

Your *CE* Recipe Guide

Farm-fresh, seasonal produce takes center stage in these nutrient-packed recipes. Here are 80 colorful dishes to choose from, each studded with peak-season stars.

THE BAJA GRILLED PEACH SALAD
P. 61

- **Freezable**
- **Quick**
under 45 minutes
- **Vegetarian**
may contain eggs and dairy
- **Gluten-free**
- **Make it gluten-free**
Recipe contains soy sauce, miso, Worcestershire sauce and/or tamari. All of these ingredients are available in gluten-free and regular varieties.

small bites



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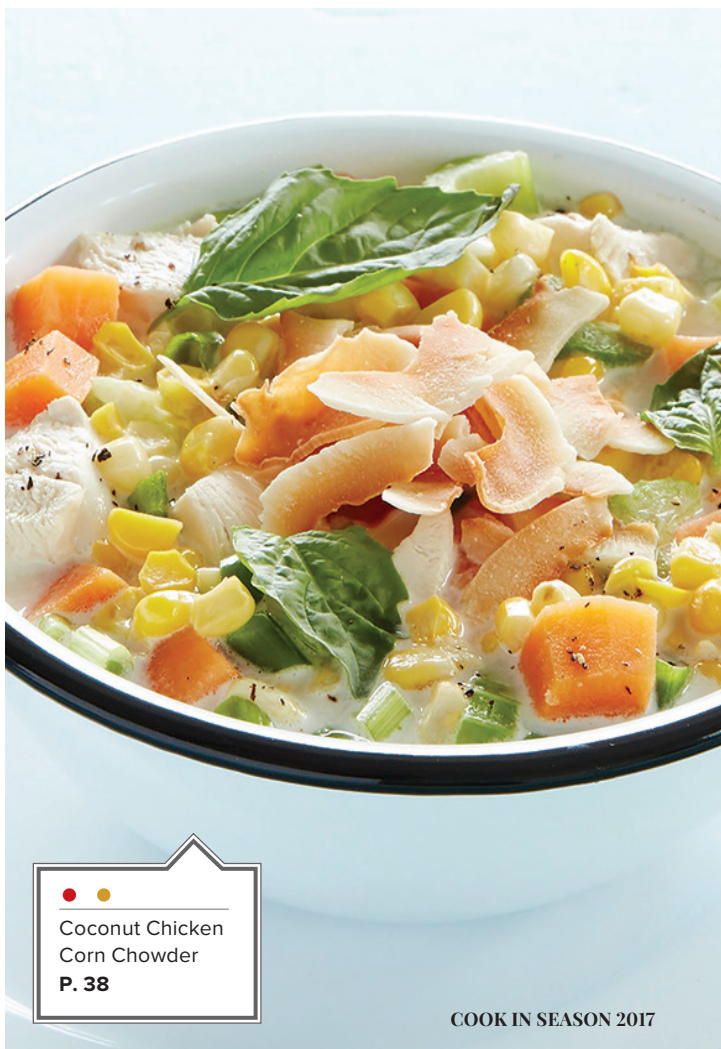
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What Is Clean Eating?

The soul of clean eating is consuming food the way nature delivered it, or as close to it as possible. It is not a diet; it's a lifestyle approach to food and its preparation. It's about eating real food, for a healthy, happy life.

Eat five to six times a day – three meals and two to three small snacks.

Include a lean protein, plenty of fresh fruit and vegetables, and a complex carbohydrate with each meal. This keeps your body energized and burning calories efficiently all day long.

Choose organic whenever possible.

If your budget limits you, make meat, eggs, dairy and the Dirty Dozen (ewg.org/foodnews) your organic priorities.

Drink at least 2 liters of water a day, preferably from a reusable canteen, not plastic; we're friends of the environment here! Limit your alcohol intake to one glass of antioxidant-rich red wine a day.

Get label savvy. Clean foods contain short ingredient lists. Any product with a long ingredient list is human-made and not considered clean.

Avoid processed and refined foods such as white flour, sugar, bread and pasta. Enjoy complex carbs such as whole grains instead.

Know thy enemies. Steer clear of trans fats, fried foods or foods high in sugar. Avoid preservatives, color additives and toxic binders, stabilizers, emulsifiers and fat replacers.

Consume healthy fats (essential fatty acids, or EFAs) every day.

Learn about portion sizes and work toward eating within them.

Reduce your carbon footprint. Eat produce that is seasonal and local. It is less taxing on your wallet and the environment.

Shop with a conscience. Consume humanely raised, local meats and ocean-friendly seafood. Visit seachoice.org for a printable pamphlet.

Practice mindful eating. Never rush through a meal. Food tastes best when savored. Enjoy every bite.

Take it to go. Pack a cooler for work or outings so you always have clean eats on the go.

Clean Eating
cleaneating.com

Savor Every Bite of Summer

Reading through this year's roundup of America's 50 best farmers' markets on page 10, I had visions of flip-flop-clad trips to local farm stands, recyclable bags in hand, salivating over juicy, vividly hued produce dancing through my head. Is there anything more exciting than fresh food this time of year? Spontaneous salads take on a life of their own, the grill explodes with possibilities, berries magically find a fitting place in breakfast, lunch, dinner and dessert, and fresh-picked herbs are so lush and abundant, you can't help but toss handfuls of basil, mint, chives and parsley into just about anything.

This season, pack your plate with more color than ever for your healthiest, most succulent summer yet. Use our handy produce guide, "The Season's Best Fruit and Veg," on page 20 to shop smarter, store your market loot like a pro for longer life and discover inspiring new ways in which to use it all. These 80 superfood-packed recipes will deliver nothing but supreme satisfaction for you and your loved ones, and you'll wonder how you ever survived without this mouthwatering yet simple guide to summer eating before.

See you at the market!

Alicia

Alicia Tyler
Editor-in-Chief

Write to us! We're listening.
CEeditorial@aimmedia.com



Lexington Farmers' Market, Massachusetts

For our 2017 selections of the 50 best farmers' markets in the United States, turn to page 10.



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Prescott Farmers' Market, Arizona

OLD & NEW

Roots

The growth of farmers' markets across the United States brings a wealth of fresh crops and dish ideas to market-goers.

Demand for seasonal, locally produced food continues to drive competition for organic grocery sales across the United States. And it isn't showing signs of cooling off anytime soon.

In recent years, big-box retailers such as Kroger and Costco have muscled their way into the organics market that was once the domain of small shops, food co-ops and specialty chains like Whole Foods Market. In 2015, Costco surpassed

Whole Foods to take the reigns as the United States' top seller of organic foods at over \$4 billion in annual organic sales.

This trend is also behind the continued rise of farmers' markets. Direct producer-to-consumer agricultural markets – including community-supported agriculture operations (CSAs) and farmers' markets – have expanded at increasing rates. The number of markets listed in the USDA's annual National Farmers' Market Directory surged between 1994 and 2016 by nearly 400% to more than 8,600 markets nationwide.

Additional organic producer data from the USDA speaks further to this upswing. The agency's recent count of USDA-certified organic farms and businesses indicates a 13% increase between the end of 2015 and 2016, continuing a trend of enormous growth in the organic sector since the count began in 2002.

Small- and medium-sized farms represent the majority of direct producer-to-consumer sales. USDA research indicates such sales help drive economic benefits in local communities because producers selling directly to consumers are more likely to purchase farm supplies in their area or hire local labor. An abundance of seasonal produce also means better options for home cooks searching for new recipe ideas. An added benefit: Farmers' markets generate foot traffic and sales at neighboring businesses like restaurants and service providers, too.

Here, we present our top 50 farmers' markets across the US. We hope it helps you discover a new one or revisit an old favorite. Tag @cleaneatingmag in an Instagram post of your favorite market for a chance to win a free 1-year subscription.

1. Alabama

Birmingham (year-round)

One of the oldest producer-owned markets in the United States, the Alabama Farmers' Market runs throughout the year and features foods from small farms across the state. The market has operated at its current Birmingham location since the 1950s by offering fruits, vegetables and other goods – think sweet corn, squash, grapes and peppers – that thrive in the hot climate zone of this southern state. alabamafarmersmarket.org

2. Alaska

Anchorage (May to mid-October)

The growing season may not be terribly long in this cold-weather state, nor does sunlight abound, but the Anchorage Farmers' Market is a Saturday staple for lovers of local foods despite those disadvantages. Producers like Arctic Organics cultivate produce in the soils of a glacial valley and employ greenhouse growing for specific plants. The market is proof that even hardy apples can thrive in an arctic climate.

anchoragefarmersmarket.org

3. Arizona

Prescott (year-round)

Now in its 20th year, the Prescott Farmers' Market hosts more than 60 producers selling everything from plants to local fruits and vegetables. Family farms like the one run by the Hernandez family in Chino Valley exemplify the type of small, diversified produce growers who make up the vendor lineup. The market places a special emphasis on showcasing sustainable producers at its two year-round markets in Prescott and Prescott Valley and its summer market in Chino Valley. prescottfarmersmarket.org

4. Arkansas

Fayetteville (year-round)

This market often pops up on lists for the top-10 farmers' markets in the US, and for good reason. The Fayetteville Farmers' Market is a cornerstone of downtown-area social activity as well as the local food economy within this thriving university community in the state's Ozark region. The market operates with limited winter hours but is open three days per week during peak season.

fayettevillefarmersmarket.org

5. California

Aptos (year-round)

This market in Aptos along the central coast of California is part of the Monterey Bay Certified Farmers' Market network, a family of markets including two seasonal producer markets and two year-round ones. The Aptos market is open all year no matter the weather with the regional bounty of small local farms. Think local olive oils, artisanal breads, fermented foods such as small-batch sauerkraut and organic juices. And, of course, locally grown nuts, fruits and vegetables abound. Music and special events are additional attractions. montereybayfarmers.org



Monterey Bay Certified Farmers' Market, California

6. California

Los Angeles (year-round)

The Original Farmers' Market in the Golden State's most visited city is reason enough for food lovers to visit Los Angeles. Open since 1934, it draws massive crowds with more than 100 grocers, retailers and an eclectic mix of restaurants. The displays of local fruits, vegetables, global specialties and fresh flowers reflect the bounty of southern California's growing climate. The Original Farmers' Market is located at 3rd Street and Fairfax Avenue just south of Hollywood near CBS Television City. farmersmarketla.com

7. Colorado

Boulder (April through mid-November)

Shoppers visit the Boulder Farmers' Market for Front Range foods from this town north of Denver at the base of the Rocky Mountains. Seasonal vegetables and fruits, pasture-grazed meats (including grass-fed beef and local lamb) plus other delicacies that thrive in the region's near-constant sun abound. Weekly Saturday markets are joined by a Wednesday installment most of the season. boulderfarmers.org

8. Connecticut

New Haven (April through October, plus winter market)

CitySeed Farmers' Markets in the New Haven area, home to Yale University, offers a mix of local producer markets with a noble mission: serving locals who may not have readily available fresh foods, particularly in areas classified as "food deserts." The nonprofit organization managing CitySeed markets promotes the regional food economy while building community and healthy eating habits in New Haven's urban neighborhoods. cityseed.org

9. Delaware

Lewes (May through mid-November)

The Historic Lewes Farmers' Market is a producer-only market hosting more than 30 vendors. Organizers host the weekly market in the heart of historic Lewes, a prime location that attracts visitors who can bike or walk to the market. Producers also donate excess produce at market close to a not-for-profit organization that provides meals to low-income residents in nearby Milton.

historiclewesfarmersmarket.org

10. District of Columbia (Washington, DC)

Dupont Circle (year-round)

The local-food advocacy and environmental group FRESHFARM markets operates 14 producer markets throughout the District of Columbia and nearby states, and Dupont Circle is one of its premier spots. The market sits in one of the district's most eclectic neighborhoods and highlights fresh vegetables and fruits, meats and fish from the Mid-Atlantic Chesapeake Bay region. More than 50 farmers sell goods during peak growing season.

freshfarmmarkets.org

11. Florida

Sarasota (year-round)

Located on the calm shores of southern Florida's Gulf Coast, the Sarasota Farmers' Market brings fresh local foods year-round to the city's residents and snowbirds alike. Vendors range from citrus and vegetable producers growing some of the state's famous produce to locally pastured chicken and eggs from Grover Ladder Farm. Prepared foods, locally brewed kombuchas and freshly roasted coffee are among the many other delights on hand every Saturday morning.

sarasotafarmersmarket.org

12. Georgia

Athens (April to mid-December)

The Athens Farmers' Market is a hub for local food in one of the country's most lively college towns. Home to The University of Georgia, Athens sits squarely in a hot, humid region of the southeastern US where many plants and livestock thrive – think eggplant, peppers and other warm-climate vegetables plus fruits and bee products. The market is also a source for prepared foods, local art and artisanal goods like handcrafted soaps.

athensfarmersmarket.net

13. Hawaii

Captain Cook (year-round)

Hawaii may have as many farmers' markets as it has islands, sunny days and palm trees. As a result, residents have the luxury of countless local producer markets where farmers, artisans and vendors of all kinds sell their wares directly. Pure Kona Markets is a fine example. Guests can select from over 40 vendors selling tropical fruits, island-grown vegetables, macadamia nuts, botanical skin-care products, prepared foods and more.

purekonamarkets.com

14. Idaho

Bonnors Ferry (late April to early October, plus holiday market)

One of the oldest farmers' markets in Idaho, the Bonners Ferry Farmers' Market has expanded steadily over its 37-year run. Local farmers showcase lamb, chicken and other pasture-grazed meats. Producers sell organic fruits and vegetables, including sweet corn, herbs and, of course, Idaho potatoes.

bonnersferryfarmersmarket.org

15. Illinois

Evanston (early May to early November)

In the thriving community of Evanston, just north of Chicago, farmers' markets are a huge part of local culture. The Downtown Evanston Farmers' Market is a destination for 60 vendors selling local meats, cheeses, milk, produce and other goods. The market has even been a launching pad for producers like Illinois farmer Henry Brockman of Henry's Farm, a longtime market purveyor of fine heirloom vegetables and other products.

evanstonfarmersmarkets.org

16. Iowa

Des Moines (May through October, plus winter market)

An enormous market hosting hundreds of vendors from more than 50 Iowa counties, the Des Moines Downtown Farmers' Market is consistently rated as a top-10 destination for locally grown foods. Shoppers can select from a variety of Iowa sweet corn, fresh berries, pastured pork, farm-fresh eggs, organic vegetables and other treats.

desmoinesfarmersmarket.com

17. Kentucky

Lexington (year-round)

This market has grown to operate five days a week during peak market months. Area producers attend the market to merchandise tomatoes, sweet corn and other seasonal specialties. Others are on hand to sell fresh eggs, pastured meats and other goods.

lexingtonfarmersmarket.com

The number of farmers' markets has surged by roughly 70% in the past decade-plus.

18. Louisiana

Delcambre (March to December)

The Delcambre Seafood and Farmers' Market in south Louisiana is known for Gulf seafood and produce from Acadiana, or Cajun country. Producers gather at the market to showcase locally grown okra, squash, eggplant and other vegetables and fruit that thrive in the region's intense heat. Boaters are encouraged to tie their vessels to the newly finished market's docks to purchase crab, shrimp, crawfish, alligator and other seasonal delicacies directly from vendors.

delcambremarket.org

19. Maine

Portland (year-round, varies by location)

Maine's biggest city sits right on the Atlantic coast, so it's no surprise the Portland Farmers' Market's locations carry some of what the New England region is famous for – and it's not necessarily lobster. Farmers display a mix of local vegetables, fruits, pasture-grazed meats such as lamb, beef and pork, and artisanal cheeses. The market may have some of the deepest roots of any North American farmers' market, dating back to 1768 when the first public market opened in the town hall.

portlandmainefarmersmarket.org

20. Maryland

West Frederick (May to November)

The rolling farmlands of central Maryland are home to fruit orchards, livestock producers and vegetable farms. The West Frederick Farmers' Market is a solid example of where to find much of the local bounty in one spot. Located at the Great Frederick Fairgrounds, the market features a lineup of seasonal produce, cheesemakers, fermented foods, grass-fed milks, honeys and brick-oven pizzas.

westfrederickfarmersmarket.com



Boulder Farmers' Market, Colorado



Des Moines Downtown Farmers' Market, Iowa



Sarasota Farmers' Market, Florida



Lexington Farmers Market,
Massachusetts

21. Massachusetts

Lexington (late May through October, plus winter market)

Located just west of the Boston metro area, Lexington is home to a thriving farmers' market showcasing locally produced organic vegetables, fruits, regional Atlantic seafood and freshly baked goods. Several wine and hard cider producers are on hand displaying their beverages for guests to enjoy while shopping and to take home for pairing with meals made from market goods. An on-site knife sharpener hones and sharpens guests' chef's knives, gardening tools or pet-grooming shears.

lexingtonfarmersmarket.org

22. Michigan

Kalamazoo (May through November)

The Kalamazoo Farmers' Market is a thriving market in Michigan, a state known increasingly for its craft beer, cherry harvests and industrial past. The market is a destination for fine seasonal produce, such as the small-batch vegetables cultivated by farmer Gina Wertz. At Under the Stone Garden, her farm that she founded in 2012, Wertz harvests mushrooms, kohlrabi, cabbages, potatoes, onions, beets and peppers for display at the market (depending on the season). farmersmarketkalamazoo.com

23. Minnesota

Saint Paul

(late April to mid-November, plus winter market)

The Saint Paul Farmers' Market has a 150-year history of bringing fresh foods to local residents. Today, this fixture of Saint Paul – the “twin city” of Minneapolis – brings local fruits and vegetables to shoppers along with buffalo, pastured beef and pork, eggs, baked goods and numerous other delicacies. Seasonal offerings from area producers at the winter market in downtown Saint Paul helps locals make it through the long Minnesota winter.

stpaulfarmersmarket.com

24. Mississippi

Oxford (May through October)

In the southern United States, Oxford is considered a premier college town as home to The University of Mississippi, otherwise known as Ole Miss. The Midtown Farmers' Market here is a Saturday community fixture for farm-fresh chicken and duck eggs, pastured chicken and pork, artisanal grits and varieties of okra, peas, watermelon, peppers and other vegetables and fruits. Also open on Wednesdays.

mtfarmersmarket.com

25. Missouri

Columbia (March through October, plus winter market)

Missouri may be home to much bigger cities, but Columbia has bragging rights for having one of the state's finest producer markets. The “mid-Missouri” foods available at the Columbia Farmers' Market include a range of farm-fresh eggs, locally grown vegetables and fruits, pasture-raised meats and honey. Live bands perform every Saturday.

columbiafarmersmarket.org

26. Montana

Helena (late April to mid-December)

For more than 40 years, the Helena Farmers' Market has supplied locals with freshly grown foods from the region surrounding Montana's capital city. It's the longest-running market in the state with seasonal produce, locally roasted coffees and handmade crafts.

helenafarmersmarket.com

27. Nebraska

Lincoln (May to mid-October)

The Haymarket Farmers' Market in historic downtown Lincoln is a regional destination for freshwater fish, game meats such as elk and buffalo, and fine seasonal produce. A market whistle kicks off festivities every Saturday when 200 local and regional producers converge.

lincolnhaymarket.org/events/farmers-market-vendors.html

28. Nevada

Las Vegas (year-round)

Fresh52 Farmers' Market is a haven for home cooks craving fresh, locally grown organic fruits and vegetables, vegan baked goods, essential oils and soaps, and handcrafted jewelry. A Nevada-Certified Farmers' Market, Fresh52 is a fantastic place to learn about the role of irrigation and aquaculture in local food systems. fresh52.com

29. New Hampshire

Salem (year-round)

The Salem NH Farmers' Market is one of the largest producer markets in southern New Hampshire and a top stop for the area's eat-local movement. With live music, kids' activities and cooking demonstrations, the market offers prime New Hampshire specialties like maple syrup. Fresh seasonal vegetables, locally roasted coffees, artisanal cheeses, farm eggs and pasture-raised meats round out the list of market offerings.

salemnhfarmersmarket.org

30. New Jersey

Metuchen (June through November)

The Metuchen Farmers' Market is a popular foodie destination in this northern New Jersey community in close proximity to the region's small farms and producers. Guests can find varieties of pickled vegetables, artisanal cheeses, fresh baked goods, pastured pork and free-range eggs. metuchenfarmersmarket.com

31. New Mexico

Albuquerque (mid-April to early November)

The Downtown Growers' Market is a hotbed in this largest city of New Mexico, and its lineup of farmers reflects the cultural fabric of Albuquerque as well as its growing conditions. Local and organic vegetables, honey and Native American art are just a few of the attractions. The Land of Enfigment – one of the few fig tree nurseries in the state – sells more than 50 climatized fig varieties.

downtowngrowers.org

32. New York

Ithaca (year-round)

This acclaimed producers' market in the Finger Lakes region of west-central New York thrives due to the city's demand for high-quality local foods. (Farmers cultivate many fine greens and other vegetables in greenhouses throughout the long winters.) Five weekly markets operate during the peak growing season, with a regular winter market held in event space owned by Ithaca co-op GreenStar Natural Foods. ithacamarket.com

33. New York

Utica

(May through October, plus winter market)

A newer producers' market in Upstate New York, the Oneida County Public Market is open every Saturday during the main season. (Winter market hours are also scheduled.) Vendors present honeys, organic produce, free-range chicken, grass-fed beef, local butter and other foods. The market is part of a downtown redevelopment project in a formerly vacant building next to the town's historic Union Station building.

oneidacountymarket.com

34. North Carolina

Raleigh (year-round)

The State Farmers' Market in Raleigh is staged in a 30,000-square-foot building, where fresh, local foods are on display daily. Enormous varieties of regionally grown vegetables, fruits, flowers and prepared foods are available throughout the year. Meats, cheeses, local wines and baked goods are also available.

ncagr.gov/markets/facilities/markets/raleigh

35. Ohio

Cleveland (year-round)

The West Side Market, Cleveland's oldest public market, reflects the city's European and African-American influences. Fresh produce, meats, seafood, baked goods and dairy products are displayed throughout the market. The historic building itself is a draw with its dramatic vaulted ceilings and enormous clock tower. westsidemarket.org



Columbia Farmers' Market, Missouri



Helena Farmers' Market, Montana



Fresh52 Farmers' Market, Nevada



The Downtown Growers' Market, New Mexico

The value of local food purchased directly from farmers by consumers doubled between 1992 and 2012, with sales hitting \$1.4 billion in 2012.



Tacoma Farmers' Market, Washington

36. Oklahoma

Oklahoma City (year-round)

The Oklahoma City Farmers' Public Market is a hub for local food in the state's largest city. Growers from throughout the region gather to show off their seasonal flowers, produce and locally raised meat in the 34,000-square-foot Farmers' Public Market building, a historic landmark in Oklahoma. Food trucks are another draw outside the main building. okcfarmersmarket.com

37. Oregon

Gresham (May through October)

This dynamic market east of Portland reflects a mission focused on helping consumers connect directly with growers and building greater awareness of spending food dollars locally. The region's heritage of berry farming helped inspire the market's inception in 1986. Today's market lineup includes many vegetable and fruit producers, of course. One example is Slice of Heaven Farm in Sandy, Oregon, where farmers Brandon and Marieta Easley harvest varieties of green beans, red potatoes, eggplant, peppers and even okra, a vegetable most commonly grown in southern states.

greshamfarmersmarket.com

38. Pennsylvania

Lancaster (year-round)

Southeastern Pennsylvania is home to Pennsylvania Dutch Country, and Lancaster sits at its heart. That's where the country's oldest farmers' market operates three days per week throughout the year. Amish farmers and other area producers showcase local favorites such as pickled vegetables, specialty meats, fresh produce and regional favorites like scrapple, a breakfast dish of cornmeal and pork scraps.

centralmarketlancaster.com

39. Rhode Island

Wakefield (year-round)

The South Kingstown Farmers' Market is the longest-running market in Rhode Island and one of the state's best. Varieties of beef, pork, lamb and poultry are available from local producers. Seafood vendors show off fresh fish, clams, mussels and oysters from coastal Rhode Island waters.

southkingstownfarmersmarket.org

40. South Carolina

Charleston (April through November, plus holiday market)

The Charleston Farmers' Market has been ranked as a top producer market in the United States, and its geographic coastal positioning is a prime reason why. The market boasts fine local produce, Atlantic seafood, organic herbs and pastured beef, chicken and lamb. Live music, the Piccolo Spoleto Outdoor Art Exhibition (a visual fine arts show) and celebrations of literary and performance art, are additional market highlights throughout the year. charlestonfarmersmarket.com

41. South Dakota

Rapid City (May through October)

Set in South Dakota's Black Hills region, Rapid City is home to a growing farmers' market with over 50 vendors. Seasonal vegetables and fruits, jerky and baked goods are some of the local specialties that draw guests from Rapid City and the surrounding area to the Black Hills Farmers' Market. In peak growing season, the market operates on Tuesdays and Thursdays in addition to regular Saturday hours. blackhillsfarmersmarket.org

42. Tennessee

Memphis (April through November, plus holiday market)

The Memphis Farmers' Market is set in downtown Memphis, a major port on the Mississippi River and a historic city steeped in culinary tradition, civil rights heritage and regional music. This producer market is relatively new on the scene, having launched in 2006. Seasonal vegetables and fruits, locally roasted coffee, cow and goat milk products and cured meats from pastured pork are among the market's offerings. A pavilion provides sheltered outdoor space for some of the market's vendors.

memphisfarmersmarket.org

43. Texas

Austin (year-round)

The most dynamic city in Texas, the capital is home to the "Keep Austin Weird" philosophy that infuses local culture and commerce alike. And while Austin hosts a variety of terrific farmers' markets throughout its growing confines, the Hope Farmers' Market in East Austin may be its most diverse – and the locally grown foods are just a part. The market also showcases HOPE FM Live, a spotlight on local music, and a poster-art program featuring Austin artists in addition to its excellent seasonal produce, meats and more. hopefarmersmarket.org

44. Utah

Salt Lake City (June through October, plus winter market)

The Downtown Farmers' Market in Utah's largest city is a showcase for fine local produce, grass-fed meats, fresh juices and dairy products, among other things. More than 100 ranches and farms, all from within 250 miles of Salt Lake City, take part in the market. A separate art and craft component is another attraction, with ceramics, glasswork, leatherwork, sculpture and textiles on display.

slcfarmersmarket.org

45. Vermont

Burlington (year-round)

The Burlington Farmers' Market is a producer market set in Vermont's largest city and within its historic downtown district. Prepared foods, fresh flowers, seasonal vegetables and fruits as well as pastured pork are available. Artisanal goat milk products and fresh baked goods abound. The market even offers valet parking for shoppers arriving on bikes.

burlingtonfarmersmarket.org

46. Virginia

Charlottesville (April through December)

Located in a lively college town that's home to the University of Virginia, the Charlottesville City Market is a producer-only market with more than 100 vendors. Producers set up on Saturdays to sell grass-fed meats, eggs, seasonal produce, baked goods and crafts. Most of the producers are clustered around the Charlottesville area (located northwest of the capital city of Richmond) and reflect the town's wealth of regional food, wine and craft beer specialties.

charlottesvillecitymarket.com

47. Washington

Tacoma (May through October)

Tacoma Farmers' Markets are a prime destination for seasonal vegetables and fruits, including kale, cabbages, Brussels sprouts and apples and great sources for locally raised meats, Pacific Coast seafood, prepared foods and crafts. The Tacoma market also functions as a business incubator for new producers and supplies healthy-eating options for low-income households.

tacomafarmersmarket.com

48. West Virginia

Morgantown (May to early November, with winter market)

Set in downtown Morgantown, the Morgantown Farmers' Market is a central source for farm-fresh food in a largely rural state. Pasture-grazed beef and pork and seasonal vegetables from small growers in the Mountain State are just part of the lineup on market Saturdays.

morgantownfarmers.org

49. Wisconsin

Madison (year-round, with seasonal market hours)

The Dane County Farmers' Market is considered the largest producer-only market in the United States, and the crush of vegetables and fruits during peak growing seasons is one reason shoppers flock to it. So are the artisanal cheeses, another pillar of Wisconsin's agricultural economy. Pasture-raised bison, chicken, emu, turkey, smoked salmon and trout, not to mention some of Wisconsin's trademark bratwurst and other sausages, are additional draws for meat lovers. A regular Taste of the Market Breakfast is a highlight of the winter session. dcfm.org



Downtown Farmers' Market, Utah

50. Wyoming

Casper (June through September, plus winter market)

Casper's Food for Thought Farmers' Market is the place for fresh foods in this rural western state. Seasonal produce, local meats, baked goods, jams, honeys, personal care products and dog treats make up part of the market's list of offerings. The summer market features food trucks with local vendors selling prepared foods and snacks. Bi-monthly winter markets help shoppers stock up on meats and vegetables as well as prepared foods throughout central Wyoming's long, frigid winters. casperfarmersmarket.com ☺

For home cooks and food enthusiasts of all kinds, the search for the best food often centers on freshness and variety. Local farmers' markets can be perfect sources for top-quality foods and a mix of producers selling directly to consumers. But where to begin? Are you new in town, a novice cook or just looking for a new market to explore? No matter your expertise, information is as bountiful as the seasonal produce on farm stands right now. The following links can help steer you in the right direction for a market near you plus other local-food resources:

ams.usda.gov/services/local-regional/food-directories
pbs.org/food/features/five-tips-farmers-market-shopping



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THE SEASON'S BEST FRUITS + VEG

FRUIT

AVOCADO

Technically a tropical fruit, avocados thrive in the warm climates of California, Mexico and Florida. In California, the dark green, nubby-skinned Hass variety makes up about 95% of the crop and is preferred for its nutty flavor and rich, buttery texture.

PEAK SEASON: Winter to early fall

HOW TO SELECT: Hold in the palm of your hand and squeeze – it should yield to gentle pressure. Skin should be unblemished, but color is not an indicator of ripeness.

KEEP IT FRESH: Store ripe avocados on the counter if you plan to eat them within 1 day. To speed up ripening, place in a brown paper bag with an apple or a banana; to slow ripening, store in the refrigerator.

PAIRS WELL WITH: Eggs, ricotta, goat cheese, corn, tomatoes, cilantro, lime juice, mango, black beans, radishes.

TRY THIS: Add to an omelette with spinach and goat cheese; top grilled fish with avocado, mango, tomato and radish salsa with a squeeze of lime.

NUTRITION HIGHLIGHTS: Much of the healthy fat in avocados comes from phytosterols, anti-inflammatory compounds that have been shown to fight arthritis. The fat also helps the body absorb more carotenoids from other foods, such as carrots and spinach.

PEACHES

Native to China, peaches range in color from creamy white to a deep golden-orange. You can tell freestone peaches from the clingstone variety by whether the flesh separates easily from or adheres to the pit. They're easy to freeze, so buy them in abundance and enjoy them year-round in smoothies, muffins and pies.

PEAK SEASON: Late spring through summer

HOW TO SELECT: Look for firm peaches that yield when gently pressed, and avoid those that are pitted, mushy or have discolorations; there should be little to no green around the stem. Ripe peaches will have a sweet, floral smell, and a golden yellow color.

KEEP IT FRESH: Store hard peaches at room temperature; for faster ripening, store in a paper bag (adding a ripe banana to the bag will speed the process). Store soft peaches in the fridge for 3 to 5 days.

PAIRS WELL WITH: Cardamom, balsamic vinegar, vanilla, basil, almonds, mascarpone cheese, cilantro, arugula.

TRY THIS: Halve and pit peaches, grill flesh side down for 4 minutes, then top with mascarpone cheese, shredded basil and a drizzle of balsamic glaze.

NUTRITION HIGHLIGHTS: Peaches are high in polyphenols, antioxidants that may inhibit breast cancer cells. They may also combat obesity-related diabetes and heart disease.

Make the most of your next trip to the market with our guide to selecting, storing and using these summer gems.

BY JULIE O'HARA AND LISA TURNER,
PHOTOGRAPHY BY VINCENZO PISTRITTO

BLACKBERRIES

These plump, shiny berries are often described as wine-like. This is probably due to their high levels of tannins, the polyphenolic compounds also found in grapes.

PEAK SEASON: Spring through summer

HOW TO SELECT: Look for rich, deep color (some may be two-toned; this does not mean they are underripe). Berries should not be packed too tightly or appear wet or shriveled.

KEEP IT FRESH: Place in a shallow container, cover loosely and refrigerate for 3 to 6 days. Wash just before using.

PAIRS WELL WITH: Blueberries, raspberries, strawberries, peaches, nectarines, citrus, mint, basil, thyme.

TRY THIS: Simmer with lemon juice, raw honey and thyme until very soft and use as a topping for whole-grain pancakes.

NUTRITION HIGHLIGHTS: The antioxidant polyphenols in blackberries may improve short-term memory and motor skills, which can decline as you age. They also deliver compounds that attack oral bacteria, helping to keep your mouth healthy.



PLUMS

Over 100 varieties of plums are grown in the US alone. At farmers' markets, growers are more likely to sell lesser-known types, as well as pluots, a plum and apricot hybrid. In Europe, sweet plum preserves are often made from the astringent damson variety; in Japan, small plums that have been dried, pickled and salted are called umeboshi; and in eastern Europe, plums are used to make wine and brandy.

PEAK SEASON: Spring through summer

HOW TO SELECT: Look for unblemished skin that retains a whitish cast (called the "bloom"); semi-firm is ideal, avoid hard plums.

KEEP IT FRESH: Ripen at room temperature until fruit yields easily to pressure. Eat ripe or refrigerate for 1 to 2 days more.

PAIRS WELL WITH: Goat cheese, pork, raspberries, arugula, basil.

TRY THIS: Caramelize sliced plums in a skillet with butter and serve with roasted pork.

NUTRITION HIGHLIGHTS:

Plums contain chlorogenic and neochlorogenic acid, phytonutrients that help protect fat molecules (such as fats in cell membranes and brain cells) from oxygen damage.

STRAWBERRIES

Dotted with more than 200 seeds per tiny heart-shaped berry, strawberries are the first fruit to ripen every spring. Although California produces approximately 80% of the US supply, they are grown in every US state and every province of Canada.

PEAK SEASON: Spring through summer

HOW TO SELECT: Choose symmetrical, bright red berries with no white around the stem and bright, unwilted green caps. Avoid berries that are dull, shriveled or mushy.

KEEP IT FRESH: Place in a shallow container, cover loosely and refrigerate up to 2 days. Wash just before using, as moisture leads to quicker spoilage.

PAIRS WELL WITH: Spinach, arugula, shallots, corn, raspberries, blueberries, feta, Brie, goat cheese, balsamic vinegar, basil, mint, quinoa, couscous.

TRY THIS: Make a summery grilled cheese sandwich with Brie and sliced strawberries; mix strawberries with corn, shallots, basil and cooked quinoa.

NUTRITION HIGHLIGHTS: Strawberries' dizzying mix of phytonutrients, including various anthocyanins, flavonols and hydroxycinnamic acids, works to provide cardiovascular benefits and reduce enzymic activity that can lead to high blood pressure.

TOMATOES

One bite of a flavorless, mealy tomato in January is enough to tell you that keeping it seasonal is best. Flavor also diminishes during long transit times, so buy from a farmers' market whenever possible – or grow your own! Varieties in endless colors and patterns add visual appeal to your salads, sandwiches and any dishes you dream up.

PEAK SEASON: Spring through summer

HOW TO SELECT: Choose local, just-picked tomatoes for best flavor and texture. Look for smooth, unblemished skin that is just slightly firm.

KEEP IT FRESH: Keep at room temperature away from direct sun and eat ASAP. Never refrigerate tomatoes – it makes the texture mushy.

PAIRS WELL WITH: Eggplant, garlic, onions, chile peppers, sea salt, cannellini beans, basil.

TRY THIS: Salads like Caprese, Greek or panzanella showcase peak-season flavor; make a pasta sauce by sautéing chopped tomatoes and garlic in olive oil.

NUTRITION HIGHLIGHTS: Packed with vitamin C and beta-carotene, tomatoes also contain a wide array of phytonutrients, such as quercetin, ferulic acid and lycopene, which work to reduce the effect of free radicals on organs and cells.

ARUGULA

Also called rocket, arugula is a member of the cruciferous family and is closely related to cabbage and radishes. Its bright, peppery bite adds interest to salads and sandwiches, and it's robust enough to stand up to light cream sauces and mustardy vinaigrettes.

PEAK SEASON: Early spring and fall

HOW TO SELECT: Look for bright green, tender leaves with no yellowing, dark spots or wilting; if the stems are still attached, they should be slender and springy, not tough or fibrous.

KEEP IT FRESH: Wrap bunches of arugula in paper towels, then store in a loosely sealed plastic bag in the refrigerator for up to

5 days. For loose arugula leaves, store in a glass container with a paper towel inside to absorb excess moisture or in a plastic bag for up to 5 days.

PAIRS WELL WITH: Olives, pears, sharp cheese, beets, almonds, pasta, citrus fruit, pancetta, garlic, asparagus, avocado.

TRY THIS: Combine arugula leaves, garlic, olive oil, pine nuts and Pecorino Romano or other sharp

cheese in a food processor and purée until smooth, then toss with cooked pasta.

NUTRITION HIGHLIGHTS: Arugula, like other cruciferous vegetables, contains compounds called glucosinolates that protect against cancer. It's also rich in folate and nitrates to reduce the risk of cardiovascular disease.

BEETS

You'll find these versatile roots in several varieties; the most common are red, golden and Chioggia with a striking red-and-white striped pattern. Roasting and other longer cooking times enhance their earthy sweetness and firm, smooth texture.

PEAK SEASON: Summer through fall (and winter)

HOW TO SELECT: Choose firm, smooth beets, avoiding any with dark spots, soft areas, or shriveled or loose skin. If the taproot is attached, it should be slender and firm; greens should be crisp and deep green, with no yellowing or dark spots.

KEEP IT FRESH: Loosely wrap beets in paper towels and store in a plastic bag in the refrigerator for 5 to 7 days; cut off greens before storing (leave an inch or two of stem to prevent bleeding).

PAIRS WELL WITH: Rosemary, fennel, pears, spinach, Belgian endive, vinegar, apples, walnuts, oranges, ginger.

TRY THIS: Toss roasted golden beets with Belgian endive leaves, toasted walnuts, thinly sliced fennel, diced apple and a gingery dressing.

NUTRITION HIGHLIGHTS: Beets contain antioxidants called betalains that reduce inflammation and may protect against cancer. They're also rich in nitrates, which may increase running speed and performance.

BELL PEPPER

Native to Central and South America, bell peppers were brought to North America in the 18th and early 19th centuries and are now a staple across a wide variety of cuisines. Though all colors may be used interchangeably, green and purple peppers are slightly more bitter and herbal than the other colors, and red are generally the sweetest.

PEAK SEASON: Spring through summer

HOW TO SELECT: Peppers should have taut, smooth skin and feel heavy for their size.

KEEP IT FRESH: Keep refrigerated in a plastic bag and eat within 5 days. If skin begins to slacken, use as soon as possible.

PAIRS WELL WITH: Quinoa, couscous, corn, beans, eggplant, onions, cilantro, beef, chicken.

TRY THIS: Grill whole peppers until skin is black, then peel, slice and serve with steak fajitas; stuff peppers with quinoa, ground chicken, corn, herbs and cheese then bake.

NUTRITION HIGHLIGHTS: Not only are they high in carotenoid phytonutrients, which may prevent type 2 diabetes, but bell peppers also contain over 30 different types of carotenoids including beta-carotene and cryptoxanthin, both of which are precursors to immune-supportive vitamin A.

A top-down view of fresh vegetables on a light-colored wooden surface. On the left, several whole and sliced carrots are visible. On the right, there are green chard leaves with prominent red veins. The background is a light, textured surface.

CARROTS

Known for their bright orange hue, carrots actually come in a rainbow of colors, including red, yellow, purple, black and white. Buy them with the green tops whenever possible for maximum freshness; use the tops in pesto or chimichurri or as a festive garnish.

PEAK SEASON: Spring to fall

HOW TO SELECT: If the greens are still attached, be sure they're fresh and green with no signs of yellowing or wilting. Carrots should be crisp, firm and intensely colored; avoid pale, rubbery carrots or ones with splits, cracks or hairy roots.

KEEP IT FRESH: Remove greens before storing, then seal carrots in a plastic bag and refrigerate for up to a week.

PAIRS WELL WITH: Raisins, ginger, orange, coconut, mint, onions, Brussels sprouts, parsley, cinnamon, pecans, mustard, thyme.

TRY THIS: Cook carrots, parsnips and onions in vegetable broth until tender, purée with coconut milk and grated ginger, and shower with minced parsley; grate heirloom carrots into a bowl and add orange juice, orange blossom water, raisins and thyme.

NUTRITION HIGHLIGHTS: Carrots are very high in carotenoids, a class of antioxidant that supports healthy immune function and may reduce the risk of cancer.

CHARD

Related to beets and spinach, chard comes in three main varieties: green (also called Swiss chard), red and rainbow, which refers to the color of the stems.

PEAK SEASON: Spring to fall

HOW TO SELECT: Look for crisp, bright green leaves, avoiding any with spots, brown edges or yellowing. Stems should be tender and free of splits or browning. Smaller leaves are sweeter and more tender, but the larger leaves are good for making vegetable rolls.

KEEP IT FRESH: Place chard in a plastic bag, pressing out as much air as possible, and store in the refrigerator for 3 to 4 days; be sure chard leaves are completely dry before storing.

PAIRS WELL WITH: Pears, radishes, white beans, tomatoes, carrots, lentils, golden raisins, caramelized onions, quinoa, beets.

TRY THIS: Sauté chopped leaves and stems in olive oil with diced carrots, garlic, tomatoes and white beans; blanch large chard leaves, then roll around a filling of quinoa, caramelized onions, red lentils and parsley.

NUTRITION HIGHLIGHTS: Chard is high in magnesium, a mineral that may help balance mood, relieve anxiety and prevent depression. A cup of chard also contains nearly four times the daily value for vitamin K, critical for bone health and prevention of osteoporosis.

CORN

Since fresh, peak-season corn is so sweet and tender, you can cut it off the cob and use it in salads, salsas and pastas or as a pizza topping – no precooking needed! It's a good idea to choose organic corn whenever possible, as the majority of commercially sold corn in the US is genetically modified.

PEAK SEASON: Spring through summer

HOW TO SELECT: Ears should have green husks and fresh-looking silks. Kernels should be in tight rows and plump at the tip.

KEEP IT FRESH: Keep refrigerated in the husk for up to 2 days.

PAIRS WELL WITH: Cilantro, tomatoes, feta cheese, black beans, bell peppers

TRY THIS: Combine fresh herbs or roasted garlic with soft butter and brush over grilled cobs; top pizza

with corn kernels, roasted red bell peppers, green onions, shrimp and mozzarella.

NUTRITION HIGHLIGHTS: Corn is rich in antioxidant carotenoids, especially lutein and zeaxanthin, which both promote healthy vision.

GREEN ONIONS

Slender but potent, green onions are actually early-harvested bulb-forming onions that offer a milder alternative to white or yellow onions in raw dishes. Also called scallions, green onions differ from spring onions, which have larger bulbs and a more pronounced onion flavor.

PEAK SEASON: Spring to fall

HOW TO SELECT: Choose bunches of green onions with firm, white or pale green bulbs and small roots. Bulbs should be free of spotting or rot, and green tops should be crisp and bright, with no yellowing or wilting.

KEEP IT FRESH: Wrap in a damp paper towel and cover with plastic; refrigerate and use within 3 days. Or place onions, root-end down, into a small glass jar with ½ inch of water and refrigerate for 3 to 5 days.

PAIRS WELL WITH: Sweet potatoes, rice, tamari, basil, peppers, cilantro, ginger, corn, spinach, miso, limes.

TRY THIS: Trim green onions, then toss with olive oil, grill over a medium-high flame until tender, and sprinkle with minced basil, coarse salt and cracked black pepper; combine green onions with cilantro, garlic, serrano peppers and lime juice in a food processor and purée into a spicy relish.

NUTRITION HIGHLIGHTS: Green onions contain quercetin, a powerful antioxidant that supports immune function and protects against inflammation and cancer. Quercetin may also keep the brain and nervous system healthy, and it may slow or prevent Alzheimer's.

KALE

This popular member of the cruciferous family is available in many varieties, including red Russian, redbor and the flat-leaved Tuscan, also called dinosaur or lacinato kale. The deep, sweet flavor is delicious raw; massage the leaves first with oil and salt to soften its aggressive texture.

PEAK SEASON: Midsummer through winter

HOW TO SELECT: Look for bright green leaves that are crisp and fresh; avoid those with holes, yellowing or wilted leaves. Stems should be tender and free from cracking. Smaller leaves tend to be milder and softer – best for salads and raw dishes.

KEEP IT FRESH: Wrap in a paper towel to absorb any moisture, then wrap tightly in a plastic bag, removing as much air as possible; refrigerate for up to a week.

PAIRS WELL WITH: Cauliflower, beets, bacon, sharp cheese, potatoes, olives, tomatoes, lemon, lime, red peppers, salmon, chickpeas.

TRY THIS: Massage kale leaves with a mixture of olive oil, almond butter, lime juice and cayenne pepper, then spread on a baking sheet and roast at 250°F for 30 minutes, or until crispy; purée roasted red peppers with lemon juice, olive oil and garlic, then drizzle over a salad of chopped kale, chickpeas and olives.

NUTRITION HIGHLIGHTS: Kale is high in glucosinolates, powerful compounds that can reduce inflammation and protect against cancer.

MUSHROOMS

You'll find a wide variety at markets, but the most affordable and versatile are button and cremini mushrooms. They're actually the same species (*Agaricus bisporus*), and cremini mushrooms are younger versions of portobellos. Their mild flavors work well as a simple side or as an addition to more complex dishes.

PEAK SEASON: Late spring to fall

HOW TO SELECT: Look for firm, pale white button mushrooms and light tan cremini. Caps should be unblemished; avoid shriveled, spotted or slimy ones. Stems should be firm and gills barely visible.

KEEP IT FRESH: Refrigerate in a paper bag for 3 to 5 days; store on a shelf as vegetable crisper drawers are too moist.

PAIRS WELL WITH: Tamari, butter, wine, rosemary, leeks, peas, thyme, tarragon, quinoa, sharp cheese.

TRY THIS: Sear sliced mushrooms and leeks in butter, add a splash of wine and a sprig of rosemary and cook until golden; sauté mushrooms, peas, minced thyme and garlic in olive oil, then stir in cooked quinoa and top with Asiago cheese and thyme.

NUTRITION HIGHLIGHTS:

Mushrooms contain beta glucans, compounds that have antimicrobial properties, support immunity and may protect against cancer. They also contain L-ergothioneine, an amino acid that may prevent DNA damage and prevent neurodegenerative diseases, especially Parkinson's.

BASIL

It may be synonymous with Italian food today, but basil was first cultivated in Africa and Asia. In fact, the herb is prominent in many Thai curries and stir-fries, and pho, the iconic soup of Vietnam, is never served without a bunch of basil on the side. It is best added at the very end of cooking (off the heat) to prevent the volatile oils from breaking down and losing flavor.

PEAK SEASON: Spring through summer

HOW TO SELECT: Look for deep green, unwilted leaves that are fragrant and free of brown spots.

KEEP IT FRESH: Trim stem ends and loosely wrap in a damp paper towel. Seal in a zip-top bag and refrigerate up to 2 days in either the crisper or fridge door. Wash and dry just before using.

PAIRS WELL WITH: Tomatoes (obviously!), eggplant, corn, peaches, strawberries, mint, parsley, mozzarella.

TRY THIS: Make a composed salad with sliced tomato, peaches, fresh mozzarella and basil; sprinkle over grilled veggies like corn and eggplant.

NUTRITION HIGHLIGHTS: Basil has a unique mix of flavonoids including orientin and vicenin, which protect cells and chromosomes from oxygen-based damage. Eugenol, a component of basil's volatile oils, inhibits inflammatory activity in the body, possibly relieving symptoms of conditions such as rheumatoid arthritis.

CILANTRO

Cilantro refers to the fresh leaves of the coriander plant and is classified as an herb. The seeds of the plant are dried, ground and used as the spice we call coriander. The leaves are essential in many Mexican dishes, while the earthy, citrusy spice is used prominently in Indian curries and chutneys. To complicate matters even more, this herb also goes by the name Chinese parsley.

PEAK SEASON: Spring to fall

HOW TO SELECT: Look for crisp, not limp, stalks and green, unwilted leaves with a light citrus fragrance.

KEEP IT FRESH: Wrap loosely in a damp paper towel, seal in a zip-top bag and refrigerate 1 to 2 days. Wash and dry just before using.

PAIRS WELL WITH: Avocados, tomatoes, onions, chiles, corn, black beans, quinoa, bulgur, radishes.

TRY THIS: Simmer the leaves and stalks with other aromatics to flavor homemade chicken or vegetable broth; make a meatless main dish with quinoa, corn, sliced radishes, black beans, avocado, cilantro and lime vinaigrette.

NUTRITION HIGHLIGHTS: Cilantro contains a long list of phytonutrients including flavonoids and phenolic acid compounds, which may help lower blood sugar levels and protect cell membranes.

MINT

More than just a garnish for desserts, fresh mint is traditionally added to savory dishes in Middle Eastern, Indian and Italian cuisines. The two most common varieties are spearmint, which is mild and ideal for cooking, and peppermint, which has a sharper flavor and makes excellent tummy-soothing tea. When growing mint, always give it its own container as it can push other herbs around when it's planted in close proximity to them.

PEAK SEASON: Late spring to early summer

HOW TO SELECT: Look for bright green, fragrant leaves that aren't wilted or blemished.

KEEP IT FRESH: Trim stem ends and loosely wrap mint in a damp paper towel. Seal in a zip-top bag and refrigerate 2 to 4 days. Wash and dry just before using.

PAIRS WELL WITH: Potatoes, peas, strawberries, rhubarb, lamb, tomatoes, dark chocolate.

TRY THIS: Replace the basil in any pesto recipe with mint (or use it to garnish pasta dishes that call for basil); mix with buttery steamed potatoes or sweet green peas.

NUTRITION HIGHLIGHTS: Mint supplies rosmarinic acid, an antioxidant that neutralizes free radicals and inhibits the production of inflammatory chemicals like leukotrienes. ©



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SMALL BITES WITH BIG FLAVOR

Summer is the perfect time for lighter fare where fresh, seasonal ingredients shine – and we've got you covered with piled-high toasts, colorful spring rolls and flavor-packed veggie fries. Choose your favorites and pick up a bottle of wine to host your easiest patio gathering yet.

30 / THE HIPSTER *with Mixed Mushrooms*

30 / THE SURFER *with Avocado & Smoked Salmon*

30 / THE EPICUREAN *with Ricotta, Sautéed Tomatoes & Honey*

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THE EPICUREAN
with Ricotta, Sautéed
Tomatoes & Honey
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THE HIPSTER

with Mixed Mushrooms

SERVES 2.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 20 MINUTES.

We've elevated the humble toast with Gruyère cheese and truffle oil. If you can't find truffle oil, use extra-virgin olive oil.

- 2 slices seeded whole-grain peasant bread
- 1 clove garlic
- 1 oz Gruyère cheese, shredded
- 2 tsp olive oil
- 1 cup mixed Japanese mushrooms, such as shiitake and oyster
- 1/8 tsp sea salt
- 1/2 tsp all-natural truffle oil
- 1/2 tsp chopped fresh chives

1. Preheat a grill to medium. Grill bread until lightly toasted and grill marks appear, 2 minutes per side (or use a toaster).

2. Cut a thin slice off end of garlic clove and, with cut side, rub 1 side of each bread slice. Place cheese on toast; place under a broiler until melted, 30 to 60 seconds.

3. In a medium skillet on medium, heat olive oil. Add mushrooms and cook undisturbed for 2 to 3 minutes, until golden brown on underside. Add salt; sauté until softened, 3 to 4 minutes.

4. Top toasts with mushrooms. Drizzle with truffle oil and top with chives.

PER SERVING (1 slice): Calories: 237, Total Fat: 13 g, Sat. Fat: 4 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 2 g, Carbs: 21.5 g, Fiber: 3 g, Sugars: 5 g, Protein: 10 g, Sodium: 398 mg, Cholesterol: 16 mg

THE SURFER

with Avocado & Smoked Salmon

SERVES 2.

HANDS-ON TIME: 10 MINUTES.

TOTAL TIME: 10 MINUTES.

Smashed avocado is topped with smoked salmon and a pile of sprouts and dill in this easy and protein-rich toast.

- 1 avocado, peeled, pitted and thinly sliced
- 2 slices whole-grain bread, toasted
- 5–6 grape tomatoes, halved
- 2 oz smoked wild salmon
- 1/3 cup sprouts or microgreens of your choice
- 1 tbsp fresh dill, tough stems removed

1. In a bowl, smash avocado with a fork. Spread on toasts.

2. Top each toast with half of tomatoes, salmon, sprouts and dill.

PER SERVING (1 slice): Calories: 345, Total Fat: 18 g, Sat. Fat: 3 g, Monounsaturated Fat: 11 g, Polyunsaturated Fat: 3 g, Carbs: 33 g, Fiber: 11 g, Sugars: 7 g, Protein: 16 g, Sodium: 471 mg, Cholesterol: 10 mg

THE EPICUREAN

with Ricotta, Sautéed Tomatoes & Honey

SERVES 2.

HANDS-ON TIME: 10 MINUTES.

TOTAL TIME: 15 MINUTES.

Sautéing the tomatoes helps bring out their sweetness, making them a perfect complement for creamy ricotta cheese.

- 2 tsp olive oil
- 8 cherry tomatoes, halved (or whole)
- 1/2 tsp fresh thyme leaves
- 2 slices seeded whole-grain bread
- 3 tbsp whole-milk ricotta
- 1 tsp raw honey
- 1/8 tsp flaky sea salt, for garnish, optional

1. In a medium skillet on medium, heat oil. Add tomatoes and sauté until just beginning to lose their shape, 3 to 4 minutes. Stir in thyme.

2. Toast bread. Spread ricotta on toasts. Top each with half of sautéed tomatoes; drizzle with honey and sprinkle with salt (if using).

PER SERVING (1 slice): Calories: 215, Total Fat: 10 g, Sat. Fat: 3 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 2 g, Carbs: 24.5 g, Fiber: 3 g, Sugars: 9 g, Protein: 7 g, Sodium: 194 mg, Cholesterol: 12 mg

THE LUMBERJACK

with Sweet Potato, Egg & Avocado

SERVES 2.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 35 MINUTES.

This layered toast has everything to keep you feeling full for hours: complex carbs, protein and healthy fats. For a gluten- and grain-free option, you can omit the bread entirely (see tip below recipe).

- 1/2 sweet potato, peeled, cut crosswise into 1/4-inch rounds
- 2 tsp ghee or olive oil
- 2 large eggs
- 2 slices whole-grain bread*

- 1** avocado, peeled, pitted and thinly sliced
- 2 tbsp** finely chopped red onion
- 1/8 tsp** sea salt
- all-natural hot sauce, to taste

1. Preheat oven to 400°F. Arrange potato in a single layer on a parchment-lined baking sheet. Mist on both sides with cooking spray. Bake until tender and lightly golden, turning halfway, 20 to 25 minutes.

2. In a medium skillet on medium, heat ghee. To a small bowl, crack 1 egg and slide it into skillet; repeat with remaining egg. Cook until whites are firm and yolk has achieved desired doneness.

3. Toast bread. Divide potato, egg, avocado, onion, salt and hot sauce evenly among toasts.

PER SERVING (1 slice): Calories: 365, Total Fat: 23 g, Sat. Fat: 5 g, Monounsaturated Fat: 12 g, Polyunsaturated Fat: 3 g, Carbs: 29 g, Fiber: 10 g, Sugars: 5 g, Protein: 13 g, Sodium: 334 mg, Cholesterol: 190 mg



* For a gluten-free option, try Sweet Potato Toast (omit bread and toast sweet potato instead of baking it): Slice 1 small unpeeled sweet potato lengthwise into 1/4-inch slices (you'll need 2 slices per person). Place directly onto the rack of a toaster oven or trim to fit a toaster. Toast until softened but firm enough to pick up without collapsing, 8 to 10 minutes in a toaster oven on "toast" setting or two rounds in a toaster. Place each egg and toppings over 2 slices sweet potato.



These rolls and sauces are made for mixing and matching!
Choose a roll and a sauce or make a platter of all of them.



VERY VEGGIE ROLLS

with Arugula & Tofu

SERVES 2.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 30 MINUTES.

Bursting with bell pepper, avocado and arugula, this meatless roll has both flavor and crunch.

- 2 tsp** sesame oil
- 1 tsp** safflower oil
- 4 oz** organic extra-firm tofu, cut into ½-inch by 2-inch-long strips
- 4 8-inch** rounds rice paper
- 1** red or yellow bell pepper, thinly sliced
- 2 cups** baby arugula
- ½** avocado, peeled, pitted and thinly sliced
- ¼ cup** fresh cilantro leaves

1. In a medium skillet on medium-high, heat oils. Add tofu and cook, turning occasionally, until golden brown on all sides, 5 to 7 minutes. Transfer tofu to a plate.

2. Cover a small tray with wax paper or parchment. Fill a large bowl with warm water. Dip 1 round rice paper in bowl until just soft and pliable, 8 to 10 seconds. Lay flat on a wooden cutting board. In a row across the center, place one-quarter each of bell pepper, tofu, arugula, avocado and cilantro, leaving a 2-inch border. Fold in sides, then roll forward tightly and lay on prepared tray. Repeat with remaining ingredients. Slice each roll in half before serving.

PER SERVING (2 rolls): Calories: 288, Total Fat: 18 g, Sat. Fat: 2 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 6 g, Carbs: 24 g, Fiber: 6 g, Sugars: 4 g, Protein: 10 g, Sodium: 37 mg, Cholesterol: 0 mg

UMAMI MUSHROOM & CHICKEN ROLLS

with Bean Sprouts

SERVES 2.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 25 MINUTES.

Dried shiitake mushrooms add delicious savory flavor to this protein-rich roll with chicken.

- 1 oz** dried shiitake mushrooms
- 4 8-inch** rounds rice paper
- 4 oz** cooked boneless, skinless chicken breast, shredded
- 1 cup** bean sprouts
- 2 cups** shredded red cabbage
- 8** fresh basil leaves



1. In a heat-proof bowl, add mushrooms and cover with boiling water. Let stand for 5 minutes. Using a slotted spoon, scoop out mushrooms and finely slice. Discard water.

2. Cover a small tray with wax paper or parchment. Fill a large bowl with warm water. Dip 1 round rice paper in water until just softened and pliable, 8 to 10 seconds. Lay flat on a wooden cutting board. In a row in the center, place one-quarter each of chicken, mushrooms, bean sprouts, cabbage and basil, leaving a 2-inch border. Fold in sides, then roll forward tightly and lay on prepared tray. Repeat with remaining ingredients. Slice each roll in half before serving.

PER SERVING (2 rolls): Calories: 240, Total Fat: 3 g, Sat. Fat: 1 g, Carbs: 33 g, Fiber: 4 g, Sugars: 6 g, Protein: 24 g, Sodium: 86 mg, Cholesterol: 48 mg



RAINBOW CRAB ROLLS

with Mango & Beet

SERVES 2.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 25 MINUTES.

Mango and beet add sweetness without overwhelming the delicate flavor of crab in this roll with fresh mint leaves.

- 4 8-inch** rounds rice paper
- 4 oz** cooked crab meat
- 1 small** mango, peeled and thinly sliced
- 1 cup** matchstick-cut carrots
- 1 small** red beet, grated
- 1** yellow bell pepper, thinly sliced
- 8 large** fresh mint leaves

Cover a small tray with wax paper or parchment. Fill a large bowl with warm water. Dip 1 round rice paper in water for 8 to 10 seconds, until just softened and pliable. Lay flat on a wooden cutting board. In a row across the center, place one-quarter each of crab, mango, carrots, beet, bell pepper and mint, leaving a 2-inch border. Fold in sides, then roll forward tightly and lay on prepared tray. Repeat with remaining ingredients. Slice each roll in half before serving.

PER SERVING (2 rolls): Calories: 239, Total Fat: 1.5 g, Sat. Fat: 0 g, Carbs: 44 g, Fiber: 5 g, Sugars: 22 g, Protein: 15 g, Sodium: 299 mg, Cholesterol: 55 mg

CITRUS DIJON DIPPING SAUCE

MAKES ½ CUP.

HANDS-ON TIME: 10 MINUTES.

TOTAL TIME: 10 MINUTES.

Orange and lime juices join forces with Dijon to give this sauce a light, zesty flair.

- 2 tbsp** rice vinegar
- 1 tbsp** whole-grain Dijon mustard
- 1 tbsp** reduced-sodium soy sauce
- 2 tsp** fresh lime juice
- ½ tsp** finely grated orange zest + 2 tsp fresh orange juice
- ½ tsp** fish sauce

In a small bowl, whisk together all ingredients.

PER SERVING (2 tbsp): Calories: 13.5, Total Fat: 0 g, Sat. Fat: 0 g, Carbs: 3 g, Fiber: 0 g, Sugars: 1 g, Protein: 0.5 g, Sodium: 284 mg, Cholesterol: 0 mg

CASHEW LIME DIPPING SAUCE

MAKES ¼ CUP.

HANDS-ON TIME: 5 MINUTES.

TOTAL TIME: 5 MINUTES.

Instead of a peanut dipping sauce, try our nutty cashew sauce with a kick of heat, sweetened with just a touch of coconut sugar.

- 2 tbsp** cashew butter (**TRY:** Artisana Organics Raw Cashew Nut Butter)
- 2 tsp** coconut sugar



- 1½ tsp** reduced-sodium soy sauce
- 1 tsp** fresh lime juice
- 1 tsp** chile garlic sauce

In a small bowl, combine all ingredients. Set aside.

PER SERVING (1 tbsp): Calories: 59, Total Fat: 4 g, Sat. Fat: 1 g, Carbs: 5 g, Fiber: 0 g, Sugars: 3 g, Protein: 2 g, Sodium: 98 mg, Cholesterol: 0 mg

THAI CHILE SAUCE

MAKES ½ CUP.

HANDS-ON TIME: 10 MINUTES.

TOTAL TIME: 10 MINUTES.*

*PLUS COOLING TIME.

Skip the bottled chile sauce – you can easily make this Thai-style sauce at home with its sweet, sour and spicy notes.

- ¾ cup** rice vinegar
- 2 tbsp** coconut sugar
- 2 tbsp** peeled and minced ginger
- 2 cloves** garlic, minced
- 1 tsp** red pepper flakes
- 1 tsp** arrowroot starch

In a small saucepan, whisk together all ingredients. Place pan on medium heat and cook, stirring constantly, until sauce begins to thicken and becomes glossy, 1 to 2 minutes. Remove from heat and scrape into a heat-proof bowl; let cool to room temperature.

PER SERVING (2 tbsp): Calories: 65, Total Fat: 0 g, Sat. Fat: 0 g, Carbs: 15 g, Fiber: 0 g, Sugars: 14 g, Protein: 0 g, Sodium: 4 mg, Cholesterol: 0 mg



HARISSA CARROT FRIES

SERVES 4 to 6.
HANDS-ON TIME: 15 MINUTES.
TOTAL TIME: 50 MINUTES.

Spice lovers will enjoy the punch of heat provided courtesy of harissa, a fiery North African condiment.

- 1¼ lb** peeled carrots
- ½ tbsp** harissa, or to taste
- 1 tbsp** olive oil
- 1 tsp** ground cumin
- 1 tsp** sea salt, or to taste
- ½ tsp** cracked black pepper, or to taste
- 1 tbsp** finely chopped fresh parsley

1. Preheat oven to 425°F. Cut carrots into ¼ x 3-inch sticks. In a bowl, toss together carrots, harissa, oil, cumin and salt.

2. On 2 parchment-lined baking sheets, spread out fries so they are not crowded or overlapping and bake for 25 to 30 minutes. Remove fries from oven and gently toss. Reduce heat to 375°F, switch positions of baking sheets and bake for another 10 minutes until fries are crispy and browning. Season with pepper and toss with parsley.

PER SERVING (½ cup): Calories: 74, Total Fat: 3 g, Sat. Fat: 0 g, Carbs: 11 g, Fiber: 3 g, Sugars: 5 g, Protein: 1 g, Sodium: 471 mg, Cholesterol: 0 mg

SUMAC FRIES

SERVES 4 to 6.
HANDS-ON TIME: 10 MINUTES.
TOTAL TIME: 45 MINUTES.

Common in Middle Eastern cuisine, sumac adds a tangy, lemony flavor to these crispy fries.

- 1¼ lb** scrubbed Russet potatoes, skin on
- 1 tbsp** olive oil
- 1 tsp** sea salt
- 1½ tsp** sumac, or to taste

1. Preheat oven to 425°F. Cut potatoes into ¼ x 3-inch sticks. In a bowl, toss with oil and salt.

2. On 2 parchment-lined baking sheets, spread out fries so they are not overlapping and bake for 25 to 30 minutes. Remove fries from oven, carefully turn each over. Switch positions of baking sheets and bake for another 10 minutes until fries are crispy and deep golden brown. Remove from oven; sprinkle with sumac.

PER SERVING (¾ cup): Calories: 115, Total Fat: 3 g, Sat. Fat: 0 g, Carbs: 21 g, Fiber: 2 g, Sugars: 1 g, Protein: 2.5 g, Sodium: 390 mg, Cholesterol: 0 mg



CHILE CHEESE POLENTA FRIES

SERVES 4 to 6.
HANDS-ON TIME: 35 MINUTES.
TOTAL TIME: 50 MINUTES.

These fries with a cheesy, spicy kick make a great appetizer or side.

- 3½ cups** low-sodium vegetable or chicken broth
- 1 cup** coarse whole-grain cornmeal
- 1 large** clove garlic, smashed
- ½ tsp** sea salt
- ¼–½ tsp** red pepper flakes
- ½ tsp** olive oil
- 2½ oz** grated Pecorino Romano cheese

1. In a large pot, bring broth to a boil. Slowly pour in cornmeal, stirring. Once bubbling, reduce heat to low. Add garlic, salt and pepper flakes and cook, stirring often, for 30 to 45 minutes, until tender.

2. Oil an 8-inch square baking pan with straight sides. Discard garlic and transfer polenta to pan, using a spatula to smooth into corners. Cover with plastic; refrigerate until cool.

3. Preheat oven to 425°F. Carefully turn polenta onto a cutting board and cut into 1 x 3-inch sticks. Arrange on a large, parchment-lined baking sheet. Sprinkle with cheese; bake for 15 to 20 minutes until cheese is bubbling and golden and edges are browning.

PER SERVING (¾ cup): Calories: 182, Total Fat: 7 g, Sat. Fat: 3 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 1 g, Carbs: 21 g, Fiber: 2 g, Sugars: 0 g, Protein: 11 g, Sodium: 481 mg, Cholesterol: 18 mg

CHIVE & MACADAMIA NUT PESTO

SERVES 6.

HANDS-ON TIME: 10 MINUTES.

TOTAL TIME: 10 MINUTES.

Pesto is a clever way to use up all your garden-fresh herbs that are in abundance right now. Fresh chives add a mild onion flavor to this nutty recipe. Whip up a batch in advance, and serve with whole-grain pita chips.

- 1 bunch** fresh chives
- 2½ oz** raw unsalted macadamia nuts
- 2 tbsp** nutritional yeast
- 1–2 tbsp** extra-virgin olive oil + additional as needed
- 1 clove** garlic, peeled
- ⅛ tsp** sea salt

To a food processor, add all ingredients and process until smooth, 2 minutes. Add additional oil, as needed, to reach desired consistency. Store in a small airtight container in the fridge if using within 3 days, or store in the freezer for future use.

PER SERVING (2 tsp): Calories: 110, Total Fat: 11 g, Sat. Fat: 2 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 0 g, Carbs: 3 g, Fiber: 2 g, Sugars: 1 g, Protein: 2 g, Sodium: 42 mg, Cholesterol: 0 mg



BURRATA MUSHROOM BITES

SERVES 4. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 30 MINUTES.


These cheesy bites over whole-wheat pita rounds make for a cute appetizer or a light and fresh summer meal with a salad alongside. Choose large, uniformly sized mushrooms to ensure you can pack an equal amount of the cheesy filling into each.

- 2 cups** cherry or grape tomatoes, sliced crosswise (or 2 vine-ripened tomatoes, diced)
- 1 tbsp** olive oil, divided
- 2 tsp** red wine vinegar, divided
- 2 tsp** dried basil, divided
- ½ tsp** each sea salt and ground cumin, divided
- 16 large** cremini mushrooms, stemmed
- 2 8-inch** whole-grain pitas, split
- 1 cup** baby arugula, coarsely chopped + additional for garnish
- 6 oz** fresh burrata cheese, room temperature, patted dry and torn into 16 pieces

leaving room along outer edges. In same bowl, combine mushrooms, remaining 2 tsp oil, 1 tsp each vinegar and basil and ¼ tsp each salt and cumin. Arrange mushrooms stem side up along outer edges of baking sheet. Bake for 15 minutes. Turn mushrooms, stirring juices into tomatoes, and bake until mushrooms are tender, about 5 minutes.

2. Meanwhile, using a 2½-inch round cookie cutter, cut out 4 rounds from each pita half to make 16 rounds. On a separate baking sheet, arrange pita rounds in a single layer. Bake until lightly toasted and golden.

3. Top pita rounds with arugula. Place 1 mushroom stem side up on top of each pita and place 1 piece cheese in cavity of each. Arrange tomatoes over cheese and garnish with additional arugula. Secure with sandwich picks, if desired.

PER SERVING (4 bites): Calories: 254, Total Fat: 13 g, Sat. Fat: 6 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 1 g, Carbs: 23 g, Fiber: 4 g, Sugars: 4 g, Protein: 14 g, Sodium: 466 mg, Cholesterol: 25 mg 

1. Preheat oven to 425°F. Line a large rimmed baking sheet with parchment paper. In a bowl, combine tomatoes, 1 tsp each oil, vinegar and basil and ¼ tsp each salt and cumin. Spread in a single layer in center of baking sheet,



SUMMER BOUNTY BOWLS

From creamy smoothie bowls to satisfying soups and veg-packed grain bowls, these whole-food lunches and dinners will keep you feeling happy and healthy. Inspired by global flavors and brimming with seasonal produce, these dishes are livened up by ingredients like fragrant herbs, superfood powders, nuts, seeds and more.

- 38 / CHICKEN PHO *with Pea Shoots*
- 38 / COCONUT CHICKEN CORN CHOWDER
- 39 / CHILLED GREEN GODDESS SOUP
- 40 / MOCHA SMOOTHIE BOWL
- 40 / MISO, ALMOND & MUSHROOM
SOBA NOODLE BOWLS
- 42 / CURRIED CAULIFLOWER RICE BOWLS
with Crispy Chickpeas
- 43 / MINT CHIP SMOOTHIE BOWL
- 44 / PINK PITAYA SMOOTHIE BOWL
- 44 / CARROT CAKE SMOOTHIE BOWL
- 45 / SWEET POTATO & COCONUT MILLET BOWLS
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CURRIED CAULIFLOWER RICE BOWLS
with Crispy Chickpeas
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CHICKEN PHO

with Pea Shoots

SERVES 4.
HANDS-ON TIME: 20 MINUTES.
TOTAL TIME: 45 MINUTES.

This flavorful broth-based Vietnamese-style soup is infused with fragrant ginger, garlic and whole spices, then piled high with fresh herbs and delicate pea shoots for a hit of freshness. If your shoots are longer than a few inches, snip them into shorter, bite-size pieces.

- 4 cups** low-sodium chicken broth
- 2 ¼-inch** slices fresh ginger
- 1 large** shallot, thinly sliced
- 3 cloves** garlic, sliced
- 4 tsp** fish sauce
- 2** green cardamom pods
- 1** star anise pod
- ½** stick cinnamon
- ¼ tsp** ground turmeric
- 20 oz** boneless, skinless chicken breasts (about 2 large)
- 3 tbsp** fresh lime juice
- ¼ tsp** ground black pepper

- 4 oz** brown rice vermicelli noodles
- 1** jalapeño chile pepper, seeded and thinly sliced
- 3 cups** pea shoots
- ½ cup** each loosely packed chopped fresh cilantro and chopped fresh mint
- 2** green onions, white and light green parts, thinly sliced

1. In a Dutch oven or large saucepan, combine broth, ginger, shallot, garlic, fish sauce, cardamom, star anise, cinnamon, turmeric and 3 cups water; bring to a boil. Reduce heat to medium-low, cover and simmer for 10 minutes.

2. Reduce heat to low and add chicken. Simmer gently, uncovered, until chicken is no longer pink inside and reaches 165°F when tested with an instant-read thermometer in center, about 15 minutes. (**NOTE:** Do not boil.) Using tongs, transfer chicken to a cutting board; let cool slightly. Chop or shred into bite-size pieces. Set aside.

3. Arrange a fine-mesh sieve over a large bowl; strain broth mixture through sieve, discarding solids. Return liquid to Dutch oven and heat on low. Stir in chicken, lime juice and pepper and cook until heated through, about 3 minutes.

4. Meanwhile, cook noodles according to package directions; divide among bowls. Ladle broth mixture over top, dividing evenly. Sprinkle with jalapeño, pea shoots, cilantro, mint and green onions, dividing evenly.

PER SERVING (¼ of recipe): Calories: 348, Total Fat: 6 g, Sat. Fat: 1.5 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 33 g, Fiber: 5 g, Sugars: 4 g, Protein: 42 g, Sodium: 544 mg, Cholesterol: 104 mg

COCONUT CHICKEN CORN CHOWDER

SERVES 4.
HANDS-ON TIME: 30 MINUTES.
TOTAL TIME: 40 MINUTES.

Coconut milk and fresh basil lend Thai-inspired taste to this all-American classic. Simmering the corn cobs with the broth after you remove the kernels is the secret for adding tons of flavor at no extra cost! To toast the coconut flakes, simply add them to a dry skillet on medium heat, stirring occasionally, until golden.

- 2 large** ears corn, husked
- 1 tsp** coconut oil
- 1 cup** finely diced celery
- 1 bunch** green onions, thinly sliced on the diagonal, light and dark green parts divided
- 3 cloves** garlic, minced
- ½ tsp** sea salt, divided
- ⅛ tsp** ground white or black pepper
- 3 cups** low-sodium chicken broth
- 1 cup** full-fat coconut milk
- 2** boneless, skinless chicken breasts (about 14 oz), diced
- ½** sweet potato (about 5 oz), peeled and diced
- ½ cup** thinly sliced fresh basil
- ¼ cup** unsweetened coconut flakes (or shredded coconut), toasted

1. Cut kernels from corn, reserving cobs. In a large saucepan, heat oil on medium. Add corn kernels, celery and light parts of onions and cook, stirring often, until celery and onions are translucent, 6 to 8 minutes. Add garlic, ¼ tsp salt and pepper and cook, stirring, until fragrant, about 30 seconds.

2. Meanwhile, snap reserved corn cobs in half. In a separate saucepan, bring corn cobs and broth to a boil. Reduce heat to medium-low, cover and cook for 5 minutes. Strain through a fine mesh sieve into corn kernel mixture; discard corn cobs. Bring to a boil. Reduce heat to low and cook, stirring occasionally, until corn kernels are tender, 8 to 10 minutes.

3. Using a slotted spoon, transfer about 1 cup of the corn kernel mixture to a blender; add coconut milk and purée until smooth.

4. Stir chicken and sweet potato into broth mixture. Increase heat to medium, cover and cook, stirring occasionally, until chicken is cooked through and sweet potato is tender, 3 to 5 minutes.

5. Stir in coconut milk mixture and cook until heated through. Remove from heat and stir in dark green parts of onions, basil and remaining $\frac{1}{4}$ tsp salt. To serve, top with coconut flakes.

PER SERVING ($\frac{1}{4}$ of recipe): Calories: 375, Total Fat: 18 g, Sat. Fat: 14 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 25 g, Fiber: 4 g, Sugars: 7 g, Protein: 31 g, Sodium: 388 mg, Cholesterol: 72 mg



CHILLED GREEN GODDESS SOUP

SERVES 2. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 15 MINUTES.

Flavorful, gorgeously hued Green Goddess dressing was the inspiration for this fresh and tangy chilled soup that features kefir, a type of fermented milk drink.

- 1 small avocado, peeled and pitted
- 1 small shallot, roughly chopped
- 1 lime, juiced
- 1 large navel orange, juiced
- 1½ cups plain whole-milk kefir
- 1½ cups loosely packed fresh flat-leaf parsley
- 1 cup low-sodium chicken broth
- ½ cup loosely packed fresh tarragon
- ⅛ tsp each sea salt and ground black pepper
- ½ slice whole-grain bread
- 1 clove garlic

1. Prepare soup: In a blender, place avocado, shallot, lime juice, orange juice, kefir, parsley, broth, tarragon, salt and pepper. Blend until smooth; transfer to refrigerator to chill.

2. Toast bread until golden brown. Slice garlic clove in half lengthwise and rub cut sides against toasted bread. Cut toast into $\frac{1}{4}$ -inch cubes. Divide soup between 2 bowls; top with toast cubes.

PER SERVING (1½ cups): Calories: 339, Total Fat: 20 g, Sat. Fat: 6 g, Monounsaturated Fat: 10 g, Polyunsaturated Fat: 2 g, Carbs: 32 g, Fiber: 8 g, Sugars: 15 g, Protein: 13.5 g, Sodium: 310 mg, Cholesterol: 26 mg





MOCHA SMOOTHIE BOWL

SERVES 1.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 15 MINUTES.

No need for that mocha latte today – we’ve got all that delicious chocolatey coffee flavor in this bowl. If you enjoy the caffeine fix, use regular coffee granules; if not, use decaf.

- ¼ cup** plain unsweetened almond milk
- 6 oz** organic firm tofu
- 2 tbsp** raw cashew butter
- 4 tsp** raw cacao powder or unsweetened cocoa powder
- 1½ tsp** instant coffee granules
- 2** pitted dates
- 1 tsp** lucuma powder, optional*
- ½ tsp** pure vanilla extract
- Pinch** sea salt

TOPPINGS (OPTIONAL)

- 1 tbsp** toasted chopped unsalted hazelnuts
- 1 tbsp** goji berries
- ¾ tsp** chia seeds
- Pinch** ground cinnamon

To a blender or food processor, add all ingredients with ½ cup ice; blend until smooth. Serve with toppings of your choice.

* OPTIONAL SUPERFOOD BOOST:

Lucuma is a low-glycemic fruit, which not only has a subtle sweetness, but also contains iron, zinc, calcium, protein and fiber.

PER SERVING (1 recipe): Calories: 613, Total Fat: 26 g, Sat. Fat: 6 g, Monounsaturated Fat: 12 g, Polyunsaturated Fat: 7 g, Carbs: 80 g, Fiber: 16 g, Sugars: 50 g, Protein: 23 g, Sodium: 209 mg, Cholesterol: 0 mg

MISO, ALMOND & MUSHROOM SOBA NOODLE BOWLS

SERVES 4.

HANDS-ON TIME: 35 MINUTES.

TOTAL TIME: 35 MINUTES.

You won’t miss the meat in these Asian-style bowls, thanks to a generous dose of satisfying umami, a savory, meat-like taste found in mushrooms and miso paste.

- 2 tbsp** grape seed oil, divided
- 2** portobello mushrooms, cut into ¼-inch-thick slices
- 2–4** baby bok choy, halved and cored
- 2 cups** sugar snap peas, trimmed
- 1** red bell pepper, cut into matchsticks
- ⅛ tsp** sea salt
- 8 oz** cooked soba noodles or whole-wheat spaghetti
- 4** carrots, shredded or cut into matchsticks, divided
- ¼ cup** sliced raw unsalted almonds
- 4** green onions, thinly sliced on the bias, optional
- 2 tbsp** hemp seeds, optional
- 1 tbsp** black sesame seeds, optional

SAUCE

- ⅓ cup** fresh orange juice
- 3 tbsp** smooth roasted almond butter
- 3 tbsp** rice vinegar
- 1 tbsp** cordyceps powder, optional (**TRY:** Mushroom Matrix Cordyceps Militaris Organic Powder)
- 2½ tsp** white miso paste
- 1 tsp** garlic powder
- ¼ tsp** onion powder
- ⅛ tsp** ground cayenne pepper

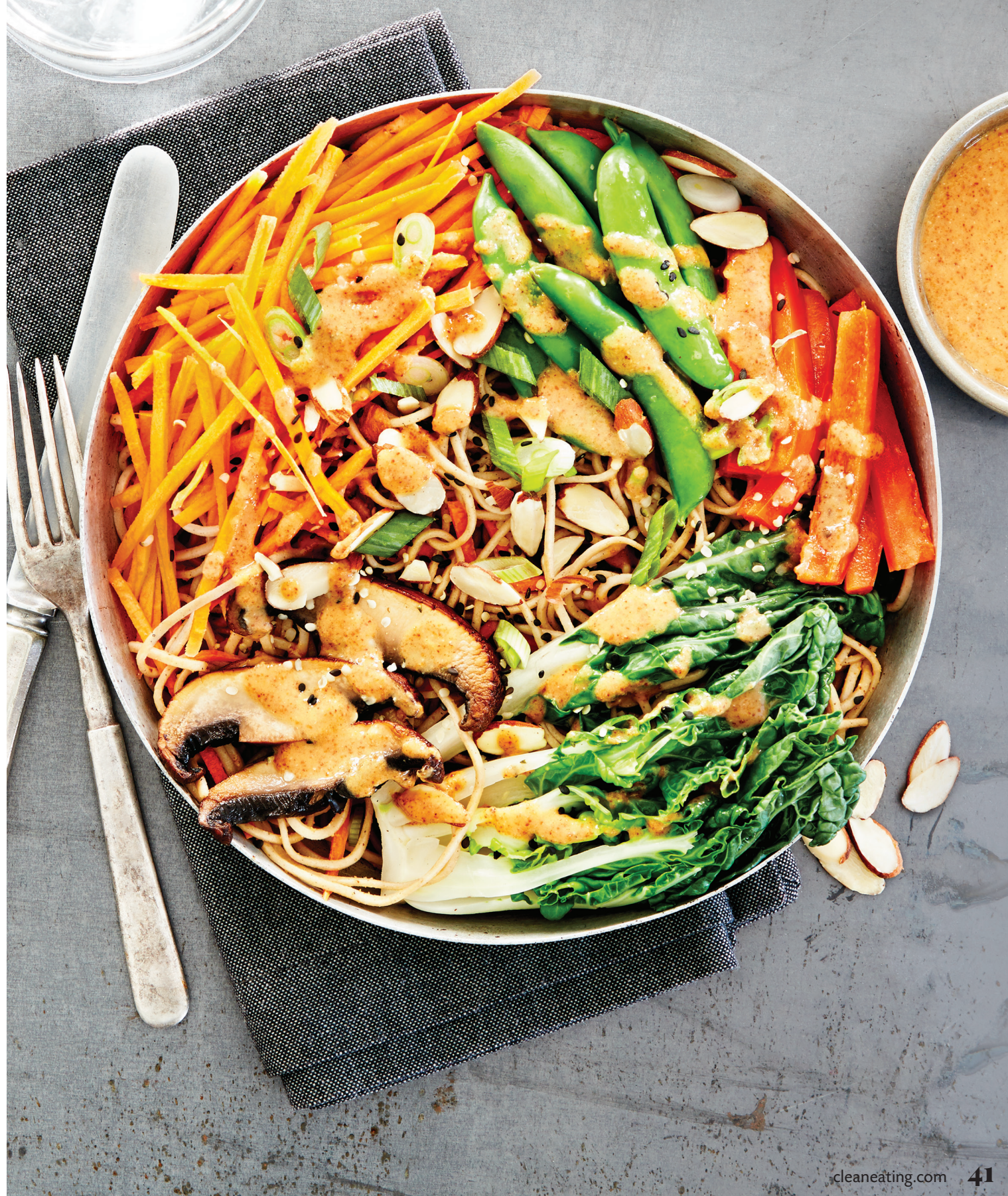
1. Prepare sauce: In a bowl, whisk together all sauce ingredients until smooth. Set aside.

2. In a large skillet, heat ½ tbsp oil on high. Add half of the portobellos in a single layer and cook, turning once, until golden brown, 2 to 4 minutes. Transfer to a plate. Repeat with ½ tbsp oil and remaining portobellos and add to plate.

3. In same skillet, heat remaining 1 tbsp oil on medium. Add bok choy, cut sides down. Add peas and bell pepper and stir-fry until bok choy is slightly wilted, bell pepper is tender-crisp and peas are bright green, about 1 minute. Remove from heat; sprinkle with salt.

4. In a separate bowl, toss together noodles, half of the carrots and ½ cup of the sauce. Divide noodle mixture, mushrooms, bok choy mixture, remaining half of carrots and almonds among bowls. If using, top with green onions, hemp seeds and sesame seeds. Drizzle bowls with remaining sauce.

PER SERVING (¼ of recipe): Calories: 320, Total Fat: 18 g, Sat. Fat: 2 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 7.5 g, Carbs: 35 g, Fiber: 6 g, Sugars: 12 g, Protein: 10 g, Sodium: 279 mg, Cholesterol: 0 mg





CURRIED CAULIFLOWER RICE BOWLS

with Crispy Chickpeas

SERVES 4. HANDS-ON TIME: 45 MINUTES. TOTAL TIME: 50 MINUTES.

Pulsing cauliflower in your food processor turns the veggie into a versatile rice substitute that's lower in calories and carbs than rice. Here, we sauté it with Indian spices and serve with crispy chickpeas and a rich curry sauce.

1 15-oz	BPA-free can unsalted chickpeas, drained and rinsed	8 cups	packed baby spinach
2 tbsp	coconut oil, divided	2 tsp	fresh lemon juice
½ tsp	each sea salt and ground black pepper, divided	2	carrots, thinly sliced into rounds, optional
¼ tsp	ground cumin	½ head	purple cabbage, shredded, optional
1 head	cauliflower, cut into florets	½ cup	raw unsalted cashews, chopped, optional
½	yellow onion, finely chopped	CURRY SAUCE	
3 cloves	garlic, minced	1 cup	BPA-free canned full-fat coconut milk
½ tsp	ground turmeric	1 tbsp	Thai red curry paste
3 tbsp	unsweetened dried goji berries, optional	1 tsp	curry powder
		½ tsp	ground cumin

1. Prepare curry sauce: In a small saucepan, whisk together all sauce ingredients. Bring to a boil; reduce heat to low and simmer, whisking occasionally, until slightly thickened, about 5 minutes. Cover; set aside.

2. Meanwhile, preheat oven to 400°F. Using a clean towel, pat chickpeas dry, discarding any loosened skins. Melt 1 tbsp oil and pour into a large bowl. Add chickpeas, ¼ tsp each salt and pepper and cumin and toss to coat. Spread on a parchment-lined rimmed baking sheet and bake, stirring occasionally, until golden brown and crispy, 25 to 30 minutes. Let cool on sheet for 10 minutes.

3. Meanwhile, in a food processor, pulse cauliflower into rice-sized pieces. In a large skillet, heat remaining 1 tbsp oil on medium. Add onion and garlic and sauté, stirring occasionally, until softened, 4 to 5 minutes. Stir in cauliflower, turmeric and remaining ¼ tsp each salt and pepper and sauté until cauliflower is softened and no liquid remains, about 10 minutes. Remove from heat and stir in goji berries (if using). Cover to keep warm.

4. In a large saucepan on medium, heat ½ cup curry sauce. Add spinach and cook, tossing, until wilted and bright green, 2 to 3 minutes. Remove from heat; stir in lemon juice. Divide cauliflower mixture, spinach mixture and chickpeas among bowls. If using, top with carrots, cabbage and cashews. Drizzle bowls with remaining curry sauce.

PER SERVING (¼ of recipe): Calories: 338, Total Fat: 17 g, Sat. Fat: 15 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 0 g, Carbs: 33 g, Fiber: 10.5 g, Sugars: 6 g, Protein: 13 g, Sodium: 510 mg, Cholesterol: 0 mg

MINT CHIP SMOOTHIE BOWL

SERVES 1.

HANDS-ON TIME: **15 MINUTES.**

TOTAL TIME: **15 MINUTES.**

If mint chocolate chip is your ice cream of choice, this breakfast bowl is for you. With creamy avocado and peppermint speckled with raw cacao nibs, this will give you all flavor you love without the refined sugar.

- ¼ cup** plain unsweetened almond milk
- 1½** frozen bananas
- ⅓** avocado
- 1 cup** packed baby spinach
- ¼ tsp** pure vanilla extract
- 1–2** drops pure peppermint extract
- ¼ tsp** chlorella, optional*
- 1 tbsp** cacao nibs or carob chips

TOPPINGS (OPTIONAL)

- 2 tsp** raw almond butter
(**TIP:** You can bring to room temperature and squeeze out of a zip-top bag with the corner snipped off.)
- 1 tsp** raw cacao nibs or carob chips
- 1 tsp** hemp seeds

To a blender or food processor, add all ingredients except cacao nibs; blend until smooth. Transfer to a bowl and fold in cacao nibs. Serve with toppings of your choice.

* **OPTIONAL SUPERFOOD BOOST:**
An amazing detoxifier and immune booster, chlorella is rich in vitamin B₁₂, chlorophyll and protein.

PER SERVING (1 recipe): Calories: 366, Total Fat: 16 g, Sat. Fat: 4 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 2 g, Carbs: 55 g, Fiber: 17 g, Sugars: 22 g, Protein: 7 g, Sodium: 99 mg, Cholesterol: 0 mg





PINK PITAYA SMOOTHIE BOWL

SERVES 1. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 15 MINUTES.

The bright color of pink pitaya (aka dragon fruit) gives this bowl its distinctive hue. We love the ease of using a packet of the frozen purée, but if you can find the fresh fruit, you can always purée and freeze it yourself.

- ¼ cup** plain unsweetened almond milk
- 1 3.5-oz** frozen pitaya packet (**TRY:** Pitaya Plus Smoothie Packs)
- 1** frozen banana
- ½ cup** frozen blueberries
- 1 tsp** maqui berry powder, optional*

TOPPINGS (OPTIONAL)

- ¼ cup** all-natural granola
- ¼ cup** blueberries
- ½ tsp** bee pollen

To a blender or food processor, add all ingredients; blend until smooth. Serve with toppings of your choice.

*** OPTIONAL SUPERFOOD BOOST:** Maqui berry powder is rich in antioxidants, such as vitamin C, and also contains calcium, iron and phytonutrients that are anti-aging and anti-inflammatory.

PER SERVING (1 recipe): Calories: 214, Total Fat: 2 g, Sat. Fat: 0 g, Carbs: 50 g, Fiber: 8 g, Sugars: 29 g, Protein: 3 g, Sodium: 47 mg, Cholesterol: 0 mg

CARROT CAKE SMOOTHIE BOWL

SERVES 1.
HANDS-ON TIME: 15 MINUTES.
TOTAL TIME: 15 MINUTES.

We've infused this bowl with all the indulgent flavor you'd expect from carrot cake – but in a frosty breakfast bowl.

- ¼ cup** plain unsweetened almond milk
- 1** frozen banana
- 1 cup** steamed, cooled carrots
- ½ cup** cooked, cooled oatmeal
- ⅓ cup** frozen pineapple chunks
- ¾ tsp** ground cinnamon
- ½ tsp** maca powder, optional*

TOPPINGS (OPTIONAL)

- 1 tbsp** plain whole-milk yogurt
- 1 tbsp** unsweetened shredded coconut or shaved fresh coconut
- 1 tbsp** chopped unsalted walnuts
- 2** pitted dates, diced

To a blender or food processor, add all ingredients; blend until smooth. Serve with toppings of your choice.

*** OPTIONAL SUPERFOOD BOOST:** Maca powder contains calcium, magnesium and potassium and is known to help boost fertility, balance hormones and boost energy.

PER SERVING (1 recipe): Calories: 285, Total Fat: 3 g, Sat. Fat: 0.5 g, Carbs: 63 g, Fiber: 12 g, Sugars: 22 g, Protein: 6 g, Sodium: 194 mg, Cholesterol: 0 mg



SWEET POTATO & COCONUT MILLET BOWLS

SERVES 4.

HANDS-ON TIME: **40 MINUTES.**

TOTAL TIME: **55 MINUTES.**

A zesty ginger-lime vinaigrette sweetened with maple syrup brings the savory flavors of sweet potato and kale together with the tropical taste of coconut.

- 2 tbsp** coconut oil, divided
- 2** sweet potatoes (about 1½ lb), peeled and sliced crosswise into 1-inch-thick rounds or cut into 1-inch chunks
- ¾ tsp** sea salt, divided
- ½ tsp** ground black pepper
- 2** shallots, thinly sliced
- ⅓ cup** unsweetened coconut flakes + additional for garnish
- 3 cups** cooked millet or quinoa
- 1 tbsp** chia seeds
- 1 bunch** purple kale (or regular kale), stems and thick ribs removed and leaves torn into bite-size pieces
- 1 15-oz** BPA-free can unsalted cannellini beans, drained, rinsed and heated
- 2 tbsp** chopped fresh mint, optional

VINAIGRETTE

- 1** lime, zested and juiced
- 2 tbsp** olive oil
- 2 tbsp** pure maple syrup
- 1 tbsp** apple cider vinegar
- 1 tbsp** peeled and grated fresh ginger
- 1 tbsp** acai powder, optional
- ¼ tsp** sea salt

1. Prepare vinaigrette: To a jar with a tight-fitting lid, add all dressing ingredients. Seal and shake until combined. Set aside; shake before using.

2. Preheat oven to 400°F. Melt 1 tbsp coconut oil and pour into a large bowl. Add potatoes, ¼ tsp salt and pepper and toss to coat. Arrange in a single layer on a large rimmed baking sheet. Bake, turning once, until tender and browned, 30 to 35 minutes. Transfer to a bowl and toss with 2 tbsp of the vinaigrette.

3. Meanwhile, in a large skillet, heat remaining 1 tbsp coconut oil on medium. Add shallots, coconut flakes and remaining ½ tsp salt and cook, stirring often, until shallots are softened and coconut flakes are golden, 5 to 6 minutes. Remove from heat and stir in millet and chia seeds. Cover to keep warm.

4. In a separate bowl, massage kale with 2 tbsp of the vinaigrette until slightly softened, about 1 minute.

5. Divide shallot-millet mixture among bowls. Top with kale, potatoes, beans and remaining vinaigrette, dividing evenly. Sprinkle with mint (if using). Garnish with additional coconut flakes.

PER SERVING (¼ of recipe): Calories: 583, Total Fat: 21.5 g, Sat. Fat: 11 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 2.5 g, Carbs: 86 g, Fiber: 14 g, Sugars: 17 g, Protein: 16 g, Sodium: 571 mg, Cholesterol: 0 mg





TEMPEH TACO BOWL *with Mango Salsa*

SERVES 4. HANDS-ON TIME: 50 MINUTES. TOTAL TIME: 50 MINUTES.

We're bringing back the taco bowl with this meatless take on the classic. Tempeh, made from fermented soybeans, has a nutty, mushroom-like taste and is one of our favorite vegetarian substitutes for ground beef.

⅓ cup	hemp hearts	2 cups	cooked brown rice
2 tbsp	apple cider vinegar	1 head	romaine lettuce, thinly sliced
1 tbsp	nutritional yeast	2	radishes, trimmed and thinly sliced, optional
½ tsp	sea salt, divided	1	avocado, peeled, pitted and sliced, optional
¼ tsp	chipotle chile powder	2 tbsp	chopped fresh cilantro, optional
1	yellow onion, quartered lengthwise		
2 cloves	garlic (peel on)		
2	Roma tomatoes		
1 tbsp	olive oil		
8 oz	organic tempeh, crumbled		
2 cups	cremini or white button mushrooms, coarsely chopped		
2 tbsp	chile powder		
1 tbsp	pure maple syrup		
2 tsp	cacao powder, optional		
2 tsp	each ground cumin and dried oregano		

SALSA

1	lime, zested and juiced
1 tsp	pure maple syrup
Pinch	sea salt
1	mango, peeled, pitted and diced
½	red bell pepper, finely chopped
1	green onion, white and light green parts only, thinly sliced

1. Prepare salsa: In a medium bowl, whisk together lime zest and juice, 1 tsp maple syrup and salt. Add mango, bell pepper and green onions and toss to coat. Set aside.

2. In a blender, combine hemp seeds, vinegar, nutritional yeast, ¼ tsp salt, chipotle chile powder and 3 tbsp water and blend until completely smooth. Scrape into a separate bowl and set aside. Clean blender.

3. Heat a large skillet on medium-high. Add yellow onion, garlic and tomatoes and cook, turning occasionally, until dark brown and blistered, 5 to 7 minutes for garlic and 10 minutes for onion and tomatoes. Peel garlic and add to blender. To blender, add onion and tomatoes and purée until smooth. In same skillet, heat oil on medium. Add onion-tomato mixture and cook, stirring constantly, until beginning to darken, about 2 minutes.

4. Meanwhile, in a separate bowl, stir together tempeh, mushrooms, chile powder, 1 tbsp maple syrup, cacao powder (if using), cumin, oregano and remaining ¼ tsp salt. Add to onion-tomato mixture and cook, stirring often, until thickened, 5 to 7 minutes.

5. Divide rice and lettuce among bowls. Top with tempeh mixture, drizzle with hemp mixture and sprinkle with salsa. If using, top with radishes, avocado and cilantro.

PER SERVING (¼ of recipe): Calories: 477, Total Fat: 17.5 g, Sat. Fat: 3 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 8 g, Carbs: 63 g, Fiber: 10 g, Sugars: 21.5 g, Protein: 24 g, Sodium: 419 mg, Cholesterol: 0 mg

MANGO SUNSHINE SMOOTHIE BOWL

SERVES 1.

HANDS-ON TIME: **15 MINUTES.**

TOTAL TIME: **15 MINUTES.**

Sweet mango and coconut butter bring a taste of the tropics to your morning.


- 6 tbsp** plain unsweetened almond milk
- 1½ cups** frozen mango chunks
- ½ cup** chilled cooked cauliflower
- 2 tbsp** coconut butter
- 1** pitted date
- ¼ tsp** ground turmeric, optional*

TOPPINGS (OPTIONAL)

- ¼ cup** blueberries
- 1 tbsp** unsweetened shredded coconut or shaved fresh coconut
- 1 tbsp** toasted sliced unsalted almonds

To a blender or food processor, add all ingredients; blend until smooth. Serve with toppings of your choice.

*** OPTIONAL SUPERFOOD BOOST:** Turmeric is incredibly anti-inflammatory and can help lower cholesterol, plus it's an antioxidant, wound healer, digestive stimulant and liver detoxifier.

PER SERVING (1 recipe): Calories: 450, Total Fat: 19.5 g, Sat. Fat: 16 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1.5 g, Carbs: 74 g, Fiber: 14 g, Sugars: 59 g, Protein: 6 g, Sodium: 92 mg, Cholesterol: 0 mg 



PATIO- PERFECT TACOS

When it comes to outdoor dining, these protein-packed tacos are guaranteed crowd-pleasers. Packed with sweet, tangy and spicy flavors and filled to the brim with fresh toppings, these globally inspired taco recipes are sure to become fast summer favorites.

- 50 / GARLIC LEMON CHICKEN TACOS
with Pinto Beans & Salsa Verde
- 50 / PORK & SWISS CHARD TACOS
with Spicy Pineapple Salsa
- 52 / CHILE-RUBBED ROCKFISH TACOS
with Watermelon Mango Salsa
- 53 / KOREAN STEAK TACOS
with Kimchi & Avocado Crema
- 54 / HERBED SKIRT STEAK TACOS
with Beet & Fresno Chile Salsa
- 54 / ADOBO TOFU & PORTOBELLO TACOS
with Chunky Guacamole

These 6 takes on tacos are not only quick and easy but will have everyone at home chipping in. Make tonight a taco fiesta!





GARLIC LEMON CHICKEN TACOS

with Pinto Beans
& Salsa Verde

SERVES 4.

HANDS-ON TIME: **20 MINUTES.**

TOTAL TIME: **45 MINUTES.**

This tomatillo salsa does double duty as both a topper for the tacos as well as a sauce to simmer the beans in for maximum flavor.

- 1 lb** boneless, skinless chicken breasts
- 2 tbsp** fresh lemon juice
- 1 tbsp** extra-virgin olive oil
- 3 cloves** garlic, minced
- 1 tsp** ground black pepper
- ¼ tsp** sea salt
- 1 15-oz** BPA-free can pinto beans, drained and rinsed

- 8 6-inch** corn tortillas
- ¼ cup** (1 oz) crumbled cotija or feta cheese

SALSA VERDE

- 8 oz** fresh tomatillos, husked, rinsed with warm water and quartered
- ½ cup** loosely packed chopped fresh cilantro
- 2** green onions, chopped
- ½–1** serrano chile pepper, chopped
- 1 tbsp** fresh lime juice
- 1 tsp** ground cumin
- ¼ tsp** sea salt

1. In a glass or stainless steel bowl, combine chicken, lemon juice, oil, garlic, black pepper and ¼ tsp salt; cover and let marinate in the refrigerator for 30 minutes.

2. Meanwhile, prepare salsa: In a blender or food processor, blend all salsa ingredients until almost smooth with some texture. Set aside.

3. In a small saucepan, combine pinto beans and ½ cup salsa. Heat on low, stirring occasionally, until beans are heated, about 10 minutes.

4. Heat a grill or grill pan on medium-high. Add tortillas in batches and heat until warm and pliable, about 1 minute per side. Stack tortillas, wrap in foil and set aside.

5. Reduce heat to medium and grill chicken, discarding marinade, until an instant-read thermometer registers 165°F or chicken is no longer pink in thickest part, 4 to 6 minutes per side. Let chicken rest for 5 minutes on a cutting board; slice thinly. Tuck chicken and beans into tortillas, top with salsa verde and sprinkle with cheese.

PER SERVING (2 tacos): Calories: 394, Total Fat: 9 g, Sat. Fat: 2 g, Monounsaturated Fat: 4.5 g, Polyunsaturated Fat: 2 g, Carbs: 43 g, Fiber: 10 g, Sugars: 4 g, Protein: 33 g, Sodium: 366 mg, Cholesterol: 70 mg

PORK & SWISS CHARD TACOS

with Spicy Pineapple Salsa

SERVES 4.

HANDS-ON TIME: **30 MINUTES.**

TOTAL TIME: **30 MINUTES.**

This jalapeño-spiked pineapple salsa has it all – sweet, spicy and tangy notes – all of which brighten up these juicy pork tenderloin tacos with sautéed greens.

- 1 lb** pork tenderloin, trimmed
- 2 tsp** chile powder
- ½ tsp** sea salt

- 8 6-inch** corn tortillas
- 1 tbsp** safflower oil
- $\frac{1}{2}$ red onion, thinly sliced
- 1 bunch** Swiss chard, stems discarded and leaves chopped

SALSA

- 1 cup** peeled and chopped pineapple
- $\frac{1}{4}$ cup** finely chopped red bell pepper
- $\frac{1}{4}$ cup** finely chopped red onion
- $\frac{1}{2}$ jalapeño chile pepper, finely chopped
- 2 tbsp** fresh lemon juice
- $\frac{1}{8}$ tsp** sea salt

1. In a bowl, combine all salsa ingredients; set aside.
2. Cut pork into 1-inch-thick medallions. Cut medallions into $\frac{1}{2}$ -inch-thick strips. In a bowl, toss pork with chile powder and $\frac{1}{2}$ tsp salt; set aside.
3. Heat a large skillet on medium-high. Add tortillas in batches and heat until warm and pliable, about 1 minute per side. Stack tortillas, wrap in foil and set aside.
4. Reduce heat to medium and heat oil in skillet. Add sliced onions and sauté until beginning to soften, 3 minutes. Add pork and sauté until no longer pink in center, about 4 minutes. Transfer to a plate; cover with foil. Add chard leaves to pan and sauté, tossing with tongs, until chard has wilted, about 2 minutes. Divide pork, chard and salsa among tortillas.

PER SERVING (2 tacos): Calories: 323, Total Fat: 8 g, Sat. Fat: 1 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 4 g, Carbs: 36 g, Fiber: 6 g, Sugars: 8 g, Protein: 28 g, Sodium: 589 mg, Cholesterol: 70 mg





CHILE-RUBBED ROCKFISH TACOS *with Watermelon Mango Salsa*

SERVES **4**. HANDS-ON TIME: **30 MINUTES**. TOTAL TIME: **30 MINUTES**.

A fruit salsa of watermelon, mango and heirloom tomato is the perfect counterpoint to the delicate flavor of rockfish in these lightly spiced tacos.

- 1 tsp** each ground coriander, cumin and ancho chile powder (or other red chile powder)
- ½ tsp** garlic powder
- ¼ tsp** each sea salt and ground black pepper
- 1 lb** Pacific rockfish fillets (or other firm, sustainable white fish), rinsed, patted dry and cut into 1 x 2-inch strips
- 1 tbsp** olive oil
- 8 6-inch** corn tortillas
- 2 cups** mixed baby greens

SALSA

- 1 small** heirloom tomato, cored and chopped
- ½ small** mango, peeled and chopped
- ½ cup** chopped seedless watermelon
- 1 tbsp** chopped red onion
- 1 tbsp** chopped fresh cilantro
- 1 tbsp** fresh lime juice
- 1 tsp** raw honey
- ¼ tsp** sea salt

1. Prepare salsa: In a bowl, combine all salsa ingredients and set aside.

2. In a small bowl, combine coriander, cumin, chile powder, garlic powder and ¼ tsp each salt and pepper. Toss fish with oil and then spice mixture.

3. In a large nonstick skillet on medium-high, heat tortillas in batches until warm and pliable, about 1 minute per side. Stack tortillas, wrap in foil and set aside.

4. To skillet (still on medium-high), add fish and cook, flipping pieces carefully with a spatula until fish is just opaque throughout, about 2 minutes per side. Divide fish, greens and salsa among tortillas.

PER SERVING (2 tacos): Calories: 301, Total Fat: 7.5 g, Sat. Fat: 1 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 1.5 g, Carbs: 35 g, Fiber: 5 g, Sugars: 9 g, Protein: 25 g, Sodium: 374 mg, Cholesterol: 57 mg

KOREAN STEAK TACOS *with Kimchi & Avocado Crema*

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 40 MINUTES.*

*PLUS 4 HOURS MARINATING TIME.

If you haven't yet tried kimchi, this Korean pickled cabbage is worth adding to your meals. It's not only tangy, but it's also fermented, a good sign it's teeming with gut-friendly probiotics.

- 1 lb** flank steak, trimmed
- 2** green onions, thinly sliced, divided
- ⅓ cup** reduced-sodium soy sauce
- ¼ cup** rice vinegar
- 1½ tbsp** coconut sugar
- 1 tbsp** sriracha sauce
- 2½ tsp** sesame oil
- 8 4-inch** corn tortillas
- 1** lime, juiced
- ¼ large** avocado, peeled and pitted
- ⅓ cup** plain whole-milk yogurt
- 1 clove** garlic, minced
- 2½ cups** finely shredded red cabbage
- 1 cup** shredded carrots
- ½ cup** prepared kimchi, roughly chopped

1. Place flank steak in a large zip-top bag. In a small bowl, combine half of onions, soy sauce, vinegar, sugar, sriracha and oil. Stir until sugar dissolves. Pour marinade over steak and seal bag. Transfer to refrigerator for at least 4 hours or overnight.

2. Heat a grill to medium-high. Add tortillas in batches and heat until warm and pliable, about 1 minute per side. Stack tortillas, wrap in foil and set aside.

3. Reduce heat to medium. Cook steak over direct heat, turning once, until steak reaches desired doneness

(125°F to 130°F for medium-rare). Discard remaining marinade. Place steak on a cutting board and tent loosely with foil. Let steak rest 10 minutes. Thinly slice across the grain.

4. While steak is cooking, prepare crema: To a small blender, add lime juice, avocado, yogurt and garlic; blend until combined but still chunky; set aside.

5. Layer cabbage and carrots onto tortillas then top with steak, kimchi and avocado crema. Garnish with remaining half of onions.

PER SERVING

(2 tacos): Calories: 301,
Total Fat: 12 g, Sat.
Fat: 4 g, Monounsaturated
Fat: 5 g, Polyunsaturated
Fat: 1 g, Carbs: 21 g,
Fiber: 3 g, Sugars: 6 g,
Protein: 27 g,
Sodium: 373 mg,
Cholesterol: 71 mg





HERBED SKIRT STEAK TACOS

with Beet & Fresno Chile Salsa

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 1 HOUR, 15 MINUTES.

Red beet and chile pepper salsa makes for a striking and flavorful topper on these oregano and sriracha-marinated steak tacos. Because this salsa requires a little baking time to cook the beet, you can make it entirely up to 1 day in advance and refrigerate until serving.

- 2 tbsp sriracha
- 2 tbsp chopped fresh oregano
- 2 tbsp fresh lime juice
- ¼ tsp ground black pepper
- 14 oz skirt steak, trimmed
- 8 6-inch corn tortillas
- 2 cups shredded romaine lettuce

SALSA

- 1 large (10 oz) red beet
- 3 green onions, chopped
- 1 Fresno (red jalapeño) or jalapeño chile pepper, finely chopped
- 2 tbsp fresh orange juice
- 1 tbsp fresh lime juice
- 1 tsp extra-virgin olive oil
- ¼ tsp sea salt

1. Prepare salsa: Preheat oven to 400°F. Wrap beet in foil and place on a baking sheet. Bake until a knife slips easily into center, about 45 minutes. Unwrap beet, and when

cool enough to handle, push skin off with your fingers and discard. Finely chop beet. Combine with remaining salsa ingredients; set aside.

2. Meanwhile, in a glass or stainless steel bowl or zip-top bag, combine sriracha, oregano, 2 tbsp lime juice and black pepper. Add steak and rub marinade into meat. Marinate in the refrigerator for 30 minutes, or up to 3 hours.

3. Heat a grill or grill pan on medium-high. Grill tortillas in batches until warm and pliable, about 1 minute per side. Stack tortillas and wrap in foil; set aside.

4. Remove steak from marinade, shaking off excess. To grill or grill pan on medium-high, add steak and grill until medium-rare, 2 to 3 minutes per side. Let steak rest on a cutting board for 5 minutes. Thinly slice against the grain. Divide steak, lettuce and salsa among tortillas.

PER SERVING (2 tacos with toppings): Calories: 365, Total Fat: 15 g, Sat. Fat: 4 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 1 g, Carbs: 33 g, Fiber: 5 g, Sugars: 8 g, Protein: 26 g, Sodium: 317 mg, Cholesterol: 69 mg

ADOBO TOFU & PORTOBELLO TACOS

with Chunky Guacamole

SERVES 4.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 55 MINUTES.

Tofu is given a spicy-sweet flair with a wet rub that combines adobo chile, orange juice and honey. Loaded with grilled vegetables including meaty portobello mushrooms and a classic spicy jalapeño guacamole, this taco is a hearty choice for a meatless Monday.

- 1 14-oz pkg organic extra-firm tofu, drained
- 1½ tbsp finely chopped canned chipotle chiles in adobo
- 1 tbsp fresh orange juice
- 2 tsp raw honey
- 8 6-inch corn tortillas
- 1 large red bell pepper, cut into ¼-inch strips
- 1 large portobello mushroom, stemmed and cut into ½-inch-thick slices
- ¼ sweet onion, cut into ¼-inch slices
- 2 tsp safflower oil
- ½ tsp ground black pepper
- ¼ tsp sea salt

GUACAMOLE

- 3 tbsp finely chopped sweet onion
- 2 tbsp chopped fresh cilantro
- ½ jalapeño chile pepper, finely chopped
- 1 small avocado, peeled, pitted and diced
- 1 tsp fresh lime juice
- ¼ tsp sea salt

1. Cut tofu block into 4 slabs. Arrange on a paper towel-lined baking sheet, cover with more paper towels and top with another baking sheet. Using cans, weigh the baking sheet down and set aside at room temperature for 30 minutes to drain.

2. Meanwhile, prepare guacamole: On a cutting board, mash onion, cilantro and jalapeño with a fork until onion is mashed. In a small bowl, combine onion mixture with remaining guacamole ingredients. Cover and set aside.

3. In a small bowl, combine chipotle chiles, orange juice and honey. Remove cans and top baking sheet from tofu and discard paper towels. Rub mixture on all sides of tofu and set aside on baking sheet.

4. Heat a grill pan or grill on medium-high. Add tortillas in batches and grill until warm and pliable, about 1 minute per side. Stack tortillas and wrap in foil; set aside.

5. Mist grill pan with cooking spray or grease grill grate (still on medium-high). In a single layer, add tofu and grill until browned and heated through, 3 minutes per side. Transfer to a cutting board, cut tofu into 2-inch strips, cover with foil and set aside.

6. In a large bowl, toss bell pepper, mushroom, onion slices, oil, black pepper and $\frac{1}{4}$ tsp salt. Add to grill pan or a grill basket (for outdoor grill) and cook on medium-high, tossing occasionally, until mushrooms are soft and peppers and onions are crisp-tender, about 5 minutes. Divide tofu and vegetables among tortillas and top with dollops of guacamole.

PER SERVING (2 tacos with toppings):

Calories: 329, Total Fat: 14 g,
Sat. Fat: 1 g, Monounsaturated Fat: 6 g,
Polyunsaturated Fat: 6 g, Carbs: 38 g,
Fiber: 8 g, Sugars: 9 g, Protein: 15 g,
Sodium: 309 mg, Cholesterol: 0 mg **cc**



SUPERFOOD SALADS & SLAWS

Beat the heat with one of these cool salads and slaws. We've infused these hearty mains and colorful sides with high-fiber, nutrient-dense ingredients. There's no better way to enjoy gorgeous, in-season vegetables and fruits.

**58 / BROCCOLI, CUCUMBER
& NAPA SLAW** *with Coconut
Lemongrass Dressing*

**58 / COCONUT CURRY-CRUSTED
CHICKEN SALAD** *with
Mango Dressing*

59 / SEVEN LAYER SALAD
with Blue Cheese Dressing

60 / MIXED PEPPER SLAW *with
Mango, Jicama & Cilantro
Lime Dressing*

60 / POTATO CAESAR SALAD

**61 / THE BAJA GRILLED
PEACH SALAD** *with Spicy
Cashew Dressing*

62 / ZUCCHINI CARPACCIO
*with White Beans, Basil
& Pine Nuts*

62 / SPICY THAI NOODLE SALAD
with Sriracha-Roasted Peanuts

**63 / DECONSTRUCTED
BAGEL & LOX SALAD**
with Dijon Dressing

64 / THE RIVIERA SALAD
with Champagne Vinaigrette

**64 / ANCIENT GRAIN & KALE
SALAD** *with Heirloom
Tomato Dressing*

65 / CASHEW CHICKEN SALAD
with Creamy Cashew Dressing

**66 / STEAK & PLUM NOODLE
SALAD** *with Ginger
Peanut Dressing*

66 / TOSSED ANTIPASTO *with
Pecorino Romano Vinaigrette*

**67 / ROOT VEGETABLE &
APPLE SLAW** *with Apricot
Ginger Dressing*



ZUCCHINI CARPACCIO
with White Beans, Basil & Pine Nuts
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COCONUT CURRY-CRUSTED CHICKEN SALAD

with Mango Dressing

SERVES 4.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 40 MINUTES.

Crisp veggies are topped with a spiced coconut-crust chicken breast in this salad that's a cinch to put together. The mango dressing is truly heavenly, with a commingling of sweet, tart and spicy notes.

DRESSING

- 1 cup** fresh or frozen and thawed cubed mango
- 3 tbsp** apple cider vinegar
- 2 tsp** minced fresh cilantro
- ½ tsp** each coconut sugar and red pepper flakes

CHICKEN

- 2** boneless, skinless chicken breasts (about 8 oz each)
- ¼ tsp** each sea salt and ground black pepper
- ⅓ cup** BPA-free canned coconut milk
- 2 tsp** curry powder, divided
- ½ cup** finely shredded coconut flakes
- 1 tbsp** whole-wheat flour
- 2 tbsp** coconut oil

SALAD

- 6 cups** torn romaine lettuce
- 1 cup** diced tomato
- 1 cup** fresh or frozen and thawed diced mango
- ½ cup** thinly sliced red onion

BROCCOLI, CUCUMBER & NAPA SLAW

with Coconut Lemongrass Dressing

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 25 MINUTES.

We tossed this medley of broccoli, cabbage and cucumber with a coconut and lemongrass dressing for an Asian spin on the usual barbecue standby.

- 1** English cucumber, peeled, halved lengthwise, and seeded, thinly sliced (or julienned)
- 2½ cups** thinly sliced napa cabbage
- 2 cups** broccoli florets and stems (trim and quarter florets; peel and cut stems into matchsticks)
- sea salt and ground black pepper, to taste, optional

DRESSING

- 1 tsp** coconut oil
- 4** green onions, sliced, whites and greens divided (reserve greens for slaw)
- ¼ cup** finely minced lemongrass
- 1 tbsp** minced garlic
- 5 tbsp** BPA-free canned coconut milk
- 1 tbsp** brown rice vinegar

- ¼ tsp** sea salt
- ⅛ tsp** ground black pepper

1. Prepare dressing: In a small sauté pan on medium-low, melt oil. Add whites of onion and lemongrass and cook until just softened and fragrant, 1 minute. Add garlic and stir for 1 minute, until fragrant. Let cool for 5 minutes. Transfer to a blender. Add remaining dressing ingredients and purée until smooth. Refrigerate while preparing vegetables.

2. Prepare slaw: To a large bowl, add cucumber, cabbage and broccoli. Pour in dressing and toss to combine. Toss in greens of onions and season with additional salt and pepper (if using).

PER SERVING (1 cup): Calories: 84, Total Fat: 4 g, Sat. Fat: 4 g, Carbs: 9.5 g, Fiber: 2 g, Sugars: 4 g, Protein: 3 g, Sodium: 148 mg, Cholesterol: 0 mg

1. Prepare dressing: In a blender or food processor, purée all dressing ingredients with 1 tbsp water until smooth; set aside.

2. Cut chicken breasts in half horizontally, making 4 pieces. Season with salt and pepper. In a medium bowl, combine coconut milk and ½ tsp curry powder. In a shallow dish, combine coconut flakes, flour and remaining 1½ tsp curry powder. Dip chicken in coconut milk, letting excess drip off, then dredge in flour mixture. Discard any remaining coconut milk and flour mixture.

3. In a large skillet on medium-high, heat oil. Add chicken and cook until browned on one side, 5 minutes. Flip and reduce heat to medium. Cook until no longer pink inside, 5 to 8 minutes more.

4. Prepare salad: In a large bowl, combine all salad ingredients; divide among plates and drizzle each with 3 tbsp dressing. Top each with one piece of chicken.

PER SERVING (2 cups salad, 1 piece chicken, 3 tbsp dressing): Calories: 342, Total Fat: 17 g, Sat. Fat: 13 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 23 g, Fiber: 6 g, Sugars: 15 g, Protein: 26 g, Sodium: 193 mg, Cholesterol: 63 mg



SEVEN LAYER SALAD *with Blue Cheese Dressing*

SERVES **6 to 8**. HANDS-ON TIME: **25 MINUTES**. TOTAL TIME: **25 MINUTES**.

This recipe yields a generous amount of dressing – either toss the desired amount to coat the salad lightly right before serving, or serve the dressing on the side so your guests can dress it themselves.

1 large head romaine lettuce, chopped (about 8 cups)

3 bell peppers, diced

3–4 hard-boiled eggs, sliced or chopped

6 stalks celery, diced

3 cups frozen peas, thawed

2 avocados, peeled, pitted and sliced

4–6 oz all-natural turkey bacon, no added nitrates or nitrites, cooked and finely chopped

1 small clove garlic, minced
sea salt and ground black pepper, to taste

1. Prepare dressing: In a medium bowl, combine all dressing ingredients and whisk well (or pulse in a food processor).

2. In a clear glass bowl, layer salad ingredients in the order they appear above. Concentrate ingredients around the perimeter of the bowl, filling the center with romaine.

3. Pour desired amount of dressing over salad and toss just before serving (you may have extra dressing), or leave the layers intact and serve dressing in a bowl on the side.

BLUE CHEESE DRESSING

4 oz blue cheese, crumbled into small pieces

1 cup kefir or buttermilk

1 cup olive oil mayonnaise

2 tbsp fresh lemon juice

2 tbsp fresh flat-leaf parsley, chopped, optional

PER SERVING (⅓ salad and ¼ cup dressing): Calories: 377, Total Fat: 27 g, Sat. Fat: 6 g, Monounsaturated Fat: 11 g, Polyunsaturated Fat: 9 g, Carbs: 20 g, Fiber: 9.5 g, Sugars: 6.5 g, Protein: 16 g, Sodium: 477 mg, Cholesterol: 139 mg





MIXED PEPPER SLAW

with Mango, Jicama & Cilantro Lime Dressing

SERVES **4**.

HANDS-ON TIME: **25 MINUTES**.

TOTAL TIME: **25 MINUTES**.

Serve this colorful slaw bursting with bell peppers, sweet mango and crunchy jicama alongside grilled steaks for a refreshing side with a hint of heat.

- 3** bell peppers (red, yellow or orange, or a combination), sliced into 3-inch-long matchsticks
- 1** Anaheim chile, seeded and sliced into 3-inch-long matchsticks
- 1** pasilla chile, seeded and sliced into 3-inch-long matchsticks
- ¼ large** jicama (about 4 oz), peeled and cut into 2-inch-long matchsticks
- ½** mango (about 4 oz), peeled and cut into 2-inch-long matchsticks
- sea salt and ground black pepper, to taste, optional

DRESSING

- 1 cup** loosely packed cilantro
- 3 tbsp** grape seed or safflower oil
- 1 tsp** finely grated lime zest + 2 tbsp fresh lime juice
- 2 tsp** raw honey
- ¼ tsp** each sea salt and ground black pepper

1. Prepare dressing: In a small food processor or blender, purée all dressing ingredients until smooth; refrigerate while prepping slaw.

2. Prepare slaw: To a large mixing bowl, add bell peppers, chiles, jicama and mango. Pour dressing over top and toss. Season with additional salt and pepper (if using).

PER SERVING (1½ cups): Calories: 172, Total Fat: 11 g, Sat. Fat: 1 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 7 g, Carbs: 19 g, Fiber: 4 g, Sugars: 9 g, Protein: 2 g, Sodium: 129 mg, Cholesterol: 0 mg

POTATO CAESAR SALAD

MAKES **8 SERVINGS**.

HANDS-ON TIME: **25 MINUTES**.

TOTAL TIME: **50 MINUTES**.

Potato salad is the ultimate comfort food for summer shindigs. Try our version with artichokes, sun-dried tomatoes and capers with a homemade Caesar dressing. You'll want to make extra to enjoy throughout the workweek as well.

- 3 lb** potatoes (redskin, Yukon Gold, sweet or purple), cut into 1-inch cubes
- 2 tbsp** grape seed oil
- 1 cup** jarred artichokes, drained and thinly sliced
- ¼ cup** sun-dried tomatoes, thinly sliced
- 1 large** carrot, finely chopped
- 3 tbsp** capers, drained
- ¼ cup** packed chopped fresh flat-leaf parsley

CAESAR DRESSING

- ¼ tsp** lemon zest + ½ cup fresh lemon juice
- ¼ cup** organic unsweetened plain soy milk

- 3 tbsp** nutritional yeast
- 2 tbsp** extra-virgin olive oil
- 2 tbsp** ground flaxseeds
- 2 tsp** Dijon mustard
- ½ tsp** puréed garlic
- ¼ tsp** dulce flakes, optional
- Pinch** sea salt

1. Preheat oven to 375°F and line 2 baking sheets with parchment paper. In a large bowl, toss potatoes in oil. Arrange potatoes evenly on baking sheets and bake until fork-tender and slightly browned, 30 to 35 minutes. Set aside to cool.

2. Meanwhile, prepare dressing: To a Mason jar, add all dressing ingredients and shake vigorously until combined.

3. To a large bowl, add potatoes, artichokes, tomatoes, carrot, capers, parsley and dressing and toss. Salad will keep in the fridge for up to 4 days.

PER SERVING (1 cup): Calories: 250, Total Fat: 8 g, Sat. Fat: 1 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 3 g, Carbs: 37.5 g, Fiber: 6 g, Sugars: 2 g, Protein: 7 g, Sodium: 171 mg, Cholesterol: 0 mg





THE BAJA GRILLED PEACH SALAD *with Spicy Cashew Dressing*

SERVES **6**. HANDS-ON TIME: **25 MINUTES**. TOTAL TIME: **30 MINUTES**.*

*PLUS SOAKING TIME.

Juicy grilled peaches add a lovely warm-weather flair to this salad packed to the brim with beautiful vegetables. If you have time, we suggest making the candied pecans (see tip below) as they add an addictive sweet-salty crunch.

- 1½ lb** boneless, skinless chicken breasts (about 2)
- ½ tsp** sea salt
- ½ tsp** paprika
- ground black pepper, to taste
- 3** peaches, pitted and quartered
- 3 ears** sweet corn, husked
- 1 tbsp** olive oil
- 6–7 oz** mixed greens
- 4** green onions, thinly sliced
- 1 large** avocado, peeled, pitted and cubed
- ⅓ cup** toasted unsalted pecans, chopped

SPICY CASHEW DRESSING

- ¼ cup** raw unsalted cashews, soaked in water for 1 to 4 hours (depending on the speed of blender), drained
- ¼ cup** apple cider vinegar
- 2 tbsp** extra-virgin olive oil
- 2 tsp** Dijon mustard
- 2 tsp** raw honey
- ½ tsp** sea salt
- Pinch** ground cayenne pepper

1. Preheat a grill to medium and lightly oil grates. Season chicken with ½ tsp salt, paprika and pepper. Brush peaches and corn with olive oil. Grill peaches, chicken and corn until peaches have light grill marks (4 minutes per side), chicken is cooked through (5 to 6 minutes per side) and corn has light grill marks (8 to 10 minutes, turning

occasionally). Slice chicken into 1-inch slices; cut corn kernels off the cob.

2. Meanwhile, prepare dressing: In a blender, blend all ingredients with ¼ cup water until smooth.

3. To a bowl, add mixed greens. Add corn, onions and enough dressing to lightly coat and toss. Arrange on a platter and top with chicken, peaches, avocados and pecans. Drizzle with remaining dressing.

TIP: If time allows, make your own candied pecans (optional): In a skillet on medium, toast pecans until fragrant. Add 1 tbsp pure maple syrup and pinch salt and stir constantly until syrup is caramelized, 3 to 4 minutes.

PER SERVING (⅙ of recipe): Calories: 410, Total Fat: 23 g, Sat. Fat: 3.5 g, Monounsaturated Fat: 14 g, Polyunsaturated Fat: 4 g, Carbs: 27 g, Fiber: 7 g, Sugars: 12 g, Protein: 28 g, Sodium: 469 mg, Cholesterol: 63 mg



ZUCCHINI CARPACCIO

with White Beans, Basil & Pine Nuts

SERVES **6**. HANDS-ON TIME: **30 MINUTES**. TOTAL TIME: **30 MINUTES**.

Don't be fooled by the simple ingredients in this salad – it has big flavor from crunchy pine nuts and fragrant fresh basil. A mandoline helps slice the zucchini as thin as possible, but you can also use a knife. For added color, try adding cherry tomatoes.

- | | | |
|---|--|---|
| <p>4 small zucchini (or a combination of zucchini and summer squash), sliced $\frac{1}{8}$ inch thick lengthwise (NOTE: This is easy to do with a mandoline, but you can also use a very sharp knife or a vegetable peeler.)</p> <p>1½ cups cooked white beans (such as cannellini or great northern) or 1 15-oz BPA-free can, drained and rinsed</p> <p>¼ cup unsalted pine nuts, toasted</p> <p>4 small green onions, thinly sliced</p> <p>2 tbsps chiffonade-cut fresh basil (TIP: Stack leaves, then gently roll and slice finely.)</p> | <p>1 3–4-oz block Pecorino Romano or Parmesan cheese, shaved with a vegetable peeler</p> <p>½ lemon</p> <p>3 tbsps extra-virgin olive oil</p> <p>sea salt and ground black pepper, to taste (or red pepper)</p> | <p>1. Layer zucchini slices on a platter or in a bowl. Top with beans, pine nuts, onions, basil and cheese.</p> <p>2. Squeeze lemon over the platter. Drizzle with oil and season with salt and pepper.</p> |
|---|--|---|

PER SERVING ($\frac{1}{6}$ of salad): Calories: 244, Total Fat: 16 g, Sat. Fat: 4 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 3 g, Carbs: 16 g, Fiber: 4 g, Sugars: 2.5 g, Protein: 12 g, Sodium: 287 mg, Cholesterol: 17 mg

SPICY THAI NOODLE SALAD

with Sriracha-Roasted Peanuts

MAKES **6 SERVINGS**.
HANDS-ON TIME: **20 MINUTES**.
TOTAL TIME: **30 MINUTES**.

This cold Asian noodle salad is a happy and healthy stir-fry alternative that can be made in advance and served straight out of the fridge. Sriracha lovers be warned: You're going to want to make extra of these spicy-sweet roasted peanuts.

SRIRACHA PEANUTS

- 5 oz** dry-roasted unsalted peanuts, shelled
- 1 tbsps** pure maple syrup
- 1 tbsps** sriracha or your favorite hot sauce

SALAD

- 7 oz** brown rice pad Thai noodles
- 6 oz** sugar snap peas, julienned
- 1 large** carrot, spiralized or julienned
- 2 cups** red cabbage, thinly sliced
- 1 cup** frozen edamame, shelled and thawed
- 3** green onions, thinly sliced
- ¼ cup** fresh cilantro, chopped
- 1 tbsps** each black and white sesame seeds

DRESSING

- ¼ cup** natural unsalted peanut butter
- ¼ tsp** lime zest + $\frac{1}{4}$ cup fresh lime juice
- 1 tbsps** pure maple syrup

- $\frac{1}{2}$ red chile, seeded and minced
- $\frac{1}{4}$ tsp puréed fresh ginger
- Pinch sea salt

1. Prepare peanuts: Preheat oven to 375°F and line a baking sheet with parchment paper. In a small bowl, toss together peanuts, maple syrup and sriracha. Roast for 10 minutes, until peanuts are lightly toasted and fragrant. Set aside to cool.

2. Meanwhile, cook noodles according to package directions. Drain and rinse with cold water.

3. To a large bowl, add noodles, snap peas, carrots, cabbage, edamame and onions and set aside.

4. To a 12-oz Mason jar, add all dressing ingredients plus $\frac{1}{4}$ cup water. Shake vigorously until combined. Add dressing to bowl and toss. Top with peanuts, cilantro and seeds. Store in the fridge for up to 5 days.

PER SERVING (1½ cups): Calories: 414, Total Fat: 20 g, Sat. Fat: 3 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 3 g, Carbs: 50 g, Fiber: 6 g, Sugars: 11 g, Protein: 12 g, Sodium: 99 mg, Cholesterol: 0 mg



DECONSTRUCTED BAGEL & LOX SALAD

with Dijon Dressing

SERVES **6**. HANDS-ON TIME: **25 MINUTES**. TOTAL TIME: **25 MINUTES**.

We've taken the classic flavors in a bagel and lox sandwich and packed them into a salad with wild smoked salmon, dill, red onion and even toasted bagel chips. To lend a tangy richness to this meal, try adding 3 to 4 oz of crumbled goat cheese.

- 6 oz** baby spinach
- 2 cups** halved cherry or grape tomatoes
- 1 cup** sliced cucumber
- 6 oz** wild smoked sockeye salmon, cut into strips
- $\frac{1}{3}$ cup** thinly sliced red onion
- 2 tbsp** fresh dill fronds, removed from tough stems
- 2 tbsp** capers, drained and patted dry, optional
- whole-grain bagel crisps, optional

DRESSING

- $\frac{1}{2}$ cup** olive oil mayonnaise
- $\frac{1}{4}$ tsp** lemon zest + $\frac{1}{2}$ tbsp fresh lemon juice
- 1 small** garlic clove, minced
- $\frac{1}{2}$ tsp** Dijon mustard
- sea salt and ground black pepper, to taste

1. Prepare dressing: In a medium bowl, whisk together all dressing ingredients plus 2 tbsp water.

2. Arrange spinach on a platter. Top with tomatoes, cucumber, salmon, onion, dill and capers (if using). Arrange bagel crisps (if using) around edges of platter. Drizzle with dressing before serving.

TIP: It can be hard to find a clean option for bagel crisps, but making your own is easy. Slice a whole-grain bagel into thin rounds, brush both sides with olive oil and bake in a single layer in a 350°F oven until golden brown. You can break them into smaller pieces, if desired.

PER SERVING ($\frac{1}{6}$ of salad): Calories: 189, Total Fat: 15 g, Sat. Fat: 3 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 9 g, Carbs: 6 g, Fiber: 2 g, Sugars: 3 g, Protein: 8 g, Sodium: 453 mg, Cholesterol: 17 mg





THE RIVIERA SALAD

with Champagne Vinaigrette

SERVES 6.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 25 MINUTES.

Thinly sliced carrots, radish and fennel add flavor and crunch to this beautiful salad with fresh mint and tarragon.

1 large head romaine lettuce, torn (about 8 cups)

4 cups mesclun salad mix

3 radishes, trimmed and thinly sliced

2 small raw golden beets, peeled and thinly sliced

2 carrots, peeled and thinly sliced

½ large bulb fennel, cored and thinly sliced

¾ cup blanched lima beans

¼ cup fresh mint, large leaves chopped

¼ cup fresh tarragon, chopped

4 oz feta cheese, thinly sliced

DRESSING

⅓ cup extra-virgin olive oil

2 tbsp champagne vinegar

1 tsp Dijon mustard

1 tsp raw honey

¾ tsp sea salt

ground black pepper, to taste

1. Prepare dressing: In a glass jar, combine all dressing ingredients and shake to emulsify.

2. To a bowl, add romaine and mesclun and top with radishes, beets, carrots, fennel and beans. Toss to coat with dressing. Top with mint, tarragon and cheese.

PER SERVING (¼ of recipe): Calories: 287, Total Fat: 20 g, Sat. Fat: 6 g, Monounsaturated Fat: 12.5 g, Polyunsaturated Fat: 2 g, Carbs: 19 g, Fiber: 6 g, Sugars: 8 g, Protein: 7.5 g, Sodium: 594 mg, Cholesterol: 20 mg

ANCIENT GRAIN & KALE SALAD

with Heirloom Tomato Dressing

SERVES 4.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 40 MINUTES.

Millet has a mild, corn-like flavor and fluffy texture that's perfect for hearty grain bowls, but if you can't find it, just double the quinoa. Tuscan kale is much more tender than common curly kale, making it a great candidate for enjoying raw.

⅓ cup tricolor quinoa, rinsed

⅓ cup millet, rinsed

1 tsp sea salt, divided

1 ear corn, husked and kernels removed

¼ cup red wine vinegar

2 tbsp + 2 tsp olive oil

2 tsp each ground coriander and ground cumin (**TRY:** Simply Organic Ground Cumin Seed)

1½ tsp chile powder

1 lb heirloom tomatoes (about 4 small), finely chopped and juices reserved

1 bunch Tuscan or Lacinato kale (about 8 oz), stems and thick ribs removed and leaves thinly sliced crosswise

1 15-oz BPA-free can unsalted black beans, drained and rinsed

¼ red onion, finely chopped

¼ cup chopped fresh cilantro

4 oz queso blanco cheese, crumbled, optional (**TIP:** If you can't find queso blanco, feta is a great substitute. Use a little less as it tends to be saltier.)

1. In a saucepan, bring quinoa, millet, ¼ tsp salt and 2 cups water to a boil. Reduce heat to medium-low, cover and cook until tender, about 15 minutes. Remove from heat; fluff with a fork and stir in corn kernels. Cover and let stand for 5 minutes. Scrape onto a large rimmed baking sheet, spreading evenly. Set aside to cool to room temperature.

2. Meanwhile, in a large bowl, whisk together vinegar, oil, coriander, cumin, chile powder and remaining ¾ tsp salt. Stir in tomatoes and juices.

3. To tomato mixture, add quinoa mixture, kale, beans, onion and cilantro and toss. Sprinkle with cheese (if using).

PER SERVING (¼ of recipe): Calories: 349, Total Fat: 12 g, Sat. Fat: 2 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 2 g, Carbs: 50.5 g, Fiber: 11 g, Sugars: 5 g, Protein: 13 g, Sodium: 554 mg, Cholesterol: 0 mg



CASHEW CHICKEN SALAD *with Creamy Cashew Dressing*

SERVES **4**. HANDS-ON TIME: **30 MINUTES**. TOTAL TIME: **40 MINUTES**.

This creamy cashew dressing with ginger and lime is so delicious, you'll want to double the recipe to have some on hand for other salads or as a dip for vegetables.

DRESSING

- 3 tbsp** roasted, salted cashews
- 1 tbsp** each chopped fresh ginger, cilantro and shallots
- 2 tbsp** each rice vinegar and fresh lime juice
- 1 tbsp** each reduced-sodium soy sauce and toasted sesame oil
- 1 clove** garlic
- ½ tsp** raw honey
- 2 tbsp** safflower oil
- sea salt and ground black pepper, to taste

CHICKEN

- 4 5-oz** boneless, skinless chicken breasts
- ½ tsp** each salt and ground black pepper
- 1 tbsp** each reduced-sodium soy sauce and toasted sesame oil

SALAD

- 4 cups** shredded napa cabbage
- 2 heads** baby bok choy, chopped (about 2 cups)
- 1 cup** snow peas, halved crosswise
- 1 cup** julienned carrots
- 1 cup** roughly torn radicchio
- 1 bunch** green onions, sliced (white and green parts, divided)
- ½ cup** chopped fresh cilantro
- ½ cup** diced daikon radish or red radish
- ¼ cup** chopped roasted, salted cashews

1. Prepare dressing: In a food processor, pulse cashews until they form a paste. Add ginger, cilantro, shallots, vinegar, lime juice, soy sauce, sesame oil, garlic and honey; pulse until minced, scraping sides of bowl. Add safflower oil; process until combined. Season with salt and pepper.

2. Prepare chicken: Preheat a grill to medium-high and brush grate with oil. Season chicken with salt and pepper. Whisk together soy sauce and sesame oil; brush on chicken. Grill chicken, covered, until an instant-read thermometer inserted into thickest part registers 165°F, about 4 to 5 minutes per side; transfer to a plate and tent with foil.

3. Prepare salad: In a large bowl, combine cabbage, bok choy, snow peas, carrots, radicchio, whites of green onions, cilantro and radish; toss with dressing to coat. Divide salad among plates. Slice chicken and top each salad with a sliced chicken breast. Garnish salads with green parts of onions and chopped cashews.

PER SERVING (¼ of salad): Calories: 426, Total Fat: 24 g, Sat. Fat: 4 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 10 g, Carbs: 19 g, Fiber: 4 g, Sugars: 8 g, Protein: 34 g, Sodium: 635 mg, Cholesterol: 78 mg





STEAK & PLUM NOODLE SALAD

with Ginger
Peanut Dressing

SERVES 4.

HANDS-ON TIME: **25 MINUTES.**

TOTAL TIME: **40 MINUTES.**

Juicy plum might seem like an unusual addition to an Asian-inspired noodle salad, but it's a fresher alternative to the classic plum sauce commonly found in stir-fries and noodle bowls.

- 1 cup** fresh orange juice
- ½ cup** unsalted dry-roasted peanuts, divided
- 1 4-inch** piece fresh ginger, peeled and grated
- 2 tbsp** reduced-sodium soy sauce
- 1 tbsp** brown rice vinegar
- 2 6-oz** boneless top sirloin steak medallions, about ½ inch thick
- ¼ tsp** sea salt
- ⅛ tsp** ground black pepper
- 4 oz** sugar snap peas, trimmed and halved lengthwise
- 4 oz** whole-grain spaghetti, broken in half

- 1 head** baby bok choy (about 4 oz), cored and thinly sliced crosswise
- 1** plum, halved, pitted and thinly sliced
- 2** radishes, halved and thinly sliced
- ¼ cup** thinly sliced fresh mint, divided

1. In a blender, purée orange juice, ¼ cup peanuts, ginger, soy sauce and vinegar until smooth. Set aside.

2. Season steak with salt and pepper. Mist a heavy 9-inch skillet or grill pan with cooking spray and heat on medium-high. Add steak and cook, turning once, for about 5 minutes for medium-rare or 8 minutes for medium. Transfer to a cutting board; cover loosely with foil. Let rest for 5 minutes. Thinly slice across the grain. Keep warm.

3. Meanwhile, bring a large saucepan of water to a boil. Add peas and cook until tender-crisp, about 30 seconds. Using a slotted spoon, transfer peas to a bowl of ice water to chill; drain and pat dry. Return water to a boil; add spaghetti and cook, stirring occasionally, until al dente, 7 to 8 minutes. Drain and rinse under cold water.

4. To a large bowl, add spaghetti, bok choy, plum, radishes, 2 tbsp mint and steak. Add peanut sauce and toss to coat.

5. Roughly chop remaining ¼ cup peanuts; sprinkle over spaghetti mixture. Sprinkle with remaining 2 tbsp mint.

PER SERVING (¼ of recipe): Calories: 403, Total Fat: 16 g, Sat. Fat: 4 g, Monounsaturated Fat: 7.5 g, Polyunsaturated Fat: 2 g, Carbs: 38 g, Fiber: 7 g, Sugars: 10 g, Protein: 30 g, Sodium: 473 mg, Cholesterol: 55 mg

TOSSED ANTIPASTO

with Pecorino
Romano Vinaigrette

SERVES 6.

HANDS-ON TIME: **20 MINUTES.**

TOTAL TIME: **30 MINUTES.**

Have you ever ordered an antipasto plate at your local Italian restaurant? Picture every delicious item from that platter – artichokes, roasted peppers and pepperoncini – all tossed together in a salad with a gorgeous oregano-cheese dressing. We promise, you've never had anything like this salad!

- ½ cup** thinly sliced red onion or shallots
- ¼ cup** red wine vinegar (**TRY:** Eden Red Wine Vinegar)
- 1 large** head romaine lettuce, sliced thinly (about 8 cups)
- 12 oz** jarred artichoke hearts, (water packed), drained and patted dry
- 12 oz** jarred roasted red peppers (water packed), drained and sliced
- 1½ cups** cooked chickpeas or 1 15-oz BPA-free can unsalted chickpeas, drained and rinsed
- 1 cup** white mushrooms, thinly sliced
- 5** pepperoncini, stemmed and thinly sliced

DRESSING

- 5 tbsp** extra-virgin olive oil
- 3 tbsp** grated Pecorino Romano or Parmesan cheese
- ½ tsp** each dried oregano and sea salt
- ground black pepper, to taste

1. In a medium bowl, soak onions in vinegar for 15 minutes. Drain onions and reserve vinegar for dressing.

2. Meanwhile, to a large serving platter, add romaine. Top with layers of artichokes, drained red onion, red peppers, chickpeas, mushrooms and pepperoncini.

3. Prepare dressing: In a medium bowl or screw-top jar, whisk together reserved vinegar and all dressing ingredients. Drizzle enough dressing on salad to lightly coat.

TIP: For a twist, buy frozen artichokes and roast them yourself. Preheat oven to 400°F. Line a baking sheet with parchment paper. Arrange thawed artichoke pieces on prepared baking sheet and toss with 1 tbsp oil. Sprinkle with salt and pepper. Roast for 20 minutes or until lightly golden brown around the edges.

PER SERVING (% salad): Calories: 237, Total Fat: 14 g, Sat. Fat: 2.5 g, Monounsaturated Fat: 10 g, Polyunsaturated Fat: 2 g, Carbs: 20 g, Fiber: 6 g, Sugars: 3.5 g, Protein: 7 g, Sodium: 476 mg, Cholesterol: 4 mg



ROOT VEGETABLE & APPLE SLAW

with Apricot Ginger Dressing

SERVES **4**. HANDS-ON TIME: **20 MINUTES**. TOTAL TIME: **30 MINUTES**.

Golden beets and apricots add more than just a sunny hue to this slaw – they also pack a punch of beneficial nutrients. Golden beets are rich in fiber and potassium, while apricots contain vision-supportive vitamin A and collagen-building vitamin C.

½ tsp sea salt + additional, to taste

1 golden beet, peeled and grated

3 to 4 multicolored carrots, peeled and grated

2 Granny Smith apples, grated

6 radishes, trimmed and grated

ground black pepper, to taste, optional

¾ tsp sea salt + additional to taste, optional

1. Prepare dressing: In a small bowl, combine all dressing ingredients. Set aside at room temperature.

2. Prepare slaw: To a small saucepan, add 2 cups water and ½ tsp salt; bring to a boil. Add grated beet and blanch for 30 seconds, until water returns to a boil. Drain and rinse with cold water. Dry; add to a large bowl. (**NOTE:** Blanching the beet helps to mellow its earthy flavor; skip this step if you prefer it raw.)

3. To bowl with beet, add carrots, apples and radishes. Add dressing and toss. Season with additional salt and pepper (if using).

PER SERVING (1½ cups): Calories: 189, Total Fat: 7 g, Sat. Fat: 1 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 1 g, Carbs: 31 g, Fiber: 6 g, Sugars: 22 g, Protein: 2 g, Sodium: 283 mg, Cholesterol: 0 mg

DRESSING

¼ cup chopped unsweetened dried apricots

2 tbsp olive oil

1 tbsp peeled and grated ginger

1 tbsp minced shallot

2 tsp fresh lemon juice

1½ tsp raw honey



COOKOUT- WORTHY MAINS

Our favorite thing about summer is being able to throw open the doors and take entertaining outside. And even cooking gets easier in sunny weather – from ingenious foil packs for the grill to simple, seasonal pastas, these fast, fresh and creative recipes mean less time in the kitchen and more time on the patio.

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CHARRED CORN & TOMATO SALAD
with Halloumi Cheese
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GRILLED STEAK & ROMAINE HEARTS

with Tangy Date Sauce

SERVES 4.

HANDS-ON TIME: **25 MINUTES.**

TOTAL TIME: **30 MINUTES.**

A quick turn in the grill pan or on an outdoor grill gives romaine hearts a mouthwatering smoky flavor and tender-crisp texture that makes it worthy of succulent grilled tenderloin.

- 8 oz** haricots verts or small green beans, trimmed
- 12** pitted dates
- 1½ tsp** yellow mustard seeds
- ¼ cup** apple cider vinegar
- 4 tsp** olive oil, divided
- 3 tbsp** shaved Parmesan cheese, divided
- 2 6-oz** beef tenderloin or top sirloin medallions
- ¼ tsp** each sea salt and ground black pepper, divided
- 2** romaine lettuce hearts, halved lengthwise (root end intact)

1. In a steamer basket set over a saucepan of simmering water, cook haricots verts until tender-crisp,

2 to 3 minutes. Drain and run under cold water. In a blender, purée dates, mustard seeds and ½ cup hot water. Add vinegar and 2 tsp oil and blend until combined. Toss haricots verts with ¼ cup date sauce and 2 tbsp cheese. Set aside.

2. Heat a grill pan on medium-high and brush with ½ tsp oil (or heat a greased outdoor grill to medium-high). Season beef with ½ tsp each salt and pepper and cook, turning once, until desired doneness, 10 to 12 minutes for medium-rare. (**TIP:** If beef begins to over-brown, reduce heat to medium.) Transfer to a cutting board, cover loosely with foil and let rest for 5 minutes. Thinly slice against the grain.

3. While beef is resting, brush romaine with remaining 1½ tsp oil and sprinkle with remaining ½ tsp each salt and pepper. Working in batches if necessary, place romaine, cut sides down, on grill pan or grill. Cover and cook until tender and grill-marked, 4 to 5 minutes. Turn, cover and cook for 2 more minutes. To serve, top romaine with beef, remaining 1 tbsp cheese and date sauce, dividing evenly. Serve with haricots verts.

PER SERVING (¼ of recipe): Calories: 294, Total Fat: 12 g, Sat. Fat: 3.5 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 1 g, Carbs: 25 g, Fiber: 4 g, Sugars: 20 g, Protein: 22 g, Sodium: 221 mg, Cholesterol: 57 mg

THOUSAND ISLAND BURGERS

with Caramelized Onions

SERVES 4.

HANDS-ON TIME: **30 MINUTES.**

TOTAL TIME: **30 MINUTES.**

Two American classics – juicy burgers and Thousand Island dressing – unite for an unparalleled summer entrée.

- 1 tbsp** olive oil
- ½ large** red onion, sliced
- ¼ tsp** + ⅛ tsp sea salt, divided
- ¾ tsp** ground black pepper, divided
- 1 lb** lean ground turkey breast
- ½ tsp** mild chile powder (such as ancho)
- ½ tsp** unsalted garlic and herb seasoning
- 4 ¾-oz** slices Provolone cheese
- 1 cup** loosely packed baby spinach
- 4** whole-wheat buns

THOUSAND ISLAND DRESSING

- ¼ cup** plain whole-milk yogurt
- 3 tbsp** finely diced dill pickles
- 1 tbsp** unsalted tomato paste
- 1 tbsp** minced white onion
- 1½ tsp** olive oil mayonnaise
- 1½ tsp** apple cider vinegar
- 1 tsp** raw honey
- ½ tsp** each Sucanat and garlic powder
- ¼ tsp** each smoked paprika and mustard powder
- ¼ tsp** Worcestershire sauce

1. In a medium, heavy skillet on medium, heat oil. Add red onion and stir to coat. Season with $\frac{1}{8}$ tsp salt and $\frac{1}{4}$ tsp pepper and cook, stirring occasionally, until very tender and lightly browned, about 20 minutes. Reduce heat if onion starts to brown too quickly or sticks to the pan. Transfer to a bowl and set aside.

2. Heat an outdoor grill to medium-high and grease grate. In a large bowl, combine turkey, remaining $\frac{1}{4}$ tsp salt, remaining $\frac{1}{2}$ tsp pepper, chile powder and garlic-herb seasoning. Form into 4 $\frac{1}{2}$ -inch-thick patties; indent each patty in center with your fingers. Grill, flipping patties halfway through, until no longer pink in center and internal temperature reaches 165°F on an instant-read thermometer, about 10 to 12 minutes. Just before patties are done, top each patty with 1 cheese slice and allow to just melt.

3. Meanwhile, prepare dressing: In a medium bowl, combine all dressing ingredients and stir until Sucanat has dissolved, about 1 minute. Divide spinach, caramelized onions, patties and dressing among buns.

PER SERVING (1 burger): Calories: 398, Total Fat: 15 g, Sat. Fat: 6 g, Carbs: 29 g, Fiber: 4 g, Sugars: 8 g, Protein: 38 g, Sodium: 772 mg, Cholesterol: 89 mg



LEMONY ANGEL-HAIR PASTA with Chicken & Asparagus

SERVES 4. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 25 MINUTES.

Simple, wholesome ingredients and a speedy cook time make this dish a go-to weeknight comfort meal. You can customize this recipe using whatever ingredients you have on hand; broccoli makes a fine substitute for the asparagus, or you can omit the chicken and chicken broth and add mushrooms, fresh grated Parmesan and vegetable broth to make it vegetarian.

- 4 oz** whole-grain angel-hair pasta, broken in half
- 12 oz** boneless, skinless chicken breast cutlets, sliced into 12 strips
- $\frac{1}{4}$ tsp** sea salt
- $\frac{1}{8}$ tsp** ground black pepper
- 2 tsp** olive oil
- $\frac{1}{2}$ cup** low-sodium chicken broth
- 3 tbsp** fresh lemon juice
- 2 tbsp** cold organic unsalted butter, cubed
- 1 bunch** asparagus (about 1 lb), trimmed and cut diagonally into $1\frac{1}{2}$ -inch lengths
- $\frac{1}{2}$ cup** chopped fresh mint, divided

- 1.** Cook pasta al dente according to package directions. Reserving $\frac{1}{2}$ cup of the cooking liquid, drain pasta.
- 2.** Meanwhile, season chicken with salt and pepper. In a large skillet, heat oil on medium. Add chicken and cook, turning once, until golden, 4 to 6 minutes.
- 3.** Stir in pasta, broth, lemon juice and butter and bring to a simmer. Add asparagus and cook, stirring, until asparagus is tender-crisp and chicken is no longer pink inside, 1 to 2 minutes. Stir in $\frac{1}{4}$ cup mint and enough of the reserved cooking liquid to make a thin sauce. Sprinkle with remaining $\frac{1}{4}$ cup mint.

PER SERVING ($\frac{1}{4}$ of recipe): Calories: 303, Total Fat: 11.5 g, Sat. Fat: 5 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 1 g, Carbs: 26 g, Fiber: 4.5 g, Sugars: 2 g, Protein: 25 g, Sodium: 184 mg, Cholesterol: 77 mg





ORANGE & MANGO CHICKEN FOIL PACKS

SERVES 4.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 30 MINUTES.

Consider this saucy dish your no-sweat summer stir-fry alternative; it's got all of the sweet-and-sour flavors but doesn't require you to stand over a hot stove to prepare. Instead, pile all the ingredients into a foil pack and toss it on the grill.

- 12 oz** boneless, skinless chicken breasts, cut into 1-inch chunks
- 1 cup** peeled, pitted and cubed mango (**TIP:** Do not use frozen mango.)
- 1** navel orange, peeled and segmented
- 1 large** red bell pepper, cut into 1-inch chunks
- 4** green onions, cut into 1-inch lengths
- 1** green finger chile pepper, seeded and thinly sliced
- ½ cup** low-sodium chicken broth
- 2 tbsp** coconut sugar
- 2 tbsp** reduced-sodium soy sauce
- 2 tbsp** rice vinegar
- 1 tbsp** Thai red curry paste
- 1 tbsp** arrowroot starch

2 tsp peeled and grated fresh ginger

¼ cup torn fresh cilantro

1. Heat a grill to medium-high. Arrange chicken, mango, orange, bell pepper, onions and chile in center of a 24-inch-long piece of heavy-duty foil. Lift up edges of foil to form a bowl shape, leaving top open.

2. In a small bowl, whisk together broth, sugar, soy sauce, vinegar, curry paste, arrowroot and ginger. Pour over chicken mixture; toss. Bring short edges of foil together, then fold inward a few times along each long edge to seal packet.

3. Place packet on grill, reduce heat to medium-low and close lid. Cook until chicken is no longer pink inside, 15 to 18 minutes. Sprinkle with cilantro.

PER SERVING (1½ cups): Calories: 217, Total Fat: 3 g, Sat. Fat: 1 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 1 g, Carbs: 27 g, Fiber: 3 g, Sugars: 20 g, Protein: 22 g, Sodium: 441 mg, Cholesterol: 62 mg

CHARRED CORN & TOMATO SALAD with Halloumi Cheese

SERVES 4.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 30 MINUTES.

Sweet summer corn and tomatoes are elevated with a fragrant tarragon dressing and savory halloumi cheese.

- 1** lemon, halved
- ¼ cup** fresh tarragon
- 2½ tbsp** olive oil, divided
- 1 tbsp** red wine vinegar
- 1 tsp** Dijon mustard

¼ tsp each sea salt and ground black pepper

8 plum tomatoes, halved lengthwise

2 ears corn, husked

4 oz halloumi cheese, cut in ¼-inch-thick slices

1 avocado, peeled, pitted and sliced

1 green onion, thinly sliced

1. Heat a grill to medium-high and brush grates with cooking oil. Place lemon halves, cut sides down, on grill. Close lid and grill until lemon is grill-marked, 1 to 2 minutes. Let cool enough to handle. Squeeze juice into a bowl; discard lemon.

2. Prepare dressing: In a small food processor, blend lemon juice, tarragon, 1½ tbsp olive oil, vinegar, mustard, salt and pepper until well combined. Set aside.

3. Brush tomatoes, corn and halloumi all over with remaining 1 tbsp olive oil. Place corn on grill. Close lid and grill, turning often, until bright yellow and grill-marked, 7 to 8 minutes. Transfer to a cutting board and let cool enough to handle.

4. Meanwhile, place halloumi on grill. Close lid and grill, turning once, until grill-marked, about 4 minutes. Place tomatoes, cut side down, on grill. Close lid and grill, without turning, until slightly softened and grill-marked, about 2 minutes.

5. Halve each tomato piece lengthwise to make wedges. Cut kernels from corn. Divide tomatoes and avocado among plates. Top with corn, halloumi, onion and dressing.

PER SERVING (2 cups): Calories: 318, Total Fat: 23.5 g, Sat. Fat: 7 g, Monounsaturated Fat: 13 g, Polyunsaturated Fat: 2.5 g, Carbs: 21 g, Fiber: 6 g, Sugars: 7.5 g, Protein: 11 g, Sodium: 510 mg, Cholesterol: 18 mg





CHICKEN SAUSAGE PENNE *with Dandelion Greens*

SERVES 4. HANDS-ON TIME: **20 MINUTES.** TOTAL TIME: **20 MINUTES.**

Dandelion greens pack a tasty, bitter punch that is best paired with other bold ingredients that can stand up to its flavor, such as the sharp Parmesan and flavorful sausage in this quick pasta. The leaves mellow as they cook, so hold back some fresh ones to toss in at the end of cooking for an extra kick. Serve with lemon wedges and red pepper flakes.

- 8 oz** whole-grain penne
- 2 tsp** olive oil
- 8 oz** all-natural mild Italian chicken sausage, no added nitrites or nitrates, casings removed
- 5 cups** dandelion greens, chopped, divided
- 1 large** clove garlic, thinly sliced
- ¼ tsp** ground black pepper
- Pinch** sea salt
- 3 tbsp** heavy whipping cream (35%)
- 5 tbsp** grated Parmesan cheese

1. Cook pasta al dente according to package directions. Reserve ½ cup cooking liquid before draining.

2. Meanwhile, in a large sauté pan, heat oil on medium. Add sausage and cook, breaking up meat with a wooden spoon, until no longer pink, about 3 minutes. Add 4 cups dandelion greens, garlic, pepper and salt and sauté, stirring often, until greens are wilted, about 2 minutes.

3. Reduce heat to low and stir in cream, scraping up browned bits from bottom of pan with a wooden spoon. Add pasta, reserved cooking liquid, cheese and remaining 1 cup dandelion greens and stir to combine.

PER SERVING (1⅓ cups): Calories: 396, Total Fat: 13.5 g, Sat. Fat: 5.5 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 2 g, Carbs: 50 g, Fiber: 7.5 g, Sugars: 2 g, Protein: 22 g, Sodium: 537 mg, Cholesterol: 68 mg

PEACH-GLAZED CHICKEN THIGHS *with Mustard Greens*

SERVES 4.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 35 MINUTES.

Juicy peach breaks down into a luscious sweet sauce for chicken thighs in this rustic dish. To easily peel the peach, score an X in the bottom of the fruit and blanch it in a saucepan of boiling water until the skin begins to loosen, about 30 seconds. Transfer the peach to a bowl of ice water to chill; use a paring knife to peel away skin.

- 4** bone-in, skinless chicken thighs (about 1½ lb), trimmed
- ½ tsp** sea salt
- ¼ tsp** ground black pepper
- 2 tsp** safflower or olive oil
- 1 large** parsnip, peeled, quartered lengthwise and sliced crosswise into 1-inch lengths
- ¼ cup** low-sodium chicken broth
- 2 tbsp** pure maple syrup
- 1 tbsp** apple cider vinegar
- 2 tsp** Dijon mustard
- 1 large** peach, peeled, pitted and chopped (**TIP:** Substitute with 2 cups frozen diced peaches, thawed and drained.)
- 10 oz** mustard greens, thick stems removed and leaves torn (about 12 cups)

1. Season chicken with salt and pepper. In a heavy 12-inch skillet, heat oil on medium. Add chicken, flesh side down, and cook undisturbed until golden brown, 6 to 7 minutes. Turn chicken and arrange along outer edge of skillet. Add parsnip to center of skillet, spreading in a single layer. Cook undisturbed until beginning to brown, 2 to 3 minutes.

2. In a small bowl, whisk together broth, maple syrup, vinegar and mustard and stir into skillet. Stir in peach and reduce heat to low. Cover and cook undisturbed until peach is softened and an instant-read thermometer inserted in thickest part of chicken reads 165°F, 15 to 17 minutes.

3. Meanwhile, bring a saucepan of water to a boil. Add mustard greens and cook until bright green, about 30 seconds. Drain well and pat dry or whirl in a salad spinner.

4. Stir mustard greens into chicken mixture. Increase heat to medium and cook, uncovered, basting chicken with sauce occasionally, until sauce is thickened, 3 to 5 minutes.

PER SERVING (1 thigh and ¼ of vegetables): Calories: 322, Total Fat: 11 g, Sat. Fat: 2.5 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 3.5 g, Carbs: 26 g, Fiber: 7.5 g, Sugars: 14 g, Protein: 31 g, Sodium: 449 mg, Cholesterol: 133 mg



LOBSTER TAIL FOIL PACKS *with Lemon Chive Butter*

SERVES 4. HANDS-ON TIME: 10 MINUTES. TOTAL TIME: 30 MINUTES.

These individual meal-in-one packets are great for camping, weekends at the cottage or entertaining on the patio.

- 1 lemon, zested and juiced, divided
- ¼ cup organic unsalted butter, room temperature
- 2 tbsp chopped fresh chives
- ½ tsp sea salt
- ¼ tsp ground black pepper
- ⅓ tsp ground cayenne pepper
- 4 6-oz fresh or frozen shell-on lobster tails, thawed
- 12 baby potatoes, halved
- 2 ears corn, husked and cut into quarters
- 2 red bell peppers, quartered
- ½ cup low-sodium chicken broth

surface. Using kitchen shears, cut through membrane on underside of each lobster tail to expose meat. Place 1 lobster tail in center of each stack of foil. Top with potatoes, corn, bell peppers, broth, lemon juice and butter mixture, dividing evenly. Bring short edges of each stack of foil together, then fold inward a few times along each long edge to seal packets.

3. Reduce heat on 1 side of grill to low. Place packets on low heat, close lid and grill until lobster meat is firm and opaque and vegetables are tender, 20 to 25 minutes.

OVEN VARIATION: Bake packets on a rimmed baking sheet in a 375°F oven until lobster is firm and opaque and veggies are tender, 20 to 25 minutes.

PER SERVING (1 packet): Calories: 380, Total Fat: 14 g, Sat. Fat: 8 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 1 g, Carbs: 35 g, Fiber: 4 g, Sugars: 6 g, Protein: 30 g, Sodium: 708 mg, Cholesterol: 217 mg

1. Heat a grill to high. In a small bowl, combine lemon zest, butter, chives, salt, pepper and cayenne.

2. Arrange 4 12-inch-long double layers of heavy-duty foil on a work





CUCUMBER DILL SALMON PATTIES

with Lemon Caper Mayo

SERVES **6**.

HANDS-ON TIME: **25 MINUTES**.

TOTAL TIME: **1 HOUR**.

We've mixed small, sweet Persian cucumbers into salmon patties to make them extra juicy. Serve with tomato slices on a large, sturdy lettuce leaf, such as Boston lettuce or radicchio, or on a bun.

- 2 small** Persian cucumbers, roughly chopped
- ¼ large** red onion, diced (about ¼ cup)
- 1 tbsp** fresh lemon juice
- 1 lb** boneless, skinless salmon fillet
- 1 large** egg
- ½ cup** whole-grain bread crumbs
- 2 tbsp** chopped fresh dill
- 1 tsp** Dijon mustard
- 1 tsp** wasabi paste
- ¼ tsp** each sea salt and ground black pepper

LEMON CAPER MAYO

- ¼ cup** olive oil mayonnaise
- 2 tbsp** capers, drained, rinsed and chopped
- 2 tsp** lemon zest

1. In a food processor, pulse cucumbers, onion and lemon juice until finely chopped. Add salmon and pulse until coarsely chopped. Add egg, bread crumbs, dill, mustard, wasabi paste, salt and pepper and pulse until just combined.

2. Line a large plate with parchment paper. Shape salmon mixture into 6 patties and arrange in a single layer on plate. Refrigerate for 30 minutes.

3. Preheat a grill to high and lightly brush grates with cooking oil. Place patties on grill, close lid and grill until bottoms are grill-marked, about 5 minutes. Turn, close lid and grill until an instant-read thermometer reaches 145°F when inserted in thickest part, about 4 minutes.

4. Meanwhile, prepare Lemon Caper Mayo: In a small bowl, stir together mayonnaise, capers and lemon zest. Serve with patties.

PER SERVING (1 patty and 2 tsp mayo):
Calories: 187, Total Fat: 11 g, Sat. Fat: 2 g,
Monounsaturated Fat: 4 g, Polyunsaturated
Fat: 5 g, Carbs: 4 g, Fiber: 1 g, Sugars: 1 g,
Protein: 17 g, Sodium: 293 mg, Cholesterol: 70 mg

BEET & BEEF BURGERS

with Tomato Relish

SERVES **6**.

HANDS-ON TIME: **35 MINUTES**.

TOTAL TIME: **50 MINUTES**.

We've spiked these beef burgers with grated beet and carrot to add a hint of sweetness and a healthy dose of fiber. Any whole-grain bun works well with this burger – then add your favorite toppings such as tomatoes, onion and lettuce.

- 1 head** garlic
- ½ tsp** olive oil

- 2** plum tomatoes, halved lengthwise and seeded
- 1 tsp** red wine vinegar
- 1 tsp** raw honey
- ¼ tsp** ground allspice
- 1 lb** lean ground beef
- 1** red beet, peeled and grated (about 1 cup)
- 1 large** carrot, peeled and grated (about 1 cup)
- 1 large** egg
- ½ cup** whole-grain bread crumbs
- ¼ cup** each finely chopped fresh basil and parsley
- ¼ tsp** each sea salt and ground black pepper

1. Preheat a grill to medium. Fold a 24-inch-long sheet of heavy-duty foil in half crosswise to make a 12-inch square. Slice off top third of garlic head to expose cloves; place head in center of foil and drizzle with oil. Fold up edges of foil to create a pouch, pinching to seal. Place on grill, close lid and grill until cloves are soft and golden brown, about 30 minutes. Let cool enough to handle.

2. Meanwhile, place tomatoes, cut side down, on grill. Close lid and grill, turning once, until lightly grill-marked, about 2 minutes. Transfer to a food processor. Squeeze garlic cloves into processor. Add vinegar, honey and allspice and pulse until coarsely chopped. Scrape into a small bowl; set aside.



3. Meanwhile, in a large bowl, mix together beef, beet, carrot, egg, bread crumbs, basil, parsley, salt and pepper. Shape into 6 patties.

4. Lightly grease grill grates. Place patties on grill, close lid and grill on medium heat, turning once, until an instant-read thermometer reaches 160°F when inserted in thickest part, 8 to 10 minutes. Serve with relish.

PER SERVING (1 patty and 2 tsp relish):

Calories: 176, Total Fat: 7 g, Sat. Fat: 3 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 1 g, Carbs: 10 g, Fiber: 2 g, Sugars: 3 g, Protein: 19 g, Sodium: 166 mg, Cholesterol: 81 mg

SPICE-RUBBED PORK CHOPS

with Escarole & Apple Sauté

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 30 MINUTES.

Toasting the whole spices and grinding them yourself is the key to this dish's amazingly fragrant flavor. Choose a crisp, firm apple such as Braeburn or Fuji that will hold its shape when cooked. When prepping the escarole, trim just the very end of the root, keeping as much of the juicy white stem as possible – it's the best part.

- 1 tsp** each fennel seeds and coriander seeds
- ½ tsp** sea salt, divided
- ½ tsp** ground black pepper
- 4 6-oz** boneless pork loin chops, trimmed
- 1 tbsp** olive oil
- 1** Braeburn or Fuji apple, cored and cut into ½-inch wedges
- 2 large** cloves garlic, thinly sliced
- 2 tsp** chopped fresh thyme

1 bunch escarole (about 1 lb), trimmed and roughly chopped

1 tbsp apple cider vinegar

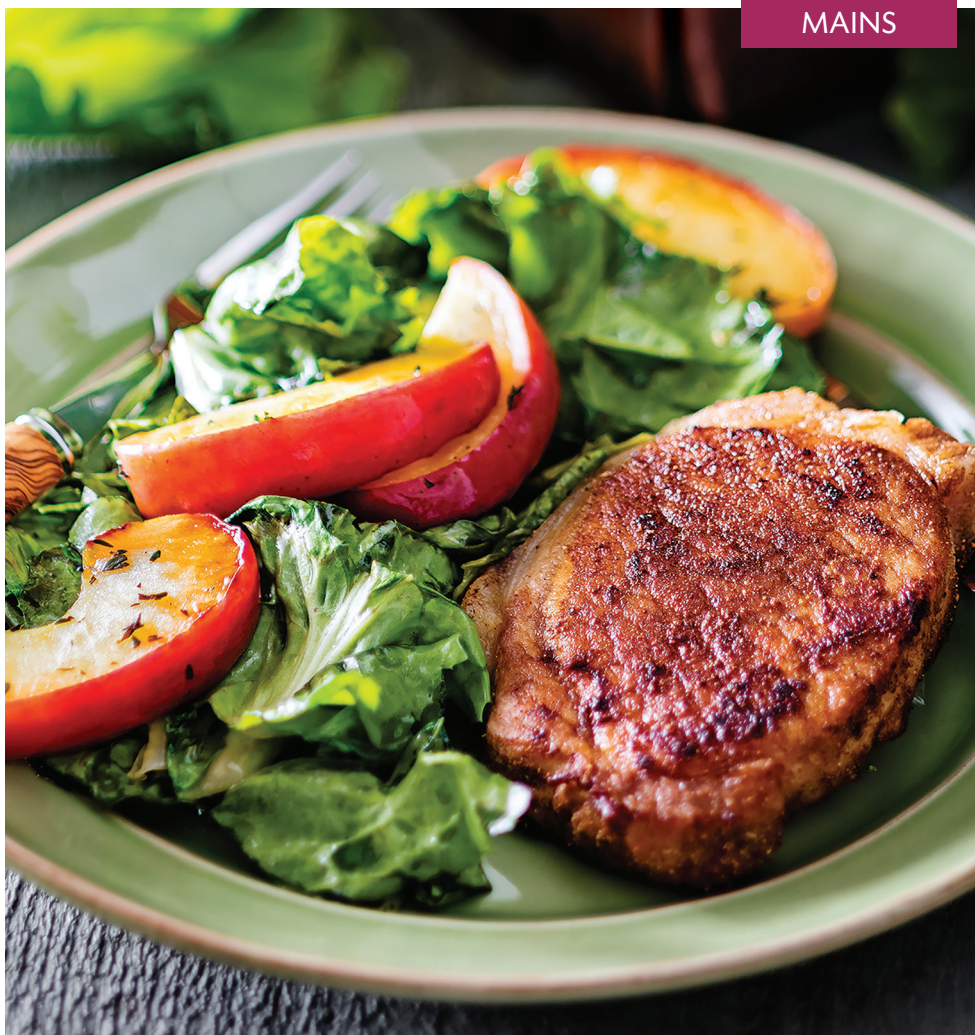
1. Heat a large sauté pan on medium-low. Add fennel and coriander and cook, stirring frequently, until fragrant, about 2 minutes. Transfer to a clean spice grinder and add ¼ tsp salt and pepper; pulse until finely ground. (Alternatively, transfer to a cutting board and crush spices with the bottom of a saucepan.) Rub mixture all over pork.

2. Mist same sauté pan with cooking spray and heat on medium-high. Add pork and reduce heat to medium-low. Cook, undisturbed, until browned, about 4 minutes. Turn and cook, undisturbed, until

just a hint of pink remains in centers and pork reaches 145°F when tested with an instant-read thermometer in thickest part, about 3 minutes. Transfer to a plate and cover loosely with foil to keep warm. Set aside.

3. In same sauté pan, heat oil on medium. Add apple and sauté, stirring occasionally, until beginning to brown, about 2 minutes. Add garlic and thyme and sauté until fragrant, about 1 minute. Gradually add escarole, tossing with tongs to wilt between additions. Stir in vinegar and remaining ¼ tsp salt, scraping up browned bits from bottom of pan with a wooden spoon. Serve with pork.

PER SERVING (1 pork chop and 1 cup escarole mixture): Calories: 314, Total Fat: 13 g, Sat. Fat: 4 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 1.5 g, Carbs: 11 g, Fiber: 5 g, Sugars: 5 g, Protein: 37 g, Sodium: 348 mg, Cholesterol: 96 mg





TOFU & MUSHROOM BOURGUIGNON SKEWERS

MAKES 10 SKEWERS. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 35 MINUTES.*

*PLUS MARINATING TIME.

A vegetarian take on the classic French dish, these skewers are marinated in the sauce then grilled alongside mushrooms, pearl onions and bell peppers.

- ¼ cup** reduced-sodium tamari
- 2 tbsp** red wine vinegar (or ¼ cup Burgundy wine)
- 2 tbsp** unsalted tomato paste
- 1 tbsp** extra-virgin olive oil
- 1 tsp** dried thyme or 1 tbsp fresh thyme, chopped
- 2 cloves** garlic, puréed
- ¼ tsp** ground black pepper
- 2 pkgs** extra-firm organic tofu, cut into 1-inch cubes
- 20** button mushrooms
- 10** pearl onions, peeled and halved
- 1 each** red, yellow and green bell pepper, cut into 2-inch-cubes
- ¼ bunch** fresh flat-leaf parsley, chopped

EQUIPMENT:

- 10** bamboo skewers, soaked in water for 20 minutes

1. In a bowl, whisk together ½ cup hot water, tamari, vinegar, tomato paste, oil, thyme, garlic and black pepper. Add tofu and marinate in fridge for 1 hour.

2. Thread each skewer with tofu, mushrooms, onions and bell pepper. Reserve remaining marinade.

3. Preheat grill to medium-high. Brush grate with cooking oil and grill skewers for 10 to 12 minutes, turning several times and brushing liberally with reserved marinade.

4. When ready to serve, drizzle any remaining sauce over skewers and top with parsley.

MAKE AHEAD: Place uncooked skewers into a sealable container with marinade until ready to grill. Skewers will keep up to 5 days in the fridge.

PER SERVING (2 skewers): Calories: 147, Total Fat: 6 g, Sat. Fat: 1 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 2 g, Carbs: 12 g, Fiber: 3.5 g, Sugars: 3 g, Protein: 11 g, Sodium: 584 mg, Cholesterol: 0 mg

STEAMED CLAMS

with Sorrel & Garlic Bread

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 30 MINUTES.

Sorrel's lemony flavor is a perfect pairing for briny shellfish, such as clams. This recipe easily serves four as an appetizer; to make it a meal, toss the clams and broth with 8 oz (4 cups cooked) whole-grain linguine.

- 2 strips** organic bacon (about 2 oz), no added nitrites or nitrates, chopped
- 1 tbsp** olive oil
- 1 large** leek, white and light green parts only, halved lengthwise and thinly sliced
- 2 cloves** garlic, thinly sliced
- 1 tbsp** chopped fresh thyme
- 1 cup** all-natural seafood stock
- ½ cup** dry white wine
- ½ tsp** ground black pepper
- Pinch** red pepper flakes
- 2 lb** Manila or other small clams, rinsed and scrubbed (**NOTE:** Discard any clams with broken shells or ones that are open and do not close when tapped.)
- 2 cups** sorrel, stemmed and roughly chopped

GARLIC BREAD

- 4 slices** whole-grain crusty bread (about 4 oz)
- 2 tsp** olive oil
- 1 large** clove garlic, halved lengthwise

1. Prepare garlic bread: Preheat oven to 350°F. On a baking sheet, arrange bread in a single layer and brush with 2 tsp oil. Bake until crisp and golden brown, about 10 minutes. Rub cut sides of 1 clove sliced garlic over bread; discard garlic. Cover bread with foil to keep warm.

2. Meanwhile, heat a large sauté pan on medium. Add bacon and cook, stirring often, until crisp, about 2 minutes. Using a slotted spoon, transfer bacon to a paper towel-lined plate; set aside. Drain fat from pan and discard.

3. In same pan, heat 1 tbsp oil on medium. Add leek and sauté, stirring often, until tender, about 3 minutes. Add 2 cloves sliced garlic and thyme and sauté until fragrant, 30 seconds.

4. Increase heat to medium-high and add stock, wine, black pepper, pepper flakes and 1 cup water, scraping up browned bits from bottom of pan with a wooden spoon. Bring to a simmer and add clams, arranging in a single layer. Cover and cook until clams have opened, about 6 minutes. Stir well and discard any unopened clams. Remove from heat and stir in bacon. Gently stir in sorrel until wilted. Serve with garlic bread.

PER SERVING (1½ cups clam mixture and 1 slice bread): Calories: 210, Total Fat: 8 g, Sat. Fat: 1 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 1 g, Carbs: 24 g, Fiber: 4 g, Sugars: 3 g, Protein: 11 g, Sodium: 564 mg, Cholesterol: 13 mg

HEIRLOOM TOMATO & HERB GALETTE

SERVES 6.

HANDS-ON TIME: **30 MINUTES.**

TOTAL TIME: **1 HOUR, 35 MINUTES.***

*PLUS COOLING TIME.

Heirloom tomatoes grow in a myriad of colors, with yellow being milder and red more acidic. For the prettiest presentation, choose a combination of colors. Finish this dish with a sprinkling of whichever leafy herbs you happen to have in your garden. We suggest oregano, marjoram and basil.

- 1 cup** whole-wheat flour + additional for dusting
- ½ cup** whole-grain spelt flour
- ¼ tsp** sea salt
- 6 tbsp** cold organic unsalted butter, cubed
- ¾ cup** grated Parmesan cheese
- ½ cup** whole-milk ricotta cheese
- 1½ lb** heirloom tomatoes, thinly sliced and patted dry
- 1 small** leek (white and light green parts only), halved lengthwise and sliced crosswise into ½-inch lengths
- ¼ tsp** ground black pepper
- 3 tbsp** each chopped fresh oregano, marjoram and basil
- 2 tsp** olive oil

1. In a large bowl, whisk together whole-wheat flour, spelt flour and salt. Using a pastry blender or 2 knives, cut in butter until it's the size of small peas. Using a fork, mix in 6 tbsp ice water just until dough comes together, adding up to 2 tbsp



more ice water if necessary. Turn out dough onto a lightly floured work surface and knead until smooth, 4 to 5 times. Press into disk, wrap in plastic wrap and refrigerate for 30 minutes.

2. Preheat a grill to high. Lightly mist a 12-inch round pizza pan with cooking spray. In a small bowl, stir together Parmesan and ricotta. Set aside.

3. On a lightly floured work surface, roll out dough to a 14-inch circle. Transfer to pan, letting excess overhang edge of pan. Arrange tomatoes and leek over top. Dollop with ricotta mixture and sprinkle with pepper. Fold excess dough over to cover edge of toppings.

4. Turn off heat on 1 side of grill. Place galette on unheated side, close lid and grill, rotating pan every 15 minutes, until crust is golden brown and ricotta mixture is beginning to brown, 35 to 45 minutes. Let cool in pan for 15 minutes. Slide onto a cutting board, sprinkle with fresh herbs and drizzle with oil.

PER SERVING (⅓ of galette): Calories: 327, Total Fat: 19 g, Sat. Fat: 11 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 1 g, Carbs: 31 g, Fiber: 5 g, Sugars: 4 g, Protein: 10.5 g, Sodium: 268 mg, Cholesterol: 49 mg



FOIL-PACK GRILLED ASIAN CHICKEN WINGS

SERVES 4. HANDS-ON TIME: 5 MINUTES. TOTAL TIME: 30 MINUTES.

Hoisin sauce delivers a sweet, salty and spicy punch to these sticky chicken wings. If you don't have it on hand, it's worth adding to your collection – the Asian sauce is a versatile glaze for grilled chicken, pork or steak, or mix it with water and arrowroot and use it as a stir-fry sauce.

- ¼ cup** fresh orange juice
- 1 tbsp** peeled and grated fresh ginger
- 1 tbsp** hoisin sauce
- 1 tbsp** reduced-sodium soy sauce
- 2 tsp** chile-garlic paste
(**TIP:** Look for it in the Asian section of most grocery stores or in Asian markets.)
- 2 cloves** garlic, minced
- 1 tsp** arrowroot starch
- 20** bone-in, skin-on split chicken wings (about 2 lb)
- 2 tsp** sesame seeds, toasted
- 2** green onions, thinly sliced
- 1** red finger chile pepper, thinly sliced, optional

1. Heat a grill to high. In a large bowl, whisk orange juice, ginger, hoisin, soy sauce, chile-garlic paste, garlic and arrowroot. Add wings; toss to coat.

2. Place wings with sauce in center of a 24-inch-long piece of heavy-duty foil. Bring short edges of foil together, then fold inward a few times along each long edge to seal packet. Place on grill and reduce heat to medium-low. Close lid; cook until chicken is no longer pink inside, 25 to 30 minutes.

3. Transfer wings to a serving plate and sprinkle with seeds, onions and chile pepper (if using).

OVEN VARIATION: Bake packet on a rimmed baking sheet in a 375°F oven until chicken is no longer pink inside, 25 to 30 minutes.

PER SERVING (5 wings): Calories: 279, Total Fat: 18 g, Sat. Fat: 5 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 4 g, Carbs: 7 g, Fiber: 1 g, Sugars: 3 g, Protein: 23 g, Sodium: 345 mg, Cholesterol: 137 mg



SPRINGTIME SPAGHETTI

with Pesto, Asparagus & Zucchini

SERVES 4.
HANDS-ON TIME: 30 MINUTES.
TOTAL TIME: 35 MINUTES.

Bring spring to your dinner table with this garden-fresh spaghetti packed with seasonal herbs, asparagus and zucchini. If you have a shredder attachment for your food processor, save time and use it to shred the zucchini. Save the prettiest basil leaves from the bunch to sprinkle over each dish before serving.

- 2 cups** packed fresh basil
- ½ cup** toasted unsalted walnuts
- 2 small** cloves garlic
- 1 tsp** ground black pepper, divided
- ½ tsp** sea salt, divided
- ¼ cup** extra-virgin olive oil
- 12 oz** thin asparagus spears, trimmed and cut into 2-inch lengths

- 1 zucchini, trimmed and cut into matchsticks or shredded
- 1 cup frozen petite or baby peas, thawed
- 8 oz whole-grain spaghetti (**TRY:** Jovial Whole Grain Einkorn Spaghetti)
- ½ cup grated or sliced Parmesan cheese
- 1 lemon, zested

1. In a food processor, pulse basil, walnuts, garlic, ½ tsp pepper and ¼ tsp salt, stopping to scrape down sides of bowl, until finely chopped. With processor running, slowly drizzle in oil, then ¼ cup water and blend until a chunky sauce forms.

2. Mist a large skillet with cooking spray and heat on medium-high. Add asparagus and cook, stirring frequently, for 2 minutes. Add ½ cup water and bring to a simmer. Cook, stirring occasionally, until asparagus is tender-crisp and no liquid remains, about 3 minutes. Add zucchini, peas and remaining ½ tsp pepper and ¼ tsp salt and cook, stirring frequently, until zucchini is tender, about 2 minutes.

3. Meanwhile, in a large pot, cook pasta al dente according to package directions. Drain, reserving 1 cup of the cooking water. Return pasta to pot.

4. Add asparagus mixture and basil mixture to pasta and heat on low, stirring gently to coat. Gradually stir in reserved cooking water, 1 tbsp at a time, until sauce reaches desired consistency. Divide among plates and top with Parmesan and lemon zest, dividing evenly.

PER SERVING (2 cups): Calories: 493, Total Fat: 27 g, Sat. Fat: 5 g, Monounsaturated Fat: 13 g, Polyunsaturated Fat: 8 g, Carbs: 47 g, Fiber: 8 g, Sugars: 5 g, Protein: 18 g, Sodium: 486 mg, Cholesterol: 9 mg

GRILLED RATATOUILLE *with Fresh Basil Sauce*

SERVES 8. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 30 MINUTES.

This easy take on the classic French vegetable stew is one of our favorite ways to enjoy a bundle of freshly picked veggies at once. A simple herb sauce is a perfect finishing touch – bonus points if the basil comes from your garden, too!

- 2 cups loosely packed fresh basil
- 2 cloves garlic, peeled
- ⅔ cup olive oil, divided
- ½ tsp each sea salt and ground black pepper, divided
- 4 plum tomatoes, halved lengthwise
- 2 yellow bell peppers, seeded and quartered
- 1 eggplant, sliced into ½-inch-thick rounds
- 1 large zucchini, sliced on the bias into ½-inch-thick rounds
- 1 small red onion, sliced into ¼-inch-thick rounds

1. Heat a grill to medium-high. In a food processor, pulse basil and garlic until finely chopped. With motor running, gradually drizzle in all but 1 tbsp oil. Season with ¼ tsp each salt and black pepper. Set aside.

2. On a large rimmed baking sheet, arrange tomatoes, yellow peppers, eggplant, zucchini and onion in a single layer. Brush with remaining 1 tbsp oil and sprinkle with remaining ¼ tsp salt and black pepper.

3. Grease grill grates. Place yellow peppers, eggplant, zucchini and onion on grill. Close lid and grill, turning once, until softened and grill-marked, 5 to 7 minutes. Place tomatoes, cut side down, on grill. Close lid and grill, turning once, until softened, about 4 minutes.

4. Arrange eggplant, zucchini and onion on a large serving platter. Transfer yellow peppers and tomatoes to a cutting board. Slice yellow peppers into strips; add to platter. Peel tomatoes and chop flesh into 1-inch pieces; add to platter. Drizzle with basil mixture.

PER SERVING (1 cup): Calories: 217, Total Fat: 19 g, Sat. Fat: 3 g, Monounsaturated Fat: 13 g, Polyunsaturated Fat: 2 g, Carbs: 13 g, Fiber: 3 g, Sugars: 6 g, Protein: 3 g, Sodium: 131 mg, Cholesterol: 0 mg





KIMCHI BEEF BURGERS

SERVES 4.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 25 MINUTES.

New to kimchi? These Korean-inspired burgers are a great place to start. Most of the kimchi is mixed into the patties to infuse them with the spicy-sweet flavor of the fermented cabbage. The remaining is stirred into a mayo to make a tangy topping. If you have some on hand, you can add a couple of cloves of minced garlic and/or 2 tsp minced ginger to the patty mixture in Step 1 for added punch.

- 12 oz** lean ground beef
- 5 tbsp** lightly drained finely chopped kimchi, divided
- 3 tbsp** olive oil mayonnaise, divided
- 2 tsp** sesame oil, divided
- 2 tsp** reduced-sodium soy sauce, divided
- 1/8 tsp** sea salt, or to taste
- 1/2 tsp** ground black pepper
- 1 tsp** brown rice vinegar
 - 1** avocado, peeled, pitted and thinly sliced
 - 4** whole-grain buns, toasted
 - 4 oz** Persian cucumber, thinly sliced on the diagonal

1. In a large bowl, combine beef, 3 tbsp kimchi, 1 tbsp mayonnaise and 1 tsp each sesame oil and soy sauce. Shape into 4 1/2-inch-thick patties. Season on both sides with salt and pepper. Mist a large nonstick skillet with cooking spray and heat on medium. Add patties and cook, turning once, until beef reads 160°F when tested with a thermometer, 5 to 7 minutes. (Alternatively, if grilling, chill patties at least 30 minutes to firm up; cook on a greased grill for 5 to 7 minutes, turning halfway.)

2. Meanwhile, in a small bowl, stir together vinegar, remaining 2 tbsp mayonnaise, 2 tbsp kimchi, 1 tsp sesame oil and 1 tsp soy sauce.

3. Lay avocado slices over cut side of each bun bottom. Top with patty, cucumber slices, sauce and bun top.

PER SERVING (1 burger): Calories: 433, Total Fat: 27 g, Sat. Fat: 6 g, Monounsaturated Fat: 12 g, Polyunsaturated Fat: 8 g, Carbs: 28 g, Fiber: 7 g, Sugars: 5 g, Protein: 22 g, Sodium: 538 mg, Cholesterol: 55 mg

ARCTIC CHAR with Watercress, Fennel & Orange Sauté

SERVES 4.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 30 MINUTES.

Sweet sautéed fennel and orange juice mellow the peppery taste of watercress in this company-worthy dish.

- 1** navel orange
- 4 5-oz** skin-on arctic char fillets, pin bones removed
- 1 tbsp** + 1 tsp olive oil, divided
- 1/4 tsp** each sea salt and ground black pepper, divided

- 1 large** bulb fennel, trimmed, cored and thinly sliced (about 4 cups)
- 1 1/2 large** shallots, thinly sliced (about 3/4 cup)
- 1 large** clove garlic, thinly sliced
- 1/2 cup** dry white wine
- 1 bunch** watercress, trimmed (**NOTE:** Leave 1 inch of stems attached.)

1. Preheat oven to 400°F. Zest orange; set zest aside. Cut 4 thin slices from orange and cut each slice in half; set slices aside. Juice remaining orange; set aside.

2. Line a small baking sheet with parchment paper and mist with cooking spray. Arrange fish, skin side down, on sheet. Brush tops with 1 tsp oil and sprinkle with 1/8 tsp each salt and pepper. Arrange orange slices over top. Bake until fish flakes easily when tested with a fork, about 10 minutes.

3. Meanwhile, in a large sauté pan, heat remaining 1 tbsp oil on medium-high. Add fennel, shallots and remaining 1/8 tsp each salt and pepper and sauté, stirring often, until fennel and shallots are golden brown, about 5 minutes. Add garlic and sauté until fragrant, about 30 seconds.

4. Reduce heat to medium and stir in wine and orange juice. Bring to a simmer and cook until fennel is tender and liquid is reduced by half, about 3 minutes. Remove from heat and add watercress and orange zest; toss just until watercress is slightly wilted. Serve with arctic char.

PER SERVING (1 piece fish and 3/4 cups fennel mixture): Calories: 330, Total Fat: 16 g, Sat. Fat: 4 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 3 g, Carbs: 16 g, Fiber: 4 g, Sugars: 8 g, Protein: 33 g, Sodium: 295 mg, Cholesterol: 50 mg





FOIL-PACK MEATBALL SUBS

SERVES 6.
HANDS-ON TIME: 15 MINUTES.
TOTAL TIME: 30 MINUTES.

Jarred tomato sauce is a shortcut that helps get these meaty subs on the table fast. For evenly sized meatballs, divide mixture into thirds, then divide each third into 6 equal balls – this will ensure they cook through at the same time.

- 2 tsp** olive oil
- 1 small** yellow onion, finely chopped
- 1 clove** garlic, minced
- 1 lb** extra-lean ground beef
- 1 large** egg
- ¼ cup** whole-wheat bread crumbs
- ¼ cup** chopped fresh flat-leaf parsley
- 2 tbsp** grated Parmesan cheese + additional for garnish, optional
- 2 cups** jarred unsalted tomato sauce

- 1 tsp** each dried basil and dried oregano
- ½ tsp** red pepper flakes
- 1** green bell pepper, thinly sliced
- 4 oz** white or cremini mushrooms, sliced
- 6** whole-grain sausage or sub buns, grilled

1. In a large sauté pan on medium-high, heat oil. Add onion and sauté, stirring frequently, until translucent, 2 minutes. Add garlic and sauté until fragrant, 30 seconds. Scrape into a large bowl and cool slightly. Mix in beef, egg, bread crumbs, parsley and Parmesan. Shape into 18 meatballs.

2. Meanwhile, heat a grill to high. In a medium bowl, combine tomato sauce, basil, oregano and pepper flakes. Spread one-quarter of sauce in center of a 24-inch-long sheet of heavy-duty foil, turning edges of foil up, if needed, to prevent spilling. Top with meatballs, remaining sauce, bell pepper and mushrooms. Bring short edges of foil together, then fold inward a few times along each long edge to seal packet.

3. Turn off heat on 1 side of grill; transfer packet to unheated side. Close lid and grill until temperature reaches 160°F when tested in center of thickest meatball, 18 to 20 minutes. Divide among buns. Sprinkle with additional Parmesan (if using).

OVEN VARIATION: Bake packet on a rimmed baking sheet in a 350°F oven until temperature reaches 160°F when tested in center of thickest meatball, 20 to 22 minutes.

PER SERVING (1 sub): Calories: 362, Total Fat: 12 g, Sat. Fat: 4 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 2 g, Carbs: 43 g, Fiber: 7.5 g, Sugars: 10 g, Protein: 25.5 g, Sodium: 447 mg, Cholesterol: 80 mg

GINGER SHIITAKE NOODLE FOIL PACKS

with Eggs

SERVES 4.
HANDS-ON TIME: 15 MINUTES.
TOTAL TIME: 30 MINUTES.

These single-serve packets make an ideal lunch or light dinner. To avoid getting any shells in the noodles, crack the eggs, one at a time, into a small bowl and pour into the wells. The eggs will continue to cook after you've removed them from the grill, so you'll want to take them off while they're still just a touch underdone.

- 12 oz** whole-grain spaghetti, broken in half
- 8 oz** shiitake mushrooms, stemmed and thinly sliced
- 2 cups** low-sodium vegetable or chicken broth
- 2 tbsp** reduced-sodium soy sauce
- 2 cloves** garlic, minced
- 2 tsp** peeled and minced ginger
- 1 tsp** sesame seeds, toasted
- ½ tsp** red pepper flakes
- 4 large** eggs
- 1** green onion, thinly sliced
- 1** red finger chile pepper, seeded and thinly sliced, optional

1. Heat a grill to high. Arrange 4 24-inch-long double layers of heavy-duty foil on a work surface. Line each stack with parchment paper and divide pasta and mushrooms among stacks. Bring up edges of each stack to form bowl shapes, leaving tops open.

2. In a small bowl, stir together broth, soy sauce, garlic, ginger, sesame seeds and pepper flakes.

Pour about $\frac{1}{2}$ cup of the mixture into each packet. Bring short edges of each stack of foil together, then fold inward a few times along each long edge to seal packets. Reduce heat on 1 side of grill to low. Place packets on low heat, close lid and cook until pasta is tender, about 7 minutes.

3. Carefully open packets. Using a fork, stir pasta and form a well in center of each. Crack 1 egg into each well and carefully reseal packets. Close lid and cook until eggs are set, about 5 minutes. To serve, sprinkle with green onion and chile pepper (if using).

OVEN VARIATION: Bake packets on a rimmed baking sheet in a 350°F oven until pasta is tender, about 7 minutes. Carefully open packets. Using a fork, stir noodles and form a well in center of each. Crack 1 egg into each well and carefully reseal packets. Bake until eggs are set, about 5 minutes.

PER SERVING (1 packet): Calories: 398, Total Fat: 7 g, Sat. Fat: 2 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1.5 g, Carbs: 68 g, Fiber: 13 g, Sugars: 4.5 g, Protein: 21 g, Sodium: 442 mg, Cholesterol: 186 mg



NO-COOK ZOODLES *with Wakame Pesto*

SERVES 4. HANDS-ON TIME: **25 MINUTES.** TOTAL TIME: **40 MINUTES.**

Wakame seaweed's emerald green color and tender texture make it an unexpected and stellar stand-in for basil in this nutrient-dense twist on pesto pasta. You'll need a spiralizer to cut the noodles into long pasta-like strands, but if you don't have one, you can use a julienne peeler.

- 2 large** zucchini (about 1½ lb total), trimmed
- ½ tsp** + $\frac{1}{8}$ tsp sea salt, divided
- ¼ cup** dried wakame seaweed (**TRY:** Eden Wakame)
- 3 tbsp** chopped roasted unsalted cashews, divided
- 2 tbsp** nutritional yeast
- 3 tbsp** fresh lemon juice
- 1 clove** garlic, roughly chopped
- ¼ cup** extra-virgin olive oil
- 1 cup** chopped vine-ripened or cherry tomatoes
- ½ tsp** ground black pepper

2. Meanwhile, in a small bowl, add wakame and enough cold water to cover. Soak for 5 minutes, or according to package directions. Reserving 2 tbsp soaking liquid, drain wakame.

3. In a food processor or blender, pulse wakame, reserved soaking liquid, 2 tbsp cashews, yeast, lemon juice, garlic and remaining $\frac{1}{2}$ tsp salt, stopping to scrape down side of bowl, until cashews are finely chopped. With motor running, slowly drizzle in oil and blend until smooth. Set aside.

4. Arrange noodles on a large tray lined with a clean, dry towel. Cover with a second towel and gently pat to absorb any excess water. In a large bowl, gently toss together zucchini, wakame mixture, tomato and pepper. Sprinkle with remaining 1 tbsp cashews.

PER SERVING (¼ of recipe): Calories: 219, Total Fat: 18 g, Sat. Fat: 3 g, Monounsaturated Fat: 13 g, Polyunsaturated Fat: 2 g, Carbs: 12 g, Fiber: 3 g, Sugars: 5 g, Protein: 5.5 g, Sodium: 418 mg, Cholesterol: 0 mg

1. Working 1 piece at a time, secure zucchini into a spiralizer and turn crank to create long ribbons. (**NOTE:** Always check the instructions on your spiralizer as they vary by brand.) In a bowl, toss noodles with $\frac{1}{8}$ tsp salt and transfer to a colander for 15 to 20 minutes to drain excess liquid.





OPEN-FACED VEGGIE MELTS

with Smoked Mozzarella

SERVES 4.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 30 MINUTES.

We love the mild, smoky flavor of smoked mozzarella, but you can substitute with your favorite cheese: Gouda, provolone or smoked cheddar are great options. Don't worry if your fennel bulb doesn't come with the fronds attached – sprinkle the melts with fresh parsley or dill instead.

2 tsp olive oil

1 fennel bulb, quartered, cored and thinly sliced (fronds reserved)

1 yellow bell pepper, thinly sliced

1 bunch broccolini, florets quartered and stems halved crosswise and quartered lengthwise

4 tsp balsamic vinegar

⅓ tsp each sea salt and ground black pepper

4 slices whole-grain bread

4 oz smoked mozzarella cheese, shredded, divided

1. Preheat oven to 400°F. In a large nonstick skillet, heat oil on medium. Add fennel slices and bell pepper and sauté, stirring often, until lightly browned, about 5 minutes.

2. Add broccolini florets and stems, increase heat to medium-high and sauté until tender, 5 to 7 minutes. Reduce heat to low and stir in vinegar, salt and pepper.

3. On a rimmed baking sheet, arrange bread in a single layer and sprinkle with half of the cheese,

dividing evenly. Top with fennel mixture and remaining cheese, dividing evenly. Bake until cheese melts, 5 to 8 minutes. Sprinkle with fennel fronds.

PER SERVING (1 veggie melt): Calories: 278, Total Fat: 10.5 g, Sat. Fat: 4.5 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 1 g, Carbs: 32 g, Fiber: 7.5 g, Sugars: 8 g, Protein: 15 g, Sodium: 457 mg, Cholesterol: 22 mg

MANY GREENS & QUINOA STRUDEL

with Creamy Cucumber Sauce

SERVES 4.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 1 HOUR.

Sweet strudels tend to steal the spotlight, but it's time to take this flaky pastry to the savory side. We've used a store-bought phyllo dough for the easiest prep – look for it in the freezer section of your supermarket. To keep the pastry sheets from drying out and make them easier to handle, cover them with a damp towel when not in use.

- ½ cup** quinoa, rinsed
- 3 tbsp** olive oil, divided
- 1 bunch** Swiss chard (about 12 oz), stems and thick ribs removed and leaves torn
- 1 bunch** Tuscan or Lacinato kale (about 8 oz), stems and thick ribs removed and leaves torn
- 3 cloves** garlic, minced
- 4** green onions, thinly sliced
- 1 large** egg, beaten
- ½ cup** + 1 tbsp fresh dill, chopped, divided
- ¼ cup** crumbled feta cheese
- ½ tsp** ground black pepper
- ¼ tsp** sea salt, divided

- 5 sheets** whole-grain phyllo dough, thawed
- ½ cup** whole-milk plain yogurt
- ½** cucumber, grated

- 1.** In a small saucepan, bring quinoa and $\frac{3}{4}$ cup water to a boil. Reduce heat to low, cover and simmer for 10 minutes. Remove from heat and fluff with a fork.
- 2.** Meanwhile, preheat oven to 400°F. In a large skillet on medium-high, heat 1 tbsp oil. Add chard and kale and cook, tossing often, until tender, about 4 minutes. Add garlic and cook, stirring constantly, until fragrant, about 45 seconds. Transfer to a fine-mesh sieve. Using a rubber spatula, press out excess liquid. Transfer to a large bowl; stir in quinoa, onions, egg, $\frac{1}{2}$ cup dill, feta, pepper and $\frac{1}{8}$ tsp salt. Set aside.
- 3.** Line a rimmed baking sheet with parchment paper. Place 1 sheet of phyllo on a clean work surface, keeping remaining phyllo covered with a damp towel to prevent drying

out. Brush sheet with some of the remaining oil. Top with 1 sheet of phyllo and brush with some of the remaining oil. Repeat with remaining phyllo and oil, reserving some of the oil. Place on prepared baking sheet with 1 long side parallel to work surface.

4. Leaving a 2-inch border on long end closest to you, mound chard mixture lengthwise along center of phyllo. Lifting from long side closest to you, fold phyllo over filling and roll upward into a tight cylinder. Arrange, seam side down, on baking sheet and brush with remaining oil. Bake until golden brown, about 35 minutes. Using a serrated knife, cut pastry into 8 pieces.

5. Meanwhile, in a small bowl, stir together yogurt, cucumber and remaining 1 tbsp dill and $\frac{1}{8}$ tsp salt. Serve with pastry.

PER SERVING (2 pieces with sauce): Calories: 356, Total Fat: 15 g, Sat. Fat: 4 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 2 g, Carbs: 45 g, Fiber: 6 g, Sugars: 4 g, Protein: 13 g, Sodium: 525 mg, Cholesterol: 59 mg



WARM- WEATHER TREATS

There's no need for refined sugar in your desserts when gorgeous summer offerings like fresh berries and stone fruits add flavor and delicate sweetness. With options for gluten- and dairy-free indulgences, we have something mouthwatering to please any palate or dietary restriction.

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GRILLED BERRY COBBLER
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CHOCOLATE CHIA RASPBERRY COBBLERS

MAKES **6 COBBLERS**. HANDS-ON TIME: **20 MINUTES**. TOTAL TIME: **30 MINUTES**.

This is a combination of the ever-popular overnight oats and a classic fruit cobbler but with more of a focus on the fruit and without all the baking! These make-ahead masterpieces are not only good for dessert, but also as a nutrient-packed snack or breakfast on the go. Switch up the raspberries with any seasonal fruit of choice.

- 1¼ oz** raw unsalted hazelnuts, roughly chopped
- ½ cup** rolled oats
- 1½ cups** non-dairy milk (almond, soy or rice)
- ½ cup** chia seeds
- 3 tbsp** unsweetened cocoa powder
- 3 tbsp** pure maple syrup
- 2 tsp** pure vanilla extract
- 2 cups** fresh raspberries
- 2½ oz** pitted Deglet Noor dates, roughly chopped

1. Preheat oven to 375°F and line a baking sheet with parchment paper. On baking sheet, place hazelnuts and oats and bake for 12 minutes,

or until oats are lightly toasted and hazelnuts are fragrant. Set aside.

(NOTE: You can skip this step by purchasing toasted hazelnuts and using plain granola.)

2. Meanwhile, in a large bowl, whisk together milk, chia seeds, cocoa powder, maple syrup and vanilla, about 2 minutes. Set aside until thick and pudding-like, about 10 minutes.

3. In 6 8-oz Mason jars, layer cocoa-chia seed mixture, oats, hazelnuts, raspberries and dates. Refrigerate until ready to serve. Cobblers will keep up to 3 days in fridge.

PER SERVING (1 cobbler): Calories: 229, Total Fat: 9.5 g, Sat. Fat: 1 g, Monounsaturated Fat: 3.5 g, Polyunsaturated Fat: 4.5 g, Carbs: 34 g, Fiber: 11 g, Sugars: 16 g, Protein: 5.5 g, Sodium: 100 mg, Cholesterol: 0 mg

STRAWBERRY PISTACHIO FROZEN YOGURT

SERVES **6**.

HANDS-ON TIME: **20 MINUTES**.

TOTAL TIME: **1 HOUR, 20 MINUTES**.


*PLUS FREEZING TIME.

Lighter than ice cream but creamier than sorbet, this sweet-tart recipe using sour cream and yogurt is the ultimate indulgence – with or without an ice cream maker.

- 1 lb** strawberries, hulled and quartered (about 4 cups)
- ½ cup** + 2 tbsp coconut sugar, divided
- 1½ tsp** pure vanilla extract
- ⅛ tsp** sea salt
- 3 large** egg yolks
- 1 cup** buttermilk
- 1 cup** plain whole-milk Greek yogurt
- ½ cup** full-fat sour cream
- ⅓ cup** unsalted pistachios, roughly chopped

1. In a large bowl, combine strawberries, ½ cup coconut sugar, vanilla and salt. Toss to coat and set aside until juices start to run out of berries, at least 1 hour or up to 3 hours.

2. In a small saucepan, vigorously whisk egg yolks and remaining 2 tbsp coconut sugar until thickened, 1 minute. Add buttermilk and whisk to combine. Set over medium-low heat and cook, stirring constantly with a wooden spoon, until mixture thickens and coats back of spoon, 5 to 7 minutes (do not boil). Set aside to cool to room temperature.



3. In a blender, combine strawberries and juice, buttermilk mixture, yogurt and sour cream. Purée until smooth, 30 to 45 seconds.

4. Pour mixture into an 8 x 8 x 3-inch metal baking pan and transfer to freezer. Stir every 30 minutes. When mixture thickens (about 1 hour), stir in pistachios and return to freezer. Continue stirring mixture every 30 minutes until firm enough to scoop, about 2½ to 3 hours total freezing time. (Alternatively, process in an ice cream maker according to manufacturer's instructions.) **(NOTE:** This recipe is best eaten fresh after the last stirring. However, you can freeze it for up to 1 week, removing from freezer a few minutes before serving to let it soften slightly.)

PER SERVING (½ cup): Calories: 144, Total Fat: 7 g, Sat. Fat: 3.5 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 18 g, Fiber: 1 g, Sugars: 16.5 g, Protein: 4 g, Sodium: 58 mg, Cholesterol: 56 mg



BLUEBERRY MASCARPONE SQUARES

MAKES **20 SQUARES**. HANDS-ON TIME: **20 MINUTES**.
TOTAL TIME: **1 HOUR, 5 MINUTES**.*

*PLUS COOLING TIME.

Savor the blueberry harvest with this easy dessert of sweet-tart berries swirled into indulgent mascarpone cheese over a chestnut crust.

- 1½ cups** blueberries
- 5 tbsps** raw honey, divided
- 1 tbsp** lemon zest + 2 tbsps fresh lemon juice, divided
- 3 tbsps** brown rice flour, divided
- 1 cup** vacuum-packed roasted and shelled chestnuts
- ¼ tsp** sea salt
- 1½ cups** mascarpone cheese
- ½ cup** whole-milk plain Greek yogurt
- 2 large** eggs
- 1 tsp** pure vanilla extract

1. Preheat oven to 350°F. Line an 8 x 8-inch baking pan with parchment paper, allowing it to hang over the sides of the pan, and mist with cooking spray.

2. In a small saucepan, combine blueberries, 2 tbsps honey and lemon juice. Set over medium heat and cook, stirring occasionally, until blueberries begin to break down and release their juices, 4 to

5 minutes. Stir in 1 tbsp flour and continue cooking, stirring constantly, until thickened, 1 minute. Set aside to cool to room temperature.

3. Meanwhile, in a food processor, pulse together chestnuts, salt, 1 tbsp honey and 1 tbsp flour until mixture resembles wet sand. Press mixture evenly over bottom of prepared pan.

4. Wipe out processor; add cheese, yogurt, eggs, vanilla, lemon zest, remaining 2 tbsps honey and 1 tbsp flour. Process until well combined, 1 minute. Spread over crust.

5. Dollop cooled blueberry mixture over cheese mixture and swirl with a spoon. Bake until set, 45 to 55 minutes. Cool completely on a rack. Lift parchment to remove from pan, transfer to a cutting board and cut into 20 squares. Store in an airtight container in the fridge for up to 3 days.

PER SERVING (1 square): Calories: 121, Total Fat: 7 g, Sat. Fat: 5 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 1 g, Carbs: 12 g, Fiber: 1 g, Sugars: 7 g, Protein: 2 g, Sodium: 33 mg, Cholesterol: 40 mg

COCONUT CHERRY SUMMER FOOL

SERVES **6**.
HANDS-ON TIME: **15 MINUTES**.
TOTAL TIME: **1 HOUR**.*

*PLUS OVERNIGHT CHILLING TIME.

Hailing from England, a fool is a custard-based dessert mixed with cooked fruit. Here, we substitute coconut cream and crème fraîche for the custard and stir in lightly sweetened cherries. Layered with fresh nectarines, this is one of the easiest and prettiest desserts you can make.

- 1 cup** frozen pitted sour cherries, thawed
- 6 tbsps** coconut sugar, divided
- 2 tsp** pure vanilla extract, divided
- 1 13.5-oz** BPA-free can coconut cream*, refrigerated for 24 hours
- ½ cup** crème fraîche
- 2 large** nectarines or peaches, pitted and chopped into bite-size pieces + additional for garnish, optional
- ¼ cup** unsweetened coconut flakes, optional

*NOTE: Coconut cream is 70% solids, so 1 can will yield enough solidified cream. If using coconut milk, you'll need 2 cans for desired volume. To ensure cream separates from the liquid, opt for pure coconut milk made without fillers such as guar gum or carrageenan.

1. Chill a large mixing bowl and beaters (for a handheld electric mixer) in the fridge for 15 minutes.

2. In a small saucepan, combine cherries and any juices with 3 tbsps

sugar and set on medium heat. Cook, stirring occasionally, until sugar has dissolved and cherries are slightly softened, 5 minutes. Remove from heat and add 1 tsp vanilla. Transfer mixture to a blender and purée. Chill mixture until cooled, 15 minutes.

3. Remove coconut cream from refrigerator and turn can upside down. Remove lid and drain any liquid (reserve liquid for another use such as smoothies). Scrape hardened cream out into chilled bowl. Using an electric handheld mixer, beat on medium-high until doubled in volume, 4 to 5 minutes. Add remaining 3 tbsp sugar and 1 tsp vanilla and beat for 1 more minute. Fold in crème fraîche. Drizzle with cherry purée and swirl with a spoon to combine. Cover with plastic wrap and return mixture to fridge for at least 30 minutes. (**MAKE AHEAD:** You can make the coconut cherry cream up to 2 hours ahead.)

4. To serve, divide half the chopped nectarines among each of 6 glasses. Divide half of coconut cherry mixture among glasses over top of nectarines. Repeat layers, dividing evenly. Garnish with coconut flakes and additional nectarines (if using).

PER SERVING (1 glass): Calories: 250, Total Fat: 17 g, Sat. Fat: 13 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 24 g, Fiber: 1 g, Sugars: 22 g, Protein: 2 g, Sodium: 18 mg, Cholesterol: 22 mg



GRILLED DARK CHERRY CRUMBLE

SERVES 8. HANDS-ON TIME: **10 MINUTES.** TOTAL TIME: **30 MINUTES.**

It really doesn't get any easier than this foil-pocket cherry crumble on the grill! If using frozen cherries, be sure to drain any juices after thawing to keep your crumble from becoming soggy. We love the tangy taste of Greek yogurt, but if you prefer a sweeter topping, try vanilla ice cream or frozen yogurt.

3 cups fresh or frozen pitted dark sweet cherries, thawed
(**TIP:** You can also use sour cherries if you prefer. You'll need to add an additional 2 tbsp coconut sugar into the cherry mixture in Step 2.)

1 tsp each pure vanilla and pure almond extract

½ cup coconut sugar, divided

3 tbsp whole-wheat flour, divided

¾ cup old-fashioned rolled oats

¼ cup chopped raw unsalted almonds

¼ cup cold organic unsalted butter, cubed

½ cup whole-milk Greek yogurt, optional

¼ cup sugar and 1 tbsp flour. In a separate bowl, stir together oats, almonds and remaining ¼ cup sugar and 2 tbsp flour; using a pastry blender or 2 knives, cut in butter until crumbly.

3. Spoon cherry mixture into center of parchment and sprinkle with oat mixture. Bring short edges of foil together, then fold inward a few times along each long edge to seal packet. Place on grill and reduce heat to medium-low. Close lid and cook until cherries are softened and oats are lightly browned, about 20 minutes. Serve with yogurt (if using).

OVEN VARIATION: Bake packet on a rimmed baking sheet in a 350°F oven until cherries are softened and oats are lightly browned, about 20 minutes.

PER SERVING (⅛ of recipe): Calories: 208, Total Fat: 9 g, Sat. Fat: 4 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 1 g, Carbs: 32 g, Fiber: 3 g, Sugars: 23 g, Protein: 3 g, Sodium: 7 mg, Cholesterol: 15 mg

1. Heat a grill to medium-high. Line a 24-inch-long piece of heavy-duty foil with parchment paper.

2. In a large bowl, toss together cherries, vanilla, almond extract,





GRILLED BERRY COBBLER

SERVES 8.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 40 MINUTES.

If you're lucky enough to grow fresh berries in your backyard, this super-simple recipe is sure to become your go-to summer dessert. Sprinkle with additional lemon zest and serve with a generous dollop of yogurt and a drizzle of sweet honey.

- 1 cup** stemmed and quartered strawberries
- 1 cup** blueberries
- ½ cup** each blackberries (halved) and raspberries
- 1** lemon, zested and juiced
- 1 cup** whole-grain spelt flour
- ½ cup** coconut sugar
- 2 tsp** baking powder
- ½ tsp** ground cinnamon
- ¼ tsp** sea salt
- ½ cup** whole milk
(**TRY:** Organic Valley Pasteurized Whole Milk)
- ¼ cup** organic unsalted butter, melted

1. Preheat a grill to medium-high. Mist a 10-inch cast-iron skillet with cooking spray. In a large bowl, stir together strawberries, blueberries, blackberries, raspberries, lemon zest and lemon juice.

2. In a separate bowl, whisk together flour, sugar, baking powder, cinnamon and salt. Stir in milk and butter until just combined. Scrape into skillet and sprinkle with berry mixture.

3. Turn off heat on 1 side of grill. Place skillet on unheated side, close lid and grill until cake is set and edges are golden, 25 to 30 minutes. Let cool slightly. Cut into wedges.

PER SERVING (⅛ of cobbler): Calories: 195, Total Fat: 7 g, Sat. Fat: 4 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 34 g, Fiber: 3 g, Sugars: 20 g, Protein: 3 g, Sodium: 212 mg, Cholesterol: 17 mg

RASPBERRY LIME SQUARES

MAKES 16 SQUARES.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 25 MINUTES.*

*PLUS SOAKING AND FREEZING TIME.

Soaked and blended cashews provide the creamy texture for these squares, keeping them dairy-free. You can make these frozen treats entirely in advance and simply pull them out of the freezer before serving. Garnish with raspberries as directed, or use a mix of any berries you have on hand.

- 2 cups** raw unsalted cashews
- 1 cup** raw unsalted almonds
- ½ cup** pitted Medjool dates
- ½ cup** unsweetened shredded coconut

- ⅓ tsp** sea salt
- 1** lime, zested and juiced, divided
- 6 tbsp** coconut oil, melted
- 2 tbsp** pure maple syrup
- ½ tsp** pure vanilla extract
- 1½ cups** raspberries, divided
(**TIP:** Frozen can be substituted; thaw completely and drain first.)

1. Place cashews in a bowl and cover with water. Soak in the refrigerator for at least 3 hours. Drain and rinse.

2. Prepare base: To a food processor or high-powered blender, add almonds, dates, coconut and salt. Pulse until crumbly and slightly chunky, 15 to 30 seconds. If needed, add 2 to 4 tsp water and process until it holds together when rolled into a ball. Press into an 8 x 8-inch baking pan. Chill in freezer.

3. Meanwhile, prepare filling: In processor or blender, place cashews, lime juice, coconut oil, maple syrup and vanilla; process until very smooth.

4. Remove chilled base from freezer and top with two-thirds of filling in an even layer. Add 1 cup raspberries to remaining filling in processor or blender and process until smooth. Pour over filling and top with lime zest; cover and freeze until solid, about 5 hours.

5. Cut into 16 squares and garnish with remaining ½ cup raspberries. Store in freezer. Thaw in refrigerator for 2 hours or at room temperature for 20 minutes before eating.

PER SERVING (1 square): Calories: 218, Fat: 17.5 g, Sat. Fat: 7 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 2 g, Carbs: 14 g, Fiber: 3 g, Sugars: 7 g, Protein: 5 g, Sodium: 18 mg, Cholesterol: 0 mg



PEACHES & COCONUT CREAM ICE CREAM

SERVES **8**. HANDS-ON TIME: **15 MINUTES**. TOTAL TIME: **25 MINUTES**.*

*PLUS COOLING AND FREEZING TIME.

Don't have an ice cream maker? No problem! This luscious and creamy iced treat can be made without one for the ultimate summer dessert.

2 cups sliced peaches
(fresh or frozen)

2 tsp pure vanilla
extract, divided

¼ tsp sea salt, divided

2 13.5-oz BPA-free cans coconut
milk, refrigerated
overnight (**NOTE:** It's
important to use a brand
without fillers and gums
for this recipe.)

3 tbsp raw honey

1. Chill a large mixing bowl and
beaters (for an electric hand mixer)
in the refrigerator for 15 minutes.

2. Meanwhile, in a small pot on
medium-low, bring peaches, ¼ cup
water, 1 tsp vanilla and ⅛ tsp salt
to a simmer. Cover and simmer,
stirring occasionally, for 10 minutes,
using a spoon to crush and break
up pieces until texture is a chunky
purée. Remove from heat and
cool completely.

3. Meanwhile, scoop solid white
cream from coconut milk cans
into chilled bowl; reserve liquid
for another use. Using hand mixer,
beat cream for 1 minute, until light
and fluffy, then add remaining 1 tsp
vanilla, ⅛ tsp salt and honey. Beat
on high for 1 additional minute. Fold
peach purée into coconut mixture,
then pour into a parchment-lined
loaf pan, spreading so that top is
even. Freeze for 3 to 4 hours, stirring
vigorously every 30 minutes.

4. To serve, let stand at room
temperature for 20 minutes, then
slice into individual servings using
a warmed knife, or use a warmed
ice cream scoop (run under hot
water for 20 seconds).

PER SERVING (⅓ of recipe): Calories: 196,
Total Fat: 16 g, Sat. Fat: 15 g, Monounsaturated
Fat: 0.5 g, Polyunsaturated Fat: 0.5 g,
Carbs: 10 g, Fiber: 1 g, Sugars: 10 g,
Protein: 2 g, Sodium: 74 mg,
Cholesterol: 0 mg 