

**food**  
network  
magazine



INA'S  
BERRY  
SHORTCAKES



MARCELA'S  
CHIPOTLE  
SLIDERS



BOBBY'S  
SPICY  
HOME FRIES



Step-by-Step  
Cupcake  
Decorating

# It's a Party!

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everyone  
will love

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TO TRY THIS  
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# SUMMER CALENDAR

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here for easy  
hanging!

TURN  
THE  
PAGE!



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# MORE TASTE IS WORTH ONE MORE CALORIE



**96**  
CAL

**95**  
CAL

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Avg. Analysis (12 fl. oz.) 96 cal, 3.2g carbs, <1g protein, 0.0g fat. Per 12 oz., Michelob Ultra, 95 cal, 2.6g carbs, <1g protein, 0.0g fat.  
Taste Test performed by Institute for Perception, Feb. 2018.

PER 12 FL. OZ.

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MAY 2019

Have fun with  
edible flowers!  
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PHOTO: RALPH SMITH; FOOD STYLIST: ADRIENNE ANDERSON.

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Cover photograph by Ralph Smith  
Food styling: Susan Spungen  
Prop styling: Paola Andrea



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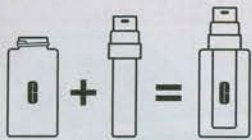
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Get free bonus recipes every week in our subscriber newsletter! Visit [foodnetworkmag.com/signup](http://foodnetworkmag.com/signup).

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Make a cake that tastes like a churro!



# To Your Health

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

## DINNERS UNDER 500 CALORIES



**SHRIMP AND ROASTED VEGETABLE SALAD**  
PAGE 60

CALORIES: 490



**SPICY SICHUAN BEEF STIR-FRY**  
PAGE 62

CALORIES: 480



**GRILLED TANDOORI LAMB CHOPS**  
PAGE 63

CALORIES: 410



**CHICKEN SAUSAGE AND POTATOES**  
PAGE 64

CALORIES: 420



## Looking Good

No need for the fountain of youth: A recent study published by the American Academy of Dermatology found that women who followed a healthy, fruit-filled diet had fewer facial wrinkles, especially compared with women who ate a lot of snacks and red meat. Try the low-cal salmon rice bowl on page 64 for dinner—and have some fruit for dessert!

## Go to Bed!

In a recent review of studies, the American Society for Nutrition found that people who stay up late are more likely to skip breakfast, eat heavily right before bed and consume more fast food—habits that can increase the risk of type 2 diabetes and cardiovascular disease. In contrast, early risers tend to maintain regular meal patterns and eat more fruits and vegetables.



## Max Out Your Greens

Spinach is packed with vitamins and minerals, but you don't always get all those nutrients. A new study published in the journal *Food Chemistry* found that frying and boiling spinach lowered levels of the antioxidant lutein, which has been shown to reduce inflammation. The best lutein levels were achieved when raw spinach leaves were liquefied and combined with dairy fat. Blend spinach in a smoothie or turn it into a pesto—check out the mint-spinach pesto on page 79.



APPLE: KANG KIM; SPINACH: GETTY IMAGES

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# Star Search

Find your favorite Food Network celebs in this issue.

We asked the stars: What is the best food lesson your mom taught you?

"Read your recipe before you start cooking. I didn't do this as a kid—I would get so excited I'd dump everything into a bowl and then my mom would have to help. She was teaching me mise en place [everything in its place] before I ever knew what it was."



**Anne Burrell**  
Worst Cooks in America: Celebrity Edition  
pgs. 24, 96



**Ree Drummond**  
The Pioneer Woman  
pg. 22



**Bobby Flay**  
Beat Bobby Flay; The Flay List; Iron Chef America and Brunch @ Bobby's (both on Cooking Channel)  
pg. 97



**Tyler Florence**  
Worst Cooks in America: Celebrity Edition; The Great Food Truck Race; Bite Club  
pg. 97

"Don't be afraid to season aggressively. Well-seasoned food tastes better."



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



**Jeff Mauro**  
The Kitchen  
pg. 36



**Marcela Valladolid**  
Best Baker in America  
pg. 100



**Molly Yeh**  
Girl Meets Farm  
pg. 32

"Be true to yourself but know your audience. We grew up with huitlacoche, a corn fungus, in quesadillas, but my mom wouldn't serve it to guests who weren't familiar with it."



## KITCHEN MAKEOVER Giveaway!

Create the kitchen of your dreams! You could win \$10,000 to update your space. For more information and to enter, visit [foodnetwork.com/dreamkitchen](http://foodnetwork.com/dreamkitchen).

## Bonus Recipes!

Hey subscribers, you're eligible for free bonus recipes and tips in our weekly newsletter.

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### These Sheet-Pan Tacos Are Done in 30 Minutes!



Pork Tacos with Onions and Peppers

Recipe by [Name]

- 1. Preheat oven to 400°F.
- 2. In a large skillet, cook the pork...
- 3. Add the onions and peppers...
- 4. Season with salt and pepper...
- 5. Transfer the mixture to a sheet pan...
- 6. Bake for 15-20 minutes...
- 7. Top with cheese and toppings...

### Make These Rolls and Your Kitchen Will Smell Like Cinnamon!



Cinnamon Rolls

Recipe by [Name]

- 1. Preheat oven to 350°F.
- 2. In a large bowl, combine the flour...
- 3. Add the yeast and sugar...
- 4. Knead the dough for 10 minutes...
- 5. Roll out the dough on a floured surface...
- 6. Spread the cinnamon filling...
- 7. Roll up the dough and slice into rolls...
- 8. Bake for 20-25 minutes...

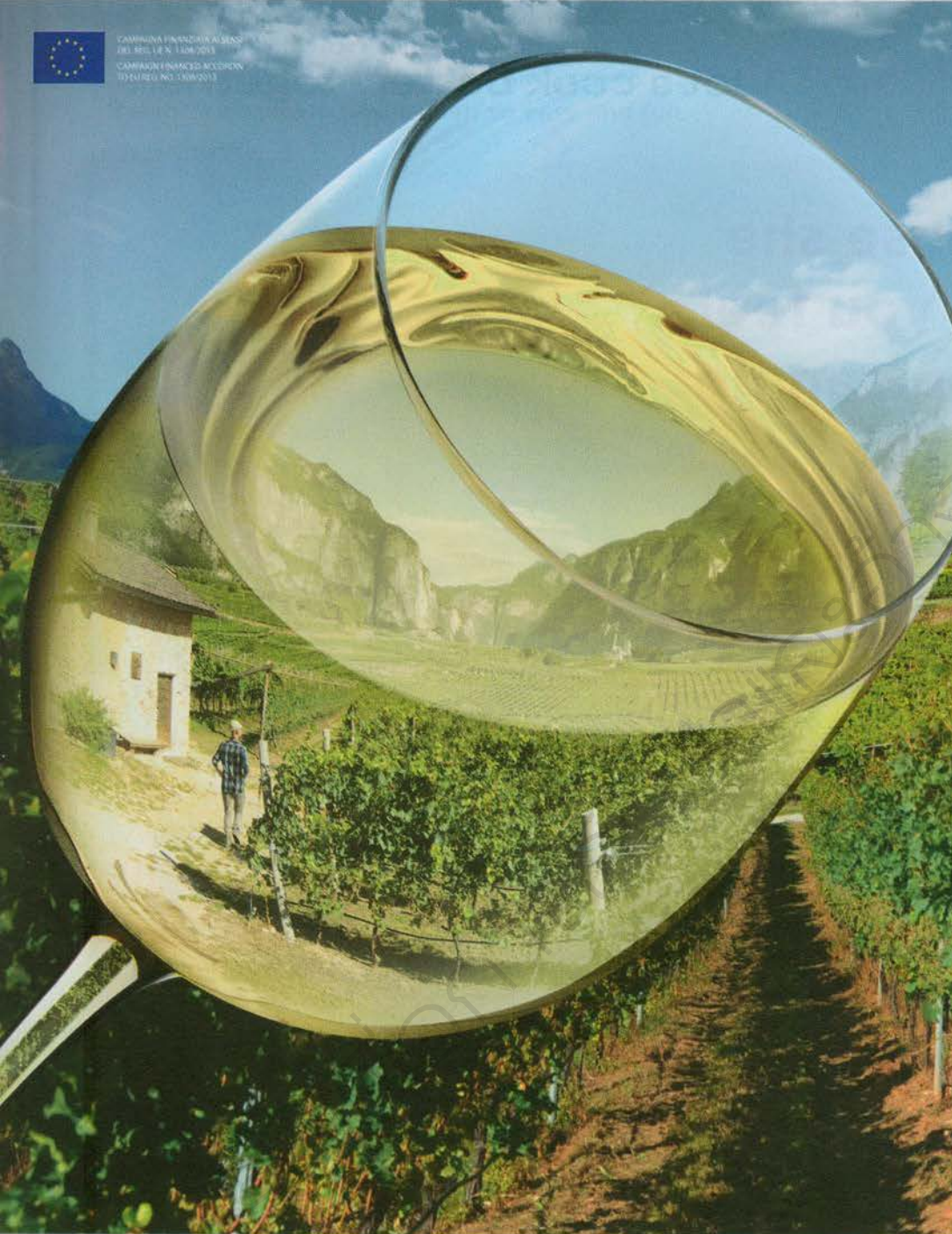
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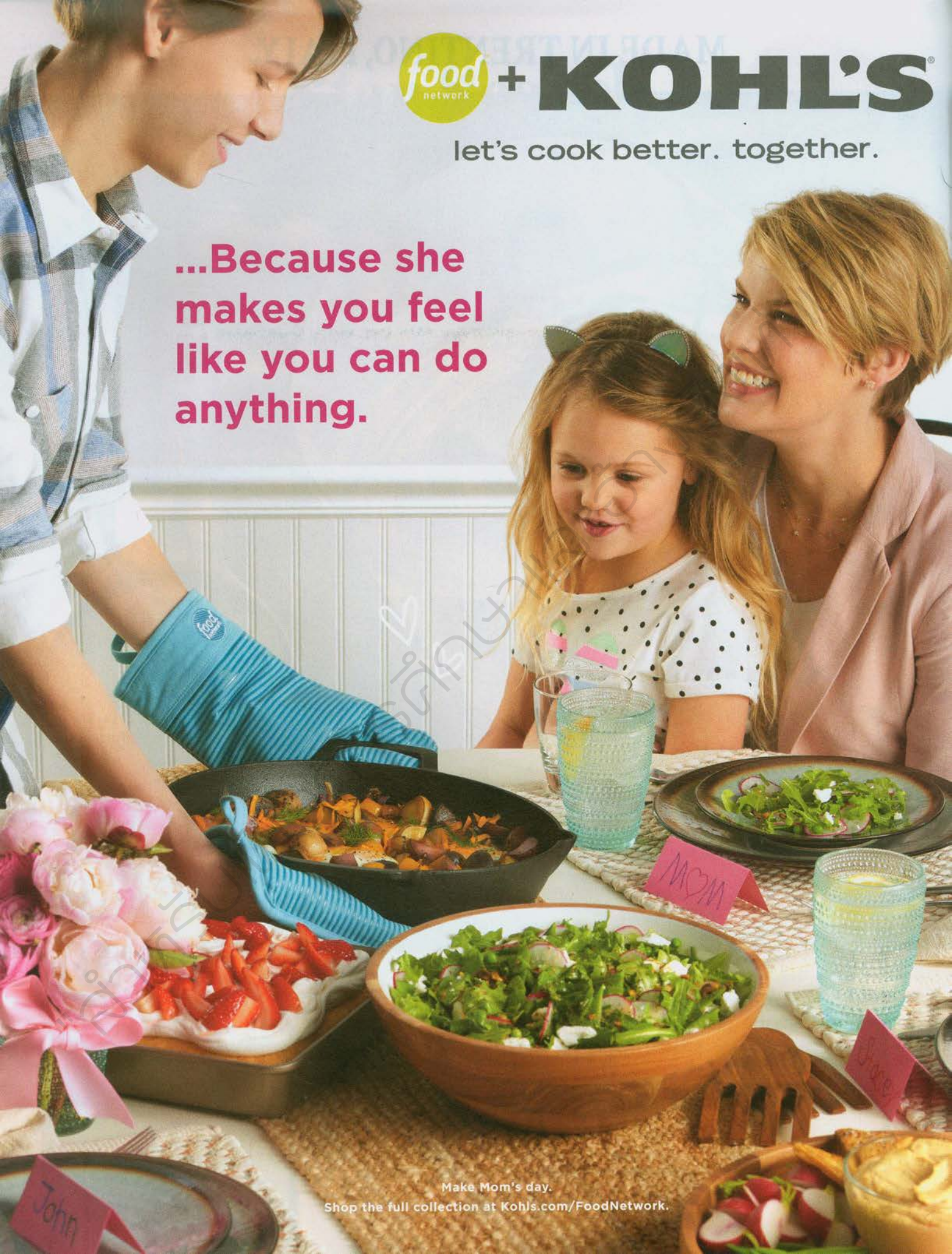
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Together we have everything you need to pull off an unforgettable Mother's Day brunch (including recipes she'll love). From bakeware that doubles as serveware to pans that go from oven to table, celebrations have never been so easy and fun.

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### Chicken Sausage Hash and Eggs



#### Preseasoned Cast Iron Skillet

Spend less time in the kitchen this Mother's Day with a pan that goes from oven to table.

### Arugula and Pea Salad with Lemon Poppy Vinaigrette



#### Acacia Salad Bowl

Made of super-durable acacia wood, you can go from prep to serving in a snap.



### Vanilla Cake with Strawberries



#### Textured Bakeware

Homemade cakes look even prettier when they're served in this textured pan.



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## Chicken Sausage Hash and Eggs

3 tablespoons extra-virgin olive oil  
 1½ pounds mixed baby potatoes, cut into ½-inch chunks  
 1 red onion, chopped  
 1 yellow bell pepper, chopped  
 Kosher salt and freshly ground black pepper  
 One 12-ounce package smoked chicken and apple sausage, cut into ½-inch chunks  
 1 bunch scallions, chopped  
 8 large eggs  
 1 cup grated mild yellow cheddar  
 ¼ cup coarsely chopped fresh dill  
 Hot sauce, for serving

Preheat the oven to 375°F.

Heat the oil in a **Food Network 13-inch preseasoned cast iron skillet** over medium heat. Add the potatoes and toss to coat. Cook, tossing occasionally, until the potatoes are crisp, browned and almost tender, 8 to 10 minutes.

Add the onions and peppers and season with salt and pepper. Cook, tossing occasionally, until the vegetables are softened, about 4 minutes. Add the sausage and cook until lightly browned, 4 to 6 minutes. Stir in the scallions.

Flatten the hash into an even layer. Use the back of a spoon to make 8 shallow indentations and crack an egg into each. Sprinkle the eggs with salt and pepper. Sprinkle the cheddar over all. Bake until the egg whites are set and the yolks are done to your liking, 8 to 12 minutes.

Sprinkle the dill over the top. Serve with a drizzle of hot sauce.

**Yield: 6 to 8 servings**

**Active Time: 25 minutes**

**Total Time: 35 minutes**

Preseasoned Cast Iron Skillet



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## Arugula and Pea Salad with Lemon Poppy Vinaigrette

2 tablespoons lemon juice  
 1 teaspoon honey mustard  
 ¼ cup extra-virgin olive oil  
 1½ teaspoons poppy seeds  
 Kosher salt and freshly ground black pepper  
 One 5-ounce package baby arugula  
 ½ cup coarsely chopped chives  
 ½ cup frozen baby peas, thawed  
 ½ cup sliced snow peas  
 4 radishes, thinly sliced  
 1 cup pea shoots, optional  
 1 cup crumbled fresh goat cheese  
 ½ cup coarsely chopped toasted pistachios

Whisk together the lemon juice and honey mustard in a medium bowl. Whisk in the oil to make a smooth dressing. Stir in the poppy seeds. Season with salt and pepper.

Combine the arugula, chives, peas, snow peas, radishes and pea shoots, if using, in a **Food Network acacia salad bowl** with tongs. Season with salt and pepper. Drizzle with the dressing and toss. Sprinkle with the goat cheese and pistachios.

**Yield: 6 to 8 servings**

**Active Time: 15 minutes**

**Total Time: 15 minutes**

Acacia Salad Bowl



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## Vanilla Cake with Strawberries

### Strawberries:

1 quart strawberries, cut into chunks  
 ¼ cup sugar  
 2 teaspoons lemon juice

### Cake:

1 stick unsalted butter, at room temperature, plus more for the pan  
 2¾ cups all-purpose flour  
 2 tablespoons cornstarch  
 2 teaspoons baking powder  
 ½ teaspoon fine salt  
 ¼ teaspoon baking soda  
 1½ cups milk  
 2 teaspoons lemon zest plus  
 1 tablespoon lemon juice  
 2 teaspoons pure vanilla extract  
 1¾ cups sugar  
 ½ cup vegetable oil  
 4 large eggs  
 3 cups sweetened whipped cream

For the strawberries: Combine the strawberries, sugar and lemon juice in a medium bowl; set aside while you make the cake.

For the cake: Preheat the oven to 350°F. Butter a **Food Network textured bakeware 9x13-inch cake pan**. Stir together the flour, cornstarch, baking powder, salt and baking soda in a medium bowl. Combine the milk, lemon zest and juice and vanilla in a measuring cup.

Beat the sugar, oil and butter in a large bowl with an electric mixer on medium-high speed until fluffy, about 5 minutes. Add the eggs one at a time and beat until thick, about 3 minutes. Reduce the speed to medium-low; add the flour mixture in 3 batches, alternating with the milk mixture. Beat just until smooth. Spread into the prepared pan and bake until a cake tester comes out clean, about 35 minutes. Cool.

To serve: Drain the strawberries, reserving their juices. Brush the cake with the juices. Spread the whipped cream over the cake. Top with the strawberries.

**Yield: 8 servings**

**Active Time: 25 minutes**

**Total Time: 1 hour 45 minutes**

Textured Bakeware



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# Go for a Dip!

Fun fact about our magazine: When we put the word “dip” on the cover, people are more inclined to pick up the issue than when we use the word “appetizer.” We know this because a team of researchers studied five years’ worth of *Food Network Magazine* covers and gave us all sorts of fascinating nuggets of information. Did you know, for example, that you usually prefer seeing food without garnishes? (Unless the garnish is cheese, in which case, bring it on.) There’s also evidence that you don’t like kale as much as you say you do because our kale soup cover was one of the worst-selling issues of all time. Dips, though—those are guaranteed crowd-pleasers, as long as we call them “dips” or “party food” or “snacks” instead of fussy-sounding “appetizers.”

The guacamole on this cover is just one of 50 dips our test kitchen chefs created for the recipe booklet on page 94. I for one will save the story for future reference because I cheat mercilessly when I’m in charge of apps. I use premade tart shells. I buy precut veggies. I serve store-bought dips and pretend I made them myself. I’ve found that if I’m willing to do some sort of work on a veggie platter, like roasting the carrots, everyone assumes I also made the dip. I’ve been serving roasted carrots with Marie’s chipotle ranch dressing—that jarred stuff in the produce

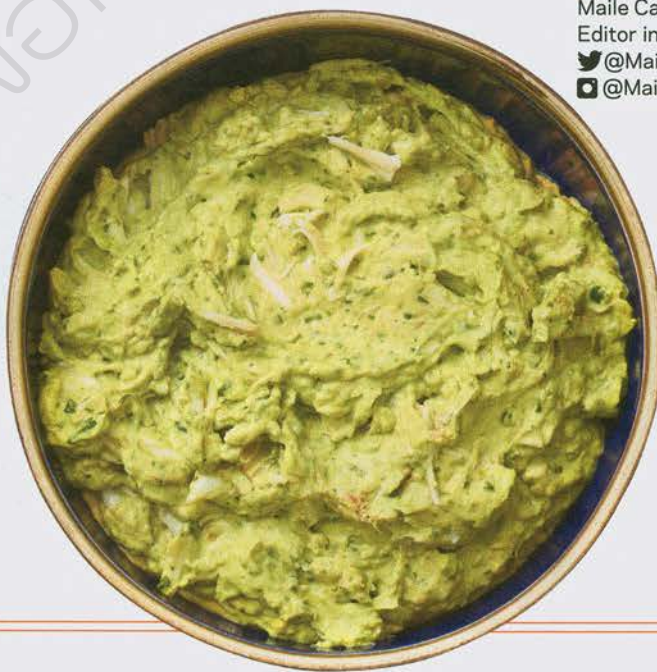
section—for years. (Exhibit A, below: my dad with said carrots and secret sauce at a party last year.) You wouldn’t believe how many people have asked me how I made the dip. If they’re cool, I tell them; if not, I say, “It’s an old recipe,” then I run back to the kitchen like I have to grab something.

Whether you make it or buy it, serving a dip is the surest way to turn a gathering into a party. Like we say on the cover, “It’s a Party!” And by the way, we weren’t supposed to use that exclamation point. The researchers told us that the punctuation makes people stop right there (!) instead of reading on. We ignored the advice this time: Leaving off the exclamation point would be like saying, “We’re having a party if you feel like coming, but whatever, you don’t have to.” And that’s not right at all. We’re having a party!



*Maile*

Maile Carpenter  
 Editor in Chief  
 @MaileCarpenter  
 @Maile\_FNMag



PORTRAITS: TRAVIS HUGGETT; FOOD PHOTOS: RALPH SMITH; FOOD STYLING: CYD RAFTUS; MCDOWELL; PROP STYLING: PAOLA ANDREA.

# May

SUN

MON

TUE

WED

THU

FRI

SAT



**1**  
Happy May Day! Make strawberries and cream with a spring twist: Add a splash of rosewater to the whipped cream.



**4**  
Serve Hot Brown crostini for the Kentucky Derby: Top crostini with tomatoes, sliced turkey, Alfredo sauce and bacon. Bake until warm.

**5**  
Bake some pico de gallo poppers for Cinco de Mayo. Fill hollowed-out jalapeños with cream cheese, pico de gallo and cheddar. Bake at 400°, 20 minutes.

**6**  
It's Teacher Appreciation Week. Have kids bring homemade cookies to school and label them "smart cookies"!



**8**



**9**  
Rhubarb is at its peak! Turn it into a yogurt topping: Simmer 4 cups chopped rhubarb with ½ cup sugar and a splash of vanilla until soft, 7 minutes. Let cool.

**10**  
Try a new app for happy hour: Top refrigerated pizza dough with sliced zucchini, salami and provolone. Bake as directed.



**11**

**12**  
Happy Mother's Day! Make Mom a gift in a jar: Simmer 3 cups each dried apricots and sugar with 1½ cups water and a split vanilla bean. Let cool.



**13**  
Treat yourself to a fancy bakery dessert tonight while you catch the premiere of *Best Baker in America* at 9 p.m. ET.



**15**  
The Eiffel Tower opened to the public today in 1889. Eat like a Parisian: Top crescent dough with mini chocolate chips. Roll up and bake as directed.

**16**  
SpaghettiOs were introduced 54 years ago today. Make your own version: Toss anelli (ring-shaped pasta) with tomato sauce.



**17**

**18**  
The Memphis in May barbecue cooking contest wraps up today. Get in the spirit: Grill corn and coat with butter and barbecue seasoning.



**19**  
Happy Anniversary, Meghan and Harry! Make a treat inspired by their wedding cake. Top pound cake with elderflower syrup and sprinkle with lemon zest.



**20**

**21**  
One month until summer begins! Get ready with a frozen treat: Halve a lemon and scoop out the flesh. Serve lemon sorbet inside the peel.

**22**  
Try a hump day smoothie: Blend ½ cup milk, 1 banana, 2 teaspoons each instant coffee and cocoa powder and 1 cup ice.



**23**

**24**  
Fish Friday! Try this easy lunch: Mix miso paste with softened butter. Spread on pumpernickel toast and top with smoked salmon and scallions.



**25**

**26**

**27**  
Fire up a quick dessert for a Memorial Day cookout: Halve peaches and brush with maple syrup. Grill until marked.



**28**

**29**

**30**

**31**  
Dr. John Harvey Kellogg filed for a patent for flaked cereal today in 1895. Mix cornflakes with melted chocolate; spoon into clusters.



HOT BROWN, CROSTINI, CROISSANT AND LEMON; RALPH SMITH; FOOD STYLING; BARRETT; WASHBURNE; PICO DE GALLO POPPERS AND SMOOTHIE; RYAN DAUSCH; STRAWBERRIES, COOKIES, CROISSANT, LEMON, LADDER, DE ACHIE, AND CHOCOLATE CLUSTERS; GETTY IMAGES; PHILIP RAY; SIRSIS; PIZZA; RAI; PH SMITH; APRICOTS; CORN; KATE SEARS; TOAST; LEVI BROWN.



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# in the know

## The Pitfall of Avocados

Our obsession with avocados has become downright dangerous: The more we pit, the more we hurt ourselves. "Kitchen injuries go hand in hand with food trends," says Dr. Vishal Thanik, a hand plastic surgeon at NYU Langone Health. Dr. Thanik now sees three to four patients a month who have wounded themselves trying to pit the fruit. "Avocado hand," as doctors are calling it, can be a particularly serious cooking mishap, he says. Take a safer approach: Use one hand to steady the avocado on a board while you cut it in half lengthwise. Twist to separate the halves, then scoop out the pit with a spoon.

Careful getting this guy out!

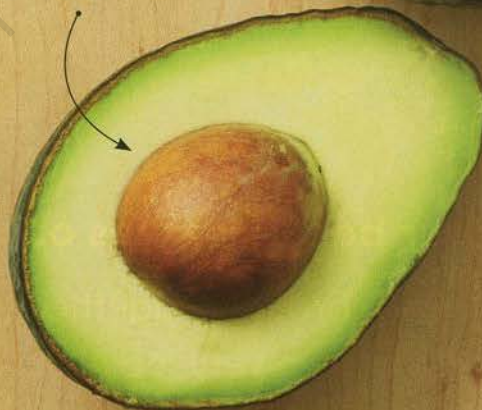


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**Häagen-Dazs**

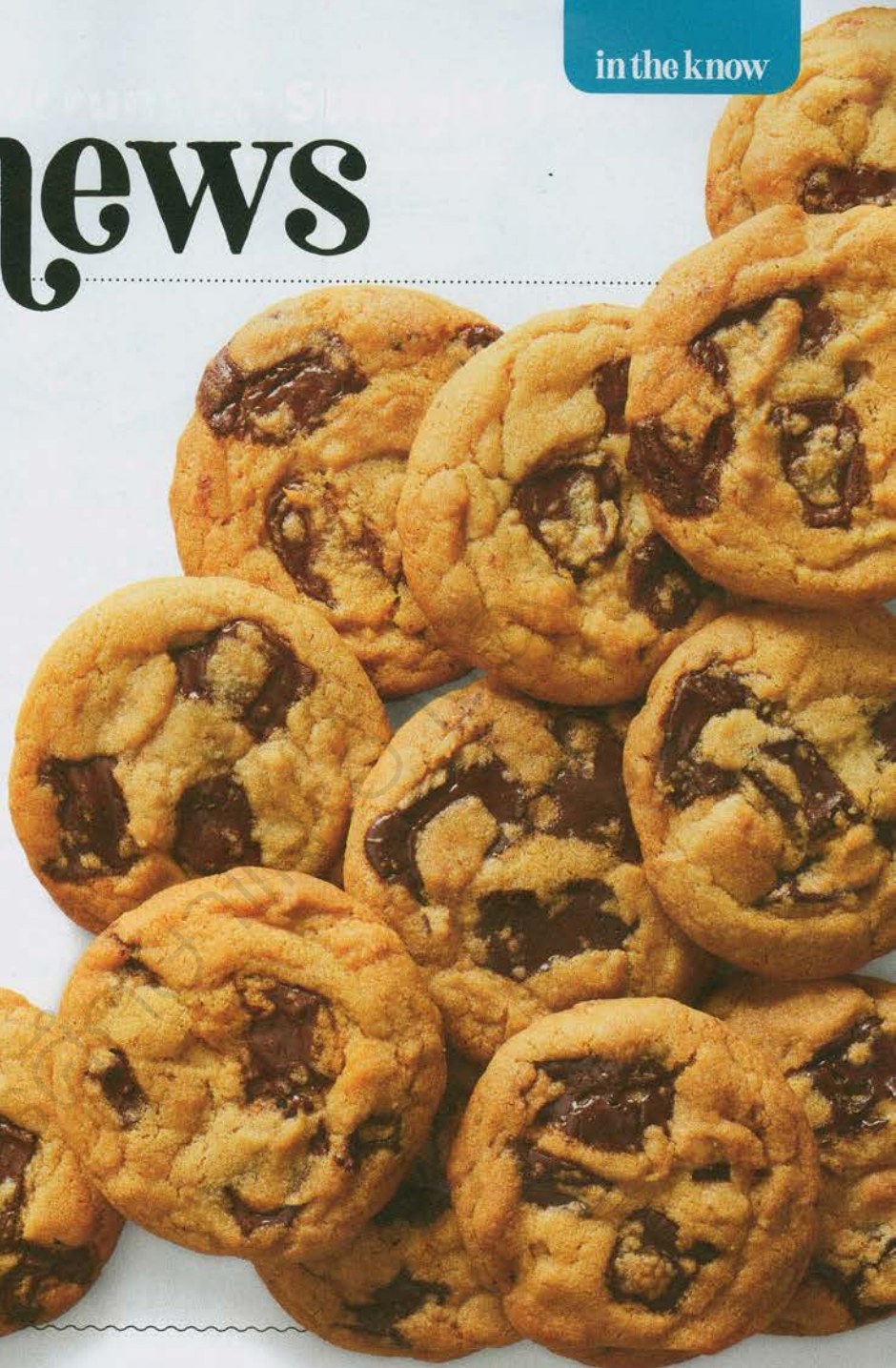


# food news

## Smell while you shop!

In a new study, grocery shoppers who were surrounded by the aroma of chocolate chip cookies for more than two minutes ended up buying healthier foods like salmon and vegetables compared with those exposed to a strawberry scent or no smell at all. Why? The brain's reward center doesn't distinguish between smell and taste, so a whiff of your favorite treats can be just as satisfying as a bite!

SOURCE: JOURNAL OF MARKETING RESEARCH



## These sugar cubes make magic.

Add a Luxe Mini Champagne Cube to a glass of bubbly and you'll have an instant mimosa or Bellini for Mother's Day. As the cube dissolves, bits of dried peach, raspberry or strawberry float to the top of the drink.

Mimosa Bar Kit, \$30 for 18 cubes; [teaspressa.com](http://teaspressa.com)



## YOU'RE INVITED TO DINNER AT JOHNNY CASH'S PLACE!

Johnny Cash and June Carter Cash were famous for more than just music: The couple was also known for throwing fabulous dinner parties. A new restaurant inspired by these gatherings is scheduled to open this month in Nashville. Johnny Cash's Kitchen and Saloon, adjacent to the Johnny Cash Museum downtown, will have a menu full of Carter-Cash family favorites and a second floor modeled after the living room of their Hendersonville, TN, house, complete with a 13-foot-tall fireplace. [cashkitchenandsaloon.com](http://cashkitchenandsaloon.com)





## HAPPY HOUR... ONLY COOLER

Break out some ice cream for your next cocktail party: Häagen-Dazs's newest flavors are spiked with beer, Irish cream, bourbon and rum. You won't get too much of a buzz—each pint contains less than .5 percent alcohol, so no ID required.

\$5; grocery stores nationwide



## Tricked into a Higher Tip

If you suddenly feel extra generous tipping at a restaurant, take a close look at your surroundings. In a recent experiment, diners who got their bill in a gold folder tipped nearly 22 percent on average, while those who received a standard black one left less than 19 percent. Gold tablecloths (versus white) had a similar effect.

SOURCE: JOURNAL OF THE ACADEMY OF MARKETING SCIENCE

## DO YOU COOK AS A COUPLE?

In a new study, nearly 70 percent of millennials in a relationship said they prefer preparing dinner with their partner rather than cooking alone. Older participants (65 and up) weren't quite as romantic—almost half who are married or have a partner said they'd rather cook solo!

SOURCE: NIELSEN AND PLATED

New on the Shelf

## The Pioneer Woman Has New Dog Treats!

Ree Drummond shares her Oklahoma ranch with four basset hounds, two yellow Labs and a German shepherd, so we weren't surprised to hear that she has created a line of dog treats. The snacks aren't too different from what the Pioneer Woman cooks up for her human family: They include shortcake biscuits, chicken parm bites and blueberry waffles.

From \$5; Walmart stores nationwide



# iPhone XS now runs on Straight Talk.

With the amazing new camera, your "likes" record is about to get crushed.



**UNLIMITED**  
TALK, TEXT AND DATA  
25GB UP TO 4G LTE<sup>†</sup> THEN 2G  
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**Straight**  
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wireless

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**Walmart** 

\*Up to 50% is based on a comparison of the monthly cost of the \$45 Straight Talk Service Plan and the monthly cost for a single line on a comparable no-contract plan with unlimited talk, text and data on the top two carriers. Excludes taxes, fees, autopay discounts and limited time pricing. Source: Competitor websites, January 2019. <sup>†</sup>Actual availability, coverage and speed may vary. LTE is a trademark of ETSI. A month equals 30 days. \*See terms and conditions at StraightTalk.com.

# Star Diary

See why Anne Burrell makes turkey burgers at 9 a.m.—and what she thinks about whale meat.



Catch Anne on *Worst Cooks in America: Celebrity Edition* on Sundays at 9 p.m. ET.

**7:30 a.m.** I wake up and eat breakfast. I'm not a morning person! I'm always getting ready with one hand and eating something with the other. Today it's Siggis's blueberry skyr. I learned about skyr on a recent trip to Iceland. I pretend it's a bacon, egg and cheese sandwich, which is what I wish I was eating.



**8 a.m.** I take a car to the set of NBC's *Today* show to demo my Killer Turkey Burgers; I make them with Asian ingredients like soy sauce and water chestnuts. I came up with the recipe years ago while visiting my family.



**8:30 a.m.** I get my makeup done (I always do my own hair) and sip some water in the green room. I skip the tiny

Danishes and bagels because, knowing me, I would drop something on myself right before I go on the air!

**9:30 a.m.** I do my demo live with the morning anchors: Al Roker, Craig Melvin, Dylan Dreyer and Sheinelle Jones. Al said it was the best turkey burger he ever had! He ate his between two pieces of lettuce.



**10 a.m.** I go home to get some work done. I make my bed, answer e-mails and take a 20-minute disco nap. Then I change for my next interview, with Sara Gore and Jacque Reid from *New York Live*, a local news and entertainment TV show.

**12:30 p.m.** I head back to 30 Rockefeller Plaza for the 1 p.m. taping. Sara, Jacque and I talk about the new season of *Worst Cooks in America* and all the crazy things I ate in Iceland, including puffin, horse, whale, reindeer and fermented shark. I wouldn't order any of those dishes regularly, but isn't the point of traveling to try new things?

**2 p.m.**

After the show, I stop at the Godiva store in 30 Rock and get a hot cocoa with skim milk. I don't drink coffee, but it's cold out and I want a little treat.



**3 p.m.**

I meet with my public relations team at my apartment to discuss some social-media cooking demos and video shoots for Food Network. For lunch I make myself a salad from my fridge with leftover braised chicken thighs, which I pull apart, plus chickpeas, arugula, grape tomatoes and cucumbers. I top it with this homemade dressing that I always have around: soy sauce, balsamic vinegar, red wine vinegar, sherry vinegar, brown mustard and some smashed garlic.



**7:30 p.m.** I go to dinner with a friend at The Woo in SoHo, which serves upscale Korean barbecue. I've been on this Korean barbecue kick lately; I'm craving kimchi all the time. We order pork buns, bulgogi on the grill, bibimbap with beef and kimchi stew. We also get a couple of Far Eastside cocktails, which is the restaurant's spin on an Eastside. It's lemony, yummy deliciousness. They serve them straight up, but I drink mine on the rocks because I'm a big fan of ice.



**9:30 p.m.** I go home and watch a few episodes of *Ray Donovan* and snuggle with my kitties, Nancy and Marsha. I don't do dessert—I keep Halo Top around because it scratches the ice cream itch, but I don't eat it a lot. I'm on TV, so mama needs to keep things tight!

## What Gets Anne Through the Day



**Benefit Hoola Matte bronzer**  
"I love this because I can never be bronzed enough!"  
\$30; [benefitcosmetics.com](http://benefitcosmetics.com)



**Vans slip-on sneakers**  
"I have a million pairs of Adidas, Converse and Vans. I love the slip-ons—mine are red-and-white checkered because I'm on the red team on *Worst Cooks*."  
\$50; [vans.com](http://vans.com)



**Blistex Lip Medex**  
"I don't go anywhere without this lip balm."  
From \$1; [amazon.com](http://amazon.com)



**LaCroix sparkling water**  
"I drink this like it's my job and always keep the tangerine or apricot flavor around."  
\$5.29 for 12; [lacroixwater.com](http://lacroixwater.com) for stores

WHAT IF THE MOST  
POWERFUL RAV4  
WAS A  
HYBRID?



**RAV4 Hybrid**

The all-new RAV4 Hybrid is more than ready to blow past the competition. With head-turning style and breakaway speed, it's going to change the way you think of a hybrid. **Let's Go Places.**

The all-new RAV4 Hybrid has the most horsepower and torque, compared to RAV4 gas models. Prototype shown with options. ©2019 Toyota Motor Sales, U.S.A., Inc.



# a gift for mom.

(Sorry we opened it)

# Make Mom's Day

Find a gift for Mom that perfectly fits her style!



Black & White



Gold



Rainbow



Floral

## Rainbow



**\$38**

### Leather Coasters

Each one is covered with hand-painted swirls. [lillianf.com](http://lillianf.com)

**\$34**

### Party On Ice Bucket

Get Mom ready for summer hosting with this cool ice bucket. [bando.com](http://bando.com)



**\$36**

### Pom Insulated Cooler Tote by Blush

This trendy bag has a secret: an insulated liner that keeps drinks cold. [twineliving.com](http://twineliving.com)



**\$18**

### Confetti Popsicle Hand Towel

Drape this over an oven handle for a pop of color. [kailoichic.com](http://kailoichic.com)

**\$40**

### Rainbow Tumblers

The base of these acrylic glasses refracts light, making them look iridescent. [store.moma.org](http://store.moma.org)



**\$35**

### Rainbow Fish Cutting Board

This board is so pretty, it can stay out on the counter. [denydesigns.com](http://denydesigns.com)



## Black & White



**\$44**

### Black Zig Zag Ikat Cocktail Napkins

This gift also does good: Sales benefit female artisans in India. For four, [rusticloom.com](http://rusticloom.com)



**\$47**

### Räsymatto Apron

Messy kitchen prep is no match for this heavy-duty apron. [marimekko.com](http://marimekko.com)

**\$38**

### Thick Stripe Vase

Upgrade a Mother's Day bouquet by placing it in this stripy vase. [poketo.com](http://poketo.com)



**\$54**

### Seaside Picnic Blanket

This blanket comes with a leather carrier so it's easy to tote around. [truebrands.com](http://truebrands.com)



**\$75**

### Toppu Tray

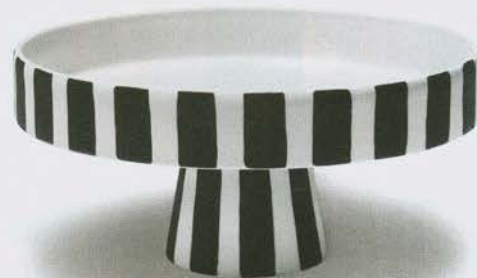
Moms who bake will love this modern stand. [industrywest.com](http://industrywest.com)



**\$43**

### Enameled Metal Bread Box

A vintage-inspired bread box adds instant charm to any countertop. [themercantile.com](http://themercantile.com)





*Jimmy Dean* ONCE SAID:

“SAUSAGE

IS A GREAT DEAL LIKE

LIFE



YOU GET OUT OF IT

— *what you* —

PUT INTO IT.”

*Jimmy Dean*



TODAY'S YOUR  
DAY TO  
*Shine on*

Gold

\$17

Opalhouse Garden Tools

These luxe-looking tools have faux-leather tassels. [target.com](http://target.com)



\$20

Greta Porcelain Cruets

Add art deco style to any table with these porcelain cruets. [cb2.com](http://cb2.com)



\$50

French Press

This coffee maker will glam up Mom's morning routine. [crateandbarrel.com](http://crateandbarrel.com)



\$30

Champagne Finish Cheese Markers

With these markers Mom can distinguish gouda from gruyère. [potterybarn.com](http://potterybarn.com)



\$37

Viski Stainless Wine Glasses

Even a cheap bottle of red would feel fancy in these gold-plated stemless glasses. [hayneedle.com](http://hayneedle.com)



\$48

Fortune Cookie Necklace

Fit a tiny paper fortune—or just a sweet note—inside this locket. [dawningcollective.com](http://dawningcollective.com)



Floral

\$40

Rosie Floral Enamel Tea Kettle

This pretty kettle makes tea for two even sweeter. [worldmarket.com](http://worldmarket.com)



\$13

The Pioneer Woman Floral Tumbler

This cheerful cup keeps drinks cold or hot. [walmart.com](http://walmart.com)



\$32

Spring's Eden Ceramic Flower Candle

The lid of this candle makes it look like a sculpture. [anthropologie.com](http://anthropologie.com)



\$50

Floral Rim Cake Stand

The edge of this stand is decorated with an original watercolor design. [potterybarn.com](http://potterybarn.com)



\$20

Statement Floral Platter

Fill this porcelain platter with baked goods for Mom. [pier1.com](http://pier1.com)

\$44

Meadow Flower Carafe and Tumbler

This painted glass set is just as delicate as it appears. [lauraashleyusa.com](http://lauraashleyusa.com)





# Thai Rice... Gluten Free

*Gluten-free food is a major trend among the health conscious. When you consume Thai rice products, you can always be sure that there is no gluten.*

Thai rice is the ultimate grain. It's full of health benefits and nutritional values. Contained in every grain are carbohydrates, proteins, vitamins and minerals that the body need. There are also therapeutic properties, including being gluten-free which cater to the needs of modern day, health conscious consumers, including being naturally gluten-free.



*#HealthBenefits*

**Gluten** is a type of protein found in wheat, barley, rye, and oat. It is therefore commonly found in products made from these grains such as bread, pie, cake, donut, pasta, and pizza.

A large number of people in Western countries are suffering from celiac disease, which makes them extremely sensitive to gluten; however, research points out that people in Asia are increasingly more likely to suffer from the same condition. People who have to live with celiac disease cannot consume even any gluten because it gives them intestinal inflammation, bloating, diarrhea, nausea, vomiting, and numbness in their arms and legs.

*#CeliacDisease*

Anyone can suffer from celiac disease. Even if you currently have no symptoms, your digestive system could suddenly develop an aversion to gluten regardless of your age or gender. Even doctors have not been able to pinpoint the exact cause. There is currently no cure for celiac disease, but patients can get by with avoiding gluten. It is best to read the label thoroughly to make sure that your food product is absolutely gluten-free.

Currently, more and more food operators and chefs are turning to Thai rice flour as a substitute for wheat flour because of increased demand for gluten-free foods among the health conscious in Thailand and all around the world.

Think Gluten-Free Foods.  
**Think Thai Rice.**

Think RICE  
Think THAILAND



the  
**Chickens**  
came first

If you go through as many eggs as Molly Yeh does, you might want to get your own chicken coop.

Right after *Girl Meets Farm* star Molly Yeh married her longtime boyfriend, Nick, the couple made another big commitment: They got chickens. Molly and Nick, who live on his family's sugar beet farm in Minnesota, registered for the birds and before long they received a box full of chirping little chicks. "We always knew that we wanted chickens," Molly says. "We love fresh eggs, and chickens are so cute and goofy." They kept the baby chicks warm and cozy inside while they turned a playhouse in their yard into a full-blown coop, equipped with heat lamps and heated feed bowls so that the water won't freeze during the winter. Molly wanted to name each chicken after a different author, but they were a little hard to tell apart, so she decided to call all 12 of them Macaroni. The chickens don't seem to mind: Once summer rolls around they produce about 10 eggs a day. "Whenever the eggs start to pile up, I know it's time to think of a new cake recipe to test," Molly says. Turn the page for one of her favorite egg dishes.



Left: Molly and Nick at the family farm. Below: Molly collecting eggs from the coop in the morning.



## Want Chickens?

Here's how to get started.

### First, Is It Legal?

Before you proceed, make sure your town or zoning board allows you to keep chickens. Many cities have guidelines for how many chickens you can have, waste disposal and how far the coop must be from property lines.

### Gear Up

You'll need this equipment:



**Brooder box:** When the chicks arrive, they'll need to be kept in their own little pen, stocked with water, food and a heat lamp for the first six weeks.



**Coop:** You'll need a weatherproof spot outdoors outfitted with wood beams for roosting and nesting boxes for laying. Install one box for every five chickens and fill them with pine shavings or clean straw to cushion the eggs.



**Water and food:** Start with a simple, inexpensive waterer from a pet store and store-bought feed, occasionally supplemented with fruits and veggies. Don't leave food out overnight—it can attract rodents.



**Wire fencing:** You'll need a fence around the coop to keep predators at bay. Fencing should extend at least one foot into the ground so burrowing animals can't get through.



**Heat:** To keep the coop warm year-round, try a 250-watt infrared heat lamp. Position it carefully; it can be a fire hazard.

### Pick Your Chicks

Read up on breeds to figure out which ones will thrive where you live. Some chickens are big egg layers; some are calm and friendly; some, like Molly's, fare well in cold weather. You can find chicks at a farm-supply store or from online sources like Murray McMurray Hatchery in Iowa. [mcmurrayhatchery.com](http://mcmurrayhatchery.com)

### Raise Them Right!

Being a parent of chickens comes with daily obligations, including feeding, cleaning up waste, collecting eggs and making sure the chickens are safe from predators. If you go on vacation, you'll need a sitter!



## EGGS BENEDICT SALAD WITH DILL HOLLANDAISE DRESSING

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

### FOR THE CROUTONS AND SALAD

- 2 thick English muffins, chopped into cubes
- 6 slices Canadian bacon (about 4 ounces)
- 4 large eggs
- 8 ounces mixed greens (about 12 cups)
- $\frac{3}{4}$  red onion, thinly sliced
- Kosher salt and freshly ground pepper

### FOR THE HOLLANDAISE DRESSING

- 1 large egg yolk
- 1 tablespoon fresh lemon juice
- 4 tablespoons unsalted butter, melted
- $\frac{3}{4}$  cup extra-virgin olive oil
- 1 sprig fresh dill, leaves chopped
- Kosher salt and freshly ground pepper

1. Make the croutons: Preheat the oven to 400°. Spread out the English muffin cubes on a baking sheet and bake for 15 minutes or so, until they reach your desired crispiness.
2. Cook the Canadian bacon in a large skillet over medium-high heat until browned, about 6 minutes per side; remove from the skillet and chop into  $\frac{1}{2}$ -inch pieces.
3. Bring a large pot of water to a boil. Carefully add the eggs and cook for 7 minutes. Transfer them to an ice bath to cool, then peel them.
4. Make the salad: Place the greens, red onion, croutons, bacon and eggs on a platter or individual plates. Slice the eggs in half and place on top. Sprinkle everything with salt and pepper.
5. Make the dressing: Whisk the egg yolk and lemon juice in a large bowl, then gradually drizzle in the melted butter and olive oil, whisking constantly until thickened and smooth. Stir in the dill and season with salt and pepper. Dress the salad to your liking!



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\*Stouffer's Lasagna with Meat & Sauce has 2x the Beef of Stouffer's Lasagna Italiano, the leading national frozen meat sauce lasagna based on total sales L52W/E 12/01/18.

in the know

# Star Kitchen

Jeff Mauro shows us around his new Chicago home kitchen.

When Jeff Mauro first saw this house in Chicago last year, he was pretty sure he'd found his next home. "It's built for three!" says *The Kitchen* cohost. There were three nooks in the mudroom and three spaces at the kitchen island—a perfect fit for him, his wife, Sarah, and their 10-year-old son, Lorenzo. Although the kitchen already had high-end appliances like a Wolf stove and Sub-Zero fridge, it needed work: The decor was plain and uninspired. Jeff and Sarah painted the butler's pantry pink and the window trim black and installed striking gold pendants over the island. It was a high-priority upgrade because the Mauros spend most of their free time in the kitchen, and nearly every night they eat dinner at the island: Jeff cooks Lorenzo's favorite meals, like cheeseburgers and meatloaf, and Sarah does the dishes. The setup is almost too good to be true, Jeff says. "When I'm prepping on that island and pumping music, I have to pinch myself."

## Grandma's scrapbook

After Jeff's grandmother passed away in 2017, Jeff's mom gave him a scrapbook that his grandmother made of his press clippings. "Nobody keeps stuff like this anymore," Jeff says. "It's a reminder of where I came from and my journey so far."





### Red cookware

Jeff's family gave him and Sarah this collection of red Le Creuset for their wedding 13 years ago. The pieces came from an outlet store, so some have little chips or cracks. Jeff loves that the cookware has character.



### Dramatic paint

One of the Mauros' first moves when they updated the kitchen was to paint the window trim in black lacquer. "It changed the whole room, and it's the first thing people talk about when they see the space," Jeff says.



### Pig party

Jeff's parents collected pig-themed items and filled his childhood home with them. When his parents downsized, Jeff and Sarah inherited this large ceramic pig.

Lorenzo likes taking food photos with his Polaroid!

Turn the page  
to get Jeff's look.



# Get the Look

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



Painting the butler's pantry in **Benjamin Moore's Baby's Mittens** pink was a pretty easy decision, Jeff says. "I have pink sneakers, sweatshirts—I'm as manly as they come, but I'm not afraid of my pink feminine side." From \$45 per gallon; [benjaminmoore.com](http://benjaminmoore.com)

The Mauros always start their day with coffee. Of all the machines Jeff has tried, his favorite is this **Gaggia Anima Prestige Super-Automatic Espresso Machine** that Sarah got him for Christmas. \$899; [wholelattelove.com](http://wholelattelove.com)



The bar cabinets hold stemware along with some of Sarah's favorite items from CB2, like these **Clarity Bowls**. From \$6; [cb2.com](http://cb2.com)



The house has tons of windows and gets great light, but it doesn't have many walls for art. Jeff and Sarah had to find other ways to accessorize, like installing dramatic **Nolan Large Pendants**. \$1,690 each; [arteriorshome.com](http://arteriorshome.com)



Transparent **Vapor Acrylic Counter Stools** look sleek at the kitchen island. \$189 each; [cb2.com](http://cb2.com)



The Mauros added another pop of pink to their island with this ceramic **Pixie Pot**; they often fill it with fresh flowers. \$31; [gandgwebstore.com](http://gandgwebstore.com)

# Shred Mealtime Boredom!



**Delicious Shreds made with real meat & fish**  
Explore over 60 different wet varieties at [Friskies.com/Wet](http://Friskies.com/Wet)



Your Pet, Our Passion.



## Picky produce people pick boxes.

Boxes help protect delicate produce from getting bruised in transit. One recent study showed that the natural fibers in boxes actively work to keep food fresher longer. When what's inside matters, count on boxes. Learn more at [howlifeunfolds.com/protect](http://howlifeunfolds.com/protect).

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From the Makers of Paper and Packaging

# fun cooking



Make sugared  
rose petals—  
it's super easy!



## Sundae Best

This Mother's Day, treat Mom to flowers and dessert—in one. To make these candied flower petals, whisk 1 pasteurized egg white with 1 teaspoon water; brush on both sides of the petals (check out page 44 for varieties). Sprinkle the petals on both sides with superfine sugar, then let dry at room temperature, uncovered, overnight. Serve on ice cream or sorbet.

fun  
cooking

# Cheers to spring

Pick a flower—  
and make a  
cocktail!



## Violet Fizz

Combine 1 pasteurized egg white, 1½ ounces gin, ¾ ounce lemon juice, ½ ounce simple syrup and ¼ ounce each dry red wine and crème de violette in a shaker; shake 30 seconds. Add ice and shake 30 more seconds. Pour through a fine-mesh strainer into a coupe and garnish with an edible flower.

# Violet



# elderflower



## Elderflower Old Fashioned

Combine 2 ounces rye whiskey,  $\frac{3}{4}$  ounce each elderflower liqueur (such as St-Germain) and cold water and 2 or 3 dashes of bitters in a rocks glass; stir to combine. Add ice and stir again until chilled, about 30 seconds. Garnish with a cocktail cherry and a blood orange slice.



## Hibiscus-Lime Vodka Tonic

Combine  $1\frac{1}{2}$  ounces vodka,  $\frac{3}{4}$  ounce syrup from a jar of hibiscus flowers and  $\frac{1}{2}$  ounce lime juice in a tall glass; stir to combine. Add ice and top with  $\frac{3}{4}$  cup chilled tonic water. Garnish with a jarred hibiscus flower.



# hibiscus

FUN WITH

# Edible Flowers

Sprinkle some colorful blooms onto these spring recipes. You can eat everything on this page!\*

Viola

Abutilon

Dianthus

Hibiscus

Marigold

Nasturtium

Pansy

Orchid

\*Make sure  
your flowers  
are labeled as  
edible when you  
buy them.





Edible flowers are often sold as an assortment. Taste each bloom individually to see if you like it—some are more peppery than others.

## RICOTTA CROSTINI WITH EDIBLE FLOWERS

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

Kosher salt

- 1 cup frozen sweet peas
- $\frac{2}{3}$  cup sugar snap peas, trimmed and halved
- $\frac{1}{2}$  cup ricotta cheese
- $\frac{1}{4}$  cup grated parmesan cheese
- 3 tablespoons extra-virgin olive oil
- 2 teaspoons finely grated lemon zest, plus 1 teaspoon lemon juice

Freshly ground pepper

- 6 thick slices ciabatta bread
- $\frac{1}{2}$  cup pea shoots, trimmed

Edible flowers, for garnish

**1.** Bring a medium saucepan of salted water to a boil. Add the sweet peas and cook until bright green, about 30 seconds. Remove to a colander using a slotted spoon and run under cold water until cool. Blot dry with paper towels. Return the saucepan of water to a boil and repeat with the sugar snap peas; remove, run under cold water until cool and blot dry.

**2.** Preheat the broiler. Pulse all but 2 tablespoons of the sweet peas in a food processor with the ricotta, parmesan, 2 tablespoons olive oil, the lemon zest, a large pinch of salt and a few grinds of pepper until smooth.

**3.** Arrange the ciabatta on a baking sheet and broil until toasted and charred around the edges, 1 to 2 minutes per side. Spread the ricotta mixture on the toasts.

**4.** Combine the reserved sweet peas with the sugar snap peas, pea shoots, lemon juice and the remaining 1 tablespoon olive oil in a bowl. Toss well and season with salt and pepper. Divide the pea mixture among the crostini and top with edible flowers.



## GREEN GAZPACHO WITH EDIBLE FLOWERS

ACTIVE: 20 min | TOTAL: 1 hr 20 min | SERVES: 4 to 6

- 1 English cucumber, chopped
- 1½ cups seedless green grapes
- 1 small green bell pepper, chopped
- 2 scallions, chopped
- 1 clove garlic
- 2 cups cubed country bread, crusts removed
- ¼ cup blanched almonds
- ¼ cup extra-virgin olive oil, plus more for drizzling
- 2 tablespoons white wine vinegar
- Kosher salt
- Edible flowers, for garnish

**1.** Puree the cucumber, grapes, bell pepper, scallions, garlic, bread, almonds, ¼ cup water, the olive oil, vinegar and 1 teaspoon salt in a blender on high speed until very smooth, at least 1 minute. Transfer to a bowl; refrigerate 1 hour.

**2.** Thin the gazpacho with 1 to 2 tablespoons cold water, if needed, and season with salt. Divide the gazpacho among small bowls and drizzle with olive oil. Top with edible flowers.

## STRAWBERRY-ENDIVE SALAD WITH EDIBLE FLOWERS

ACTIVE: 20 min | TOTAL: 20 min | SERVES: 4 to 6

- 1 tablespoon chardonnay vinegar
- 1 teaspoon dijon mustard
- 3 tablespoons toasted walnut oil
- 6 cups torn red leaf lettuce
- 2 red Belgian endives, leaves separated
- 2 cups sliced strawberries
- ½ cup chopped fresh chives
- ¼ cup finely chopped toasted walnuts
- Kosher salt and freshly ground pepper
- Edible flowers, for garnish

**1.** Whisk the vinegar and mustard in a large bowl. Gradually whisk in the walnut oil until smooth.

**2.** Add the lettuce, endive, strawberries, chives and walnuts to the vinaigrette. Season with salt and pepper and toss. Top with edible flowers.





CHICAGO BOTANIC GARDEN

# Fresh from the Garden



## Garden Chef Series

Where noted chefs show you creative ways to cook with garden-fresh ingredients. You'll sample their seasonal recipes in an open-air amphitheater, just steps away from bountiful fruit and vegetable gardens. Treat yourself to a day of inspiration and beauty in the height of the growing season at the Chicago Botanic Garden.

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# Cupcakes Bloom

Make these sweet flower treats  
in three easy steps!



# Daisies



## How to Make Daisy Cupcakes

### YOU'LL NEED:

- 30 marshmallows
- $\frac{1}{2}$  cup yellow nonpareils
- 12 cupcakes with vanilla frosting (see page 55)



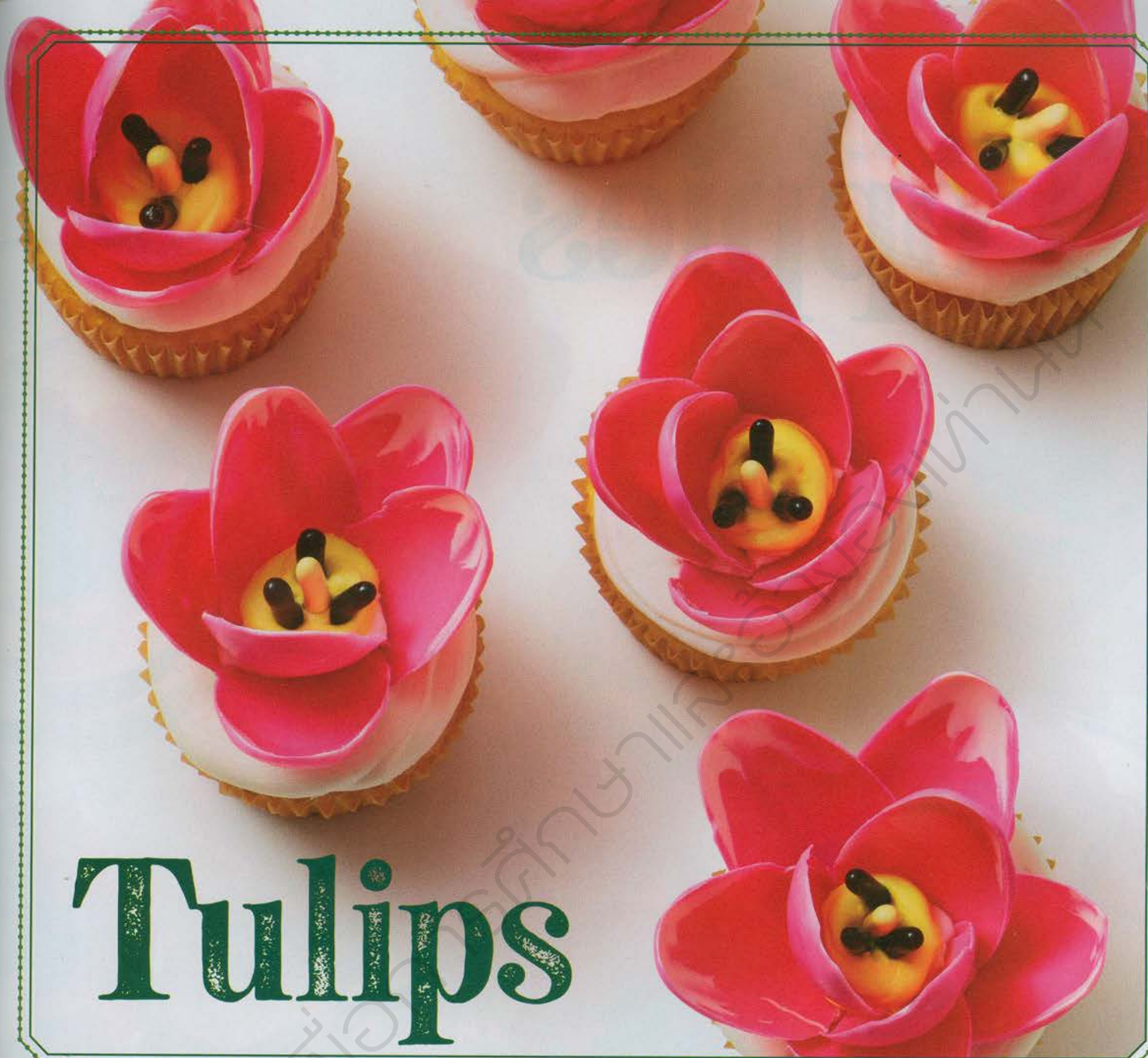
**1.** Using kitchen shears, snip off a thin strip from the side of a marshmallow to make a petal. Work your way around the marshmallow to snip off more petals. Repeat with 23 more marshmallows. (You'll need 10 to 12 petals per cupcake.)



**2.** Snip a thin round from the top and bottom of the remaining 6 marshmallows. Press the 12 rounds cut-side down in the yellow nonpareils to coat.



**3.** Arrange the marshmallow petals on the cupcakes, then place a nonpareil-covered marshmallow in the center of each.



# Tulips

## How to Make Tulip Cupcakes

### YOU'LL NEED:

- 1 cup white candy melts
- 1 12-ounce bag pink candy melts
- ½ cup vanilla frosting
- Yellow food coloring
- 12 cupcakes with vanilla frosting (see page 55)
- Yellow and black licorice sticks (from a bag of bridge mix)



**1.** Melt the white and pink candy melts separately. Arrange 12 plastic spoons facedown on a cutting board. Put the white candy melts in a resealable plastic bag, snip a corner and pipe short lines on the tip of each spoon.



**2.** Dip the back of the spoons in the pink candy melts to cover; freeze until set, 5 minutes. Carefully pop off the petals and use the spoons to make more. (You'll need 6 to 8 petals per cupcake.)



**3.** Tint the ½ cup vanilla frosting yellow with food coloring. Pipe a small amount on each cupcake in the center, then insert the licorice sticks. Arrange the candy petals around the yellow frosting.

# Poppies



## How to Make Poppy Cupcakes

### YOU'LL NEED:

- 12 long fruit leather rolls
- 12 cupcakes with vanilla frosting
- ¼ cup dark chocolate frosting (see page 55)
- 12 chocolate kisses



**1.** Cut a fruit leather strip in half and stack the two halves. Use the top of a small heart cookie cutter (preferably fluted) to cut petals. Repeat with the remaining fruit leather. (You'll need 8 to 10 petals per cupcake.)



**2.** Arrange the fruit leather petals on the cupcakes in concentric circles. Leave the center of the frosting uncovered.



**3.** Put the chocolate frosting in a resealable plastic bag and snip a corner. Pipe a circle in the center of each cupcake, then pipe rays coming out to look like a sun. Place a chocolate kiss upside down in the center of each.



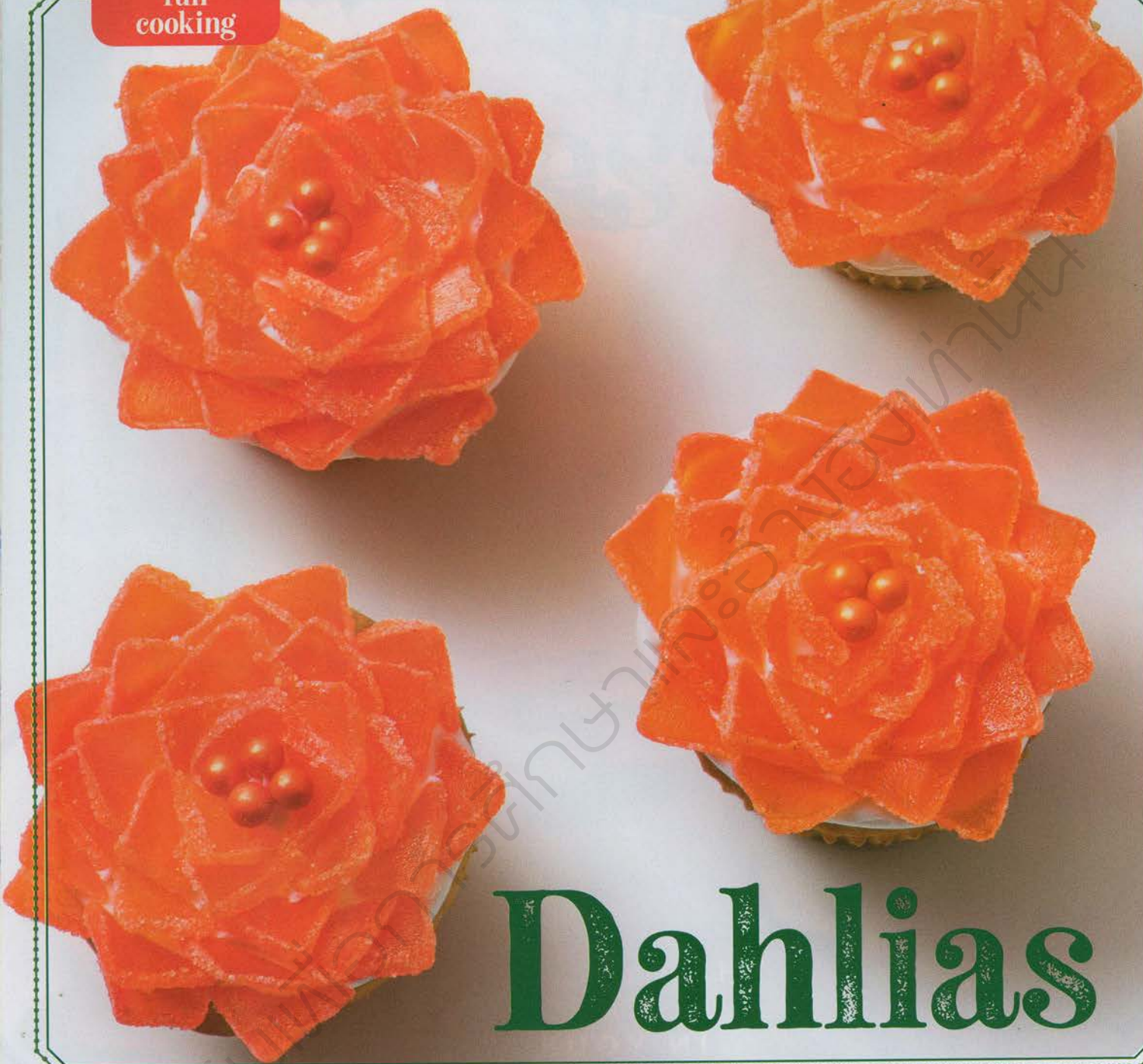


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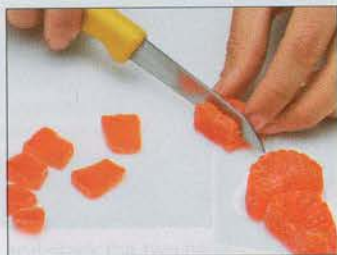


# Dahlias

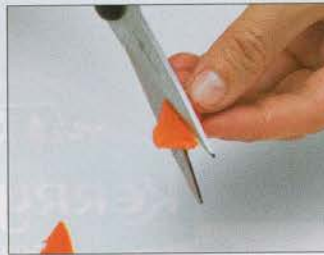
## How to Make Dahlia Cupcakes

**YOU'LL NEED:**

- 12 to 15 orange slice candies
- 12 cupcakes with vanilla frosting (see page 55)
- Orange sugar pearls or nonpareils



**1.** Thinly slice the candies crosswise with a paring knife.



**2.** Use kitchen shears to cut each slice diagonally in half to make triangular petals. (You'll need 25 to 30 petals per cupcake.)



**3.** Arrange the petals on the cupcakes in concentric circles to cover completely. Fill the center of each with sugar pearls or nonpareils.



## BASIC VANILLA CUPCAKES

ACTIVE: 35 min | TOTAL: 1½ hr | MAKES: 12

### FOR THE CUPCAKES

- 1½ cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 stick unsalted butter, at room temperature
- 1 cup granulated sugar
- 2 large eggs
- 2 teaspoons pure vanilla extract
- ½ cup whole milk

### FOR THE FROSTING

- 1½ sticks (12 tablespoons) unsalted butter, at room temperature
- 3 cups confectioners' sugar
- Pinch of salt
- 2 teaspoons pure vanilla extract
- 2 tablespoons whole milk

1. Make the cupcakes: Preheat the oven to 350°. Line a 12-cup muffin pan with paper liners. Whisk the flour, baking powder and salt in a medium bowl.
2. Beat the butter in a large bowl with a mixer on medium-high speed until smooth, about 1 minute. Add the granulated sugar and beat until creamy, about 4 minutes. Beat in the eggs, one at a time, then the vanilla. Reduce the speed to low and beat in the flour mixture in three batches, alternating with the milk. Beat until just combined.
3. Divide the batter among the prepared muffin cups. Bake until the tops spring back when pressed, 20 to 25 minutes. Transfer to a rack and let cool 5 minutes in the pan, then remove to the rack to cool completely.
4. Make the frosting: Beat the butter, confectioners' sugar and salt in a bowl with a mixer on medium speed until just combined. Increase the mixer speed to medium high, add the vanilla and beat until creamy, 3 minutes. Beat in the milk until fluffy, about 1 minute.
5. Spread the frosting on the cupcakes. Decorate as desired.

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FOR THE LOVE OF

# Lavender

Give slice-and-bake  
cookies an unexpected  
floral twist.

## LAVENDER COOKIES WITH WHITE CHOCOLATE GLAZE

ACTIVE: 30 min | TOTAL: 2 hr 50 min | MAKES: about 3 dozen

### FOR THE COOKIES

- 3 tablespoons dried lavender
- $\frac{3}{4}$  cup granulated sugar
- 2 sticks unsalted butter,  
at room temperature
- $\frac{1}{4}$  cup confectioners' sugar
- $\frac{1}{2}$  teaspoon kosher salt
- $\frac{1}{2}$  teaspoon pure vanilla extract
- 2 large egg yolks
- 2 cups all-purpose flour

### FOR THE GLAZE

- 4 ounces white chocolate,  
finely chopped
- 2 tablespoons half-and-half
- Assorted purple sprinkles, for topping

- 1.** Make the cookies: Pulse the lavender in a spice or coffee grinder until finely ground. Remove  $\frac{1}{4}$  teaspoon to a small bowl; set aside for the glaze. Add  $\frac{1}{4}$  cup granulated sugar to the remaining lavender in the spice grinder and pulse until the sugar is fine.
- 2.** Combine the butter, lavender sugar, the remaining  $\frac{1}{2}$  cup granulated sugar, the confectioners' sugar, salt and vanilla in a large bowl and beat with a mixer on medium-high speed until fluffy, about 2 minutes. Add the egg yolks and beat, scraping down the sides of the bowl, until combined, about 1 minute. Reduce the mixer speed to low; add the flour and beat until the dough comes together, 1 to 2 minutes.
- 3.** Divide the dough between 2 large sheets of plastic wrap and roll each into a compact 10-inch log. Wrap each log in the plastic and refrigerate until very firm, at least 2 hours and up to 1 day.
- 4.** Position racks in the upper and lower thirds of the oven and preheat to 350°. Line 2 baking sheets with parchment paper. Unwrap one log of dough and slice into  $\frac{3}{8}$ -inch-thick rounds. Arrange 2 inches apart on the prepared baking sheets.
- 5.** Bake, switching the pans halfway through, until the cookies are golden around the edges, 20 to 24 minutes. Let cool 5 minutes on the pans, then transfer to racks to cool completely. Repeat with the remaining log of dough.
- 6.** Make the glaze: Combine the white chocolate, half-and-half and the reserved  $\frac{1}{4}$  teaspoon ground lavender in a heatproof bowl set over a saucepan of simmering water (do not let the bowl touch the water); stir until melted, about 5 minutes. Remove the bowl from the saucepan and let sit until the glaze thickens slightly, 5 to 10 minutes. (If the glaze gets too thick to drizzle, reheat over the simmering water, stirring.) Drizzle the glaze over the cookies and top with sprinkles. Let set, about 2 hours.

# Mom Deserves a Treat That Treats Her Well



The American Heart Association recommends a daily added sugar limit of less than 36 grams/150 calories for men, and less than 25 grams/100 calories for women and children over 2 years old.

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## LOW-SUGARS BREAKFAST

### Vanilla Crème French Toast

8 drops SweetLeaf® Liquid Stevia Vanilla Crème Sweet Drops™

- 1 egg
- 1 cup milk
- Pinch cinnamon or nutmeg
- 1 Tbsp. butter
- 4 slices whole grain bread

Whisk egg and milk together in a bowl. Add cinnamon or nutmeg and Vanilla Crème Sweet Drops. Whisk well to combine. Add butter to a frying pan. Melt over medium heat and coat bottom of pan.

Dip one bread slice at a time into egg mixture. Coat both sides thoroughly. Place coated bread slices into pan and cook until both sides are brown. Top with syrup and enjoy. **Serves 2**

Nutritional facts per serving:  
CALORIES 210, CARBS 27G,  
FATS 7G, PROTEIN 13G,  
SODIUM 300MG, SUGARS 6G



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# weeknight cooking



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We served all the meals in this section on our Food Network + Kohl's dinnerware. Find the collection at [kohls.com](http://kohls.com).

weeknight  
cooking

LOW-CALORIE  
DINNER



## SHRIMP AND ROASTED VEGETABLE SALAD

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

- 1 pound parsnips, quartered lengthwise and halved crosswise
- 1 pound carrots, quartered lengthwise and halved crosswise
- 1 pound turnips, peeled and cut into ½-inch wedges
- 6 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground pepper
- 4 cups baby arugula
- ¼ cup walnuts
- 2 tablespoons grated parmesan cheese
- 1 small clove garlic
- ¼ teaspoon red pepper flakes
- Grated zest of ½ lemon, plus wedges for serving
- 1 pound large shrimp, peeled and deveined

1. Place a baking sheet on the middle oven rack and preheat to 475°. Toss the parsnips, carrots and turnips with 2 tablespoons olive oil, ½ teaspoon salt and a few grinds of pepper. Spread the vegetables on the hot baking sheet and roast until tender and browned around the edges, about 30 minutes.
2. Meanwhile, combine 1 cup arugula, the walnuts, parmesan, garlic, red pepper flakes, lemon zest and a big pinch of salt in a food processor. Pulse until finely chopped. With the machine running, slowly add 3 tablespoons olive oil and 2 tablespoons water.
3. Season the shrimp on both sides with salt and pepper. Heat a large nonstick skillet over medium-high heat; add the remaining 1 tablespoon olive oil. Add the shrimp (the skillet will be crowded) and cook until lightly browned around the edges, about 2 minutes per side; remove from the heat.
4. Transfer the roasted vegetables to a large bowl. Add the remaining 3 cups arugula, the shrimp and arugula pesto. Season with salt and toss. Divide among plates. Serve with lemon wedges.

**Per serving:** Calories 490; Fat 27 g (Saturated 4 g); Cholesterol 145 mg; Sodium 1,129 mg; Carbohydrate 41 g; Fiber 11 g; Sugars 18 g; Protein 22 g



## BACON, EGG AND CHEESE FLATBREADS

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

- 4 pieces naan or pocketless pita
- 6 slices bacon
- 1 small onion, thinly sliced
- Kosher salt and freshly ground pepper
- 3 small or 2 large vine-ripened tomatoes, chopped
- Hot sauce, to taste
- 8 slices American cheese
- 4 large eggs
- 5 cups mixed baby greens
- 1 tablespoon white wine vinegar

1. Preheat the oven to 400°. Divide the naan between 2 foil-lined baking sheets and bake until crisp, about 10 minutes.
2. Meanwhile, cook the bacon in a large nonstick skillet over medium heat, turning occasionally, until crisp, 8 to 10 minutes. Drain on paper towels, then crumble. Remove 1 tablespoon bacon drippings from the skillet and reserve for frying the eggs.
3. Add the onion to the remaining drippings in the skillet and increase the heat to medium high. Season with salt and pepper and cook, stirring, until browned and tender, 5 minutes. Add the tomatoes and cook until most of the liquid evaporates, 3 to 5 minutes. Season with salt, pepper and hot sauce.
4. Spread the onion-tomato mixture on the naan and top each with 2 slices cheese. Return to the oven until the cheese melts, 3 to 5 minutes.
5. Meanwhile, heat the reserved bacon drippings in the empty skillet over medium-high heat and crack in the eggs. Season with salt and pepper and cook until the whites are just cooked through, about 3 minutes.
6. Top each flatbread with a fried egg; sprinkle with the bacon. Toss the greens with the vinegar; season with salt and pepper. Serve the flatbreads with the salad and more hot sauce.

**Per serving:** Calories 600; Fat 27 g (Saturated 11 g); Cholesterol 231 mg; Sodium 1,275 mg; Carbohydrate 55 g; Fiber 4 g; Sugars 6 g; Protein 28 g





## FETTUCCINE WITH CHICKEN AND OLIVES

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

Kosher salt

- 1 pound skinless, boneless chicken thighs (3 to 4)
- Freshly ground pepper
- $\frac{1}{4}$  cup extra-virgin olive oil, plus more for drizzling
- 1 small onion, chopped
- 3 cloves garlic, minced
- $\frac{1}{2}$  cup dry white wine
- $\frac{1}{3}$  cup pitted kalamata or Gaeta olives, roughly chopped, plus 1 tablespoon brine
- 1 sprig rosemary
- 1 15-ounce can cherry tomatoes
- 12 ounces fettuccine
- $\frac{1}{4}$  cup chopped fresh parsley
- Grated parmesan cheese, for topping

**1.** Bring a large pot of salted water to a boil. Season the chicken with salt and pepper. Heat the olive oil in another large pot over medium-high heat. Add the chicken and cook, turning once, until browned, about 7 minutes. Move the chicken to one side of the pot.

**2.** Add the onion to the other side of the pot and cook, stirring, until just softened, about 2 minutes. Stir in the garlic; cook 30 seconds.

Add the wine, olive brine and rosemary and cook, stirring everything together and scraping up any browned bits, until the liquid is mostly reduced, about 1 minute. Add the tomatoes,  $\frac{1}{2}$  cup water and a pinch of salt. Bring to a boil, reduce to a simmer and cook until the chicken is cooked through and the sauce is thickened, 8 to 10 minutes. Discard the rosemary; shred the chicken with 2 forks.

**3.** Meanwhile, add the pasta to the boiling water and cook as the label directs for al dente. Reserve 1 cup cooking water, then drain.

**4.** Add the pasta, olives and  $\frac{1}{2}$  cup cooking water to the shredded chicken mixture. Cook over medium heat, tossing, until the pasta is well coated, 1 to 2 minutes, adding more cooking water as needed to loosen. Season with salt and pepper and stir in the parsley. Divide among bowls. Drizzle with more olive oil and top with parmesan.

**Per serving:** Calories 680; Fat 26 g (Saturated 5 g); Cholesterol 109 mg; Sodium 804 mg; Carbohydrate 72 g; Fiber 5 g; Sugars 8 g; Protein 35 g



DONE IN  
30  
MINUTES

## ROAST BEEF-BROCCOLI RABE SUBS

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

- 1 14-ounce bag shredded coleslaw mix
- 1 cup chopped giardiniera, plus 6 tablespoons brine
- $\frac{1}{4}$  cup extra-virgin olive oil
- 2 teaspoons sugar
- 3 cloves garlic, sliced
- $\frac{1}{4}$  teaspoon red pepper flakes
- $1\frac{1}{2}$  cups low-sodium chicken broth
- $\frac{1}{2}$  teaspoon dried oregano
- 1 small bunch broccoli rabe, trimmed and roughly chopped
- 4 6-inch sesame sub rolls, split
- 8 slices provolone cheese
- 1 pound deli-sliced low-sodium roast beef

**1.** Preheat the oven to 450°. Combine the coleslaw mix, giardiniera and brine, 2 tablespoons olive oil and the sugar in a large bowl; toss well. Set aside at room temperature.

**2.** Heat the remaining 2 tablespoons olive oil in a large pot over medium heat. Add the garlic and cook until just golden, about 2 minutes. Add the red pepper flakes and chicken broth. Bring to a simmer and stir in the oregano; cook 2 to 3 minutes. Add the broccoli rabe, cover and cook until just tender, about 3 minutes.

**3.** Arrange the rolls cut-side up on a baking sheet and bake until just lightly toasted, 2 to 3 minutes. Remove and immediately top each with 2 slices cheese; let melt slightly.

**4.** Remove the broccoli rabe to a bowl using tongs and add the roast beef to the pot. Cover and simmer until hot, about 1 minute. Divide the roast beef among the rolls and top with the broccoli rabe. Serve with the slaw.

**Per serving:** Calories 790; Fat 41 g (Saturated 13 g); Cholesterol 66 mg; Sodium 1,136 mg; Carbohydrate 66 g; Fiber 10 g; Sugars 13 g; Protein 37 g

## COD WITH ALMOND-SESAME SAUCE

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

1½ pounds skinless center-cut cod fillet, bones removed, cut into 4 pieces

Kosher salt and freshly ground pepper

1 cup sliced blanched almonds

3 tablespoons sesame seeds

¼ cup extra-virgin olive oil

1 leek (white and light green parts), halved lengthwise and thinly sliced

½ cup dry white wine

½ large head napa cabbage, torn into 2-inch pieces

2 tablespoons chopped jarred pepperoncini, plus 1 tablespoon brine

1 cup cilantro (leaves and tender stems), chopped

⅓ cup pitted Castelvetrano olives, chopped

**1.** Preheat the broiler. Season the cod with salt and pepper. Heat a large skillet over medium-high heat. Add the almonds and sesame seeds and cook, tossing, until toasted, 3 to 4 minutes. Transfer to a blender and puree until finely ground; set the blender aside.

**2.** Heat 1 tablespoon olive oil in the same skillet over medium-high heat. Add the leek and cook, stirring, until just beginning to brown, 3 to 4 minutes. Add the wine and cook until slightly reduced, about 3 minutes. Add 2 cups water and bring to a simmer. Add the cod, reduce the heat to low, cover and cook until just cooked through, 7 to 9 minutes. Remove the cod to a plate.

**3.** Transfer the leek and ¾ cup of the cooking liquid to the almond mixture in the blender and blend on high speed until smooth and thick. Add more cooking liquid as needed to loosen.

**4.** Meanwhile, arrange the cabbage on a baking sheet and broil, tossing occasionally, until tender and browned in spots, about 8 minutes. Transfer to a bowl and toss with 2 tablespoons olive oil and the pepperoncini brine. Season with salt and pepper.

**5.** Toss the cilantro, olives, pepperoncini and remaining 1 tablespoon olive oil in a small bowl. Divide the cod among plates. Top with the almond sauce and olive mixture. Serve with the cabbage.

**Per serving:** Calories 540; Fat 35 g (Saturated 4 g); Cholesterol 73 mg; Sodium 669 mg; Carbohydrate 19 g; Fiber 7 g; Sugars 4 g; Protein 41 g



## SPICY SICHUAN BEEF STIR-FRY

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

1 pound flank steak, halved lengthwise and thinly sliced against the grain

2 tablespoons low-sodium soy sauce

2 teaspoons cornstarch

1 English cucumber, peeled, halved lengthwise, seeded and cut into ¾-inch chunks

2 stalks celery, chopped, plus celery leaves for topping

3 tablespoons Asian black bean sauce

4 pickled hot cherry peppers, chopped, plus 2 tablespoons brine

2 tablespoons vegetable oil

2 cloves garlic, minced

1 tablespoon minced fresh ginger

1 teaspoon mixed peppercorns

4 cups cooked jasmine rice

**1.** Toss the steak with 1 tablespoon soy sauce and 1 teaspoon cornstarch in a large bowl. Combine the cucumber and celery in a separate bowl; set aside.

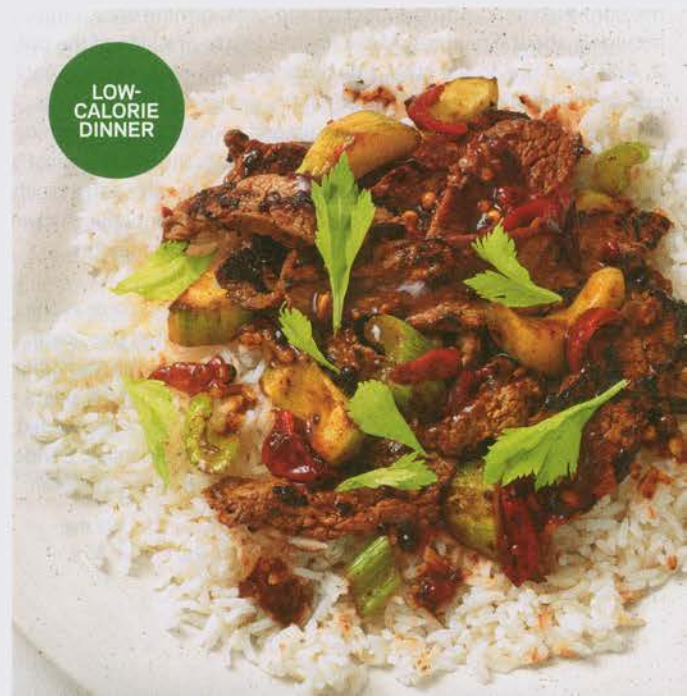
**2.** Stir the black bean sauce with the remaining 1 tablespoon soy sauce and 1 teaspoon cornstarch, the cherry pepper brine and ¼ cup water in a small bowl; set aside.

**3.** Heat 1 tablespoon vegetable oil in a large nonstick skillet over high heat. Add the cucumber-celery mixture and cook, undisturbed, 1 minute. Toss and cook, stirring occasionally, until crisp-tender, 1 to 2 minutes. Transfer to a bowl.

**4.** Heat the remaining 1 tablespoon oil in the same skillet. Add the steak in a single layer. Cook until browned on the bottom, about 1 minute. Toss and continue cooking, stirring, until just a few pink spots remain, 1 more minute. Add the garlic, ginger and peppercorns and cook, stirring, until the meat is cooked through, 1 to 2 more minutes. Add the black bean sauce mixture and cherry peppers and bring to a boil. Cook until glossy, about 1 minute. Toss in the cucumbers and celery.

**5.** Serve the stir-fry over rice. Top with celery leaves.

**Per serving:** Calories 480; Fat 16 g (Saturated 4 g); Cholesterol 74 mg; Sodium 1,810 mg; Carbohydrate 49 g; Fiber 2 g; Sugars 4 g; Protein 30 g



## VEGETARIAN SWEDISH MEATBALLS

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

- 5 tablespoons unsalted butter, plus more for the pan
- 1¼ pounds cremini mushrooms, trimmed and roughly chopped
- Kosher salt and freshly ground pepper
- 2 tablespoons vegetarian Worcestershire sauce
- 1½ cups frozen cooked quinoa, thawed
- 1 large egg
- 2 tablespoons finely chopped fresh chives, plus more for topping
- 8 ounces wide egg noodles
- 2 tablespoons all-purpose flour
- 1½ cups mushroom broth
- ¼ cup heavy cream
- ½ cup lingonberry jam, for serving

**1.** Melt 3 tablespoons butter in a large nonstick skillet over medium-high heat. Add the mushrooms, ½ teaspoon salt and a few grinds of pepper. Cook until the mushroom liquid evaporates, about 8 minutes. Transfer the mushrooms to a food processor.

Add 1 tablespoon Worcestershire sauce, the quinoa, egg, chives, ½ teaspoon salt and a few grinds of pepper and pulse until crumbly but not mushy. Wipe out the skillet and reserve.

**2.** Preheat the broiler. Line a baking sheet with foil and coat with butter. Use an ice cream scoop to form the mushroom mixture into twenty 1½-inch balls; scoop onto the baking sheet. Broil until well browned, flipping halfway through, about 12 minutes.

**3.** Meanwhile, bring a large pot of salted water to a boil. Add the egg noodles and cook as the label directs. Drain well.

**4.** Return the skillet to medium-high heat and add the remaining 2 tablespoons butter; let melt. Whisk in the flour until golden brown, about 2 minutes. Whisk in the mushroom broth and heavy cream; cook, whisking, until thick, 2 to 4 minutes. Stir in the remaining 1 tablespoon Worcestershire sauce; season with salt and pepper.

**5.** Divide the noodles and meatballs among bowls. Top with the gravy and chives. Serve with lingonberry jam.

**Per serving:** Calories 620; Fat 25 g (Saturated 14 g); Cholesterol 172 mg; Sodium 752 mg; Carbohydrate 83 g; Fiber 6 g; Sugars 25 g; Protein 17 g



## GRILLED TANDOORI LAMB CHOPS AND GREEN BEANS

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

- 2 tablespoons vegetable oil, plus more for the grill
- 2 tablespoons jarred tandoori marinade
- ¼ cup plus 1 tablespoon plain 2% Greek yogurt
- 4 lamb blade chops (6 to 7 ounces each; ½ inch thick)
- Kosher salt and freshly ground pepper
- 2 tablespoons chopped fresh cilantro, plus more for topping
- 3 cloves garlic (1 clove finely grated, 2 sliced)
- 1 teaspoon fresh lemon juice
- 1 pound green beans, trimmed and halved
- 1½ cups cherry tomatoes
- 1½ teaspoons cumin seeds, roughly chopped

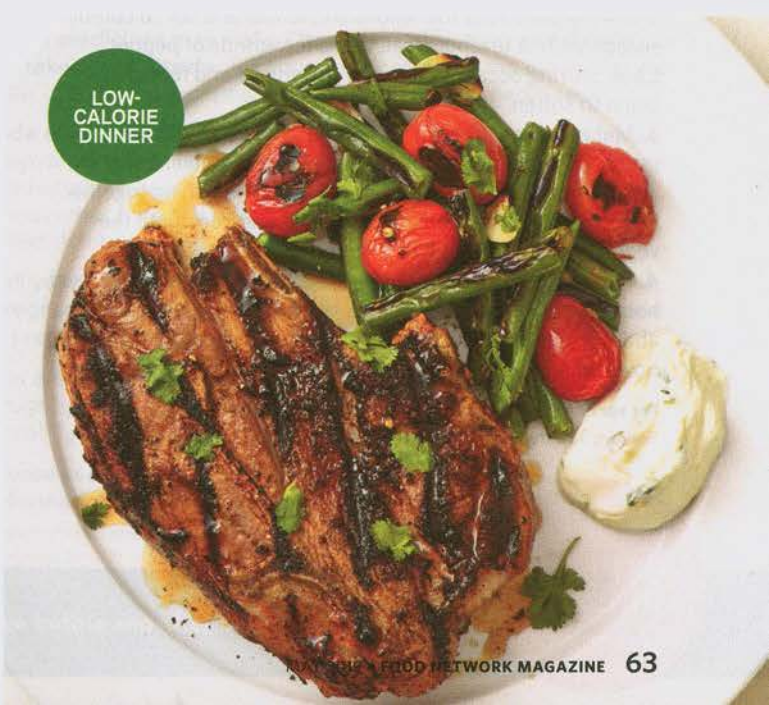
**1.** Preheat a grill to medium high and lightly oil the grates. Mix the tandoori marinade and 1 tablespoon yogurt in a small bowl. Season the lamb chops with salt and pepper. Rub all over with the yogurt mixture. Let sit at room temperature, 10 minutes.

**2.** Meanwhile, mix the remaining ¼ cup yogurt with 1 tablespoon water, the cilantro, grated garlic, lemon juice, 2 pinches of salt and a grind of pepper in a small bowl.

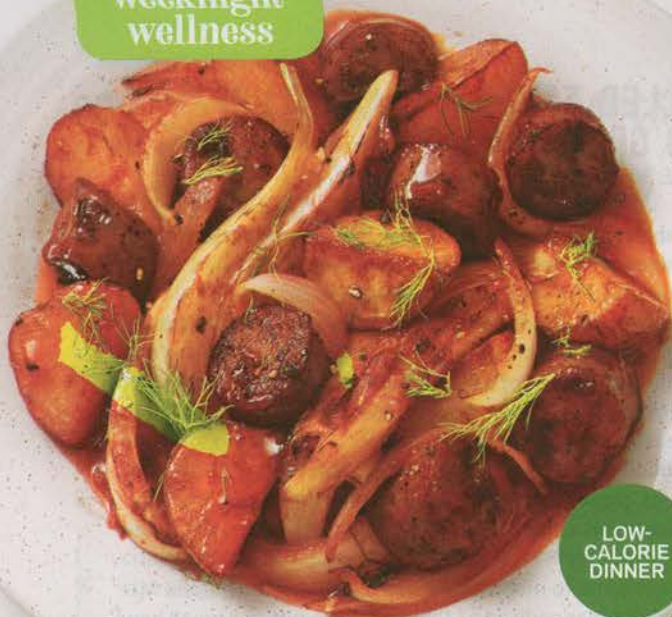
**3.** Toss the green beans, tomatoes, vegetable oil, sliced garlic, cumin seeds, 1 teaspoon salt and a few grinds of pepper in a large bowl. Spread out the vegetables on a large sheet of heavy-duty foil. Bring the short ends of the foil together and fold to seal; fold in the sides to form a packet.

**4.** Place the packet on the grill and cook until the vegetables are lightly charred and the tomatoes start to burst, about 10 minutes. Grill the lamb chops 2 to 3 minutes per side for medium doneness. Divide the lamb and vegetables among plates. Top with cilantro and serve with the yogurt sauce.

**Per serving:** Calories 410; Fat 28 g (Saturated 9 g); Cholesterol 98 mg; Sodium 959 mg; Carbohydrate 13 g; Fiber 4 g; Sugars 6 g; Protein 28 g



weeknight  
wellness



LOW-CALORIE  
DINNER

## ONE-PAN CHICKEN SAUSAGE AND POTATOES

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

- 3 tablespoons extra-virgin olive oil
- 1 12-ounce package smoked chicken-apple sausage, cut into 1-inch pieces
- 1 pound small red potatoes, quartered
- 2 onions, thickly sliced
- 2 bulbs fennel, trimmed, quartered, cored and sliced into thick wedges, fronds reserved
- Kosher salt and freshly ground pepper
- 1 tablespoon tomato paste
- 2 tablespoons apple cider vinegar
- 1 tablespoon honey

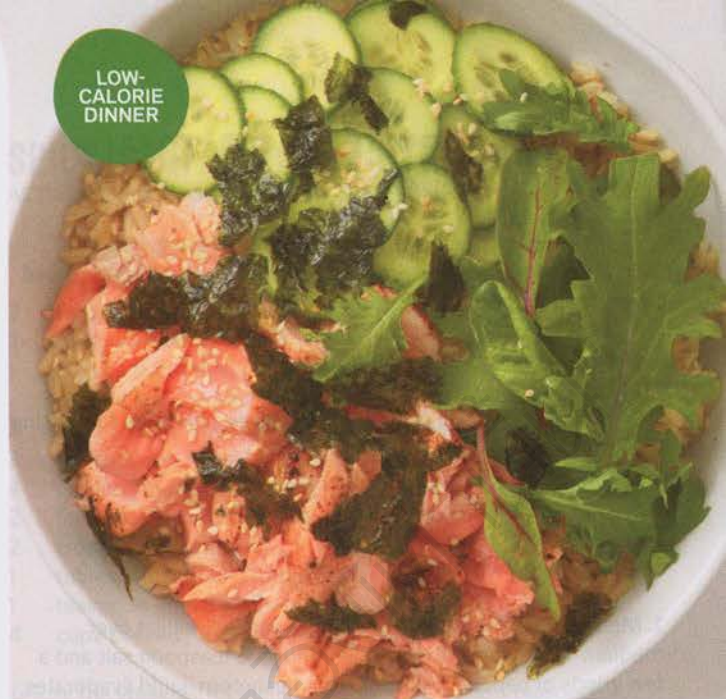
**1.** Heat the olive oil in a large skillet over medium-high heat. Add the sausage and cook, stirring, until browned, about 2 minutes. Remove to a plate with a slotted spoon.

**2.** Add the potatoes to the skillet and cook until lightly browned, 3 to 4 minutes. Add the onions and fennel and stir to combine; season with  $\frac{1}{2}$  teaspoon salt and a few grinds of pepper. Cook, stirring occasionally, until the onions and fennel just begin to soften, 4 to 5 minutes.

**3.** Make a space in the center of the skillet and add the tomato paste. Cook, stirring, until the tomato paste darkens slightly, about 1 minute. Add 1 cup water and stir everything together. Reduce the heat to medium low, cover and cook until the vegetables are tender, 7 to 8 minutes.

**4.** Return the sausage to the skillet along with the vinegar and honey. Simmer, uncovered, until the liquid reduces to a glaze, about 2 minutes. Season with salt and pepper. Divide among bowls and top with fennel fronds.

**Per serving:** Calories 420; Fat 22 g (Saturated 5 g); Cholesterol 75 mg; Sodium 986 mg; Carbohydrate 41 g; Fiber 8 g; Sugars 16 g; Protein 17 g



LOW-CALORIE  
DINNER

## SALMON SUSHI RICE BOWL

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

- 3 cups frozen cooked brown rice
- 1 pound skin-on salmon fillets
- Kosher salt and freshly ground pepper
- $\frac{1}{4}$  cup plus 1 tablespoon ponzu sauce
- 2 tablespoons toasted sesame oil
- 2 tablespoons finely chopped pickled ginger, plus 1 tablespoon brine
- $\frac{1}{2}$  teaspoon wasabi paste
- 3 Persian cucumbers, thinly sliced
- 4 cups baby kale salad mix
- 8 strips salted seaweed snacks, torn into small pieces
- 2 teaspoons toasted sesame seeds

This dish is packed with omega-3 fatty acids, which are good for the heart, brain and skin.

**1.** Heat the brown rice as the label directs; let cool slightly. Meanwhile, preheat the broiler and line a baking sheet with foil. Place the salmon skin-side down on the baking sheet and season with salt and pepper. Brush with 1 tablespoon ponzu sauce. Let sit at room temperature, 10 minutes.

**2.** Whisk the remaining  $\frac{1}{4}$  cup ponzu sauce with the sesame oil, pickled ginger and brine and wasabi paste in a large bowl. Set aside 3 tablespoons of the dressing for topping. Toss the rice with the remaining dressing; season with salt and pepper.

**3.** Broil the salmon until just cooked through and lightly charred on top, 5 to 8 minutes, depending on the thickness. Flake the salmon into large pieces, discarding the skin.

**4.** Divide the rice mixture among bowls. Top with the salmon, cucumbers and salad mix. Drizzle with the reserved 3 tablespoons dressing. Season with salt and pepper. Top with the seaweed and sesame seeds.

**Per serving:** Calories 430; Fat 14 g (Saturated 2 g); Cholesterol 53 mg; Sodium 1,000 mg; Carbohydrate 45 g; Fiber 4 g; Sugars 4 g; Protein 28 g

For moderate to severe plaque psoriasis

little sunshine  
big day



### Otezla is different

It's a pill—not an injection, biologic, or cream

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

- Otezla is a pill that can help you **achieve clearer skin**
- Otezla works inside the body to **treat beneath the skin's surface**
- The Otezla Prescribing Information has **no requirement for initial or routine blood testing**
- Most people pay nothing out of pocket through the **\$0 co-pay\* program**

#### 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](http://www.fda.gov/medwatch), or call 1-800-332-1088.

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

\*Certain restrictions apply; eligibility not based on income.



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 **Otezla**  
(apremilast) 30mg  
tablets

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Sign up for the  
**\$0 co-pay\***  
program  
[otezla.com/copay](http://otezla.com/copay)

Pay \$0 for Otezla



### The \$0 co-pay\* program

Most people with private insurance **pay nothing out of pocket** for their prescription. After you're prescribed, you have the same opportunity to save.

#### How to get the \$0 co-pay offer:

1. Go to [otezla.com/copay](http://otezla.com/copay)
2. Call 1-844-4OTEZLA (1-844-468-3952)
3. Ask your doctor about the \$0 co-pay card

### More ways to save

If you have private insurance and are experiencing delays or your private insurance doesn't cover Otezla, you may be eligible for **free medication** through the **Otezla Bridge Program**.†

If you have government-issued insurance (Medicare or Medicaid) or are uninsured/underinsured, you may be eligible for the **Patient Assistance Program**.

For all Otezla savings questions:  
call 1-844-4OTEZLA (1-844-468-3952)

**Otezla**  
SUPPORTPLUS™

\*Certain restrictions apply; eligibility not based on income, must be 18 years or older. This offer is not valid for persons eligible for reimbursement of this product, in whole or in part under Medicaid, Medicare, or similar state or federal programs. Offer not valid for cash-paying patients. People who are not eligible can call 1-844-4OTEZLA to discuss other financial assistance opportunities.

†To receive a free bridge supply of Otezla, you must have an on-label diagnosis and be denied or experiencing a delay in obtaining coverage. Federal, State, or similar plans are not eligible for Bridge. Once Otezla is approved by your commercial insurance plan, you will no longer be eligible for the Bridge Program.

### 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](http://otezla.com), or call 1-844-4OTEZLA (1-844-468-3952).

OTEZLA (apremilast) tablets

Manufactured for: Celgene Corporation, Summit, NJ 07901

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Pat. [www.celgene.com](http://www.celgene.com)

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## WATCH

Spring Baking Championship

Monday April 22 9/8c



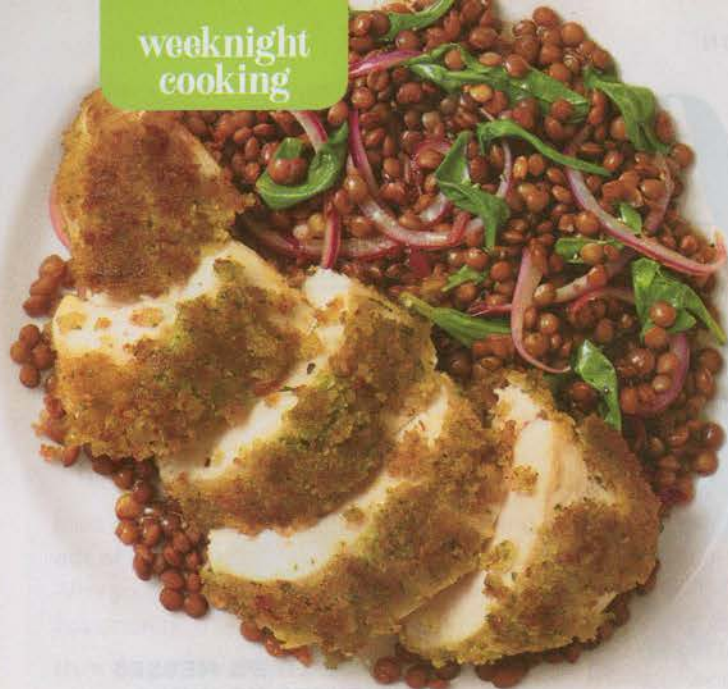
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## DIJON CHICKEN WITH WARM LENTILS

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

- 1 cup dried small French lentils, picked over and rinsed
- Kosher salt and freshly ground pepper
- 2 bay leaves
- ½ small red onion
- 3 tablespoons sherry vinegar
- 3 slices white sandwich bread, crusts removed
- 1 tablespoon chopped fresh tarragon
- 4 skinless, boneless chicken breasts (6 to 8 ounces each)
- 2 tablespoons dijon mustard
- 4 tablespoons unsalted butter, cubed
- 2 cups baby spinach
- 3 tablespoons extra-virgin olive oil

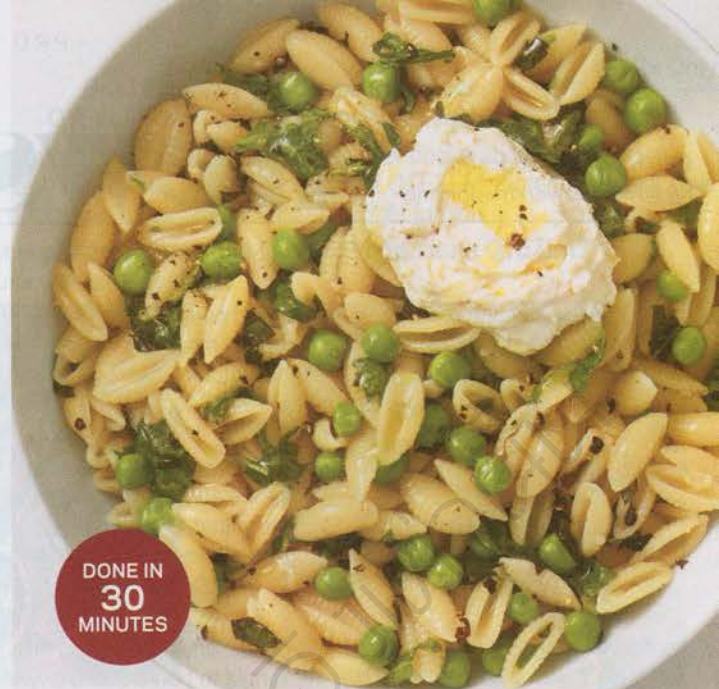
**1.** Preheat the oven to 400°. Cover the lentils with 2 inches of water in a medium saucepan; add ¾ teaspoon salt, a few grinds of pepper and the bay leaves. Bring to a boil, then reduce the heat and simmer until tender, 20 to 25 minutes. Drain, discarding the bay leaves.

**2.** Meanwhile, thinly slice the red onion and toss with the vinegar in a large bowl; set aside. Combine the bread and tarragon in a food processor and process into coarse crumbs. Season the chicken with salt and pepper and brush one side with the mustard. Press the crumbs onto the mustard in a thick layer.

**3.** Heat a large ovenproof nonstick skillet over medium heat. Add the butter and let melt. When the foaming subsides, add the chicken crumb-side down and cook, undisturbed, until browned and crisp, 5 to 7 minutes. Carefully flip the chicken and transfer the skillet to the oven. Bake until cooked through, 11 to 13 minutes.

**4.** Add the warm lentils, spinach and olive oil to the bowl with the red onion; stir until the spinach wilts. Serve with the chicken.

**Per serving:** Calories 610; Fat 26 g (Saturated 9 g); Cholesterol 136 mg; Sodium 844 mg; Carbohydrate 37 g; Fiber 8 g; Sugars 3 g; Protein 54 g



DONE IN  
30  
MINUTES

## CAVATELLI WITH PEAS AND RICOTTA

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

- Kosher salt
- 8 ounces (about 2 cups) cavatelli
- 2 tablespoons extra-virgin olive oil, plus more for drizzling
- 4 tablespoons unsalted butter
- Freshly ground pepper
- 1 cup frozen peas
- ¼ cup grated parmesan cheese
- ½ cup chopped arugula
- ⅓ cup chopped fresh basil
- ¼ cup chopped fresh mint
- 1 cup whole-milk ricotta cheese
- ½ teaspoon grated lemon zest

**1.** Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs. Reserve 1½ cups cooking water, then drain.

**2.** Heat the olive oil, 2 tablespoons butter, ½ cup of the reserved cooking water, 1 teaspoon pepper and the peas in the same pot over medium-high heat. Cook, shaking the pot occasionally, until the peas are tender and the butter melts, 2 to 4 minutes.

**3.** Return the pasta to the pot along with the remaining 2 tablespoons butter, the parmesan and ¾ cup cooking water. Stir until creamy, adding the remaining cooking water as needed to loosen. Stir in the arugula, basil and mint. Divide among bowls.

**4.** Mix the ricotta and lemon zest in a small bowl; season with salt and pepper. Dollop on each serving of pasta. Drizzle with olive oil and season with more pepper.

**Per serving:** Calories 530; Fat 30 g (Saturated 15 g); Cholesterol 66 mg; Sodium 780 mg; Carbohydrate 49 g; Fiber 4 g; Sugars 4 g; Protein 20 g



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# Healthy Sides



## CHILI-LIME ROASTED RADISHES

Toss 1½ pounds halved **radishes** with 2 tablespoons **olive oil**, 1 teaspoon **chili-lime seasoning** and ½ teaspoon **kosher salt** on a baking sheet. Roast at 425°, stirring once, until golden and tender, 30 to 35 minutes. Season with salt. Toss with 1 cup **cilantro**. Top with **roasted salted pepitas**.



## TEMPURA ASPARAGUS

Whisk 1 cup **cake flour** and ½ teaspoon **kosher salt**. Whisk in 1 cup cold **seltzer**. Dip 1 bunch trimmed **asparagus** in the batter and fry in batches in 360° **vegetable oil** until crisp, about 2 minutes (drop them in one at a time to prevent sticking). Remove and drain on a rack; season with salt. Serve with **ponzu sauce** for dipping.



## KIWI MINT SALAD

Whisk 3 tablespoons **lime juice** with 2 tablespoons water, 1 tablespoon **sugar**, 2 teaspoons **fish sauce** and 1 teaspoon **sambal oelek** in a bowl. Refrigerate until cold. Toss with 4 diced peeled **kiwis**, 1 cup **bean sprouts**, ¼ small thinly sliced **red onion** and ½ cup torn fresh **mint**; season with **salt**. Pile 4 cups **Little Gem lettuce** on a plate. Top with the kiwi mixture.



## BAKED SWEET POTATOES WITH DILL BUTTER

Prick 4 **sweet potatoes** with a fork. Place on a baking sheet and bake at 400° until soft, 60 to 75 minutes. Mix 6 tablespoons softened **butter**, 1 tablespoon chopped **dill**, 1 small sliced **scallion** and 1½ teaspoons grated **lemon zest**; season with **salt** and **pepper**. Cut open the potatoes and top with the dill butter.

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\*Fingersticks are required for treatment decisions when you see Check Blood Glucose symbol, when symptoms do not match system readings, when you suspect readings may be inaccurate, or when you experience symptoms that may be due to high or low blood glucose.

**REFERENCES:** 1. FreeStyle Libre 14 day User's Manual. 2. Data on file. Abbott Diabetes Care.

The FreeStyle LibreLink app is compatible with iPhone 7 and later running iOS 11 and later. Use of the FreeStyle LibreLink app requires registration with LibreView, a service provided by Abbott and Newyu, Inc.

### INDICATIONS AND IMPORTANT SAFETY INFORMATION

FreeStyle Libre 14 day Flash Glucose Monitoring system is a continuous glucose monitoring (CGM) device indicated for replacing blood glucose testing and detecting trends and tracking patterns aiding in the detection of episodes of hyperglycemia and hypoglycemia, facilitating both acute and long-term therapy adjustments in persons (age 18 and older) with diabetes. The system is intended for single patient use and requires a prescription.

**CONTRAINDICATIONS:** Remove the sensor before MRI, CT scan, X-ray, or diathermy treatment.

**WARNINGS/LIMITATIONS:** Do not ignore symptoms that may be due to low or high blood glucose, hypoglycemic unawareness, or dehydration. Check sensor glucose readings with a blood glucose meter when Check Blood Glucose symbol appears, when symptoms do not match system readings, or when readings are suspected to be inaccurate. The system does not have alarms unless the sensor is scanned, and the system contains small parts that may be dangerous if swallowed. The system is not approved for pregnant women, persons on dialysis, or critically-ill population. Sensor placement is not approved for sites other than the back of the arm and standard precautions for transmission of blood borne pathogens should be taken. The built-in blood glucose meter is not for use on dehydrated, hypotensive, in shock, hyperglycemic-hyperosmolar state, with or without ketosis, neonates, critically-ill patients, or for diagnosis or screening of diabetes. When using FreeStyle LibreLink app, access to a blood glucose monitoring system is required as the app does not provide one. Review all product information before use or contact Abbott Toll Free (855-632-8658) or visit [www.freestylelibre.us](http://www.freestylelibre.us) for detailed indications for use and safety information.

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# INSIDE THE Test Kitchen

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

## SECRET INGREDIENT: PICKLED PEPPERS!

"I had an amazing dish called Pickled Pepper Beef at a Sichuan restaurant recently and I wanted to re-create it—and make it a lot less oily. My version on page 62 goes big on hot pickled cherry peppers like the original dish. Buy a jar and add a few to a stir-fry sometime—they add both acidity and gentle heat."



Alexis Pisciotta  
Recipe Developer



## THE KEY TO MEATLESS MEATBALLS

It's hard to make vegetarian "meat" taste meaty. To beef up the faux meatballs on page 63, we used a mix of mushrooms for texture, quinoa for structure and vegetarian Worcestershire sauce for rich umami flavor. Prep tip: Use a cookie scoop to shape uniform balls. It's much easier than rolling them by hand.

## OUR GO-TO OLIVES

We're obsessed with Castelvetrano olives right now—we used some in the cod dish on page 62. They're not overly salty or acidic, so they never overpower other flavors in a dish. And like other olives, they're full of heart-healthy fats and vitamin E. If you can't find them, Manzanilla olives are a good substitute.



## A TOP-NOTCH TOPPING

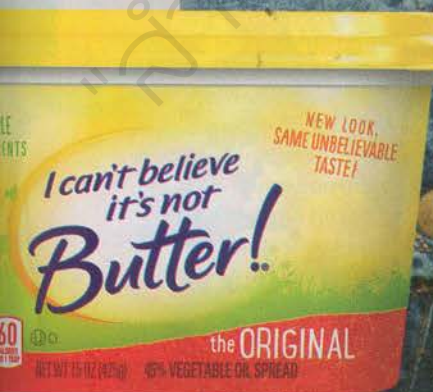
Pick up some seaweed snacks: The dried roasted strips are naturally salty and super crisp, so they make a great topping on a salad, stir-fry or rice bowl, like the one on page 64. Bonus: They're packed with tons of vitamins and minerals.



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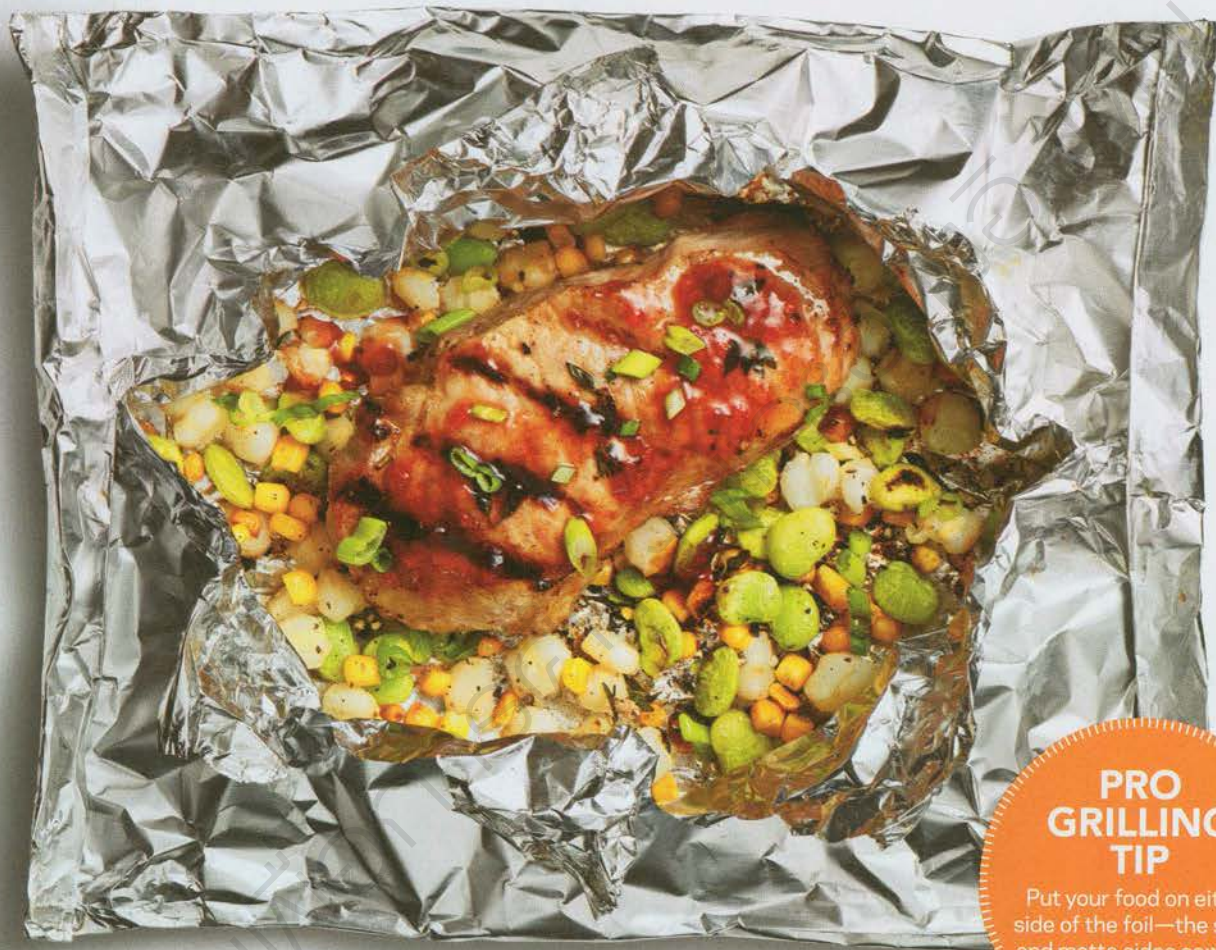
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# Chop, Chop!

Make cookout-worthy pork chops in 25 minutes.



## PRO GRILLING TIP

Put your food on either side of the foil—the shiny and matte sides conduct heat equally well.

## FOIL-PACKET BARBECUE PORK CHOPS WITH SUCCOTASH

ACTIVE: 20 min | TOTAL: 25 min | SERVES: 4

- 4 boneless pork chops (1 inch thick, about 6 ounces each)
- Kosher salt and freshly ground pepper
- $\frac{1}{2}$  cup barbecue sauce
- $\frac{1}{2}$  cup hot pepper jelly
- 2 cups frozen lima beans, thawed
- 2 cups frozen corn kernels, thawed
- 1 15.5-ounce can hominy, drained and rinsed
- 2 scallions, sliced (white and green parts separated)
- 1 teaspoon chopped fresh thyme
- 4 tablespoons unsalted butter, melted

1. Preheat a grill to medium high. Lay out four 12-by-18-inch sheets of heavy-duty foil. Season the pork chops on both sides with salt and pepper. Whisk the barbecue sauce and hot pepper jelly in a small bowl. Remove  $\frac{1}{3}$  cup of the sauce to a separate bowl and brush all over the pork chops; reserve the remaining sauce.
2. Mix the lima beans, corn, hominy, scallion whites, thyme and melted butter in a large bowl. Season with salt and pepper.
3. Divide the vegetable mixture among the foil sheets, mounding it slightly. Top each mound with a pork chop. Bring the 2 short ends of the foil together and fold twice to seal; fold in the sides to form a packet.
4. Grill the packets pork-side down, 6 minutes. Flip and cook 2 more minutes. Meanwhile, heat the reserved sauce in a small saucepan or in the microwave.
5. Carefully open the packets and spoon some of the sauce on the pork chops; sprinkle with the scallion greens. Serve with the remaining sauce.



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# weekend cooking



Mint lovers, turn the page for great recipes—including the perfect julep!

PHOTO: CONI POLLOS; FOOD STYLING: CHRISTINE ALBANO; PROP STYLING: SARA H. SMART



# Mint

## all around

What to do with a bunch of fresh mint?  
Try one of these great recipes—and pair it  
with a julep, of course.



## FETTUCCINE WITH MINT-SPINACH PESTO

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

Kosher salt

- 1 pound spinach fettuccine
  - $\frac{1}{3}$  cup slivered almonds
  - 4 cups baby spinach
  - 2 cups fresh mint
  - 1 clove garlic
  - $\frac{1}{2}$  cup extra-virgin olive oil
  - $\frac{3}{4}$  cup grated pecorino cheese, plus more for topping
- Freshly ground pepper



**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 and return to the pot.

**2.** Meanwhile, toast the almonds in a dry skillet over medium heat until just golden, about 5 minutes. Let cool.

**3.** Combine the almonds, spinach, mint and garlic in a food processor and process to make a slightly chunky paste. With the motor running, add the olive oil in a steady stream to make a smooth pesto.

**4.** Add the pesto to the pasta along with the pecorino; season with salt and pepper. Toss to coat, adding the reserved cooking water as needed to loosen. Serve with more pecorino for topping.





## MINT JULEP

ACTIVE: 10 min | TOTAL: 1 hr 10 min  
MAKES: 1 (plus extra mint syrup)

### FOR THE MINT SYRUP

1 cup sugar  
10 sprigs mint

### FOR EACH DRINK

5 mint leaves, plus a sprig for garnish  
2½ ounces bourbon

1. Make the mint syrup: Bring the sugar and 1 cup water to a simmer in a small saucepan over medium heat, stirring until the sugar is dissolved. Remove from the heat and add the mint sprigs, pressing with a wooden spoon to submerge them. Let cool to room temperature, then remove the mint with a slotted spoon and discard. Refrigerate the syrup until chilled, at least 1 hour. (You will have about 1½ cups syrup; cover and refrigerate up to 2 weeks.)
2. Make the drink: Put the mint leaves and 1 ounce of the mint syrup in a small glass or julep cup. Muddle with the handle of a wooden spoon until the leaves start to break apart. Stir in the bourbon. Fill the glass with crushed ice. Garnish with a mint sprig.

To store fresh mint, wrap it in a damp paper towel, then place in a resealable plastic bag and refrigerate for up to a week.

## GRILLED BABY ARTICHOKE WITH MINT SALSA VERDE

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

- 1 lemon, halved, plus 3 tablespoons lemon juice
  - 2 pounds baby artichokes (14 to 18)
  - 2 cups fresh mint, chopped
  - 1 cup fresh parsley, chopped
  - 1 small Fresno chile pepper, seeded and finely chopped
  - 1 tablespoon capers, drained and chopped
  - 2 oil-packed anchovy fillets, chopped
  - 1 small clove garlic, finely chopped
  - 1 teaspoon dijon mustard
  - $\frac{1}{2}$  cup extra-virgin olive oil
- Kosher salt

**1.** Preheat a grill to medium. Fill a large bowl with cold water and squeeze in the halved lemon; reserve the halves. Remove the outer dark green leaves from the artichokes until only light green and yellow leaves remain. Cut off the top  $\frac{1}{2}$  inch of the artichokes.

Using a paring knife, trim the stem and lightly peel around the bottom of the base where it meets the stem. Cut the artichokes in half, rub with the lemon halves and add to the lemon water.

**2.** Make the salsa verde: Combine the mint, parsley, chile pepper, capers, anchovies, garlic and mustard in a medium bowl. Stir in the lemon juice and 6 tablespoons olive oil to make a thick, chunky sauce; season with salt. Set aside at room temperature.

**3.** Drain the artichokes and pat dry. Toss the artichokes in a large bowl with the remaining 2 tablespoons olive oil; season with salt. Grill the artichokes, turning occasionally, until tender and charred in spots, 6 to 10 minutes, depending on their size. Toss with the salsa verde while still warm.





## HONEYDEW AND MINT GRANITA

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

- $\frac{1}{2}$  cup sugar
- 10 sprigs mint, plus leaves for topping
- 3 cups chopped honeydew melon
- $\frac{3}{4}$  cup fresh lime juice (from 2 to 3 limes)

**1.** Bring the sugar and  $\frac{3}{4}$  cup water to a simmer in a small saucepan over medium heat, stirring until the sugar is dissolved. Remove from the heat and add the mint, pressing with a wooden spoon to submerge. Let cool completely, then remove the mint with a slotted spoon and discard.

**2.** Combine the mint syrup, honeydew and lime juice in a blender and puree until smooth. Pour into a 7-by-11-inch or 8-inch square metal baking dish.

**3.** Freeze the honeydew-mint mixture until ice crystals begin to form around the edges, about 45 minutes. Scrape the crystals toward the center of the pan with a fork, breaking apart any large chunks. Continue freezing, scraping every 30 minutes or so, until all of the granita has been scraped into flakes, 3 to 4 hours. Spoon into chilled bowls and top with mint leaves.



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**IMPORTANT SAFETY INFORMATION AND INDICATIONS**

Using estrogen-alone may increase your chance of getting cancer of the uterus (womb). Report any unusual vaginal bleeding right away while you are using Premarin (conjugated estrogens) Vaginal Cream. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find out the cause.

Do not use estrogens, with or without progestins, to prevent heart disease, heart attacks, strokes or dementia (decline in brain function).

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

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

Estrogens should be used at the lowest dose possible, only for as long as needed. You and your healthcare provider should talk regularly about whether you still need treatment.

Premarin (conjugated estrogens) Vaginal Cream should not be used if you have unusual vaginal bleeding, have or had cancer, had a stroke or heart attack, have or had blood clots or liver problems, have a bleeding disorder, are allergic to any of its ingredients, or think you may be pregnant.

Estrogens increase the risk of gallbladder disease. Discontinue estrogen if loss of vision, pancreatitis, or liver problems occur. If you take thyroid medication, consult your healthcare provider, as use of estrogens may change the amount needed.

Common side effects include headache, pelvic pain, breast pain, vaginal bleeding and vaginitis.

**INDICATIONS**

Premarin (conjugated estrogens) Vaginal Cream is used after menopause to treat menopausal changes in and around the vagina and to treat moderate to severe painful intercourse caused by these changes.

Each gram contains 0.625 mg of conjugated estrogens, USP.

**Please see Important Product Information on the next page.**

You may report any issues related to Pfizer products by calling Pfizer at 1-800-438-1985 (US only). Or if you prefer, you may contact the FDA directly: please visit [www.fda.gov/MedWatch](http://www.fda.gov/MedWatch), or call 1-800-FDA-1088.

# IMPORTANT FACTS **Premarin**<sup>®</sup> (conjugated estrogens) (pre-muh-rin) vaginal cream

## ABOUT PREMARIN<sup>®</sup> VAGINAL CREAM

PREMARIN Vaginal Cream is a medicine that contains a mixture of estrogen hormones. PREMARIN Vaginal Cream is used after menopause to treat menopausal changes in and around the vagina and painful intercourse caused by these changes. You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream.

## IMPORTANT SAFETY INFORMATION

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

- Using estrogen-alone may increase your chance of getting cancer of the uterus (womb). Report any unusual vaginal bleeding right away while you are using PREMARIN Vaginal Cream. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find the cause.
- Do not use estrogen-alone or estrogens with progestin to prevent heart disease, heart attacks, strokes or dementia (decline in brain function).
- Using estrogen-alone may increase your chances of getting strokes or blood clots.
- Using estrogen with progestins may increase your chances of getting heart attacks, strokes, breast cancer, or blood clots.
- Using estrogen-alone or combined with progestin may increase your chance of getting dementia, based on a study of women age 65 years or older.
- You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream.

## DO NOT START USING PREMARIN VAGINAL CREAM IF YOU:

- Have unusual vaginal bleeding
- Currently have or have had certain cancers. Estrogens may increase the chance of getting certain types of cancers, including cancer of the breast or uterus. If you have or have had cancer, talk with your healthcare provider about whether you should use PREMARIN Vaginal Cream.
- Had a stroke or heart attack
- Currently have or have had blood clots
- Currently have or have had liver problems
- Have been diagnosed with a bleeding disorder
- Are allergic to PREMARIN Vaginal Cream or any of its ingredients
- Think you may be pregnant

Tell your healthcare provider:

- If you have any unusual vaginal bleeding
- About all your medical problems
- About all the medicines you take
- If you are going to have surgery or will be on bedrest
- If you are breast-feeding

## POSSIBLE SIDE EFFECTS OF PREMARIN VAGINAL CREAM

PREMARIN Vaginal Cream is only used in and around the vagina; however, the risks associated with oral estrogens should be taken into account. Serious, but less common side effects include:

- Heart attack • Stroke • Blood clots • Dementia • Breast cancer
- Cancer of the uterus • Ovarian cancer • High blood pressure
- High blood sugar • Gallbladder disease • Liver problems
- Enlargement of benign tumors of the uterus • Severe allergic reaction

Call your healthcare provider right away if you get any of the following warning signs, or any other unusual symptoms that concern you:

- New breast lumps • Unusual vaginal bleeding
- Changes in speech or vision • Sudden new severe headaches
- Severe pains in your chest or legs with or without shortness of breath, weakness and fatigue • Swollen lips, tongue or face

Less serious, but common, side effects include:

- Headache • Breast pain • Irregular vaginal bleeding or spotting
- Stomach/abdominal cramps, bloating • Nausea and vomiting
- Hair loss • Fluid retention • Vaginal yeast infection • Reactions from inserting PREMARIN Vaginal Cream, such as vaginal burning, irritation, and itching

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

## HOW TO USE PREMARIN VAGINAL CREAM

PREMARIN Vaginal Cream is a cream that you place in your vagina with the applicator provided with the cream.

- Take the dose recommended by your healthcare provider and talk to him or her about how well that dose is working for you.
- You and your healthcare provider should talk regularly (for example, every 3 to 6 months) about the dose you are taking and whether you still need treatment with PREMARIN Vaginal Cream.

1. Remove cap from tube.
2. Screw nozzle end of applicator onto tube.
3. Gently squeeze tube from the bottom to force sufficient cream into the barrel to provide the prescribed dose. Use the marked stopping points on the applicator to measure the correct dose, as prescribed by your healthcare provider.
4. Unscrew applicator from tube.
5. Lie on back with knees drawn up. To deliver medication, gently insert applicator deeply into vagina and press plunger downward to its original position.
6. To cleanse: Pull plunger to remove it from barrel. Wash with mild soap and warm water. Do not boil or use hot water.

## NEED MORE INFORMATION?

- This information does not replace talking to your healthcare provider about your menopausal symptoms and their treatment.
- Go to [www.premarinvaginalcream.com](http://www.premarinvaginalcream.com)
- Call 1-888-9-PREMARIN (1-888-977-3627).

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# IN AN Instant

Put your Instant Pot to work  
on some new chicken dinners!

## 6 Tips for Smart Pressure-Cooking

- **USE ENOUGH LIQUID** You'll need at least  $\frac{1}{2}$  to 1 cup liquid in the pot for pressure-cooking. To save a few minutes, heat the liquid before adding it—the pressure will build up slightly faster.
- **GO EASY ON SEASONING** Resist the urge to add extra spices until you've tasted the dish. Pressure-cooking enhances flavors.
- **SEAL THE POT** Make sure the sealing ring is in place on the lid. The pot won't build up pressure if it's not properly sealed.

- **BE PATIENT** Even if a recipe says to pressure-cook for just 15 minutes, it may take 10 minutes to build up the pressure and another 10 to release it.
- **RELEASE AS DIRECTED** Don't change the method of steam release in a recipe. Your dish could turn out under- or overcooked.
- **BEWARE OF HOT STEAM** It comes out quickly! Never put your hand above the steam valve or reach over the pot to release steam.

## INSTANT POT INDIAN BUTTER CHICKEN

ACTIVE: 30 min | TOTAL: 50 min | SERVES: 4

1½ pounds skinless, boneless chicken breasts (about 3), cut into 1-inch chunks

Kosher salt and freshly ground pepper

2 cloves garlic, grated

1 teaspoon grated fresh ginger

1 teaspoon garam masala

1 teaspoon paprika

½ teaspoon ground cumin

½ teaspoon ground turmeric

⅛ teaspoon cayenne pepper

6 tablespoons unsalted butter, cut into pieces

1 15-ounce can tomato puree (about 1½ cups)

1½ teaspoons sugar

¾ cup heavy cream

Chopped fresh cilantro, for topping

Naan or rice, for serving

**1.** Toss the chicken with 1½ teaspoons salt and a few grinds of pepper in a large bowl. Set aside at room temperature. Stir the garlic, ginger, garam masala, paprika, cumin, turmeric and cayenne with 2 tablespoons water in a small bowl.

**2.** Set an Instant Pot to sauté on high. When the pot registers hot, add 2 tablespoons butter and let melt. Add the spice mixture and cook, stirring constantly, until thickened and sticking to the bottom of the pot, 2 to 3 minutes. Add the tomato puree, sugar and ½ teaspoon salt, scraping up the bottom of the pot. Turn off the pot.

**3.** Add the chicken to the pot; stir to coat. Put on and lock the lid; make sure the steam valve is in the sealing position. Set the pot to pressure-cook on high for 5 minutes. When the time is up, let the pressure release naturally for 10 minutes, then carefully turn the steam valve to the venting position to manually release the remaining pressure. Turn off the pot and remove the lid.

**4.** Stir the remaining 4 tablespoons butter and the heavy cream into the pot; season with salt and pepper. Divide the chicken and sauce among bowls. Top with cilantro and serve with naan or rice.



Check out our line of Food Network + Kohl's Instant Pot accessories, including steamers, lids and silicone mitts, at [kohls.com](http://kohls.com).



## INSTANT POT CHICKEN POSOLE

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

- 4 dried guajillo chile peppers, stemmed and seeded
- 2 dried ancho chile peppers, stemmed and seeded
- 2 dried cascabel chile peppers, stemmed and seeded
- 1 tablespoon vegetable oil
- 1 small white onion, diced
- 8 cloves garlic, roughly chopped
- Kosher salt and freshly ground pepper
- 8 ounces dried white hominy, picked over and rinsed
- 1 cup fresh cilantro (leaves and tender stems), plus more for topping
- 2 teaspoons dried oregano, plus more for topping
- 1 bay leaf
- 2 pounds skinless, boneless chicken thighs (about 8)
- Sliced radishes, crumbled queso fresco, sour cream and/or shredded cabbage, for topping
- Lime wedges, for serving

**1.** Set an Instant Pot to sauté on high. When the pot registers hot, add the dried chiles and cook until just beginning to soften, about 3 minutes. Add 1 cup water. Turn off the pot and put on the lid. Let sit until the chiles are completely softened, about 5 minutes. Transfer to a blender and puree until smooth. Use a rubber spatula to push the mixture through a fine-mesh strainer into a small bowl.

**2.** Reset the pot to sauté on high. When the pot registers hot, add the vegetable oil. Add the onion, garlic, 1 tablespoon salt and a few grinds of pepper; cook, stirring occasionally, until the onion is tender, 6 to 8 minutes. Turn off the pot.

**3.** Add 6 cups water, the chile puree, hominy, cilantro, oregano and bay leaf to the pot. Put on and lock the lid; make sure the steam valve is in the sealing position. Set the pot to pressure-cook on high for 1 hour 10 minutes. When the time is up, carefully turn the steam valve to the venting position to manually release the pressure. Turn off the pot and remove the lid.

**4.** Add the chicken to the pot and press to submerge in the liquid. Replace and lock the lid; return the steam valve to the sealing position. Set the pot to pressure-cook on high for 10 minutes. When the time is up, carefully turn the steam valve to the venting position to manually release the pressure. Turn off the pot and remove the lid.

**5.** Discard the bay leaf. Transfer the chicken to a rimmed baking sheet and shred into bite-size pieces with two forks. Return to the pot along with any accumulated juices and stir to combine. Divide among bowls and top with dried oregano, radishes, queso fresco, cilantro, sour cream and/or cabbage. Serve with lime wedges.

## INSTANT POT MOROCCAN CHICKEN

ACTIVE: 40 min | TOTAL: 1 hr 15 min | SERVES: 4

- 8 skin-on, bone-in chicken thighs (about 3 pounds)
- Kosher salt and freshly ground pepper
- 2 tablespoons vegetable oil
- 1 large onion, sliced
- 4 large cloves garlic, smashed
- 4 carrots, cut into 1-inch chunks
- 1 teaspoon paprika
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- ½ teaspoon ground turmeric
- ½ teaspoon ground ginger
- ¾ teaspoon cayenne pepper
- 1 tablespoon tomato paste
- 1 cinnamon stick
- ¼ preserved lemon, roughly chopped (seeds discarded)
- ¼ cup pitted prunes, halved
- ¼ cup dried apricots, halved
- ½ cup drained jarred small pimiento-stuffed olives, plus 1 tablespoon brine
- ¼ cup chopped fresh cilantro
- ¼ cup chopped fresh parsley, plus more for topping
- 1 teaspoon distilled white vinegar
- Cooked couscous, for serving
- Harissa, for serving

1. Season the chicken thighs generously with salt and pepper. Set an Instant Pot to sauté on high. When the pot registers hot, add the vegetable oil. Working in two batches, add the chicken skin-side down and cook until well browned, about 10 minutes. Remove to a plate.
2. Add the onion, garlic, carrots, paprika, coriander, cumin, turmeric, ginger and cayenne to the pot. Cook, stirring, until the onion softens, about 5 minutes. Stir in the tomato paste to coat the vegetables, scraping up the bottom of the pot. Stir in the cinnamon stick, preserved lemon, prunes and apricots, then turn off the pot.
3. Add ¾ cup water and the olive brine to the pot and stir well, scraping up the bottom of the pot. Return the chicken skin-side up to the pot in a single layer. Put on and lock the lid; make sure the steam valve is in the sealing position. Set the pot to pressure-cook on high for 8 minutes. When the time is up, let the pressure release naturally for 10 minutes, then carefully turn the steam valve to the venting position to manually release the remaining pressure. Turn off the pot and remove the lid.
4. Transfer the chicken to a platter, leaving the liquid in the pot; discard the cinnamon stick. Stir the olives, cilantro, parsley and vinegar into the pot. Season with salt and pepper. Serve the chicken and sauce over couscous; top with more parsley and serve with harissa.



# berries & dreams

We thought strawberry shortcake couldn't get any better. Then we tried Ina's...

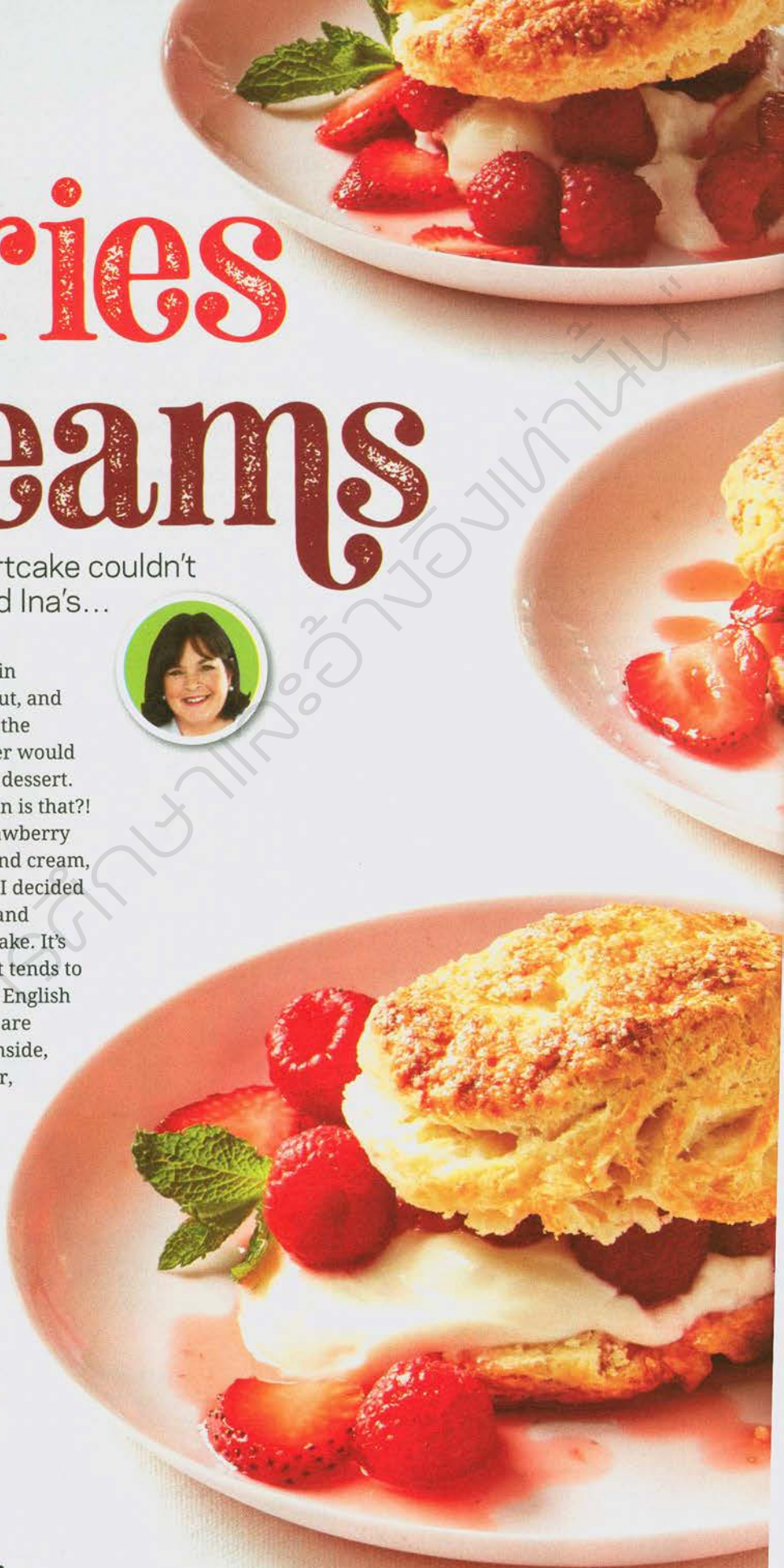
**m**y friend Sarah Chase grew up in the farm country of Connecticut, and one night each summer when the strawberries came into season, her mother would make strawberry shortcakes—but not for dessert. She would make them for dinner! How fun is that?!



Sarah's story got me thinking about strawberry shortcakes. I love anything with berries and cream, and I adore flaky biscuits (who doesn't?). I decided to revisit each part of this classic dessert and make it with a new twist. First, the shortcake. It's traditionally like a breakfast biscuit, but it tends to be dry and crumbly, so I went back to my English scone recipe for inspiration. Good scones are crisp on the outside and moist and light inside, very much like biscuits. I used good butter, orange zest and a pinch of salt to give mine lots of flavor.

To update the strawberries, I included raspberries, too, and I added sugar and let them macerate, so I ended up with juicier berries to spoon on the shortcakes. And finally, I revisited the whipped cream by replacing it with a honey-yogurt mixture. I layered all the components together and was so happy with the result: It looked and tasted like a classic strawberry shortcake but was even more delicious. I could eat these for dinner any night of the week!

XXX Ina



RED BERRY SHORTCAKES  
WITH HONEY YOGURT

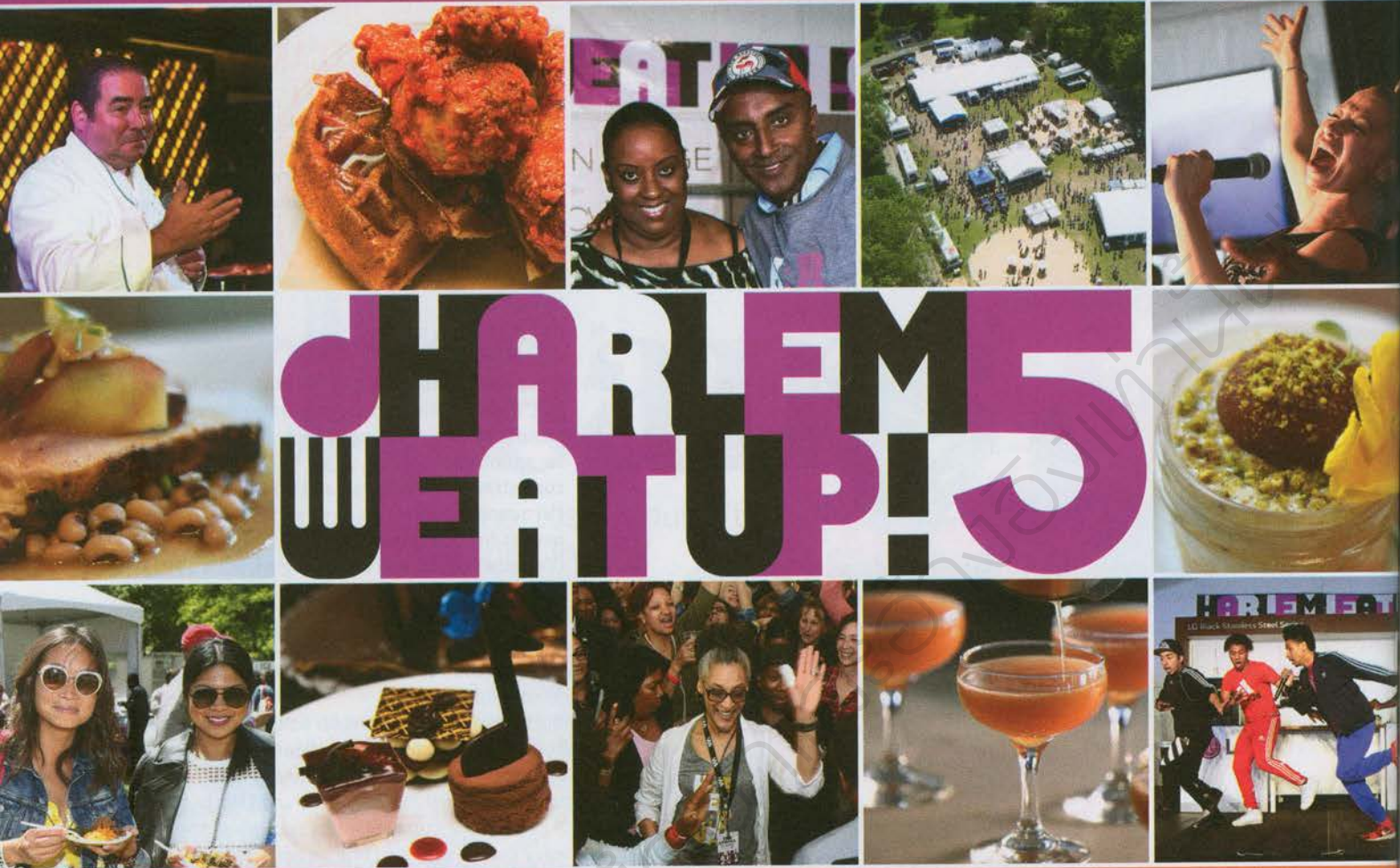
ACTIVE: 45 min | TOTAL: 1 hr 40 min | SERVES: 6

- 2¼ cups all-purpose flour, plus extra for rolling
- ¾ cup plus 2 tablespoons granulated sugar, divided
- 1 tablespoon baking powder
- 1 teaspoon kosher salt
- 12 tablespoons (1½ sticks) cold unsalted butter, ½-inch diced
- ¾ cup cold heavy cream
- 2 cold extra-large eggs
- 1½ teaspoons grated orange zest, plus extra for serving
- 1 egg, beaten with 1 tablespoon water, for egg wash
- 2 teaspoons turbinado sugar, such as Sugar in the Raw, for sprinkling
- 4 cups strawberries, hulled and thickly sliced (16 ounces)
- 6 ounces fresh raspberries
- 2 (7-ounce) containers Greek yogurt, such as Fage
- ¾ cup liquid honey
- 6 sprigs fresh mint, for serving

1. Preheat the oven to 425°. Line a sheet pan with parchment paper.
2. In the bowl of an electric mixer fitted with the paddle attachment, combine the flour, the 2 tablespoons granulated sugar, the baking powder and salt. Add the butter and mix at low speed *just* until the butter is the size of peas. In a 2-cup measuring cup, whisk together the heavy cream, eggs and orange zest. With the mixer on low, add the cream mixture to the flour mixture and mix *just* until combined. The dough will be very sticky.
3. Heavily flour a cutting board. Mix the dough with a rubber spatula to be sure all of the dry ingredients at the bottom of the bowl are incorporated. Transfer to a board and knead lightly into a disk, adding just enough flour to keep the dough from sticking. Roll or pat the dough ¾ to 1 inch thick. Cut circles of dough with a plain 3-inch round cutter and transfer to the prepared sheet pan. Chill for 30 minutes. Brush the tops with the egg wash and sprinkle with the turbinado sugar. Bake for 18 to 20 minutes, until the tops are browned and spring back when touched. Set aside to cool for 10 minutes.
4. Meanwhile, combine the strawberries and the ¾ cup granulated sugar in a medium bowl. Set aside at room temperature for 30 minutes. Carefully fold in the raspberries and set aside for another 15 minutes to macerate. In a separate bowl, whisk together the yogurt and honey, cover and refrigerate.
5. To assemble, split each shortcake in half horizontally and place the bottoms on dessert plates. Spoon the yogurt mixture on each cake and spoon the berries and their juices on top. Place the shortcake tops over the berries. Sprinkle with extra grated orange zest, garnish with a sprig of mint and serve.

**PRO TIP** You can split the shortcakes with a knife, but they're prettier with jagged edges; split them with a fork, as you would an English muffin.

"All of Harlem's best food in one place." - The New York Post



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# party time



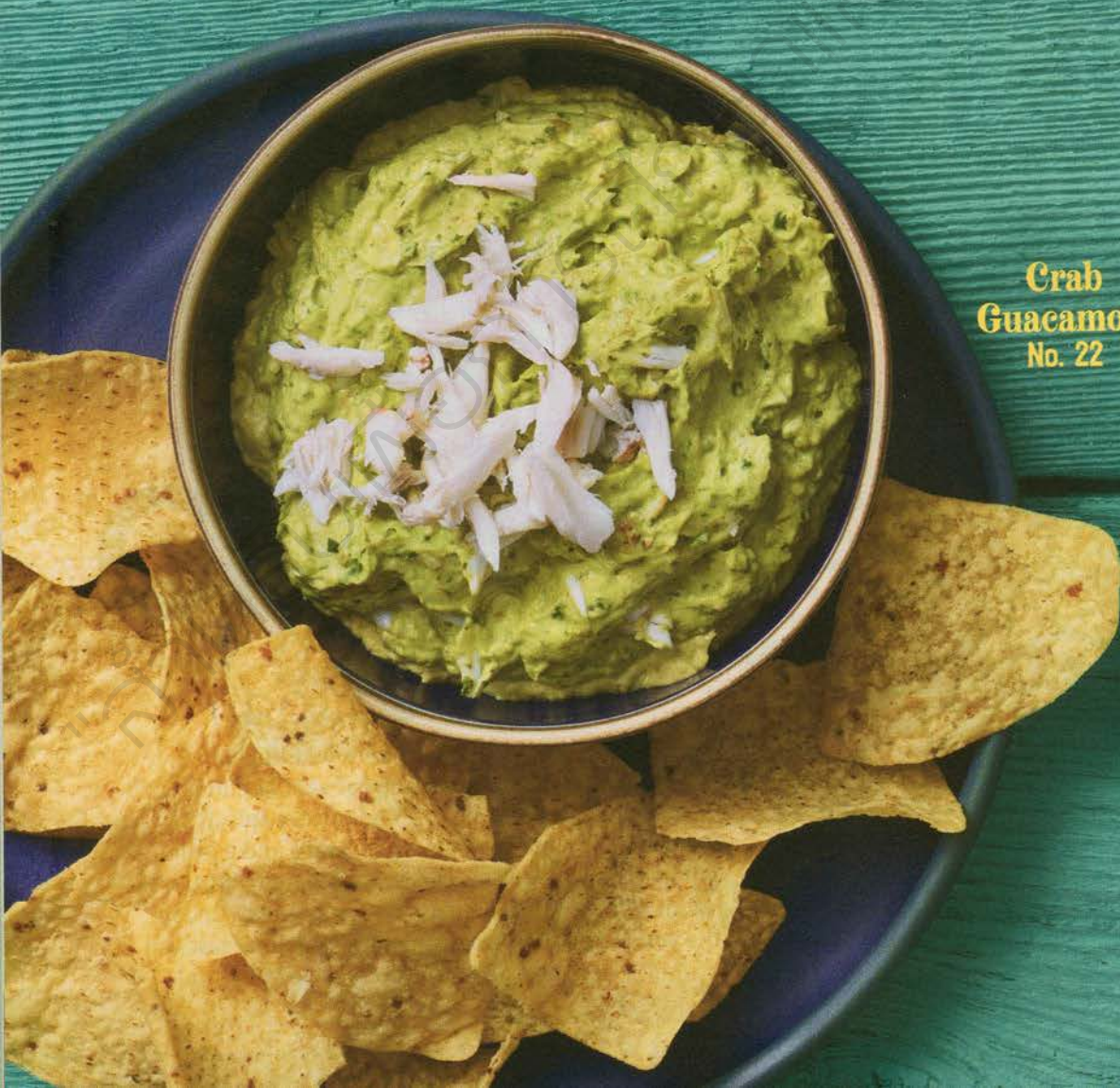
## The Proof Is in the Pudding

Mix up a round of margarita pudding for Cinco de Mayo: Make a package of vanilla pudding, then stir in some lime zest and juice, a splash of tequila (or more for a stronger treat!) and a little whipped cream. Moisten the rims of margarita glasses with a lime wedge, then dip in coarse sugar. Spoon the pudding into the glasses and top with lime zest and lime slices. Read on for more Cinco de Mayo fun!

# Easy **50** Dips

Save this booklet:  
You'll find ideas for  
every summer party!

**Crab  
Guacamole**  
No. 22

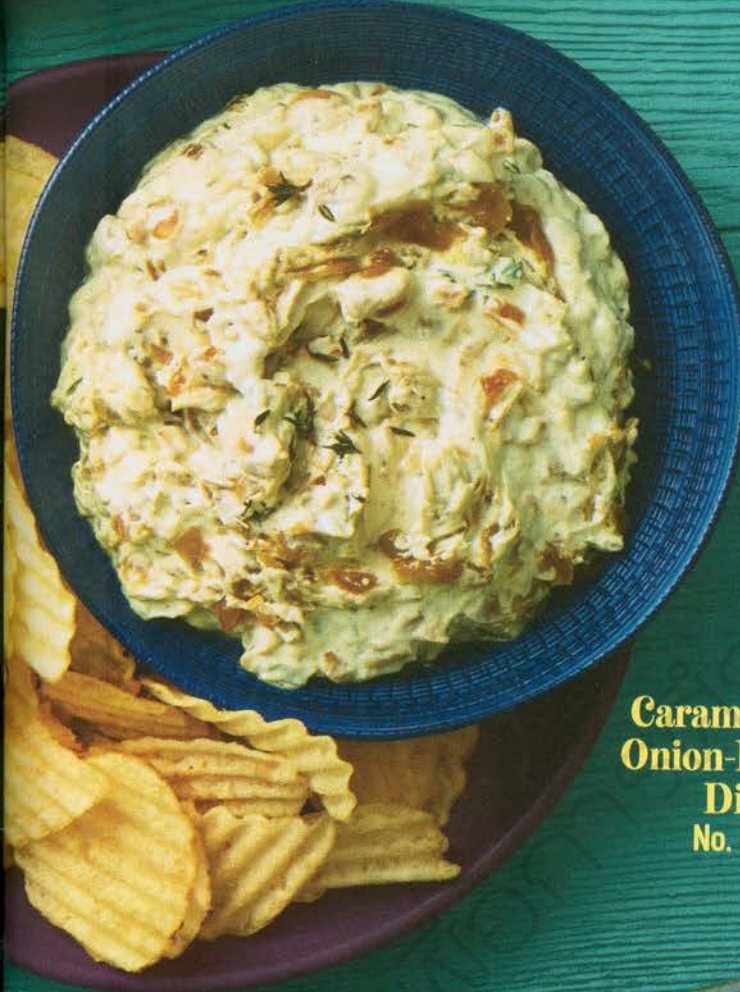




**Purple  
Cauliflower  
Hummus**  
No. 14



**Horseradish  
Pub Cheese**  
No. 33



**Caramelized  
Onion-Fennel  
Dip**  
No. 40



**Whipped Ricotta  
with Garlic  
Tomatoes**  
No. 2

# Spice Up Your Brunch.

Cinco de Mayo is the perfect day for a Mexican-themed brunch:  
This year, it falls on a Sunday!



## Chipotle Chilaquiles



“  
I first had this  
dish in the  
Yucatán and  
immediately  
loved it.  
Try it with a  
super-spicy  
Bloody Mary.  
—Anne Burrell

”

# Crunchy Jicama and Mango Salad

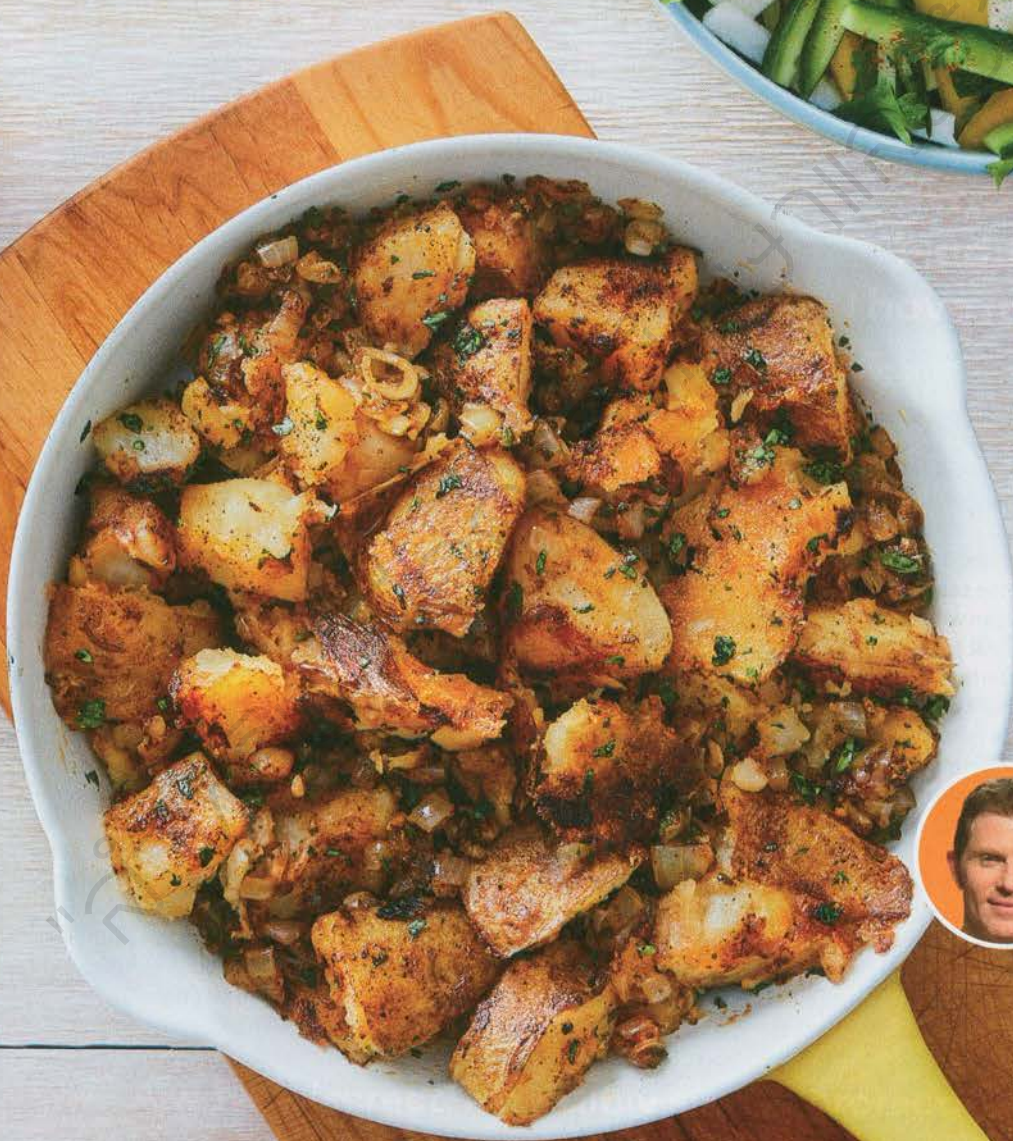
66

I love sprinkling mango with Tajin, a spicy, citrusy seasoning. That combination inspired this recipe.

—Tyler Florence



99



# Spicy Home Fries

66

Cooking the potatoes twice gives them the perfect soft interior and crunchy exterior.

—Bobby Flay



99



## ANNE BURRELL'S CHIPOTLE CHILAQUILES

ACTIVE: 1 hr 15 min | TOTAL: 1½ hr | SERVES: 4 to 6

Extra-virgin olive oil

1 onion, cut into ¼-inch dice

Kosher salt

4 cloves garlic, smashed and chopped

1 jalapeño pepper, seeded and finely diced

2 to 3 links fresh chorizo, casings removed, meat crumbled

1 bunch fresh cilantro, half the leaves left whole for garnish and the rest finely chopped, stems included

1 to 2 chipotles in adobo sauce, finely diced, plus the sauce from half of a 7-ounce can (add more chiles if you like it spicier)

1 28-ounce can plum tomatoes, passed through a food mill

Canola oil, for frying

10 6-inch corn tortillas, cut into sixths

1½ cups grated Oaxaca or Monterey Jack cheese

1½ cups crumbled queso fresco cheese

6 large eggs

1 lime, cut into wedges, for serving

1 cup Mexican crema or sour cream

**1.** Coat a large saucepan with olive oil. Toss in the onion, season with salt and bring to medium heat. Cook the onion until soft and very aromatic, 8 to 10 minutes. Toss in the garlic, jalapeño and chorizo and cook for 3 to 4 minutes more, breaking up the meat with a spoon.

**2.** Add the chopped cilantro, chipotles, adobo sauce and tomatoes. Season with salt, taste and season again if needed. Stir in 1 cup water, increase the heat to high, bring to a boil and reduce the heat to a simmer. Cook for 30 to 35 minutes, or until the mixture has a good saucy consistency. Taste and adjust the seasoning if necessary.

**3.** While the sauce cooks, fill a large saucepan with about 3 inches of canola oil. Heat the oil over medium-high heat to about 375° (or add a slice of tortilla to the oil—when it sizzles, starts to float and crisps up, it's ready). While the oil heats up, put a couple of paper towels on a baking sheet next to the stove. When the oil is hot, work in batches to fry the tortillas until they are crispy chips. Remove the chips from the oil, drain on the paper towels and sprinkle with salt.

**4.** Preheat the oven to 350°. In a large bowl, toss a third of the chips with a third each of the tomato sauce and cheeses. Spread the chip mixture in the bottom of a large ovenproof casserole dish, then top with another third of the chips, sauce and cheeses. Repeat the process with the remaining chips, sauce and cheeses. Bake for 15 minutes, or until the cheese is melted.

**5.** When the casserole comes out of the oven, coat a large sauté pan lightly with olive oil. Add the eggs (you will probably have to work in batches to fry all of them—no worries) and bring the pan to medium heat. Cook the eggs until the whites are cooked through and the yolks are warm and runny, about 4 minutes. Place the fried eggs on top of the chips. Sprinkle with the whole cilantro leaves. Serve with the lime wedges and crema.



## TYLER FLORENCE'S CRUNCHY JICAMA AND MANGO SALAD

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

1 medium jicama (about 1 pound)

2 small cucumbers

3 ripe mangoes

¼ cup roughly chopped fresh cilantro, plus more for garnish

2 teaspoons ancho chile powder (or other medium-spice chile powder)

Juice of 2 limes

Kosher salt

**1.** Peel the jicama and cut into long thin strips. Slice the cucumbers in half lengthwise, scoop out the seeds and then cut into strips similar in size to the jicama. Peel the mangoes and cut into strips.

**2.** Combine the jicama, cucumbers and mangoes in a large bowl. Add the cilantro, chile powder and lime juice and gently toss. Season with salt and garnish with more cilantro.

## BOBBY FLAY'S SPICY HOME FRIES

ACTIVE: 30 min | TOTAL: 50 min

SERVES: 4

3 large Idaho potatoes, chopped

Kosher salt

⅓ cup canola oil

2 tablespoons unsalted butter

1 small Spanish onion, finely diced

1 jalapeño pepper, finely diced (seeds and all)

2 cloves garlic, finely chopped

2 tablespoons ancho chile powder

Freshly ground pepper

¼ cup chopped fresh cilantro

Grated zest of 1 lime

**1.** Place the potatoes in a large saucepan, cover with cold water and add 1 tablespoon salt. Bring to a boil and cook until the potatoes fall apart when a fork is inserted, 20 to 25 minutes. Drain well.

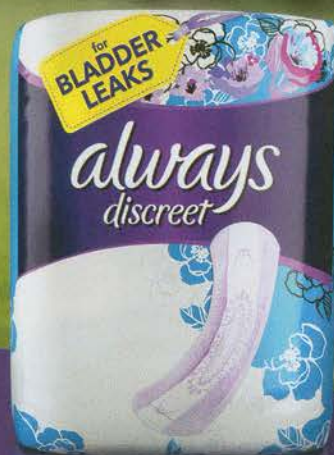
**2.** Heat the canola oil and butter in a large skillet over medium heat. Add the onion and jalapeño and cook until soft, about 5 minutes. Add the garlic and cook 30 seconds. Stir in the chile powder.

**3.** Add the potatoes to the skillet, season with salt and pepper and toss, slightly smashing the potatoes with a metal spatula. Press the potato mixture into one even layer and cook until golden brown on the bottom, about 5 minutes. Flip the potatoes and gently smash again into an even layer; cook until the bottom is golden brown, about 5 more minutes. Stir in the cilantro and lime zest.





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A

# FIESTA for All



Marcela Valladolid's easy cookout menu is a guaranteed crowd-pleaser.

When Marcela Valladolid moved from Mexico to the United States, she was surprised by how many people celebrate Cinco de Mayo here. "It's pretty much a nonexistent holiday in Mexico unless you're in Puebla," says the *Best Baker in America* judge. "But parties are my thing, and if this is the excuse for a Mexican-themed party, I'm all for it!" Marcela's tips for a perfect get-together: Play the right music (she suggests Latin pop) and serve food you're comfortable cooking, like these simple recipes from her new book, *Fiestas*.



BEEF SLIDERS WITH  
CHIPOTLE SPECIAL SAUCE

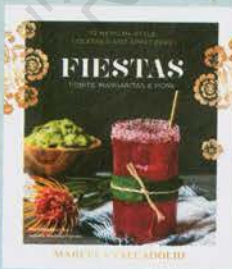


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PROSECCO MARGARITAS

ROASTED CORN, ZUCCHINI AND JALAPEÑO SALAD



Find these recipes and more in Marcela's new book, *Fiestas* (\$20, Houghton Mifflin Harcourt).





## BEEF SLIDERS WITH CHIPOTLE SPECIAL SAUCE

ACTIVE: 45 min | TOTAL: 50 min  
MAKES: 10

### FOR THE SPECIAL SAUCE

- 6 tablespoons mayonnaise
  - 3 tablespoons ketchup
  - 1 tablespoon adobo sauce (from a can of chipotle chiles in adobo)
  - 2 teaspoons diced pickled jalapeños
  - 2 teaspoons prepared horseradish
  - 1 shallot, minced
  - 2 teaspoons chopped fresh parsley
- Kosher salt and freshly ground pepper

### FOR THE SLIDERS

- 1 pound ground beef
  - 1 teaspoon garlic powder
  - 1 teaspoon onion powder
  - 1 tablespoon kosher salt
  - 1 teaspoon Worcestershire sauce
  - ½ teaspoon freshly ground pepper
- Canola oil, for frying
- 10 2-inch slices sharp cheddar cheese
  - 2 tablespoons unsalted butter
  - 10 mini brioche buns
  - 10 bun-size pieces Bibb lettuce
  - 10 pickled jalapeño strips and 10 pickled carrot slices (from a can of pickled jalapeños and carrots)

1. Make the special sauce: Stir all the sauce ingredients together in a small bowl. Season to taste with salt and pepper and set aside.
2. Make the sliders: Mix the ground beef, garlic and onion powders, salt, Worcestershire sauce and pepper in a large bowl. Form the meat mixture into ten 2-inch patties.
3. Heat a large cast-iron skillet over medium-high heat. Add enough canola oil to coat the pan and heat until the oil is smoking. Add the patties and cook, flipping once, until heavily caramelized on both sides, 4 to 6 minutes for medium rare. Top each patty with a slice of cheese. Transfer the patties to a plate. Wipe out the pan, add the butter and melt over low heat. Add the buns cut-side down and toast them in the butter.
4. Spread the chipotle special sauce on both cut sides of each bun. Place a patty and a piece of lettuce on each bun. Top each slider with a pickled jalapeño strip and a pickled carrot slice, securing them with a bamboo pick.



## ROASTED CORN, ZUCCHINI AND JALAPEÑO SALAD

ACTIVE: 25 min | TOTAL: 2 hr 25 min  
SERVES: 6 to 8

- ¾ cup extra-virgin olive oil
  - ¾ cup freshly squeezed lime juice (from 2 or 3 limes)
- Kosher salt and freshly ground pepper
- 4 ears corn, roasted, kernels cut off (see below)
  - 4 large zucchini, chopped into small pieces
  - 1 jalapeño, stemmed, seeded and finely chopped
  - ½ cup finely chopped fresh cilantro
  - 1 cup chicharrón (pork cracklings), for serving

1. Place the olive oil and lime juice in a small bowl. Whisk until combined and season to taste with salt and pepper.
2. Combine the corn kernels, zucchini, jalapeño and cilantro in a large bowl. Toss with the lime dressing until combined. Season to taste with salt and pepper. Cover and refrigerate for at least 2 hours and up to 1 day before serving. Transfer to a serving bowl and serve with the chicharrón alongside for dipping.

To roast the corn, rub with vegetable oil and place on a rimmed baking sheet. Broil, turning occasionally, until well charred all over, 20 to 25 minutes. Cool.



## PROSECCO MARGARITAS

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

- 1½ cups freshly squeezed lime juice (from about 15 limes), plus slices for garnish
  - 1 cup tequila blanco, or to taste
  - ½ cup Cointreau
  - ½ cup simple syrup, or to taste (see below)
- Coarse salt, for rimming
- 1 750-ml bottle prosecco, chilled

1. Combine the lime juice, tequila, Cointreau and simple syrup in a pitcher. Stir well until combined.
2. Place a layer of salt on a small plate. Moisten the rim of a glass with a lime wedge and dip the glass in the salt. Wiggle the glass to cover the wet part of the rim completely. Repeat to rim the remaining glasses.
3. Fill the glasses with ice, then fill them halfway with the tequila-lime mixture. Top the glasses with the prosecco, garnish with lime slices and serve.

To make simple syrup, simmer equal parts sugar and water until the sugar is dissolved, then let cool.



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# The Ultimate Churro

This cinnamon sugar cake tastes just like a traditional churro!



You can use any 10-cup Bundt pan, but we love the shape of this one—it looks like a churro!

**Nordic Ware  
Heritage Bundt Pan**  
\$38; [williams-sonoma.com](http://williams-sonoma.com)





## CHURRO CAKE WITH SPICED CHOCOLATE SAUCE

ACTIVE: 40 min | TOTAL: 2 hr 40 min | SERVES: 10 to 12

### FOR THE CAKE

- 2 sticks unsalted butter, at room temperature, plus more for the pan
- 2¾ cups all-purpose flour, plus more for the pan
- 1 tablespoon baking powder
- 1 teaspoon ground cinnamon
- 1 teaspoon salt
- 1¾ cups granulated sugar
- 1 tablespoon pure vanilla extract
- 4 large eggs plus 2 egg yolks, at room temperature
- ½ cup sour cream
- ¾ cup whole milk

### FOR THE CINNAMON SUGAR TOPPING

- ¾ cup granulated sugar
- 1 teaspoon ground cinnamon
- 2 tablespoons unsalted butter, melted

### FOR THE SPICED CHOCOLATE SAUCE

- 1¼ cups half-and-half
- ¾ cup packed dark brown sugar
- 2 tablespoons unsweetened cocoa powder
- ½ teaspoon pure vanilla extract
- ¼ teaspoon ancho chile powder
- Pinch of salt
- 4 ounces semisweet chocolate, chopped

1. Make the cake: Preheat the oven to 350°. Butter a 10-cup Bundt pan, making sure to get in all the crevices; dust with flour and tap out the excess. Whisk the flour, baking powder, cinnamon and salt in a medium bowl; set aside.
2. Beat the butter, granulated sugar and vanilla in a large bowl with a mixer on medium-high speed until light and fluffy, about 5 minutes. Beat in the eggs, one at a time, then the egg yolks. Beat in the sour cream until combined. (The batter may look curdled.) Reduce the mixer speed to low and add the flour mixture in three batches, alternating with the milk; beat until combined.
3. Pour the batter into the prepared pan, smooth the top and tap the bottom of the pan against the counter a few times to release any large air bubbles. Bake until a wooden skewer inserted into the center of the cake comes out clean, about 55 minutes. Transfer to a rack and let cool 10 minutes in the pan; loosen the edge of the cake with a wooden skewer and invert onto the rack to cool completely.
4. Make the cinnamon sugar topping: Combine the granulated sugar and cinnamon in a large bowl. Working in sections, brush the cake with the melted butter. Hold the cake over the bowl and sprinkle with the cinnamon sugar, pressing to adhere.
5. Make the spiced chocolate sauce: Combine the half-and-half, brown sugar, cocoa powder, vanilla, chile powder and salt in a small saucepan. Bring to a simmer over medium heat; cook, stirring, until the sugar dissolves, 2 to 4 minutes. Remove from the heat and add the chocolate. Let stand 2 minutes, then stir until smooth. Serve the cake with the spiced chocolate sauce.

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# on the road

## Here's the Scoop

NORFOLK, VA •

Next time you bite into an ice cream cone, you can thank the folks at Doumar's drive-in. At the St. Louis World's Fair in 1904, salesman Abe Doumar invented the first waffle cone when he put ice cream from one vendor on top of a fresh waffle from another. Fair attendees loved the combo, so Abe decided to go into business. The cones at his Norfolk, VA, drive-in still come from the same simple recipe he developed more than a century ago: butter, vanilla, brown sugar, flour and water—and they're still made fresh daily.

[doumars.com](http://doumars.com)



The recipe for this cone is more than 100 years old!

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# Fast Food USA



You can't truly appreciate America's fast food story until you see where the magic began.

**I**f you're taking a road trip this summer, at some point you'll face an inevitable question: Should we hit a drive-through? Chances are, you will: More than one in three adults eat some sort of fast food every day. Whether you love it or hate it, fast food is a quintessential part of America's culinary history. And many of the stories behind our favorite franchises are as colorful as the places themselves—from

the original retro-style Dunkin' Donuts on the East Coast to the first-ever KFC in the West. To kick off the summer travel season, we traced a route highlighting some of the best fast food landmarks from coast to coast. We don't necessarily recommend driving the whole thing (it adds up to 7,420 miles!), but if you find yourself near one of these spots, pull off the road, grab a bite and take a quick trip back in time.

# Fast Food Flashback

Find your way to some of America's best fast food spots: The originals!



Seattle, WA



## The Original Starbucks

Other than an expanded menu, the first Starbucks café hasn't changed since 1971: The windows sport the original brown mermaid logo, and espresso shots are pulled on a manual machine (most other Starbucks use an automatic one). Don't expect a quick cup of joe, though: At most times the line to order is out the door.



Salt Lake City, UT



## The Original KFC

Harland Sanders—known by his friends as The Colonel—shared his recipe for fried chicken with buddy Pete Harman, who added it to his menu at Harman Cafe, creating the first KFC. Today, this is one of the few locations with a buffet of sides, and it's home to The Colonel's iconic white suit and pressure cooker.



## The Original Sonic Drive-In

At Sonic's first location, the original sign still stands by the road and the waitstaff still delivers the food on roller skates. Co-owner Gene Longworth has kept the restaurant old-school, just as it was when he worked here as a manager in 1958.

Stillwater, OK

San Bernardino, CA



## McDonald's museum

In 1954, Roy Kroc partnered with the McDonald brothers to expand their small franchise of hamburger restaurants nationwide, but the business actually started at this location 14 years earlier as a barbecue joint. Now it's an unofficial museum where fans of the golden arches can see a collection of memorabilia, including retro Happy Meal toys and retired restaurant decorations.



## The Flagship Whataburger

Yes, this is a fast food joint, but you'll likely want to stay awhile: A second-story deck on Whataburger's flagship building overlooks Corpus Christi Bay. If you can't make it to Texas, you can still get a piece of the restaurant: It's not uncommon for customers to steal the distinctive striped order numbers and sell them online!

Corpus Christi, TX



### The Original Culver's

Midwesterners are obsessed with Culver's burgers and frozen custard, and while you can get both at this original location, it's much more fun to explore the menu: This is where new items like the chain's cheese sauce and spicy crispy chicken sandwich were tested before they were rolled out.

Sauk City, WI



### The Original Arby's

By 1964 burger joints were all over the country, so the Raffel brothers opened a competing business: hot roast beef sandwiches. You'll find lots of old photos at this location, including shots of the original drive-through window—which was accidentally built on the passenger side! The problem was fixed a few years ago.



### The Original Dunkin' Donuts

When the first Dunkin' opened in 1950, a cup of coffee cost 10 cents and the doughnuts were shaped with edible handles for easier dunking. If you go today, you can sit at midcentury-style swivel stools and choose your doughnuts from a retro glass display case.

Quincy, MA



### Waffle House Museum

The home of the first Waffle House is filled with memorabilia from the chain's 64-year history, including retired uniforms, old dishware and a vintage counter. If you want to eat, you can visit a real Waffle House two blocks away; it's open 24 hours.

Springfield, MO



Boardman, OH



### The Original Nathan's Famous

This place lives up to its "famous" name: Most Americans have seen it on TV as the location for the International Hot Dog Eating Contest every Fourth of July. If you make the trip, eat your frank and fries while strolling the Coney Island boardwalk, just as customers did when the restaurant opened in 1916.

Charlotte, NC



### Steak 'n Shake

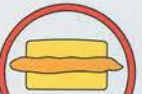
This isn't the first Steak 'n Shake, but it's on the National Register of Historic Places. Built in 1962, the building sits along famed Route 66 just like the original, and it still has its vintage neon sign and 1960s-style curb-service window.



### Chick-fil-A Dwarf House

Dubbed the Dwarf House for its size, this small red-roofed diner is where Chick-fil-A founder S. Truett Cathy invented his famous chicken sandwich. Resist the urge to order one, though, and try a dish from the original 1940s menu instead; the Hot Brown and BLT are favorites.

Avondale Estates, GA  
Hapeville, GA



### The Original Bojangles'

This fried chicken restaurant opened as a walk-in location without seating in 1977, then expanded as crowds flocked here for homemade biscuits. There are now more than 700 locations throughout the Southeast.

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on the road

## It's a Secret

You won't find these dishes on an official menu. Order one and see what happens!



### THE LAND, SEA AND AIR BURGER

Call it a take on surf and turf: McDonald's secret burger is a Big Mac, a Filet-O-Fish and a McChicken on a three-layer Big Mac bun.



### QUESARITO

This looks like your average burrito, but the wrapping is a quesadilla rather than a tortilla. If you order it, be sure to thank the person who makes it: Chipotle staffers say it's notoriously difficult to fold.



### BLT

This is one of the few nonburgers on Shake Shack's menu. It's bacon, lettuce and tomatoes, plus the chain's famous ShackSauce on a potato bun.



### SUICIDE BURGER

When a double patty doesn't cut it, this gigantic burger might: It's four patties, four slices of cheese, bacon and BK's secret Stacker sauce.



### THE INCREDIBLE HULK

This one's for guacamole lovers: It's Taco Bell's five-layer beef burrito with guac in place of the melted cheese.

### ANIMAL STYLE FRIES

Ask for fries "animal style" and they'll come loaded with melted cheese, grilled onions, pickles and In-N-Out's signature spread, a Thousand Island dressing-like concoction.



ANIMAL-STYLE FRIES: DHANRAJ EMANUEL; SUICIDE BURGER: COURTESY BURGER KING; QUESARITO, BLT AND LAND, SEA AND AIR BURGER: RALPH SMITH.

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# WHAT'S YOUR Fast Food IQ?

See how much you know about America's most popular road food.

1 Which fast food chain is the largest in the country?



2 A server who delivers fast food to parked cars is called a:

- A. Roller
- B. Curby
- C. Runner
- D. Carhop

3 When McDonald's first opened in 1940, it specialized in:

- A. Hot dogs
- B. Hamburgers
- C. Barbecue
- D. Ice cream

4 Which fast food mascot starred in a comic-book series?



- A. The Taco Bell chihuahua
- B. McDonald's Grimace
- C. The Jack in the Box clown
- D. Bob's Big Boy

5 Which original recipe is famously guarded in a locked vault?

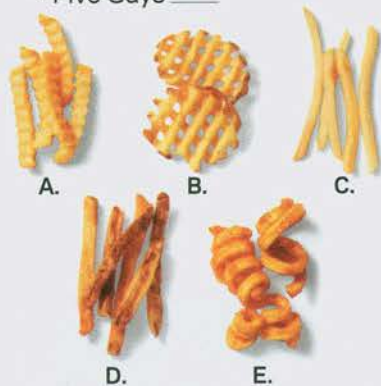
- A. KFC's fried chicken breading
- B. McDonald's Big Mac sauce
- C. Dunkin' Donuts doughnuts
- D. Wendy's chili

6 Sonic Drive-In's name is a nod to:

- A. Founder Troy Smith's obsession with space travel
- B. Sonic the Hedgehog
- C. The restaurant's fast service
- D. The rock band Sonic Youth

7 Match the chain to its french fries.

- Chick-fil-A \_\_\_\_\_
- Arby's \_\_\_\_\_
- McDonald's \_\_\_\_\_
- White Castle \_\_\_\_\_
- Five Guys \_\_\_\_\_



8 Who was KFC's Colonel Sanders?



- A. Richard M. Sanders, a retired colonel in the United States Army
- B. George Sanders, a British actor who played military roles during his career
- C. Harland Sanders, an early 20th-century restaurateur who was known as The Colonel
- D. No one—he's not a real person



9 How much did the Whopper cost when Burger King introduced it in 1957?

- A. 10 cents
- B. 37 cents
- C. 99 cents
- D. \$1.50

10 Most White Castles are modeled after:

- A. Buckingham Palace in London
- B. Belvedere Castle in New York City
- C. The Chicago Water Tower
- D. Edinburgh Castle in Scotland

**11** Match the retired slogan to the restaurant.

- Buy 'Em by the Sack \_\_\_\_\_
- What You Want Is What You Get \_\_\_\_\_
- Finger Lickin' Good \_\_\_\_\_
- Think Outside the Bun \_\_\_\_\_



**13** The burger chain Shake Shack is named after:

- A. A lyric from the song "Shake Your Groove Thing" by Peaches & Herb
- B. The Shake Shack amusement-park ride in the movie *Grease*
- C. A beachside milkshake stand that the owners once ran in Atlantic City
- D. Nothing—the founder's mom thought of the name

## True or False?

**14** A quarter-pound burger weighs only about three ounces when cooked. **T F**

**15** The name Arby's is a play on the abbreviation R.B., as in roast beef. **T F**

**16** Americans eat more french fries per capita than any other people in the world. **T F**

**17** McDonald's introduced the Filet-O-Fish in 1962 because so many Americans were trying to cut back on red meat. **T F**

**18** Wendy's is named after one of founder Dave Thomas's daughters. **T F**

**12** Which frozen treat claims to be so thick, it won't spill if you turn it upside down?

- A. Sonic Blast
- B. Dairy Queen Blizzard
- C. Taco Bell Baja Blast Freeze
- D. Wendy's Frosty



## Score Sheet

Give yourself one point for each correct answer.

- C** At last count there were 25,908 Subways. McDonald's came in second with 14,306 locations.
- D** The term was first used in the 1920s. Although most carhops walked to the cars they were serving, some wore roller skates, as depicted in movies and TV shows like *American Graffiti* and *Happy Days*.
- C** When Maurice and Richard McDonald opened their first McDonald's, it was a drive-in called McDonald's Famous Barbecue, specializing in slow-cooked meats.
- D** While eating at Bob's burger joint in 1936, Warner Brothers animator Ben Washam created a character based on a young customer. For decades *The Adventures of Big Boy* comics were given to kids for free at the restaurants.
- A** KFC's original handwritten recipe is kept in a locked vault at the company's Kentucky headquarters.
- C** Troy Smith wanted to name his burger chain Top Hat, with the slogan "Service with the Speed of Sound." Top Hat was already trademarked and the tagline was a mouthful, so he simply called it Sonic.
- (One point for each) Chick-fil-A **B**; Arby's **E**; McDonald's **C**; White Castle **A**; Five Guys **D**
- C** KFC founder Harland Sanders was never a military man, but friends and family did call him The Colonel after the governor of Kentucky gave him the honorary title in 1935 for his food contributions.
- B** Today the same burger costs about \$4 (the price varies by location).
- C** When White Castle came to Chicago in 1928, the founders decided to tweak the restaurant's original castle design to mimic the battlements and turrets of the city's famous water tower.
- (One point for each) Buy 'Em by the Sack **D**; What You Want Is What You Get **A**; Finger Lickin' Good **C**; Think Outside the Bun **B**
- B** Dairy Queen is so sure that its Blizzard will stay put, some locations have an "upside down or free" policy.
- B** Founder Danny Meyer says he must have come up with the name after watching the movie *Grease* many times. Other names he considered: Dog Run and Custard's First Stand.
- T** In general, beef shrinks about 25 percent once it's cooked.
- F** The name comes from the founders Leroy and Forrest Raffel, a.k.a. the Raffel Brothers, or R.B.
- F** Belgians do.
- F** It was added to the menu in part to cater to customers who abstain from meat during Lent.
- T** Her real name is Melinda Lou, but her nickname is Wendy.

## How did you do?

### 0 TO 8 POINTS FRY AGAIN

You don't seem to appreciate a good value meal. Stay home and whip up some snacks instead. See page 94.

### 9 TO 17 POINTS GOOD TO GO

You're no stranger to the drive-through. Find suggestions on where to go on page 109.

### 18 TO 25 POINTS BIG CHEESE

You're a true fast food expert. Now you can order off the secret menu! See page 112.

# Great Shot!

We ♥ these flowery Instagram pics of the stars.



**Damaris Phillips** sports temporary tattoos and a flower crown on Kentucky Oaks Day, a horse race and cancer fund-raiser, with husband Darrick. @chefdphillips



**Nancy Fuller** shows off her haul of purple torenia and basil at a neighbor's farm in Hudson, NY. @fullerfarmer



**Katie Lee** picks up some bouquets in the Hamptons. @katieleekitchen



**Ree Drummond's** pup Henry stops and smells the flowers. @thepioneerwoman



**Maneet Chauhan** picks the perfect hair accessory in L.A. @maneetchauhan



**Lorraine Pascale** poses with wisteria on a stroll through London. @lorrainepascale





Say Hello  
to Paté With Vegetables



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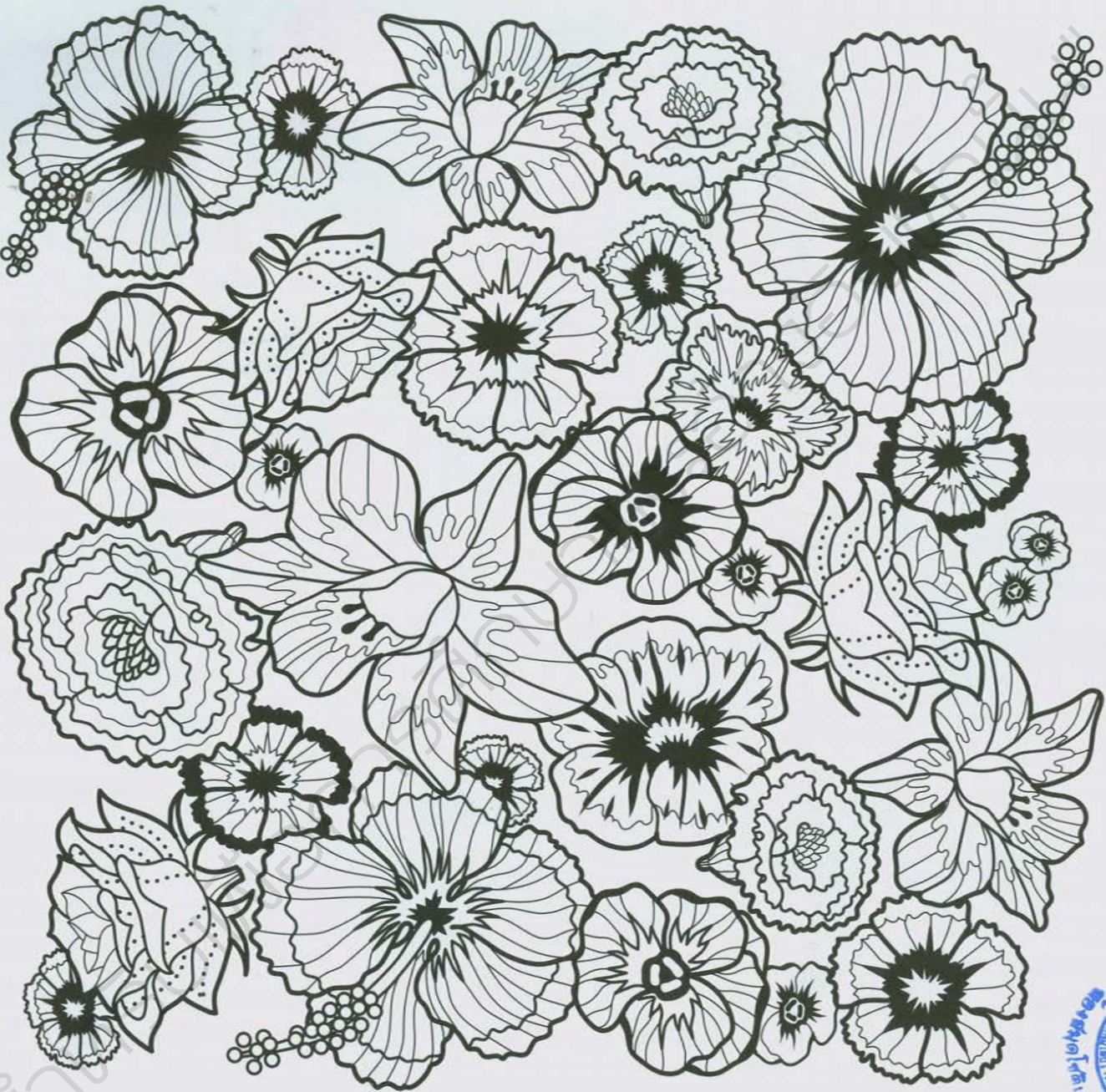
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# Just Add Color!

Brighten up these edible flowers and you could win big.



## How to enter:

- 1 Color these edible flowers—on this page, a photocopy or a page printed from [foodnetwork.com/colorthisdish](http://foodnetwork.com/colorthisdish).
- 2 Go to [foodnetwork.com/colorthisdish](http://foodnetwork.com/colorthisdish) and submit a scan or photo of your finished work. The winner will receive \$500 and three runners-up will each receive \$50.



3.0 N.A. 2562

NO PURCHASE NECESSARY TO ENTER OR WIN. Food Network Magazine Color This Dish Contest. Sponsored by Hearst Magazine Media, Inc. Beginning April 9, 2019, at 12:01 a.m. ET through May 7, 2019, at 11:59 p.m. ET (the "Entry Period"), go to [foodnetwork.com/colorthisdish](http://foodnetwork.com/colorthisdish) on a computer or wireless device and complete and submit the entry form pursuant to the on-screen instructions. All entries must include your name, address, telephone number, e-mail address and a scanned copy or photo of your completed version of the work that appears in the May 2019 issue of Food Network Magazine. Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Must have reached the age of majority and be a legal resident of the 50 United States, the District of Columbia or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Contest is subject to complete official rules available at [foodnetwork.com/colorthisdish](http://foodnetwork.com/colorthisdish).

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