

Art Department



Brett Kurzweil

www.art-dept.com

Art Department



Brett Kurzweil

www.art-dept.com

Art Department



Brett Kurzweil

www.art-dept.com

Art Department



Brett Kurzweil

www.art-dept.com

Art Department



Brett Kurzweil

Art Department



Bulletins
NEWS THAT IMPROVES YOU

OCTOBER 2014

HUNGER GAINS

IS YOUR PHONE MAKING YOU FAT?

No tablets at the table, young man! It's not just rude—new research from Northwestern University suggests that before mealtime, **exposure to blue light, like the type emitted by a laptop, tablet, or smartphone, may make you eat more.** Fifteen minutes after being exposed to blue light, people felt an increase in hunger that lasted for two hours. Certain kinds of light can activate brain regions that regulate appetite and metabolism, says study author Phyllis Zee, Ph.D., M.D. This can alter the natural rhythms of insulin and glucose production, affecting hunger as a result, she says. So switch off and eat mindfully; slowing down and focusing on taste, other research shows, can help your body register fullness earlier.

THICK BLUE LINE
The wrong kind of light can make you heavy.

PHOTOGRAPHS BY LEVI BROWN

October 2014 | MENSHEALTH.COM 27

Brett Kurzweil

www.art-dept.com

Art Department



FOOD+
NUTRITION



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-THWARTING 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 *MH* nutrition advisor Mike Roussell, Ph.D., 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

January/February 2016 | MENSHEALTH.COM 35

Brett Kurzweil

www.art-dept.com

Art Department

Food+Nutrition

And a 2014 USDA review found that fiber can improve gut health. Of course, citrus delivers a hefty flavor payload for slim calories. And don't sweat the natural sugars: "A significant portion of citrus sugar is fructose, which goes directly to your liver for processing rather than into your bloodstream," Roussell 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? Seek out a wider variety of the fruits and use the prep tips on these pages, courtesy of Valerie Alkman-Smith, coauthor of the cookbook *Citrus*, out now. So chop 'em, pop 'em, zest 'em, and reap the bounty of their benefits.



Pomelo

This massive 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 MINUTY** Pomelos taste great with fresh mint. Use this combo in mixed drinks or salads.



Grapefruit

Cocktail party factoid: Grapefruits are so named because they grow in hanging clusters like grapes. Try the fruit, halved, charred slightly 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 diced avocado.



Mandarin Orange

This insta-snack tastes great segmented and mixed into a slaw of thinly sliced apple, fennel, and green olives. 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 mandarins 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 chaser. 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 Tbsp of chili powder, ½ cup of packed brown sugar, and ¼ 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 dill 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

Its reddish-purple flesh comes from the presence of anthocyanins, a class of potent disease-fighting antioxidants. The fruit is supple, slightly sweet, and incredible mixed into a simple arugula and feta salad. (Peel and cut it into ½-inch-thick slices.) For a quick dressing, mix the juice of 1 blood orange with ¼ cup of olive oil and freshly ground pepper to taste.

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



**NUTRITION
KNOW-IT-ALL**
By Mike Roussell

Is out-of-season produce less nutritious than in-season stuff?
JAKE PERKINS/ISTOCK
Slightly, but that doesn't mean you should eat only the peak-season stuff. Summer strawberries are more delicious and a little higher in vitamin C than December strawberries, for sure. But all fruits and vegetables, no matter what the time of year, are high-fiber and low-calorie. The bottom line? Think of in-season produce as a bonus, not a necessity.

Is fat a good source of energy?
WILL DALLAS/ISTOCK
Yes. Because it's high in calories, it helps you feel full and won't lead to crashes like some carbs do. But fat won't give you a fast jolt, 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 (rice, pasta, bread) for slow-burning fats (nuts, avocado, olive oil).

 Mike Roussell, Ph.D., is a nutrition consultant based in upstate New York. Tweet him: @mikeroussell

MENSHEALTH.COM 37

Brett Kurzweil

www.art-dept.com

Art Department

OFF DUTY

FASHION | FOOD | DESIGN | TRAVEL | GEAR

THE WALL STREET JOURNAL

Saturday/Sunday, December 21 - 22, 2019 | D1



CHOCOLATE

A 26-Point Primer

Bars and bonbons, dark and milk, single-origin and small-batch, Mexican and Vietnamese: The world of chocolate is vast and fascinating. With this A-to-Z guide, explore it in all its delicious variety

By SIMRAN SETHI

WE LOVE chocolate, and we think we know it well. But our understanding is undergoing an evolutionary leap, keeping pace with innovations in the way this edible luxury is sourced and sold worldwide. These changes have the potential to bring us more delicious chocolate and to improve the lives of the people who produce it.

Grown in a narrow band around the equator, cacao is a pod-shaped tropical fruit containing bitter seeds that, once processed, become cocoa and chocolate. The crop is the basis of a global industry currently growing at a rate of about 7% per year and expected to reach over \$161 billion in revenue by 2024, according to Zion Market Research.

With a botanical name—*Theobroma cacao*—that translates as “food of the gods,” the plant is grown by smallholder farmers based mostly in West Africa, Indonesia and throughout Latin America. The crop is loosely divided into two

categories: bulk varieties grown for high yield, sold on the commodity market, that end up in conventional candy bars; and fine or “flavor” cacao destined for more specialized chocolates.

While the former sort of confection dominates the market, a smaller industry dedicated to foregrounding the unique flavors the crop has to offer—typically referred to as “fine,” “bean-to-bar,” “small batch,” “artisanal” or “craft”—is on the rise. Craft chocolate makers tease out the immense range of scents and tastes found in different cacao varieties around the world; whereas consistency has historically been the goal of mass-produced chocolate, here, diversity and complexity are the selling points. Cocoa has more aroma compounds than wine, and flavors ranging from fruity and floral to nutty and herbaceous. A chocolate will have a different character depending on whether it's produced in, say, Cameroon or Hawaii, and also thanks to specific practices employed along its journey to market.

Without farmers, there is no chocolate—no molten lava cake, no fudgy gelato—yet the economics for them can be harsh. A 2017 study from

the French Development Agency and chocolate manufacturer Barry Callebaut found that farmers in Ivory Coast (the world's largest producer of cacao) earn roughly \$1 per day, below the World Bank threshold for absolute poverty. By supporting the craft industry's efforts to source directly from farmers and pay a premium for higher-quality, diverse and delicious cacao, we can help grow a robust market for farmers, makers and chocolate lovers.

This guide is a celebration of chocolate—of where it comes from, who grows it and the sensory experiences held within its wrappers. You'll find tools for understanding aroma; resources for baking and chocolate making; explanations of the ways in which origins and certifications impact the end price and product; and, best of all, cacao in sundry forms, from nibs and chips to butters, bars, truffles and bonbons. By sampling chocolate in its many manifestations, learning its long history and supporting the people and regions that produce it, we can ensure a steady and infinitely varied supply of excellent chocolate for many seasons to come.

For a detailed detour into chocolate around the world, turn to D4

Brett Kurzweil

www.art-dept.com

Art Department

Stack Deck

...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.

148 WOMEN'S HEALTHMAG.COM / September 2015



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 ¼ avocado with ½ tsp lemon juice and ¼ tsp salt.

SPROUTED-GRAIN SALMON CLUB

490 cal, 16 g fat (2 g sat), 52 g carbs, 3 g sugar, 640 mg sodium, 12 g fiber, 37 g protein

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.



BY KRISTIN DONNELLY | PHOTOGRAPHS BY CHRISTOPHER TESTANI

Brett Kurzweil

www.art-dept.com

Art Department

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

Slabs of roasted squash or cauliflower will keep you satisfied and are savory enough to replace meat.

• BETTER GREENS

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

BROCCOLI-FETA-STUFFED PITA

320 cal, 16 g fat (6 g sat),
37 g carbs, 4 g sugar,
460 mg sodium,
14 g fiber, 17 g protein

Toss 1 oz thinly sliced red onion with 1½ tsp extra-virgin olive oil—it's like lube that makes the nutrients in this sammie easier for your body to absorb.



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 peppadew peppers and ½ tsp of their brine.

September 2015 / WOMENSHEALTHMAG.COM 151

Brett Kurzweil

www.art-dept.com

Art Department

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.

Sweet! A ½-tsp drizzle of honey has antibacterial properties.

UPDATED PB&J
350 cal, 22 g fat (2 g sat), 33 g carbs, 13 g sugar, 400 mg sodium, 7 g fiber, 8 g protein

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



START A SCHMEAR CAMPAIGN



COCOA-PEANUT BUTTER
Mix 2 Tbsp unsweetened peanut butter with ½ tsp cocoa powder and ½ tsp maple syrup.
Sammie Soul Mates: apples, bananas

SPICY PEACH JELLY

Combine equal parts peach preserves with hot-pepper jelly.

Sammie Soul Mates: grilled cheese, duck



MINT CHUTNEY

Blend ½ cup mint leaves with a ½-inch piece of ginger, 1 Tbsp lemon juice, 1 Tbsp water, and ¼ tsp sugar.

Sammie Soul Mates: lamb, roast beef, tuna



HERBED RICOTTA
Mix ¼ cup ricotta with 1 tsp fresh thyme leaves and a few grinds of black pepper.

Sammie Soul Mates: nectarines, mushrooms



CURRIED NONMAYO

Stir together ½ avocado with ½ tsp lime juice and ¼ tsp sweet curry powder.

Sammie Soul Mates: chicken salad, tuna salad



MISO HONEY-MUSTARD

Whisk 2 tsp yellow or Dijon mustard with 2 tsp white miso and 1 tsp honey.

Sammie Soul Mates: turkey, salmon



REINVENTED RUSSIAN

Blend 2 Tbsp nonfat Greek yogurt and 1 Tbsp ketchup with a dash each of onion powder and Worcestershire sauce.

Sammie Soul Mates: burgers, grilled white fish

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 pastured 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 noxious nitrates like those often found in slimy deli slices.



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

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

GREEN EGGS AND HAM
340 cal, 13 g fat (2.5 g sat), 39 g carbs, 6 g sugar, 600 mg sodium, 13 g fiber, 25 g protein

Mash ½ cup peas with 1 Tbsp water and 1 tsp olive oil for a fiber-full egg salad. Flavor with 1 tsp lemon zest and 1 Tbsp fresh chopped dill.

With rich flavor and about 9 grams of protein, a single piece of Serrano ham should be plenty.

Brett Kurzweil

www.art-dept.com

Art Department



ZOOM

When Jurgen Klinsmann was hired to revamp U.S. soccer from rags to riches in 2011, the new coach's old-school, you-are-what-you-eat approach to nutrition fell on deaf ears at first. "Early on, all I heard was blah-blah-blah," says striker Jozy Altidore. "Now I know how you eat plays a huge part in how you perform." So while Altidore is hoping to feast on goals at the World Cup, team nutritionist Danielle LaFata—who'll lay out this spread after each of the U.S. team's three first-round games—could be just as important to the Yanks' chances of surviving the Group of Death in Brazil. —DOUG MCINTYRE

Photograph by **LEVI BROWN**
Styling by Brett Kurzweil

4

Number of meals the team eats on match days. "Each has a little lean protein, some carbs and healthy fats like avocado or olives, with fruits and vegetables mixed in," LaFata says. "I try to make sure they're not too heavily loaded on carbs."

1-2

Hours before kickoff the players are allowed to eat a snack, like a PB&J sandwich—as long as it's around 300 calories. "Pregame meal is three to four hours prior," LaFata says. "And I'll give them a protein shake within 30 minutes after the game."

2

Number of "legs" for proteins, meaning fish or chicken is preferred over beef or pork. "The less legs the better," says LaFata.

06/23/2014 ESPN The Magazine 13

Brett Kurzweil

www.art-dept.com

Art Department



Brett Kurzweil

www.art-dept.com

Art Department



Brett Kurzweil

www.art-dept.com

Art Department



Brett Kurzweil

www.art-dept.com

Art Department

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.

YIELDS: *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, waste-not-want-not approach that I learned from my mother and grandmother in the kitchen."

CHOCOLATE SALTED RYE COOKIE

Tartine Bakery, San Francisco

When pastry chef Liz Pruett 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, bittersweet Valrhona chocolate, and Maldon sea salt.

FRENCH MACARON

Sueré, 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.

HOMEMADE OREO

Flour Bakery, Boston

Chef Joanne 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

Dahlia Bakery, Seattle

"Writer Nora 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.



↓
Favored
by picky eater
Anderson
Cooper.

←
Spotted
sampling them:
Salma Hayek,
Sandra Bullock,
and Jay-Z.

↑
An oversize
version recently
helped complete
a marriage
proposal.



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 Beur & Sel cookie company with her son, Josh. In addition to its Sweet Collection, the shop peddles the unlikelyst of baked goods: the savory cookie. "I live in Paris part-time and love inviting friends over for aperitif," Greenspan says. "I was looking for something fun and not too filling to serve. I started with savory loaf cakes then dabbled with biscuits. When I finally got to savory cookies I knew I'd found the perfect have-with-a-drink nibble." She eventually brought the idea stateside, where New Yorkers are becoming converts at her shop in the Lower East Side's Essex Street Market. The most popular flavor: Rosemary Parmesan.

Brett Kurzweil

www.art-dept.com

Art Department



ALMOND
TUILE
+
DISTRITO WHITE
RUSSIAN

Jose Garces,
Iron Chef winner
"These cookies are so light that you could eat a ton of them without even realizing," says Garces, who pairs his 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."

Brett Kurzweil

www.art-dept.com

Art Department



MEAL OF FORTUNE

A takeout fave's fabled history. Indisputably the most ubiquitous odd-shaped confection in America, the fortune cookie stems from the moon cake, a pastry served in 14th-century China. In an effort to plan a revolt, bakers once slipped messages inside, sparking the concept of cookie communication. But the prefab treat we've come to love originated during the California Gold Rush in either San Francisco or L.A., depending on whom you believe. Today, Brooklyn's Wonton Foods is the country's biggest producer of both cookies and fortunes. As for the wisdom found in the rest of the cel-lophane-wrapped treats being made in the U.S., remarkably it mostly falls to two scribes: Steven Yang of San Francisco, and his former employer, Yong Lee of Boston, who cut ties in 1993, apparently following a common cookie adage: "A journey of 1,000 miles begins with one step."

64 SPIRIT SEPTEMBER 2013



1 Often dipped in chocolate for extra flourish.

2 Biscotti means "cooked twice."

5 Poppy-seed paste is a traditional filling.

4 Meringues are fat free!

3 Figure eight-shaped anisettes are common, too.

ODD COOKIES
Who says a cookie's gotta be round? Or homegrown? Before becoming staples in the U.S., these guys got their start in faraway lands like France, Italy, and Germany. Bon appétit!
YIELDS: Bountiful without borders



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

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 *Meringue*, 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.

1 SPRITZGEBÄCK
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-studded 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 joe. "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 ANISETTES
Italy's use of anise in baked goods goes back to ancient Rome. These

SEPTEMBER 2013 SPIRIT 65

Brett Kurzweil

www.art-dept.com

Art Department

Food + Nutrition

This "ice cream" doesn't come from cows. You build the base with a banana.



The MH Fast Foodie™

Power Up Your Diet— with a Blender!



Deluxe Falafel Plate

Dump a can of drained chickpeas in a blender. Pulse; add ½ chopped onion, 1 garlic clove, 1 handful parsley, 2 shakes cumin, 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 smush. Fry till crisp, 3 minutes a side. Eat with pita.

Prep time 15 minutes / **Feeds** 1
Per serving 597 calories, 22g protein, 51g carbs (9g fiber), 36g 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 dab of the sauce, and a few shakes of cinnamon. Puree; 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 (6g 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 hit of chopped peanuts. Top with whipped cream and a cherry if you want. Elvis would be jealous.

► **RECIPE REMIX 1**
Nix the chocolate; add mini marshmallows. In a microwave-safe bowl, nuke a spoonful of grape jelly. Drizzle it on top.

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

Prep time 5 minutes / **Feeds** 1
Per serving 443 calories, 11g protein, 51g carbs (7g fiber), 27g fat



HOLY SHIT KITCHEN TRICK

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



Green Eggs and Ham

Blend up 4 eggs, 2 big handfuls of baby spinach, a palmful of chopped chives, a big pinch of salt, and 2 big pinches of pepper. In an oiled ovenproof skillet on medium, add the eggs and cook till the edges set, 2 minutes. Add 2 ounces of ham cubes. Bake at 400°F till puffy, 8 minutes or so. Remove, slice, and top with shaved Parm and sliced chiles.

Prep time 13 minutes / **Feeds** 1
Per serving 514 calories, 42g protein, 10g carbs (3g fiber), 33g fat

Brett Kurzweil

www.art-dept.com

Art Department



Brett Kurzweil

www.art-dept.com

Art Department



THE PERFECT FOIL

MANI MATERIALS |
ESSIE NAIL POLISH
IN STYLE CARTEL (\$9;
drugstores) topped
with gold nail foil, like
the kind in the CIATÉ
VERY COLOURFOIL
MANICURE IN KALEI-
DOSCOPE KLASH
KIT (\$25; *sephora.com*).

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

W. BRITT 18k gold plate
and rhodium plate ring;
wbritt.com. H. STERN 18k
noble gold ring; hstern.net.

112 *more.com* | OCTOBER 2014

Brett Kurzweil

www.art-dept.com

Art Department



SPOT-IFY

MANI MATERIALS | ZOYA NATURAL NAIL POLISH IN MARGO (\$9; zoya.com); SALLY HANSEN HARD AS NAILS XTREME WEAR IN WHITE ON (\$3; drugstores); SALLY HANSEN I HEART NAIL ART TOOL KIT (\$7; drugstores), 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. »

Brett Kurzweil

www.art-dept.com

Art Department



IN THE NUDE

MANI MATERIALS | ESTÉE LAUDER PURE COLOR NAIL LACQUER IN NUDITÉ (\$21; estelauder.com) plus matte gold nail studs (find similar ones on etsy.com).

TIP TRICKS | Apply a base coat, two coats of nude lacquer and a layer of top coat to every nail except your ring fingers. Then go back and apply a top coat to one ring finger, dotting an extra dollop in the three spots where you will place gold studs. (Kandalec says to skip adhesive, because it dulls your studs.) Use pointy-tipped tweezers to lay the studs in a vertical line, cuticle to tip. Then repeat on the other ring finger.

H.STERN 18k gold ring with rock crystal and diamonds; hstern.net.

PROP STYLIST: LINDSEY ELSTRAKE; FOOD STYLIST: BRETT KURZWEIL; CHIEF NAIL ARTIST: JULIE KANDALEC; AT: BRYAN BANTY; NAIL TECHNICIAN: AMBER MORGAN; AT: PAINTBOX; ANA BARBA; AT: ARTISTS BY TIMOTHY PHANG; HAIR: ROBERTA; MAKEUP: CRISTINA LARSEN; AT: PAINTBOX; MELISSA JACKSON; AT: CARMEN HAND; NICOLE JONES

114 more.com | OCTOBER 2014

Brett Kurzweil

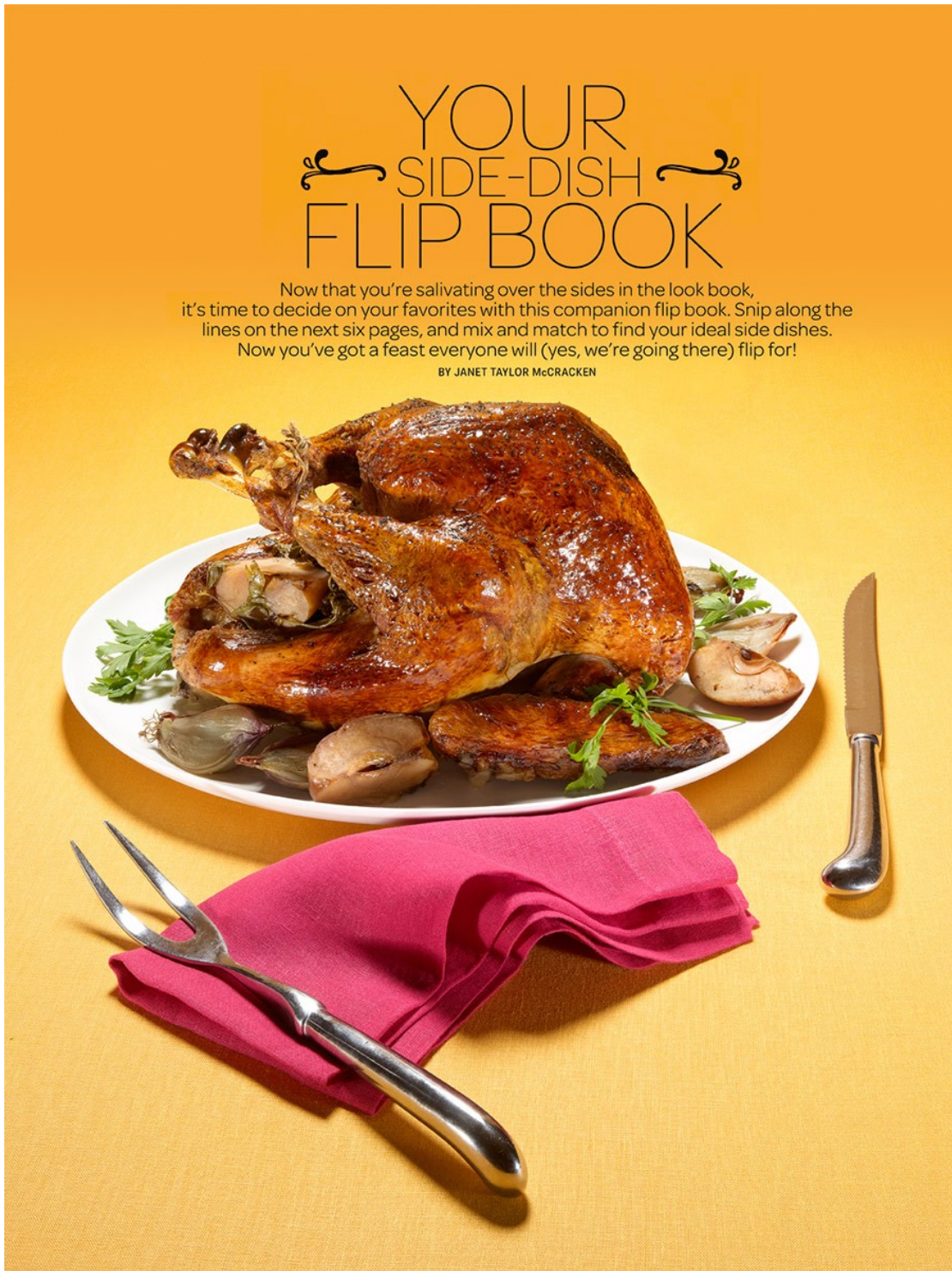
www.art-dept.com

Art Department

YOUR SIDE-DISH FLIP BOOK

Now that you're salivating over the sides in the look book, it's time to decide on your favorites with this companion flip book. Snip along the lines on the next six pages, and mix and match to find your ideal side dishes. Now you've got a feast everyone will (yes, we're going there) flip for!

BY JANET TAYLOR McCracken



Brett Kurzweil

www.art-dept.com

Art Department



Brett Kurzweil

www.art-dept.com

Art Department

Ask MH™

LIFE'S QUESTIONS, ANSWERED



White potatoes: Are they really that bad for me?

DAVID, OKLAHOMA CITY, OK

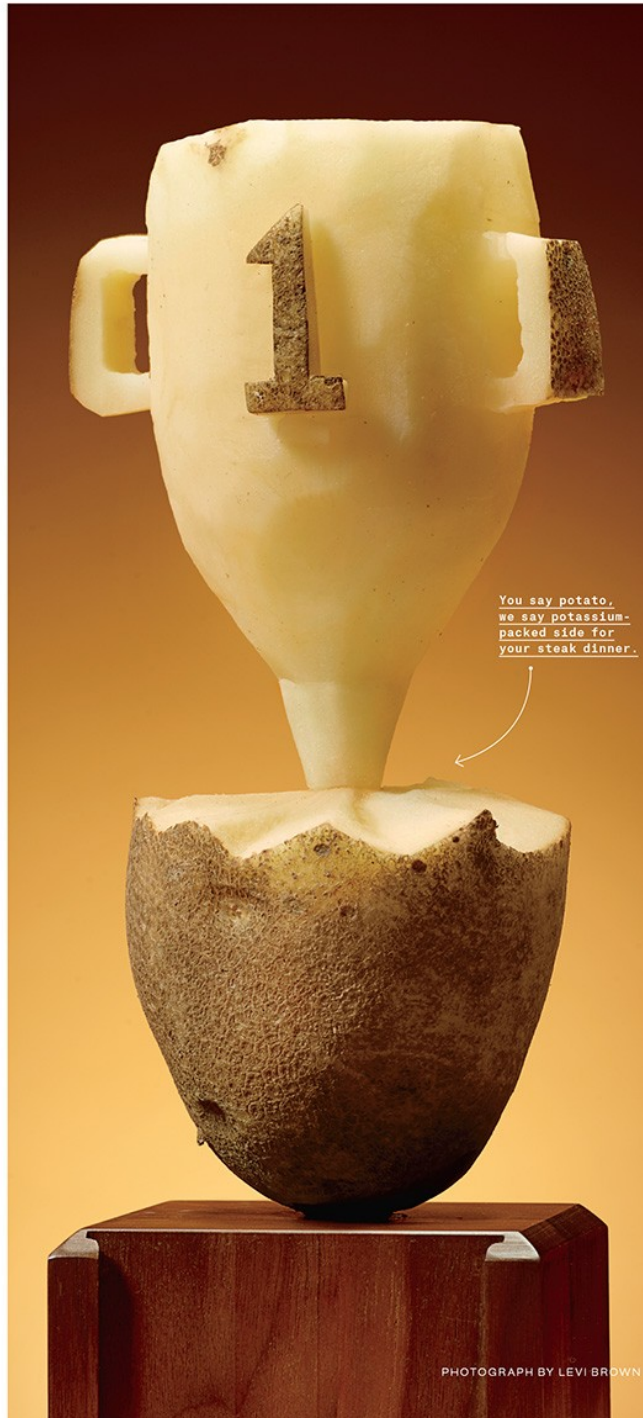
Spuds aren't duds. True, many nutrition gurus are tater haters because people smother them in calories—cheese and bacon, anyone? But once you strip away the toppings, these tubers begin to look, uh, tubular. Just one large white potato with skin provides nearly half your recommended daily B₆, which converts carbs into fuel and helps you metabolize protein and fat, says *MH* nutrition advisor 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?

JEREMY, NORWALK, CT

Initial here to show that you understand the following: A rental agency typically retires a vehicle at 30,000 miles—often hard miles, accumulated twice as fast as a private car accrues mileage. (Nothing corners like a rental, right?) The upside is that these cars are maintained regularly, says Matt DeLorenzo, 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 \$15,461 and the private-party price

14 MENSHEALTH.COM | January/February 2016



You say potato,
we say potassium-
packed side for
your steak dinner.

PHOTOGRAPH BY LEVI BROWN

Brett Kurzweil

www.art-dept.com

Art Department

Food + Nutrition

What to Eat Now

A man's guide to portion control.

BY LEAH POLAKOFF

THE USDA'S NEW MYPLATE NUTRITION RECOMMENDATIONS are much easier to understand than the old Food Pyramid, but they still under-deliver on requirements for active men. With the help of Brian St. Pierre, R.D., C.S.C.S., director of performance nutrition at Precision Nutrition, we designed the *Men's Health Plate*. Dig in.

1/4

PROTEIN

"Protein helps you build muscle mass while maximizing fat loss," says St. Pierre. Fill a quarter of your plate with short ribs, chicken wings, eggs, fish, or whatever protein your muscles desire. That's two servings, each about the size and shape of your palm, he says.

1/8

QUALITY CARBS

Eat two handfuls of fruit, beans, tubers (like white or sweet potatoes), or whole grains such as brown rice, quinoa, or farro at each meal. The right amount of carbohydrates can power you through your workout and help prevent snack attacks afterward.

1/8

HEALTHY FATS

Yes, fats! Shoot for a roughly equal ratio of starches to healthy fats—like avocado or nuts—at each meal, or simply cook with a spoosh (about a capful) of olive oil. These fats help your cells do their job and kick your immune system into high gear. Plus, fats are delicious!

1/2

VEGETABLES

Fiber makes you feel full, vitamins and minerals support proper cellular function, and antioxidants battle disease. So go ahead and load up about half your plate with two fist-sized servings of vegetables, such as brussels sprouts or cauliflower, says St. Pierre.



Green vegetables help protect you from type 2 diabetes, a U.K. study found.

Food styling: Brett Kurzweil/Art Department

Brett Kurzweil

www.art-dept.com

Art Department



Brett Kurzweil

www.art-dept.com

Art Department

3/Use the leftover jalapeño-corn mayonnaise from this BLT (for the recipe, see page 148) to make the ultimate fish fillet sandwich: Add 1 blackened catfish fillet to a hoagie roll. 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 SAUCY
The ultimate condiments
recruit multiple flavors
(see rule 3).

Brett Kurzweil

www.art-dept.com

Art Department

SHORT-ORDER SANDWICHES 1/ Sauté 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 scattering of thinly chopped scallions, a squiggle of sriracha, and a quick shake of toasted sesame seeds.



HEAT UP!
Use whole cuts to avoid additives often found in deli meat (see rule 1).

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 Crispy Skin

WHAT YOU'LL NEED

- 1 WHOLE ROAST CHICKEN (3½ TO 4 LB)
- 1½ TSP CORIANDER SEEDS, TOASTED IN A DRY SKILLET
- 1½ TSP FENNEL SEEDS, TOASTED IN A DRY SKILLET
- 2 Tbsp LEMON JUICE, PLUS 1 TSP ZEST
- ¼ CUP PLAIN GREEK YOGURT
- 2 Tbsp OLIVE OIL
- 2 Tbsp HONEY
- 1 Tbsp UNSALTED BUTTER
- 1 TSP YELLOW CURRY POWDER
- 1 EGG
- 2 SLICES WHITE BREAD (1½ THICK)
- 1 BABY SPINACH, FOR SERVING

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 7 minutes. Set aside. Carve and slice one chicken breast.
- 2/ Using a spice grinder, grind the coriander and fennel. In a small bowl, mix those spices, lemon juice, zest, yogurt, olive oil, and honey. Season with salt and pepper.
- 3/ In a skillet on medium low, heat the butter and curry. Add the egg and cook it over easy, 1 minute per side. Cover one bread slice with 2 Tbsp dressing. Add chicken, egg, spinach, skin, and the other bread slice. —John Bates, owner and chef, Noble Sandwich Co., Austin, TX

Charred Eggplant Bites with Hummus

WHAT YOU'LL NEED

- 1½ TSP DRY YEAST
- 1 CUP WARM WATER
- 1½ TSP SUGAR
- 3 CUPS ALL-PURPOSE FLOUR
- 1 TSP SALT
- 2 Tbsp OLIVE OIL
- 3 Tbsp PLAIN WHOLE-FAT YOGURT
- 2 Tbsp CANOLA OIL
- 1½ LBS HUMAN, GRILLED EGGPLANT ROUNDS, CHOPPED ROASTED RED PEPPERS, TORN MINT LEAVES, THINLY SLICED ALPARGA, THINLY SLICED RED ONION, LEMON ZEST

HOW TO MAKE IT

- 1/ In a medium bowl, mix the yeast, water, and sugar. Let it sit till foamy, about 10 minutes.
- 2/ In another bowl, mix the flour, salt, olive oil, and yogurt. Add half to the yeast mix, and knead until smooth, about 10 minutes. Put in a bowl, cover with a towel, and rest it till doubled, 1 to 2 hours.
- 3/ Knead the dough on a floured surface for 10 minutes. Make 10 balls; flatten to ¼"-thick discs.
- 4/ Heat the canola oil in a hot pan and cook the discs till puffy, about 30 seconds per side.
- 5/ Add your choice of fillings. Fold. Bite. —Josef Centeno, executive chef and owner, Baco Mercat, Los Angeles

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 ¼ cup kosher salt with ½ cup sugar and rub into a 5-pound pork shoulder cut into 2" cubes. In a bowl, whisk ¼ cup fish sauce, ¼ cup sriracha, and ¼ 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 ½ cup lime juice, ½ cup fish sauce, ½ cup brown sugar, ½ cup sriracha, ½ cup chopped cilantro, and ½ cup sliced scallions. Reheat in an oiled pan on medium, 3 minutes. Serve with kimchi on ciabatta. —Rick Genovese, chef and owner, Lardo, Portland, OR



FRESH LOBSTER ROLL WITH BROWN BUTTER VINAIGRETTE

For the sauce, heat 1 stick of butter in a pan on medium, whisking until golden brown, 3 to 5 minutes. Pour 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 1¼-pound lobsters, cover, and steam them until bright red, about 7 minutes. Chill the lobsters in the fridge; then extract the meat. Brush a hot dog bun with the sauce and toast 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, Eventide Oyster Co., Portland, ME

Brett Kurzweil

www.art-dept.com

Art Department

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

Earn your bread—the lazy way!
Recipes so easy they'll make the Sunbeam girl weep.



SKILLET CORNBREAD

Preheat the oven to 425°F. In a bowl, mix 3½ cups cornmeal, 2 tsp baking powder, and 2 tsp salt. In another bowl, mix 1¼ cups buttermilk, 1¼ 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 till golden, about 20 minutes.

—David Bauer, owner, Farm & Sparrow Bakery, Candler, NC



STEEL-CUT OAT LOAF

Butter a 2-pound loaf pan and dust it with flour. Mix 1½ cups rolled oats, 1½ cups steel-cut oats, 1¼ cups oat bran, 1 tsp baking powder, 1 tsp baking soda, 1 tsp brown sugar, 1 tsp salt, and 2½ cups buttermilk. Add the batter to the loaf pan and then let it rest for 30 minutes. Preheat the oven to 350°F. Bake about 1 hour.

—Breads & Baking: The Irish Kitchen



ONE-BOWL BEER BREAD

Preheat your oven to 350°F. Line a 9"×5" loaf pan with parchment paper. In a large bowl, mix 3 cups all-purpose flour, 3¾ tsp baking powder, ¾ tsp salt, and 3 Tbsp sugar. Stir in 1 IPA-style beer until combined. Add to the pan. Bake till a toothpick inserted into the middle emerges clean, about 1 hour.

—Joel Prickett, brewer at Harpoon Brewery, Boston, MA

Be a Sauce Boss

BOTTLED AND JARRED CONDIMENTS OFTEN FALL SHORT ON FRESH FLAVORS. MAKE YOUR OWN TOPPINGS AND TRUMP ANYTHING IN THE GROCERY STORE.



Beer Hummus

• The Alaskan Brewing Company mixes beer into hummus to pump up the flavor. Puree two 15.5-ounce cans of drained chickpeas, 1 tsp lemon juice, 2 minced garlic cloves, 1 tsp sesame seeds, ¼ cup IPA, 1 tsp coriander, 1 tsp cumin, ½ tsp salt, and ¼ tsp cayenne, until smooth. Pair with fresh beer bread (see left). Makes 3 cups

Root Beer BBQ Sauce

• In a pan on medium-high heat, sauté 1 finely chopped onion and 1 minced garlic clove until soft, 3 to 5 minutes. Add 2 cups root beer; reduce by half, 15 to 20 minutes. Stir in 1 cup ketchup, 2 Tbsp brown sugar, ½ tsp cayenne, and ½ tsp smoked paprika. Thicken on low heat, about 25 minutes. Serve with pulled pork. Makes 1 cup

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 submerge 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 pan over medium heat, sauté 2 Tbsp butter, 2 Tbsp vegetable oil, 2 sliced onions, and 1 tsp dried thyme until the onions soften, 5 to 10 minutes. Add ¼ cup maple syrup and 4 tsp sherry vinegar; cook until the onions are caramelized. Season with salt and pepper. Makes 1 cup

Brett Kurzweil

www.art-dept.com

Art Department

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, puree 1 room-temperature egg yolk, 2 Tbsp white wine vinegar, ½ tsp Dijon mustard, and 2 tsp 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. Slather the mayo on 2 slices of grilled or toasted whole grain bread. Place a few slices of heirloom tomato on top of each, and season with flaky sea salt and pepper. Pop on a basil leaf or two. Chow down.

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



Quick Pickles

In a small saucepan on medium heat, pour in ¾ cup white vinegar and ½ cup water; add ¼ 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 1 or 2 thinly sliced English cucumbers (about a pound) along with 2 or 3 sprigs of dill, 1½ tsp coriander seed, and 1½ 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, ½ cup cilantro, 4 chopped garlic cloves, and 2 Tbsp fresh oregano until chopped but not pureed. Transfer the mixture to a pint jar with a lid. Add ½ cup olive oil, ¼ cup red wine vinegar, ½ 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.

► **FIGHT DIABETES!** Plant spinach + sweet potatoes + strawberries + collard greens + shelling peas



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 fail you, often spectacularly, despite your best efforts. And when failure happens, you will never take for granted the abundance you see in supermarkets 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 communing with nature, I was damning it to hell.

Don't Pursue Profusion

Focus and be mercilessly selective. With all that square footage, I squeezed 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 basketfuls of tomatoes each day. I ate vegetables with every meal, but still I had to toss some into the compost pile, which gutted me.

Learn to Persevere

I had to wake at dawn to crush Japanese beetles between my fingers because I didn't use pesticides. The weather almost never cooperated. Deer tore into my watermelon. After wrestling with the garden, cursing it, and threatening to rip out every plant if they didn't behave, I finally gave in. As a result, I slowed down and grew something that I wasn't expecting: patience.

Brett Kurzweil

www.art-dept.com

Art Department



5 SEEDY IDEAS

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

Oven-Roasted Pumpkin Seeds
BY VIVIAN JAO
MAKES 1 CUP PREP 15 MIN COOK 25 MIN

1 cup cleaned raw whole pumpkin seeds
1 tbsp. plus 1 tsp. fine sea salt
1 tbsp. EVOO

1. Preheat the oven to 375°. In a small saucepan, bring 4 cups water, the seeds and 1 tbsp. salt to a boil. Simmer for 10 minutes, then drain. Pat the seeds dry between layers of paper towels.
2. Toss the seeds with the EVOO and remaining 1 tsp. salt. Spread in a single layer on a greased foil-lined baking sheet. Roast until golden, 10 to 12 minutes. Toss with one of the seasoning blends at right and roast for 5 minutes more.

46. Zesty 1 tsp. garlic powder, 1 tsp. onion powder, 1 tsp. sugar, a pinch cayenne and 1 tsp. worcestershire sauce
47. BBQ 2 tbsp. brown sugar, 1 tsp. chile powder, 1 tsp. garlic powder, 1 tsp. onion powder, ¼ tsp. smoked paprika and a pinch cayenne
48. Cheesy 2 tsp. grated cheese (try parmesan or pecorino-romano), 1 tsp. onion powder and a pinch cayenne
49. Cinnamon sugar 2½ tbsp. sugar, 2 tsp. ground cinnamon and ½ tsp. ground nutmeg
50. Sesame 2 tbsp. sesame oil swapped for the EVOO in the basic recipe, 2½ tbsp. sugar, 1 tbsp. toasted sesame seeds, 2 tsp. ground ginger and a pinch cayenne

OCTOBER 2012 *page*
RACHAELRAYMAG.COM **129**

Brett Kurzweil

www.art-dept.com

Art Department

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.



Jalapeño

These green firecrackers contain a substance that can trigger thermogenesis—meaning, mucho calorie burning and flavor.

Grass-Fed Flank Steak

You don't have to go full paleo to enjoy the bennies of beef: Three ounces has 18 grams of muscle-building protein, and grass-fed is naturally leaner.

Baby Potatoes

Misunderstood? Tell me about it, spud. Tubers get a bad rap, but they recently landed the top spot on a list of foods most likely to keep the munchies at bay.

Watermelon

This fruit's citrulline may help your performance at the gym, and research shows that loading up on water-rich foods can save you cals at your next meal.

Green Beans

Haricots verts are brimming with antioxidants, including catechins, the compounds that give green tea its metabolism-boosting prowess.



BREAKFAST

Steak and Eggs

Mash ¼ cup diced melon, 2 Tbsp chopped parsley, 1 Tbsp oil, 2 tsp lime juice, and 1 tsp each minced garlic and jalapeño. 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.



LUNCH

Fiery Potato Salad

Boil 4 oz baby potatoes; cool and halve. Mix with ¼ cup chopped green beans, 1 Tbsp light mayo, 1 tsp chopped jalapeño, and 1 tsp lime juice; season with salt and pepper. Top with one quartered hard-boiled egg and chopped parsley.



SNACK

Spicy Watermelon Skewers

Blend ½ jalapeño, 2 Tbsp lime juice, 1 tsp honey, and 1 garlic clove. Stream in ¼ cup olive oil; season with salt. Thread melon cubes, half-moons of cucumber, and cherry tomatoes on two 6-inch skewers and drizzle with vinaigrette.



DINNER

Broiled Steak and Smashed Potatoes

Heat broiler. Arrange 4 oz each flank steak, boiled baby potatoes, green beans, and cherry tomatoes on a baking sheet. Toss with 2 tsp olive oil and ¼ tsp each salt and pepper. With a glass, press potatoes to flatten. Broil for 6 minutes, flipping everything once.



DESSERT

No-Bake Watermelon "Cake"

Remove the rind from half a small seedless watermelon. Beat 1 cup heavy cream with 1 tsp honey until stiff. Frost the melon with the whipped cream. Serve topped with ½ cup fresh mixed berries. *Makes 8 servings*

HAVE ON HAND

- | | |
|--------------|-------------------|
| ✓ Parsley | ✓ Honey |
| ✓ Limes | ✓ Cucumber |
| ✓ Garlic | ✓ Cherry tomatoes |
| ✓ Eggs | ✓ Heavy cream |
| ✓ Light mayo | ✓ Fresh berries |

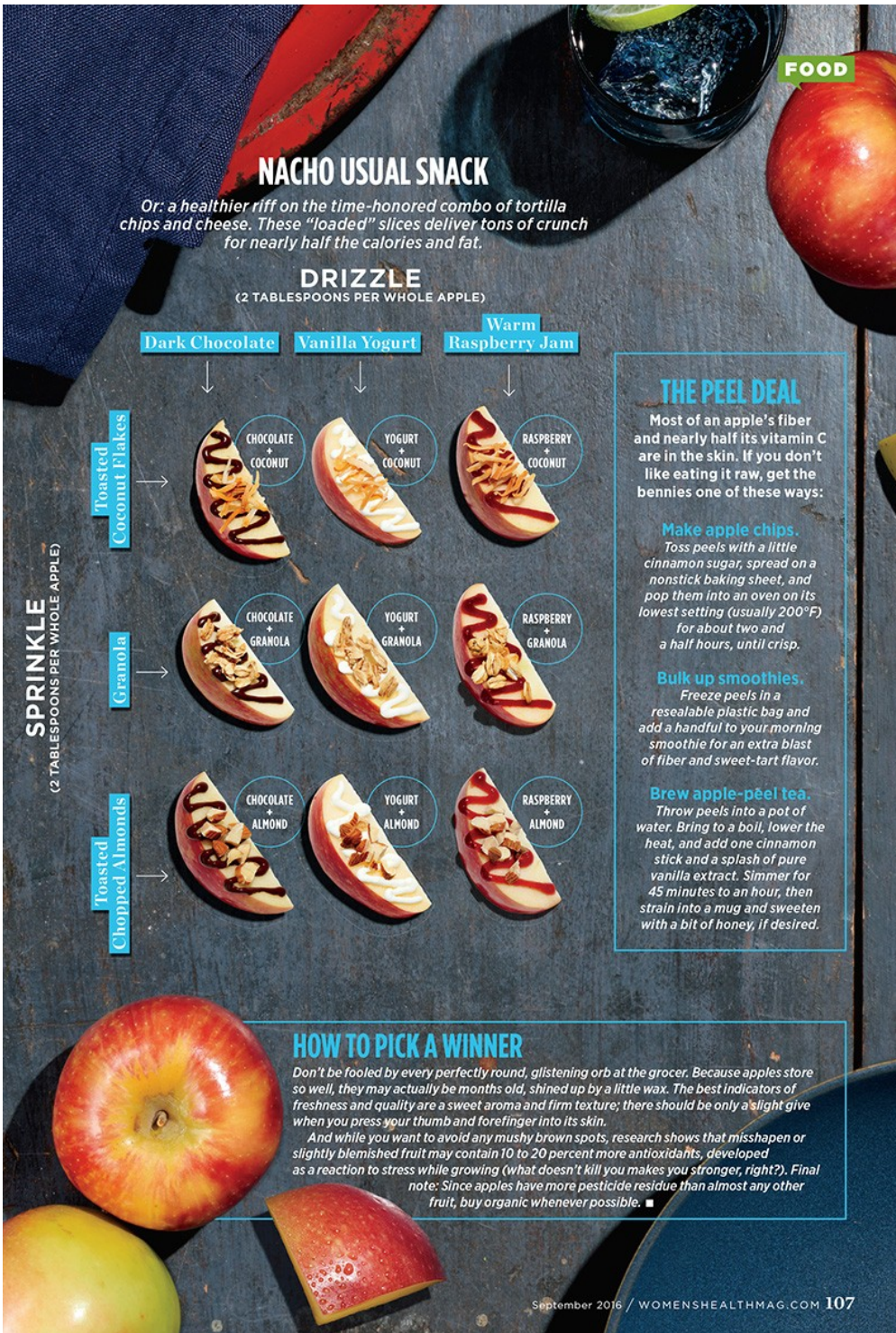
A RIPE MELON WILL HAVE A YELLOW SPOT WHERE IT SAT ON THE GROUND (GREEN OR WHITE MEANS IT WAS PICKED EARLY).

STYLING: BRETT KURZWEIL/ART DEPARTMENT

Brett Kurzweil

www.art-dept.com

Art Department



FOOD

NACHO USUAL SNACK

Or: a healthier riff on the time-honored combo of tortilla chips and cheese. These "loaded" slices deliver tons of crunch for nearly half the calories and fat.

DRIZZLE

(2 TABLESPOONS PER WHOLE APPLE)

Dark Chocolate **Vanilla Yogurt** **Warm Raspberry Jam**

SPRINKLE
(2 TABLESPOONS PER WHOLE APPLE)

Toasted Coconut Flakes

CHOCOLATE + COCONUT **YOGURT + COCONUT** **RASPBERRY + COCONUT**

Granola

CHOCOLATE + GRANOLA **YOGURT + GRANOLA** **RASPBERRY + GRANOLA**

Toasted Chopped Almonds

CHOCOLATE + ALMOND **YOGURT + ALMOND** **RASPBERRY + ALMOND**

THE PEEL DEAL

Most of an apple's fiber and nearly half its vitamin C are in the skin. If you don't like eating it raw, get the bennies one of these ways:

Make apple chips.
Toss peels with a little cinnamon sugar, spread on a nonstick baking sheet, and pop them into an oven on its lowest setting (usually 200°F) for about two and a half hours, until crisp.

Bulk up smoothies.
Freeze peels in a resealable plastic bag and add a handful to your morning smoothie for an extra blast of fiber and sweet-tart flavor.

Brew apple-peel tea.
Throw peels into a pot of water. Bring to a boil, lower the heat, and add one cinnamon stick and a splash of pure vanilla extract. Simmer for 45 minutes to an hour, then strain into a mug and sweeten with a bit of honey, if desired.

HOW TO PICK A WINNER

Don't be fooled by every perfectly round, glistening orb at the grocer. Because apples store so well, they may actually be months old, shined up by a little wax. The best indicators of freshness and quality are a sweet aroma and firm texture; there should be only a slight give when you press your thumb and forefinger into its skin.

And while you want to avoid any mushy brown spots, research shows that misshapen or slightly blemished fruit may contain 10 to 20 percent more antioxidants, developed as a reaction to stress while growing (what doesn't kill you makes you stronger, right?). Final note: Since apples have more pesticide residue than almost any other fruit, buy organic whenever possible. ■

September 2016 / WOMENSHEALTHMAG.COM 107

Brett Kurzweil

www.art-dept.com

Art Department



A quick, easy, good-for-you dinner is as close as your cabinet. With the right staples on hand, all you need to do is pick up one or two fresh ingredients (hello, express lane!). Think of it as having stock options!

By Alexa Weibel • Photography by Travis Rathbone
Food styling by Brett Kurzweil • Prop styling by Sarah Guido-Laakso

Brett Kurzweil

www.art-dept.com

Art Department



1. **Bedazzled** Paint a pumpkin silver; let dry. Glue rhinestones in any design you like: letters, numbers or shapes.

THINGS TO DO WITH A PUMPKIN

You've hit the jack (o'-lantern) pot! Behold: a parade of pumpkins that will delight trick-or-treaters and make your stoop the pride of the neighborhood.

BY SARAH CAVE • PHOTOGRAPHY BY NGOC MINH NGO

Easily bring these ideas to life with the simple instructions on the next few pages, or head to RachaelRayMag.com/pumpkins for more detailed step-by-step instructions and downloadable templates. No pumpkin will be safe from you!

FOOD STYLING BY BRETT KURZWEIL, PROP STYLING BY SARAH CAVE, WALLPAPER FROM MINI MODERNS, AVAILABLE AT MINIMODERNS.COM, ADDITIONAL CRAFT IDEAS BY VANESSA BOER

Brett Kurzweil

www.art-dept.com

Art Department



2. Clown around Paint a white face and pink circles for cheeks. Glue a red pom-pom in the center and draw eyes with a black marker.

3. Circus tricks Paint a pumpkin and three toilet-paper rolls gray; let dry. Cut a sheet of gray paper in half and glue to the sides for ears. Glue one roll in the center of the face, then add construction-paper eyes. Cut the remaining rolls in half and glue to the bottom for legs. Paint red and white stripes on a mini pumpkin and, when dry, balance the elephant on top.

4. Wildcat Paint elongated black triangles as stripes, and a tan circle for a mouth. Draw eyes and a triangle nose with a black marker. Glue on pipe cleaners for whiskers and folded felt circles for ears.

5. Orange freeze Cut off the top third of a hollowed-out pumpkin. Paint a design on the front. Place a bowl filled with ice inside the pumpkin, then add bottles.

6. Disco fever Spray-paint a pumpkin and its stem gold. Cut gold-foil cardstock into squares, then glue on to cover the surface.

7. Tune in Hollow out a pumpkin; line the interior with plastic wrap. Poke holes in concentric circles into the flesh, then glue on buttons for dials and a skewer for the antenna. Place an MP3 player inside; the pumpkin really amplifies music!

8. Lined up Cut artist's tape into 3-inch strips. Alternate colors by row, placing the tape in zigzag patterns around a pumpkin.

9. LOL Hollow out a pumpkin, then carve your favorite emoticon into it—sideways!

10. Checkmate Using a marker, draw a grid onto a pumpkin. Paint the squares alternately black and white. Use hot glue to attach plastic chess pieces.

11. In stitches Tape a cross-stitch pattern to a hollow pumpkin, then use an awl to etch the design into the surface. Thread yarn through the holes to create the pattern.

12. Go mod Paint a pumpkin a solid color; let dry. Use electrical tape or vinyl stickers to create patterns, then paint the entire surface in a different color. Let dry and remove the tape.

Brett Kurzweil

www.art-dept.com

Art Department

13. Eye spy Paint pumpkins in black matte paint. Use one coat of white paint followed by a coat of glow-in-the-dark paint to create eyes. Group them together outside and watch them glow at night.

14. Forbidden bite Carve a standard jack-o'-lantern, then cut two fang-shaped holes near the base of the pumpkin and drizzle costume blood from the bite.

15. Good-night light Use stickers to create a bedtime scene on a hollowed-out white pumpkin. Follow the sticker borders to carve out shapes, then illuminate with a low-watt electronic candle.

16. Stars and stripes Trace a constellation pattern onto a hollowed-out pumpkin painted black. Use different-size drill bits to make holes in the flesh, then thread glow-in-the-dark string through the holes. Illuminate.

17. Lighten up Drill medium-size holes (large enough for a tapered candle) entirely through mini pumpkins. Paint in two tones; let dry. Stack the pumpkins and use as candleholders.

18. Black windows Paint pumpkins black; let dry. Apply large black pipe cleaners to each side, bending them to form legs. Glue googly eyes to the front.

19. Bright idea Hollow out a large pumpkin and carve a lightbulb shape on the surface. Illuminate.

20. Stocking pumpkin Wrap a pumpkin with a patterned stocking. Pull the hosiery tight and tie at the base, cutting off any excess fabric.

21. Roundabout Hollow out a pumpkin and drill holes through the flesh. Push a colored marble snugly into each hole, then illuminate with an electronic candle.

22. Lights before Cut off the stem of a flat mini pumpkin. Use a spoon to make a hole about 1 inch deep, then tuck a tea-light candle inside.

23. Candy corn Divide a tall pumpkin in thirds; paint it white on the bottom and yellow on the top.

24. Sweet skull Carve out a Day of the Dead skull on a large white pumpkin. Decorate with licorice, candy corn and MGM's, and use square white gum as teeth.

page 124 | OCTOBER 2012
RACHAELRAYMAG.COM

WALLPAPER FROM JILL MAUER. AVAILABLE AT JILLMAUER.COM

Brett Kurzweil

www.art-dept.com

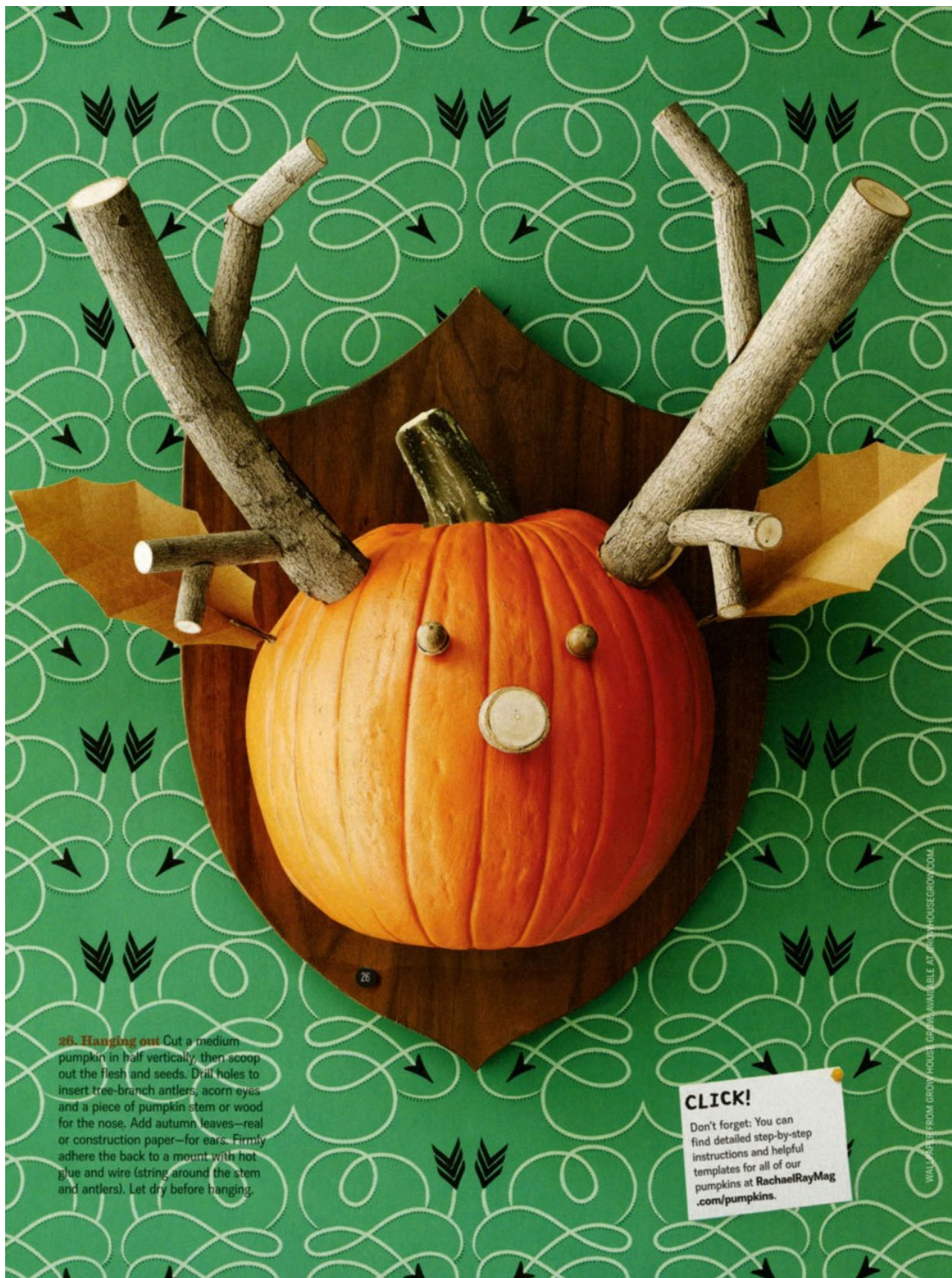
Art Department



Brett Kurzweil

www.art-dept.com

Art Department



26. Hanging out Cut a medium pumpkin in half vertically, then scoop out the flesh and seeds. Drill holes to insert tree-branch antlers, acorn eyes and a piece of pumpkin stem or wood for the nose. Add autumn leaves—real or construction paper—for ears. Firmly adhere the back to a mount with hot glue and wire (string around the stem and antlers). Let dry before hanging.

CLICK!

Don't forget: You can find detailed step-by-step instructions and helpful templates for all of our pumpkins at RachaelRayMag.com/pumpkins.

WALLS: © FROM GROW HOUSE. GAVIA AVAILABLE AT ALFAROHOUSEGROW.COM

Brett Kurzweil

www.art-dept.com

Art Department

27. To the letter Stencil address numbers onto pumpkins, then prick fabric studs along the outline. Stack the pumpkins on top of each other or display side by side.

28. Punk-ins Add temporary tattoos, chains, spiked necklaces and felt mohawks to a pumpkin.

29. Topiary toppers Paint two small-to-medium pumpkins green. Use craft glue to cover with green sequins or confetti; let dry. Place floral Styrofoam in a clay pot and stick a thick wooden dowel in the center. Cut holes in the bottom and top of each pumpkin and slide over the dowel. Secure with hot glue and wire as needed.

30. Team players Paint a helmet in your team's colors on a large pumpkin; use gray cardstock paper to create a face mask. Repeat on a second pumpkin in the opposing team's colors. Apply a team decal to the side of each helmet.

31. Sticky-sweet Paint the top third of a small pumpkin glossy red; let dry. Cover three-fourths of the pumpkin in "caramel" brown paint, adding multiple layers and drips of paint; let dry. Poke a small wooden dowel into the top.

32. Bedtime buddy Paint two small-to-medium pumpkins a shade of "monster" green. Hot-glue mini beanbags (or make your own felt pouches) for toes, then place the gourds just under a bed or sofa so the feet peek out.

33. Weight and see Tie twine around the stems of mini pumpkins, then tie them to the ends of your tablecloth to hold it in place.

34. Hairball Cut wig hair or fuzzy boas into several sections. Use craft glue to create beards, mustaches and brows. Glue on googly eyes.

35. Pumpkin toss Hollow out three pumpkins—small, medium and large—and paint point values on the face of each. Place them at different distances and use a beanbag to play.

36. Sunday puzzler Use black tape and white paint to create a Halloween crossword puzzle. Fill in the grid with spooky messages.

OCTOBER 2012 | page 127
RACHAELRAYMAG.COM

Brett Kurzweil

www.art-dept.com

Art Department



9 PUMPED-UP EATS

*Go beyond the pie:
A few scoops of canned
pumpkin will give your
favorite foods a dash of
healthy fall flavor!*

BY TRACEY SEAMAN

37. Toss up Stir a few spoonfuls of pumpkin into butter or cream sauce, then toss with pasta.

38. Sweet sipper Blend a scoop of pumpkin into a vanilla milkshake.

39. Whipper snapper Whisk together equal parts cream cheese, confectioners' sugar and pumpkin; season with pumpkin-pie spice to taste. Spoon into a store-bought puff pastry cup (or spread on toast).

40. Wake-up call Jazz up your usual oatmeal with a few tablespoons of pumpkin. Top with walnuts, raisins and cinnamon-sugar.

41. Wrap and roll Combine pumpkin with refried beans to taste, then spread onto a flour tortilla. Roll up with cheese, chopped scallions and cilantro.

42. Stuff it Dot a few teaspoons of pumpkin into an omelet; add mushrooms and goat cheese, then fold to enclose.

43. Dress to impress Give your favorite vinaigrette or creamy Italian dressing an earthy kick: Shake or whisk in a spoonful of pumpkin.

44. Spiked treat Fill a shaker with ice, then add ½ cup half-and-half, ¼ cup pumpkin, 2 oz. coffee-flavored liqueur, such as Kahlúa, and 1 oz. vodka. Shake and pour, unstrained, into an old-fashioned glass. Dust with cinnamon-sugar.

45. Chill out Mix a few scoops of pumpkin into your favorite chili.

Brett Kurzweil

www.art-dept.com

Art Department

146 FOOD NETWORK MAGAZINE • OCTOBER 2009

Just the Facts

CARAMEL

The Toppings Bar Dress up your caramel apples with these fun combinations.



Cheddar Crunch
crushed cheese
crackers



Ballpark Blend
salted peanuts and
caramel popcorn



Asian Fusion
diced crystallized
ginger and toasted
sesame seeds



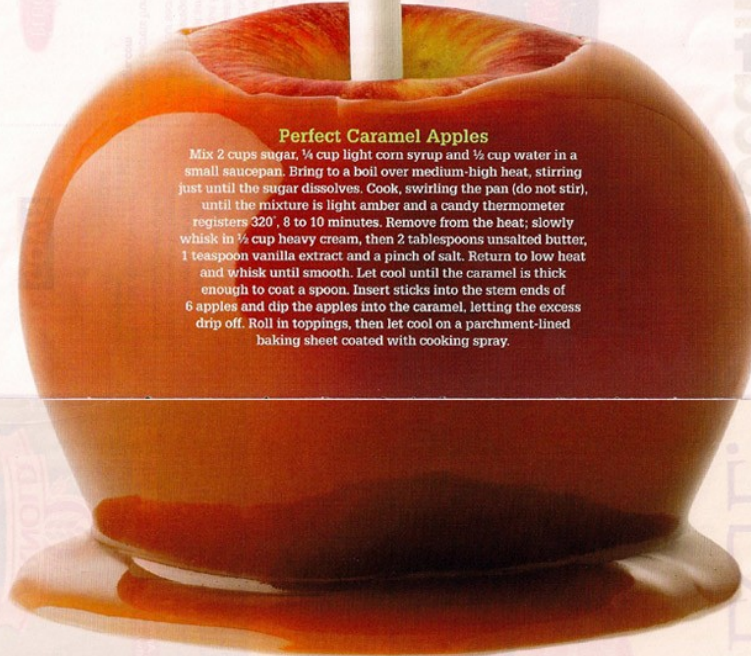
Health Nut
chopped walnuts and
dried cranberries



Tropical Twist
toasted shredded
coconut and chopped
macadamia nuts



Cookies and Cream
crushed Oreo cookies
and a drizzle of melted
white chocolate



Perfect Caramel Apples

Mix 2 cups sugar, $\frac{1}{4}$ cup light corn syrup and $\frac{1}{2}$ cup water in a small saucepan. Bring to a boil over medium-high heat, stirring just until the sugar dissolves. Cook, swirling the pan (do not stir), until the mixture is light amber and a candy thermometer registers 320°, 8 to 10 minutes. Remove from the heat; slowly whisk in $\frac{1}{2}$ cup heavy cream, then 2 tablespoons unsalted butter, 1 teaspoon vanilla extract and a pinch of salt. Return to low heat and whisk until smooth. Let cool until the caramel is thick enough to coat a spoon. Insert sticks into the stem ends of 6 apples and dip the apples into the caramel, letting the excess drip off. Roll in toppings, then let cool on a parchment-lined baking sheet coated with cooking spray.

Caramelize This Use the caramel sauce above for more than just apples.



Caramel Puffs

Dip marshmallows halfway into the warm caramel; let the excess drip off, then dip in crushed pretzels and place on a lightly oiled parchment-lined baking sheet until set. Drizzle with melted chocolate.



Caramel Turtles

Stir 1 $\frac{1}{2}$ cups chopped nuts into the warm caramel; cool until the mixture is thick enough to hold its shape. Drop spoonfuls onto an oiled parchment-lined baking sheet; let set. Top with melted chocolate and sprinkle with coarse sea salt.



Caramel Ganache

Whisk 4 ounces chopped bittersweet or semisweet chocolate into the warm caramel sauce until smooth. Drizzle over vanilla ice cream.

Golden Rules

Candy making can be tricky.

Follow these guidelines:

KEEP ICE WATER HANDY Caramel is hot and sticky. If it splatters onto your hand, immediately plunge your hand into ice water to prevent burning.

DON'T STIR Once the sugar mixture starts boiling, keep your spoon out of the pot or you'll end up with grainy caramel. Just gently swirl the pan so the caramel colors evenly.

USE A THERMOMETER There's no fix for burnt caramel. Keep a candy thermometer in the pot and remove the caramel from the heat at no higher than 320°. This is called the caramel stage; the mixture should be thick enough to coat a spoon.

Watch It!

Here's what to look for when you turn sugar into caramel.

Make sure the sugar is completely dissolved in the water before the mixture boils; stray granules will turn your caramel gritty.



The mixture will thicken and change color as it cooks. Remove the caramel from the heat when it is just light amber; it will darken as it cools.



Heavy cream makes the caramel soft and sticky rather than brittle. Be careful! The cream will bubble and splatter when you add it to the hot caramel.



OCTOBER 2009 • FOOD NETWORK MAGAZINE 147

Brett Kurzweil

www.art-dept.com

Art Department

**Fun
Cooking**

PISTACHIO PASTE
Looks like: Wasabi
 Pulse 2 tablespoons finely chopped pistachios, ¼ cup cream cheese and 2 tablespoons confectioners' sugar in a food processor.

PINK COCONUT
Looks like: Pickled Ginger
 Soak 2 tablespoons shredded coconut in ½ cup water with 1 drop each of yellow and red food coloring.

Rice Krispies Treats

RICE KRISPIES NUGGETS
Looks like: Sushi
 Make a batch of Rice Krispies Treats; shape into small oval mounds while still warm. Top with a dab of pistachio paste, then cover with whole or minced red and orange gummy candy (such as Chuckles or Sunkist Fruit Slices). Wrap with a strip of green fruit leather, if desired. To make a sushi roll, flatten a warm Rice Krispies Treat mound into a thin rectangle on a piece of fruit leather and arrange gumdrops down the center. Roll into a cylinder and slice into pieces. Serve the sushi with wasabi, ginger, and chocolate syrup as soy sauce. Cut a sour-candy belt to look like a grass garnish.

chocolate
syrup

pistachio
paste

coconut

sour-candy belt

gummy candy

gumdrops

fruit leather

Brett Kurzweil

Art Department



Brett Kurzweil

www.art-dept.com

Art Department



Brett Kurzweil

www.art-dept.com

Art Department



Brett Kurzweil

www.art-dept.com

Art Department



Brett Kurzweil

www.art-dept.com