

12 Which cut of beef is used to make pot roast?



A. Chuck



B. Sirloin



C. Tenderloin



D. Brisket

13 What is the name of the white sauce frequently used in mac and cheese, lasagna and gratins?

- A. Velouté
- B. Hollandaise
- C. Consommé
- D. Béchamel

14 Which one of these classic pies is made with chocolate?

- A. Hoosier
- B. French silk
- C. Chess
- D. Shoofly



15 Cincinnati chili is traditionally served over which starch?



A. Mashed potatoes



B. Spaghetti



C. Rice



D. Cornbread

BURRITO: POTATO CHIPS AND CHICKEN AND DUMPLINGS: GETTY IMAGES; PANCAKES: GETTY IMAGES; CHICKEN POT PIE: DAVID MALOSS; BEANS, TOMATO, GROUND BEEF, CURRY OF MEAT, HOTDISH, SPAGHETTI, AND CORNBREAD: GETTY IMAGES; GRILLED CHEESE AND TOMATO SOUP: ANTONIS ACHILLEOS; SCALLOPED POTATOES: KANA OKADA; FUNERAL POTATOES: ALAMY; SHEPHERD'S PIE AND MASHED POTATOES: CON FOLIOS; RICE: KANG MIN.

16 Which of these dishes is a casserole?



A. Chicken tetrazzini



B. Beef stroganoff



C. Chicken Kiev



D. Steak Diane

TRUE OR FALSE?

17 Grits and polenta are the same. **T F**

18 When making biscuits, you should melt the butter before adding it to the dough. **T F**

19 Spaghetti and meatballs originated in America. **T F**

20 Chowder is the same as bisque. **T F**

21 Traditional green bean casserole is made with cream of chicken soup. **T F**

SCORE SHEET

Give yourself one point for each correct answer.

1. **D** Emojis for 🍌, 🍩, 🍪 exist, but a chip emoji does not. The Unicode Consortium also released several new comfort food emojis last year, including a bagel and a cupcake.

2. **B** Slicks (also known as slickers or slick dumplings) are rolled, cut and cooked in the sauce. It's a Southern favorite.

3. **C** The most popular version of this cake was invented by accident. In 1987, chef Jean-Georges Vongerichten served underbaked chocolate cupcakes at a party. Because everyone loved them, he put a version on the menu at his restaurant Lafayette in New York City.

4. **A** Carbonara gets its creaminess from beaten eggs.

5. **D** Beef, pork and veal are the classic combo.

6. (One point for each) **A** Redeye gravy; **B** Giblet gravy; **C** Sausage gravy; **D** Cream gravy

7. **B** Peas, carrots and onions are commonly found in pot pie.

8. **C** Chicken-fried steak is typically beef cube steak that is breaded and fried like chicken.

9. (One point for each) **A** Scalloped potatoes are thinly sliced potatoes that are layered with cream; **B** Hotdish often includes a layer of Tater Tots on top of a creamy, meaty filling; **C** Funeral potatoes are made with condensed soup, cheese and potato chips; **D** Shepherd's pie has a ground-meat filling topped with mashed potatoes.

10. **D** A classic bowl of red, as it's called in Texas, has chunks of beef (not ground beef) in a chile-based sauce. No beans or tomatoes!

11. **B** Both foods were invented much earlier, but they became a beloved duo in the 1950s when schools began serving them together.

12. **A** Chuck roast is a tough cut but it turns out extra tender when cooked for a long time at a low heat.

13. **D** To make béchamel, you cook equal parts butter and flour and whisk in milk.

14. **B** French silk pie is a type of chocolate custard pie. Hoosier pie has a sugar-cream filling, chess pie has a cornmeal custard filling and shoofly pie is made with molasses.

15. **B** This iconic dish, invented in the 1920s at the Empress Chili Parlor in Cincinnati, is served over spaghetti; it's called a "two-way." (You can add other toppings to create up to a "five-way.")

16. **A** Chicken tetrazzini is a creamy casserole with noodles. The other dishes are mostly or completely made on the stovetop.

17. **F** Polenta and grits are traditionally made from different types of corn.

18. **F** Instead, work cold butter into the flour until it's the size of small peas.

19. **T** The combo is Italian-American.

20. **F** Bisque is smoother than chowder.

21. **F** Campbell's has estimated that 40 percent of its cream of mushroom soup sold in the US goes into making this dish.

HOW DID YOU DO?

0 TO 8 POINTS TOTAL DISCOMFORT

You could use a crash course in comfort food. Start small and try a hot dog with mac and cheese on top! See page 58.

9 TO 18 POINTS GETTING WARMER

You're no stranger to comfort food, but eating more of it might improve your score: Try one of the 50 chilis on page 96.

19 TO 27 POINTS COMFORT ZONE

Celebrate your high score with Ina Garten's Vanilla Brioche Bread Pudding on page 92.

WHAT IF YOU
FOUND A
GREEN LIGHT

WORTH
STOPPING
FOR?



RAV4

Introducing the all-new RAV4 Limited. With cutting-edge technology and revolutionized style, it's capable of handling anything on your to-do list, or your bucket list.
Let's Go Places.

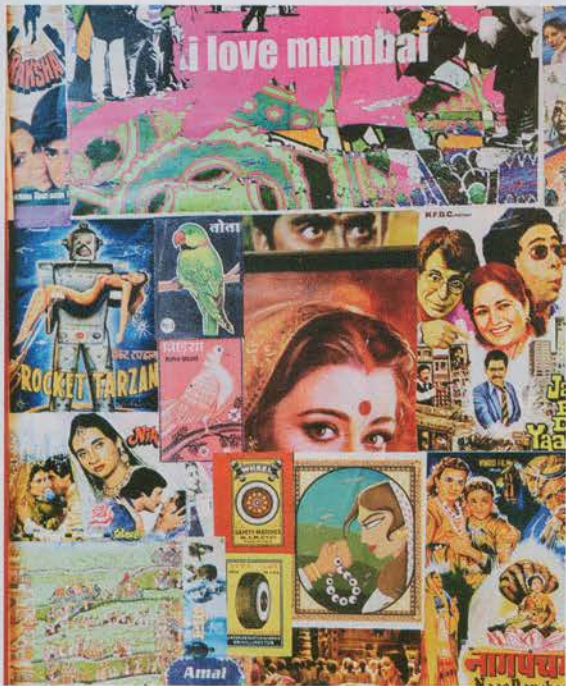
in the know

Let's Chaat

Take a tour of Maneet Chauhan's new Nashville restaurant—and steal some ideas for your own kitchen!

maneet Chauhan and her husband, Vivek Deora, already own three restaurants in Nashville, so they had all the experience they needed to open a fourth. They just didn't have much time: They started serving food at their newest spot, Chaatable, only three months after they secured the location. "Vivek and I painted the tables ourselves—there's still paint on our hands!" Maneet says. They've always wanted to design a restaurant around savory Indian street snacks called chaat. "It's very nostalgic for us," Vivek explains. "We grew up eating street food between meals and hiding it from our parents!" Since the couple moved to Nashville four years ago, they have seen the city grow into a serious food destination, and they were excited by the idea of sharing this type of Indian food with the locals. When they found a location in Nashville's Sylvan Heights neighborhood, they knew it was time. "We pictured flashes of color, bright textiles and dishes beyond tikka masala," Maneet says. Take a look—then try one of her recipes for yourself.





Maneet and Vivek created a collage with Bollywood movie posters on the walls.



Faux stained glass

The stained-glass windows look real but the color comes from lighting gels and special paper that Maneet and her designer, London Parfitt, sourced from Plaza Art. They spent a whole day gluing it to the glass.

Ornate woodwork

To give the restaurant an authentic Indian look, Maneet and London commissioned intricately carved wood panels and arches from Nashville-based Elemental Arthouse.



Nathan Carved Wood Wall Panels for similar, \$45 for three; worldmarket.com

Beep-beep!

To make the entry feel welcoming, Maneet created this fun host desk, built to look like an Indian truck. Drivers in India often decorate their vehicles with colorful trinkets or marigolds.



Umbrella lighting

"The space was so white, we just wanted to fill it with color," Maneet says. She and Vivek love the elaborately embroidered parasols used in India, so they ordered dozens to hang from the ceiling as light shades.



Rajasthani Umbrella
for similar, \$20;
amazon.com



This wall is decorated with 20,000 bangle bracelets that Maneet had shipped from India.



Photo gallery

Maneet and Vivek put together this gallery wall that incorporates Indian landscapes, pictures of precious objects and a photo of a dress similar to the one Maneet wore on their wedding day.



Mix-and-match seating

The couple used different styles of chairs in each section of the restaurant. For the bar, they chose an industrial metal stool in assorted bright colors.



Trent Austin Design
Cercis 30" Barstool
for similar, \$79;
wayfair.com

Snacks for all

Maneet's menu is all about sharing, starting with a section of "itty bitty bites," including these chili-dusted cashews.



MANEET'S O.M.GHEE

ACTIVE: 30 min | TOTAL: 30 min
MAKES: about 3½ cups

- 3 tablespoons ghee
- 20 to 25 fresh curry leaves (about ½ cup)
- 3½ cups raw cashews
- Kosher salt
- 1 teaspoon red chili powder
- 2 teaspoons chaat masala powder

- 1.** Melt the ghee in a large skillet over medium-high heat. Add the curry leaves and fry until crisp and no longer sizzling, 1 to 2 minutes. Remove to a plate with a slotted spoon, leaving the warm oil behind in the pan.
- 2.** Reduce the heat to low, then add the cashews to the ghee and cook, tossing frequently, until browned, 8 to 12 minutes.
- 3.** Return the curry leaves to the skillet along with a few pinches of salt, the chili powder and chaat masala; mix well. Transfer to a large bowl to cool. Store in an airtight container.



ROYAL



ROYAL® Basmati Rice is the #1 selling Basmati brand in the Country

Harvested in the foothills of the Himalayas – Royal® Basmati Rice goes through a 12 month aging process to give each grain the authentic flavor and aroma of India. Available in 2lb, 5lb & 20lb sizes.

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HUMIRA[®]

adalimumab



PRESCRIBED BIOLOGIC¹
#1
BY DERMATOLOGISTS

What's your Body Of Proof?

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.

¹Based on IMS NPA data: Total HUMIRA prescriptions written by dermatologists from 6/6/2014 to 6/10/2016 vs. Enbrel[®], Stelara[®], Simponi[®], Cimzia[®], Otezla[®], Cosentyx[®], and Taltz[®]. All trademarks are properties of their respective owners.

²Approved for adults with plaque psoriasis in 2008.

³Source: Information derived using proprietary methodology by AbbVie from PatientSource[™] data provided by Symphony Health, January 2008–December 2015.

abbvie

Proof that I can see. Numbers that speak to me.

Clearance That Can Last

In clinical trials, most adults taking HUMIRA saw **75% and even 90% clearer skin** in just 4 months. Of people who achieved 75% clearance, most maintained it a full year after starting treatment.

250,000 Treated for Over 10 Years

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

Works From Within

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

Your results may vary.

CLEARER SKIN STARTS WITH A CONVERSATION. ASK YOUR DERMATOLOGIST ABOUT HUMIRA.

- 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.

Visit HUMIRA.com or call 1.800.4HUMIRA

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

Before starting HUMIRA, tell your doctor if you:

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

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

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

Cancer

- For children and adults taking TNF-blockers, including HUMIRA, the chances of getting cancer may increase.
- There have been cases of unusual cancers in children, teenagers, and young adults using TNF-blockers.

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

What is HUMIRA?

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

- To reduce the signs and symptoms of:
 - **moderate to severe rheumatoid arthritis (RA) in adults.** HUMIRA can be used alone, with methotrexate, or with certain other medicines.
 - **moderate to severe polyarticular juvenile idiopathic arthritis (JIA) in children 2 years and older.** HUMIRA can be used alone, with methotrexate, or with certain other medicines.
 - **psoriatic arthritis (PsA) in adults.** HUMIRA can be used alone or with certain other medicines.
 - **ankylosing spondylitis (AS) in adults.**
 - **moderate to severe Crohn's disease (CD) in adults** when other treatments have not worked well enough.
 - **moderate to severe Crohn's disease (CD) in children 6 years and older** when other treatments have not worked well enough.
 - **moderate to severe hidradenitis suppurativa (HS) in people 12 years and older.**
- In adults, to help get **moderate to severe ulcerative colitis (UC)** under control (induce remission) and keep it under control (sustain remission) when certain other medicines have not worked well enough. It is not known if HUMIRA is effective in people who stopped responding to or could not tolerate TNF-blocker medicines.
- **To treat moderate to severe chronic (lasting a long time) plaque psoriasis (Ps) in adults** who have the condition in many areas of their body and who may benefit from taking injections or pills (systemic therapy) or phototherapy (treatment using ultraviolet light alone or with pills).
- **To treat non-infectious intermediate, posterior, and panuveitis in adults and children 2 years of age and older.**

What should I tell my doctor before taking HUMIRA?

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

- have an infection. See **"What is the most important information I should know about HUMIRA?"**
- have or have had cancer.
- have any numbness or tingling or have a disease that affects your nervous system such as multiple sclerosis or Guillain-Barré syndrome.
- have or had heart failure.
- have recently received or are scheduled to receive a vaccine. You may receive vaccines, except for live vaccines while using HUMIRA. Children should be brought up to date with all vaccines before starting HUMIRA.
- are allergic to rubber or latex. Tell your doctor if you have any allergies to rubber or latex.
 - The 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 this Medication Guide for a list of ingredients in HUMIRA.
- are pregnant or plan to become pregnant, breastfeeding or plan to breastfeed. You and your doctor should decide if you should take HUMIRA while you are pregnant or breastfeeding.
- have a baby and you were using HUMIRA during your pregnancy. Tell your baby's doctor before your baby receives any vaccines.

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 go away
- low grade fever
- weight loss
- loss of body fat and muscle (wasting)

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

If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus can become active while you use HUMIRA. Your doctor should do blood tests before you start treatment, while you are using HUMIRA, and for several months

after you stop treatment with HUMIRA. Tell your doctor if you have any of the following symptoms of a possible hepatitis B infection:

- muscle aches
- feel very tired
- dark urine
- skin or eyes look yellow
- little or no appetite
- vomiting
- clay-colored bowel movements
- fever
- chills
- stomach discomfort
- skin rash
- **Allergic reactions.** Allergic reactions can happen in people who use HUMIRA. Call your doctor or get medical help right away if you have any of these symptoms of a serious allergic reaction:
 - hives
 - 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
- poor appetite or vomiting
- skin or eyes look yellow
- pain on the right side of your stomach (abdomen)

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

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

Common side effects with HUMIRA include:

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

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

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

General information about the safe and effective use of HUMIRA.

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

This brief summary summarizes the most important information about HUMIRA. If you would like more information, talk with your doctor. You can ask your pharmacist or doctor 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-B772/20028639 Revised October, 2018

LAB-1387 MASTER

US-HUMD-181849

abbvie

Jimmy Dean ONCE SAID:

“ALL YOU
gotta do
IS
heat
‘EM UP



AND
EAT ‘EM UP.”

Jimmy Dean



TODAY'S YOUR
DAY TO
Shine on

fun, cooking

SPECIAL
**Mac &
Cheese**
SECTION



Good Eggs

We're not sure if this dish is brunch, dinner or a late-night snack—we just know it's crazy delicious. Spread warm mac and cheese in a nonstick ovenproof skillet, then make a few wells in the mac with the back of a spoon. Crack an egg into each well and season with salt and pepper. Bake at 375° until the egg whites are set but the yolks are still runny, 8 to 10 minutes.

Turn the page for more mac and cheese ideas!

Cheesy does it

Food Network chefs share their best recipes for mac and cheese.





“One cold night, a dozen friends stopped by and I made them the best mac and cheese ever with a huge conglomeration of cheeses. This version is a little simpler.”



NANCY FULLER'S CREAMY STOVETOP MAC AND CHEESE

ACTIVE: 30 min | TOTAL: 35 min | SERVES: 4 to 6

Kosher salt

- 1 pound medium shell pasta
- 4 tablespoons unsalted butter
- $\frac{3}{4}$ cup all-purpose flour
- $1\frac{1}{2}$ cups whole milk
- 1 cup half-and-half
- 2 cups grated cheddar cheese (about 8 ounces)
- 1 cup grated colby jack cheese (about 4 ounces)
- 1 heaping teaspoon dijon mustard
- $\frac{1}{8}$ teaspoon paprika
- Dash of hot sauce
- 4 ounces cream cheese, cut into cubes
- Freshly ground black pepper

1. Bring a large pot of salted water to a boil. Add the pasta and cook until al dente, about 8 minutes. Drain and set aside.
2. Meanwhile, melt the butter in a large saucepan over medium-high heat. When it begins to foam, sprinkle in the flour and stir until it becomes pasty, about 1 minute. Whisk in the milk and half-and-half and bring to a low simmer. Cook, stirring, until the mixture looks thick, about 5 minutes.
3. Add the cheddar and colby jack cheeses by the handful to the milk mixture, stirring well after each addition until melted. Mix in the mustard, paprika and hot sauce. Fold in the cream cheese and stir well until melted; season with salt and pepper. Stir in the cooked pasta. Serve the mac and cheese immediately while still warm and at its creamiest!

LORRAINE PASCALE'S GLAM MAC AND CHEESE

ACTIVE: 40 min | TOTAL: 1 hr | SERVES: 4

- 12 ounces fusilli
- Kosher salt
- $\frac{1}{3}$ cup diced pancetta
- 1 small handful fresh thyme
- 3 scallions, thinly sliced
- 3 tablespoons unsalted butter
- 3 tablespoons all-purpose flour
- Pinch of ground nutmeg
- 1 teaspoon mustard powder
- $\frac{3}{4}$ cup whole milk
- $1\frac{1}{4}$ cups heavy cream
- 7 ounces dolcelatte or gorgonzola cheese, crumbled (about 1 cup)
- 4 ounces parmesan cheese, grated (about $1\frac{1}{2}$ cups)
- Freshly ground pepper
- $\frac{3}{4}$ cup breadcrumbs
- 1 handful chopped fresh parsley, for garnish

1. Preheat the oven to 400°. Cook the pasta in a large pan of boiling salted water. It needs to be cooked to just less than al dente, as the pasta will be cooked again in the oven. Reserve 1 cup cooking water, then drain the pasta, return it to the pan and set aside.
2. Fry the pancetta in a medium skillet over medium heat until it just starts to brown and crisp up, then add the thyme and scallions and cook for an additional 3 minutes. Add the skillet's contents to the pasta.
3. For the sauce, put the butter, flour, nutmeg and mustard powder in a small saucepan set over medium heat and cook, stirring, until the butter has melted. Mix the milk and cream together in a pitcher and add a little to the flour and butter in the saucepan, stirring well. Keep adding the milk mixture bit by bit, stirring well each time (be sure to get into the "corners" of the pan, as flour often lurks there). Once the sauce has fully come together, turn up the heat and boil for a minute or two. The sauce will thicken considerably. Remove the pan from the heat.
4. Add two-thirds of both of the cheeses to the sauce while it is still hot and combine well. (It may be a bit lumpy, but that is fine.) Season to taste with salt and pepper and add to the pasta mix. If the cheese sauce thickens too much, add some of the pasta water. Stir everything together and spoon into 4 large ramekins or a shallow 3-quart casserole dish.
5. Sprinkle the top with the rest of the cheese and the breadcrumbs and bake in the oven for about 20 minutes, or until the cheese starts to bubble and the topping goes brown. Sprinkle with chopped parsley and serve.



— — — — —
"If you're not a fan of blue cheese, a good cheddar will also suit."



KATIE LEE'S STOVETOP MAC AND CHEESE WITH MUSHROOMS

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

Kosher salt

- 1 pound penne
- 4 tablespoons unsalted butter
- 2 teaspoons fresh thyme
- 1 clove garlic, minced
- 1 pound white button mushrooms, sliced

Freshly ground pepper

- $\frac{3}{4}$ cup all-purpose flour
- 2 cups whole milk
- $\frac{1}{2}$ cup heavy cream
- 1 tablespoon dijon mustard
- 2 cups grated fontina cheese
- $\frac{1}{2}$ cup grated parmesan cheese
- 6 slices taleggio cheese

1. Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs. Reserve 1 cup cooking water, then drain.
2. Meanwhile, in a large skillet, heat the butter, thyme and garlic over medium heat until the garlic is tender, about 2 minutes. Add the mushrooms and cook until they release their water and begin to brown, about 7 minutes. Season generously with salt and pepper.
3. Add the flour to the skillet and cook, stirring, 2 to 3 minutes. Whisk in the milk, heavy cream and mustard. Season with salt and pepper. Bring to a low simmer and continue whisking until the mixture thickens enough to coat the back of a spoon, about 3 minutes. Stir in the fontina and parmesan until melted.
4. Add the pasta to the sauce and toss to coat. If the sauce thickens as it sits, toss in a splash of the reserved cooking water. Divide the mac and cheese among bowls and top each with a slice of taleggio.

“I like experimenting with different cheeses—usually whatever bits I have left over from a cheese board. Taleggio is particularly good because it’s so rich and creamy.”



VALERIE BERTINELLI'S BAKED MAC AND CHEESE WITH HIDDEN CAULIFLOWER

ACTIVE: 45 min | TOTAL: 55 min | SERVES: 8 to 10

Cooking spray

- 1 pound elbow macaroni
- Kosher salt
- 1 small head cauliflower, cored
- 4 tablespoons unsalted butter
- ½ medium onion, finely chopped
- 5 tablespoons all-purpose flour
- 4 cups whole milk
- 2 cups shredded mild cheddar cheese (about 8 ounces)
- 2 cups shredded colby jack cheese (about 8 ounces)
- 3 tablespoons creamy French onion dip
- ¼ teaspoon cayenne pepper
- 2 cups crushed sour cream-and-cheddar potato chips

1. Preheat the oven to 425°. Coat a 9-by-13-inch baking dish with cooking spray. Cook the pasta in boiling salted water according to the package directions. Drain and set aside. Meanwhile, grate the cauliflower on the large holes of a box grater or chop it into chunks and pulse to rice-size pieces in a food processor.
2. Melt the butter in a large pot over medium heat. Add the onion and cook, stirring often, until softened, about 5 minutes. Add the grated cauliflower and ½ teaspoon salt and cook, stirring occasionally, until crisp-tender, another 5 minutes. Add the flour; cook for 1 minute, stirring. Gradually add the milk while stirring constantly, then increase the heat and bring to a boil. Reduce the heat to medium and simmer, whisking occasionally, until slightly thickened, about 3 minutes.
3. Take the pot off the heat and stir in the cheddar, colby jack, French onion dip, cayenne and 1 teaspoon salt until the cheese and dip melt. Add the cooked pasta and stir to coat. Transfer to the prepared baking dish.
4. Top the pasta with the crushed potato chips. Bake until lightly browned, 8 to 10 minutes (be careful, the potato chips can burn easily).

“If you’re having trouble getting your kids to eat veggies, try this recipe. They’ll love how the cauliflower gets all mixed in with the noodles and cheese.”



 Make Sargento caramelized leek and prosciutto pizza

REAL CHEESE PEOPLE®
KNOW A
REAL
SHRED
WHEN THEY SEE IT.



NEW TRADITIONAL CUT

Every shred looks like it's right off the block, and that's because it actually is. Sargento® Shreds always start with blocks of 100% real, natural cheese, and it doesn't get realer than that.



No significant difference has been shown between milk derived from rBST treated and non-rBST treated cows.
Our cheese is made from milk that does not contain antibiotics

WE'RE REAL CHEESE PEOPLE®

Who Knew?

Mac and cheese is a lot more interesting than you thought. Check out these 10 fun facts.



1 The color of boxed mac and cheese is curiously vibrant, but if you check the ingredients you'll see that many brands get their color from natural ingredients like paprika, turmeric and annatto, a spice from Central and South America.

2 Coffee, eggs, bacon and...mac and cheese? According to one food research group, 24 percent of Americans eat mac and cheese for breakfast or as an early-morning snack.



3 Since Kraft launched its first mac and cheese shape (spirals in 1975), it has developed more than 2,000 different ones, including trains, dinosaurs and unicorns. The most popular pasta was Rugaris shaped, which came out in 2005.



4 In Canada, Kraft Dinner (or KD)—the name for Kraft's boxed mac and cheese north of the border—is the unofficial national dish: Per capita, Canadians eat more of it than Americans do.



5 Mac and cheese-topped pizza is happening: Mentions of it on menus jumped 56 percent over the past four years.



6 The biggest mac and cheese festival in North America takes place in Toronto (thamacandcheese.com). Over four days in June, 70,000 people will gather to taste around 60 varieties.



8 If the distinctive color of mac and cheese makes you happy, you can now look at it all day: Behr sells a shade of paint called Mac N Cheese.

9 Mac and cheese has been to space (in dehydrated form), and the astronaut version is reportedly delicious. Mike Massimino, who went on space missions in 2002 and 2009, called it the best food he ate in orbit.



10 Thomas Jefferson tried macaroni in France and loved it so much that he imported a pasta machine and parmesan cheese from Italy. He served his version of "macaroni pie" at the White House in 1802, and his handwritten recipe for macaroni is at the Library of Congress.

For moderate to severe plaque psoriasis



little pony
big moment

When you're living with *plaque psoriasis*, little moments can be a pretty big deal.



Otezla is different

- Otezla is a pill—not an injection, biologic, or a cream
- **75% clearer skin** is achievable in some people **after just 4 months**—with reduced redness, thickness, and scaliness of plaques
- Otezla works inside the body to help **reduce inflammation**
- The Otezla Prescribing Information has **no requirement for initial or routine blood testing**

APPROVED USE

Otezla is a prescription medicine approved for the treatment of patients with moderate to severe plaque psoriasis for whom phototherapy or systemic therapy is appropriate.

IMPORTANT SAFETY INFORMATION

Do not take Otezla if you are allergic to apremilast or to any of the ingredients in Otezla.

Otezla can cause severe diarrhea, nausea, and vomiting, especially within the first few weeks of treatment. Use in elderly patients and the use of certain medications with Otezla appears to increase the risk of having diarrhea, nausea, or vomiting. Tell your doctor if any of these conditions occur.

Otezla is associated with an increase in depression. In clinical studies, some patients reported depression and suicidal behavior while taking Otezla. Some patients stopped taking Otezla due to depression. Before starting Otezla, tell your doctor if you have had feelings of depression or suicidal thoughts or behavior. Be sure to tell your doctor if any of these symptoms or other mood changes develop or worsen during treatment with Otezla.

Some patients taking Otezla lost body weight. Your doctor should monitor your weight regularly. If unexplained or significant weight loss occurs, your doctor will decide if you should continue taking Otezla.

Some medicines may make Otezla less effective, and should not be taken with Otezla. Tell your doctor about all the medicines you take, including prescription and nonprescription medicines.

Side effects of Otezla include diarrhea, nausea, vomiting, upper respiratory tract infection, tension headache, and headache. These are not all the possible side effects with Otezla. Ask your doctor about other potential side effects. Tell your doctor about any side effect that bothers you or does not go away.

Tell your doctor if you are pregnant, planning to become pregnant or planning to breastfeed. Otezla has not been studied in pregnant women or in women who are breastfeeding.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-332-1088.

Please see Brief Summary of Prescribing Information on the next page.

show *more* of you

Ask your dermatologist about Otezla.
Visit otezla.com today.

Brief Summary of Information About OTEZLA® (oh-TEZ-lah) (apremilast) Tablets

This information does not take the place of talking to your doctor about your medical condition or treatment. If you have any questions about OTEZLA® (apremilast), ask your doctor. Only your doctor can determine if OTEZLA is right for you.

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

OTEZLA may cause serious side effects:

Diarrhea, Nausea, and Vomiting have been reported in some patients taking OTEZLA and in some cases, patients required hospitalization. Most events happened within the first few weeks of starting OTEZLA and occurred more in patients taking medications to reduce blood pressure or in those patients 65 years of age or older. Tell your doctor if any of these occur.

Depression was reported by some patients taking OTEZLA. Before taking OTEZLA, tell your doctor if you have had feelings of depression, suicidal thoughts, or suicidal behavior. You, your caregivers, and family members should be alert for the development or worsening of depression, suicidal thoughts, or other mood changes. If such changes occur, contact your doctor. Your doctor will determine whether you should continue taking OTEZLA.

Weight loss occurred in some patients taking OTEZLA. Your doctor should monitor your weight regularly. If unexplained or significant weight loss occurs, your doctor will consider whether you should continue taking OTEZLA.

Some medicines should not be taken with OTEZLA as they may make OTEZLA less effective. Tell your doctor about all the medications you take, including prescription and nonprescription medications.

What is OTEZLA?

OTEZLA is a prescription medicine used for the treatment of patients with moderate to severe plaque psoriasis for whom phototherapy or systemic therapy is appropriate.

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

Who should **not** take OTEZLA?

You must not take OTEZLA if you are allergic to apremilast or to any of the ingredients in OTEZLA.

What should I tell my doctor before taking OTEZLA?

Tell your doctor if you:

- have had feelings of depression, suicidal thoughts, or suicidal behavior
- have any kidney problems
- are pregnant or plan to become pregnant. It is not known if OTEZLA can harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if OTEZLA passes into your breast milk.

What are the side effects of OTEZLA?

- OTEZLA may cause serious side effects. See "**What is the most important information I should know about OTEZLA?**"
- **Common side effects** of OTEZLA are:
 - diarrhea
 - nausea
 - upper respiratory tract infection
 - headache
 - tension headache

These are not all the possible side effects with OTEZLA. Tell your doctor about any side effect that bothers you or does not go away.

General Information about OTEZLA

Medicines are sometimes prescribed for purposes other than those listed in their package inserts. This is a Brief Summary of important information about OTEZLA. Ask your doctor or pharmacist for more complete product information, or visit otezla.com, or call 1-844-4OTEZLA (1-844-468-3952).

OTEZLA (apremilast) tablets

Manufactured for: Celgene Corporation, Summit, NJ 07901

OTEZLA® is a registered trademark of Celgene Corporation.

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Based on APRPI.006

OTZ_PsO_Pt_BSv.006 06_2017

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over the Top

Add a fun, crunchy topping to your mac and cheese.

BAKED MAC AND CHEESE

1. Cook 8 ounces elbow macaroni in salted boiling water as the label directs for al dente. Reserve 1 cup cooking water, then drain.
2. Melt 4 tablespoons butter in a large saucepan over medium heat. Add $\frac{1}{4}$ cup flour and cook, whisking, until smooth, 2 minutes. Whisk in 2 cups whole milk and 1 teaspoon kosher salt. Bring to a simmer and cook until thickened, 5 minutes. Stir in 6 ounces each shredded colby jack and cheddar until smooth, then add the pasta, thinning with the reserved cooking water as needed. (The sauce will thicken as it bakes.)
3. Transfer to a 3-quart baking dish. Prepare your topping; sprinkle over the mac and cheese. Bake at 400° until golden, 15 to 20 minutes.

Cheesy Crackers

Toss 1 cup crushed cheese crackers with 2 tablespoons melted butter, 2 teaspoons chopped thyme and $\frac{1}{4}$ teaspoon cayenne.

Bacon and Potato Chips

Toss 2 cups crushed sour cream and onion potato chips with 8 slices cooked chopped bacon.

The image features three mac and cheese dishes. The top-left dish is in a white oval bowl with a handle, topped with a thick layer of golden-brown, crumbly crispies. The top-right dish is in a white oval bowl, topped with a layer of melted cheese, dark brown chorizo, and a layer of golden-brown breadcrumbs. The bottom dish is in a white rectangular baking dish, topped with melted cheese, small pieces of bread, and a mix of black and white seeds. The dishes are set on a white surface with a striped blue and white cloth underneath.

Cacio e Pepe Crispies

Toss 1 cup crisp rice cereal with $\frac{1}{4}$ cup grated pecorino and 2 teaspoons each olive oil and coarsely ground pepper.

Chorizo and Breadcrumbs

Brown 4 ounces finely chopped smoked chorizo-style sausage in 2 tablespoons olive oil in a skillet over medium heat. Mix with 1 cup panko.

Everything Bagel Crumbles

Toss 1 cup crushed rye melba toasts with 4 tablespoons melted butter and 2 tablespoons everything seasoning.

all dressed in

Mac

Rethink your mac and cheese—as a topping!

Pizza



Waffles



Hot Dogs



French Fries



Burgers

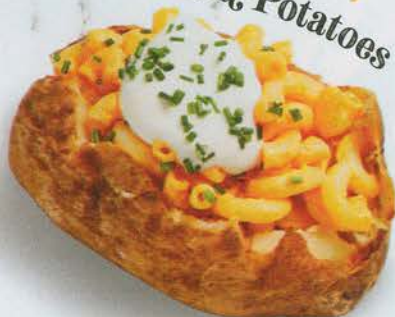


This combo tastes even better with syrup!

Nachos



Baked Potatoes



Omelets





Creamy, Cheesy Goodness.
Take home the taste you love.



What are you hungry for?



Good Food. Good Life



You can't wish the flu away.

Indication

XOFLUZA is a prescription medicine used to treat the flu (influenza) in people 12 years of age and older who have had flu symptoms for no more than 48 hours.

It is not known if XOFLUZA is safe and effective in children younger than 12 years of age or weighing less than 88 pounds (40 kg).

Important Safety Information

Do not take XOFLUZA if you are allergic to baloxavir marboxil or any of the ingredients in XOFLUZA.

Before you take XOFLUZA, tell your healthcare provider about all of your medical conditions, including if you:

- are pregnant or plan to become pregnant. It is not known if XOFLUZA can harm your unborn baby
- are breastfeeding or plan to breastfeed. It is not known if XOFLUZA passes into your breast milk

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

Talk to your healthcare provider before you receive a live flu vaccine after taking XOFLUZA.

Brief Summary

XOFLUZA™ (zoh-FLEW-zuh) (baloxavir marboxil) tablets

What is XOFLUZA?

XOFLUZA is a prescription medicine used to treat the flu (influenza) in people 12 years of age and older who have had flu symptoms for no more than 48 hours.

It is not known if XOFLUZA is safe and effective in children less than 12 years of age or weighing less than 88 pounds (40 kg).

Do not take XOFLUZA if you are allergic to baloxavir marboxil or any of the ingredients in XOFLUZA. See the end of this leaflet for a complete list of ingredients in XOFLUZA.

Before you take XOFLUZA, tell your healthcare provider about all of your medical conditions, including if you:

- are pregnant or plan to become pregnant. It is not known if XOFLUZA can harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if XOFLUZA passes into your breast milk.

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

Talk to your healthcare provider before you receive a live flu vaccine after taking XOFLUZA.

How should I take XOFLUZA?

- Take XOFLUZA exactly as your healthcare provider tells you to.
- Your healthcare provider will prescribe a single dose of XOFLUZA (which may be more than one tablet).
- Take XOFLUZA with or without food.
- Do not take XOFLUZA with dairy products, calcium-fortified beverages, laxatives, antacids or oral supplements containing iron, zinc, selenium, calcium or magnesium.
- If you take too much XOFLUZA, go to the nearest emergency room right away.

But now you can attack it with new, one-dose **XOFLUZA**.

The flu is serious. And it needs to be treated that way. Over-the-counter remedies treat flu symptoms. One-dose XOFLUZA attacks the flu virus at its source and helps you feel better in just over two days.*

Why wait? Prescription XOFLUZA is most effective within the first 48 hours of symptoms. Talk to your doctor as soon as you feel signs of the flu.

Visit XOFLUZA.com/save to see if you're eligible to pay as little as \$30 for your XOFLUZA prescription.**

*On average patients recovered from flu symptoms in 2.3 days (54 hours versus 80 hours with placebo).

**Terms and conditions apply (see XOFLUZA.com/save for full list of terms and conditions).

Take XOFLUZA with or without food. Do not take XOFLUZA with dairy products, calcium-fortified beverages, laxatives, antacids, or oral supplements containing iron, zinc, selenium, calcium, or magnesium.

The most common side effects are diarrhea, bronchitis, nausea, common cold symptoms (nasopharyngitis), and headache.

XOFLUZA is not effective in treating infections other than influenza. Other kinds of infections can have symptoms like those of the flu or occur along with flu and may need different kinds of treatment.

What are the possible side effects of XOFLUZA?

The most common side effects of XOFLUZA in adults and adolescents include:

- diarrhea
- headache
- bronchitis
- nausea
- common cold symptoms (nasopharyngitis)

XOFLUZA is not effective in treating infections other than influenza. Other kinds of infections can appear like flu or occur along with flu and may need different kinds of treatment. Tell your healthcare provider if you feel worse or develop new symptoms during or after treatment with XOFLUZA or if your flu symptoms do not start to get better. These are not all the possible side effects of XOFLUZA.

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

How should I store XOFLUZA?

- Store XOFLUZA at room temperature between 68°F to 77°F (20°C to 25°C).
- Store XOFLUZA in the blister package that it comes in.

Tell your healthcare provider if you feel worse or develop new symptoms during or after treatment with XOFLUZA or if your flu symptoms do not start to get better.

Please see brief summary on this page.

You are encouraged to report side effects to Genentech by calling 1-888-835-2555 or to the FDA by visiting www.fda.gov/medwatch or calling 1-800-FDA-1088.

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

General information about the safe and effective use of XOFLUZA.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use XOFLUZA for a condition for which it was not prescribed. Do not give XOFLUZA to other people, even if they have the same symptoms that you have. It may harm them. You can ask for information about XOFLUZA that is written for health professionals.

What are the ingredients in XOFLUZA?

Active ingredient: baloxavir marboxil

Inactive ingredients: croscarmellose sodium, hypromellose, lactose monohydrate, microcrystalline cellulose, povidone, sodium stearyl fumarate, talc, and titanium dioxide.

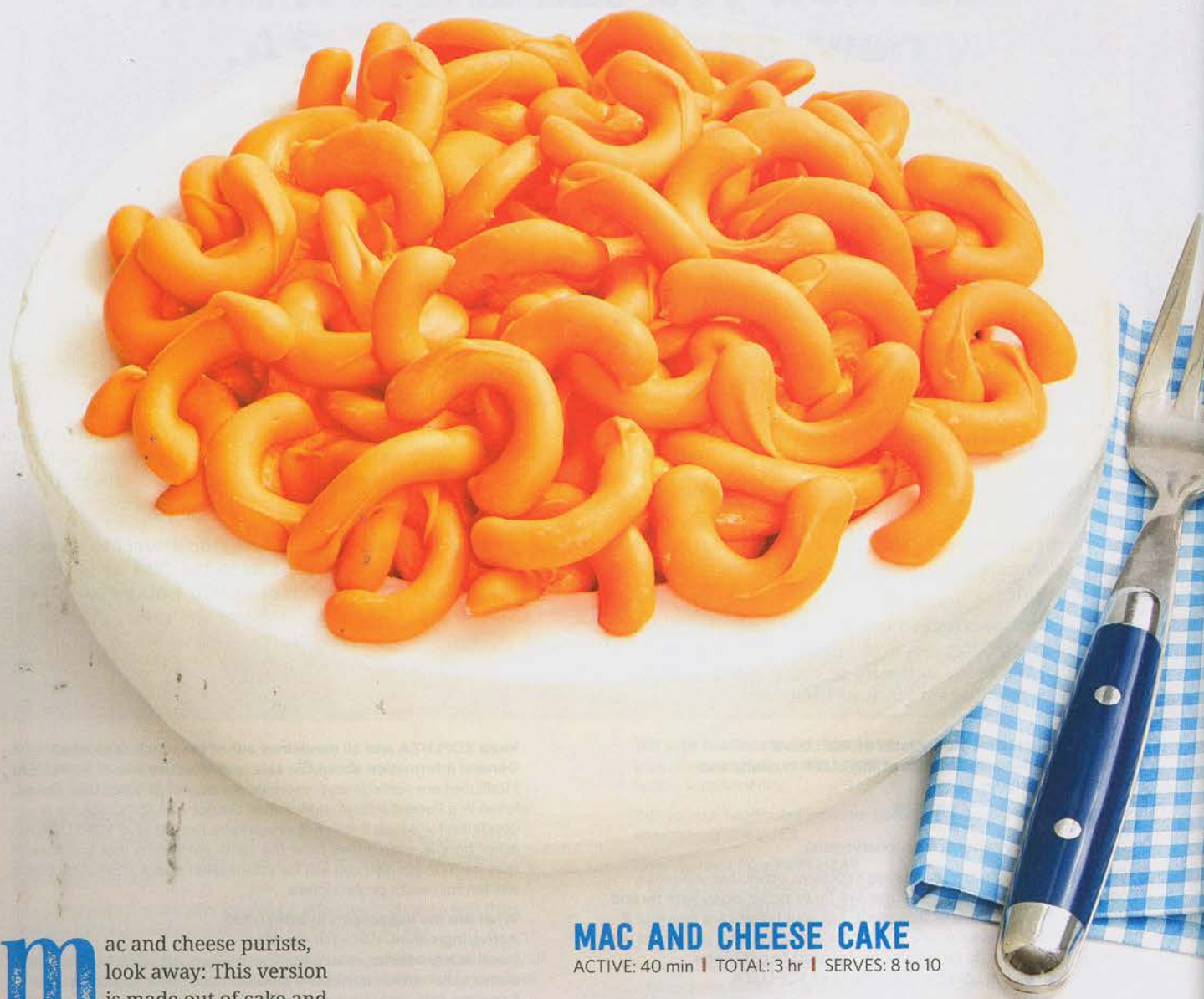
XOFLUZATM is a trademark of Genentech, Inc.

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For more information, go to www.XOFLUZA.com or call 1-855-XOFLUZA (1-855-963-5892).

Piece of Cake!

Serve a big bowl of mac and cheese—for dessert!



mac and cheese purists, look away: This version is made out of cake and candy! To create it, we baked and frosted a bowl-shaped cake, then piped orange candy melts and piled them on top to look like macaroni. Read on for the how-to.

MAC AND CHEESE CAKE

ACTIVE: 40 min | TOTAL: 3 hr | SERVES: 8 to 10

Cooking spray

- 1 15- to 16-ounce box yellow cake mix (plus required ingredients)
 - 1 cup orange candy melts
 - 1 cup yellow candy melts
 - 2 16-ounce tubs white frosting
- Orange and yellow gel food coloring

HOW TO

Make the Mac and Cheese Cake



1

Preheat the oven to 325°. Coat a 2½-quart ovenproof bowl with cooking spray. Make the cake mix as directed; pour the batter into the bowl.



2

Bake the cake in the bowl until a toothpick inserted into the middle comes out clean, 50 minutes to 1 hour. Let cool slightly, then remove from the bowl to a rack to cool completely.



3

Meanwhile, make the macaroni: Melt the orange and yellow candy melts together in the microwave, stirring. Let cool slightly.



4

Transfer the melted candy to a piping bag fitted with a ¼-inch round tip. Pipe 50 to 60 elbows onto a parchment-lined baking sheet. Let set, about 20 minutes.



5

Put the bowl cake right-side up. Use a small knife to score a rim around the top of the cake, about ½ inch in from the edge. Carve out a little of the cake inside the rim to create a bowl.



6

Flip the bowl upside down onto a separate parchment-lined baking sheet and cover the sides with frosting, leaving the middle bare. (You'll flip it and this will become the bottom.) Freeze until firm, about 1 hour.



7

Flip the bowl cake right-side up. Cover the rim with more frosting, reserving about ¾ cup.



8

Tint the reserved frosting orange using orange and yellow food coloring. Transfer to a piping bag fitted with the ¼-inch round tip. Pipe squiggles of frosting inside the rim of the cake.



9

Remove the candy macaroni from the baking sheet and arrange on top of the cake.



IT'S NOT JUST A MUSHROOM, IT'S A *Truffle*

IT'S NOT JUST OLIVE OIL, IT'S *Extra-Virgin*

IT'S NOT JUST CHEESE, IT'S *Parmigiano-Reggiano*

IT'S NOT JUST A MEAL, IT'S *Collezione*



MASTERS OF PASTA

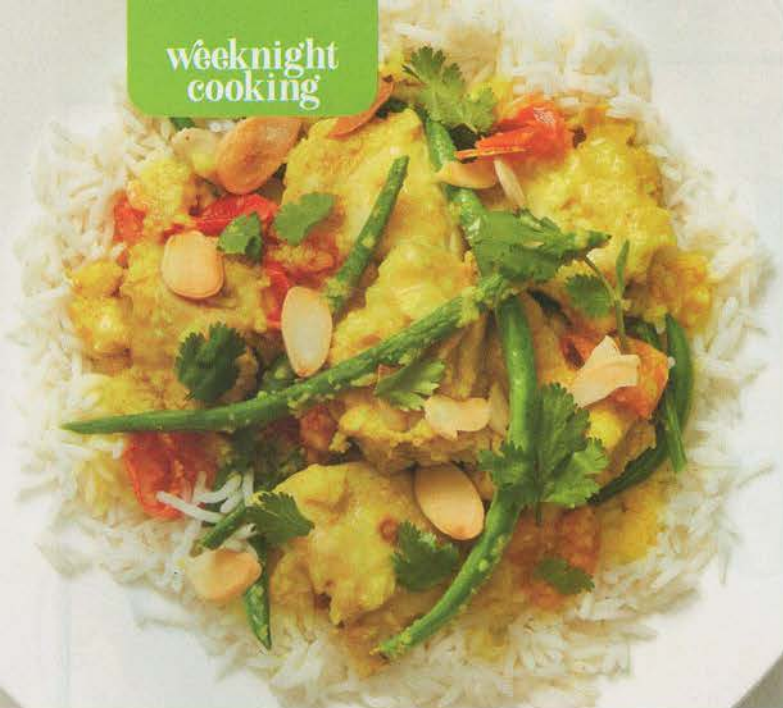
Elevate every meal with Collezione. Bronze cut for a texture that perfectly holds sauces every time.

weeknight cooking



We used dinnerware from our Food Network + Kohl's line for all of these weeknight meals. Find the collection at kohls.com.

PHOTOS: RYAN DAUSCH; FOOD STYLING: JAMIE NIMM



CHICKEN KORMA

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

- 1 13.5-ounce can coconut milk (do not shake)
- 1½ pounds skinless, boneless chicken thighs, quartered
- 1 tablespoon Madras curry powder
- Kosher salt and freshly ground pepper
- ¼ cup sliced almonds
- 1 small onion, roughly chopped
- 1 1-inch piece fresh ginger, peeled and sliced
- 2 cloves garlic
- 2 plum tomatoes, roughly chopped
- 1 cup basmati rice
- 8 ounces thin green beans, trimmed and halved
- ½ cup chopped fresh cilantro

1. Scoop 1 tablespoon of the cream from the top of the coconut milk. Toss with the chicken, 1½ teaspoons curry powder and a big pinch each of salt and pepper in a bowl. Set aside 10 minutes.

2. Meanwhile, lightly toast the almonds in a large wide pot over medium-high heat. Remove to a bowl and reserve the pot. Puree the onion, ginger, garlic and half the almonds in a food processor.

3. Heat 2 tablespoons more coconut cream in the reserved pot over medium-high heat. Add the onion puree and ½ teaspoon salt. Cook, stirring, until the mixture is mostly dry, 5 minutes. Stir in the tomatoes and remaining 1½ teaspoons curry powder; cook until softened, 2 minutes. Stir in the chicken and remaining coconut milk and cream from the can. Cover and simmer until the chicken is cooked through, 10 minutes. Uncover and simmer until the sauce thickens slightly, about 5 minutes.

4. Meanwhile, cook the rice as the label directs. Microwave the green beans in a microwave-safe bowl, covered, until bright green, about 3 minutes. Add the green beans and half the cilantro to the chicken mixture; season with salt and pepper. Serve over the rice; sprinkle with the remaining almonds and cilantro.

Per serving: Calories 620; Fat 31 g (Saturated 20 g); Cholesterol 160 mg; Sodium 542 mg; Carbohydrate 45 g; Fiber 4 g; Sugars 4 g; Protein 41 g



HAWAIIAN LOCO MOCO BURGERS

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

- 1½ pounds ground beef
- 1 tablespoon plus 2 teaspoons teriyaki sauce
- Kosher salt and freshly ground pepper
- 2 tablespoons unsalted butter
- 6 ounces cremini mushrooms, sliced
- 1 tablespoon all-purpose flour
- 1 cup low-sodium beef broth
- 1 tablespoon minced peeled fresh ginger
- 4 large eggs
- 4 Hawaiian hamburger buns, toasted
- Sriracha, for topping
- Pasta salad and pickles, for serving

1. Gently mix the ground beef, 1 tablespoon teriyaki sauce, ¾ teaspoon salt and ½ teaspoon pepper in a large bowl. Form into four 4½-inch patties. Melt 1 tablespoon butter in a large nonstick skillet over medium-high heat. Add the patties and cook until browned, about 3 minutes per side for medium. Transfer to a platter.

2. Add the mushrooms to the skillet and cook until browned, about 3 minutes. Sprinkle in the flour and stir until lightly toasted, about 1 minute. Whisk in the beef broth, ginger and remaining 2 teaspoons teriyaki sauce. Simmer over medium-high heat until reduced to a thick gravy, 3 to 5 minutes.

3. Meanwhile, heat the remaining 1 tablespoon butter in another large nonstick skillet over medium-high heat. Crack the eggs into the skillet, reduce the heat to medium and partially cover. Cook until the whites are set but the yolks are still runny, about 3 minutes. Season with salt and pepper.

4. Serve the burgers on the buns; top with the mushroom gravy and fried eggs; drizzle with Sriracha. Serve with pasta salad and pickles.

Per serving: Calories 670; Fat 40 g (Saturated 17 g); Cholesterol 342 mg; Sodium 1,069 mg; Carbohydrate 32 g; Fiber 1 g; Sugars 12 g; Protein 44 g



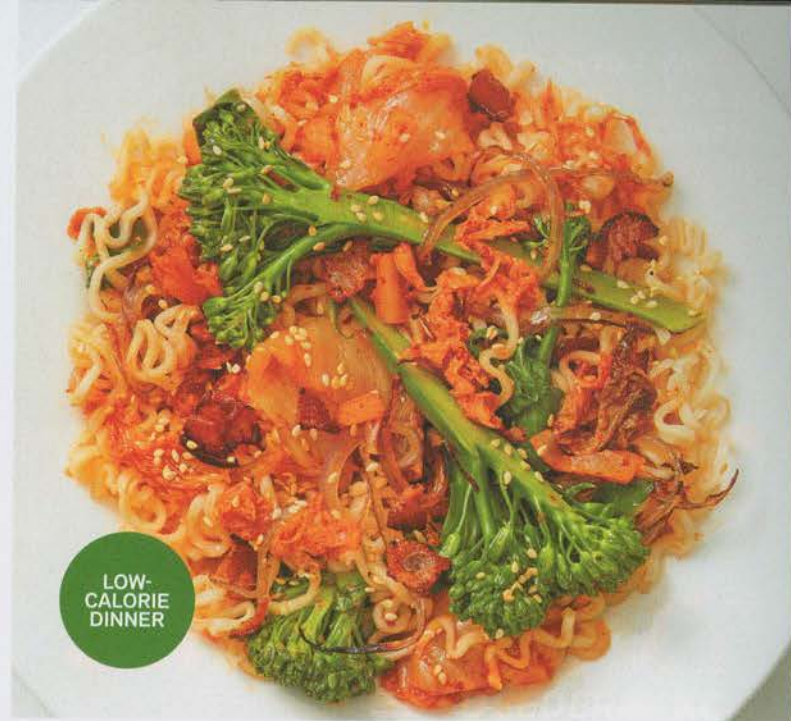
CAPE COD POT PIE

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

- 1 sheet frozen puff pastry (half a 17-ounce package), thawed
- 3 tablespoons extra-virgin olive oil
- 1 large leek (white and light green parts only), halved lengthwise and thinly sliced
- 2 tablespoons all-purpose flour
- 1 cup milk
- Kosher salt and freshly ground pepper
- $\frac{3}{4}$ cup soft garlic-herb cheese (such as Boursin)
- 2½ teaspoons dijon mustard
- $\frac{1}{2}$ teaspoon grated lemon zest, plus 2 teaspoons lemon juice
- 1¼ pounds cod fillet, cut into 1-inch chunks
- $\frac{3}{4}$ cup chopped fresh tarragon
- $\frac{3}{4}$ cup chopped fresh parsley
- $\frac{3}{4}$ cup chopped fresh chives
- 1 large head Boston or Bibb lettuce, leaves separated

1. Preheat the oven to 425°. Roll out the puff pastry into an 11-inch square. Cut out four 5-inch rounds using a 5-inch bowl or ramekin as a guide. Place the pastry rounds on an unlined baking sheet and bake until puffed and golden brown, 15 to 20 minutes; set aside.
2. Meanwhile, heat 2 tablespoons olive oil in a large pot over medium-high heat. Add the leek and cook, stirring, until softened, about 3 minutes. Add the flour and cook, stirring, 1 minute. Whisk in the milk, $\frac{3}{4}$ cup water, $\frac{1}{2}$ teaspoon salt and a few grinds of pepper. Bring to a boil, then reduce the heat and simmer until thickened, about 3 minutes. Whisk in the garlic-herb cheese, 2 teaspoons mustard, the lemon zest and 1 teaspoon lemon juice.
3. Season the cod with salt and stir into the skillet. Simmer gently until cooked through, 6 to 8 minutes. Stir in half the herbs.
4. Whisk the remaining 1 teaspoon lemon juice, $\frac{1}{2}$ teaspoon mustard and 1 tablespoon olive oil in a large bowl. Add the lettuce and remaining herbs; toss. Season with salt and pepper.
5. Divide the cod mixture among shallow bowls; top each with a round of puff pastry. Serve with the salad.

Per serving: Calories 530; Fat 30 g (Saturated 11 g); Cholesterol 77 mg; Sodium 771 mg; Carbohydrate 38 g; Fiber 3 g; Sugars 6 g; Protein 34 g



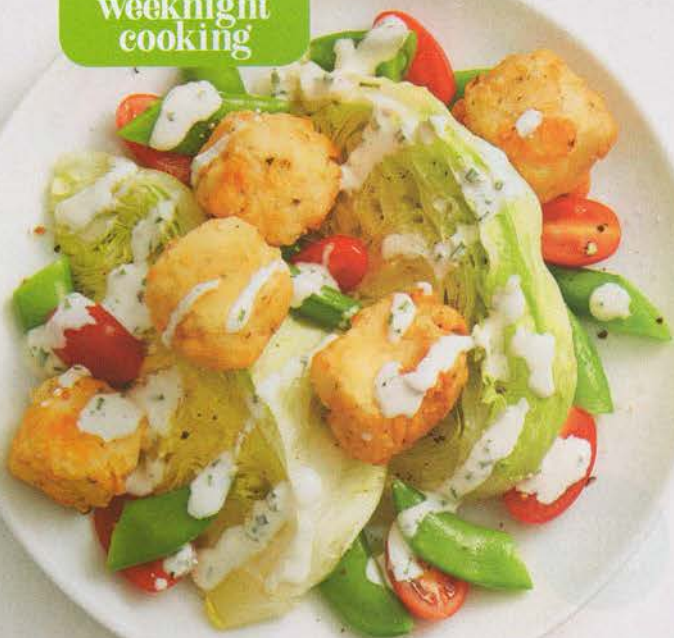
BACON AND KIMCHI NOODLE STIR-FRY

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

- Kosher salt
- 2 bunches broccolini (about 12 ounces), trimmed and halved lengthwise
- 1 cup kimchi, drained and roughly chopped, plus 2 tablespoons brine, plus finely chopped kimchi for topping
- 1 tablespoon toasted sesame oil
- 1 tablespoon packed brown sugar
- 1 clove garlic, grated
- $\frac{3}{4}$ teaspoon red pepper flakes
- 1 tablespoon vegetable oil
- 6 slices thick-cut bacon, chopped
- 1 red onion, halved and sliced
- 8 ounces thin dried Chinese egg noodles
- 1 tablespoon toasted sesame seeds

1. Bring a pot of salted water to a boil. Add the broccolini and cook until bright green and crisp-tender, 3 to 5 minutes. Remove with tongs to a colander and run briefly under cool water. (Keep the pot of water boiling.) Meanwhile, stir the kimchi brine, sesame oil, brown sugar, garlic and red pepper flakes in a small bowl.
2. Heat a large nonstick skillet over medium-high heat. Add the vegetable oil and bacon and cook, stirring, until the bacon is crisp, 5 to 7 minutes. Stir in the red onion and cook until browned and softened, about 5 minutes. Stir in the kimchi and cook until softened, about 2 minutes.
3. Add the noodles to the boiling water and cook until al dente, about 3 minutes. Using tongs, transfer the noodles to the skillet (reserve the cooking water); stir until the noodles are well coated in the bacon-onion mixture.
4. Add the broccolini and kimchi sauce to the skillet and toss until combined, about 1 minute. (Add up to $\frac{1}{2}$ cup of the reserved cooking water if the pasta is too dry.) Season with salt. Divide among plates; top with the toasted sesame seeds and finely chopped kimchi.

Per serving: Calories 430; Fat 17 g (Saturated 5 g); Cholesterol 72 mg; Sodium 677 mg; Carbohydrate 54 g; Fiber 5 g; Sugars 7 g; Protein 17 g



FRIED TOFU SALAD WITH BUTTERMILK DRESSING

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

- 1½ cups buttermilk
- 1 14-ounce package extra-firm tofu, drained, cut into ¾-inch cubes and patted dry
- ½ cup mayonnaise
- ¼ cup finely chopped fresh chives
- 1 tablespoon apple cider vinegar
- Kosher salt and freshly ground pepper
- 6 ounces sugar snap peas (about 1½ cups), trimmed and halved
- 1¾ cups all-purpose flour
- 1½ teaspoons herbes de Provence
- Vegetable oil, for frying
- 1 head iceberg lettuce, cut through the stem into 8 wedges
- 1 cup halved grape or cherry tomatoes

1. Pour 1½ cups buttermilk into a shallow dish. Add the tofu and turn to coat; let marinate at least 10 minutes. Meanwhile, whisk the remaining ¼ cup buttermilk, the mayonnaise, chives, vinegar, a pinch of salt and a few grinds of pepper in a small bowl.
2. Put the snap peas in a medium microwavé-safe bowl with 1 tablespoon water; cover tightly with plastic wrap. Microwave until just tender and bright green, 1 to 1½ minutes. Discard the plastic wrap and set the peas aside to cool.
3. Whisk the flour, herbes de Provence and ½ teaspoon each salt and pepper in a large bowl. Stir in 2 tablespoons of the buttermilk marinade to make shaggy clumps. Heat 2 inches of vegetable oil in a large pot over medium-heat until a deep-fry thermometer registers 350°. Dip the tofu in the flour mixture, turning to coat, dip back in the marinade, then redip in the flour to coat with the clumpy bits; transfer to a plate. Working in batches, fry the tofu, flipping occasionally, until golden brown and crisp, 3 to 4 minutes. Remove to a rack and season with salt.
4. Divide the iceberg wedges among plates; season with salt and pepper. Top with the fried tofu, tomatoes and sugar snap peas. Drizzle with the buttermilk dressing.

Per serving: Calories 690; Fat 42 g (Saturated 6 g); Cholesterol 17 mg; Sodium 639 mg; Carbohydrate 58 g; Fiber 6 g; Sugars 10 g; Protein 22 g

GNOCCHI WITH CORNED BEEF AND CABBAGE

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

- Kosher salt
- 4 tablespoons unsalted butter
- 3 tablespoons extra-virgin olive oil
- 2 carrots, chopped
- 1 onion, chopped
- 1 teaspoon fresh thyme
- ½ small head Savoy or green cabbage, cored and thinly sliced
- Freshly ground pepper
- 1 17.5-ounce package potato gnocchi
- 6 ounces deli-sliced corned beef, cut into ½-inch pieces
- 1 tablespoon whole-grain mustard
- 2 tablespoons minced fresh chives

1. Bring a large pot of salted water to a boil. Melt 2 tablespoons butter with the olive oil in another large pot or Dutch oven over medium-high heat. Add the carrots, onion, thyme and a big pinch of salt to the hot oil. Cook, stirring occasionally, until the vegetables start softening, about 4 minutes. Add the cabbage, ½ teaspoon salt and a few grinds of pepper. Cook, stirring occasionally, until the cabbage is tender, about 5 minutes.
2. Add the gnocchi to the boiling water and cook as the label directs. Reserve 1 cup cooking water, then drain the gnocchi and add to the cabbage mixture. Add ¾ cup of the reserved cooking water, the corned beef, mustard and remaining 2 tablespoons butter. Reduce the heat to medium and cook, stirring, until everything is coated, 1 to 2 minutes, adding the remaining ¼ cup cooking water as needed; season with salt and pepper.
3. Divide the gnocchi among shallow bowls. Top with the chives.

Per serving: Calories 570; Fat 27 g (Saturated 11 g); Cholesterol 75 mg; Sodium 1,475 mg; Carbohydrate 65 g; Fiber 7 g; Sugars 6 g; Protein 20 g

Model treated with JUVÉDERM VOLUMA® XC in the cheeks, JUVÉDERM® XC in the lines around the nose and mouth, and JUVÉDERM® Ultra XC in the lips. Results may vary.

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APPROVED USES

JUVÉDERM VOLUMA® XC injectable gel is for deep injection in the cheek area to correct age-related volume loss in adults over 21.

JUVÉDERM® XC injectable gel is for injection into the facial tissue for the correction of moderate to severe facial wrinkles and folds, such as nasolabial folds.

JUVÉDERM® Ultra XC is for injection into the lips and perioral area for lip augmentation in adults over 21.

IMPORTANT SAFETY INFORMATION

Do not use if you have a history of severe allergies/allergic reactions, or are allergic to lidocaine or gram-positive bacterial proteins used to make these products. The safety of use while pregnant or breastfeeding has not been studied. The safety for use in patients with excessive scarring or pigmentation disorders has not been studied and may result in additional scars or pigmentation changes.

Unintentional injection into a blood vessel can occur and, while rare, could result in serious complications which may be permanent. These include vision abnormalities, blindness, stroke, temporary scabs, or permanent scarring. Tell your doctor if you are on

medications to decrease the body's immune response or prolong bleeding, such as aspirin, ibuprofen, or blood thinners. There is a risk of infection from skin injection procedures.

The most common side effects include tenderness, swelling, firmness, lumps/bumps, bruising, pain, redness, discoloration, and itching. Most JUVÉDERM® XC side effects were mild or moderate, and lasted 7 days or less. Most JUVÉDERM® Ultra XC side effects were mild or moderate, and lasted 14 days or less. Most JUVÉDERM VOLUMA® XC side effects were moderate and lasted 2 to 4 weeks.

To report a side effect, please call Allergan Product Surveillance at **1-800-624-4261**.

For more information, please see Juvederm.com or call Allergan Medical Information at 1-800-433-8871.

Available by prescription only.

*With optimal treatment.



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JUVÉDERM® COLLECTION OF FILLERS

PORK MARSALA WITH POLENTA

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

- 1 14-ounce tube polenta, cut into 12 rounds
- $\frac{1}{4}$ cup extra-virgin olive oil
- Kosher salt and freshly ground pepper
- 1 pork tenderloin (about $1\frac{1}{4}$ pounds), trimmed and cut on an angle into $\frac{1}{2}$ -inch slices
- 1 pound cremini mushrooms, sliced
- 3 cloves garlic, 2 sliced and 1 minced
- 1 shallot, sliced
- 1 tablespoon all-purpose flour
- 1 cup low-sodium chicken broth
- $\frac{2}{3}$ cup Marsala wine
- $\frac{1}{2}$ teaspoon grated orange zest, plus 1 teaspoon orange juice
- 3 tablespoons finely chopped fresh parsley

1. Preheat the broiler. Lay the polenta slices on a baking sheet and brush the tops with 1 tablespoon olive oil; season generously with salt and pepper. Broil until browned around the edges and crisp, 12 to 14 minutes.

2. Meanwhile, season the pork with salt and pepper. Heat a large nonstick skillet over medium-high heat and add 1 tablespoon olive oil. Add the pork and cook until browned, about 2 minutes per side; remove to a plate. Add the remaining 2 tablespoons olive oil, the mushrooms, sliced garlic, shallot and $\frac{1}{2}$ teaspoon salt. Cook, stirring occasionally, until the mushrooms brown in spots, 6 to 8 minutes. Sprinkle with the flour and cook, stirring, about 30 seconds. Add the chicken broth and wine; bring to a simmer and cook until the sauce thickens, about 5 minutes.

3. Return the pork and any juices to the skillet. Cook over low heat until the pork is cooked through, 1 to 2 minutes. Stir in the orange juice and season with salt and pepper.

4. Combine the orange zest, parsley and minced garlic in a small bowl. Divide the polenta among plates. Top with the pork, mushroom sauce and parsley mixture.

Per serving: **Calories** 420; **Fat** 18 g (**Saturated** 3 g); **Cholesterol** 92 mg; **Sodium** 888 mg; **Carbohydrate** 30 g; **Fiber** 2 g; **Sugars** 7 g; **Protein** 36 g

ASIAN CHICKEN NOODLE SOUP

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

- 2 tablespoons toasted sesame oil or chili sesame oil
- 2 carrots, roughly chopped
- 2 stalks celery, thinly sliced
- 3 tablespoons finely chopped peeled fresh ginger
- 3 scallions, sliced
- Kosher salt and freshly ground pepper
- 1 pound thin chicken cutlets
- 4 cups low-sodium chicken broth
- 4 pods star anise
- 4 ounces spaghetti, broken into thirds
- 16 frozen mini wontons or 12 frozen vegetable dumplings
- 4 cups baby spinach

Don't skip the star anise! It adds great flavor—plus plenty of antioxidants.

1. Heat 1 tablespoon sesame oil in a large pot over medium-high heat. Add the carrots, celery and ginger; stir in the scallions, reserving 2 tablespoons scallion greens. Season the vegetables with a pinch each of salt and pepper and cook, stirring occasionally, until the ginger softens, about 2 minutes.

2. Season the chicken with salt and pepper and add to the pot along with the chicken broth and star anise. Cover and bring to a simmer over high heat, about 5 minutes. Reduce the heat to maintain a simmer, cover and cook until the chicken is just cooked through, 6 to 8 minutes. Remove the chicken with tongs and transfer to a cutting board; let cool slightly, then shred.

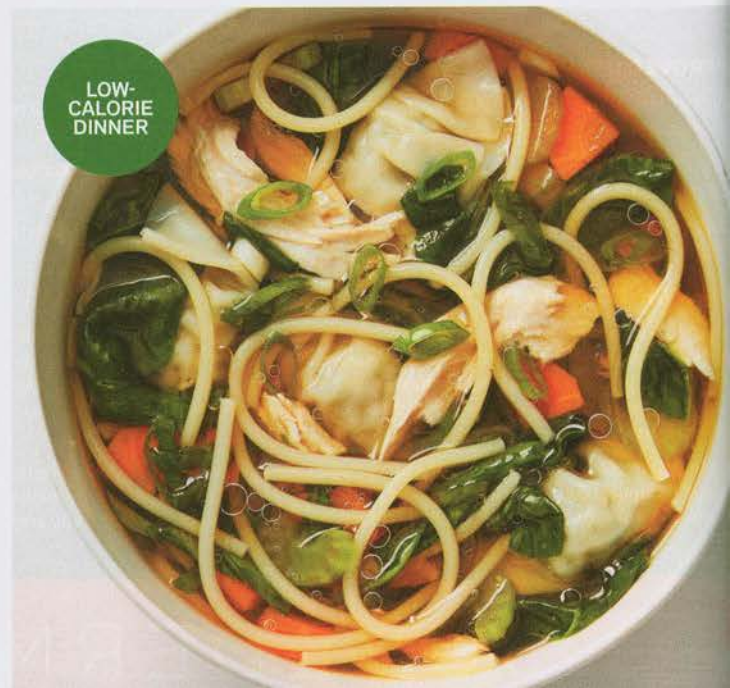
3. Meanwhile, increase the heat under the pot to high. Stir in the spaghetti and 3 cups water; cover and cook, stirring occasionally, until al dente, about 8 minutes. Stir in the wontons and simmer until tender, 1 to 2 minutes. Stir in the spinach and shredded chicken and heat through; season with salt and pepper.

4. Divide the soup among bowls, discarding the star anise pods. Top with the reserved scallion greens and drizzle with the remaining 1 tablespoon sesame oil.

Per serving: **Calories** 430; **Fat** 13 g (**Saturated** 2 g); **Cholesterol** 88 mg; **Sodium** 591 mg; **Carbohydrate** 40 g; **Fiber** 5 g; **Sugars** 5 g; **Protein** 39 g



LOW-CALORIE DINNER



LOW-CALORIE DINNER

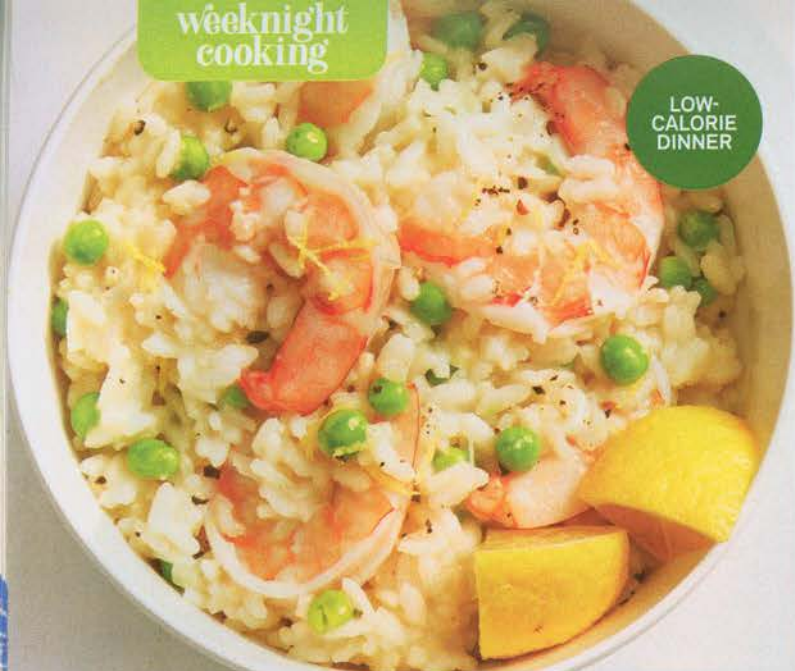
ALL TASTE. NO DRAMA.

Unbelievable buttery
taste. 60 calories. 70% less
saturated fat than butter.*

*1Tbsp: 2g sat fat, 6g
total fat; 60 cal. Butter
7g sat fat



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with I Can't Believe It's Not Butter!®



INSTANT POT SHRIMP RISOTTO

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

- 1 shallot
 - 2 cloves garlic
 - 4 tablespoons unsalted butter
 - Kosher salt and freshly ground pepper
 - 1½ cups arborio rice
 - 3 sprigs fresh thyme
 - ⅓ cup dry white wine
 - 1 8-ounce bottle clam juice
 - 1 pound peeled and deveined large shrimp
 - ½ cup frozen peas
 - 2 tablespoons grated parmesan cheese
 - ½ teaspoon finely grated lemon zest, plus more for topping
- Lemon wedges, for serving

- 1.** Set an Instant Pot to sauté on the medium setting. Chop the shallot and garlic. When the pot is hot, add 2 tablespoons butter, then add the shallot, garlic and a pinch each of salt and pepper. Cook, stirring, until softened, about 3 minutes. Stir in the rice and thyme sprigs and cook until the rice is toasted, about 3 minutes. Stir in the wine, scraping the bottom of the pot, and cook until evaporated, about 30 seconds. Turn off the sauté function.
- 2.** Stir the clam juice and 3 cups hot water into the pot. Close the lid and turn the steam valve to the sealing position. Set the pot to cook on high pressure for 5 minutes. When the time is up, turn the valve to the venting position and release the steam completely. Carefully open the lid.
- 3.** Season the shrimp with salt and pepper and add to the pot. Stir in the peas. With the pot still turned off, close the lid and let the shrimp cook through, about 5 minutes.
- 4.** Add the parmesan and lemon zest to the risotto; stir in the remaining 2 tablespoons butter until melted. Add a few dashes of water to loosen, if necessary. Discard the thyme sprigs. Divide among bowls. Top with lemon zest and serve with lemon wedges.

Per serving: Calories 460; Fat 13 g (Saturated 8 g); Cholesterol 177 mg; Sodium 969 mg; Carbohydrate 61 g; Fiber 3 g; Sugars 2 g; Protein 22 g



DENVER SCRAMBLE WITH CHEESE CURDS

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

- 10 ounces frozen french fries (about 4 cups)
- 2 tablespoons unsalted butter
- 1 green bell pepper, diced
- 1 onion, diced
- 4 to 6 slices Canadian bacon, diced
- Kosher salt and freshly ground pepper
- 10 large eggs
- ¼ cup milk
- 1 scallion, thinly sliced
- 6 ounces cheese curds (about 1¼ cups), large pieces broken up

Show kids that the best way to crack an egg is on a flat surface—not on the edge of the bowl!

- 1.** Place a baking sheet in the oven and preheat to 425°. Spread the french fries on the hot baking sheet and cook, stirring once, until crisp and golden, 15 to 20 minutes.
- 2.** Meanwhile, melt 1 tablespoon butter in a large nonstick skillet over medium heat. Add the bell pepper, onion, Canadian bacon, ¼ teaspoon salt and a few grinds of pepper. Cook, stirring occasionally with a rubber spatula, until the vegetables are browned around the edges and tender, 8 to 10 minutes.
- 3.** Whisk the eggs with the milk, ½ teaspoon salt and a few grinds of pepper in a bowl. Add the remaining 1 tablespoon butter to the skillet. Stir in the egg mixture and scallion and cook, stirring and folding gently, until lightly set and fluffy, about 4 minutes; add the cheese curds during the last minute of cooking. Remove from the heat and stir once or twice until the eggs just finish cooking, about 2 minutes.
- 4.** Divide the eggs among plates. Serve with the french fries.

Per serving: Calories 550; Fat 36 g (Saturated 17 g); Cholesterol 544 mg; Sodium 1,138 mg; Carbohydrate 21 g; Fiber 3 g; Sugars 4 g; Protein 36 g



**STACK IT.
BUILD IT.
MIX IT UP.**



SKILLET CHICKEN ENCHILADAS

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

- 2 tablespoons vegetable oil
- 1½ cups frozen chopped collard greens
- 1 teaspoon ground cumin
- 1½ cups shredded rotisserie chicken, skin removed (about 6 ounces)
- 1 bunch scallions, chopped
- 1¾ cups shredded monterey jack cheese (about 7 ounces)
- Kosher salt and freshly ground pepper
- 1 16-ounce jar tomatillo salsa
- ½ cup heavy cream
- 8 corn tortillas
- 1 avocado, diced
- Fresh cilantro and sour cream, for topping

- 1.** Preheat the broiler. Heat 1 tablespoon vegetable oil in a large ovenproof skillet over medium-high heat. Add the collards and cumin and cook until heated through, 2 to 3 minutes. Remove to a bowl (reserve the skillet). Add the chicken, half the scallions and ¾ cup cheese to the bowl. Season with salt and pepper and toss.
- 2.** Wipe out the reserved skillet and add the remaining 1 tablespoon vegetable oil. Stir in the salsa, heavy cream and ½ cup water; reduce the heat to medium and bring to a simmer. Dip the tortillas briefly in the sauce and lay on a baking sheet. Divide the chicken mixture among the tortillas and roll up.
- 3.** Remove ½ cup sauce from the skillet; arrange the enchiladas seam-side down in the skillet. Spoon the reserved sauce on top. Broil until the enchiladas are just crisp and lightly browning, about 2 minutes. Sprinkle with the remaining 1 cup cheese and broil until bubbling, about 1 minute. Top with the remaining scallions, the avocado, cilantro and sour cream.

Per serving: Calories 780; Fat 51 g (Saturated 19 g); Cholesterol 111 mg; Sodium 1,629 mg; Carbohydrate 53 g; Fiber 8 g; Sugars 11 g; Protein 35 g

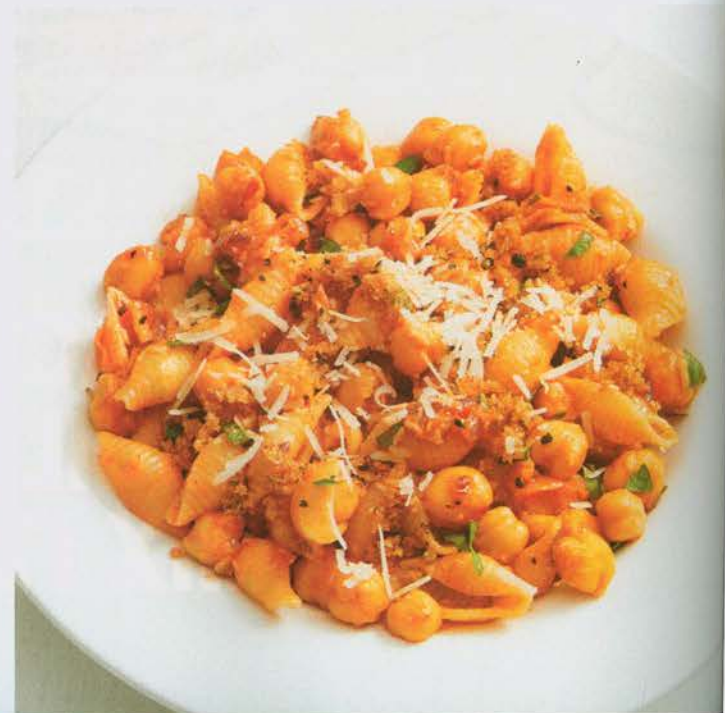
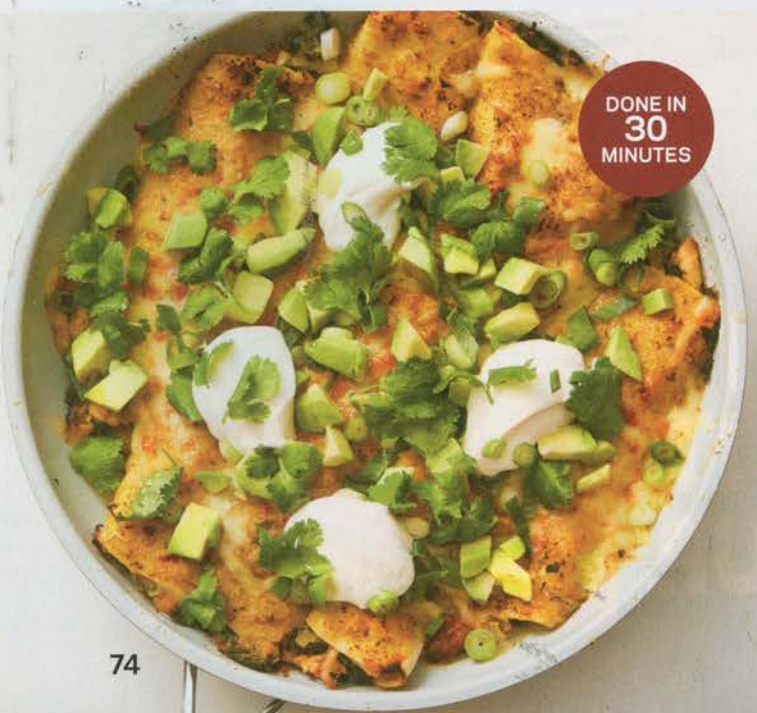
PASTA WITH CHICKPEAS AND BREADCRUMBS

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

- Kosher salt
- 9 ounces medium shell pasta (about 2¾ cups)
- ¼ cup breadcrumbs
- ¼ cup extra-virgin olive oil, plus more for drizzling
- 2 teaspoons chopped fresh rosemary
- Freshly ground pepper
- 1 large red onion, diced
- 4 cloves garlic, sliced
- 2 tablespoons tomato paste
- 1 15-ounce can chickpeas (do not drain)
- 1 cup low-sodium chicken broth
- ¼ cup chopped fresh parsley
- ¼ cup grated pecorino cheese, plus more for topping

- 1.** Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs for al dente. Reserve 1 cup cooking water, then drain the pasta and return to the pot.
- 2.** Meanwhile, mix the breadcrumbs, 2 tablespoons olive oil and 1 teaspoon rosemary in a medium saucepan until coated. Cook over medium heat until the breadcrumbs are golden, 4 to 5 minutes; season with salt and pepper. Remove to a small bowl.
- 3.** Wipe out the saucepan, return to medium-high heat and add the remaining 2 tablespoons olive oil. Add the red onion, garlic and remaining 1 teaspoon rosemary. Cook, stirring, until beginning to brown, about 7 minutes. Add the tomato paste and cook, stirring, until deep red, about 1 minute. Stir in the chickpeas with their liquid and the chicken broth. Bring to a simmer and cook, stirring occasionally, until the sauce thickens slightly, 7 to 10 more minutes.
- 4.** Stir the chickpea sauce, parsley and cheese into the pasta off the heat; season with salt and pepper. Stir in the reserved cooking water as needed to loosen (the pasta will soak up the sauce as it sits). Divide among bowls; top with the breadcrumbs, more cheese, pepper and a drizzle of olive oil.

Per serving: Calories 590; Fat 24 g (Saturated 5 g); Cholesterol 15 mg; Sodium 751 mg; Carbohydrate 74 g; Fiber 7 g; Sugars 7 g; Protein 21 g



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Healthy Sides



ISRAELI COUSCOUS WITH SQUASH

Cook 1½ cups **Israeli couscous** as the label directs. Meanwhile, cook 1 small chopped **onion**, 1 teaspoon chopped **thyme**, 1 cup cubed **butternut squash**, 3 chopped **dates** and ½ teaspoon **kosher salt** in a skillet with **olive oil** until just tender, 6 minutes. Add ½ cup water and cook 4 minutes. Stir in the couscous, ½ cup chopped **pistachios** and 2 tablespoons chopped **parsley**; season with salt and **pepper**.



KALE SALAD WITH PEANUT DRESSING

Whisk ¼ cup **creamy peanut butter** with 2 tablespoons each **rice vinegar** and **lime juice** and 1 tablespoon each **vegetable oil**, **soy sauce**, water and **sugar**. Add 2 thinly sliced bunches **Tuscan kale**, ¾ cup thawed **shelled edamame**, 7 thinly sliced **radishes** and ½ cup chopped **salted peanuts**; toss well. Top with **black sesame seeds** and more peanuts.



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CARROTS WITH PESTO AND RICOTTA

Heat 1 tablespoon **olive oil** in an ovenproof skillet. Add 1½ pounds **carrots** (halved lengthwise if large), season with ½ teaspoon **kosher salt** and a few grinds of **pepper** and cook, tossing, until browned, about 5 minutes. Transfer to a 475° oven and roast until charred, 20 to 25 minutes. Top with **pesto** and **ricotta**.



JERK SWEET POTATO BISCUITS

Prick 1 **sweet potato** with a fork and microwave until tender, 8 to 10 minutes. Peel, mash and let cool. Mix 1½ cups **flour**, 1 tablespoon **baking powder**, 2 teaspoons **jerk seasoning** and 1 teaspoon **kosher salt** in a bowl. Cut in 1 cubed stick **butter**. Stir in ¼ cup **half-and-half** and the sweet potato. Knead, then pat into a 5½-inch round. Cut into 8 wedges. Bake at 425° until golden, 15 to 20 minutes.

CHILDREN'S ROBITUSSIN AND HONEY

A NATURAL FIT

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cough relief parents count on.



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INSIDE THE Test Kitchen

Our chefs dish out healthy cooking tips from their latest batch of recipes.

SOUP FOR GOOD

"Chicken noodle soup is one of my favorite comfort foods—and it's so easy to customize. To make the Asian version on page 70, I added wontons and flavored the broth with fresh ginger and star anise. As the soup simmers, the ginger loses some of its intense spiciness and instead adds a mild, soothing flavor to the broth. This soup heals me from my nose to my toes!"



Melissa Gaman
Recipe Developer



THE SLICE IS RIGHT

We're big fans of polenta that comes in a tube: Preparing it is so much easier than making polenta from scratch, and it makes a great low-fat side dish (see page 70). Just cut slices, arrange on a baking sheet, brush lightly with olive oil and broil until browned around the edges.



A NEW LEAF

Frozen collard greens are often overlooked, but they made a perfect filling for our green enchiladas on page 74. Frozen spinach can fall apart when cooked, but collards are sturdier and have some texture. Keep an eye out for frozen kale and chard, too—they're just as hardy.



A CASE FOR KIMCHI

Kimchi is full of healthy bacteria (it's great for your gut!), but some people find its taste too pungent. Before you decide you don't like it, try sautéing it, like we did for the noodles on page 67: The sharp fermented flavors mellow out and you're left with a warm, earthy, satisfying dish.

Turn your little one into a Veggie-saurus Rex



Made with Real Simple Ingredients¹

¹Like a blend of oils, purified water, and a pinch of salt.

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

Recipe Serves: 4 | Prep Time: 4 min | Cook Time: 8 min

INGREDIENTS:

- 3 Tbsp. Country Crock®
- 4 ½ cups Assorted cut-up vegetables
(e.g. broccoli, carrots, bell peppers, zucchini)
- 1 small Onion, chopped
- ½ tsp. Dried Italian seasoning
- Salt and pepper to taste, if desired

DIRECTIONS:

MELT 2 tablespoons Country Crock® in large nonstick skillet over medium-high heat and cook vegetables, onion and Italian seasoning, stirring occasionally, until vegetables are crisp and tender, about 8 minutes. Season with salt and pepper to taste.

SPOON vegetables into serving bowl, then top with remaining 1 tablespoon Spread.

TIP In a hurry? Save on prep time by using frozen vegetables right from the freezer and follow directions above!

WELCOME TO
CROCK COUNTRY



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MIX IT UP

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Recipes at ReynoldsKitchens.com/MealPrep

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Reynolds Wrap

Steak, Night!

Make good use of spring asparagus with this meat-and-veggie foil packet.



GRILL LIKE A PRO

When cooking steak and veggies in the same packet, use a thin cut like skirt or hanger so everything is ready at the same time.

FOIL-PACKET STEAK AND ASPARAGUS

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

- 1 bunch asparagus, trimmed and cut into 1½-inch pieces
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon chopped fresh marjoram
- 2 cloves garlic, finely grated
- Kosher salt
- 1½ pounds skirt steak, cut into eight 4-inch-long pieces
- 1½ teaspoons cracked pepper

- 1.** Preheat a grill to medium high. Lay out four 12-by-18-inch sheets of heavy-duty foil on a work surface. Combine the asparagus, olive oil, marjoram, garlic and a pinch of salt in a large bowl and toss.
- 2.** Sprinkle the steak with a big pinch of salt and the pepper. Put 2 pieces of steak side by side in the center of each sheet of foil and top with the asparagus. Bring the 2 short ends of the foil together and fold twice; fold in the sides to seal.
- 3.** Put the foil packets steak-side down on the grill and cook, flipping halfway through, until the steak is cooked to medium and the asparagus is tender, about 5 minutes.

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HOME-COOKED MEAL



AUTHENTIC
SINCE 1918

weekend cooking



Ina Garten's brioche bread pudding is pure comfort. See page 92.

Mix Up Your Mashed Potatoes

Turn this simple side into something special.

CLASSIC MASHED POTATOES

ACTIVE: 25 min | TOTAL: 40 min | SERVES: 6 to 8

2½ pounds russet potatoes (about 5),
peeled and cut into 2-inch chunks
Kosher salt
1 stick unsalted butter, cut into pieces
1 cup half-and-half, plus more if needed
Freshly ground pepper

1. Put the potatoes in a large pot and cover with water by 1 inch; season with salt. Bring to a simmer over medium heat and cook until the potatoes are tender, about 15 minutes. Drain well.
2. Return the pot to low heat. Add the butter and half-and-half. Using a ricer or food mill, press the potatoes into the pot. (You can also use a potato masher, though the potatoes will be slightly chunkier.) Season with 2 teaspoons salt and a generous amount of pepper and stir until smooth.

TUSCAN MASHED POTATOES

Combine ½ garlic clove, ⅓ cup chopped parsley and 1 tablespoon dijon mustard in a mini food processor and pulse until mostly smooth. Add 4 tablespoons softened butter and process until smooth. Cook 4 ounces chopped pancetta in a skillet, stirring, until crisp, 5 to 7 minutes; drain. Top mashed potatoes with the pancetta and dollops of the herb butter.



**FRENCH ONION SOUP MASHED POTATOES**

Heat 1 tablespoon each butter and olive oil in a large skillet over medium heat. Add 1 thinly sliced large onion and 1½ teaspoons chopped thyme, season with salt and pepper and cook, stirring, until the onions are caramelized, 20 to 25 minutes. Top mashed potatoes with the onions and shredded gruyère.

**STEAKHOUSE MASHED POTATOES**

Heat 1 tablespoon each butter and olive oil in a large skillet over medium-high heat. Add ½ pound sliced cremini mushrooms; season with salt and pepper. Cook, tossing, until tender, about 5 minutes. Stir in 1 teaspoon flour, then 1 tablespoon Worcestershire sauce and 1½ teaspoons sherry vinegar; bring to a simmer. Stir in ½ cup chicken broth and simmer until thickened, 3 to 6 minutes. Off the heat, stir in 1 tablespoon chopped butter; season with salt. Top mashed potatoes with the mushrooms, crumbled blue cheese and chopped chives.





Home Slice

Jeff Mauro's go-to Sunday supper: a simple foolproof meatloaf.



On Sundays, the Mauros do one thing: cook. Starting around noon, Jeff and his wife, Sarah, station themselves around the kitchen counter to meal-prep for the week and make Sunday dinner, with their 10-year-old son, Lorenzo, as sous chef. “We like to eat around three o’clock on Sundays,” says *The Kitchen* cohort. “Usually, I cook and Sarah does dessert—that’s the agreement!” If Lorenzo has his way, Jeff makes meatloaf with his usual twist: a glaze made with barbecue sauce and Sriracha. “It tastes so much more complex, sweet and smoky this way,” Jeff says. He also free-forms the mixture on a baking sheet instead of cooking it in a loaf pan. Despite the tweaks, Jeff considers his meatloaf one of the most American dishes he makes; he calls it The United States of Meatloaf: “It’s pure, it’s traditional and it comes out great every time.”

JEFF MAURO'S THE UNITED STATES OF MEATLOAF

ACTIVE: 45 min | TOTAL: 2 hr | SERVES: 6 to 8

FOR THE MEATLOAF

- 1 tablespoon extra-virgin olive oil
- 1 small Spanish onion, finely diced
- Kosher salt
- 3 cloves garlic, minced
- $\frac{1}{2}$ cup whole milk
- 1 tablespoon dijon mustard
- 1 tablespoon Worcestershire sauce
- 1 teaspoon hot sauce (such as Tabasco)
- 2 large eggs
- Freshly ground pepper
- 1 pound ground beef chuck
- $\frac{1}{2}$ pound ground pork
- $\frac{1}{2}$ pound ground veal
- 1 cup coarsely crushed saltine crackers (about 24)
- $\frac{1}{3}$ cup minced fresh parsley

FOR THE GLAZE

- $\frac{1}{2}$ cup barbecue sauce
- $\frac{1}{4}$ cup packed light brown sugar
- $\frac{1}{4}$ cup apple cider vinegar
- 2 tablespoons Sriracha

- 1.** Preheat the oven to 350°. Line a baking sheet with parchment paper. Make the meatloaf: Heat a medium skillet over medium heat. Add the olive oil, then the onion and sauté until translucent, 3 to 5 minutes. Season with salt, add the garlic and sauté for 1 to 2 minutes without letting the garlic brown. Set aside to cool.
- 2.** In a large bowl, whisk the milk, mustard, Worcestershire sauce, hot sauce and eggs, then season with salt and pepper. Add the beef, pork and veal along with the crackers, parsley and cooked onion-garlic mixture. Use your hands to mix until everything is evenly combined.
- 3.** Place the meat mixture on the prepared baking sheet and use your hands to gently form it into a rustic loaf shape, about 9 by 5 inches.
- 4.** Make the glaze: In a small bowl, combine the barbecue sauce, brown sugar, vinegar and Sriracha. Slather the glaze all over the meatloaf and bake, basting once halfway through, until the internal temperature registers 165°, about 1 hour 10 minutes. Let rest 20 minutes before serving.

Before baking the whole meatloaf, cook a small patty and taste for seasoning.

“Lorenzo loves meatloaf—he calls it a giant meatball!”

—Sarah Mauro

weekend
cooking

Lucky Day



Try Ree Drummond's
corned beef and cabbage
for St. Paddy's Day—
and pair it with
a Guinness float!



A photograph of a plate of corned beef and cabbage. The plate is white with a green floral border. It contains several slices of corned beef and a large wedge of cabbage. A silver carving fork is placed on the plate. In the background, there is a small bowl with a green floral pattern containing a dark sauce.

REE DRUMMOND'S CORNED BEEF AND CABBAGE

ACTIVE: 30 min | TOTAL: 4 hr | SERVES: 8

- 1 3- to 4-pound package corned beef brisket
- Freshly ground pepper
- 1 cup balsamic vinegar
- 2 tablespoons sugar (optional)
- 1 head green cabbage
- 2½ tablespoons extra-virgin olive oil
- Kosher salt
- ½ 12-ounce bottle Guinness or other stout

1. Preheat the oven to 325°. Unwrap the brisket and place it fat-side up in a large baking dish. If the brisket came with a spice packet, sprinkle it over the top, then sprinkle on 3 tablespoons pepper and rub it in. Cover the dish with heavy-duty foil and bake for 2½ hours, then uncover and continue baking until the brisket is very, very tender (almost falling apart!) and a fork inserted into the meat goes in easily, about 1 more hour. Remove from the oven and cover loosely with foil to keep warm.

2. While the brisket is resting, make the balsamic reduction for the cabbage: Stir the balsamic vinegar with the sugar in a small saucepan over medium-high heat and bring to a boil. Reduce the heat to medium low and simmer until the mixture is reduced by two-thirds and thick like syrup, 10 to 12 minutes. Set aside.

3. Make the cabbage: Increase the oven temperature to 400°. Cut the cabbage into 8 wedges. Working in two batches if necessary, heat the olive oil in a large heavy skillet over medium-high heat. Add the cabbage and sear on both cut sides until the cabbage gets as much color as possible, about 1 minute per side. Use a spatula to transfer the cabbage to a rack placed on a rimmed baking sheet. Season with salt and pepper. Pour the Guinness into the bottom of the pan, then carefully transfer to the oven. Bake the cabbage until tender and deep brown, about 20 minutes.

4. Slice the corned beef and place it on a platter with the cabbage. Spoon the balsamic reduction all over the cabbage.

“I don’t have a strong Irish heritage to maintain, but I do like making corned beef and cabbage!”

GUINNESS FLOATS WITH WHISKEY WHIPPED CREAM

ACTIVE: 10 min | TOTAL: 10 min | SERVES: 2

- ½ cup cold heavy cream
- 2 tablespoons Irish whiskey,
plus more to taste
- 2 teaspoons sugar
- 2 cups vanilla, chocolate or
coffee ice cream
- 1 12-ounce bottle Guinness or
other stout, chilled

1. Combine the heavy cream, whiskey and sugar in a bowl and whisk until soft peaks form. Taste it, then fold in more whiskey if you want!

2. Divide the ice cream between 2 chilled glasses, then very slowly pour the Guinness into each. (Be careful—it will bubble over if you pour too fast!) Serve with the whiskey whipped cream.



Find dozens more recipes
from Ree in the spring issue of
The Pioneer Woman Magazine,
on sale March 12.



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The Secret Sauce

Find out how Ina Garten turns simple bread pudding into an otherworldly dessert.

I'm not sure whether my ultimate comfort food is warm bread pudding or good vanilla ice cream, but with my Vanilla Brioche Bread Pudding, I don't have to decide: It's the best of both worlds! I make the bread pudding with a rich brioche (instead of the usual spongy plain white bread) and a thick, creamy custard, plus lots of vanilla extract and the seeds from a vanilla bean. You can really taste the vanilla! And because too much is never enough, I serve it with a decadent crème anglaise, the French custard sauce often used as the base for vanilla ice cream. The sauce is typically made by heating milk, sugar and eggs, but my "pro tip" is to simply melt good ice cream! Warm vanilla bread pudding with cold crème anglaise. Now who wouldn't want to eat that for dessert??!

xxx Ina





VANILLA BRIOCHE BREAD PUDDING

ACTIVE: 30 min | TOTAL: 2 hr 10 min | SERVES: 9 to 10

- 1 (12-ounce) brioche loaf
- 3 extra-large whole eggs
- 8 extra-large egg yolks
- 4 cups half-and-half
- 1 cup whole milk
- 1¼ cups granulated sugar
- 2 teaspoons pure vanilla extract
- Seeds scraped from 1 vanilla bean
- Confectioners' sugar, for dusting
- 2 pints vanilla ice cream,
such as Häagen-Dazs, melted

1. Preheat the oven to 350°. Space two racks evenly in the oven.
2. Cut five ¾-inch-thick slices of brioche and place them in one layer on a sheet pan. Trim some of the crusts from the remaining brioche and cut in 1-inch dice. Spread out on a second sheet pan. Put both pans in the oven for 5 minutes to lightly toast the bread.
3. Meanwhile, for the custard, whisk together the whole eggs, yolks, half-and-half, milk, granulated sugar, vanilla and vanilla seeds in a large bowl and set aside. Line a 3-quart baking dish with the whole slices of brioche, cutting them to fit in one layer. Distribute the diced brioche on top. Pour on the custard and press lightly so all the bread is soaked with custard. Set aside for 10 minutes.
4. Place the dish in a roasting pan large enough to allow the baking dish to sit flat. Pour about 1 inch of the hottest tap water into the roasting pan, being sure not to get any water into the custard. Cover the roasting pan tightly with aluminum foil, tenting the foil so it doesn't touch the pudding. Cut a few holes in the foil to allow steam to escape. Bake for 45 minutes. Uncover and bake for 45 to 50 minutes, until the custard is set and a knife inserted in the middle comes out clean. Dust with confectioners' sugar and serve warm with the melted ice cream.

PRO TIP A small sieve is perfect for dusting with confectioners' sugar. Pour the sugar into a sieve over the sink (not the dish!) and tap the edge of the sieve lightly with your hand while holding it over the dish.

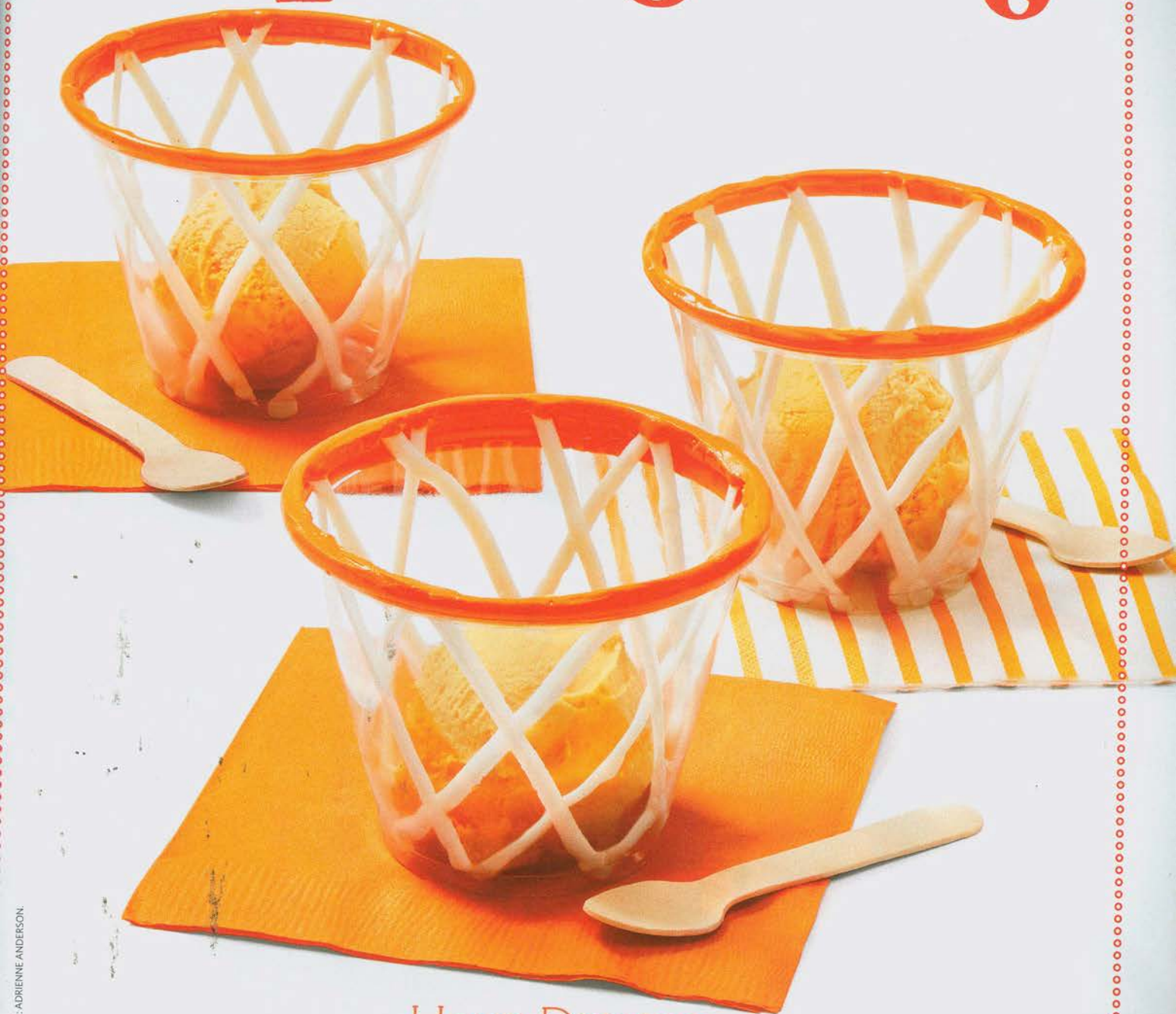
**THE GAME DAY SNACKS
THAT TAKE YOUR TASTE BUDS
TO THE BIG DANCE.**



Keep it real. Keep it Tyson.

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party time



Hoop Dreams

March Madness is here! If you're hosting for the next big game, serve edible basketball hoops: Pipe diagonal lines of vanilla frosting inside short clear plastic cups, then pipe lines in the other direction to look like netting (you'll need to tilt the cups to draw the lines).

To make the orange rim, melt some vanilla frosting in the microwave until runny, 10 to 20 seconds, then tint orange with food coloring. Dip the rims of the cups in the orange frosting and freeze until set; fill each cup with a scoop of orange sherbet or mango sorbet.

50

Chilis

Try a classic recipe or a fun new twist!

**POBLANO-CORN
BEEF CHILI**
No. 16

**SQUASH AND
KALE CHILI**
No. 47

PHOTO: RYAN DAUSCH; FOOD STYLING: CYR RAFTUS; MCDOWELL; PROP STYLING: KARIN OLSEN

**BARBECUE
BRISKET CHILI**
No. 33



**CHICKEN
TOMATILLO
CHILI**
No. 23





It's Madness

March is all about college basketball games—
and snacks to go with them!



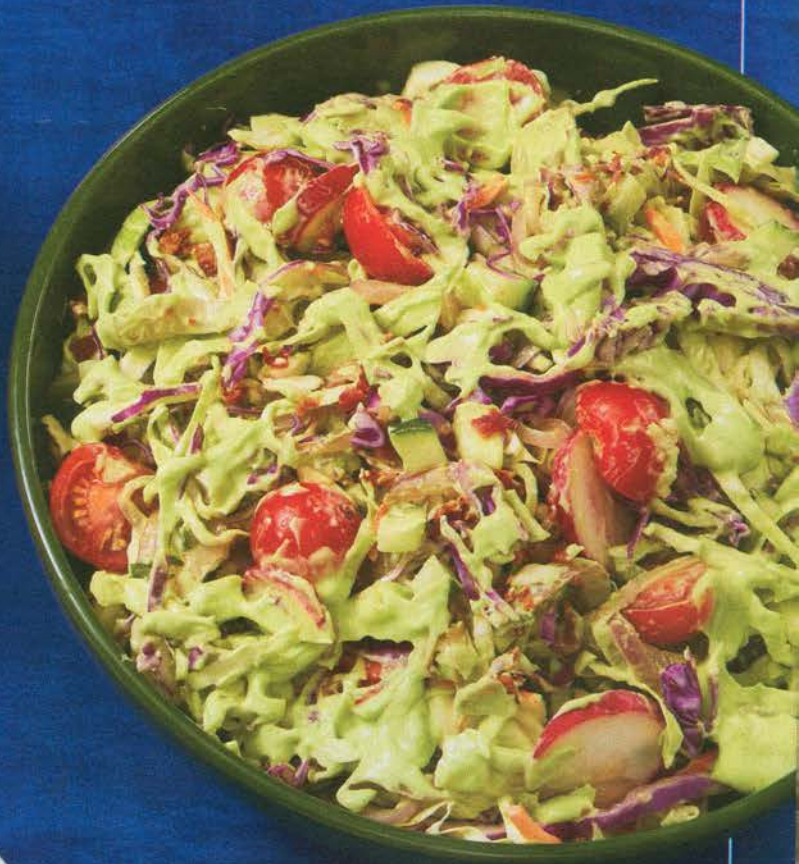
CHEESY SNACK MIX



SALT AND VINEGAR WINGS



TRIPLE CHOCOLATE
BASKETBALL CUPCAKES



AVOCADO BLT SLAW



PHOTOS: RYAN DAUSCHE; FOOD STYLING: ADRIENNE ANDERSON; PROP STYLING: PAIGE HICKS



SALT AND VINEGAR WINGS

ACTIVE: 1 hr 25 min | TOTAL: 3 hr 25 min | SERVES: 8

2 cups distilled white vinegar
Kosher salt and freshly ground pepper
4 to 4½ pounds split chicken wings
Vegetable oil, for frying
1¼ cups all-purpose flour
1¼ cups cornstarch
Assorted sauces, for dipping (see below)

1. Whisk the vinegar, 1 cup water, 3 tablespoons salt and ½ teaspoon pepper in a medium bowl until the salt is mostly dissolved. Pour the liquid over the wings in a large nonreactive bowl or baking dish and submerge the wings. Refrigerate, stirring occasionally so that all the wings are coated, 2 hours.
2. Drain the wings. Pat dry and let come to room temperature. Preheat the oven to 200°.

Set a rack on a baking sheet. Fill a large heavy pot halfway with vegetable oil; heat over medium-high heat until a deep-fry thermometer registers 375°.

3. Whisk the flour, cornstarch, 2 teaspoons salt and ¼ teaspoon pepper in a large bowl. Whisk in 2 cups very cold water to form a light batter. Add the wings to the batter and stir to coat. Lift out the wings one at a time, letting the excess drip back into the bowl.

4. Working in batches, fry the wings: Using tongs, lower the wings into the hot oil and hold for a couple of seconds before letting go to seal the coating. Fry until golden and crisp, 8 to 9 minutes. Remove to the prepared baking sheet, sprinkle with salt and keep warm in the oven while you continue. Serve with assorted sauces.

SOUR CREAM AND ONION SAUCE

Mince and mash 1 garlic clove with ¼ teaspoon kosher salt into a chunky paste. Whisk the garlic paste, ½ cup sour cream, ½ cup buttermilk, ¼ cup mayonnaise, 2 teaspoons vinegar and 2 tablespoons chopped chives in a bowl. Season with salt and pepper.

SRIRACHA-HONEY SOY SAUCE

Combine ½ cup each honey and Sriracha, ¼ cup soy sauce, the juice of ½ lime and 1 tablespoon sesame oil in a saucepan. Bring to a simmer over medium heat, whisking, and cook until thickened, 5 minutes. Let cool.

SOUTH CAROLINA BARBECUE SAUCE

Combine ⅓ cup yellow mustard, ½ cup brown sugar, 2 tablespoons cider vinegar, 1 tablespoon Worcestershire sauce and 2 teaspoons hot sauce in a small saucepan. Bring to a simmer over medium heat, whisking, until the sugar is dissolved, about 1 minute. Remove from the heat and stir in 3 tablespoons butter until melted; season with salt and pepper. Let cool.



CHEESY SNACK MIX

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

2 tablespoons vegetable oil
¾ cup popcorn kernels
2 cups crisp rice-and-corn cereal (such as Crispix)
1½ cups salted sesame sticks
1½ cups cheddar-filled pretzel sandwiches
1 stick unsalted butter
1 teaspoon garlic powder
1 teaspoon mustard powder
½ teaspoon sugar
¼ teaspoon paprika
Kosher salt and freshly ground pepper
4 cups puffed cheese balls

1. Preheat the oven to 325°. Line a baking sheet with foil and set aside. Heat the vegetable oil and 3 popcorn kernels in a large saucepan over medium heat. When the kernels pop, add the remaining popcorn and cover the pan. Cook, shaking the pan frequently, until the popping has almost stopped, 3 to 5 minutes. Remove from the heat and let stand for a few minutes, covered. Uncover and discard any unpopped kernels.
2. Transfer the popcorn to a large bowl and add the cereal, sesame sticks and pretzel sandwiches; toss well. Melt the butter in a small saucepan over medium heat; whisk in the garlic powder, mustard powder, sugar, paprika, ½ teaspoon salt and a few grinds of pepper. Pour the butter mixture over the snack mix and toss well to coat.
3. Spread the snack mix in a single layer on the prepared baking sheet. Bake, gently stirring halfway through, until the popcorn is crisp, 15 to 20 minutes. Let cool. Transfer to a large bowl, add the cheese balls and toss to coat.



AVOCADO BLT SLAW

Cook 4 bacon slices in a skillet with 1 teaspoon vegetable oil until crisp, 8 minutes. Drain on paper towels, then crumble. Add 1 sliced red onion to the drippings, season with salt and pepper and cook 2 minutes; let cool. Combine a 14-ounce bag coleslaw mix, ¼ cup each sliced radishes and halved cherry tomatoes, ½ chopped cucumber and the red onion in a bowl. Puree 1 avocado, ¾ cup buttermilk, ½ cup fresh parsley, 2 tablespoons chopped chives, the juice of ½ lemon, 1 teaspoon kosher salt and some pepper; toss with the slaw. Add the bacon. Chill 30 minutes.

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TRIPLE CHOCOLATE BASKETBALL CUPCAKES

ACTIVE: 1½ hr | TOTAL: 2 hr 15 min | MAKES: 12

FOR THE CUPCAKES

- 1 cup all-purpose flour
- ½ teaspoon salt
- ½ teaspoon baking soda
- ½ cup unsweetened cocoa powder
- 1½ teaspoons instant espresso powder
- ¾ cup whole milk
- 1 cup granulated sugar
- ¾ cup vegetable oil
- 2 large eggs
- 1 teaspoon pure vanilla extract

FOR THE FROSTING AND TOPPING

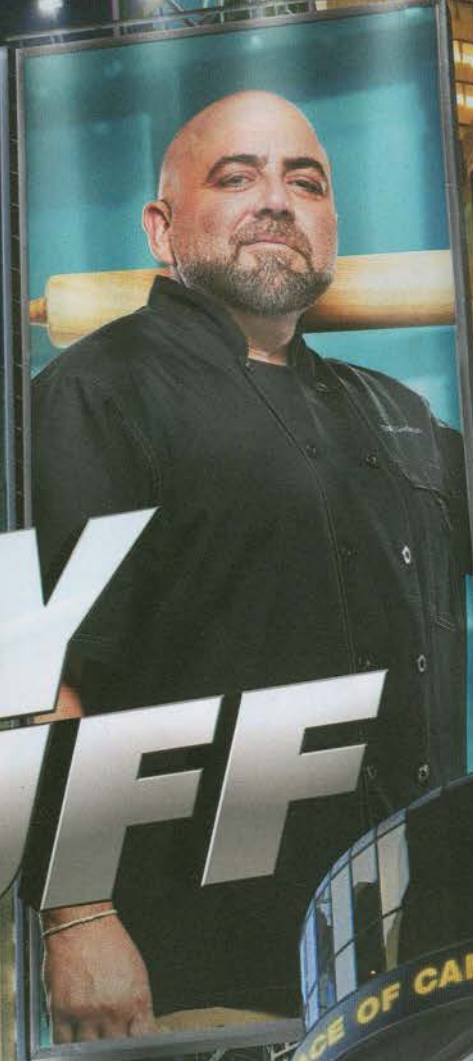
- 6 ounces bittersweet chocolate, chopped
- 2 sticks unsalted butter, at room temperature
- Pinch of salt
- 1¼ cups confectioners' sugar
- 1 tablespoon unsweetened cocoa powder
- 2 teaspoons whole milk
- 1 teaspoon pure vanilla extract
- 8 ounces white chocolate, chopped
- 2 tablespoons coconut oil or vegetable shortening
- ½ teaspoon orange gel food coloring

1. Preheat the oven to 350°. Line a 12-cup muffin pan with paper liners; set aside. Whisk the flour, salt and baking soda in a medium bowl. Whisk the cocoa powder and espresso powder in a large bowl. Heat the milk in a small saucepan over medium heat until hot but not simmering; whisk into the cocoa mixture until smooth. Whisk in the granulated sugar until dissolved, then the vegetable oil, eggs and vanilla. Whisk in the flour mixture until just combined.
2. Divide the batter among the prepared muffin cups, filling each about two-thirds full. Bake until a toothpick inserted into the centers comes out clean, about 20 minutes.

- Let cool 5 minutes in the pan, then remove to a rack to cool completely.
3. Meanwhile, make the frosting: Put 4 ounces bittersweet chocolate in a microwave-safe bowl and microwave in 1-minute intervals, stirring occasionally, until smooth. Let cool to room temperature. Beat the butter and salt in a large bowl with a mixer on medium-high speed until fluffy, about 2 minutes. Reduce the mixer speed to low and gradually beat in the confectioners' sugar. Increase the speed to medium high and beat until fluffy again, 2 to 3 minutes. Beat in the cocoa powder, milk and vanilla until smooth. Beat in the melted chocolate until very fluffy and smooth, 2 to 3 minutes.
4. Frost the cupcakes, using an offset spatula to mound the frosting into smooth rounded domes. Refrigerate until the frosting is firm, about 30 minutes.
5. Meanwhile, combine the white chocolate and 1½ tablespoons coconut oil in a medium microwave-safe bowl. Combine the remaining 2 ounces bittersweet chocolate and ½ tablespoon coconut oil in a small microwave-safe bowl. Microwave each chocolate separately in 30-second intervals, stirring occasionally, until melted and smooth. Stir the orange gel food coloring into the white chocolate, then transfer to a shallow bowl or liquid measuring cup; let cool slightly. Let the bittersweet chocolate mixture cool until it's thick enough to pipe, then transfer to a resealable plastic bag and snip a small corner.
6. One at a time, turn each cupcake upside down and dip the top in the orange chocolate mixture; rotate to coat and let the excess drip off. Turn right-side up and pipe lines of bittersweet chocolate to look like the seams of a basketball. Let set at room temperature, about 30 minutes.

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Rolling in Dough

Turn refrigerated pizza dough into these easy party snacks.


**Pigs in
Blankets**



PHOTOS: RYAN DAUSCH;
FOOD STYLING: ADRIENNE ANDERSON;
PROP STYLING: PAUL WILES




**Herbed
Garlic Knots**

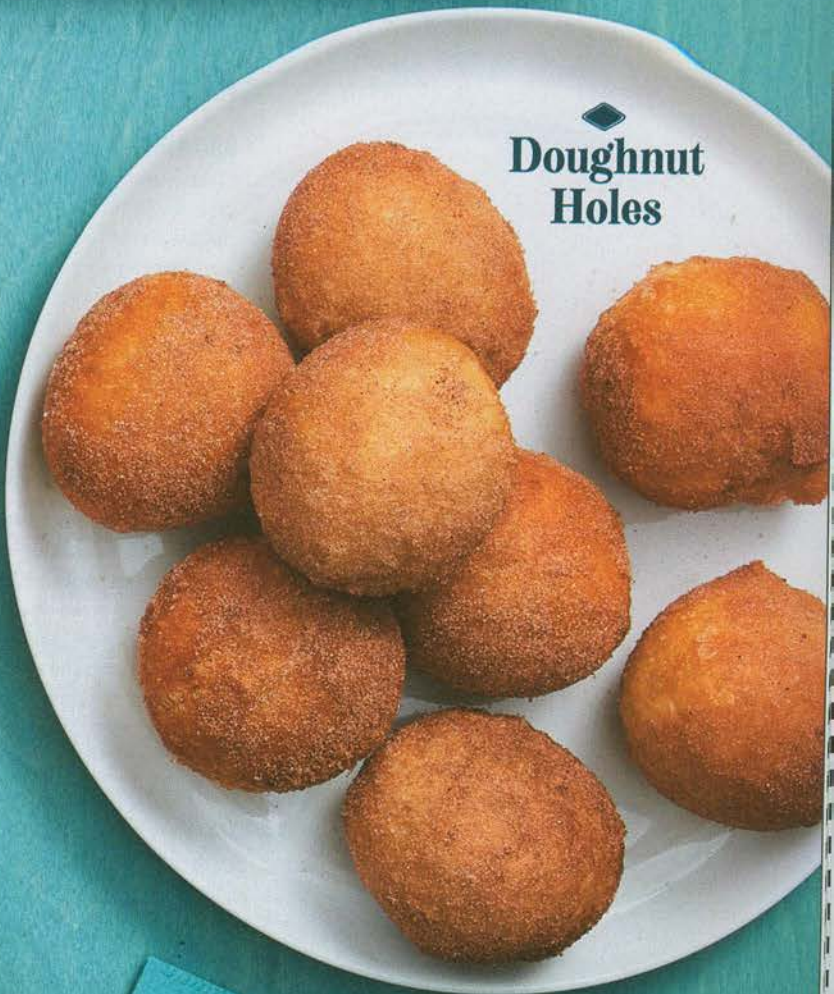



Soft Pretzels




Grissini

Be sure to bring your dough to room temperature before you start—it will be much easier to work with.




**Doughnut
Holes**





PIGS IN BLANKETS

Cut four 4-ounce bratwurst or knockwurst sausages into 6 rounds each. Stretch $\frac{1}{2}$ pound pizza dough into a 6-by-12-inch rectangle; cut crosswise into 12 strips, then cut each strip in half. Wrap each strip around a sausage round and place on a parchment-lined baking sheet; brush the dough with beaten egg and sprinkle with poppy seeds. Bake at 400° until golden brown, 12 to 15 minutes. Serve with mustard. (Makes 24.)



HERBED GARLIC KNOTS

Cut 1 pound pizza dough into 4 pieces; flatten each into a 4-inch square. Cut each square into 4 strips; tie each strip into a knot. Transfer to a parchment-lined baking sheet, brush with olive oil and loosely cover with plastic wrap; let rise 1 hour. Uncover and bake at 400° until golden, 12 to 15 minutes. Combine 3 tablespoons butter, 2 tablespoons olive oil, 3 minced garlic cloves, 2 anchovy fillets, 1 teaspoon salt and $\frac{1}{4}$ teaspoon red pepper flakes in a saucepan over medium heat; cook 1 to 2 minutes. Toss the knots with the butter and 3 tablespoons minced parsley; sprinkle with grated parmesan. (Makes 16.)



GRISSINI

Dust $\frac{1}{2}$ pound pizza dough with flour; flatten into a rectangle. Roll out with a pasta machine on the widest setting into a 5-by-18-inch sheet, $\frac{1}{8}$ inch thick. Halve the sheet crosswise, dust with more flour and cut each half into fettuccine-size strips with the pasta machine. Arrange the strips $\frac{1}{2}$ inch apart on parchment-lined baking sheets. Cover with a damp paper towel and plastic wrap and let rise in a warm place until puffed, 60 to 90 minutes. Sprinkle with sea salt and pepper. Bake at 350°, switching the pans halfway through, until crisp, about 20 minutes. (Makes 36.)



SOFT PRETZELS

Bring 8 cups water, $\frac{1}{2}$ cup baking soda and 2 teaspoons kosher salt to a boil in a pot. Cut 1 pound pizza dough into 6 pieces. Roll each piece into a 2-foot-long rope and pick up the ends to form a U shape; cross one end over the other twice to make a double twist in the middle; attach the ends to the bottom of the U, using water to adhere. Working in batches, use a slotted spoon to lower the pretzels into the boiling water. Cook, flipping once, until slightly puffed, 30 seconds per side. Transfer to an oiled baking sheet; brush with beaten egg and sprinkle with pretzel salt. Bake at 350° until golden brown, 20 to 25 minutes. (Makes 6.)



DOUGHNUT HOLES

Mix $\frac{1}{2}$ cup sugar, 1 tablespoon sweetened cocoa powder and 1 teaspoon cinnamon in a bowl. Cut 1 pound pizza dough into 24 pieces. Place 3 dark chocolate chunks in the middle of each piece, pinching the dough to enclose; roll each into a ball. Working in batches, fry the dough balls in 2 inches of 350° vegetable oil, turning, until golden, about 4 minutes. Transfer to paper towels to drain, then roll in the sugar mixture while still warm. (Makes 24.)

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Easy Smoked Sausage Skillet

Serving Size: 4-6 Total Time: 20 minutes

Ingredients

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

Instructions

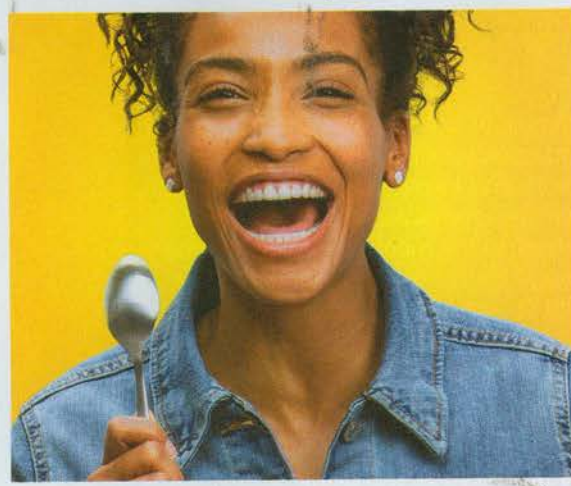
Heat olive oil and garlic in skillet, stir in smoked sausage slices and cook until browned. Add pepper, onion, broccoli, broth and tomato sauce and simmer for 10 minutes until the vegetables are tender and the liquid is absorbed. In the meantime, prepare rice according to package instructions. Stir rice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

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King for a Day

A proper Mardi Gras celebration usually calls for king cake—a traditional ring-shaped pastry covered in purple, green and gold sugar (symbolizing justice, faith and power), with a miniature plastic baby tucked inside for good luck. The beloved dessert has inspired countless spin-offs: king cake ice cream, king cake doughnuts, burgers sandwiched between king cake buns and—at Liz's Where Y'at Diner near New Orleans—this bright king cake French toast. Try it at home for a Mardi Gras breakfast: Mix $\frac{1}{2}$ cup confectioners' sugar with a splash of milk and drizzle over French toast, then top with stripes of purple, green and gold sanding sugar.



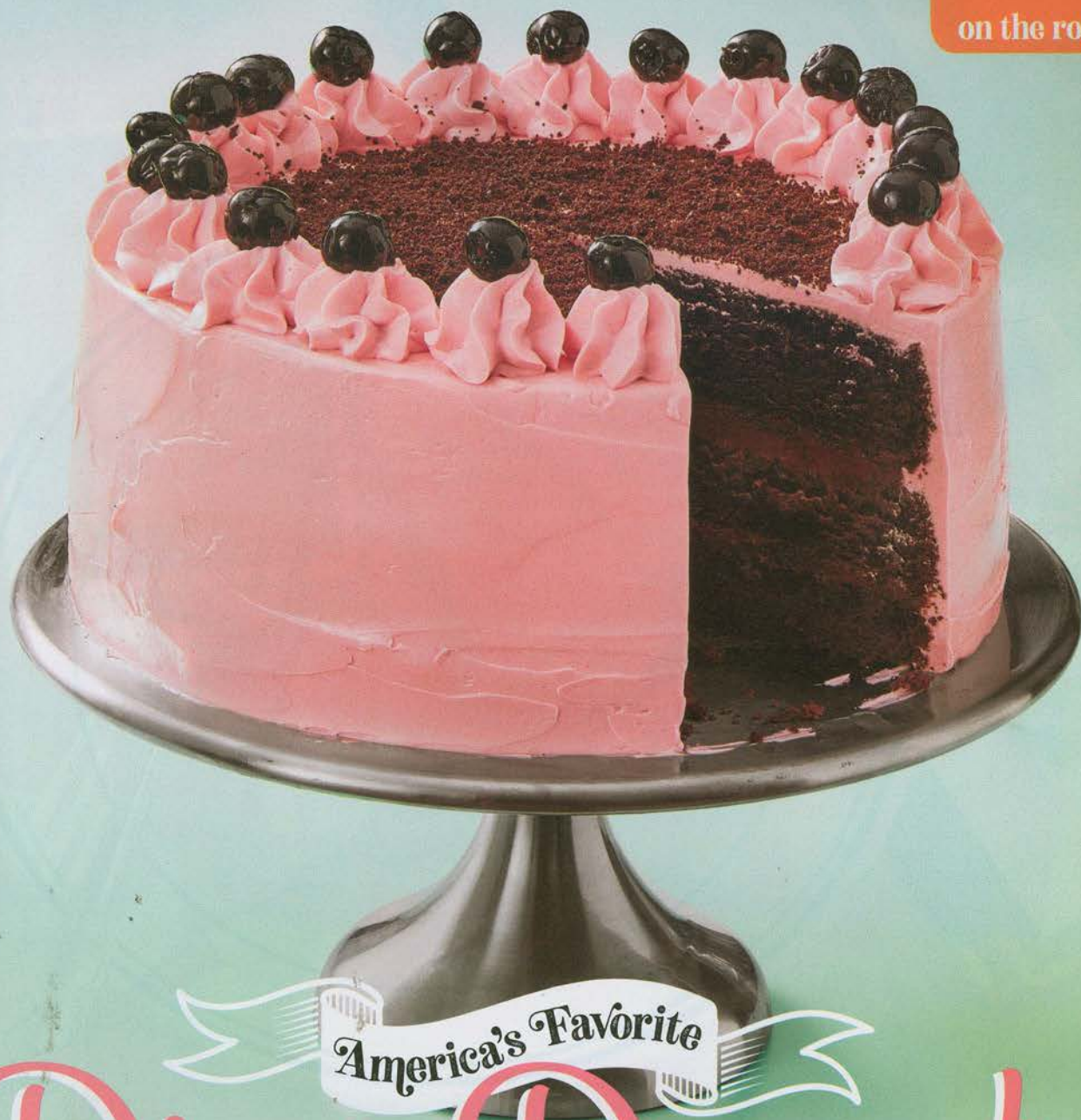
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America's Favorite

Diner Desserts

We couldn't possibly name the country's best diner desserts, but we definitely found four of the most beloved.

When you step into a proper diner, you usually encounter the sweets first: glass display cases filled with cream-topped pies and mile-high layer cakes. For decades, diner owners have put desserts near the entrance to tempt customers, explains Matthew Britt, a culinary instructor at Johnson & Wales University in Providence. "Diner food isn't always light," he says, "but people remember the cheesecake they saw on the way in and think, 'I have to get that.'" We can thank America's

first diner, a Providence lunch wagon built in 1872, for suggesting that every meal end with dessert, says diner historian Richard J. S. Gutman. It sold five kinds of pie, and other diners followed suit, advertising their own versions and setting the standard for decades to come. We set out recently to find the most popular diner desserts in the country, and our search led us to an irresistible final four. Here's hoping that you can taste them at the source someday—but if you can't, these recipes will take you there in spirit.

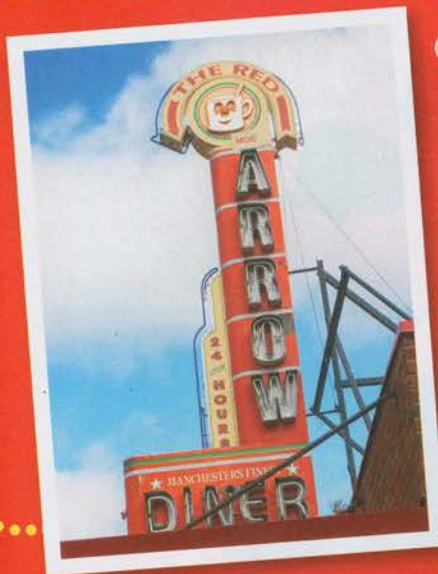


Strawberry Icebox Pie

 STRAWN'S EAT SHOP
Shreveport, LA

Since opening in 1944, Strawn's has received tons of attention for its signature icebox pie, and you probably won't get out of the place without trying one. Reminders are everywhere: Cream-topped, fruit-filled pies are painted on the walls and plastered on the front of the menu, and the staff shirts say #PIE. The recipe itself isn't complicated. In the 1920s and '30s, icebox pies were a practical choice for home cooks, who could prebake the shell and then keep the whipped filling cool in an icebox until it was time for dessert. Lemon versions are common in the South, but Strawn's made a name for itself with this fresh strawberry one.





Coconut Cream Pie

 THE RED ARROW DINER
Manchester, NH

The original Red Arrow Diner looks humble from the outside, but the walls inside tell a different story. They're lined with photos of campaigning politicians and celebs who have visited, including Matthew McConaughey, Diane Sawyer and Adam Sandler. "When Martha Stewart came, she said, 'I'm here for dessert,'" says owner Carol Lawrence-Erickson. "How intimidating is that?" In fact, many people come to the diner just for dessert: There are more than 35 cakes and pies in rotation. The Red Arrow's coconut cream pie is an all-around favorite: It's topped with about four inches of whipped cream!





Black Forest Cake

LADYBIRD DINER
Lawrence, KS

Ladybird Diner was built to be a pie destination. When self-proclaimed pie lady Meg Heriford opened it five years ago, fans lined up for slabs of her cherry and banana cream pies. Then one day Meg whipped up a hazelnut cake with brown-butter caramel buttercream and a dark chocolate drizzle. "I don't know what came over me," she says. Soon Meg and her team were experimenting with elevated versions of coconut, German chocolate and red velvet cakes, and lines formed for the cakes just as quickly as they had for the pies. The diner's signature Black Forest cake, topped with Italian black cherries, usually sells out in less than an hour.



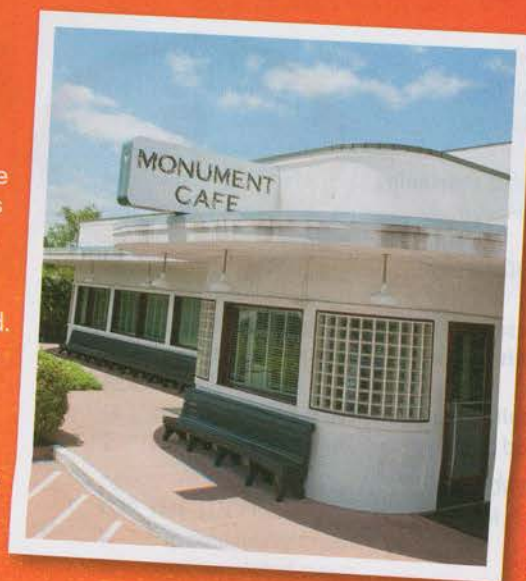
REPORTING BY DYLAN LYSEN.
LADYBIRD DINER: PALLY APANI

Chocolate Pie



MONUMENT CAFE
Georgetown, TX

Monument Cafe lives up to its name: It's a pillar of the Georgetown community and a tribute to all the Texas roadside eateries that have vanished over the years. After it opened in 1995, the restaurant became known for its Monument Chocolate Pie, a recipe passed down to owner Rusty Winkstern from a friend. Rusty credits its popularity to the balance of flavors: bitter from the chocolate mousse, sweet from the whipped cream and salty from the toasted pecan crust. "There's something crave-worthy about it," he says. The recipe remains a closely guarded secret, but Rusty shared a version for us to try at home. Put on some Hank Williams and it'll feel almost like you're sitting at the diner, eating the real thing.



STRAWN'S EAT SHOP'S STRAWBERRY ICEBOX PIE

ACTIVE: 1 hr 10 min | TOTAL: 5 hr 20 min | SERVES: 6 to 8

FOR THE CRUST

- 1½ cups all-purpose flour,
plus more for dusting
- Pinch of salt
- ½ cup cold vegetable shortening
- 3 tablespoons ice water

FOR THE GLAZE AND FILLING

- 2 large eggs
- ½ cup plus 3 tablespoons granulated sugar
- 3 tablespoons cornstarch
- ¾ cup whole milk
- 1 tablespoon unsalted butter, melted
- 1 drop red gel food coloring
- 2 cups sliced strawberries
- Confectioners' sugar, for dusting

FOR THE TOPPING

- 2 cups cold heavy cream
- ¾ cup confectioners' sugar
- 1 teaspoon pure vanilla extract
- 1 strawberry half, for topping

1. Make the crust: Pulse the flour and salt in a food processor until combined. Add the shortening and pulse until the mixture looks like coarse cornmeal. Add the ice water, then continue to pulse until the mixture becomes a shaggy dough. Form the dough into a disk, wrap in plastic wrap and refrigerate until firm, about 30 minutes.
2. Roll out the dough on a lightly floured surface into an 11-inch round (about ⅛ inch thick), then fit into a 9-inch pie dish. Trim away any excess dough, crimp the edges and prick the bottom all over with a fork. Refrigerate until firm, about 30 minutes.
3. Preheat the oven to 350°. Line the bottom of the pie with foil or parchment paper and fill with pie weights or dried beans. Bake until the bottom is just starting to set and the edges are just starting to brown, 25 to 30 minutes. Remove the foil and weights and continue to bake until the crust is golden brown and cooked through, about 10 more minutes. Transfer to a rack and let cool completely.
4. Meanwhile, make the glaze: Whisk the eggs with the granulated sugar in a medium bowl until smooth. In a separate bowl, whisk the cornstarch with 2 tablespoons milk until smooth, then whisk into the egg mixture. Warm the remaining ½ cup plus 2 tablespoons milk and the melted butter in a medium saucepan over medium-high heat until steaming, 2 minutes. Slowly whisk the warm milk mixture into the egg mixture, whisking constantly, then return the entire mixture to the saucepan. Reduce the heat to medium and cook, whisking constantly, until thickened, about 4 minutes. Whisk in the red food coloring.
5. Spoon the glaze into the pie crust and spread over the bottom and up the sides. Cover with plastic wrap and refrigerate until set, 2 hours.
6. Spread the berries in the glazed crust. Dust with confectioners' sugar.
7. Make the topping: Beat the heavy cream, confectioners' sugar and vanilla in a large bowl with a mixer on medium-high speed until stiff peaks form. Spread over the pie and top with the strawberry half.



THE RED ARROW DINER'S COCONUT CREAM PIE

ACTIVE: 1 hr | TOTAL: 2 hr 45 min | SERVES: 6 to 8

FOR THE CRUST

- 1½ cups all-purpose flour,
plus more for dusting
- Pinch of salt
- ½ cup cold vegetable
shortening
- 3 tablespoons ice water

FOR THE FILLING

- 2½ cups sweetened shredded coconut
- 4 cups cold heavy cream
- ¾ cup granulated sugar
- ¾ cup instant vanilla pudding mix (from two 3-ounce boxes)
- 1¼ teaspoons pure vanilla extract
- Pinch of salt

FOR THE TOPPING

- 2 cups cold heavy cream
- ¾ cup confectioners' sugar
- 1 teaspoon pure vanilla extract

1. Make the crust: Pulse the flour and salt in a food processor until combined. Add the shortening and pulse until the mixture looks like coarse cornmeal. Add the ice water, then continue to pulse until the mixture becomes a shaggy dough. Form the dough into a disk, wrap in plastic wrap and refrigerate until firm, about 30 minutes.
2. Roll out the dough on a lightly floured surface into an 11-inch round (about ⅛ inch thick), then fit into a 9-inch pie dish. Fold under any excess dough and prick the bottom all over with a fork. Refrigerate until firm, about 30 minutes.
3. Preheat the oven to 350°. Line the bottom of the pie with foil or parchment paper and fill with pie weights or dried beans. Bake until the bottom is just starting to set and the edges are just starting to brown, 25 to 30 minutes. Remove the foil and weights and continue to bake until the crust is golden brown and cooked through, about 10 more minutes. Transfer to a rack and let cool completely.
4. Meanwhile, make the filling: Spread 1 cup coconut on a baking sheet and bake, stirring halfway through, until toasted, about 20 minutes; let cool.
5. Beat the heavy cream, granulated sugar, pudding mix, vanilla and salt in a large bowl with a mixer on medium speed until thick and creamy, 2 to 4 minutes. Fold in ¾ cup of the toasted coconut and the remaining 1½ cups untoasted coconut; set aside the remaining ¼ cup toasted coconut for topping. Spread the filling in the crust and refrigerate until set, about 1 hour.
6. Make the topping: Beat the heavy cream, confectioners' sugar and vanilla in a large bowl with a mixer on medium-high speed until stiff peaks form. Spread over the pie and top with the reserved toasted coconut.



LADYBIRD DINER'S BLACK FOREST CAKE

ACTIVE: 1 hr 35 min | TOTAL: 2½ hr | SERVES: 16

FOR THE CAKE

Cooking spray

- 3 cups all-purpose flour
- ½ cup almond flour
- 1½ cups unsweetened Dutch-process cocoa powder
- 1 tablespoon baking powder
- 1 tablespoon baking soda
- 2 teaspoons salt
- 2 cups whole milk
- 2 teaspoons vanilla bean paste
- 2 sticks unsalted butter, at room temperature
- 4 cups sugar
- 4 large eggs
- 2 cups strong hot coffee



FOR THE GANACHE

- 2 cups semisweet chocolate chips
- 2 cups heavy cream
- ½ cup chopped Luxardo or Amarena cherries

FOR THE BUTTERCREAM

- 6 large egg whites
 - 1½ cups sugar
 - 1 teaspoon salt
 - ¼ teaspoon cream of tartar
 - 5 sticks unsalted butter, cut into pieces, at room temperature
 - 1 tablespoon cherry liqueur or a few drops of cherry extract
- Luxardo or Amarena cherries (syrup reserved), for garnish

1. Make the cake: Position racks in the upper and lower thirds of the oven and preheat to 350°. Coat three 10-inch round cake pans with cooking spray and line the bottoms with parchment paper; set aside. Combine the all-purpose flour, almond flour, cocoa powder, baking powder, baking soda and salt in a medium bowl. Whisk the milk and vanilla in a small bowl. Beat the butter and sugar in a large bowl with a mixer on medium speed until fluffy, 3 minutes. Add the eggs, one at a time, beating well after each addition. Reduce the speed to low; beat in the flour mixture in three batches, alternating with the milk mixture, until combined.

2. Stir in the hot coffee (the batter will be thin). Divide among the prepared pans. Bake, switching the pans halfway through, until a toothpick inserted in the centers comes out mostly clean, 30 to 45 minutes. Let cool 10 minutes in the pans, then turn out onto racks to cool completely.

3. Meanwhile, make the ganache: Melt the chocolate chips with the heavy cream in a heatproof bowl set over a pan of simmering water (do not let the bowl touch the water). Let cool slightly. Add the cherries and let cool.

4. Make the buttercream: Combine the egg whites, sugar, salt and cream of tartar in the heatproof bowl of a mixer set over the pan of simmering water (do not let the bowl touch the water). Heat, whisking, until a candy thermometer reaches 185°, 5 minutes. Transfer the bowl to the mixer and beat on medium-high speed until the egg whites are stiff and glossy and the bowl is cool to the touch, 10 minutes. Beat in the butter 1 tablespoon at a time. Add the cherry liqueur and continue to beat until smooth. Beat in cherry syrup, 1 teaspoon at a time, to tint the frosting pink.

5. Spread half of the ganache on one cake and top with a second cake. Repeat with another layer of ganache and the remaining cake. Trim the sides of the cake with a serrated knife to make them even; crumble the trimmings. Frost the cake with the buttercream and pipe some around the top. Top with cherries and the reserved cake crumbs.

MONUMENT CAFE'S CHOCOLATE PIE

ACTIVE: 1 hr 15 min | TOTAL: 5 hr 15 min | SERVES: 6 to 8

FOR THE CRUST

- 1½ cup pecans, roughly chopped
- 4 tablespoons salted butter
- ¼ cup packed light brown sugar



FOR THE FILLING

- 3 cups heavy cream
 - 6 ounces semisweet chocolate chips
 - 6 ounces unsweetened chocolate, grated
- Pinch of salt
- ¼ cup granulated sugar
 - 2 teaspoons pure vanilla extract

FOR THE TOPPING

- 1 cup cold heavy cream
 - ¼ cup granulated sugar
 - 1 teaspoon pure vanilla extract
- Shaved unsweetened chocolate, for topping

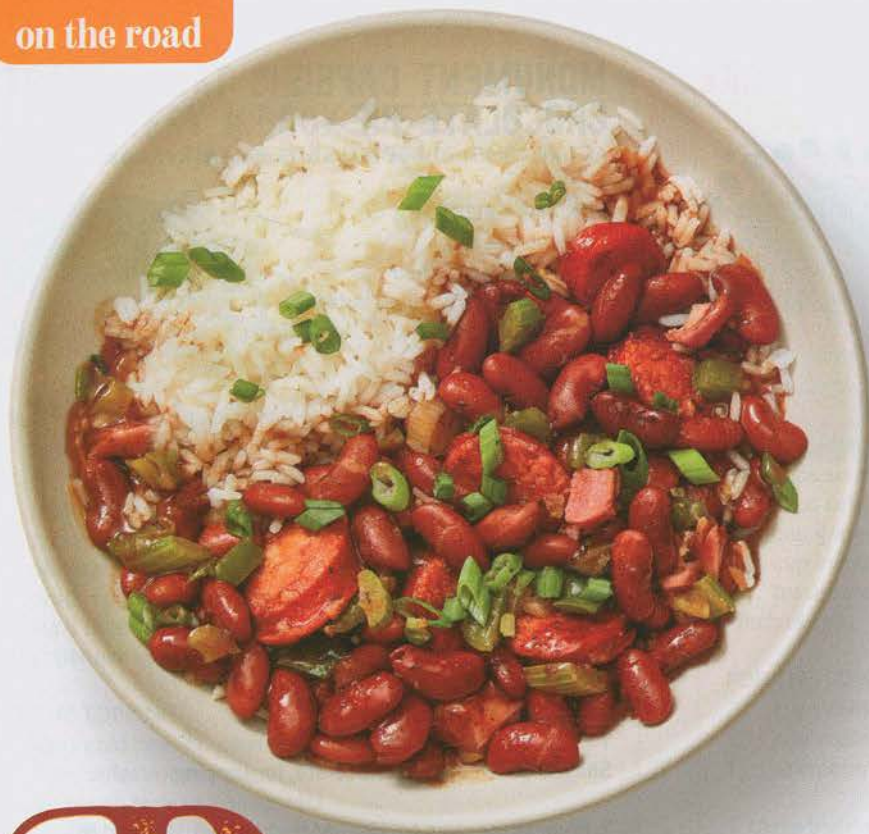
1. Preheat the oven to 350°. Make the crust: Spread the pecans on a baking sheet and bake, stirring once, until lightly browned, about 10 minutes. Let cool.

2. Melt the butter in a medium saucepan, then stir in the brown sugar and toasted pecans. Press the mixture into a 9-inch pie plate. Refrigerate until set, about 1 hour.

3. Make the filling: Bring 1 cup heavy cream to a boil in a medium saucepan. Remove from the heat and add the chocolate chips, unsweetened chocolate and salt. Let sit 5 minutes, then stir until smooth. Transfer to a medium bowl and let cool.

4. Beat the remaining 2 cups heavy cream, the granulated sugar and vanilla in a large bowl with a mixer on medium-high speed until stiff peaks form. Fold into the chocolate mixture. Spread the filling in the crust and refrigerate until set, about 4 hours.

5. Make the topping: Beat the heavy cream, granulated sugar and vanilla in a large bowl with a mixer on medium-high speed until stiff peaks form. Spread over the pie and top with chocolate shavings.



RED BEANS AND RICE

ACTIVE: 45 min | TOTAL: 2 hr 45 min
(plus overnight soaking) | SERVES: 8

- 1 pound dried red beans
- 3 tablespoons extra-virgin olive oil
- 8 ounces andouille sausage, sliced ½ inch thick
- 1 onion, chopped
- 3 scallions, sliced (white and green parts separated)
- 3 stalks celery, chopped
- 1 green bell pepper, chopped
- Kosher salt
- 4 cloves garlic, minced
- 1 smoked ham hock
- 4 fresh bay leaves
- ½ teaspoon cayenne pepper
- ½ teaspoon ground sage
- ½ teaspoon ground thyme
- 2 cups long-grain white rice
- 1 teaspoon apple cider vinegar, plus more to taste
- Hot sauce, for topping

Bean There

Louisiana chefs have cooked up a different kind of competition for March Madness.

While most of the country spends March obsessing over college basketball's Final Four, New Orleans residents are more concerned about who will advance to the "Final Fork" in the city's annual Bean Madness tournament. The point of the competition is to make the best-tasting red beans and rice, and the legume fanatics behind the event, known as the Krewe of Red Beans, do not take the decision lightly: They spend a full month evaluating and narrowing down a pool of entries from dozens of chefs and local restaurants. Last year Ma Momma's House of Cornbread, Chicken, and Waffles nabbed the prize with a family recipe, and (no surprise) the chef has decided to keep the details a secret. In its place, we're offering up our test kitchen's best version. We think it's a winner, too.



1. Put the dried beans in a large bowl or container and cover with water. Soak overnight in the refrigerator. Drain well.
2. Heat the olive oil in a large pot or Dutch oven over medium-high heat. Add the sausage and cook, stirring occasionally, until lightly browned, about 5 minutes. Add the onion, scallion whites, celery, bell pepper and a big pinch of salt. Cook, stirring occasionally, until softened and lightly browned, 5 to 6 minutes. Add the garlic and cook, stirring, until softened, about 1 minute.
3. Add the beans, 8 cups fresh water, the ham hock, bay leaves, cayenne, sage, thyme and 1½ teaspoons salt to the pot. Bring to a boil, reduce to a gentle simmer and cook, stirring occasionally, until the beans are creamy and tender, about 2 hours. Add a few tablespoons water if the beans get too thick.
4. Meanwhile, combine the rice and 3 cups water in a large saucepan and bring to a boil. Reduce the heat to low, cover and cook until the rice is tender and the water is absorbed, about 15 minutes. Remove from the heat and let sit until ready to serve.
5. Remove the ham hock from the beans and pull the meat off the bone. Chop the meat and stir it back into the beans; season with salt. Sprinkle with the vinegar; add more to taste. Divide the rice and beans among bowls; top with the scallion greens and hot sauce.



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