

Art Department



Brett Kurzweil

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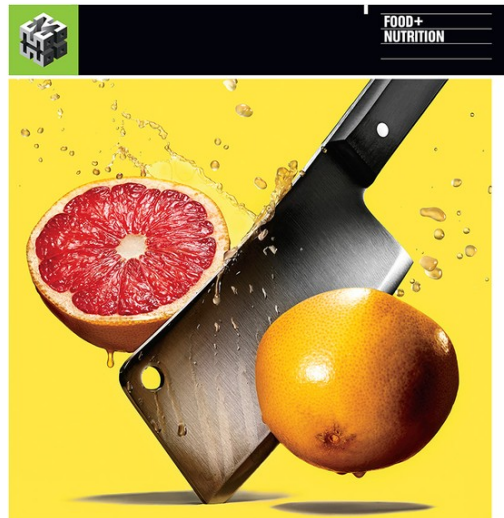
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6 Juicy Secrets to Winter Health

The season brings snow, sleet, and... fresh citrus? Yes, these fruits are at their peak right now. Dig in. BY MICHELLE MALIA

APPLES GET ALL THE DOCTOR-TOASTING ACCOLADES. But the next time you find yourself roaming the produce section, consider citrus. Numerous peer-reviewed studies from the past two years suggest that citrus fruits may play a role in lowering blood pressure, preserving brainpower, and cutting cancer risk. According to MIT nutrition advisor Mike Russell, M.S., they're loaded with three key protective ingredients—vitamin C, potassium, and fiber. Vitamin C may help form and power your white blood cells, which fight off bacteria, while potassium can help regulate blood pressure.

PHOTOGRAPHS BY SAM KAPLAN

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Food+Nutrition

And a 2014 USDA review found that fiber can improve gut health. Of course, citrus delivers a hefty flavor payoff for slim calories. And don't toss the natural sugar. "A significant portion of citrus sugar is fructose, which goes directly to your liver for processing rather than into your bloodstream," Russell explains. That means it doesn't bring on the same blood-sugar spike that the processed sugar in, say, lemon-lime soda does. Those spikes trigger cravings, which can lead to overeating and weight gain, increasing your risk of diabetes.

SO HOW DO YOU ADD MORE CITRUS to your diet? Look out a wider variety of the fruits and use the prep tips on these pages, courtesy of Valerie Albanan-Smith, coauthor of the cookbook *Citrus*, out now. So chop 'em, pop 'em, zest 'em, and reap the bounty of their benefits.



Pomeelo

This mellow Southeast Asian flavor grenade explodes with a tart-sweet taste that's one punch grapefruit, one kick orange. Slice through its thick hide with a sharp chef's knife and quarter it. Then wring out the juice, strain it into a glass, and enjoy a simple, single-ingredient breakfast drink. If you want to eat it in segments, peel off the bitter pith (the white stuff) first.

GO MINUTE Pomeelos taste great with fresh mint. Use this combo in mixed drinks or salads.



Grapefruit

Cocktail party favorite: Grapefruits are so named because they grow in hanging clusters like grapes. Try the fruit, halved, charred lightly in a medium-hot grill pan, and then drizzled with honey. As for health perks, eating grapefruit may help you beat high blood pressure if you're overweight, according to 2015 research in *Critical Reviews in Food Science and Nutrition*.

MAKE AN EASY SALAD Combine peeled grapefruit slices with kale and sliced avocado.



Mandarin Orange

This mini-snack tastes great seg-regmented and mixed into a slaw of thinly sliced apple, fennel, and green onions. Or juice the segments into ice cube trays and drop the frozen cubes into sparkling water for a virtually calorie-free soda alternative. Antioxidant-rich mandarin may have anticancer properties, according to 2015 study in *Nutrition and Cancer*.

TASTE THE GROVE Try its relatives too. Satsumas have more tang, while Clementines are sweeter.



Lime

It's more than a tequila cheat. Limes are rich in antioxidants called flavonoids, according to a 2014 Italian study. And don't trash the peel. Mix 2 cups of almonds, the zest of 3 limes, 1/2 cup of chili powder, 1/2 cup of packed brown sugar, and 1/2 cup of maple syrup. Roast on a sheet pan at 375°F till browned, about 8 minutes. Sprinkle with sea salt; snack away.

PUT ON THE SQUEEZE Try fresh lime juice over chili, Indian curries, or Asian noodle dishes.



Lemon

When life gives you lemons, say thanks. Almost any dish, from broiled salmon to homemade hummus, can benefit from the acidic blast of freshly squeezed lemon juice. Mix the zest and juice of 1 lemon and 2 Tbsp of chopped shallots into a cup of Greek yogurt, and serve with poached eggs. Or mix the zest and juice into mayo and spread it on a chicken sandwich.

GET FRESH Don't zest too deep. Citrus rind packs freshness. Citrus pith tastes bitter.



Blood Orange

To validate: purple flesh comes from the presence of anthocyanins, a class of potent disease-fighting antioxidants. The fruit is sugary, slightly sweet, and incredible mixed into a simple sangria and feta salad. (Peel and cut it into 1/2-inch-thick slices.) For a quick dressing, mix the juice of 1 blood orange with 1/2 cup of olive oil and freshly ground pepper to taste.

CALL ON WINE Try blood orange chilled with some thinly sliced fresh basil as a simple dessert.



NUTRITION KNOW-IT-ALL

By Mike Russell

Is out-of-season produce less nutritious than in-season stuff? ARE THERE ANY DISADVANTAGES to buying out of season? Not really. The peak season for most fruits and vegetables is when they're most nutritious. But if you're stuck with out-of-season produce, it's not a big deal. The bottom line? Think of in-season produce as a bonus, not a necessity.

Is fat a good source of energy? WELL, DUH. It is. Yes, because it's high in calories, it helps you feel full and won't lead to cravings like some carbs do. But the worst guess is a fat job, which is one of the many reasons why marathoners don't carry sticks of butter. As a general rule for overall health, swap out some fast-burning starches and grains for a few healthy fats. Think of them as a bonus, not a necessity.

Mike Russell, M.S., is a nutrition advisor at MIT. He is the author of the book *Citrus*, out now.

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Sandwich

...WITH NEARLY 250 EXTRA CALORIES AND 600 UNWANTED MILLIGRAMS OF SODIUM. YEP, THAT'S WHAT ALMOST HALF OF US AVERAGE EACH DAY WHEN WE EAT A SANDWICH. BUT YOU SHOULDN'T SETTLE FOR AVERAGE, SO WE'VE MAPPED OUT FOOLPROOF INSTRUCTIONS FOR REBUILDING ANY SAMMIE, FROM THE CRUST UP. THE BEST THING SINCE SLICED BREAD? TASTE AND BELIEVE.

Don't trim the crusts—they may pack more cancer-fighting antioxidants than the middle of the bread.

Use a total of 4 oz of cooked salmon. Wild sockeye or coho, fresh or canned, has loads of omega-3s.

Hold the mayo and go with a better-for-you fat: Mash ½ avocado with ½ cup lemon juice and ½ tsp salt.

SPROUTED-GRAIN SALMON CLUB
off cut: 100 percent whole grain, 2 tsp kosher salt, 1 tsp lemon juice, 1 tsp salt, 1 tsp olive oil

For a salty hit, sprinkle 2 Tbsp crumbled kale chips on the salmon and avocado.

BREAD
As concerns about carbs, gluten, and high-fructose corn syrup pile up, loaf labels have become more loopy than a cinnamon-raisin swirl. Cut through the confusion with four words: **100 percent whole grain** (since wheat is a grain, **100 percent whole wheat** is okay too). Your body works overtime to digest these unrefined grains, which can lower your risk for obesity, diabetes, and heart disease.

→

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TOPPINGS

Limp shredded lettuce is the Donald Trump of the sandwich world: everywhere, but not by popular demand. Get creative with sturdier raw veggies, or better yet, try pickling, roasting, or steaming them first for restaurant-quality texture and flavor.

GO CRAZY WITH...

KIMCHI
The fermented Korean dish is tangy, spicy, and loaded with gut-friendly probiotics. Less adventurous but equally awesome: sour dill pickles.

FILLING VEGGIES
Stalks of roasted squash or cauliflower will keep you satisfied and are savvy enough to replace meat.

BETTER GREENS
Varieties such as sweet, mild tatsoi or peppy mizuna deliver slimming fiber. Or mix things up with shredded cabbage or fresh herbs such as basil or cilantro.



Toss 1 oz thinly sliced red onion with 1 1/2 tsp extra-virgin olive oil—it's the like that makes the nutrients in this jammy onion for your body to absorb.

BROCCOLI-FETA-STUFFED PITA

200 cal, 16 g fat, 14 g carbs, 25 g protein, 400 mg sodium, 14 g fiber, 2 g potassium

Steaming florets (2 cups) actually amps up this cruciferous star's disease-thwarting powers.

Cheese doesn't have to come in slices—2 Tbsp of feta cheese spreads creamy flavor around.

A quarter-cup of chopped fresh parsley has 10 times more vitamin C than iceberg.

Add some zing with 2 Tbsp minced, pickled peppered peppers and 1/2 tsp of their brine.

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CONDIMENTS

Whether kisses or sandwiches, your tongue simply isn't a fan of sloppy messes or Sahara-level dryness. The right condiment in the right amount can make paradise on whole wheat happen. Venture beyond basic mustard and oily aioli and get freaky with salsa, chutney, even Greek yogurt.

One Tbsp of sliced almonds adds crunch and may help reduce the risk for some cancers.

Top with 1/4 cup mixed fresh berries for the brightness of jam but with 14 fewer grams of sugar (and less stickiness).

Sweet A 1/2-tsp drizzle of honey has antibacterial properties.

UPDATED PB&J

200 cal, 20 g fat, 20 g protein, 25 g carbs, 400 mg sodium, 14 g fiber, 2 g potassium

Serve your sandwich open-faced and put a few of those saved carbs and oats into a healthier base, like this toasted oatmeal slice.



HELLO, PROTEIN. Mix 2 Tbsp raw almond butter with 1/2 tsp honey, 1/2 tsp vanilla extract, 1/2 tsp ground ginger, and 1/2 tsp each of cinnamon, cardamom, and salt.

PROTEIN

So over cold cuts? Take a number. The sodium, preservatives, and other additives lurking in a lot of deli meats is no baloney. Ditch the fillers and load up your double-decker in an anything-but-stale way.

TINNED FISH
Pacific sardines are sustainable, low in mercury, and brimming with bone-building vitamin D. Too pungent for your taste? Stick with tuna (check labels for low mercury).

PACK ON THE...

KINDER CUTS
Ask for freshly roasted turkey or roast beef: it typically has zero preservatives. Bonus points if it comes from grass-fed or pasture-raised animals (both are poster children for omega-3 fats).

DRY-CURED HAM
Yeah, they're on the salty side—but sodium is the only preservative in many prosciuttos and Serrano hams. No nitrous nitrates like those often found in slimy deli slices.

GREEN EGGS AND HAM

200 cal, 17 g fat, 12 g carbs, 20 g protein, 400 mg sodium, 14 g fiber, 2 g potassium

Surprisingly hearty sprouts hoard super-high amounts of calcium and vitamin K.

Keep calcs and saturated fat in check by combining 1 hard-boiled egg with 2 hard-cooked egg whites.



Mash 1/2 cup peas with 1 Tbsp water and 1 tsp olive oil for a fiber-rich egg salad. Flavor with 1 tsp lemon zest and 1 Tbsp fresh chopped dill.

With rich flavor and about 5 grams of protein, a single piece of Serrano ham should be plenty.

START A SCHMEAR CAMPAIGN



SPICY PEACH JELLY

Combine equal parts peach preserves with hot pepper jelly. *Roasted Soul Mate: grilled cheese, duck*

MENT CHUTNEY

Blend 1/2 cup mint leaves with a 1/2-inch piece of ginger, 1 Tbsp lemon juice, 1 Tbsp water, and 1/2 tsp sugar. *Sammie Soul Mate: lamb, roast beef, tuna*

HERBED RICOTTA

Mix 1/2 cup ricotta with 1 Tbsp fresh thyme leaves and a few grinds of black pepper. *Roasted Soul Mate: mushrooms, mushrooms*

CURRIED NONNATO

Stir together 1/2 cup nonnato with 1/2 tsp lime juice and 1/2 tsp sweet curry powder. *Sammie Soul Mate: chicken salad, tuna salad*

MISO HONEY-MUSTARD

Whisk 2 tsp yellow or Dijon mustard with 2 tsp white miso and 1 Tbsp honey. *Sammie Soul Mate: turkey, salmon*

REINVENTED BUTTER

Blend 2 Tbsp nonfat Greek yogurt and 1 Tbsp ketchup. Gosh, each bit oozes powder and Worcestershire sauce. *Roasted Soul Mate: burgers, grilled whitefish*

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CULT COOKIES

Foodies are so feverish about these boutique baked goods they'll tweet and retweet about them, wait in line for hours to buy them, and giddily wave their fresh-from-the-oven score in front of envious onlookers. Need more proof that these cookies are worth chasing after? Ask Jay-Z.

YIELD: Delectable delirium

COMPOST COOKIE

Momofuku Milk Bar, New York City
"It's all about cleaning out the cupboards and folding them into a quirky cookie—what else would possess us to combine pretzels, potato chips, coffee, chocolate, butterscotch, oats, and more?" says pastry chef/owner Christina Tosi. "I look at it as a funny, wash-not-want-not reproach that I learned from my mother and grandmother in the kitchen."

CHOCOLATE SALTED RYE COOKIE

Tartine Bakery, San Francisco
When pastry chef Liz Praelit discovered she had a gluten sensitivity, she and her husband (bakery co-owner Chad Robertson) began developing desserts free of the offensive protein. Beloved by tolerant and intolerant eaters alike, these chewy, crunchy cookies are made with rye flour, bitter-sweet Valrhona chocolate, and Maldon sea salt.

FRENCH MACARON

Sucré, New Orleans
"I present everything you know and nothing you've ever had," says co-owner/executive chef Tariq Hanna, whose elegant macarons range in flavor from bananas foster to salted caramel. The shop has about 40,000 Facebook fans, all ready to pounce on offerings like the vibrant King Cake variety, available from January 6 until Mardi Gras Day.

HOUSEMADE OREO

Flour Bakery, Boston
Chef Xianne Chang reinvents the classic with handcrafted wafers bound together with a creamy mixture of sugar, butter, and vanilla. "At first, you expect a very sweet, vaguely chocolatey treat," she says. "Instead, you get an intense chocolate cookie with a buttery vanilla cream filling—an Oreo like no other."

PEANUT BUTTER SANDWICH

Duklin Bakery, Seattle
Winner Mica Ephron used to stop by when she was in Seattle and said that our peanut butter sandwich may be the greatest cookie ever, ever, ever," says chef Tom Douglas. Inspired by Bouchon Bakery's excellent Nutter Butters, Douglas created these stackable specimens with a lush peanut filling that's balanced with a touch of salt.



ON THE VERGE

Pass the salt, please. Culinary star Dorie Greenspan, author of 10 cookbooks and the recipient of four James Beard Awards, recently launched the New York City-based Bourne & Salt cookie company with her son, Josh. In addition to its Baker's Collection, the shop peddles the unlikelyst of baked goods: the salty cookie. "I live in Portland, and I love inviting friends over for aperitif," Greenspan says. "I was looking for something fun and not too filling to serve. I started with savory flat cakes then dabbled with biscuits. When I finally got to salty cookies I knew I found the perfect one—with a drinkable!" She eventually brought the idea to market, where New Yorkers are becoming converts at her shop in the Lower East Side's Essex Street Market. The most popular flavor: Rosemary Parmesan.



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Jane Garces, Iron Chef winner
"These cookies are so light that you could eat a ton of them without even realizing," says Garces, who pairs her almond tuiles with a reimagined White Russian made with vanilla-flavored vodka, Patrón XO Cafe tequila, rice milk, and cinnamon. "It's like grown-up milk and cookies."

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MEAL OF FORTUNE

A kitchen favorite's table history. Indisputably the most delicious, odd-shaped confection in America, the fortune cookie stems from the mooncakes, a pastry served in late-century China. In an effort to please a mouth, bakers since adapted messages inside, sparking the concept of cookie communication. But the prebaked treat we've come to love emerged during the California Gold Rush as either San Francisco or L.A. depending on whom you believe. Today, Biscotti's Biscotti is the country's biggest producer of both cookies and fortunes. As for the wisdom found in the rest of the cookie-cake-wrapped treat, being made in the U.S., its popularity is mostly thanks to two arches: Steven Wang of San Francisco, and his former employer, Yung Lee of Boston, who met in 1983, apparently following a common cookie adage: "A journey of a thousand miles begins with one step."



ODD COOKIES

Who says a cookie's gotta be round? Or homemade? Before becoming staples in the U.S., these guys got their start in faraway lands like France, Italy, and Germany. Bon appétit!

VIDEO: Baking without borders

1 SPRITZEBÄCK

The dough is piped through a pastry bag, so it's no surprise that the German name—often shortened to "spritz"—comes from a word meaning "to squirt." The orange-shaded variety shown here comes courtesy of Martha Stewart.

2 BISCOTTI

Surely you recognize this coffee-shop staple. But back in its home country, biscotti is paired with more than just pie. "The tradition is to offer a glass of Vin Santo and some biscotti to your guests," says Lidia Bastianich, host of Lidia's Italy in America. "That combination is also a common way to finish a meal."

3 ANISSETTES

Italy's use of anise in baked goods goes back to ancient Rome. These

iced desserts, infused with the licorice-like spice, often make an appearance at weddings and holiday parties. Our trusted source: *The North End Italian Cookbook*.

4 MERINGUES

The French technique of whipping egg whites is key to this airy confection, which is a blank canvas for all kinds of flavors. Laced with lemon zest, these heavenly bites are from the authoritative tome *Meringues* by Linda Jackson and Jennifer Evans Gardner.

5 HAMANTASCHEN

These triangular treats are associated with the Jewish feast of Purim. The Yiddish name translates to "Haman's pockets"—Haman being the Purim story's villain—but some theorize that the shape is a reference to his hat or ears. Around Purim time (mid-March) you'll find these apricot-filled beauties at Brooklyn's Mile End Deli.



COOKIES AND COCKTAILS, OH MY!
To get the recipe of every cookie (and frosty beverage) featured in this story, visit spritzmag.com/cookies.

Deluxe Falafel Plate
Dump a can of drained chickpeas in a blender. Pulse, add 1/2 cup of oil, 1 garlic clove, 1 handful parsley, 2 shakes curries, a squeeze of lemon, salt, and pepper. Pulse, working in a handful of bread crumbs and a pinch of baking powder, till firm. Make balls (golf ball size), add to a hot, oiled skillet, and smash. Fry till crisp. 3 minutes a side. Eat with pita.

Prep time 15 minutes / Feeds 1
Per serving 597 calories, 22g protein, 51g carbs (1g fiber), 38g fat

Chipotle Pumpkin Soup
Pour a cup of chicken stock and 2 big glugs of canned coconut milk into a blender. Add a 12-ounce can of pumpkin, a small handful of brown sugar, 1 chipotle chile in adobo plus a dash of the sauce, and a few shakes of onion powder. Pulse, transfer the mixture to a pot and heat on medium. Add salt and pepper. Top with pumpkin seeds, chives, cream, and olive oil.

Prep time 10 minutes / Feeds 2
Per serving 248 calories, 6g protein, 31g carbs (1g fiber), 13g fat

The King's Sundae
Slice up a banana and freeze the slices until firm. Toss them into the blender and pulse several times; then drop in a gob of peanut butter and blend till creamy. Now spoon the mixture into a bowl and stir in a small handful of dark-chocolate chips and a bit of chopped peanuts. Top with whipped cream and a cherry if you want. Done would be justice.

RECIPE REMIX 1
Fix the chocolate, add mini marshmallows. In a microwave-safe bowl, melt a spoonful of peanut butter. Drizzle on top.

RECIPE REMIX 2
Swap out the PB, chocolate, and peanuts for dulce de leche, toasted coconut flakes, and fluffed pumpkin seeds.

Prep time 5 minutes / Feeds 1
Per serving 443 calories, 11g protein, 51g carbs (2g fiber), 27g fat

Green Eggs and Ham
Blend up 4 eggs, 2 big handfuls of baby spinach, a handful of chopped chives, a big pinch of salt, and 2 big pinches of pepper in an old overproofed bowl on medium, and the eggs and cook till the edges set, 2 minutes. Add 2 ounces of ham cubes. Bake at 400°F till puffy, 5 minutes or so. Remove, slice, and top with shaved Parm and sliced chives.

Prep time 12 minutes / Feeds 1
Per serving 514 calories, 42g protein, 10g carbs (1g fiber), 30g fat

Food + Nutrition

The MH Fast Foodie™

Power Up Your Diet— with a Blender!

KITCHEN TRICK
Replace the blender carter with a small-mouth mason jar. Buzz, flip the whole blender, detach the jar, pop on a lid, and go!

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THE PERFECT FOIL

MANI MATERIALS | ESSE NAIL POLISH IN STYLIC CARTES (Glo, drop-on) topped with gold nail foil, like the kind in the CATE VERY COLOURFUL. MANICURE IN SALES. DISCOVERY KLASH KIT (25.99 on amazon.com).

TIP TRICKS | Apply a base coat, followed by two coats of nail polish—then allow your nails to fully dry (wait 15 to 20 minutes before applying the foil). Once your tips are no longer tacky to the touch, cut 10 one-inch squares of the foil, dabble foil adhesive or eye-lash glue on the matte side, allow the glue to dry for 30 to 60 seconds, then press the foil, adhesive side down, on each nail two or three times. The foil will stick to your nail, creating a shiny, marbled effect. Finish with a layer of clear top coat.

W. BRITTS *ink gold plus* and *ink gold plus* wbritt.com. H. STEEN *ink gold ring* hsteen.net.



SPOT-IFY

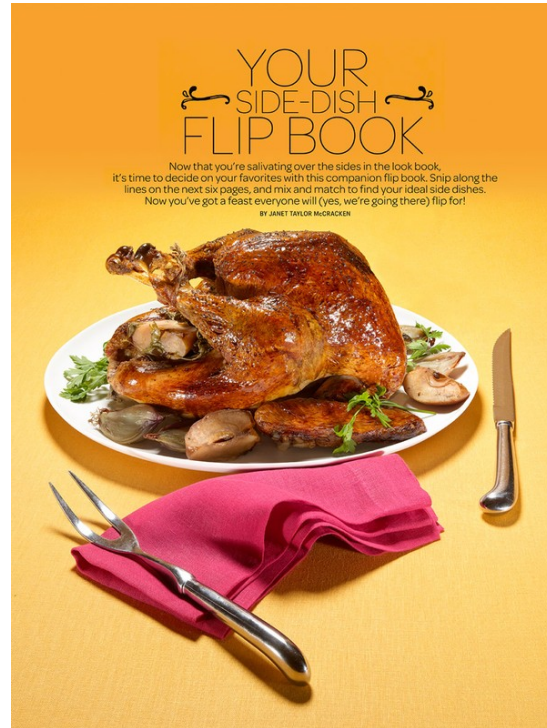
MANI MATERIALS | ZOYA NATURAL NAIL POLISH IN MARCO (Glo, drop-on). SALLY HANSEN HARD AS NAILS XTREME WEAR IN WHITE ON (22.99 on amazon.com). SALLY HANSEN HEART NAIL ART TOOL KIT (27.99 on amazon.com), which contains two brushes, a stencil and a two-sided dotting tool.

TIP TRICKS | Apply a base coat, then two coats of magenta polish, and allow nails to dry for about 10 minutes. Next, pour a pea-size drop of white lacquer on a small, flat surface, such as the bottom of a plastic cup. Dip the wider end of the two-sided dotting tool in the white polish and carefully tap on your nails to create spots. Allow the dots to dry for five minutes, then cover the entire nail with a layer of top coat. »

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Ask MH

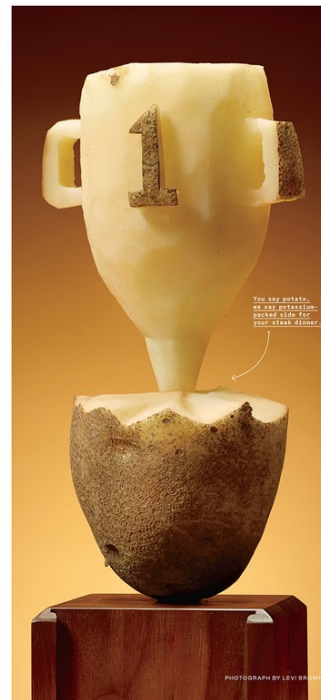
LIFE'S QUESTIONS, ANSWERED

White potatoes: Are they really that bad for me?

Spuds aren't duds. True, many nutrition gurus are tater haters because people smother them in calories—cheese and bacon, anyone? But once you strip away the toppings, these tubers begin to look, uh, tubular. Just one large white potato with skin provides nearly half your recommended daily fiber, which converts carbs into fuel and helps you metabolize protein and fat, says *MH* nutrition adviser Alan Aragon, M.S. Plus, white spuds pack more potassium per serving than almost any other vegetable, an *Advances in Nutrition* study reports. That's big: Low potassium is linked to higher risks of hypertension and stroke. To make oven fries, quarter potatoes lengthwise and toss to coat in olive oil, chopped rosemary, salt, and pepper. Bake at 450°F until tender, 50 minutes, flipping once.

I've heard that retired rental vehicles are pretty decent used-car bargains. But have they been driven too hard?
ALAN ARAGON | Initial here to show that you understand the fallacy: A rental agency typically retires a vehicle at 30,000 miles—often half miles, accumulated twice as fast as a private car accrues mileage. (Shocking comes like a rental, right?) The upside is that these cars are maintained regularly, says Matt DeLeonno, an editor at Kelley Blue Book. So the ride you're eyeing may be a bargain, but you'll have to do some homework to know for sure. Start with prices. For instance, we found Hertz selling a 2015 Hyundai Sonata for \$14,275, right between *KBB's* suggested retail rate of \$15,460 and the private-party price

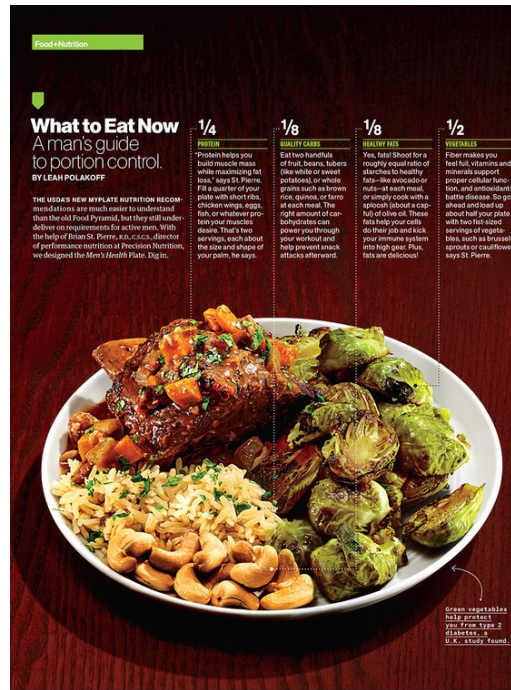
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Use the leftover jalapeño-corn mayonnaise from this B&T (for the recipe, see page 14) to make the ultimate fish fillet sandwich: Add 1 blackened catfish fillet to a baggie mill. Top with the mayo, thinly sliced red cabbage, alfalfa sprouts, and cilantro leaves.

Open Wide!
This poster, we mean. You'll eat superior lunches for a lifetime.



GET BAKED
The ultimate condiments
combine multiple flavors
(see page 14).

SHRIMP-ORZO SANDWICHES 1/ Bake five or six large salt-and-pepper shrimp and tuck them into a washed leaf of romaine lettuce. Top with

a handful of bean sprouts, a smattering of thinly chopped scallions, a squeeze of vinegar, and a quick shake of toasted sesame seeds.



HEAT UP!
Use whole eggs to avoid
adding more yolk. Pound in
oil. Heat. (www.fox.com)

The Earl's Legacy Lives.

Forty-three percent of Americans eat four or more sandwiches a week, according to the market research firm Technomic. That's 208-plus sandwiches a year. The most eaten option? Humdrum ham and cheese. If you're still slapping deli meat and "cheese food" singles on bland, presliced bread, maybe it's time for an intervention. Start making sandwiches as you would a meal: with a plan. Innovative creations are coming out of kitchens all over the country these days. Noble Sandwich Co. in Austin, Texas, serves a house-cured duck pastrami sandwich. Baco Mercat in Los Angeles enrobes crispy shrimp in its proprietary flatbread. The grilled cheese at the Melt Bar & Grilled in Ohio is so good that patrons are willing to tattoo the shop's logo on their skin to score a lifetime discount. We know what you're thinking: Those chefs are pros. You just want to fill your gut. But if you plan ahead and stick to our new rules of sandwich architecture, you'll do the earl proud.

1 STAGE A DELI COUNTER ATTACK

Roast Chicken Sandwich with Citrus Vinaigrette

WHAT YOU'LL NEED
1/ 1/2 cup chicken stock
2/ 1/2 cup chicken stock
3/ 1/2 cup chicken stock
4/ 1/2 cup chicken stock
5/ 1/2 cup chicken stock
6/ 1/2 cup chicken stock
7/ 1/2 cup chicken stock
8/ 1/2 cup chicken stock
9/ 1/2 cup chicken stock
10/ 1/2 cup chicken stock

HOW TO MAKE IT
1/ Using a small knife, remove the chicken skin. Bake the skin in a 350°F oven until crispy, 5 to 10 minutes. Set aside. Carve and slice one chicken breast.

2 BAKE YOUR OWN DAMN BREAD

Cheddar Roasted Pork with Lemon

WHAT YOU'LL NEED
1/ 1/2 cup pork
2/ 1/2 cup pork
3/ 1/2 cup pork
4/ 1/2 cup pork
5/ 1/2 cup pork
6/ 1/2 cup pork
7/ 1/2 cup pork
8/ 1/2 cup pork
9/ 1/2 cup pork
10/ 1/2 cup pork

HOW TO MAKE IT
1/ In a medium bowl, mix the yeast, water, and sugar. Let it sit for 10 minutes.

Eat Well All Week!
These meaty recipes leave you with leftovers: a very good thing.

SPICY BROWN SUGAR PULLED PORK WITH KIMCHI

Preheat the oven to 325°F. Mix 1/2 cup kosher salt with 1/2 cup sugar and rub into a 2-pound pork shoulder cut into 2 cubes. In a bowl, whisk 1/2 cup fish sauce, 1/2 cup sriracha, and 1/2 cup water. Put the pork in a high-sided pan, add the sauce, cover with foil, and roast until very tender, about 5 hours. Remove the pork, cool, pull the meat, and mix with 1/2 cup fish sauce, 1/2 cup fish sauce, 1/2 cup brown sugar, 1/2 cup sriracha, 1/2 cup chopped cilantro, and 1/2 cup sliced scallions. Reheat in an oil pan on medium. Eat it. Serve with kimchi on ciabatta. —Rick Greenwell, chef and owner, Lark, Portland, Ore.

FRESH LOBSTER ROLL WITH SHOWN BUTTER VINAIGRETTE

For the sauce, heat 1 stick of butter in a pan on medium, whisking until golden brown, 3 to 5 minutes. Press it into a bowl and add 1 Tbsp lemon juice. Season with sea salt. Bring a large pot with 1" water to a boil. Add two 1 1/2-pound lobsters, cover, and steam them until the light red, about 7 minutes. Chill the lobsters in the fridge. Then extract the meat. Break a hot dog bun with the sauce and heat it in a pan on medium until browned. In another pan, warm some of the lobster meat with 2 Tbsp sauce. Stuff it in the roll. Top with chopped fresh chives. —Andrew Taylor, chef, Fossilite Oyster Co., Portland, Me.

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67 Line a wheat wrap with shredded chicken, sliced black olive, marinated artichoke hearts, feta, chickpeas, and chopped fresh parsley.

Earn your bread—
The lazy way!
Recipe is so easy
they'll make the
Savory Girl wrap.

SKILLET CORNBREAD

Preheat the oven to 425°F. In a bowl, mix 1/2 cup cornmeal, 2 1/2 cups flour, 1/2 cup baking powder, and 2 tsp salt. In another bowl, mix 1 1/2 cups buttermilk, 1 1/2 cups whole milk, and 1 beaten egg. Stir in 7 Tbsp melted butter. Slowly add to the dry mix. Pour into a hot, buttered cast-iron skillet. Bake 18 minutes, about 10 minutes.

—David Bauer, owner, *Panini & Spumoni Bakery*, Camden, NJ

STEEL-CUT OAT LOAF

Melt 2 cups butter in a pot and let it with foam. Mix 1/2 cup rolled oats, 1 1/2 cups steel-cut oats, 1 1/2 cups oat bran, 1 cup baking powder, 1 cup baking soda, 1 cup brown sugar, 1 cup salt, and 1 1/2 cups buttermilk. Add the butter to the loaf pan and let it rest for 10 minutes. Preheat the oven to 350°F. Bake about 1 hour.

—Brenda & Bobbie, *The Irish Kitchen*

ONE-BOWL BEER BREAD

Preheat your oven to 350°F. Line a 9" x 5" loaf pan with parchment paper. In a large bowl, mix 2 cups all-purpose flour, 2 1/2 cups baking powder, 1/2 cup salt, and 1 cup sugar. Stir in 1 1/2 cups beer until combined. Add 1/2 cup oil. Bake 18 minutes, about 10 minutes.

—Jodi Proffitt, owner of *Shogun Brewery*, Boston, MA

Be a Sauce Boss

BOTTLED AND JARRED CONDIMENT OFFER FULL SHOUT OF FLAVOR, MAKE YOUR OWN TUPPING AND THOMP ANTERO IN THE GROCERY STORE.



Beer Hummus

The Alaskan Brewing Company mixes beer into hummus to pump up the flavor. Puree 1/2 cup chickpeas, 1/2 cup olive oil, 1/2 cup beer, 1/2 cup tahini, 1/2 cup lemon juice, 1/2 cup garlic, 1/2 cup salt, and 1/2 cup sugar. Stir in 1/2 cup beer until combined. Add 1/2 cup oil. Bake 18 minutes, about 10 minutes.

Root Beer BBQ Sauce

In a pan on medium-high heat, sauté 1 finely chopped onion and 1 minced garlic clove until soft, 2 to 3 minutes. Add 2 cups root beer, 1/2 cup ketchup, 1/2 cup brown sugar, 1/2 cup vinegar, and 1/2 cup salt. Stir in 1/2 cup root beer until combined. Add 1/2 cup oil. Bake 18 minutes, about 10 minutes.

Garlic and Fresh Herb Oil

Italians serve their steaks with a drizzle of herb oil. Take a handful of washed herbs, such as parsley, basil, or thyme, roughly chop them with a garlic clove, add a pinch of salt, and sauté in 1 cup extra-virgin olive oil. Let them marinate for at least 30 minutes. Drizzle over a grilled steak or roasted vegetable sandwich. Makes 1 cup.

Sweet Onion Relish

Put this jamlike mixture on a roast beef sandwich. In a large pot on medium heat, sauté 2 Tbsp butter, 2 Tbsp vegetable oil, 2 sliced onions, and 1 cup sugar. Add 1/2 cup vinegar, 1/2 cup salt, and 1/2 cup sugar. Stir in 1/2 cup onion until combined. Add 1/2 cup oil. Bake 18 minutes, about 10 minutes.

Food + Nutrition

Simple Ways to Eat Really Well

Freshly harvested herbs and vegetables need very little help to shine. Try these no-fuss garden-centric recipes from cookbook author David Leite.



Summer Tomato Sandwich

In a food processor, pulse 1 room-temperature egg yolk, 2 Tbsp white wine vinegar, 1/2 tsp Dijon mustard, and 2 Tbsp water. With the motor running, drizzle in about a cup of grape-seed oil or olive oil until the mixture looks like mayo. Season with salt and pepper. Slice the tomatoes 2 slices of garlic or toasted whole grain bread. Place a few slices of heirloom tomato on top of each, and season with Italian sea salt and pepper. Top with a handful of fresh chives.

To slice tomatoes and not dig, use a bread knife and long strokes.

Quick Pickles

In a small saucepan on medium heat, pour in 1/2 cup white vinegar and 1/2 cup water and 1/2 cup sugar and 1 Tbsp kosher salt. Bring the mixture to a simmer, stirring until the sugar dissolves. Remove from heat and cool to room temperature. In a quart jar with a lid, add 2 Tbsp finely sliced English cucumbers (about a pound) along with 2 or 3 sprigs of dill, 1/2 tsp coriander seed, and 1/2 tsp black peppercorns. Pour in the liquid, topping off the jar with water if needed. Seal and refrigerate for at least 2 days. Eat within 3 weeks.

Chimichurri

In a food processor or blender, blitz 1 cup Italian parsley, 1/2 cup cilantro, 4 chopped garlic cloves, and 2 Tbsp fresh oregano until chopped but not pureed. Transfer the mixture to a jar with a lid. Add 1/2 cup olive oil, 1/2 cup red wine vinegar, 1/2 tsp kosher salt, and red pepper flakes to taste. Cover and shake well. Let your chimichurri sit at room temperature for at least 2 hours. Use it as a marinade or on grilled steak, fish, seafood, or vegetables.

PHOTOGRAPHS: Plant sprouts + seeded potatoes + strawberries + collard greens + shellfish

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3 Things My First (Disaster of a) Garden Taught Me

by David Leite

A real garden—like the kind our fathers and grandfathers had—is filled with contentious plants. It can also be your other spectacular ally, despite your best efforts. And when failure happens, you will never take for granted the abundance you see in super-markets every day. It's about finding your place in nature, doing your job, and then getting out of the way so it can return the favor.

Plan Modestly
Start small and expand your garden until it's the right size for you and your family. Originally my garden was supposed to be a few small raised beds. But when the backhoe arrived, my ego kicked in. What I hadn't considered was that a bigger garden meant more work, added expense, and plenty of frustration. Instead of commencing with nature, I was damning it to hell.

Don't Pursue Perfection
Gardens are incredibly selective. With all that square footage, I acquired in a dozen kinds of herbs, six varieties of tomatoes, three types of peppers, and plenty of stuff I don't even really like because, well, why not? Suddenly, I was picking baskets of tomatoes each day. I ate vegetables with every meal, but still had to toss some into the compost pile, which gutted me.

Learn to Persuade
I had to wake at dawn to crush Japanese beetles between my fingers because I don't use pesticides. The weather never cooperated. Deer tore into my tomatoes. After wrestling with the garden, causing it, and wondering if it's out every plant if they don't behave. I finally gave in. As a result, I learned to give something that I wasn't expecting, patience.

5 SEEDY IDEAS

The best part about eating all these pumpkins? Fresh seeds! Take your roasted seeds to another level with these kick-up seasoning blends.

- 1. Zesty** 1 tsp garlic powder, 1 tsp onion powder, 1 tsp sugar, 1/2 tsp cayenne, and 1/2 tsp Worcestershire sauce.
- 2. BBQ** 2 Tbsp brown sugar, 1 tsp chili powder, 1 tsp garlic powder, 1 tsp onion powder, 1 tsp smoked paprika, and a pinch of cayenne.
- 3. Cheesy** 2 tsp grated cheese (1/2 parmesan or pecorino romano), 1 tsp onion powder, and a pinch of cayenne.
- 4. Citrusy** 1/2 cup sugar, 2 Tbsp ground cinnamon, and 1/2 tsp ground nutmeg.
- 5. Roasted** 2 Tbsp olive oil, 1/2 tsp salt, and 1/2 tsp sugar. Toss the seeds with the EVOO and remaining 1/2 tsp salt. Spread in a single layer on a greased 18x12 baking sheet. Roast until golden, 10 to 12 minutes. Toss with one of the seasoning blends at right and roast for 5 minutes more.

Oven-Roasted Pumpkin Seeds
BY VIVIAN JAY
MAKES 100 PREP TIME: 10 MIN COOK TIME: 15 MIN
1 cup oven-roasted whole pumpkin seeds
1 Tbsp olive oil
1 Tbsp EVOO

OCTOBER 2012 *129*
RACHAEL ARMSTRONG

WEIGHT LOSS

Buy 5, Drop 5

Put these power foods on your plate and eat your way to a smaller size.
By Keri Glassman, R.D.



Jalapenos These green flecked peppers contain a substance that can trigger thermogenesis—meaning, much calorie burning and fat loss.

Giant-Fed Flank Steak You don't have to go full on beef to enjoy the benefits of beef. Three ounces has 18 grams of muscle-building protein, and giant-fed is naturally leaner.

Baby Potatoes "Mashed potatoes" follow about 4, said. Baby potatoes are a better choice, but they're really loaded with the top seed and a lot of foods most likely to keep the munchies at bay.

Watermelon This fruit's crunch may keep your performance at the gym, and research shows that loading up on water-rich foods can save you cash at your next thirst.

Green Beans French verbs are becoming with antioxidants, including chlorella, the compounds that give green beans their metabolism-boosting powers.



BREAKFAST	LUNCH	SNACK	DINNER	DESSERT
Steak and Eggs Mash 1/2 cup diced onion, 2 Tbsp chopped parsley, 1 Tbsp oil, 2 Tbsp lime juice, and 1 tsp each minced garlic and jalapeno. In a nonstick pan over medium heat, brown 3 oz sliced steak, 2 minutes per side. Serve with a sunny-side-up egg and melon salsa.	Fruity Potato Salad Boil 4 oz baby potatoes; cool and halve. Mix with 1/2 cup chopped green beans, 1 Tbsp light mayo, and 1 tsp lime juice. Season with salt and pepper. Top with one quartered hard-boiled egg and chopped parsley.	Spicy Watermelon Skewers Blend 1 jalapeno, 2 Tbsp lime juice, 1 Tbsp honey, and 1 Tbsp olive oil. Season with salt. Thread melon cubes, half-onions of cucumber, and cherry tomatoes on two 6-inch skewers and drizzle with vinaigrette.	Broiled Steak and Smashed Potatoes Heat broiler. Arrange 4 oz each flank steak, broiled baby potatoes, green beans, and cherry tomatoes on a baking sheet. Toss with 2 Tbsp olive oil and 1/2 tsp each salt and pepper. With a glass, press potatoes for fluff. Broil for 6 minutes, flipping everything once.	No-Bake Watermelon "Cake" Remove the rind from half a small seedless watermelon. Beat 1 cup heavy cream with 1 Tbsp honey until stiff. Frost the melon with the whipped cream. Serve topped with 1/2 cup fresh mixed berries.

HAVE ON HAND	HAVE ON HAND
✓ Parsley	✓ Honey
✓ Lime	✓ Cucumber
✓ Garlic	✓ Cherry tomatoes
✓ Eggs	✓ Heavy cream
✓ Light mayo	✓ Fresh berries

A RIPE MELON WILL HAVE A YELLOW SPOT WHERE IT SAT ON THE GROUND (GREEN OR WHITE MEANS IT WAS PICKED EARLY).

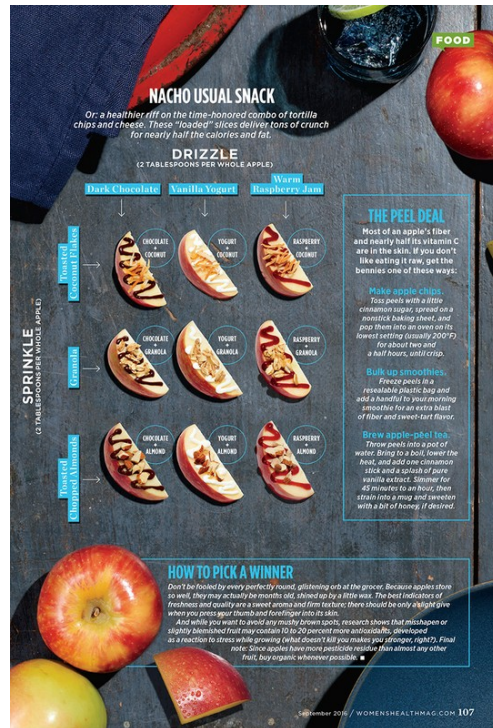
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PHOTOGRAPHS BY MATT RAINEY

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