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Winter 2024

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fall flavors,  
Halloween ideas,  
and recipes for  
Thanksgiving



↑  
DOLLY AND  
RACHEL'S  
DIRT ROAD  
MARTINI  
p. 91

# *Cookin' 9 to 5*

WITH THE  
PARTON SISTERS



# WINTER 2024 contents



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#### PHOTOGRAPHER

*Jim Wright*

#### FOOD STYLIST

*Sara Mellas*

#### PROP STYLIST

*Vance Nichols*





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# WHAT'S COOKING

@ allrecipes magazine



**“HERE YOU COME AGAIN.”** I’m back to the office after parental leave! And just in time to bask in the splendor of Dolly Parton and Rachel Parton George. Many thanks to the team for holding down the fort—and for pulling off a print-and-digital extravaganza with the queen of country and her sister. (Can you believe they didn’t even call me for the meet and greet?!)

Fall seems well-timed for a comeback: We’re squarely settled into back-to-routine vibes and pumpkin spice, and ramping up for what we “in the biz” consider the high holidays of hosting. I’m happy to be back to the Allrecipes community and ready to get cooking again, and I’m looking forward to cozy comfort food and holiday hosting. Let’s cook!



*Dolly and Rachel!*  
A mix of print and digital staffers met up with Dolly Parton and Rachel Parton George this past summer in Nashville.

If you have feedback for me about the magazine, I’d love to hear it! Send me a note at [carrie.boyd@dotdashmdp.com](mailto:carrie.boyd@dotdashmdp.com).

**CARRIE BOYD, EDITOR IN CHIEF**

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Brie Goldman  
staff photographer



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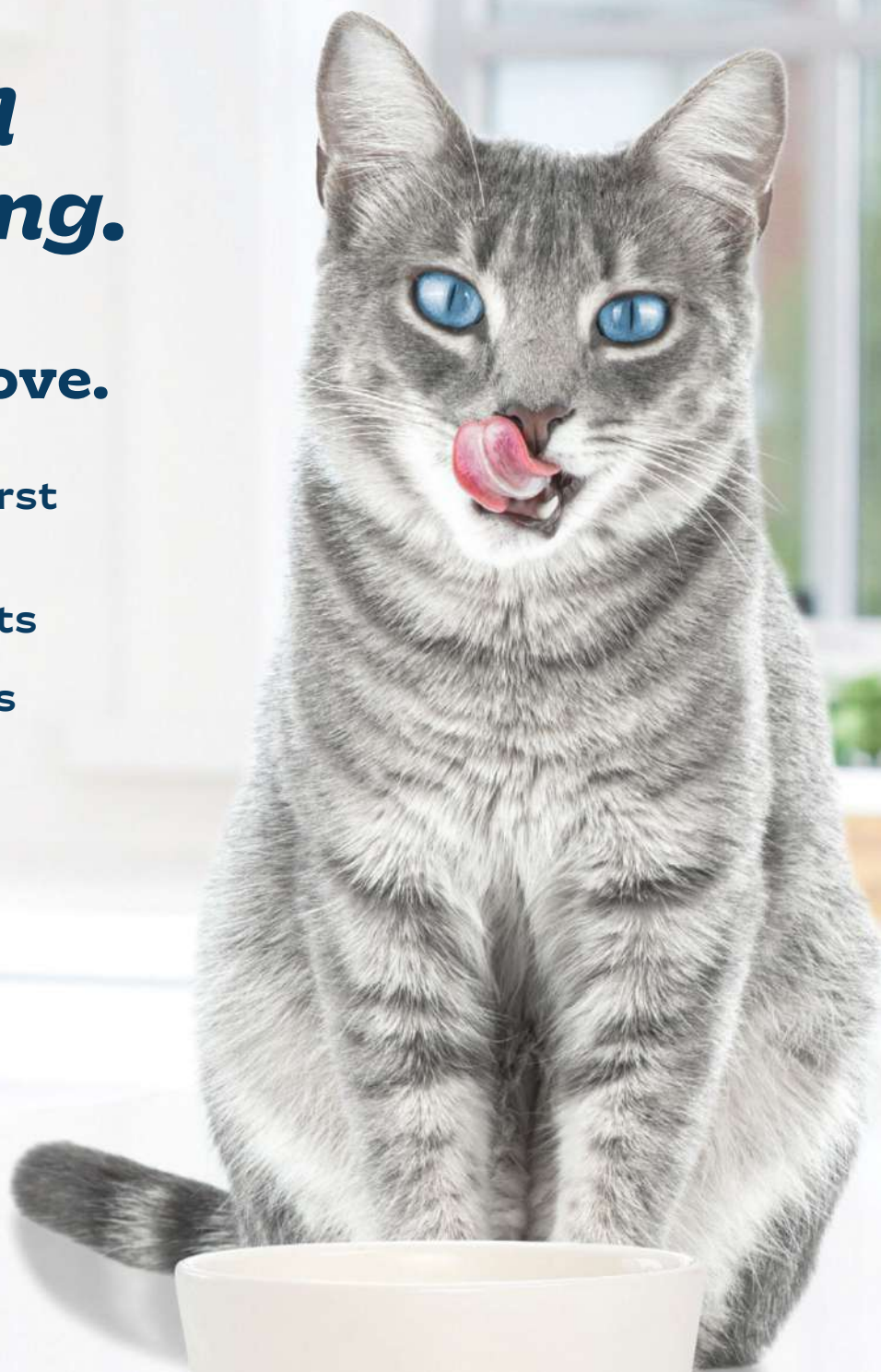
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# Hello, Dolly

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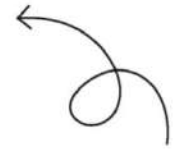
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*Get-togethers,  
novelties,  
and the latest  
fun with food.*

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**& Rachel!**



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HAIR AND MAKEUP  
**CHERYL RIDDLE**  
AND  
**JESSICA CANDAGE**



# The Good Cookin' Sisters

**Dolly Parton and her  
youngest sister, Rachel Parton  
George, share their new  
cookbook, potatoes, and  
the taste of home.**

BY ARIEL KNUTSON

**RECIPES  
BEGIN ON  
P. 90**



# Dolly PARTON

is the fun house  
of celebrities.

Turn one corner: She's a once-in-a-generation singer and songwriter with more than 50 albums. Keep going: She's a charismatic actress; she's a theme park owner; she's a philanthropist; she's a fashion icon. And now? Dolly's a cookbook author with her sister, Rachel Parton George.

There's a common thread to Dolly's extraordinarily diverse range of mind-boggling accomplishments: She's a storyteller. Perhaps that's part of her magnetism. When she narrates—especially about home, family, and tradition—people stop and listen. In a sea of ever-growing celebrity and influencer cookbooks, Dolly and Rachel's *Good Lookin' Cookin'* stands out for its thoughtful storytelling. It offers a more personal glimpse into a revered family and a collection of recipes that highlights home and the Parton siblings' sisterly bond.

This isn't Dolly's first dip into the food world. While *Good Lookin' Cookin'* is her first mass-market cookbook, Dolly has authored recipe books in partnership with Dollywood (her theme park). She's also teamed up with Duncan Hines, Lodge Cast Iron, and Krispy Kreme and even launched her own wine. The sister twist is something special, though.

The Partons grew up in Locust Ridge, Tennessee, in the foothills of the Smoky Mountains. Dolly is the fourth child in the lineup of 12 kids, and Rachel is the youngest. Despite the 13-year age gap, the two have always been close. Rachel even quit school after eighth grade to follow her sister on tour, where she occasionally did Dolly's makeup and sang backup. (In addition to their cookbook collab, Rachel currently works as the executive director of Dolly's company, Dolly Parton Enterprises.) “We’ve always gotten along really good,” Dolly says. “It was a joy all the way around to work on something creative together.”

Compared to Dolly, Rachel is more soft-spoken. But get her talking about recipes and cooking techniques, and she gets very animated. Potatoes are a particularly hot topic. Rachel reveals her



## COUNTRY Ham & Biscuits

*“I use bacon grease in my cooking more than Rachel does—I even have people save their drippings for me,” Dolly says.*  
*“People ask, ‘How do you keep your skin looking so good?’ Bacon grease... from the inside out!”*

secret for better baked potatoes—bake them, washed and well-dried, directly on the oven rack—then talks about her favorite way to make potatoes: sliced and skillet-fried in oil and butter.

Dolly and Rachel have loved cooking since childhood. “God, music, and food were the three big things in our family,” Dolly says. Growing up, the Parton kids would visit their grandparents and great-grandparents, who often cooked for the laborers in the tobacco, hay, and corn fields.

“It was not uncommon to have all these dishes—think pies and cakes—on the table, with a tablecloth thrown over it to keep the flies away,” Dolly says. “We couldn’t wait to peek under the tablecloth to see what was under there.”

Stories like this are baked into *Good Lookin' Cookin'*. Take, for example, the skillet cornbread Rachel learned how to make when she was 5 years old. “Mama wanted me underfoot in the kitchen,” Rachel says. “She got everything ready, then taught me how to mix. Somewhere along the way, Mama told our dad I made the cornbread, and he made such a fuss over how good it was.”

For the Parton sisters, home doesn't taste like a single dish. “I think home tastes like Mama,” Dolly says. It's true that their mother's fingerprints are all over this cookbook. (And in the course of the interview, Dolly and Rachel mention their mother, Avie Lee, 23 times.) “I think you link childhood memories to certain foods that you love and the people who prepared them for you,” Dolly says.



RUSTIC  
Chicken &  
Dumplin's



Their mother wasn't known for writing down recipes, so when Rachel found a recipe card for salmon stew that Avie Lee had written for their brother, Randy, on his wedding day, Rachel made copies, framed them, and gave them to all of her siblings. "That framed recipe stays in my kitchen, and it's just really comforting," Rachel says.

Avie Lee died in 2003, but her food lives on. Dolly and Rachel agree their favorite dish of Mama's was macaroni and tomato juice, mixed with a little bacon grease and butter—a dish she made whenever the kids were sick. "That was like Mama's medicine," Dolly says. To this day, when a Parton sibling is under the weather, there's a good chance one of the sisters will drop off a macaroni-with-tomato-juice care package.

Sick-day comforts aside, Rachel and Dolly are holiday people. The must-have dish for the family potluck? Mashed potatoes. Dolly loves the starch just as much as Rachel. (Potatoes are featured in 10 recipes in *Good Lookin' Cookin'*: Whipped Potatoes, Broiled Potato Wedges, Country Potato Salad, Au Gratin Potatoes, and more.) "When we were putting the book together, they kept saying, 'Are you sure you need another potato?'" and we

said, "Yeah—we love potatoes," Dolly says. "Potatoes are our holiday."

And while there's no one designated host for the holidays, Dolly says Rachel is known for making everything a big occasion. "I love going to Rachel's house because I notice every little thing," Dolly says. "She puts so much time and effort into it. The tree has to be just right, the table has to be just right—all the little things have to be right."

Rachel compares holiday entertaining with music entertaining. "If you're onstage, you're connecting with your audience. When I'm in the kitchen, I want to connect with the people that are at my table," she says.

For Dolly, cooking is just another way to express herself. She tends to improvise rather than follow recipes. "I cook like Mama: a handful of this, a handful of that," Dolly says. "Rachel is very creative in the kitchen, but she wants to make sure it's going to taste good, too. She's not as sloppy as I am."

"Cooking is like writing a song," Dolly says, noting the two often go hand in hand. "Some of my best songs I came up with while cooking my best food, and vice versa. The better I write, the better I cook."



MAMA'S  
Banana  
Pudding

"Our family's banana pudding is made from scratch, just like our mama and our grandmas and our aunts used to make it."

SLAW OF  
Many Colors



“We believe every meal has the potential to be like a concert.”

- Dolly Parton and Rachel Parton George







## Dirt Road MARTINI

*“Olives come to mind for just about everybody when they think of a martini, but why stop there?” Rachel’s recipe for this party-ready sipper is a combo of vodka, unsweetened tea, and giardiniera.*



# Musical Taste

We asked Dolly and Rachel to pair classic Dolly songs with recipes from their cookbook, *Good Lookin’ Cookin’*.

## “Jolene”

**HOT WING DIP WITH  
CELERY STICKS**

*“Oh, something spicy—our Hot Wing Dip,” Rachel says.*

*“That woman was just hungry for my man [husband Carl Thomas Dean]. A recipe for Carl is not in the cookbook, but he is in the song,” Dolly says.*

## “9 to 5”

**FAMILY FAVORITE  
MEATLOAF**

*“Meatloaf because you can make it on Sunday and put it in the oven when you get home the next day,” Rachel says. “Or take it to work in a sandwich!”*

## “Coat of Many Colors”

**SLAW OF MANY COLORS**

*“It has to be the Slaw of Many Colors: the purple cabbage and the tomatoes and all those different colors,” Dolly says. “It reminds me of Mama and that little coat.”*

## “I Will Always Love You”

**LIGHT MY FIRE  
BANANAS FOSTER**

*“Our Bananas Foster because I will always love that recipe,” Rachel says. “I think I should redo that song: ‘I Will Always Love to Eat,’” Dolly says.*

## “My Tennessee Mountain Home”

**FRIED CHICKEN AND GRAVY**

*“Mama used to make a lot of fried chicken in the summer,” Dolly says. “That was one of our favorite things: chicken with mashed potatoes and green beans. It’s hard to beat that.”*



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# JUST CURIOUS

Foodie facts, delicious dates, travel notes, and other miscellanea good cooks are thinking about this season.

## Did You Know?

Sugar sculptures became popular in 17th-century Spain and later led to the art of making calaveras de azúcar (sugar skulls) to represent departed loved ones during Día de los Muertos (November 1 to 2).



FYI: 80 MILLION POUNDS OF CRANBERRIES ARE CONSUMED IN THE U.S. DURING THANKSGIVING WEEK EACH YEAR.

### WELL-INFORMED

## Stock vs. Broth

Stock is typically unseasoned and made by simmering animal bones to draw out flavor and collagen, the rigid protein that makes stock jiggly and gelatin-like when chilled. On the flip side, broth is usually seasoned, made with meat (rather than just bones), and cooks for a shorter amount of time. The result is a thinner liquid that stays fluid when refrigerated. Scan the code for a video and our insights on when to use stock versus broth.



### CAN MY DOG EAT THAT? COCONUT OIL

Coconut oil has recently become a popular supplement for humans, but is it safe for four-legged friends? In small doses, coconut oil is considered OK for dogs to eat, but research on any health benefits for canines is limited. When applied topically, it may help soothe dry skin and paws. Talk with your vet before adding coconut oil to your dog's routine.



### STORAGE SMARTS

## SQUASH

If you have lots of hearty winter squash (such as acorn and butternut), here's how to make it last: Cut peeled, seeded squash into 1-inch cubes or slices and spread in an even layer on a parchment-lined baking sheet. Freeze until solid, at least 1 hour. Transfer to a zip-top bag and freeze up to 1 year. When ready to use, thaw in the fridge overnight, roast from frozen, or toss right into soups and stews.

### NOVEMBER IS National Peanut Butter Lovers Month

Celebrate the love with these sweet and savory recipes: [armagazine.com/peanut-butter](https://armagazine.com/peanut-butter)





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**S**tock up on winter squash to protect yourself during sniffle season. Butternut squash and pumpkin get their rich orange flesh from beta-carotene, which converts to vitamin A in the body. Vitamin A is crucial for the development of T and B lymphocytes (white blood cells) that fight infection, according to a 2021 review published in the *Journal of Physics*. One cup of cubed butternut squash provides more than 100 percent of the recommended daily value of vitamin A. Winter squash is also high in the carotenoids lutein and zeaxanthin, which evidence suggests may reduce your risk of cancer, according to the American Institute for Cancer Research. Add cubed roasted butternut squash or pumpkin purée to soups or curries.

Squash also packs some serious antioxidants, including vitamin C, to protect against free radicals (unstable atoms) that damage white blood cells and weaken immunity. Regular vitamin C intake likely won't prevent colds, but it may shorten the duration of the viruses. (Your body can't store vitamin C, so it's a daily need.) Acorn squash and thin-skinned delicata both provide more than 10 percent of the recommended daily value in 1 cup. Slice delicata into rings (no need to peel) or halve acorn squash; roast with olive oil and warming spices.

And don't forget the seeds: Edible squash seeds are full of magnesium and zinc, which help maintain a healthy immune system, according to a 2020 review published in *Nutrients*. Pumpkin seeds (pepitas) may have antibacterial properties, too, according to a 2021 review published in *Food Frontiers*. Top yogurt bowls with roasted pepitas for a little extra defense this winter.

# GET SQUASHED

**As cold and flu season ramps up, add hearty winter squash to your grocery list. In-season acorn, butternut, delicata, and other varieties can help support your immune system.**

BY JANET HELM, MS, RDN

**Janet Helm, MS, RDN**, is a global food culture analyst and the owner of Food at the Helm nutrition consultancy in Chicago. Learn more at [foodatthehelm.com](http://foodatthehelm.com).

ABOUT THE WRITER





# SUPER SPUDS

Baked potatoes (aka jacket potatoes) are a steakhouse staple, but we're pushing beyond the expected butter and sour cream toppings. Potatoes will never be plain again.

BY VICTORIA SOLIZ

**Spicy Breakfast**

- FRIED EGG
- +
- COOKED CRUMBLLED BACON
- +
- CHILI CRISP
- +
- CHOPPED FRESH CHIVES

**RANCH BUTTER**

*Stir dry ranch seasoning and chopped fresh herbs (such as dill and/or parsley) into softened butter. Chill until ready to serve.*

**Herb and Feta**

- CRISPY ROASTED CHICKPEAS
- +
- CRUMBLLED FETA
- +
- FRESH OREGANO

**Veggie-Ranch**

- RANCH BUTTER (recipe, left)
- +
- ROASTED BROCCOLI
- +
- TOASTED PANKO
- +
- SHREDDED PARMESAN



**PERFECT POTATOES**  
 Wash and dry 4 (8-oz.) russet potatoes. Prick all over with a fork and wrap in foil. Bake at 425°F until tender, 40 to 60 minutes. Let cool 15 minutes.

PHOTO: JASON DONNELLY; FOOD STYLING: CHARLIE WORTHINGTON; PROP STYLING: BREANNA GHAZALI



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*Fresh flavors  
and ideas to enjoy  
right now.*

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# It's Season Soon



IN SEASON


# Onions

## FLAVORFUL FOUNDATIONS

*Versatile, multitasking onions are the MVPs of the pantry and pivotal in developing flavor. Quickly sautéed to golden and crunchy, caramelized until jammy and sweet, or added raw for a zesty kick, these alliums come in clutch for cooler-weather cooking.*

BY **PATTY LEE**  
PHOTOS **KELSEY HANSEN**  
FOOD STYLING  
**CHARLIE WORTHINGTON**  
PROP STYLING  
**BREANNA GHAZALI**



A top-down photograph of two bowls of Classic Vichyssoise soup. The bowls are made of clear glass with a scalloped edge and are placed on a large, ornate, reddish-brown ceramic platter with a scalloped edge. The soup is a thick, creamy, pale yellow color, garnished with finely sliced green onions and a sprinkle of black pepper. A gold-colored spoon is placed on the left side of the top bowl and on the right side of the bottom bowl. To the left of the bowls are two small, round, white ceramic containers with two holes each, likely for salt and pepper. The background is a textured, deep purple surface.

*Tender leeks lend a mild,  
sweet earthiness to this creamy French  
potato soup that's traditionally  
served chilled.*

P. 91

CLASSIC  
VICHYSOISE





P. 92

TARTE À  
L'OIGNON

*Inspired by the classic dish from Alsace, France, this recipe transforms a few simple ingredients—eggs; cream; bacon; and mild, slightly sweet Spanish onions—into an impressive tart that's ready to star at your next brunch.*



# ALL IN ON *Onions*

*It doesn't matter what cuisine you have in mind: Whether you're sautéing, frying, pickling, or baking, there's an onion for that.*



P. 92

FRENCH  
ONION DIP



P. 92

OLD-FASHIONED  
ONION RINGS



P. 93

PICKLED  
RED  
ONIONS



P. 93

CHEF JOHN'S  
SCALLION  
PANCAKES



*Cipollini onions add a velvety texture to this one-pot meal. To simplify the peeling step, try boiling the tender mini onions for a few seconds.*

P. 93

ONE-POT SAUSAGE,  
PEPPERS,  
CIPOLLINIS,  
AND POTATOES



# OUTSTANDING Onions

*Onions are usually one of the first ingredients to hit the pan, building flavor but rarely taking center stage. Give alliums their due with these tips for storage and selection.*

## **SELECT & STORE**

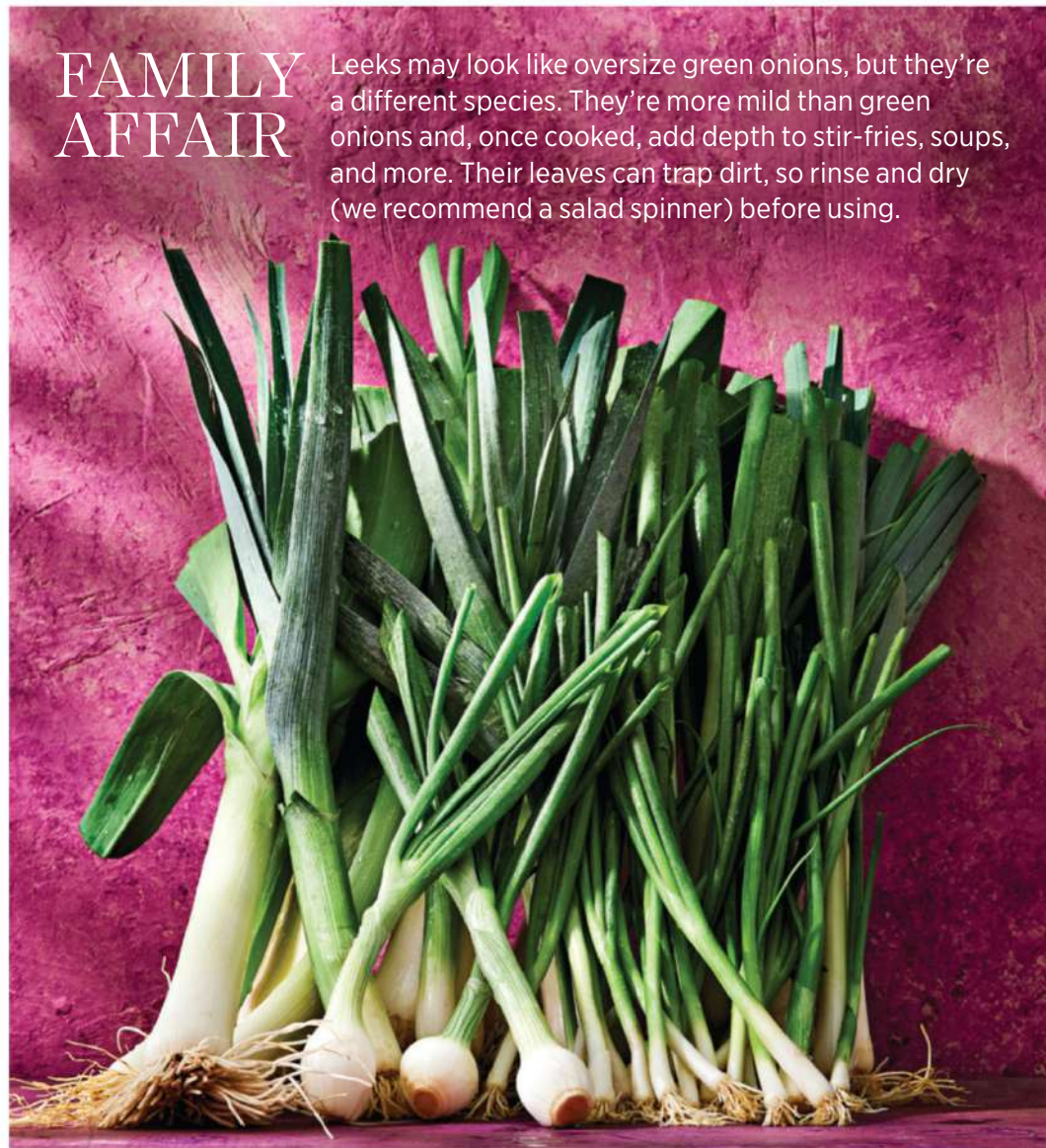
When shopping for red, white, and yellow onions, look for firm bulbs with dry, papery skin. Store them in a cool, dry, and well-ventilated area away from sunlight.

## **PRESERVATION POINTER**

Avoid storing potatoes and onions in the same spot. While both thrive in the same storage environment, they actually cause each other to ripen faster.

## **LAYERS OF BENEFITS**

Onions are a great source of quercetin, an antioxidant that may boost heart health. And research shows their powerful sulfur compounds may promote anti-cancer activity, too.



## **FAMILY AFFAIR**

Leeks may look like oversize green onions, but they're a different species. They're more mild than green onions and, once cooked, add depth to stir-fries, soups, and more. Their leaves can trap dirt, so rinse and dry (we recommend a salad spinner) before using.

## ONION CHEAT SHEET

*Explore the wide world of onions, from zippy reds to pint-size pearls.*



### **PANTRY ONIONS**

Ranging from mild (white) to slightly sweet (yellow) to sharp (red), these widely available onions are a pantry must-have.



### **SHALLOTS**

Small, mild-mannered shallots have a distinctly garlicky finish. Use raw in salads and sandwiches for a gentle onion flavor.



### **BOILING ONIONS**

Rely on these smaller onions for slow-cooked dishes like soups, stews, and braises.



### **SWEET ONIONS**

Walla Walla, Maui, and Vidalia are all sweet onions perfect for sautéing and caramelizing.



### **CIPOLLINI**

Roasting these disc-shape Italian onions draws out their natural sweetness and tender texture.



### **PEARL ONIONS**

Plump and sweet, pearl onions are best eaten whole in a variety of preparations, including pickled and glazed.





**Market Sweep**

Nosheen Babar at the International Market in Metairie, Louisiana, a one-stop shop for all her must-have spices and produce.



# Family Traditions



# MEET Modern

# Techniques



**Nosheen Babar is a recipe developer, blogger, and mom who showcases beloved Pakistani recipes from her childhood. On her blog, *Untold Recipes by Nosheen*, she invites fellow cooks to embrace these tastes of home.**

BY MARY ANDINO

PHOTOS: CEDRIC ANGELES



**ABOUT ME** I'm Nosheen and I've spent 20 years living on the Mississippi Gulf Coast with my husband and three daughters. I love everything about food: cooking and trying new recipes, exploring restaurants nearby (and while traveling), and taking cooking classes. When I'm not cooking, you can find me binge-watching thrillers on TV, reading crime fiction, and spending time with my friends and family.

**WHO I COOK FOR**

My husband, Ijlal; daughters, Naahin, Maham, and Parisay; and son-in-law, Josh.

**MY COOKING INSPIRATION**

My goal is to preserve my Pakistani culinary heritage for future generations and people who are interested in learning more about the cuisine. I want to create a space where people can dig into Pakistani food, culture, and people through ancient recipes and the stories attached to them.

**WHAT COMFORT FOOD MEANS TO ME**

My favorite comfort meals at home are lentil curry, basmati rice, and kachumber salad (a chopped salad with tomatoes, cucumbers, red onions, and herbs) or a rice pilaf with chicken or mutton. I love street food recipes at home, too: chaat, samosa, and bun kabab. These foods bring back so many nostalgic memories.

**MY MUST-HAVE KITCHEN TOOLS**

My mortar and pestle, electric spice grinder, ThermoWorks ThermoPen One thermometer, and air fryer.

**MY MOST MEMORABLE MEAL**

In the summer of 2022, my family and I visited Italy and happened upon a restaurant in Venice where I ate the best mussel soup of my life.

**WHAT'S NEXT ON MY FOOD BUCKET LIST**

I want to do a deep dive and explore more of New Orleans and its restaurants.

We only live 1½ hours away, but I've been busy raising my family for the last 20 years. Now that my youngest is off to college, I have a long list of places I want to visit. I'm also interested in taking cooking classes to learn authentic Southern specialties: gumbo, étouffée, tomato pie, and more.

**HOW WE GATHER**

I usually serve the food buffet-style and make at least two hearty meat dishes, a rice pilaf, naan, and a few lighter veggie and lentil sides. We follow it up with a big dessert selection served with countless cups of sweet, milky tea. The conversation continues late into the night, and my guests often help us clean up before they leave.

**A FOOD TREND I'M OVER**

Zoodles! I was never a big fan of the veggie noodles. I'd rather use multigrain, chickpea, and/or lentil pastas.

**BEING A HOME COOK MEANS**

I can be adventurous and creative in my home kitchen, combining ancient culinary traditions with modern techniques to create flavorful, comforting meals that celebrate my culture and diversity. Bonus points if the recipes are budget-friendly and nutritious!

**MY STORE-BOUGHT TIME-SAVERS**

I always have purchased naan and assorted flatbreads in my freezer. They're probably the only things I don't cook at home regularly—the store-bought stuff is great!

*Find more of Nosheen's recipes on her blog, Untold Recipes by Nosheen, and follow her on Instagram: @untoldrecipesbynosheen*

**Pakistani Pantry**

*Nosheen stocks her fridge with ginger, garlic, green chiles, cilantro, tomatoes, and plain yogurt. In the pantry: lots of varieties of rice and dried lentils.*



**Her Star Ingredient**

*Tomatoes! Nosheen uses fresh tomatoes in many of her favorite dishes, including chicken karahi (a quick stir-fry) and mutton biryani (a meat-and-rice main).*

PHOTO: (HALWA) CARSON DOWNING; FOOD STYLING: LAUREN MCANALLY; PROP STYLING: BREANNA GHAZALI





## Halwa for the Holidays

Served warm, gajar ka halwa (carrot halwa) is a sweet pudding of simmered carrots, milk, sugar, and cardamom. (Halwa is a broad category of fudge-like confections often served at weddings and during Eid and Diwali, Nosheen says.)

## Carrot Halwa

HANDS-ON 30 MIN TOTAL 1 HR, 45 MIN  
SERVES 12 SUBMITTED BY NOSHEEN BABAR  
NEW RECIPE GO ONLINE TO RATE & REVIEW

- 2 lb. medium carrots, shredded (8 cups)**
- 8 cups whole milk**
- 1 cup sugar**
- 24 green cardamom pods or 1 tsp. ground cardamom**
- 6 Tbsp. vegetable oil**
- ¼ cup slivered almonds, toasted**
- ¼ cup salted dry-roasted pistachio nuts**

- 1.** Put carrots, milk, and sugar in a 6- to 8-qt. Dutch oven; bring to a boil over high heat, stirring occasionally.
- 2.** Reduce heat to medium; cook, stirring occasionally, until liquid has evaporated, about 1 hour.
- 3.** Meanwhile, use a mortar and pestle or a rolling pin to break open cardamom pods. Coarsely crush seeds, discarding the shells. (If using ground cardamom, skip this step.)
- 4.** Heat oil in a very large skillet over medium-high heat. Cook half of cardamom until fragrant, about 30 seconds. Add carrot mixture and cook, stirring constantly, until thick and jammy, about 15 minutes. Remove from heat.
- 5.** Stir in remaining cardamom. Sprinkle with almonds and pistachios just before serving. (Chill in an airtight container up to 5 days; freeze up to 3 months.)

HIDDEN GEM VEGETARIAN GLUTEN-FREE  
PER ½ CUP: 269 CAL; 14G FAT (4G SAT); 7G PRO; 30G CARB (1G FIBER, 27G SUGARS); 108MG SODIUM



BY **PATTY LEE**  
PHOTOS  
**JASON DONNELLY**  
FOOD STYLING  
**CHARLIE WORTHINGTON**  
PROP STYLING  
**BREANNA GHAZALI**

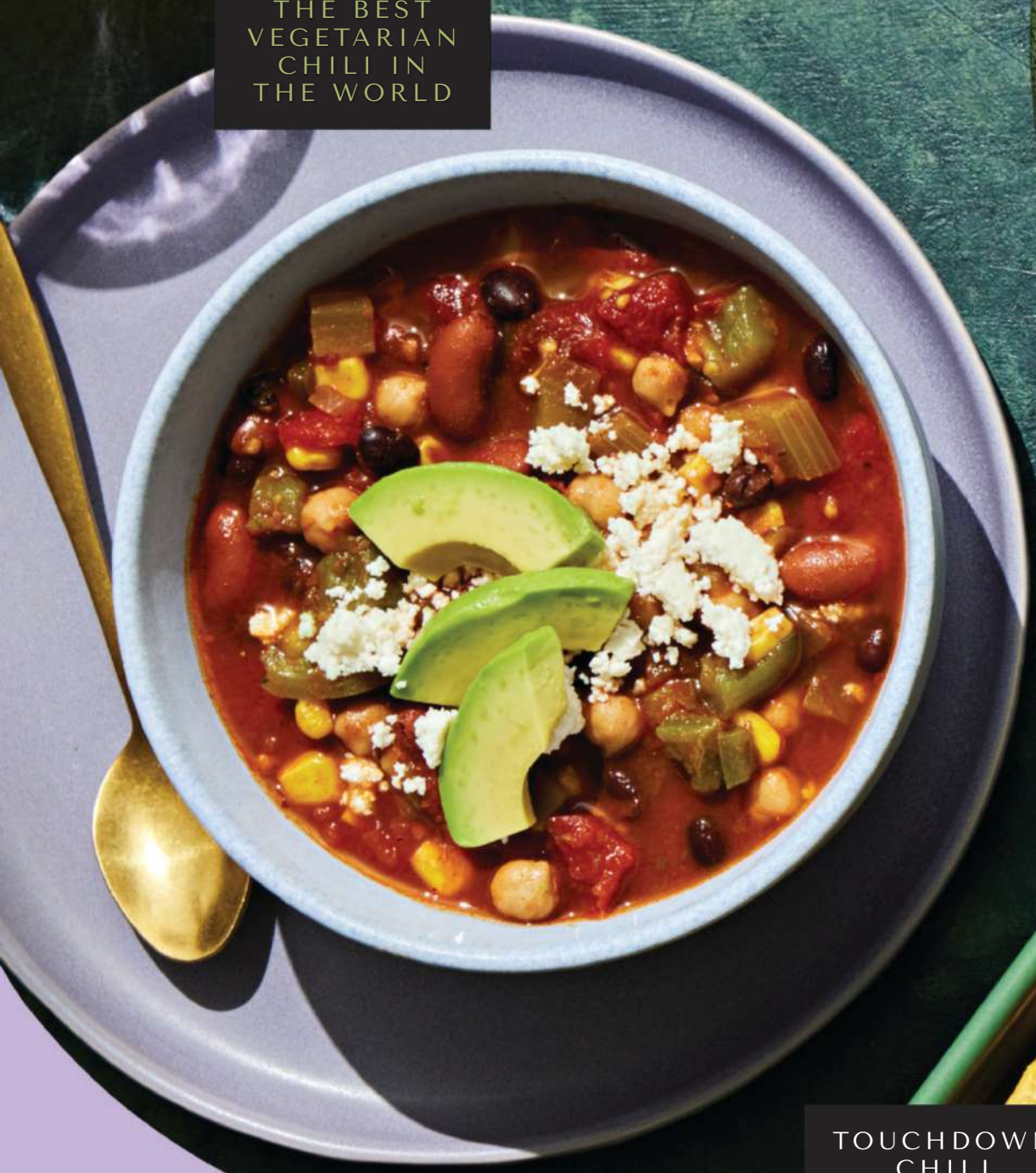
RECIPES  
START ON P.

**32**

THE BEST  
VEGETARIAN  
CHILI IN  
THE WORLD



HATCH  
CHILE  
VERDE



TOUCHDOWN  
CHILI  
(over nachos)





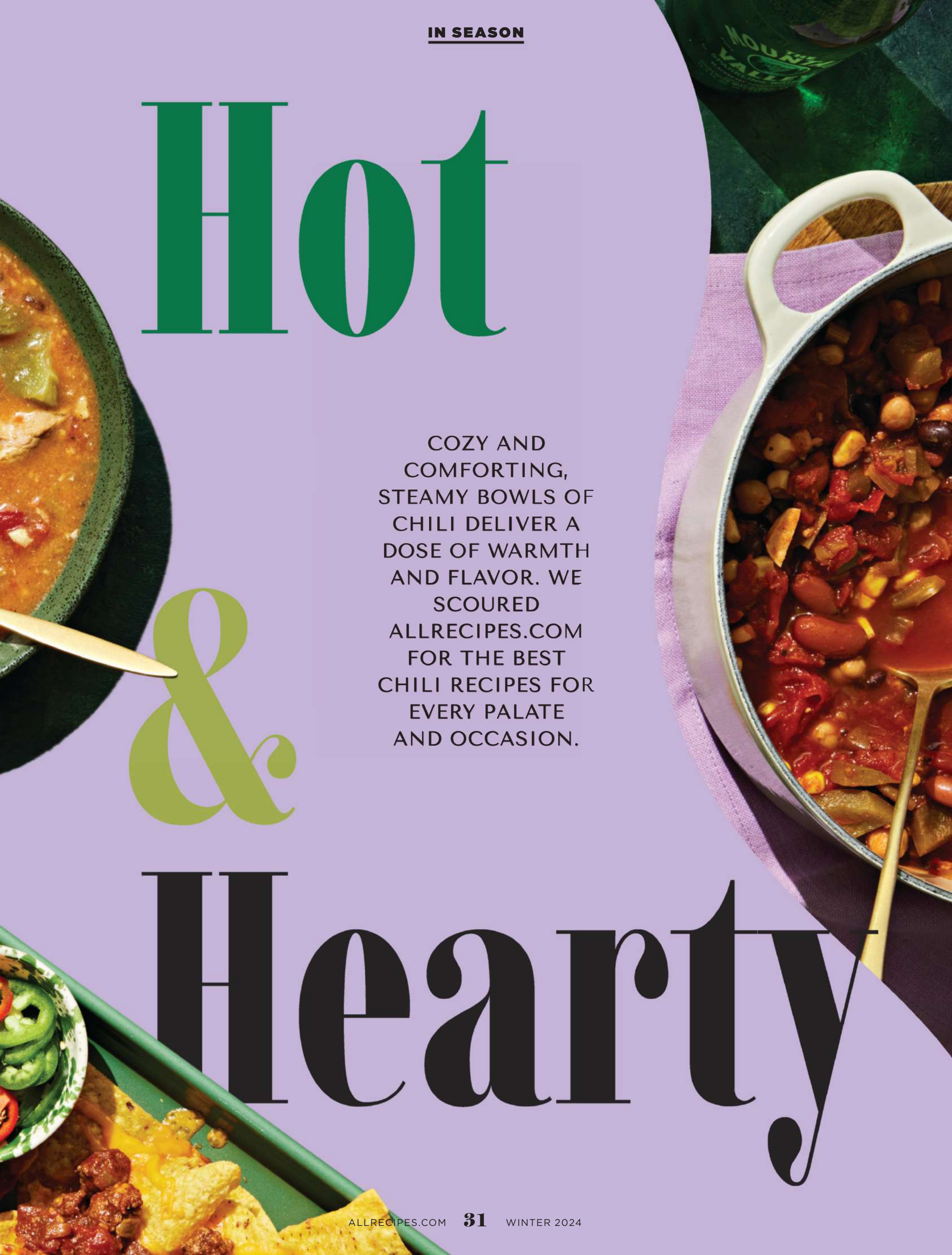
IN SEASON

# Hot

COZY AND COMFORTING, STEAMY BOWLS OF CHILI DELIVER A DOSE OF WARMTH AND FLAVOR. WE SCoured ALLRECIPES.COM FOR THE BEST CHILI RECIPES FOR EVERY PALATE AND OCCASION.

&

# Hearty





# THE BEST VEGETARIAN CHILI IN THE WORLD

(pictured on p. 30)

HANDS-ON 15 MIN TOTAL 1 HR, 15 MIN  
SERVES 12 SUBMITTED BY CALEAD910

★★★★☆ 1,687 REVIEWS

- 1 Tbsp. olive oil
- 1 medium onion, chopped (1 cup)
- 2 medium stalks celery, chopped (2/3 cup)
- 2 medium green bell peppers, chopped (2 cups)
- 2 jalapeño peppers, chopped (seeded if desired)
- 3 cloves garlic, chopped
- 3 (28-oz.) cans whole peeled tomatoes, crushed
- 1 (15-oz.) can kidney beans, drained and rinsed
- 1 (15-oz.) can chickpeas, drained and rinsed
- 1 (15-oz.) can black beans, drained and rinsed
- 2 (4-oz.) cans diced green chiles, drained
- 1/4 cup chili powder
- 2 Tbsp. dried oregano
- 1 tsp. cumin
- 1 tsp. salt
- 1 Tbsp. black pepper
- 2 bay leaves
- 1 (15-oz.) can whole kernel corn, drained and rinsed
- Sliced avocado and cotija, for serving

1. Heat oil in a Dutch oven or 8-qt. stockpot over medium heat. Cook onion, celery, bell peppers, jalapeños, and garlic, stirring occasionally, until vegetables are almost tender, 6 to 8 minutes.
2. Add tomatoes, kidney beans, chickpeas, black beans, green chiles, chili powder, oregano, cumin, salt, black pepper, and bay leaves. Bring to a boil over high heat. Reduce heat to low; simmer, covered, 45 minutes.
3. Stir in corn. Continue cooking, uncovered, 5 minutes more. Remove and discard bay leaves. Serve topped with avocado and cotija. (Chill in an airtight container up to 3 days; freeze up to 3 months.)

VEGETARIAN GLUTEN-FREE

PER 1/2 CUPS: 166 CAL; 3G FAT (0G SAT); 8G PRO;  
31G CARB (9G FIBER, 10G SUGARS); 877MG SODIUM



**Perfect every time. I usually add ground beef or vegetarian burger crumbles, and either way it's delicious!"**

—DONNA SALES-SMITH

## simple swap

↓ If you can't find Hatch chiles, sub in 8 poblano or 12 Anaheim peppers.

# HATCH CHILE VERDE

(pictured on p. 30)

HANDS-ON 20 MIN TOTAL 2 HR, 30 MIN  
SERVES 8 SUBMITTED BY YOLY

★★★★☆ 10 REVIEWS

- 8 Hatch chile peppers
- 2 lb. boneless pork shoulder, cut into 1-inch chunks
- 1/2 cup water
- 1 1/2 tsp. salt
- 1 medium onion, chopped (1 cup)
- 6 cloves garlic, minced
- 1 Tbsp. cumin
- 1/2 tsp. black pepper
- 1/4 cup flour
- 4 cups low-sodium chicken broth
- 1 (14.5-oz.) can diced tomatoes
- Chopped fresh cilantro and sliced radishes, for serving

1. Preheat oven to 425°F. Line a baking sheet with foil and arrange chiles on foil. Roast until deeply charred, 20 to 25 minutes. Remove from oven. Bring foil up around chiles; fold to enclose completely. Let stand 15 minutes.
2. Remove skins and seeds from roasted chiles. Cut half of chiles into 1-inch pieces. Process remaining chiles in a food processor until finely chopped.
3. Meanwhile, combine pork, water, and 1/2 tsp. salt in a Dutch oven or 6-qt. stockpot. Cook, covered, over medium heat, stirring every 5 minutes, about 20 minutes. Increase heat to medium-high; cook, uncovered, stirring constantly, until water evaporates and pork browns, 15 to 20 minutes. Remove pork from pot.
4. Add onion to drippings in pot. Cook over medium heat, stirring frequently, until softened, 5 to 7 minutes. Add garlic, cumin, black pepper, and remaining 1 tsp. salt. Cook until fragrant, about 1 minute. Stir in flour; cook 1 to 2 minutes. Stir in chiles, pork, broth, and tomatoes. Bring to a boil. Reduce heat to low; simmer, covered, stirring occasionally, until pork is fork-tender, about 1 1/2 hours. Serve topped with cilantro and radishes. (Chill in an airtight container up to 3 days; freeze up to 3 months.)

PER 1 GENEROUS CUP: 248 CAL; 9G FAT (3G SAT);  
27G PRO; 14G CARB (3G FIBER, 4G SUGARS);  
646MG SODIUM

# TOUCHDOWN CHILI

(pictured on p. 30)

HANDS-ON 15 MIN TOTAL 1 HR, 30 MIN  
SERVES 8 SUBMITTED BY JENN POLK

★★★★☆ 264 REVIEWS

*Go beyond the bowl and serve this beanless chili over nachos, baked potatoes, or hot dogs.*

- 2 lb. 93% lean ground beef
- 1 large onion, chopped (2 cups)
- 6 cloves garlic, chopped
- 1/3 cup chili powder
- 1 1/2 tsp. cumin
- 1 1/2 tsp. dried basil
- 1 (28-oz.) can diced tomatoes
- 1 (15-oz.) can tomato sauce
- 1 (12-oz.) can or bottle lager beer
- 1 (4-oz.) can diced green chiles, drained
- 3 Tbsp. brown sugar
- 1 Tbsp. white vinegar
- 1 tsp. salt
- 1 tsp. hot sauce
- 1/2 tsp. black pepper
- Chopped green onions and sliced jalapeño peppers, for serving

1. Cook ground beef, onion, and garlic in a Dutch oven or 5- to 6-qt. stockpot over medium heat, stirring and breaking up lumps, until beef is no longer pink and onion is tender. Pour off grease. Add chili powder, cumin, and basil. Cook, stirring constantly, until spices are fragrant and toasted, about 2 minutes.
2. Stir in tomatoes, tomato sauce, beer, green chiles, brown sugar, vinegar, salt, hot sauce, and black pepper. Bring to a boil, then use a wooden spoon to scrape up any browned bits from bottom of pot. Reduce heat to low; simmer, covered, 30 minutes. Uncover and simmer until chili is slightly thickened, about 30 minutes more. Serve topped with green onions and jalapeños. (Chill in an airtight container up to 3 days; freeze up to 3 months.)

PER 1/4 CUPS: 357 CAL; 14G FAT (5G SAT); 35G PRO;  
18G CARB (3G FIBER, 10G SUGARS); 1,013MG SODIUM

## slow cooker

**Cook meat, onion, and garlic as directed; pour off grease. Transfer to a 5- to 6-qt. slow cooker. Add remaining ingredients and stir to combine. Cook on Low 6 to 8 hours or High 3 to 4 hours.**



**This is our go-to chili, and it is amazing! I substitute 12 oz. beef broth for the beer."**

—ROSE DEWBROOK





**I cooked the onion, turkey, and garlic on the stovetop, then mixed everything in the slow cooker and cooked on Low for 3 hours. Perfect with cornbread.”**

—JUDI BAKES

**zip it up**

A spoonful of acidic red wine vinegar brightens this ground turkey-black bean chili. Balsamic or cider vinegar would work well, too.



**FANTASTIC BLACK BEAN CHILI**

HANDS-ON 20 MIN TOTAL 1 HR, 35 MIN SERVES 6 SUBMITTED BY REBECCA

★★★★☆ 787 REVIEWS

- 1 Tbsp. vegetable oil
- 1 medium onion, chopped (1 cup)
- 1 lb. ground turkey
- 3 cloves garlic, minced
- 3 (15-oz.) cans black beans, undrained
- 1 (14.5-oz.) can crushed tomatoes
- 1½ Tbsp. chili powder
- 1 Tbsp. dried oregano
- 1 Tbsp. dried basil

- 1 Tbsp. red wine vinegar
- 2 tsp. cumin
- ½ tsp. salt
- Tortilla strips and fresh cilantro, for serving**

1. Heat oil in a Dutch oven or 6-qt. stockpot over medium heat. Cook onion, stirring frequently, until softened and translucent, about 5 minutes.
2. Add turkey and garlic. Cook, stirring and breaking up lumps,

until meat is browned, 5 to 7 minutes.

3. Stir in beans, tomatoes, chili powder, oregano, basil, vinegar, cumin, and salt. Bring to a boil. Reduce heat to low; simmer, covered, 1 hour to allow flavors to meld. Serve topped with tortilla strips and cilantro. (Chill in an airtight container up to 3 days.)

PER 1½ CUPS: 344 CAL; 9G FAT (2G SAT); 28G PRO; 46G CARB (12G FIBER, 6G SUGARS); 1,213MG SODIUM



# EASY WHITE CHICKEN CHILI

HANDS-ON 10 MIN TOTAL 40 MIN SERVES 6 SUBMITTED BY EPHEIS

★★★★☆ 206 REVIEWS

- 1 Tbsp. olive oil
- 3 (6-oz.) boneless, skinless chicken breasts, cut into 1-inch pieces
- 1 medium onion, chopped (1 cup)
- 2 cloves garlic, minced
- 3 (15-oz.) cans cannellini beans, drained and rinsed
- 1 (32-oz.) carton low-sodium chicken broth
- 2 (4-oz.) cans diced green chiles
- 1 Tbsp. dried oregano
- 1 tsp. cumin
- ½ tsp. salt
- ⅛ tsp. cayenne pepper, or to taste
- ¼ cup chopped fresh chives, for garnish
- Chopped cherry tomatoes and sour cream, for serving

1. Heat oil in a Dutch oven or 6-qt. stockpot over medium heat. Cook chicken, stirring

occasionally, about 4 minutes, or until an instant-read thermometer inserted into pieces registers 165°F. Remove chicken.

2. Add onion and garlic to pot. Cook, stirring frequently, until softened, about 4 minutes. Reduce heat to low.

3. Mash 1 can of beans in a small bowl with a fork. Add mashed beans, remaining 2 cans whole beans, the broth, green chiles, oregano, cumin, salt, and cayenne to pot. Bring to a boil. Reduce heat to low; simmer about 15 minutes. Return chicken to pot. Simmer until heated through, about 5 minutes.

4. Serve topped with chives, tomatoes, and sour cream. (Chill in an airtight container up to 3 days; freeze up to 3 months.)

Ⓞ GLUTEN-FREE

PER 1½ CUPS: 326 CAL; 8G FAT (3G SAT); 34G PRO; 35G CARB (13G FIBER, 3G SUGARS); 843MG SODIUM

## a meal-prep win

Batch-prepare chili (by either doubling the recipe or planning for leftovers) for ready-to-grab lunches and carefree weeknight dinners. If frozen, let chili thaw in the refrigerator overnight before reheating.

# PORK CHILI VERDE

HANDS-ON 30 MIN TOTAL 2 HR, 40 MIN SERVES 6 SUBMITTED BY CHEF JOHN

★★★★★ 110 REVIEWS

- 2 Tbsp. vegetable oil
- 2 lb. boneless pork shoulder, cut into 2-inch pieces
- 1 medium onion, chopped (1 cup)
- 1½ tsp. kosher salt
- 2 tsp. dried oregano
- 2 tsp. cumin
- ½ tsp. coriander
- ¼ tsp. cayenne pepper
- 10 fresh tomatillos, husked and rinsed (roasted if desired; see “Flavor Boost,” below)
- 3 jalapeño peppers, halved and stemmed (seeded if desired)
- 1 poblano pepper, seeded and coarsely chopped
- ½ cup packed fresh cilantro leaves
- 6 cloves garlic, peeled
- 2 to 2½ cups low-sodium chicken broth
- 1 bay leaf
- 1½ lb. medium Yukon Gold potatoes, peeled and cut into 1-inch pieces (3½ cups)
- ½ tsp. black pepper
- ½ cup pickled red onions
- Sour cream and plantain chips, for serving

1. Heat oil in a Dutch oven or 6-qt. stockpot over high heat until shimmering. Working in batches as needed, sear pork in a single layer, turning halfway through, until browned, 8 to 10 minutes. Add onion and ½ tsp. salt. Cook, stirring frequently, until onion is softened, about 4 minutes. Add oregano, cumin, coriander, and cayenne. Cook, stirring frequently, until seasonings are toasted and fragrant, about 2 minutes. Reduce heat to low.

2. Quarter tomatillos. Pulse tomatillos, jalapeños, poblano, cilantro, garlic, and 1 cup chicken broth in a blender until chopped, then blend until mixture is smooth, about 30 seconds.

3. Stir tomatillo mixture and remaining 1 cup broth into pork mixture. Add bay leaf and remaining 1 tsp. salt. Increase heat to high; bring to a boil. Reduce heat to low and simmer, covered, 1½ hours. Add potatoes and black pepper. (Stir in an additional broth, as needed, to cover potatoes.) Simmer, uncovered, stirring occasionally, until potatoes are tender, about 30 minutes. Remove bay leaf.

4. Serve with pickled red onions, sour cream, and plantain chips. (Chill in an airtight container up to 3 days; freeze up to 3 months.)

Ⓞ HEALTHY Ⓞ GLUTEN-FREE

PER 1½ CUPS: 399 CAL; 17G FAT (5G SAT); 35G PRO; 29G CARB (4G FIBER, 5G SUGARS); 459MG SODIUM

## ↑ flavor boost

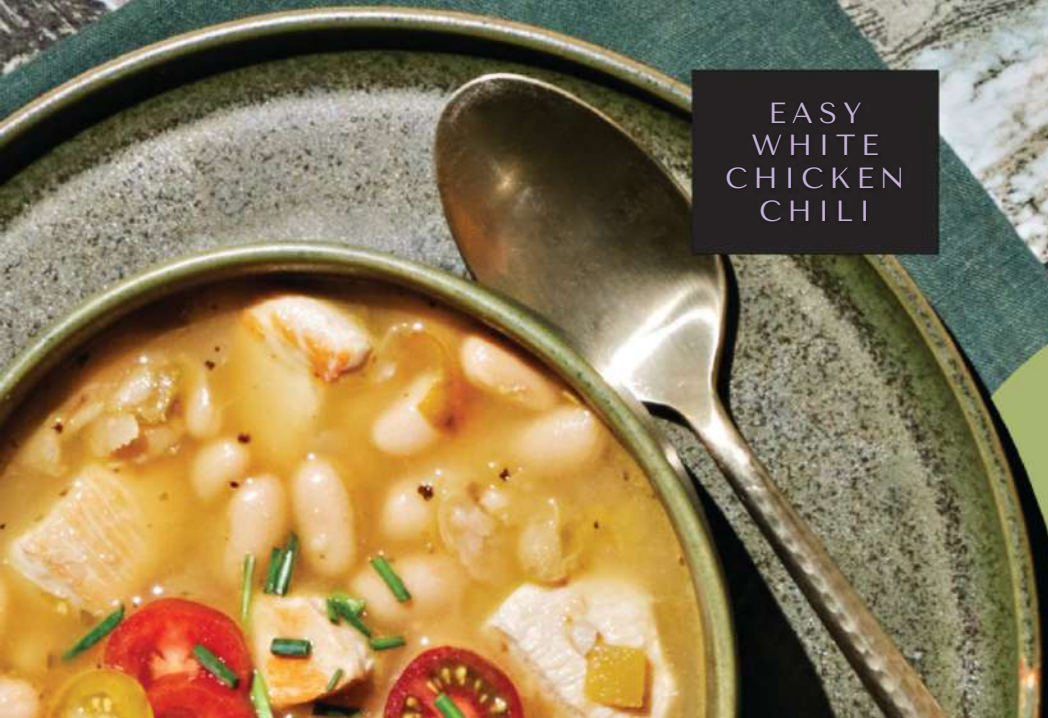
Arrange tomatillos on a foil-lined 10x15-inch baking sheet. Roast at 450°F, turning halfway through, until skins are blackened and blistered in spots, about 12 minutes. Let cool 10 minutes before blending as directed in Step 2.







PORK CHILI  
VERDE



EASY  
WHITE  
CHICKEN  
CHILI



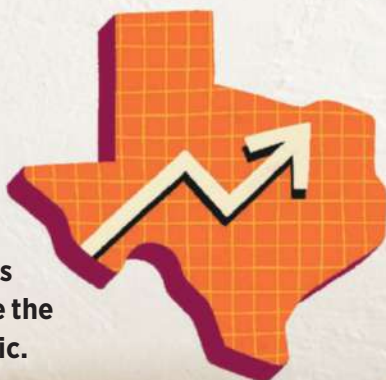
**Fantastic flavor! I served with sliced jalapeños and avocado.”**  
—E. DORSEY



**IN SEASON**

# Pecan Pie Brownies

Last year, these Pecan Pie Brownies were the most popular in Texas, where the recipe grew 176 times in online traffic.



# United States of Giving Thanks

This year, we mined search-engine trends, traditional polling institutions, and our own analytics to dig into what Americans across the country are actually cooking for Thanksgiving. Consider this your ultimate data-approved menu for 2024.

RECIPES  
BEGIN ON  
P. 40





# Juicy Thanksgiving Turkey

Anchorage

Alaska

Home cooks in Anchorage, Alaska, are more likely to roast their turkey—versus grilling, frying, smoking, etc.—than cooks in other U.S. cities. Follow the city's lead and make our #1 turkey recipe of all time.

## Make-Ahead Stuffing

Most people search for this classic side using “stuffing” as their search term. Cooks in nine states are more likely to call it dressing while hunting down a recipe. (Did you know it's only called stuffing if it's cooked inside the turkey?)

9  
41

BY ARIEL KNUTSON | PHOTOS JACOB FOX  
FOOD STYLING KELSEY MOYLAN  
ILLUSTRATIONS MEL CERRI  
PROP STYLING NATALIE GHAZALI



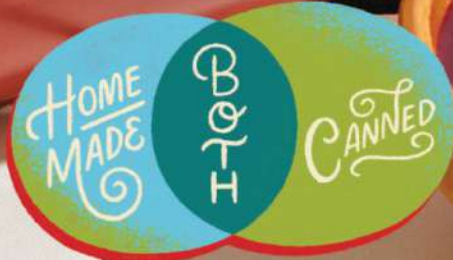
# 4-Ingredient Green Bean Casserole

In 2023, the peak time to search for “green bean casserole” was 10 a.m. on Thanksgiving Day, making this breezy recipe a good choice for a last-minute side.



# Cranberry Sauce with Orange Juice

The verdict is in: Twenty-seven percent of cranberry sauce fans go for the from-scratch sauce (like this recipe) as opposed to the canned stuff. (Thirty-seven percent like both!)



# Chantilly Mashed Potato Casserole

This cheesy baked side was our breakout spud of 2023—the recipe was up 155 percent in clicks on our site.





**IN SEASON**

# Paul's Pumpkin Bars

Skip the traditional pumpkin pie and go for these fluffy, cake-like bars, a runaway fave in 2023 for our Midwestern cooks.



# Yummy Sweet Potato Casserole



This sweet potato-brown sugar bake may veer into dessert territory a bit—but it's Allrecipes' #1 Thanksgiving recipe of all time.



# Juicy Thanksgiving Turkey

(pictured on p. 37)

HANDS-ON 15 MIN TOTAL 4 HR, 15 MIN  
SERVES 10 SUBMITTED BY KIRSTEN

★★★★★ 703 REVIEWS

- 1 Tbsp. dried parsley
- 1 Tbsp. ground rosemary
- 1 Tbsp. dried sage
- 1 Tbsp. dried thyme
- 1½ tsp. lemon-pepper seasoning
- 1½ tsp. kosher salt
- 1 (14- to 18-lb.) whole turkey, neck and giblets removed
- 1 medium orange, cut into 8 wedges, plus more for serving
- 2 medium stalks celery, cut into ½-inch slices (1 cup)
- 1 small onion, cut into chunks (½ cup)
- 1 medium carrot, cut into ½-inch slices (½ cup)
- 1 (750-ml) bottle champagne or other sparkling white wine
- 1¾ cups low-sodium chicken broth
- Fresh herbs, for serving

1. Preheat oven to 325°F. Put a rack in a roasting pan. Arrange sheets of foil on rack, leaving enough overhang on sides of pan to wrap around turkey.
2. Stir together parsley, rosemary, sage, thyme, lemon-pepper seasoning, and salt in a small bowl.
3. Rub herb mixture inside turkey cavity and under skin of breasts. Stuff cavity with orange wedges, celery, onion, and carrot. Tie legs together with kitchen string, then tuck wing tips under body.
4. Put turkey, breast side up, on prepared roasting pan. Pour champagne and broth over turkey, making sure to get some liquid inside cavity. Bring foil up and over turkey and seal (try to keep foil from touching top of turkey).
5. Roast turkey 2½ hours. Open foil and fold down around turkey. Continue roasting, uncovered, 1¼ to 1½ hours more, or until skin is golden brown and an instant-read thermometer inserted into thickest part of thigh near the bone registers 175°F.
6. Remove turkey from oven; tent with foil. Serve on a platter with fresh herbs and additional orange wedges. Let rest 15 minutes before slicing.

Ⓞ GLUTEN-FREE

PER 8 OZ.: 662 CAL; 20G FAT (6G SAT); 97G PRO; 5G CARB (1G FIBER, 2G SUGARS); 465MG SODIUM

**EDITOR'S TIP** A bottle of sparkling wine and some chicken broth keep the turkey juicy (they'll both evaporate toward the end of roasting and the booze will burn off). Aromatic citrus and veggies also add moisture—not to mention serious flavor.

**IN SEASON**

# Make-Ahead Stuffing

(pictured on p. 37)

HANDS-ON 15 MIN TOTAL 1 HR  
SERVES 16 SUBMITTED BY BETSY0511

★★★★☆ 26 REVIEWS

- 1 cup butter, plus more for greasing
- 1 large onion, chopped (2 cups)
- 6 medium stalks celery, chopped (2 cups)
- 2 tsp. poultry seasoning
- ½ tsp. salt
- ½ tsp. black pepper
- ½ tsp. dried thyme
- ½ tsp. dried sage
- 16 cups dried bread cubes (see "Editor's Tip," below)
- 1 to 1½ cups low-sodium chicken broth, or more as needed

1. Melt butter in a large, deep skillet over medium heat. Cook onion and celery, stirring frequently, until tender, about 10 minutes.
2. Stir in poultry seasoning, salt, pepper, thyme, and sage. Stir in bread cubes until well combined. Stir in enough broth to moisten. Remove from heat. (To make ahead: Let cool, then chill in an airtight container up to 3 days.)
3. When ready to serve, preheat oven to 350°F. Spread stuffing in an even layer in a greased 9x13-inch baking dish. Bake 40 minutes. Increase oven temperature to 475°F; bake until top is browned and crisp, about 5 minutes more.

Ⓞ QUICK

PER ½ CUP: 209 CAL; 13G FAT (8G SAT); 4G PRO; 20G CARB (2G FIBER, 3G SUGARS); 353MG SODIUM

**EDITOR'S TIP** For bread cubes, cut a 20-oz. loaf of bread into cubes; spread in an even layer on rimmed baking sheets. Bake in a 300°F oven, stirring every 5 minutes, until dry, 10 to 15 minutes.

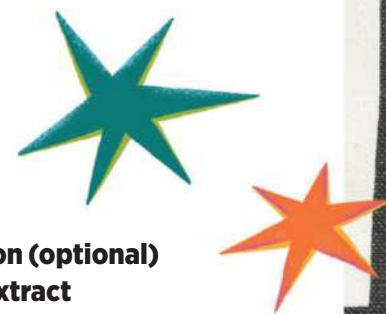
# Pecan Pie Brownies

(pictured on p. 36)

HANDS-ON 20 MIN TOTAL 3 HR, 25 MIN  
SERVES 16 SUBMITTED BY JULIE HUBERT

★★★★☆ 18 REVIEWS

- 1 (18.4-oz.) pkg. fudge brownie mix (such as Pillsbury)
- ½ cup vegetable oil
- 2 eggs
- ¼ cup water
- ½ cup packed brown sugar
- ⅓ cup light corn syrup
- 2 eggs



- 1 Tbsp. bourbon (optional)
- 2 tsp. vanilla extract
- ½ tsp. fine sea salt
- ¼ cup melted butter, cooled slightly
- 2 cups pecan halves
- Whipped cream, for garnish

1. Preheat oven to 350°F. Line bottom and sides of a 9-inch springform pan with foil and coat generously with cooking spray.
2. For brownie layer, whisk together brownie mix, oil, eggs, and water in a medium bowl until well combined. Spread batter in prepared pan.
3. Bake until a toothpick inserted into center comes out clean, 35 to 40 minutes. Remove from the oven (leave oven on).
4. Meanwhile, whisk together brown sugar, corn syrup, eggs, bourbon (if using), vanilla, and salt in a medium bowl. Slowly whisk in melted butter until well combined. Stir in pecans until coated in filling. Gently pour over baked brownie layer and use a spatula to spread into an even layer.
5. Bake until center is set, 30 to 35 minutes. Transfer to a wire rack; let cool completely, about 2 hours. Carefully remove sides from springform pan, then remove brownie round from foil. Cut into 16 slices and garnish with whipped cream. (Store in an airtight container at room temperature up to 5 days.)

Ⓞ HIDDEN GEM

PER 1 SLICE: 350 CAL; 20G FAT (4G SAT); 4G PRO; 42G CARB (2G FIBER, 33G SUGARS); 217MG SODIUM

# 4-Ingredient Green Bean Casserole

(pictured on p. 38)

HANDS-ON 5 MIN TOTAL 35 MIN  
SERVES 12 SUBMITTED BY ELENA

★★★★☆ 385 REVIEWS

- 2 (10.5-oz.) cans condensed cream of mushroom soup
- 1 cup whole milk
- 4 (15-oz.) cans cut green beans, drained
- 2 (2.8-oz.) cans crispy fried onions (such as French's)
- ¼ tsp. black pepper

1. Preheat oven to 350°F. Mix together soup and milk in a 3-qt. baking dish until smooth. Add green beans and half of onions. Stir to combine.
2. Bake until heated through and bubbly, about 25 minutes. Top with remaining onions. Bake 5 minutes more. Sprinkle with pepper.

PER ¾ CUP: 139 CAL; 8G FAT (4G SAT); 2G PRO; 14G CARB (2G FIBER, 3G SUGARS); 465MG SODIUM





Make the holidays  
**IRRESISTIBLY  
DELICIOUS**

SCAN HERE



For Delicious  
Recipe Inspiration  
[www.hellmanns.com/recipes](http://www.hellmanns.com/recipes)





# Cranberry Sauce with Orange Juice

(pictured on p. 38)

HANDS-ON 5 MIN TOTAL 20 MIN  
SERVES 12 SUBMITTED BY TONI

★★★★☆ 897 REVIEWS

- ⅔ cup sugar
- ⅔ cup orange juice
- 1 (12-oz.) pkg. fresh or frozen cranberries

Bring sugar and orange juice to a boil in a medium saucepan over medium-high heat, stirring to dissolve sugar. Reduce heat to medium-low and simmer 5 minutes. Add cranberries. Cook, stirring occasionally, until cranberries burst, about 5 minutes. Transfer to serving bowl. (Sauce will thicken as it cools.)

Ⓢ QUICK Ⓢ GLUTEN-FREE Ⓢ VEGAN

PER 2½ TBSP.: 63 CAL; 0G FAT; 0G PRO; 16G CARB (1G FIBER, 14G SUGARS); 1MG SODIUM

# Chantilly Mashed Potato Casserole

(pictured on p. 38)

HANDS-ON 20 MIN TOTAL 1 HR  
SERVES 8 SUBMITTED BY CHEF JOHN

★★★★★ 4 REVIEWS

- 4 large russet potatoes, peeled and quartered
- 2 Tbsp. plus ½ tsp. kosher salt
- ½ cup shredded Gruyère cheese (2 oz.)
- 6 Tbsp. unsalted butter, cubed, plus more for greasing
- ½ tsp. black pepper
- 1 cup finely shredded Parmigiano-Reggiano cheese (4 oz.)
- ½ cup low-fat buttermilk
- Pinch of cayenne pepper
- ¾ cup cold whipping cream
- ½ tsp. paprika
- 2 Tbsp. sliced green onions, for garnish

1. Preheat oven to 475°F. Generously butter a 1½- to 2-qt. baking dish.
2. Put potatoes in a large pot; add 2 Tbsp. kosher salt and enough cold water to cover potatoes by 2 inches. Bring to a boil over high heat. Reduce heat to medium; simmer, stirring occasionally, until potatoes are fork-tender, about 20 minutes. Drain; let stand in colander 5 to 10 minutes.
3. Transfer potatoes to a large bowl. Mash with a potato masher until no lumps remain. Add Gruyère, butter, black pepper,

and remaining ½ tsp. salt. Mash just until incorporated. Stir in ¾ cup Parmigiano-Reggiano, the buttermilk, and cayenne.

4. Beat cream in a metal bowl with an electric mixer at high speed until thick and fairly stiff peaks form, 1 to 2 minutes. Working in two batches, gently fold whipped cream into potato mixture.
5. Transfer to prepared baking dish; spread into an even layer, smoothing top, if desired. Sprinkle with remaining ¼ cup Parmigiano-Reggiano and dust lightly with paprika.
6. Put baking dish on a foil-lined baking sheet. Bake in center of oven until browned, 15 to 20 minutes. Garnish with green onions.

Ⓢ HIDDEN GEM Ⓢ GLUTEN-FREE

PER ¼ CUP: 353 CAL; 23G FAT (14G SAT); 11G PRO; 26G CARB (2G FIBER, 3G SUGARS); 437MG SODIUM

# Paul's Pumpkin Bars

(pictured on p. 39)

HANDS-ON 20 MIN TOTAL 45 MIN  
SERVES 24 SUBMITTED BY DEB MARTIN

★★★★★ 1,227 REVIEWS

- 1 (15-oz.) can pumpkin
- 1⅓ cups white sugar
- 1 cup vegetable oil
- 4 eggs
- 2 cups flour
- 2 tsp. cinnamon, plus more for garnish
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. salt
- ½ cup butter, softened
- 3 oz. cream cheese, softened
- 1 tsp. vanilla extract
- 2 cups powdered sugar

1. Preheat oven to 350°F. Beat together pumpkin, white sugar, oil, and eggs in a large bowl with an electric mixer at medium speed until well combined.
2. In a medium bowl, sift together flour, cinnamon, baking powder, baking soda, and salt. Mix flour mixture into pumpkin mixture with an electric mixer at low speed just until smooth. Spread batter in an even layer on an ungreased 10x15-inch rimmed baking sheet.
3. Bake until cake bounces back when gently pressed, 25 to 30 minutes. Let cool in pan on a wire rack.
4. Meanwhile, for frosting, using clean beaters, beat together butter and cream cheese in a medium bowl with an electric mixer at medium speed until smooth; beat in vanilla. Gradually beat in powdered sugar until smooth.
5. Spread frosting evenly onto cooled cake. Cut into 24 squares. Garnish with cinnamon. (Chill in an airtight container up to 5 days.)

PER 1 SQUARE: 279 CAL; 15G FAT (5G SAT); 3G PRO; 34G CARB (1G FIBER, 24G SUGARS); 244MG SODIUM

# Yummy Sweet Potato Casserole

(pictured on p. 39)

HANDS-ON 20 MIN TOTAL 45 MIN  
SERVES 12 SUBMITTED BY TINA B

★★★★★ 2,960 REVIEWS

- 2 large sweet potatoes, peeled and cubed (4 cups)
- ½ cup white sugar
- ½ cup whole milk
- ¼ cup plus 3 Tbsp. butter, softened
- ½ tsp. salt
- ½ tsp. vanilla extract
- 2 eggs, lightly beaten
- ½ cup packed brown sugar
- ⅓ cup flour
- ½ cup chopped pecans

1. Preheat oven to 350°F. Put sweet potatoes in a medium saucepan; add enough water to cover potatoes by 2 inches. Bring to a boil over high heat; reduce heat to medium-low. Simmer, stirring occasionally, until very tender, 10 to 15 minutes. Drain; transfer to a large bowl.
2. Beat sweet potatoes with an electric mixer at low speed until smooth. Mix in white sugar, milk, ¼ cup butter, the salt, and vanilla until well combined. Mix in eggs until smooth. Transfer to a 2-qt. baking dish.
3. For topping, stir together brown sugar and flour in a medium bowl. Cut in remaining 3 Tbsp. butter with a pastry blender until mixture is coarse and butter pieces are pea-size (don't overmix). Stir in pecans. Sprinkle topping over sweet potato mixture.
4. Bake until topping is golden brown, 25 to 30 minutes.

Ⓢ VEGETARIAN

PER ½ CUP: 210 CAL; 11G FAT (5G SAT); 3G PRO; 26G CARB (1G FIBER, 20G SUGARS); 177MG SODIUM





# RAMEN REVAMP

Long beloved by college students and budget shoppers, packaged ramen has come a long way. Try our picks for all-in-one noodle cups and kits that pack big flavor without sacrificing simplicity. BY NATALIE MECHEM

1



**1 MiLa Caramelized Scallion Oil Noodles** are bouncy, soft, and chewy after just a few minutes of boiling. The frozen fresh wheat noodles come with a savory-sweet scallion oil (MiLa is simmered for 3 hours!) and crunchy fried scallions. \$33 for four 3.74-oz. pkg. at [eatmila.com](http://eatmila.com)

2



These pumpkin noodles are made with powdered dried ripe pumpkin.

**2 WhatIF Foods** makes plant-based foods from natural ingredients. Its **Pumpkin Noodles with Cheeky Curry Sauce** kit comes with a kicky chili oil and a cumin-turmeric-cardamom sauce. Top noodles with paneer or tofu cubes. \$15 for one 14-oz.-pkg. at [amazon.com](http://amazon.com)

3



**3 Lemongrass** teams up with creamy coconut in **Omsom Coconut Lemongrass Curry Saucy Noodles**, inspired by Thai khao soi (coconut noodle soup). Finish the sauced noodles with cilantro, red onion slices, and a squeeze of lime. \$5 for one 4.8-oz. pkg. at [retailers nationwide](http://retailers nationwide)

4



**4 Small-batch Hokkaido Miso Ramen** from **Nona Lim** has a fragrant, umami-rich broth that's just asking for at-home toppers (soft-boiled eggs, leftover pork, corn, or nori). Fresh wheat noodles swim in the miso-flavored broth. \$9 for one 12-oz. pkg. at [misfitsmarket.com](http://misfitsmarket.com)

5



**5 Made from brown rice**, **Lotus Foods** noodles are gluten-free and have a nutty flavor. Just add boiling water to the cup of noodles with freeze-dried kimchi, shallots, and tofu in the **Spicy Kimchi Rice Ramen Noodle Soup**. \$4 for one 1.98-oz. pkg. at [retailers nationwide](http://retailers nationwide)



SCARY GOOD

# TRICKS AND TREATS

For spooky snacks this Halloween, we've got you covered. Try these ideas for feeding every witch, ghost, and ghoul in town.

*Decorate this swirly treat with sprinkles, crushed pretzels, and/or candy.*



## SLIME POPCORN

Pop 1 (3.2-oz.) pkg. **microwave popcorn** (10 to 12 cups popped) according to package directions; transfer to a large bowl. Heat  $\frac{1}{2}$  cup **brown sugar** and  $\frac{1}{4}$  cup **butter** in a medium saucepan over medium heat, stirring frequently, until melted. Stir in 1 (16-oz.) pkg. **marshmallows** until melted and smooth. Stir in 5 drops **green food coloring** until color is evenly distributed. Pour mixture over popcorn and stir until evenly coated. Stir in  $\frac{1}{2}$  cup **candy eyeballs** (found at crafts stores).

## HALLOWEEN BARK

Line a 10x15-inch rimmed baking sheet with parchment paper. In a medium microwave-safe bowl, microwave 8 oz. **dark chocolate** on High in 30-second intervals, stirring after each interval, until melted. In separate bowls, melt 8 oz. each **purple** and **green melting wafers** according to package directions. Pour chocolate and melting wafers onto prepared pan in random spots, shaking pan to spread evenly. Use a knife to swirl. Decorate with **sprinkles**. Chill until set, 30 minutes. Break into pieces to serve.



RECIPES: (BARK, POPCORN) ASHLEE MARIE PRISBREY; PHOTOS: BLAINE MOATS; FOOD STYLING: SUE MITCHELL. PHOTOS: (DIPS) BLAINE MOATS; FOOD STYLING: KELSEY MOYLAN; PROP STYLING: SUE MITCHELL. PHOTOS: (PIZZA) LUCY SCHAEFFER; FOOD STYLING: CARRIE PURCELL; PROP STYLING: RENEE FLUGGE. (PRETZELS) CARL TREMBLAY; FOOD STYLING: KIMBERLY STONEY



We recommend eating these apple pops the day they're made.

## APPLE DIPS

Line a rimmed baking sheet with parchment paper. Melt **white melting wafers** according to package directions. Peel large **Granny Smith apples** and use a melon baller to scoop out mini apple balls (1 large apple yields about 8 balls). Transfer to a large plate. Insert a lollipop stick into each apple ball; pat dry with a paper towel. Dip pops into melting wafers then into desired **sprinkles**. Chill on prepared baking sheet 10 minutes before serving.

## GHOST PIZZA

Top a **prepared pizza crust** with **pizza sauce** and **shredded mozzarella**. For spider topper, cut a pitted **black olive** in half lengthwise. Halve another olive and cut 8 thin slices for legs. Set spider pieces into place on pizza. Bake pizza according to package directions for crust. Meanwhile, cut a ball of **fresh mozzarella** into ¼-inch-thick slices. Trim away bits of cheese to form ghost shapes. With 3 minutes of baking time left, remove pizza from oven, arrange cheese on pizza, then finish baking. Add specks of olives for eyes. Serve warm.



Nut-free and easy to make in large batches.

## ALIEN PRETZELS

Arrange **yogurt-covered pretzels** on parchment paper. Melt a few colors of **melting wafers** according to package directions. Spoon each color into a separate zip-top bag; let cool 1 minute. Snip off a tiny corner of each bag and pipe melting wafers into pretzel holes to make eyes. Add **sprinkles** or small candies for pupils.



## TIP

To make mini Ghost Pizzas, use English muffin halves instead of a pizza crust.



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*Get tonight's  
dinner done  
(and done right).*

# GET IT DONE

←  
*Chicken  
à la King  
Pot Pies,  
p. 52*

**Retro Refresh** p. 48

**Veg Up!** p. 53

**Smash to Serve** p. 56

**Dinner Fix** p. 58

**SECRET INGREDIENT:**  
**Miso** p. 63

**Simple Sides** p. 64



EVERYDAY

# Retro Refresh



Swap out whipped topping for fresh whipped cream and add Amarena cherries for a welcome sour note in this fluffy dessert.

➔  
*Modern  
Watergate  
Salad,  
p. 52*

**The 1970s are back—in recipe form. Here, we update iconic dishes of the past with fresh flavors and techniques for the perfect blend of vintage and modern.**

BY DIANA MOUTSOPOULOS AND MARY ANDINO | PHOTOS KELSEY HANSEN



*then  
And  
now*

*The traditionally meat-centric dish gets a vegan makeover courtesy of king trumpet mushrooms. Miso, soy sauce, and coconut milk add cooked-all-day depth of flavor in minutes.*



### *Mushroom-Steak Diane*

HANDS-ON 15 MIN TOTAL 25 MIN  
SERVES 2 SUBMITTED BY EMILY NIENHAUS  
NEW RECIPE GO ONLINE TO RATE & REVIEW

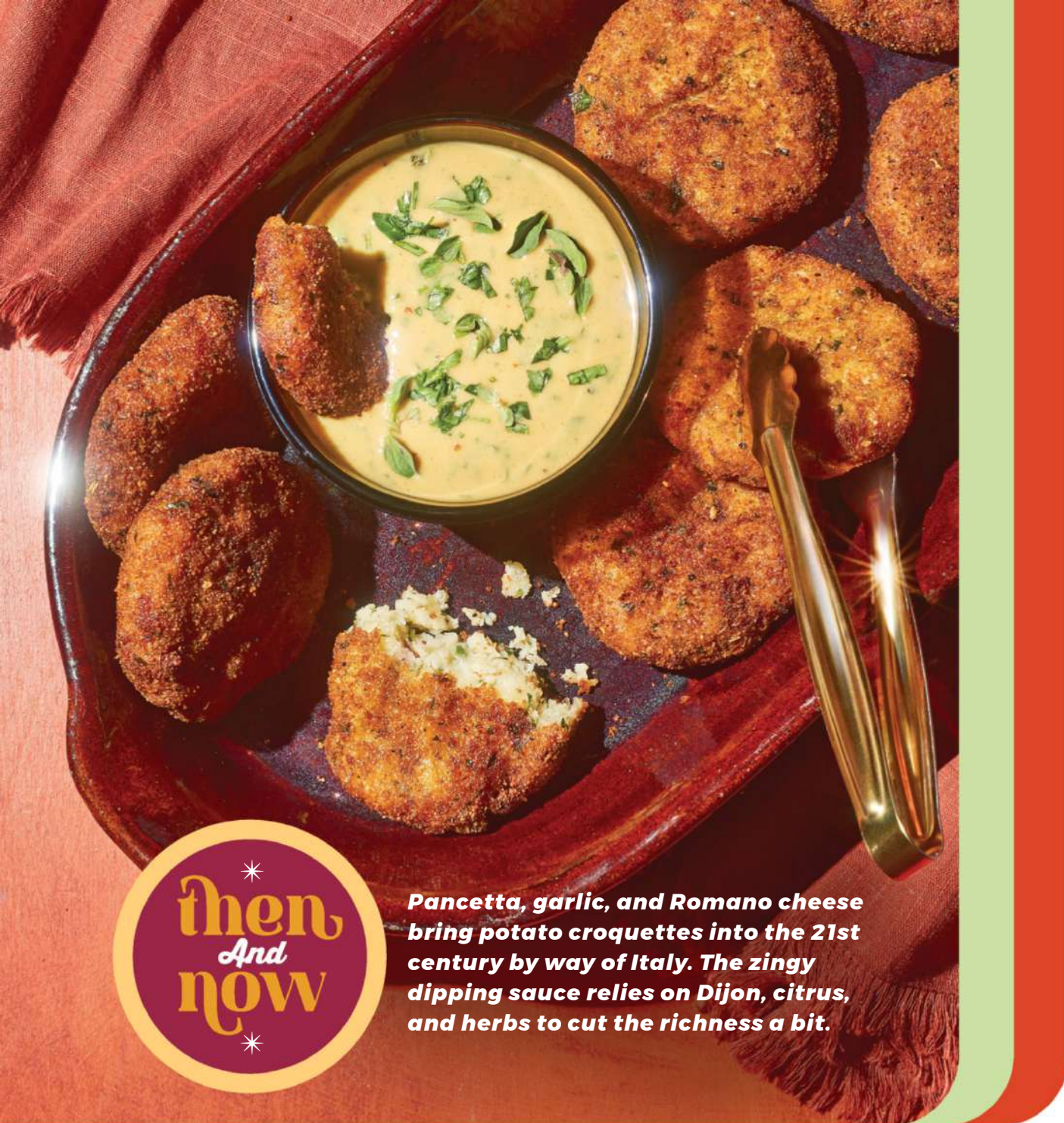
- ½ cup low-sodium vegetable broth**
- 2 Tbsp. less-sodium soy sauce**
- 2 tsp. Chinese mustard or Dijon mustard**
- 2 tsp. white miso paste**
- Pinch of crushed red pepper**
- 3 large king trumpet mushrooms (about 1 lb.)**
- 2 Tbsp. plus 1 tsp. vegetable oil**
- 1 medium shallot, minced (3 Tbsp.)**
- ¼ cup sake**
- ½ cup unsweetened coconut milk**
- Cooked black lentils, for serving**
- 2 tsp. sliced chives or green onions**

- 1.** Stir together broth, soy sauce, mustard, miso paste, and red pepper in a small bowl.
- 2.** Cut mushrooms in half lengthwise. Score the inside of each mushroom half with shallow diagonal cuts (do not cut all the way through).
- 3.** Heat 2 Tbsp. oil in a large cast-iron or nonstick skillet over high heat, swirling to coat bottom. Cook mushrooms, cut sides down, until bottoms are golden brown, 3 to 5 minutes (do not stir). Reduce heat to medium. Pour half of broth mixture (about ½ cup) into skillet. Cook, covered, until liquid is mostly absorbed and mushrooms are fork-tender, about 5 minutes. (Add water as needed, 2 Tbsp. at a time, if liquid evaporates and mushrooms are not yet tender.) Transfer mushrooms to a bowl.

- 4.** Add remaining 1 tsp. oil and the shallot to skillet. Cook, stirring constantly, over medium heat 30 seconds. Add sake; bring to a boil over high heat. Cook, stirring frequently, until slightly reduced, about 1 minute. Add coconut milk, remaining broth mixture, and any accumulated juices from mushrooms. Cook over high heat just until sauce starts to thicken, about 2 minutes.
- 5.** Return mushrooms to skillet. Reduce heat to low. Gently simmer until mushrooms are heated through, adding water as needed, 1 Tbsp. at a time, until sauce reaches desired consistency, about 2 minutes.
- 6.** Serve mushrooms over lentils and top with sauce and chives.

PER SERVING (3 MUSHROOM HALVES AND ¼ CUP SAUCE): 378 CAL; 29G FAT (13G SAT); 11G PRO; 18G CARB (4G FIBER, 7G SUGARS); 879MG SODIUM





**Pancetta, garlic, and Romano cheese bring potato croquettes into the 21st century by way of Italy. The zingy dipping sauce relies on Dijon, citrus, and herbs to cut the richness a bit.**

## Potato Croquettes

**HANDS-ON** 25 MIN **TOTAL** 45 MIN  
**SERVES** 18 **SUBMITTED BY** JULIANA HALE  
**NEW RECIPE** GO ONLINE TO RATE & REVIEW

- 4 cups leftover mashed potatoes**
- ½ cup grated Romano cheese (2 oz.)**
- 2 eggs, lightly beaten**
- 2 oz. sliced pancetta, crisp-cooked and crumbled**
- 2 Tbsp. minced fresh parsley**
- 3 cloves garlic, minced**
- 1 tsp. onion powder**
- ¾ tsp. salt**
- ¼ tsp. crushed red pepper**
- ½ cup Italian-style dried bread crumbs**
- Vegetable oil, for frying**
- ½ cup Dijon mustard**
- ¼ cup pure maple syrup**
- ¼ cup lemon juice**
- 2 Tbsp. chopped fresh herbs (parsley, oregano, and/or basil), plus more for garnish**
- 2 Tbsp. cider vinegar**
- ¼ tsp. black pepper**

**1.** Combine potatoes, cheese, eggs, pancetta, 2 Tbsp. parsley, the garlic, onion powder, ½ tsp. salt, and the red pepper in a large bowl. Using damp hands, form mixture into 18 patties.

Coat patties in bread crumbs.

- 2.** Pour oil to a depth of ½ inch in a large, heavy-bottomed skillet. (You'll need about 3 cups oil.) Heat over medium-high heat to 350°F to 365°F. Preheat oven to 200°F.
- 3.** Working in batches, fry patties in hot oil, turning halfway through, until browned on both sides, 2 to 4 minutes. Transfer to a paper towel-lined baking sheet and keep warm in oven.
- 4.** For sauce, whisk together mustard, maple syrup, lemon juice, chopped herbs, vinegar, black pepper, and remaining ¼ tsp. salt in a small bowl. Garnish with additional herbs. Serve croquettes with sauce.

PER SERVING (1 CROQUETTE AND 1 TBSP. SAUCE): 180 CAL; 11G FAT (3G SAT); 3G PRO; 14G CARB (1G FIBER, 4G SUGARS); 556MG SODIUM



**These two-bite apps are a brilliant way to use up leftover mashed potatoes. Scan the code for our top-performing mashed potato recipe of all time.**

## Church Window Cookies

**HANDS-ON** 10 MIN  
**TOTAL** 4 HR, 25 MIN **MAKES** 44 COOKIES  
**SUBMITTED BY** LINDA BREWER  
**NEW RECIPE** GO ONLINE TO RATE & REVIEW

- 2¼ cups salted roasted mixed nuts**
- ½ cup butter**
- 1 cup semisweet chocolate chips**
- 1 cup dark chocolate chips**
- 5 cups rainbow miniature marshmallows**
- 1½ cups pretzels, crushed**

- 1.** Coarsely chop 1½ cups nuts. Finely chop remaining ¾ cup nuts.
- 2.** Melt butter in a double boiler or a heat-safe bowl set over simmering water, stirring occasionally. Add semisweet and dark chocolate chips. Heat, stirring constantly, until melted. Remove from heat; let cool 10 minutes, stirring occasionally. Meanwhile, put 2 (15x18-inch) pieces of parchment paper on a work surface.
- 3.** Add marshmallows and coarsely chopped nuts to chocolate mixture; stir gently to coat. Spoon half of chocolate mixture onto center of each piece of parchment paper. Using the parchment or a silicone spatula, shape each portion into a 12-inch-long log. Wrap logs tightly in parchment; chill until surface of chocolate is slightly firm and pulls away from parchment (center will still be soft), 15 to 20 minutes.
- 4.** Meanwhile, combine finely chopped nuts and pretzels in a small bowl. Put 2 more 15x18-inch pieces of parchment paper on work surface. Sprinkle each with half of pretzel mixture.
- 5.** Carefully transfer chilled logs (they will still be soft) to the parchment with pretzel mixture; roll, gently pressing to coat all sides. Wrap logs tightly in parchment paper; chill until firm, at least 4 hours or up to overnight.
- 6.** Cut each log into ½-inch-thick slices, trimming off uneven ends as needed. (To store, layer between sheets of waxed paper in an airtight container and chill up to 3 weeks.)

PER 1 COOKIE: 127 CAL; 9G FAT (4G SAT); 2G PRO; 12G CARB (1G FIBER, 8G SUGARS); 62MG SODIUM





*This classically  
super-sweet, no-bake  
treat gets a welcome  
hit of salt from  
pretzels and roasted  
mixed nuts, and a touch  
of bitterness from  
dark chocolate.*







then  
And  
now

**Orange wine makes this party drink lighter and fruitier than the original version. We love Tinto Amorio's Monje for its bright, juicy notes.**

## Mulled Orange Wine

HANDS-ON 5 MIN  
TOTAL 20 MIN SERVES 10  
SUBMITTED BY KATHRYN HENDRIX, RDN  
NEW RECIPE GO ONLINE TO RATE & REVIEW

- 1½ cups water
- ½ cup sugar
- ½ medium orange, sliced
- ¼ medium lemon, sliced
- 8 whole cloves
- 1 (3-inch) cinnamon stick
- 1 (750-ml) bottle orange wine
- Pinch of nutmeg
- Orange twists, for garnish

1. Bring water and sugar to a boil in a medium saucepan, stirring until sugar dissolves. Add orange and lemon slices, cloves, and cinnamon stick; return to a boil. Reduce heat to medium-low; simmer, covered, until flavors meld, about 10 minutes. Strain through a sieve over a heat-safe bowl. Discard solids.
2. Return mixture to saucepan. Stir in wine; heat over medium until hot but not boiling, 5 to 10 minutes. Sprinkle servings with nutmeg and garnish with orange twists.

Ⓢ QUICK Ⓢ GLUTEN-FREE

PER ½ CUP: 88 CAL; 0G FAT; 0G PRO; 12G CARB (0G FIBER, 10G SUGARS); 0MG SODIUM

## Modern Watergate Salad

(pictured on p. 48)

HANDS-ON 10 MIN  
TOTAL 1 HR, 10 MIN SERVES 8  
SUBMITTED BY KATHRYN HENDRIX, RDN  
NEW RECIPE GO ONLINE TO RATE & REVIEW

- 1 (8-oz.) can crushed pineapple in juice, undrained
- 1 (3.4-oz.) pkg. pistachio-flavor instant pudding and pie filling mix
- 1 cup miniature marshmallows
- ½ cup chopped dry-roasted pistachio nuts, plus more for garnish
- ½ cup whipping cream
- 2 Tbsp. powdered sugar
- Amarena cherries in syrup, drained, for garnish

Mix together pineapple, pudding mix, marshmallows, and pistachios in a large bowl. Beat cream and sugar in a medium bowl with an electric mixer at high speed until stiff peaks form. Fold whipped cream into pineapple mixture. Chill, covered, at least 1 to 2 hours or up to 1 day. Garnish with pistachios and cherries.

Ⓢ GLUTEN-FREE

PER ⅓ CUP: 186 CAL; 9G FAT (4G SAT); 2G PRO; 25G CARB (1G FIBER, 20G SUGARS); 170MG SODIUM

## Chicken à la King Pot Pies

(pictured on p. 47)

HANDS-ON 15 MIN TOTAL 1 HR  
SERVES 6 SUBMITTED BY SARAH BREKKE  
NEW RECIPE GO ONLINE TO RATE & REVIEW

- ⅓ cup butter
- 1 (8-oz.) pkg. sliced fresh cremini mushrooms (3 cups)
- 1 medium green bell pepper, chopped (1 cup)
- 1¼ lb. boneless, skinless chicken thighs, cut into bite-size pieces
- ⅓ cup flour
- ½ tsp. salt
- 1 tsp. garlic powder
- ¾ tsp. paprika
- ½ tsp. mustard powder
- ½ tsp. black pepper
- 1½ cups plus 1 Tbsp. whole milk
- ⅓ cup hot water
- 1½ tsp. chicken bouillon granules
- ¼ cup drained and chopped jarred roasted red peppers
- ½ (17.3-oz.) pkg. frozen puff pastry sheets (1 sheet), thawed
- 1 egg
- Fresh parsley leaves, for garnish

1. Preheat oven to 400°F. Melt butter in a very large skillet over medium heat. Cook mushrooms and green bell pepper, stirring frequently, 3 minutes. Add chicken; cook, stirring frequently, until vegetables are tender and chicken is almost cooked through, about 7 minutes more.
2. Stir in flour, salt, garlic powder, paprika, mustard powder, and black pepper. Cook, stirring constantly, 1 minute.
3. Stir in 1½ cups milk, the hot water, and bouillon. Increase heat to medium-high; bring to a boil. Cook, stirring frequently, until thickened and bubbly, about 3 minutes. Stir in red peppers. Divide mixture evenly among 6 (8-oz.) ramekins or baking dishes.
4. Roll out puff pastry sheet to a 10x15-inch rectangle on a lightly floured surface. Cut pastry into 6 (5-inch) squares. Top each dish with a pastry square. Whisk together egg and remaining 1 Tbsp. milk in a small bowl. Brush pastry with egg mixture.
5. Arrange dishes on a foil-lined baking sheet. Bake until pastry is golden brown and filling is bubbly, about 15 minutes. Let cool 10 minutes before serving. Garnish with parsley.

PER 1 DISH: 755 CAL; 49G FAT (14G SAT); 31G PRO; 50G CARB (2G FIBER, 5G SUGARS); 840MG SODIUM



**We traded (notoriously dry) chicken breasts for thighs; turned up the seasoning; and tucked the chicken, mushroom, and cream sauce mixture into mini pot pies.**



CURRY ON

# VEG UP!

Inspired by Thai, Pakistani, and Indian curries, these hearty, warming vegetarian bowls can be customized to feed the vegans and meat eaters in your life, too.

BY CAITLYN DIIMIG, RD

“  
I didn't have lime  
leaves, so  
I used a couple of  
bay leaves.”

- BUNCHWACKY



PANANG CURRY  
WITH TOFU AND  
VEGETABLES p. 54

## VEGAN-IZE

Use coconut  
oil instead of  
the butter.



MAKE IT  
MEATY  
Use regular fish  
sauce instead of  
a vegetarian  
fish sauce.







A multicooker cuts down on cooking time for dried beans in this creamy, clove-scented curry.

**cumin rice**  
Round out this meal with cumin-scented rice. Scan code for recipe.

## Panang Curry with Tofu and Vegetables

(pictured on p. 53)

HANDS-ON 20 MIN TOTAL 45 MIN  
SERVES 4 SUBMITTED BY VAN DANA

★★★★☆ 5 REVIEWS

*Panang curry paste and makrut lime leaves are usually found at Asian specialty markets. Curry pastes may have variable levels of heat; start with the smaller amount and add more if you like.*

## Rajma (Kidney Bean Curry)

HANDS-ON 25 MIN TOTAL 1 HR, 45 MIN  
SERVES 8 SUBMITTED BY SUSMITA

★★★★☆ 44 REVIEWS

- 1 large onion, chopped (2 cups)
- 4 cloves garlic, chopped
- 1 (2-inch) piece ginger, peeled and chopped (¼ cup)
- 3 Tbsp. ghee (clarified butter)
- 2 dried red chile peppers, such as Kashmiri, broken into 1-inch pieces
- 1 tsp. cumin seeds
- 6 whole cloves
- 1 tsp. turmeric
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 2 medium tomatoes, chopped (2 cups)
- 2 cups dried red kidney beans (1 lb.)
- 4 cups water
- 1½ tsp. salt
- 1 tsp. sugar
- ¼ cup whipping cream
- 2 tsp. garam masala
- ¼ tsp. cayenne pepper (optional)
- Fresh cilantro leaves, for garnish
- Hot cooked rice, for serving (see “Cumin Rice,” above)

1. Using a mortar and pestle, grind together onion, garlic, and ginger until a coarse paste forms. (If you don’t have a mortar and pestle, use the flat side of a chef’s knife to mash the onion, garlic, and ginger against a cutting board.)
2. Add ghee to an electric multicooker. Set on Sauté and cook until melted. Add chile peppers, cumin seeds, and whole cloves; cook until toasted, about 30 seconds. Stir in onion paste; cook, stirring frequently, until golden brown, 7 to 8 minutes. Stir in turmeric, cumin, and coriander; cook 30 seconds. Stir in tomatoes; cook, stirring frequently, until tomatoes are tender, about 6 minutes.
3. Add kidney beans, water, salt, and sugar to tomato mixture. Close and lock lid; turn venting knob to seal. Select High pressure and set multicooker timer for 50 minutes (allow 10 minutes for pressure to build). Let stand 20 minutes then release pressure using quick-release method. Carefully remove lid. Stir in cream, garam masala, and (if using) cayenne. Garnish with cilantro. Serve curry with rice.

VEGETARIAN GLUTEN-FREE  
PER ABOUT 1 CUP CURRY: 223 CAL; 5G FAT (1G SAT); 12G PRO; 35G CARB (13G FIBER, 4G SUGARS); 449MG SODIUM

- 2 Tbsp. butter
- 1 (14-oz.) pkg. extra-firm tofu, pressed, drained, and cubed
- 1 to 2 Tbsp. Panang or red curry paste
- 1 (14-oz.) can unsweetened coconut milk
- 1 Tbsp. vegetarian fish sauce
- 1 Tbsp. sugar
- 5 makrut lime leaves
- 2 cups broccoli florets, halved if large
- 1 medium red bell pepper, chopped into 1-inch pieces (1 cup)
- 1 medium carrot, peeled and bias-sliced (½ cup)
- Hot cooked rice and lime wedges, for serving
- Chopped green onion, for garnish

1. Heat 1 Tbsp. butter in a large nonstick skillet over medium heat. Add tofu; cook, turning occasionally, until golden brown, about 15 minutes. Transfer to a plate.
2. Heat remaining 1 Tbsp. butter in same skillet over medium heat. Add curry paste; cook, stirring constantly, until fragrant, 1 to 2 minutes. Add coconut milk, fish sauce, sugar, and lime leaves. Reduce heat to medium-low. Simmer to allow flavors to meld, about 5 minutes. Stir in broccoli, bell pepper, and carrot. Cook, stirring occasionally, until vegetables start to soften, about 3 minutes. Gently stir in tofu; cook until heated through and coated in sauce, about 1 minute more. Remove lime leaves. Serve curry with rice and lime wedges. Garnish with green onion.

HIDDEN GEM VEGETARIAN  
PER 1 CUP CURRY: 373 CAL; 29G FAT (21G SAT); 13G PRO; 15G CARB (3G FIBER, 8G SUGARS); 525MG SODIUM

VEGAN-IZE  
Replace ghee with olive oil and sub coconut milk for the cream.



MAKE IT MEATY  
In Step 3, use only 3 cups of water. Cook bean mixture 40 minutes on High pressure. Quick release, then stir in 1 lb. lamb stew meat, cut into bite-size pieces. Cook 12 minutes more on High. Let stand 20 minutes, then release any remaining pressure. Continue as directed Step 4.





## Pakistani-Style Lentil Curry

HANDS-ON 15 MIN TOTAL 50 MIN  
SERVES 2 SUBMITTED BY JERRY JAVED

★★★★☆ 43 REVIEWS

*Crispy pickled vegetables add tang and crunch to this velvety lentil curry.*

- 4 cups water**
- 5 cloves garlic, sliced**
- ½ tsp. salt**
- ½ tsp. ground coriander**
- ½ tsp. cayenne pepper**
- ¼ tsp. turmeric**
- ¾ cup dried brown lentils**
- ¼ cup dried red lentils**
- 2 Tbsp. ghee (clarified butter)**
- ½ cup sliced onion**
- 1 tsp. cumin**
- 2 Tbsp. whole milk, plus more for serving (optional)**
- Chopped fresh cilantro, for garnish**
- Spicy Pickled Vegetables (recipe, right)**
- Naan, for serving**

**1.** Bring water, garlic, salt, coriander, cayenne, and turmeric to a boil in a large saucepan. Add brown lentils. Reduce heat to medium-low; simmer, covered, 20 minutes. Add red lentils.

Cook, uncovered, until lentils are tender, 10 minutes.

**2.** Meanwhile, melt ghee in an 8-inch skillet over medium-low heat. Stir in onion; cook, stirring frequently, until softened, about 6 minutes. Stir in cumin; cook until fragrant, about 1 minute.

**3.** Stir onion mixture and (if using) milk into lentil mixture. Cook, stirring occasionally, until liquid is reduced to desired consistency, 6 to 8 minutes more. If you like, drizzle with additional milk. Garnish with cilantro and serve with Spicy Pickled Vegetables and naan.

 **VEGETARIAN**

PER SERVING (1½ CUPS LENTIL CURRY AND ¾ CUP PICKLED VEGETABLES): 506 CAL; 22G FAT (9G SAT); 21G PRO; 60G CARB (5G FIBER, 5G SUGARS); 890MG SODIUM

### SPICY PICKLED VEGETABLES

Toss ½ cup each julienned **carrots** and julienned **cucumbers**, 1 minced **serrano chile pepper**, and 1 clove minced **garlic** with ¼ tsp. **salt** in a small bowl. Let stand 15 minutes. Drain any liquid that is released. Add 1 Tbsp. each **lemon juice**, **yellow mustard seeds**, and **extra-virgin olive oil** and ¼ tsp. **turmeric**. Toss to combine. Serve immediately or chill, covered, up to 3 days. Makes 1¼ cups.



“  
*Delicious. Taste as you cook so you can adjust spices to your preference.*”

- STEPH

### VEGAN-IZE

Use olive oil instead of ghee and omit the milk.

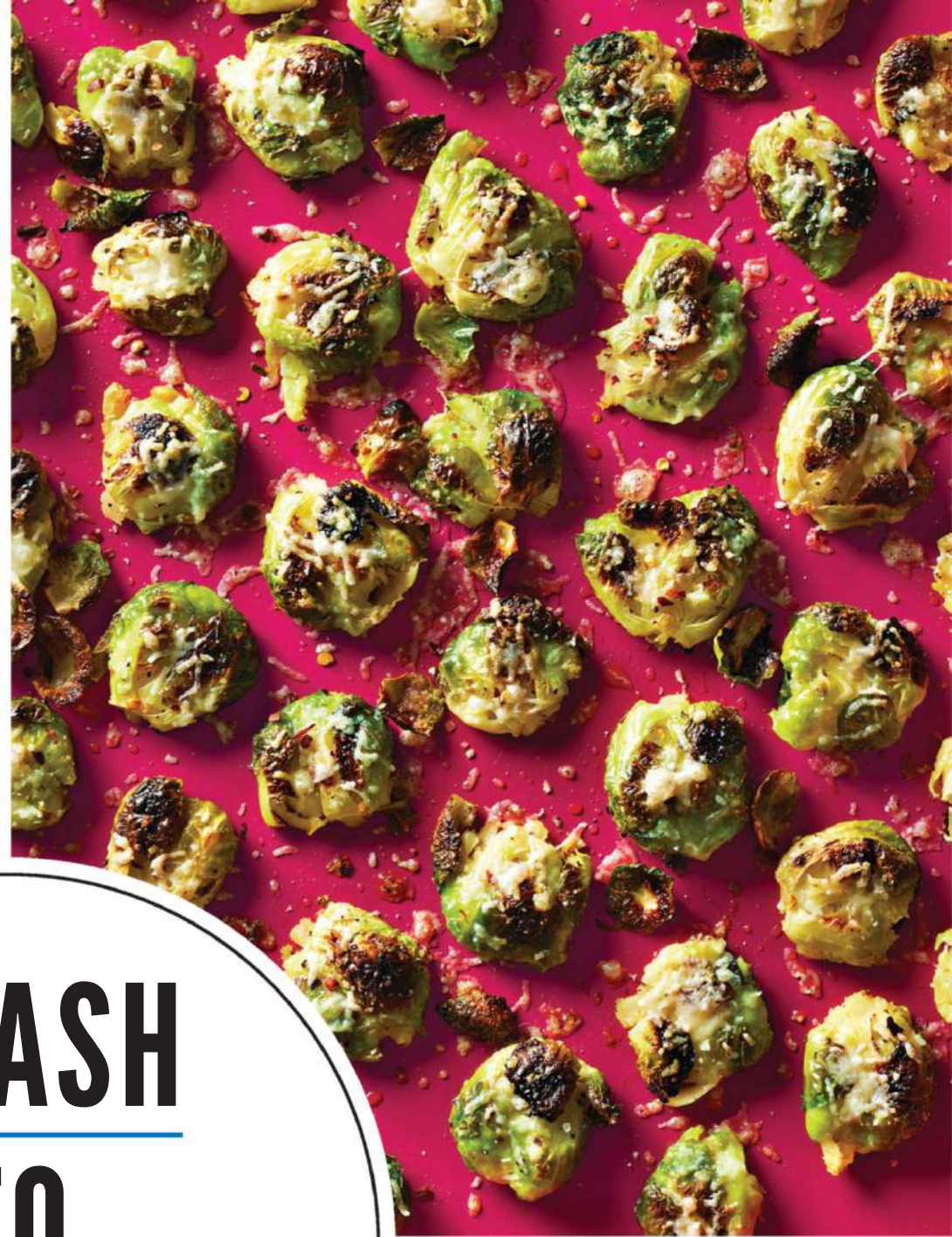
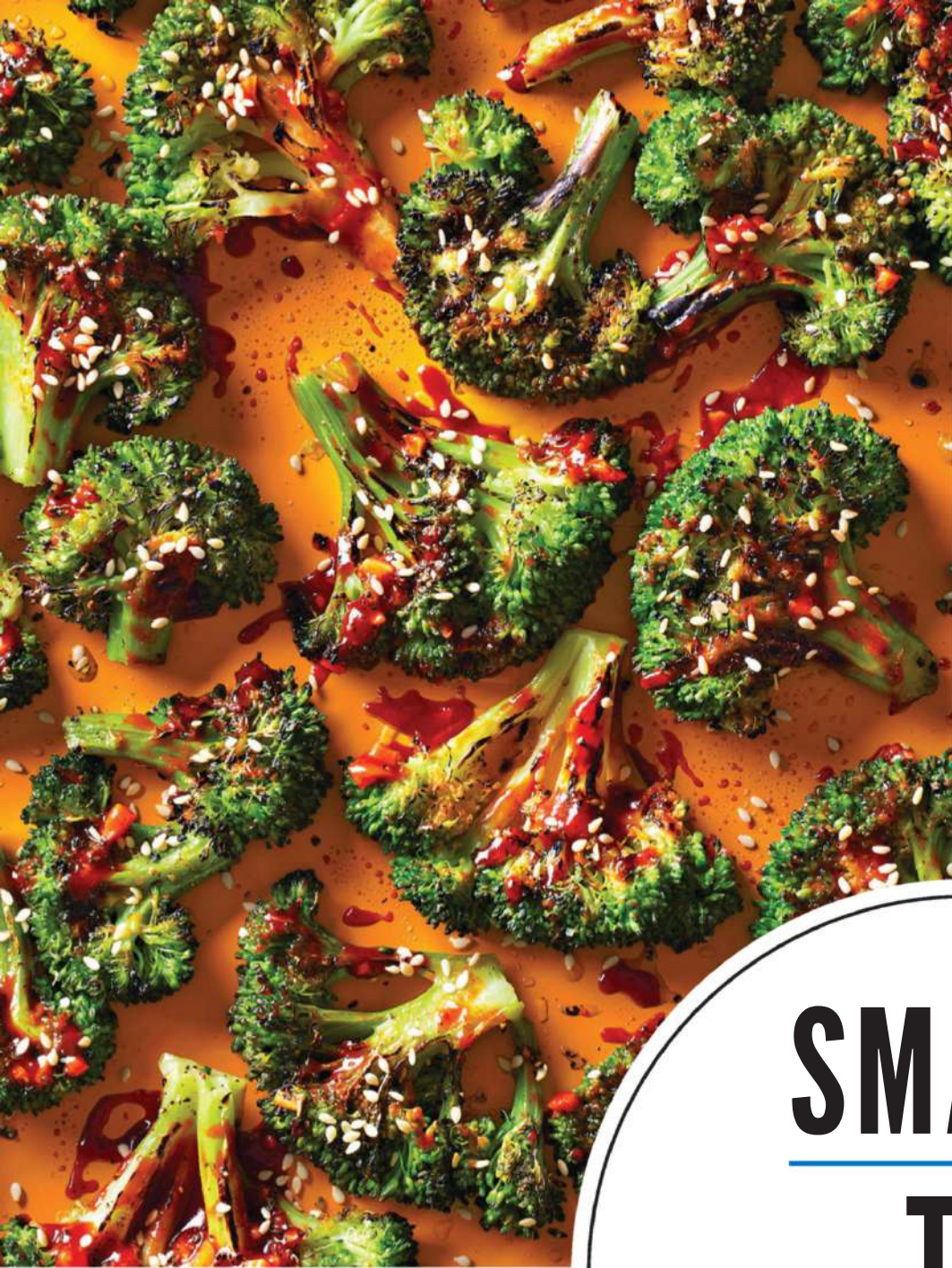


### MAKE IT MEATY

Add 8 oz. shredded cooked chicken with the cooked onions in Step 3.







**SMASH**  
**TO**  
**SERVE**





# A QUICK SMOOSH AND A FINISHING HIT OF FLAVOR ARE THE SECRETS TO LIVELY, CRISPY-EDGED VEGGIES THAT WON'T LAST LONG. BY MARY ANDINO



## SMASHED SAMBAL BROCCOLI

HANDS-ON 20 MIN  
TOTAL 30 MIN SERVES 4  
SUBMITTED BY JULIANA HALE  
NEW RECIPE GO ONLINE TO RATE & REVIEW

- 1 bunch broccoli, cut into florets (5 cups)
- 2 Tbsp. vegetable oil
- ½ tsp. salt
- ¼ tsp. black pepper
- 2 Tbsp. Asian-style chili paste (sambal oelek)
- 3 cloves garlic, minced
- 2 tsp. pure maple syrup
- 1 tsp. toasted sesame oil
- 1 tsp. toasted sesame seeds

1. Set oven rack about 6 inches from heat source and preheat broiler. Put a steamer basket in a large saucepan. Add water to just below steamer basket. Bring to a boil. Add broccoli to steamer basket; reduce heat to medium-low. Steam, covered, until crisp-tender, 4 minutes.
2. When cool enough to handle, spread broccoli on a 10x15-inch rimmed baking sheet. Using the bottom of a sturdy glass, flatten broccoli florets to ½ inch thick. Drizzle with vegetable oil and sprinkle with salt and pepper; toss to coat.
3. Broil until charred around edges, 5 to 7 minutes.
4. Meanwhile, stir together chili paste, garlic, maple syrup, and sesame oil in a small bowl. Spoon over broccoli. Sprinkle with sesame seeds.

GLUTEN-FREE VEGAN

PER ¾ CUP: 119 CAL; 9G FAT (1G SAT); 3G PRO; 9G CARB (2G FIBER, 3G SUGARS); 481MG SODIUM

## SMASHED BRUSSELS SPROUTS

HANDS-ON 10 MIN TOTAL 40 MIN  
SERVES 4 SUBMITTED BY LAURAF

★★★★★ 9 REVIEWS

- 1 lb. Brussels sprouts, trimmed and halved (quartered if large)
- 2 Tbsp. olive oil
- ½ tsp. salt
- ½ tsp. black pepper
- ¼ tsp. garlic powder
- ⅛ tsp. crushed red pepper
- ¼ cup finely shredded Parmesan cheese (1 oz.)

1. Preheat oven to 400°F. Line a 10x15-inch rimmed baking sheet with foil.
2. Put Brussels sprouts on prepared baking sheet. Drizzle with olive oil and sprinkle with salt, black pepper, garlic powder, and crushed red pepper; toss to coat. Spread in an even layer. Roast until just tender, 15 to 20 minutes.
3. Using the bottom of a sturdy glass, flatten Brussels sprouts. Sprinkle with Parmesan cheese. Roast until deep golden brown, about 15 minutes more.

VEGETARIAN GLUTEN-FREE

PER ¾ CUP: 139 CAL; 9G FAT (2G SAT); 7G PRO; 11G CARB (4G FIBER, 3G SUGARS); 440MG SODIUM

“DELICIOUS. ROASTING THE BRUSSELS SPROUTS REALLY BRINGS OUT A DIFFERENT FLAVOR THAN BOILING OR STEAMING.”

- JOB



## CRISPY SMASHED POTATOES

HANDS-ON 10 MIN TOTAL 1 HR, 15 MIN  
SERVES 4 SUBMITTED BY AMANDA81

★★★★★ 135 REVIEWS

- 1½ lb. small yellow potatoes (5 cups)
- ¼ cup olive oil
- 3 cloves garlic, minced
- 1 tsp. dried rosemary
- ½ tsp. dried sage
- ½ tsp. dried thyme
- ½ tsp. dried marjoram
- ½ tsp. sea salt
- ½ tsp. black pepper
- 1 to 2 Tbsp. balsamic glaze
- Chopped fresh sage, for garnish

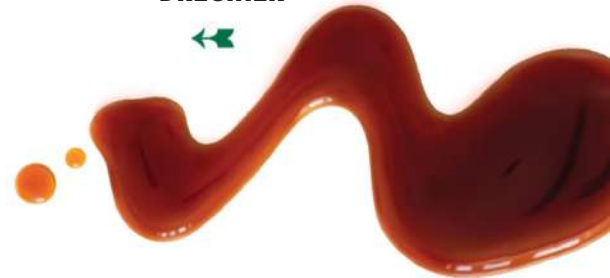
1. Put potatoes in a large saucepan. Fill with enough water to just cover potatoes. Bring to a boil. Reduce heat to medium-low. Cook, stirring occasionally, until potatoes are tender but not mushy, 15 to 20 minutes; drain. Transfer potatoes to a medium bowl. Let cool slightly, about 10 minutes.
2. Preheat oven to 450°F. Line a 10x15-inch baking sheet with foil. Drizzle potatoes with 2 Tbsp. oil; toss to coat.
3. Spread potatoes in an even layer on prepared baking sheet. Using the bottom of a sturdy glass, flatten potatoes, taking care not to break them fully apart. Roast until beginning to crisp on bottoms, about 20 minutes.
4. Meanwhile, stir together garlic, rosemary, dried sage, thyme, marjoram, salt, pepper, and remaining 2 Tbsp. oil in a small bowl; spoon over potatoes.
5. Roast until potatoes are browned and crispy, about 15 minutes more. Let cool slightly. Drizzle with balsamic glaze and garnish with chopped fresh sage.

GLUTEN-FREE VEGAN

PER 1¼ CUPS: 261 CAL; 14G FAT (2G SAT); 4G PRO; 32G CARB (4G FIBER, 2G SUGARS); 306MG SODIUM

“I USED TRICOLOR BABY POTATOES. THE BALSAMIC ADDS SOMETHING SPECIAL.”

- DREGINEK



## CRISPY CHEDDAR-RANCH SMASHED CARROTS

HANDS-ON 10 MIN  
TOTAL 35 MIN SERVES 4  
SUBMITTED BY NICOLE MCLAUGHLIN

★★★★★ 5 REVIEWS

- 1 lb. baby carrots
- ½ cup water
- 1 Tbsp. olive oil
- 2 tsp. dry ranch seasoning
- ½ cup shredded white cheddar cheese (2 oz.)
- ¼ cup finely shredded Parmesan cheese (1 oz.)
- 1 Tbsp. finely chopped parsley
- Ranch dressing, for serving

1. Preheat oven to 450°F. Line a 13x18-inch rimmed baking sheet with foil. Put carrots in a microwave-safe bowl. Add water; cover with plastic wrap. Microwave on High until carrots are fork-tender, 10 to 12 minutes. Drain well and pat dry with paper towels.
2. Spread carrots on prepared baking sheet. Drizzle with oil; toss to coat. Using the bottom of a sturdy glass, flatten carrots, taking care not to break them fully apart. Sprinkle carrots evenly with ranch seasoning, cheddar, and Parmesan.
3. Bake until cheese is golden brown and edges are crispy, 15 to 17 minutes. Sprinkle with parsley. Serve with ranch dressing.

VEGETARIAN GLUTEN-FREE

PER 12 CARROTS: 151 CAL; 9G FAT (4G SAT); 6G PRO; 12G CARB (3G FIBER, 5G SUGARS); 399MG SODIUM



# DINNER FIX

Simplify weeknight dinner prep with  
35-minute (or less!) mains  
featuring seasonal ingredients: pumpkin,  
sweet potato, maple, and apple.

BY NATALIE MECHEM



**SPICY PUMPKIN  
NOODLES WITH GROUND  
TURKEY** *p. 62*



## FLAVOR IN A FLASH

Skip mincing the garlic and opt for concentrated preportioned garlic instead. Find it in the freezer aisle.

PHOTOS: KELSEY HANSEN; FOOD STYLING: HOLLY DREESMAN; PROP STYLING: NATALIE GHAZALI





**Dorot**  
GARDENS®

No Preservatives  
Gluten Free • Vegan

crushed

**Garlic**

16 cubes | 1 cube = 1 clove



KEEP FROZEN • PEEL TO OPEN

NET WT 2.8 OZ (80g)

HALAL PARVE



Pop. Drop. Done.

**Dinner prep  
made simple**

📍 find us in the freezer aisle

Dorot Gardens Pre-portioned Fresh Frozen Herbs and Garlic

DorotGardens.com

**Dorot**  
GARDENS®

@DorotGardens



## Savory Apple-Gruyère Flatbreads

HANDS-ON 15 MIN TOTAL 30 MIN  
SERVES 4 SUBMITTED BY LUTZFELCAT

★★★★★ 1 REVIEW

- 6 slices bacon, cut into ½-inch pieces**
- 2 medium apples, cored and sliced (2⅔ cups)**
- 1 medium red onion, sliced (1⅓ cups)**
- 2 tsp. chopped fresh thyme**
- 3 Tbsp. white balsamic vinegar**
- ⅛ tsp. salt**
- ⅛ tsp. black pepper**
- 1 (14.1-oz.) pkg. flatbreads (2 flatbreads) (such as Stonefire)**
- 2 tsp. olive oil**
- 1 cup shredded Gruyère cheese (4 oz.)**
- 1 cup arugula**

- 1.** Preheat oven to 400°F. Line 2 (10x15-inch) baking sheets with parchment paper.
- 2.** Cook bacon in a large skillet over medium heat until crisp, about 4 minutes. Transfer to a paper towel-lined plate with a slotted spoon, reserving drippings in skillet.
- 3.** Cook apples and onion in drippings over medium heat, stirring occasionally, until softened, 8 to 10 minutes. Remove from heat and stir in bacon, thyme, and vinegar. Sprinkle with salt and pepper.
- 4.** Arrange flatbreads on prepared baking sheets. Brush with oil. Top with apple mixture and cheese.
- 5.** Bake until flatbreads are golden brown and cheese is melted, 10 to 12 minutes. Top with arugula.

 **HIDDEN GEM**  **QUICK**

PER ¼ FLATBREAD: 657 CAL; 34G FAT (14G SAT); 24G PRO; 64G CARB (8G FIBER, 17G SUGARS); 1,000MG SODIUM







**Miso Maple-Glazed Salmon**

**HANDS-ON** 10 MIN  
**TOTAL** 20 MIN **SERVES** 4  
**SUBMITTED BY** CHEF JOHN

★★★★☆ 46 REVIEWS

*Cook salmon fillets for 4 to 6 minutes per ½ inch of thickness. To make it a meal, serve with a green salad.*

- 1½ Tbsp. white or yellow miso paste**
- 1½ Tbsp. seasoned rice vinegar**
- 1½ Tbsp. pure maple syrup**
- 1 tsp. sriracha (optional)**
- 4 (4-oz.) center-cut, skin-on salmon fillets, about 1½ inches thick**

- 1.** Preheat oven to 450°F. Line a 10x15-inch baking sheet with foil.
- 2.** For glaze, whisk together miso paste, vinegar, maple syrup, and (if using) sriracha in a small bowl.
- 3.** Arrange salmon fillets, skin sides down, on prepared baking sheet. Brush with miso glaze. Roast 12 to 18 minutes or until salmon flakes easily with a fork and an instant-read thermometer inserted into thickest parts registers 145°F.
- 4.** To serve, remove fillets from pan, separating fillets from skin.

🍏 **HEALTHY** 🕒 **QUICK**

PER 1 FILLET: 224 CAL; 9G FAT (2G SAT); 25G PRO; 10G CARB (0G FIBER, 8G SUGARS); 490MG SODIUM



## Spicy Pumpkin Noodles with Ground Turkey

(pictured on p. 58)

HANDS-ON 15 MIN TOTAL 25 MIN  
SERVES 4 SUBMITTED BY CHEF JOHN

★★★★★ 12 REVIEWS

- 6 oz. bucatini or linguine pasta**
- 3 tsp. vegetable oil**
- 1 lb. ground turkey**
- ¼ tsp. salt**
- ¼ tsp. black pepper**
- ¼ tsp. smoked paprika**
- 2 Tbsp. hoisin sauce**
- 1 bunch green onions, sliced, white and green parts separated**
- 1 medium jalapeño pepper, minced (seeded if desired) (2 Tbsp.)**
- 2 cloves garlic, minced**
- ½ cup canned pumpkin**
- 3 Tbsp. fresh lime juice**
- 1 to 2 Tbsp. gochujang (Korean hot pepper paste)**
- 1 tsp. toasted sesame oil**

1. Cook pasta according to package directions, reserving ¾ cup cooking water.
2. Meanwhile, heat 2 tsp. vegetable oil in a large skillet over medium-high heat. Cook turkey, stirring and breaking up lumps, 2 to 3 minutes. Sprinkle with salt, black pepper, and paprika. Cook, stirring occasionally, until

turkey is browned, about 3 minutes more. Stir in hoisin; cook until sauce is bubbly, about 1 minute. Transfer mixture to a medium bowl.

3. Reduce heat to medium. Add remaining 1 tsp. vegetable oil to skillet. Stir in white parts of green onions, the jalapeño, and garlic. Cook until fragrant, about 1 minute.
4. Add pumpkin, lime juice, gochujang, and sesame oil to skillet. Cook, stirring occasionally, until heated through, about 2 minutes. Add pasta and turkey mixture; toss to coat. Add pasta water, ¼ cup at a time, until desired consistency. Garnish with green parts of onions.

Ⓢ HIDDEN GEM Ⓜ HEALTHY Ⓟ QUICK

PER 1½ CUPS: 397 CAL; 14G FAT (4G SAT); 29G PRO; 44G CARB (4G FIBER, 7G SUGARS); 465MG SODIUM

## Sweet Potato Burrito Bowls

HANDS-ON 15 MIN TOTAL 30 MIN SERVES 4  
SUBMITTED BY COOKINGWITHSHELIA

★★★★☆ 3 REVIEWS

- 2 medium sweet potatoes, peeled and chopped (3 cups)**
- 2 Tbsp. vegetable oil**
- 1 (1-oz.) pkg. taco seasoning mix**
- 1 medium onion, sliced (1⅓ cups)**
- 1 medium red bell pepper, sliced (1¼ cups)**
- ½ poblano pepper, sliced (⅔ cup)**

- 1 (15-oz.) can black beans, drained and rinsed**
- 1 (14.5-oz.) can fire-roasted diced tomatoes**
- 4 cups hot cooked rice**
- Sliced avocado and Lime Crema (recipe, below), for serving**
- Fresh cilantro, for garnish**

1. Preheat oven to 425°F. Line a 10x15-inch rimmed baking sheet with foil. Arrange sweet potatoes on prepared baking sheet. Drizzle with 1 Tbsp. oil and sprinkle with 1 tsp. taco seasoning; toss to coat. Roast potatoes, stirring halfway through, until tender and golden brown, about 15 minutes.
2. Meanwhile, heat remaining 1 Tbsp. oil in a large skillet over medium-high heat. Cook onion, bell pepper, and poblano, stirring occasionally, until peppers are tender, about 5 minutes. Stir in beans, tomatoes, and remaining taco seasoning. Bring to a boil; reduce heat to low and simmer, covered, 15 minutes.
3. Divide rice among 4 bowls. Top with black bean mixture and roasted sweet potatoes. Serve with avocado and Lime Crema. Garnish with cilantro.

Ⓢ HIDDEN GEM Ⓜ HEALTHY Ⓟ QUICK

PER SERVING (1 CUP BEAN MIXTURE, 1 CUP RICE, AND ABOUT ½ CUP SWEET POTATOES): 474 CAL; 7G FAT (1G SAT); 12G PRO; 87G CARB (8G FIBER, 10G SUGARS); 801MG SODIUM



### LIME CREMA

Whisk together ¼ cup whipping cream, 1 Tbsp. sour cream, 1 tsp. lime juice, and a pinch of salt.





secret ingredient

# MISO

Made from fermented soybeans and koji—a culture-inoculated grain popular in Japanese cooking—miso is an umami-rich paste that brings a layer of salty, savory delight.

BY VICTORIA SOLIZ

ways to use it



## SALTY ICE

## CREAM TOPPER

Whisk together white miso paste and water to reach a drizzling consistency. For extra sweetness, stir in some chocolate syrup.

## PASTA SAUCE

Melt 2 Tbsp. **unsalted butter** in a large skillet, then stir in ½ cup **pasta cooking water**, ¼ cup grated **Parmesan cheese**, and 2 Tbsp. **white miso paste**. Add 8 oz. cooked **pasta**; toss to coat.

## COMPOUND BUTTER

Cream together ¼ cup softened **unsalted butter**, 2 Tbsp. **white miso paste**, and 1 clove **roasted garlic**. Chill until firm. Dollop on steaks or baked potatoes.

*Add a dab of white miso paste, herbs, and spices to panko bread crumbs. Use the mixture to coat chicken, fish, or tofu before baking.*

## KNOW YOUR MISO

Light-color miso pastes, including shiro (white), are delicate and almost sweet. Sub in a darker, longer-fermented miso, such as aka (red), for a stronger umami flavor.

## UMAMI MARINADE

Whisk together ½ cup **white miso paste**, ½ cup **sake**, and ½ cup **mirin**. Use the mixture to marinate up to 3 lb. meat or fish.



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Pair these low-fuss sides with recipes from this issue or your own favorite main dishes.

BY VIRGINIA WILLIS

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**EASY SPOON BREAD**

Preheat oven to 350°F. Lightly coat a 2-qt. baking dish with cooking spray. Stir together 2½ cups **whole milk**, 1 cup **yellow cornmeal**, 2 Tbsp. **unsalted butter**, and ¾ tsp. each **salt** and **black pepper** in a medium saucepan over medium-high heat. Bring to a boil, stirring constantly, until mixture

reaches the consistency of mashed potatoes, about 5 minutes. Remove from heat. Stir in 1 cup **frozen whole-kernel corn**, ½ cup chopped **green onions**, and 2 tsp. **baking powder**. Stir in 2 lightly beaten **eggs**. Transfer batter to prepared dish. Bake until risen and set, about 35 minutes. Serve with **sour cream** and additional green onions. Serves 6.

**BACON-FRIED CABBAGE**

Cut 2 slices **thick-cut bacon** into 1-inch pieces. Cook bacon in a large skillet over medium heat until fat starts to render, about 5 minutes. Stir in 1 cored and sliced small head **cabbage** (about 8 cups), 1 sliced medium **onion**, ½ tsp. each **caraway seeds** and **salt**, and ¼ tsp. **black pepper**. Cook, covered, stirring occasionally, until cabbage is tender, about 15 minutes. Serves 6.

**BROCCOLI CAESAR SALAD**

Preheat oven to 300°F. For croutons, toss 1 heaping cup cubed **country-style bread** with 2 Tbsp. melted **butter** on a 10x15-inch rimmed baking sheet; spread in an even layer. Bake, stirring halfway through, until golden brown, about 20 minutes. Meanwhile, stir together 1 lb. chopped **broccoli** (about 5 cups), ½ cup purchased **Caesar dressing**, 2 Tbsp. grated **Parmesan cheese**, and 1 Tbsp. **lemon juice** in a large bowl. Add croutons and ¼ tsp. **black pepper**; toss to coat. Serve with **lemon wedges** and additional Parmesan. Serves 4.



Get more of Virginia's ideas for sides at [armagazine.com/simple-sides](http://armagazine.com/simple-sides)



*Your health,  
your way.*



# SOUP

PHOTOS: BRIE GOLDMAN; FOOD STYLING: ANNIE PROBST; PROP STYLING: MAURA TIMMERMAN

**HEALTHY SPINS:**

**Simmer Winner** p. 66

**FOOD FOR THOUGHT:**

**Smart Mouth** p. 69

**REDO FOR YOU:**

**Cold Comfort** p. 75



# SIMMER WINNER

Collagen is getting a lot of hype in the health and beauty worlds. And while the benefits of collagen supplements and powders may be overblown, we do know slow-simmering chicken bones with veggies and aromatics delivers a super-flavorful, collagen-packed broth that's worth the wait.

BY CAITLYN DIIMIG, RD

➔  
RED ONION  
+ 2 BAY LEAVES  
+ CIDER  
VINEGAR

## SLOW COOKER

Prepare as directed, using roasted bony chicken pieces. Combine all ingredients in a 6-qt. slow cooker. Cook on Low 10 to 12 hours.

↔  
GREEN ONIONS  
(1 bunch, coarsely  
chopped)  
+ 1 TSP. FIVE-  
SPICE POWDER  
+ RICE VINEGAR



TESSA NGUYEN, MEd, RD



**what the dietitian says**

Trendy collagen supplements and powders make all sorts of promises, including glowing skin, healthier hair, and reduced joint pain. But the Food and Drug Administration doesn't approve these claims, and there's a lack of strong research to support them. Our bodies can't absorb collagen in its whole form, but cooking animal bones low and slow into a sippable broth breaks down collagen into usable peptides and amino acids that provide structure, strength, and support to your body's muscles and joints. It delivers calcium and phosphorous to support our bones, too. And it's super hydrating, which is key during the cold, dry winter months.

**Chicken Bone Broth**

**HANDS-ON** 15 MIN  
**TOTAL** 9 HR **MAKES** 10 CUPS  
**SUBMITTED BY** JULIANA HALE  
**NEW RECIPE** GO ONLINE TO RATE & REVIEW

*Ask your butcher for raw chicken bones (aka bony pieces) or collect (and freeze) chicken bones as you cook whole chickens. If you use bones from roasted chickens, skip Step 1.*

- 3½ lb. bony chicken pieces**
- 2 medium stalks celery, cut into 2-inch pieces**
- 1 large ONION, cut into 8 pieces**
- 1 medium leek, trimmed and cut into 2-inch pieces**
- 1 whole head garlic, halved crosswise**
- 12 cups water, plus more as needed**
- SEASONING**
- 1 Tbsp. VINEGAR**
- 1 tsp. salt**
- 1 tsp. black pepper**

- 1.** Preheat oven to 450°F. Line a 10x15-inch rimmed baking sheet with foil. Arrange chicken pieces on prepared baking sheet. Roast, turning halfway through, until well browned, about 40 minutes.
- 2.** Carefully transfer chicken pieces and any accumulated juices to an 8- to 10-qt. pot. Add celery, ONION, leek, and garlic to pot; add enough water to cover chicken pieces. Stir in SEASONING, VINEGAR, salt, and pepper.
- 3.** Bring mixture to a boil over medium-high heat. Reduce heat to low; keep at a very low simmer, covered, stirring occasionally, 8 hours. Add water as needed to keep chicken pieces and vegetables covered.
- 4.** Remove from heat; let cool to room temperature. Pour broth through a fine-mesh strainer into a clean pot. If you like, chill broth overnight, then skim off fat. (Chill in airtight containers up to 1 week; freeze up to 6 months.)

⬇️  
**YELLOW ONION**  
**+ 1 TSP. HERBES DE PROVENCE**  
**+ WHITE WINE VINEGAR**

PHOTO: (PORTRAIT) DOMINGO CORTEZ





## celebrate the season of giving back

If you're planning on adding a furry friend to your family this season, consider opening your heart and home to a shelter pet. Below are some tips to make welcoming your new family member as seamless as possible.

### food

Give your new pet the best nutrients to live their best life. Find out what Hill's Science Diet recipe will keep those tails wagging and purrs humming by asking your veterinarian or visiting [hillspet.com/science-diet](http://hillspet.com/science-diet).

### shelter

Set up a warm and inviting space with comfy bedding, food and water bowls, and a few fun toys to help your pet feel at home from day one.

### love

Roll out the red carpet with belly rubs and cuddles as you welcome your shelter pet! Give them space to adjust and they'll soon feel right at home.

Hill's nutrition helps make pets healthy, happy, and ready for their new homes. Since 2002, Hill's **Food, Shelter & Love program** has helped over **15 million** shelter pets get fed and adopted. **Science Did That.**

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# Five-Star FINDS

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### GARLIC & HERB PULL-APART BREAD

This easy-to-make bread ring is a delicious holiday recipe that's perfect for entertaining.

PREP TIME 30 MIN TOTAL TIME 2 HRS and 40 MIN

#### Ingredients

|  |                                  |
|--|----------------------------------|
| 3½ to 4 cups all-purpose flour, divided              | 1 teaspoon salt                  |
| ⅓ cup granulated sugar                               | ½ cup milk                       |
| 1½ teaspoons Fleischmann's® RapidRise® Instant Yeast | ½ cup water                      |
| 1 teaspoon garlic powder                             | ¼ cup unsalted butter            |
|  | 1 large egg, at room temperature |

#### Directions

1. In a large mixing bowl, combine 3 cups of the flour, sugar, Fleischmann's® RapidRise® Instant Yeast, garlic powder and salt.
2. Heat the milk, water and ¼ cup of butter until 120° to 130°F. Add the butter mixture to the dry ingredients. Beat for 2 minutes at medium speed.
3. Add the egg and an additional ½ cup of the flour. Beat for 2 minutes at high speed. Mix in up to ½ cup of remaining flour to make dough soft.
4. Knead on a lightly floured surface for 8 to 10 minutes. Cover; let rest for 10 minutes.
5. Grease a 9-inch springform pan with butter. Add a circle of parchment paper on the bottom. Place a 4-ounce ramekin in the center of the pan and grease with butter.
6. Divide the dough into golf-ball-sized balls. Arrange in rows ¼ inch apart in the pan. Cover; let rise for 30 minutes.
7. Once rolls have risen, bake at 400°F for 13 to 15 minutes until golden brown. Serve warm and enjoy!

Note: If you do not have a 9-inch springform pan, you can bake on a parchment-lined baking sheet using a 4-ounce ramekin in the center and arrange the dough around the ramekin in a ring.

Recipe at [FleischmannsYeast.com](http://FleischmannsYeast.com)

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# SMART MOUTH

**Brush up on the science behind a healthy mouth and teeth. Dentists and physicians reveal the best ways to prevent bad breath, stained teeth, and heart disease all at once.**

BY **KARLA WALSH** | ILLUSTRATIONS **KAROLIN SCHNOOR**

Did you know?

46

percent of adults ages 45 to 64 have gum disease.

Source: NIDCR





**Stained teeth and unsavory breath are bad enough, but the ripple effects of an unhygienic mouth can go much deeper than that.**

“Your oral health affects the health of the rest of your body,” says William W. Li, MD, a physician and scientist based in Boston and author of *Eat to Beat Your Diet* (Grand Central Publishing, 2023, \$30).

Gum disease is a risk factor for nearly 60 other adverse health conditions, according to the National Institute of Dental and Craniofacial Research (NIDCR). “Periodontitis, or gum infection, is linked to atherosclerotic cardiovascular disease—which can lead to heart attack and stroke, chronic lung disease, rheumatoid arthritis, diabetes, Alzheimer’s disease, Parkinson’s disease, and even some cancers,” Li says.

We’re still learning more about how and why gum disease appears to be associated with everything from heart disease to dementia to prediabetes. “The current thinking is that the oral microbiome—your healthy mouth bacteria—is part of your body’s health defense systems,” Li says. “When this microbiome is disrupted, which is what happens with periodontitis, it leads to a chain reaction of vulnerabilities to other diseases in the body.”

We think of a cavity as just tooth decay, but it’s also an infection. “Dental issues can lead to more serious health problems if left untreated,” says Joyce Kahng, DDS, a cosmetic dentist in Costa Mesa, California. That means it’s important to address and treat tooth and gum issues ASAP. Work with your dentist to assess how often you need dental visits and cleanings.



**TOP COAT**

Tooth enamel, the outermost surface of your teeth, is the hardest substance in your body—even harder than bones, says Kahng. Think of it like a turtle’s shell, protecting what’s inside each tooth and giving it stability.

Tooth enamel is constantly undergoing construction. “Enamel is in a constant process of demineralization and

remineralization,” says Dominik Nischwitz, DDS, a biological dentist and the founder of DNA Health & Aesthetics in Tübingen, Germany. “Nutritional deficiencies and acidic foods and drinks can soften tooth enamel. Any food or drink with a pH below 5.5 demineralizes the tooth enamel.” He recommends sipping acidic beverages—juices, sodas, coffee, lemon water, and flavored sparkling waters—through a straw when possible.



• **Avoid harsh chemical mouthwashes.**

Mouthwash might seem like a surefire way to ensure fresher breath, but recent research suggests it might not be wise to kill good bacteria with antiseptic mouthwashes. “Chemical mouthwashes are super acidic and nuke your oral microbiome, leading to fresh breath in the short term but making matters worse in the long run,” Nischwitz says. (See “Fresh Fix,” right.)

• **Drink plenty of H<sub>2</sub>O.**

Staying hydrated helps keep your mouth moist and at a healthy pH, which prevents bad breath. “Avoiding dehydrating drinks, like coffee and alcohol, also helps,” Kahng says.

• **Try a tongue scraper.**

Ask your dentist about using a tongue scraper, which helps remove the layer of dead skin cells and food and bacterial debris, which can cause off odors.



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# 1 IN 3 AMERICAN ADULTS FLOSS DAILY

Source: 2009–2020 National Health and Nutrition Examination Surveys

## STAIN PAIN

Coffee, red wine, and tea (especially black tea, which has high levels of tannins) are the top three offenders in staining your pearly whites. “Other foods—tomato sauce, blueberries, chocolate, turmeric—can also stain teeth,” says Joyce Kahng, DDS.

That doesn’t mean you need to swear off these foods, but Kahng

recommends following up by rinsing your mouth with water to help neutralize the pH. After 30 minutes, brush with your preferred toothpaste. (Brushing sooner could push acidic elements into your teeth and accelerate the wear and damage.) To amplify teeth-whitening powers, look for toothpastes with an American Dental Association (ADA) Seal of Acceptance for stain removal (see “Add to Cart,” below).

**Add to Cart** Tom’s of Maine Simply White and Colgate Total have both earned the ADA’s stamp of approval for stain removal.



The ADA recommends brushing your teeth for 2 minutes twice a day using a soft-bristle toothbrush.

## BRUSH (AND FLOSS) LIKE THE BEST

**Why brush:** Brushing dislodges food particles caught between teeth and removes some of the biofilm of bacteria that naturally builds up and creates acid, which wears down tooth enamel and causes cavities.

**Why floss:** Flossing evicts debris caught between teeth. “Flossing is especially necessary for tight spaces that your toothbrush can’t reach,” says William W. Li, MD. A 2020 study published in the *Journal of Dental Research* that followed nearly 700 adults age 65 or older found flossers showed less gum disease and tooth decay and lost fewer teeth over a five-year period than nonflossers.

When it comes to order of operations, which comes first: brushing or flossing? “It doesn’t matter if you brush or floss first,” says Dominik Nischwitz, DDS. Brushing your teeth consistently is what matters most, he says.

But for Kahng, flossing comes first. “It’s like sweeping the floor before mopping it; you want to dislodge everything before brushing,” she says.



# FEED YOUR TEETH

“Eating whole plant-based foods supports oral health,” Li says. “What’s good for the rest of your body is good for your mouth and oral health.”

- **Calcium:** Since your bones, including your teeth, are made of calcium, adequate consumption is crucial in supporting tooth strength. Found in: yogurt, milk, cheese, sardines

- **Vitamin D:** This vitamin helps your body absorb that all-important calcium. Found in: trout, mushrooms grown under UV lights, fortified milk and cereals

- **Phosphorus:** Working in tandem with calcium, this mineral helps build strong teeth. Found in: yogurt, milk, salmon, scallops, lentils

- **Vitamin C:** Reduces chronic inflammation throughout the body, including the gums, and helps maintain ideal levels of collagen, which results in stronger gums that firmly anchor the roots of your teeth. Found in: bell peppers, citrus fruit, kiwi, broccoli



# OH, SUGAR, SUGAR.

Does the old adage “candy will rot your teeth” have any merit?

Teeth have a sticky coating on them called biofilm that naturally forms around the teeth and gums and contains several different types of bacteria. Too much bad oral bacteria increases the potential for decay.

“Sugar is problematic because it feeds a specific type of bacteria, *Streptococcus mutans*, that produce

acids that can damage enamel,” Nischwitz says.

Instead of focusing all of your oral health obsession on sugar, focus on the pH of the foods and drinks you consume, too. “Having a lot of sugar does contribute to cavities. But the real culprit is the acid, whether from sugar or other sources,” Kahng says.



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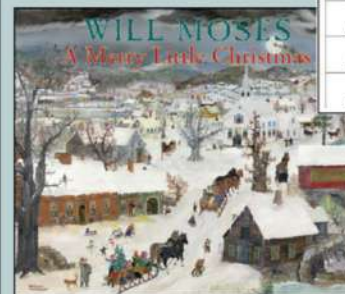
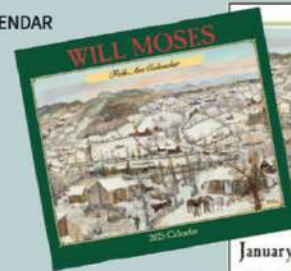
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# COLD COMFORT

These Scandinavian-style dishes are guaranteed to deliver a sense of cozy hygge. Try them as written or use our tips to customize them for your dietary goals.

BY CAITLYN DIIMIG, RD



**FILL UP ON FIBER**  
Use pumpernickel, rye, or another whole-grain bread with at least 2 grams of fiber per serving.



**REDUCE SODIUM**  
Swap out the canned smoked mackerel for 2 (4-oz.) fresh skinless salmon fillets. Heat 1 Tbsp. vegetable oil in a large skillet over medium heat. Cook salmon, turning halfway through, until it flakes easily with a fork, 4 to 6 minutes per ½-inch thickness. Flake into bite-size pieces.



**BOOST VITAMIN A**  
If earthy beets aren't your thing, replace them with vitamin A-packed carrots: Toss 8 oz. carrots, cut into 1-inch pieces, with 1 Tbsp. olive oil and ¼ tsp. black pepper on a separate 10x15-inch rimmed baking sheet. Roast alongside bread in Step 1, adding an additional 15 minutes.

**SMOKED MACKEREL WITH BEETS, APPLES, AND BREAD CRISPS**  
p. 76

PHOTOS: BRIE GOLDMAN; FOOD STYLING: ANNIE PROBST; PROP STYLING: MAURA TIMMERMAN



## Smoked Mackerel with Beets, Apples, and Bread Crisps

(pictured on p. 75)

HANDS-ON 15 MIN TOTAL 20 MIN

SERVES 4 SUBMITTED BY ADAM DOLGE

NEW RECIPE GO ONLINE TO RATE & REVIEW

*Smoked mackerel, a Scandi standby, packs plenty of heart-healthy omega-3 fatty acids.*

- 2 (1-oz.) slices pumpernickel bread, torn into bite-size pieces**
- 1 Tbsp. olive oil**
- ½ tsp. black pepper, plus more for garnish**
- ¼ cup plain Greek-style yogurt**
- 2 Tbsp. lemon juice**
- 1 Tbsp. cider vinegar**
- 2 (4.2-oz.) cans oil-packed smoked mackerel, drained and flaked**
- 1 (8-oz.) pkg. cooked beets (such as Melissa's), drained and chopped**
- 1 medium apple, cored and diced (1 cup)**
- Fresh dill, for garnish**
- Lemon zest and lemon wedges, for serving**

**1.** Preheat oven to 375°F. Toss bread with oil and ¼ tsp. pepper on a 10x15-inch rimmed baking sheet. Spread into an even layer. Bake, stirring halfway through, until crisp, about 12 minutes. Let cool 5 minutes.

**2.** Meanwhile, for sauce, whisk together yogurt, lemon juice, vinegar, and remaining ¼ tsp. pepper in a small bowl. Serve bread, smoked mackerel, beets, and apple with sauce. Garnish with dill and additional black pepper. Serve with lemon zest and wedges.

 HIDDEN GEM  HEALTHY  QUICK

PER SERVING (1 CUP BREAD MIXTURE AND 2 TBSP. SAUCE): 198 CAL; 10G FAT (2G SAT); 12G PRO; 17G CARB (3G FIBER, 7G SUGARS); 294MG SODIUM

## Cardamom Bread

HANDS-ON 30 MIN TOTAL 3 HR

SERVES 18 SUBMITTED BY BETHANY BEHRLE

★★★★☆ 5 REVIEWS

- 1 cup warm whole milk (110°F)**
- ⅓ cup warm water (110°F)**
- ¾ cup white sugar**
- ¼ cup plus 2 Tbsp. melted butter**
- 1 (0.25-oz.) pkg. active dry yeast**
- 3½ cups flour, plus more as needed**
- 1½ Tbsp. cinnamon**
- 2 tsp. ground cardamom**
- ½ cup raisins (optional)**
- ½ cup finely chopped walnuts and/or sliced almonds, toasted (optional)**
- 1 egg**
- 1 Tbsp. water**
- 3 Tbsp. pearl sugar or other decorating sugar**
- 3 Tbsp. sliced almonds**



### BALANCE



#### CUT ADDED SUGARS

Omit the pearl sugar on top.



#### CHOOSE WHOLE GRAINS

Replace half the all-purpose flour with whole-wheat flour.



#### REDUCE SATURATED FAT

Replace whole milk with nonfat milk.

- 1.** Whisk together milk, water, ½ cup white sugar, and 2 Tbsp. melted butter in a large bowl until sugar dissolves. Sprinkle yeast over top; let stand until foamy, about 5 minutes.
- 2.** Stir in flour, adding more as needed until dough easily pulls away from sides of bowl. Turn out dough onto a lightly floured surface. Knead until dough is smooth, elastic, and slightly tacky, about 5 minutes. Form dough into a ball and put in a large, lightly greased bowl; turn to coat. Cover bowl with a clean kitchen towel. Let rise in a warm place (75°F to 80°F) until doubled in size, about 1 hour.
- 3.** Meanwhile, stir together cinnamon, cardamom, and remaining ¼ cup white sugar in a small bowl.
- 4.** Line a cookie sheet with parchment paper. Punch down dough and turn out onto a lightly floured surface. Roll out into a 9x13-inch rectangle and brush with remaining ¼ cup melted butter, leaving a 1-inch border along one short side.

- Sprinkle cinnamon mixture over butter. If using, top with raisins and walnuts. Starting with filled short side, roll up dough to form a log; pinch seam to seal. Transfer log to prepared cookie sheet. Gently shape, if needed, to a bout 10 inches long. Let rise, covered, in a warm place until doubled in size, about 1 hour.
- 5.** Preheat oven to 350°F. Score top of dough with a sharp knife, making V shapes that don't quite meet in the middle. Whisk together egg and 1 Tbsp. water in a small bowl; brush onto dough. Sprinkle with pearl sugar and almonds.
  - 6.** Bake 35 to 40 minutes, or until bread is golden brown, sounds hollow when tapped on the bottom, and an instant-read thermometer inserted into center registers 190°F. Transfer to a wire rack to cool completely before slicing.

PER 1 (¾-INCH-THICK) SLICE: 189 CAL; 5G FAT (3G SAT); 4G PRO; 32G CARB (1G FIBER, 12G SUGARS); 41MG SODIUM



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## Svenska Köttbullar (Swedish Meatballs)

HANDS-ON 20 MIN  
TOTAL 1 HR, 35 MIN SERVES 6  
SUBMITTED BY NOM NOM NOM

★★★★☆ 623 REVIEWS

To stale bread, cut into ½-inch pieces and bake 10 to 15 minutes, stirring once or twice, in a 300°F oven.

- 2 slices stale white bread, torn
- ½ cup whipping cream
- 4 tsp. butter
- 1 small onion, minced (½ cup)
- 1 egg, lightly beaten
- 1 Tbsp. brown sugar (optional)
- 1 tsp. salt
- ¼ tsp. black pepper, plus more for garnish
- ¼ tsp. nutmeg
- ¼ tsp. ground allspice

- ⅛ tsp. ground ginger (optional)
- 12 oz. ground beef
- 6 oz. ground pork
- 2¼ cups low-sodium beef broth
- 3 Tbsp. flour
- ½ cup sour cream
- Hot cooked egg noodles, steamed green beans, and/or lingonberry jam, for serving
- Chopped fresh parsley, for garnish

1. Preheat oven to 350°F. Pulse bread in a food processor until fine crumbs form; transfer to a small bowl. Stir in cream and let stand until cream is absorbed, about 10 minutes.

2. Meanwhile, melt 1 tsp. butter in a skillet over medium heat. Cook onion, stirring occasionally, until softened, about 5 minutes. Let cool slightly.

3. In a medium bowl, stir together egg, brown sugar (if using), salt, pepper, nutmeg, allspice, ginger (if using), cooked onion, and bread crumb mixture. With clean hands, gently mix in beef and pork. Shape mixture into 24 (1½-inch) meatballs. (To freeze, arrange on a parchment paper-lined baking sheet. Freeze until firm, about 1 hour. Transfer to a freezer-safe container; freeze up to 3 months. Thaw before cooking.)

4. Melt remaining 3 tsp. butter in a very large oven-safe skillet over medium heat. Cook meatballs, turning frequently, until browned, about 5 minutes. (Meatballs will not be cooked through.) Add ¼ cup broth.

5. Cover skillet and transfer to oven. Bake 20 to 25 minutes, or until an instant-read thermometer inserted into

centers registers 160°F. Transfer meatballs to a serving dish.

6. For gravy, strain pan drippings into a bowl (discard solids). Return 3 Tbsp. drippings to skillet (discard any remaining drippings); heat over medium heat. Whisk in flour until smooth. Cook 1 minute more, whisking constantly. Gradually whisk in remaining 2 cups broth. Bring gravy to a simmer, whisking constantly, and cook until thickened, about 5 minutes.

7. In a small bowl, whisk together about ½ cup gravy and the sour cream. Return sour cream mixture to skillet, whisking until combined. Simmer 1 minute. Serve meatballs with gravy, noodles, green beans, and/or jam. Garnish with parsley and additional pepper.

PER SERVING (4 MEATBALLS AND ½ CUP GRAVY): 378 CAL; 29G FAT (14G SAT); 19G PRO; 11G CARB (1G FIBER, 3G SUGARS); 673MG SODIUM



**REDUCE SATURATED FAT**  
Replace whipping cream and sour cream with low-fat milk and light sour cream.



**OPT FOR LESS MEAT**  
Reduce ground beef to 6 oz. Finely chop 8 oz. button mushrooms and cook with onion in Step 2 until tender and any liquid has evaporated. Let cool slightly. Proceed with Step 3.



**ADD VEGGIES**  
After straining pan drippings in Step 6, cook 8 oz. sliced button mushrooms in skillet until tender, about 8 minutes. Remove from skillet. Continue as directed, returning cooked mushrooms to skillet with sour cream mixture in Step 7.



*Family, advice,  
and a few  
favorite recipes.*

# at Home

PHOTOS: JASON DONNELLY; FOOD STYLING: CHARLIE WORTHINGTON; PROP STYLING: NATALIE GHAZALI

**KID AT HEART:**  
**Layers of Love** p. 80

**Allrecipets** p. 82

**Keepers** p. 84



# LAYERS OF LOVE

Top a buttery oat-pecan-coconut crust

with a PB-chocolate drizzle,

then let little helpers finish off these

snackable streusel-topped bars.

## Chocolate-Peanut Butter Oat Bars

HANDS-ON 15 MIN TOTAL 2 HR, 45 MIN MAKES 20 BARS  
SUBMITTED BY MATT ROBINSON NEW RECIPE GO ONLINE TO RATE & REVIEW

- 1½ cups flour
- 1 cup rolled oats
- ¾ cup toasted pecans
- ¾ cup white sugar
- ½ cup sweetened shredded coconut
- ¼ cup packed dark brown sugar
- 1 tsp. salt
- 1 cup cold unsalted butter, cut into ¼-inch cubes
- 1 cup semisweet chocolate chips
- ½ cup creamy peanut butter

1. Preheat oven to 350°F. Line bottom of a 9-inch square baking pan with foil. Lightly coat with cooking spray.

2. For crust, pulse flour, oats, pecans, white sugar, coconut, brown sugar, and salt in a food processor until blended. Add butter; pulse until mixture resembles wet sand.

3. Spoon three-fourths of oat mixture (about 4½ cups) into

prepared pan. Press into an even layer. Transfer remaining one-fourth of mixture to a small bowl; using your hands, squeeze and rub mixture together until crumbly. Spread streusel on a rimmed baking sheet.

4. Bake both pans, stirring streusel halfway through, until streusel is golden, about 18 minutes. Remove streusel from oven. Bake crust until golden brown, about 12 minutes more.

5. Meanwhile, for filling, microwave chocolate chips and peanut butter in a medium microwave-safe bowl on High in 30-second intervals, stirring after each interval, until mixture is melted and fully combined.

6. To assemble, pour chocolate mixture over baked crust. Sprinkle with streusel. Chill until set, 2 to 3 hours. Cut into 20 bars.

 HIDDEN GEM

PER 1 BAR: 289 CAL; 19G FAT (9G SAT); 4G PRO; 28G CARB (2G FIBER, 17G SUGARS); 152MG SODIUM



KID-FRIENDLY TWISTS

# embrace the chaos

Try these five tips for stealing moments from the daily frenzy to make unforgettable memories in the kitchen with your kids. BY MATT ROBINSON

A few years ago, my youngest son decided to bake cookies for his friends. But after lots of (seemingly) careful prep and baking, instead of fluffy, round cookies, he ended up with thin, flat discs. He forgot the leavener—and probably some flour, too. We were able to salvage the batch by crumbling the cookies into trail mix, but every holiday season, we remember and laugh over the cookie disaster.

Despite the occasional blunder, I do my best to get my kids involved in the kitchen as much as possible. Whether we're rolling out dough for pies or prepping veggies for a potluck side, kitchen hangs are gold mines for quality time with the kids—with plenty of goof-ups and lessons learned along the way (for them and me).

Here are my top strategies for pulling off magic in the madness of every season:

• **LOCK IN KITCHEN SHOWDOWNS**

Pick a date and make it a nonnegotiable family cooking or baking day. No matter how full the calendar gets, you're guaranteed quality time (and beloved family dishes).

• **BAKE WITH A MISSION**

Spread good cheer by working with your kids to whip up baked goods for family, friends, or a neighborhood pantry.

• **FORGET THE FANCY STUFF**

Choose simple recipes that are all about dumping and stirring, so even the smallest helpers can pitch in.

• **ACCEPT THE MESS**

At our house, a clean kitchen means we're not having any fun. We're here to make memories, not keep the counters mess-free.

• **SHARE TALES AND TREATS**

Share the stories behind go-to family recipes to connect your kids' favorite treats with family memories and lore.

ABOUT THE WRITER



**Matt Robinson**

is the creator of the blog *Real Food by Dad*, where he shares his view of what it's like to raise three hungry boys, one meal at a time. Find him at [realfoodbydad.com](http://realfoodbydad.com).

Check out Matt's ideas for kid-ifying a few recipes from this issue, plus ways to get little ones involved in meal prep.



**SMASHED SAMBAL BROCCOLI** p. 53

Double the sauce recipe, subbing in marinara for the Asian-style chili paste (sambal oelek). Let kids help smash the steamed broccoli and brush on the sauce.



**SAVORY APPLE-GRUYÈRE FLATBREADS** p. 56

Swap out nutty Gruyère for more mild mozzarella. Invite kids to add toppings to the flatbreads (and skip the arugula).



**SMOKED MACKEREL, BEETS, APPLES, AND BREAD CRISPS** p. 76

Use small cookie cutters to cut bread into fun shapes. If mackerel is a stretch for your kiddos, try smoked salmon or deli turkey. Fill out the rest of the snack board with kids' favorite fruits and veggies.



# PLAY INSIDE GUIDE

**As temps start to drop, it can get more difficult to spend time outdoors with your four-legged friend. Annie Valuska, PhD, a principal pet behavior scientist at Purina, shares tips for keeping your pet mentally stimulated without braving the weather.**

BY VICTORIA SOLIZ

## MAKING MOVES

*Chasing a laser or other moving toy allows cats to use their hunting instincts.*

When you're spending more time indoors, it's especially important to keep your pet's senses engaged. "Both cats and dogs benefit tremendously from socialization, focused attention, exercise, play, mental stimulation, and training," Valuska says. Even for indoor cats, wintertime can be an opportunity to add more play and enrichment. If you don't know where to start, here are a few ideas.

**DOGS** For pups, puzzle games are easy enrichment activities. Or put kibble or special treats in a box full of toys, then let your dog sniff out the treats. Create new, exciting spaces to explore by building forts or tunnels out of boxes and let your dog investigate, using new treats or toys as an incentive to move through the maze.

**CATS** Try hanging a suncatcher in a sunny window so your kitty can chase and pounce on the sunlight scatters and engage the natural need to "play" with prey. (You can even make a suncatcher yourself using beads.) An outdoor bird feeder can also provide visual stimulation as the birds come and go. (Valuska suggests some play sessions that allow your cat to actually "catch" something [like a toy] to prevent frustration.) Like dogs, cats can also benefit from exploring forts and tunnels.

"If your pet is unable to spend time outdoors, make the effort to find other ways to provide what your dog and/or cat is usually getting from being outside (such as exercise and new smells) so they don't miss out on too much," Valuska says.

## Meet Zoey

*Our featured pet this issue is mischievous pup Zoey, who lives with Allrecipes Allstar Yolanda Gutierrez (@CookingBikerChick).*

BY YOLANDA GUTIERREZ, AS TOLD TO VICTORIA SOLIZ

Zoey is a 3½-year-old terrier-poodle mix. On the way to pick her up from the breeder, my granddaughter, Jazmyn, asked me what I planned to name our new dog. I was thinking of naming her Zoey—and not a minute later, we came upon a street called Zoe. And that day I happened to be wearing a sweater that was the exact same color as her fur. She was meant to be mine.

Zoey is a pickpocket pro: If you leave a purse, jacket, or anything with pockets within her reach, she will find any loose bills and pull them out. She is also an extremely picky eater and prefers homemade, human-grade food over dog food. Zoey's chewing bones must be from rib eye steaks or she will not chew on them. The dog has good taste!



## Q&A

WITH HILL'S PET NUTRITION

**Q: My senior cat needs softer food to help with aging teeth and gums. How do I switch her feeding routine from dry to wet food?**

**A:** When moving from dry to solely wet food or switching to a new formula, we recommend a gradual transition to avoid digestive upset and other issues. To learn more about Hill's Pet Nutrition, visit [HillsPet.com/ScienceDidThat](https://HillsPet.com/ScienceDidThat). Hill's Pet Nutrition wet foods offer more than savory gravies and tender, meaty morsels—they deliver science-led support for pets' unique needs at every stage of life.

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KEEPERS

# BEST RECIPES

These old faves and hidden gems are worth adding to your recipe box. This issue features the winners of our annual Best Recipes contest, as determined by thousands of votes from fellow home cooks and a cook-off with Allrecipes video stars Nicole McLaughlin and Roscoe Hall.

BY MARY ANDINO

MINI NO-BAKE  
CHEESECAKES,  
p. 86



**BEST RECIPES  
2024**

Scan the code to see all the contenders in the five categories of this year's Best Recipes contest.



## BANG BANG-INSPIRED POTATOES

HANDS-ON 15 MIN TOTAL 50 MIN SERVES 4 SUBMITTED BY AMANDA HOLSTEIN

★★★★★ 20 REVIEWS

*Inspired by the fried shrimp app popularized by Bonefish Grill (which bears little resemblance to its namesake, Sichuan bang bang chicken), this recipe swaps the seafood for crispy potatoes.*

**1½ lb. baby gold potatoes, peeled and halved (3½ cups)**

**2 Tbsp. olive oil**

**1 Tbsp. cornstarch**

**1 tsp. kosher salt**

**½ tsp. onion powder**

**½ tsp. garlic powder**

**¼ tsp. paprika**

**½ cup mayonnaise**

**2 Tbsp. buttermilk**

**2 Tbsp. sriracha**

**1 Tbsp. Thai-style sweet chili sauce**

**1 tsp. rice vinegar**

**Sliced green onions, for garnish**

10x15-inch rimmed baking sheet.

Whisk together cornstarch, salt, onion powder, garlic powder, and paprika in a small bowl. Sprinkle evenly over potatoes; toss to coat. Spread potatoes in an even layer.

**2.** Roast, stirring every 10 minutes, until crispy, 30 to 35 minutes. Let stand on baking sheet 5 minutes, then transfer to a serving dish.

**3.** Meanwhile, for sauce, whisk together mayonnaise, buttermilk, sriracha, chili sauce, and rice vinegar in a small bowl. Drizzle over potatoes and garnish with green onions.

 HIDDEN GEM  VEGETARIAN  GLUTEN-FREE

PER SERVING (1 CUP POTATOES AND 3 TBSP. SAUCE): 404 CAL; 28G FAT (4G SAT); 4G PRO; 38G CARB (3G FIBER, 5G SUGARS); 754MG SODIUM

**1.** Preheat oven to 450°F. Toss together potatoes and oil on a





• WINNER •  
CHAMPION  
MAINS

## CRUNCH WRAP CASSEROLE

HANDS-ON 20 MIN TOTAL 55 MIN  
SERVES 10 SUBMITTED BY NICOLE MCLAUGHLIN

★★★★★ 62 REVIEWS

- 1 lb. lean ground beef
- 1 medium onion, chopped (1 cup)
- 1 (1-oz.) pkg. taco seasoning
- 1/3 cup water
- 3 Tbsp. butter, melted
- 6 (10-inch) flour tortillas
- 2 cups shredded cheddar cheese (8 oz.), plus more for serving
- 1/2 cup chopped fresh cilantro, plus more for garnish
- 3 medium tomatoes, seeded, diced, and drained (3 cups)
- 1 cup sour cream, plus more for serving
- 8 tostada shells
- 1 (15-oz.) can nacho cheese sauce
- 1/2 cup shredded lettuce
- 2 Tbsp. purchased guacamole
- 1 tsp. hot sauce (optional)

1. Preheat oven to 375°F. Heat a large skillet over medium-high heat. Cook ground beef, stirring and breaking up lumps, 2 minutes. Add onion; cook, stirring frequently, until meat is browned and onion has softened, about 5 minutes.

2. Add taco seasoning and water; cook, stirring constantly and using a wooden spoon or spatula to scrape up any browned bits from bottom of pot, until bubbly and thickened, about 2 minutes. Remove from heat.

3. Lightly coat a 9x13-inch baking dish with some of the melted butter. Arrange 5 tortillas in dish, allowing excess to hang over sides and overlapping to completely cover bottom of dish. Spread cheese over tortillas. Layer evenly with cilantro and tomatoes. Gently spread sour cream evenly over tomatoes.

4. Arrange tostada shells over sour cream, overlapping as needed to fit. Spread nacho cheese sauce over tostadas. Spoon beef mixture over cheese sauce; spread into an even layer. Put remaining tortilla on center of beef mixture. Fold overhanging tortillas up and over the top. Brush casserole with remaining melted butter, pressing down on tortillas as needed to enclose filling.

5. Bake until top is golden brown and lightly toasted, about 30 minutes. Let stand 5 minutes. Carefully invert casserole onto a serving board or cutting board. Using a large serrated knife, cut casserole into 10 squares. Serve with lettuce, guacamole, hot sauce (if using), and additional sour cream and cheese. Garnish with cilantro.

PER 1 SQUARE: 497 CAL; 29G FAT (14G SAT); 21G PRO; 38G CARB (3G FIBER, 6G SUGARS); 989MG SODIUM

• WINNER •  
GOLD MEDAL  
SWEETS

## MINI NO-BAKE CHEESECAKES

(pictured on p. 84)

HANDS-ON 30 MIN TOTAL 3 HR, 45 MIN MAKES 12  
SUBMITTED BY KATHRYN HENDRIX, RDN

★★★★☆ 6 REVIEWS

- 1 cup graham cracker crumbs
- 2 Tbsp. brown sugar
- 1/4 cup butter, melted
- 1/2 cup whipping cream
- 8 oz. cream cheese, softened
- 1/3 cup powdered sugar
- 2 Tbsp. sour cream
- 2 tsp. lemon juice
- 1 tsp. vanilla extract
- 3/4 cup fresh mixed berries

1. Line 12 (2½-inch) muffin cups with paper liners. Stir together graham cracker crumbs, brown sugar, and butter in a small bowl until evenly combined. Press 1 rounded Tbsp. crumb mixture evenly into bottom of each prepared muffin cup. Freeze until set, 15 to 20 minutes.

2. Meanwhile, beat whipping cream in a medium bowl with an electric mixer at medium speed until stiff peaks form, 3 to 5 minutes.

3. In a large bowl, beat cream cheese and powdered sugar at medium-high speed until smooth and creamy, about 2 minutes. Beat in sour cream, lemon juice, and vanilla until combined, about 1 minute. Fold in whipped cream just until combined.

4. Spoon 2½ Tbsp. of filling into each cup or spoon filling into a 1-qt. zip-top bag. Snip off one corner of bag and pipe filling over crusts, using about 2½ Tbsp. per cup. Smooth tops of filling.

5. Chill, covered, until filling is set, at least 3 hours. Just before serving, top with berries. (Chill, covered, up to 5 days.)

🔍 HIDDEN GEM

PER 1 MINI CHEESECAKE: 199 CAL; 15G FAT (9G SAT); 2G PRO; 14G CARB (1G FIBER, 8G SUGARS); 132MG SODIUM



## LEMON-PEPPER WINGS

HANDS-ON 10 MIN  
TOTAL 25 MIN SERVES 4  
SUBMITTED BY FLEURSWEETLOVES

★★★★☆ 97 REVIEWS

*Skip the usual ranch or blue cheese and serve these wings with an herb pesto to amplify their citrusy flavor.*

### Vegetable oil, for frying

**1 lb. chicken wings  
and/or drumettes**

**2 Tbsp. extra-virgin olive oil**

**1 Tbsp. lemon-pepper seasoning**

**Chopped parsley, for garnish**

**Herb pesto and lemon wedges,  
for serving**

**1.** Pour vegetable oil to a depth of 2 inches in a deep, heavy-bottomed pot or deep fryer. (You'll need about 6 cups oil for a 5-qt. Dutch oven.) Heat oil to 375°F.

**2.** Working in two batches, fry wings about 8 minutes or until an instant-read thermometer inserted near the bone registers 170°F.

**3.** Meanwhile, stir together olive oil and lemon-pepper seasoning in a large bowl.

**4.** Toss hot wings with lemon-pepper mixture to coat. Garnish with parsley. Serve with pesto and lemon wedges.

🕒 QUICK 🌱 GLUTEN-FREE

PER 3 WINGS: 463 CAL; 39G FAT (8G SAT);  
26G PRO; 0G CARB; 363MG SODIUM

• WINNER •  
**TOP-NOTCH  
APPS**







ONE  
TWO  
THREE  
FOUR...

NOW  
THAT'S  
A LOTTA  
LAYERS!

AT HOME

## CRUSTLESS SPINACH QUICHE

HANDS-ON 15 MIN TOTAL 55 MIN SERVES 6 SUBMITTED BY ANY14TNS

★★★★★ 2,485 REVIEWS

- 1 Tbsp. vegetable oil
- 1 medium onion, chopped (1 cup)
- 1 (10-oz.) pkg. frozen chopped spinach, thawed, drained, and squeezed dry
- 5 eggs
- ¼ tsp. salt
- ⅛ tsp. black pepper
- 3 cups shredded Muenster cheese (12 oz.)
- Chopped fresh herbs, for garnish

1. Preheat oven to 350°F. Lightly grease a 9-inch pie dish. Heat oil in a large skillet over medium-high heat. Cook onion,

stirring occasionally, until soft, about 3 minutes. Stir in spinach; cook until excess moisture has evaporated, about 3 minutes. Let cool slightly.

2. Meanwhile, whisk together eggs, salt, and pepper in a large bowl. Stir in onion mixture and cheese until well combined. Pour into prepared dish. Bake until eggs are set, about 30 minutes.

3. Let cool about 10 minutes before serving. Garnish with fresh herbs. Cut into 6 slices.

VEGETARIAN GLUTEN-FREE

PER 1 SLICE: 309 CAL; 23G FAT (12G SAT); 20G PRO; 5G CARB (2G FIBER, 2G SUGARS); 547MG SODIUM

• WINNER •  
WINNING  
BRUNCH  
BITES





*More flaky layers?*  
**MORE FLAKY  
LAYERS!!!!!!!\***  
**HOOHOO!**



TM



THE BEST MEMORIES ARE  
*made at*  
**HOME**

\* More flaky layers than our prior recipe.



# The Good Cookin' Sisters

STORY ON P. 6-12



## Country Ham and Biscuits

**HANDS-ON** 15 MIN  
**TOTAL** 45 MIN **SERVES** 6  
**SUBMITTED BY** DOLLY PARTON AND RACHEL PARTON GEORGE  
**NEW RECIPE** GO ONLINE TO RATE & REVIEW

- ¼ cup shortening, plus more for greasing**
- 3 cups flour, plus more for dusting**
- 1 Tbsp. sugar**
- 1 Tbsp. baking powder**
- ½ tsp. salt**
- ½ tsp. cream of tartar**
- ½ cup cold butter, cut into ½-inch pieces**
- 1¼ cups whole buttermilk**
- 1 tsp. bacon grease or shortening**
- 3 slices country ham**
- Softened butter, for serving**

- 1.** Preheat oven to 425°F. Grease an 8-inch cast-iron skillet with shortening.
- 2.** In a large mixing bowl or the bowl of a food processor, sift together flour, sugar, baking powder, salt, and cream of tartar. Mix or pulse a few times to combine.
- 3.** Cut butter and ¼ cup shortening into flour mixture just until you get a crumbly consistency. Add buttermilk to flour mixture. Gently stir until just combined, being careful not to overmix.
- 4.** Turn out dough onto a floured surface. With floured hands, pat dough to approximately 2-inch thickness. Using a 2½-inch biscuit cutter, cut out 6 to 8 biscuits. Transfer to greased skillet. Bake until golden brown, about 30 minutes. Remove biscuits from oven and let cool 5 minutes.
- 5.** While biscuits are baking, cook ham: Add bacon grease to a cast-iron skillet over medium heat. Add ham slices and fry until edges are brown, a few minutes per side. Remove ham from skillet and place on a paper towel-lined plate to drain. Cut each slice in half.

- 6.** To serve, split each biscuit in half, spread with softened butter, and sandwich with a piece of ham.

PER 1 BISCUIT SANDWICH: 541 CAL; 29G FAT (14G SAT); 17G PRO; 53G CARB (2G FIBER, 5G SUGARS); 1,399MG SODIUM

## Rustic Chicken and Dumplin's

**HANDS-ON** 30 MIN  
**TOTAL** 2 HR, 15 MIN **SERVES** 8  
**SUBMITTED BY** DOLLY PARTON AND RACHEL PARTON GEORGE  
**NEW RECIPE** GO ONLINE TO RATE & REVIEW

- 1 whole chicken, cut into pieces (drumsticks, thighs, and halved breasts)**
- 1 tsp. Morton Nature's Seasons seasoning blend**
- 3 Tbsp. butter**
- 1 (32-oz.) carton low-sodium chicken broth**
- 2 cups water**
- ½ medium onion, minced (½ cup)**
- 1 tsp. poultry seasoning**
- 1 tsp. minced garlic**
- 1½ tsp. salt**
- 1 tsp. black pepper**
- 3 medium carrots, cut into 1-inch pieces (1½ cups)**
- 3 medium stalks celery, cut into 1-inch pieces (1½ cups)**
- 1¼ cups flour, plus more for dusting**
- 1 tsp. baking powder**
- 1 egg**
- ½ cup whole buttermilk, well shaken**
- ½ cup butter, chilled and cut into thin slices**
- Chopped fresh parsley, for garnish**

- 1.** Season chicken pieces all over with the seasoning blend.
- 2.** Melt 3 Tbsp. butter in a large Dutch oven over medium-high heat. Add chicken pieces, skin sides down, and cook until golden brown, 6 to 8 minutes. Turn chicken pieces and brown again, 6 to 8 minutes more.



- 3.** Add broth and water; bring to a boil over high heat. Add onion, poultry seasoning, garlic, 1 tsp. salt, and pepper. Reduce heat and simmer, covered, 20 minutes. Add carrots and celery. Leaving pot partially covered, continue simmering over low heat until vegetables are almost tender, about 20 minutes.
- 4.** Meanwhile, sift flour, baking powder, and remaining ½ tsp. salt together in a large bowl. In a separate medium bowl, whisk together egg and buttermilk.
- 5.** Cut chilled butter into dry mixture using a pastry cutter or two forks. Blend well to a crumbly consistency. Add buttermilk mixture and gently stir with a wooden spoon until combined. Cover with plastic wrap and refrigerate 30 minutes.
- 6.** Turn out dough onto a floured surface. Using your hands, pat dough to approximately 1-inch thickness and gently fold outer edges into center. Continue to gently fold—do not knead—until it comes together. Pat dough out again to approximately 1-inch thickness.
- 7.** Remove cooked chicken from Dutch oven (an instant-read thermometer inserted into thickest part of chicken should register 170°F) and put it on a plate. Cover with foil to keep warm. Skim fat from broth. Bring broth to a gentle boil over medium-high heat.
- 8.** Cut dough into 2x2-inch squares. Gently drop each square, one at a time, into boiling broth. Lower heat to medium and simmer, uncovered, until all dumplings rise to top and a toothpick inserted in center comes out clean, about 10 minutes. Return chicken to pot and simmer an additional 5 minutes.
- 9.** Spoon chicken and dumplings into bowls. Garnish with parsley.

PER 1¼ CUPS: 364 CAL; 22G FAT (12G SAT); 21G PRO; 21G CARB (2G FIBER, 3G SUGARS); 1,053MG SODIUM

## Slaw of Many Colors

**HANDS-ON** 15 MIN  
**TOTAL** 2 HR, 15 MIN **SERVES** 8  
**SUBMITTED BY** DOLLY PARTON AND RACHEL PARTON GEORGE  
**NEW RECIPE** GO ONLINE TO RATE & REVIEW

- 1 medium head red cabbage, chopped (10 cups)**
- 1 medium green bell pepper, seeded and chopped (1 cup)**
- 1 medium onion, chopped (1 cup)**
- 1 cup mayonnaise**
- ½ cup cider vinegar**
- ½ cup powdered sugar**
- 1 tsp. salt, plus more to taste**
- 1 tsp. black pepper, plus more to taste**
- 1 large tomato, chopped (1¾ cups)**



1. Combine cabbage, green pepper, and onion in a large bowl. In a small bowl, whisk together mayonnaise, vinegar, powdered sugar, salt, and black pepper until smooth. Pour dressing over vegetables, tossing well to combine. Cover and refrigerate at least 2 hours to allow everything to marinate.
2. When ready to serve, gently stir in tomato and season to taste with additional salt and pepper. (Chill, covered, up to 5 days.)

PER 1/4 CUPS: 267 CAL; 21G FAT (3G SAT); 2G PRO; 19G CARB (3G FIBER, 13G SUGARS); 497MG SODIUM

## Mama's Banana Pudding

**HANDS-ON** 20 MIN  
**TOTAL** 2 HR, 20 MIN **SERVES** 24  
**SUBMITTED BY** DOLLY PARTON AND RACHEL PARTON GEORGE  
**NEW RECIPE** GO ONLINE TO RATE & REVIEW

- 1 cup plus 1 Tbsp. sugar
- 1/2 cup flour
- 1/8 tsp. salt
- 6 cups whole milk
- 6 egg yolks
- 3 eggs
- 1/2 cup butter
- 3 tsp. vanilla extract
- 9 ripe bananas
- 2 (12-oz.) boxes vanilla wafers
- 6 egg whites (see "Test Kitchen Tip," right)
- 1/4 tsp. cream of tartar

1. Stir together 1 cup sugar, the flour, and salt in a large bowl. Whisk in milk, egg yolks, and whole eggs until well combined and smooth.
2. Melt butter in a large saucepan over medium heat. Pour milk mixture into saucepan with butter; reduce heat to medium-low and whisk constantly until the mixture has thickened, coats the back of a spoon nicely, and begins to bubble, about



- 20 minutes. Remove from heat and stir in 2 tsp. vanilla. Cover and let custard cool to room temperature, about 1 hour. (It will continue to thicken as it cools.)
3. Peel and slice bananas. Line the bottom and sides of 2 (9x13-inch) broiler-safe casserole dishes with vanilla wafers. Layer banana slices over wafers. Pour cooled custard over bananas and wafers, smoothing top with a knife or spatula.
4. For meringue, in a large clean bowl, using an electric mixer or a stand mixer fitted with the whisk attachment, beat egg whites, cream of tartar, and the remaining 1 Tbsp. sugar and 1 tsp. vanilla at high speed until stiff peaks form, about 5 minutes. Spoon meringue over top of custard, covering it completely.
5. Set oven rack about 4 inches from broiler; turn broiler to high. Quickly broil meringue until browned, about 1 to 2 minutes. (This happens very quickly, so keep a close eye on it.)
6. Remove dishes from oven, allow meringue to cool slightly, about 15 minutes, and serve. (Chill, covered, up to 4 days.)

PER 1/4 CUPS: 320 CAL; 14G FAT (7G SAT); 6G PRO; 44G CARB (1G FIBER, 31G SUGARS); 124MG SODIUM

**TEST KITCHEN TIP** We recommend using pasteurized eggs since the egg whites don't get fully cooked in the meringue topping.

## Dirt Road Martini

**HANDS-ON** 5 MIN  
**TOTAL** 5 MIN **MAKES** 1  
**SUBMITTED BY** DOLLY PARTON AND RACHEL PARTON GEORGE  
**NEW RECIPE** GO ONLINE TO RATE & REVIEW

- Ice
- 2 oz. vodka
- 2 oz. unsweetened tea
- 1/4 oz. brine from Mezzetta Italian Mix Giardiniera
- Spanish Queen martini olives (pitted or stuffed), for garnish
- Vegetable pieces from giardiniera (such as Mezzetta Italian Mix Giardiniera), for garnish

1. Combine vodka, tea, and brine in an ice-filled mixing glass; stir well to chill.
2. Fill a lowball or rocks glass with ice. Strain martini over ice. Garnish with olives and vegetable pieces.

**QUICK** **GLUTEN-FREE** **VEGAN**

PER 1/3 CUP: 128 CAL; 0G FAT; 0G PRO; 0G CARB; 66MG SODIUM

**BIG BATCH** In a pitcher, combine 1 (750-ml) bottle **vodka**, 3 cups **unsweetened tea**, and 3 oz. **brine** from Mezzetta Italian Mix Giardiniera. Chill until ready to serve. Serve over ice with **olives** and **vegetable pieces**. Serves 12.

## Onions: Flavorful Foundations

STORY ON P. 19-25



## Classic Vichyssoise

**HANDS-ON** 15 MIN **TOTAL** 1 HR, 10 MIN  
**SERVES** 8 **SUBMITTED BY** 2DOULAS

★★★★☆ 59 REVIEWS

- 1 Tbsp. butter
- 3 leeks, white parts only, halved lengthwise, sliced, and rinsed
- 1 large yellow onion, sliced (2 cups)
- 5 medium potatoes, peeled and thinly sliced (5 cups)
- 1/2 tsp. salt
- 1/4 tsp. black pepper, plus more for garnish
- 1/2 tsp. dried marjoram
- 1/4 tsp. dried thyme
- 1 bay leaf
- 5 cups low-sodium chicken broth
- 1/4 cup whipping cream
- Sliced green onions, for garnish

1. Melt butter in a 4- to 5-qt. Dutch oven over low heat. Add leeks and onion; cook, covered, stirring occasionally, until tender, about 10 minutes.
2. Stir in potatoes, salt, pepper, marjoram, thyme, and bay leaf. Cook, covered, until potatoes are tender, about 12 minutes.
3. Add broth and bring to a boil; reduce heat to low and cook, partially covered, to allow flavors to develop, about 30 minutes. Remove bay leaf; let soup cool slightly.
4. Transfer soup, in batches, to a blender or food processor. Cover and blend until smooth; transfer to a large serving bowl. Let soup cool to room temperature, then stir in cream. Garnish with additional black pepper and the green onions. (Chill in an airtight container up to 3 days.)

**HEALTHY** **GLUTEN-FREE**

PER 1 CUP: 147 CAL; 4G FAT (3G SAT); 4G PRO; 25G CARB (2G FIBER, 3G SUGARS); 214MG SODIUM



## pie crust

Stir together  $1\frac{1}{4}$  cups **flour** and  $\frac{1}{4}$  tsp. **salt** in a large bowl. Using a pastry blender, cut in  $\frac{1}{2}$  cup cold diced **butter** until mixture resembles coarse crumbs. Add **cold water**, 1 Tbsp. at a time, mixing with a spatula or your hands until dough comes together. Shape dough into a disc and wrap in plastic wrap; chill at least 4 hours or overnight. On a generously floured surface, roll out dough into an 11-inch circle, adding more flour as needed.

## Tarte à l'Oignon

HANDS-ON 45 MIN TOTAL 2 HR, 10 MIN  
SERVES 8 SUBMITTED BY QUEBECGIRL

★★★★★ 26 REVIEWS

- 1 (9-inch) unbaked pie crust (recipe, above)**
  - 10 slices bacon, cut into 1-inch pieces**
  - 2 large Spanish or yellow onions, thinly sliced (5 cups)**
  - 1 tsp. salt**
  - $\frac{1}{8}$  tsp. black pepper**
  - $\frac{1}{2}$  cup whole milk**
  - $\frac{1}{2}$  cup whipping cream**
  - 1 Tbsp. flour**
  - 4 eggs**
  - $\frac{1}{8}$  tsp. freshly grated nutmeg**
  - Fresh parsley leaves, for garnish**
- Preheat oven to 425°F. Put pie crust in a 9-inch pie plate, fluting edges as desired. Prick bottom and sides of crust with a fork. Line crust with parchment paper and fill with dry beans or pie weights. Bake 8 minutes. Remove parchment and beans. Bake until lightly browned, about 6 minutes more. Remove from oven; let cool. Reduce oven to 400°F.
  - Meanwhile, cook bacon in a large skillet over medium heat until crisp. Transfer bacon to paper towels to drain, reserving  $\frac{1}{4}$  cup drippings in pan; discard remaining drippings.
  - Add onions and salt to skillet. Cook, covered, stirring every 5 minutes, over medium heat until onions are tender, about 20 minutes. Uncover and cook, stirring occasionally, until onions are evenly browned, about 10 minutes more. Stir in pepper. Stir together milk and cream in a small bowl. Sprinkle flour over onions and stir to combine. Stir in milk mixture. Cook, stirring constantly, over medium heat until thickened, about 2 minutes. Remove from heat and stir in bacon; let cool 10 minutes.

- Beat eggs in a large bowl with an electric mixer at medium speed until light and frothy, about 2 minutes. Stir in onion mixture and transfer to prepared pie crust. Sprinkle with nutmeg.
- Bake until crust is golden brown, filling is set, and a knife inserted into center comes out clean, about 30 minutes. Remove from oven; let cool 15 minutes before serving. Garnish with parsley and cut into 8 slices.

PER 1 PIECE: 417 CAL; 30G FAT (16G SAT); 11G PRO; 27G CARB (2G FIBER, 6G SUGARS); 681MG SODIUM

## French Onion Dip

HANDS-ON 15 MIN TOTAL 2 HR, 30 MIN  
MAKES  $2\frac{1}{4}$  CUPS SUBMITTED BY CCUMMINS

★★★★★ 206 REVIEWS

- 2 Tbsp. olive oil**
- $1\frac{1}{2}$  cups chopped onions (red, yellow, or white) and/or shallots**
- $\frac{3}{4}$  tsp. kosher salt**
- 1 cup sour cream**
- 1 cup mayonnaise**
- $\frac{1}{2}$  tsp. garlic powder**
- $\frac{1}{4}$  tsp. ground white pepper**
- Chopped fresh chives, for garnish**
- Crackers, chips, and/or vegetables, for serving**

- Heat oil in a large skillet over medium heat. Add onions and  $\frac{1}{4}$  tsp. salt; cook, stirring frequently, until onions are caramelized, about 20 minutes. Remove from heat; let cool 5 to 10 minutes.
- Mix together sour cream, mayonnaise, garlic powder, pepper, and remaining  $\frac{1}{2}$  tsp. salt in a serving bowl. Stir in cooled onions. Chill, covered, at least 2 hours (and up to 5 days). Garnish with chives and serve with crackers, chips, and/or veggies.

🌱 VEGETARIAN

PER 2 TBSP.: 123 CAL; 13G FAT (3G SAT); 1G PRO; 2G CARB (0G FIBER, 1G SUGARS); 128MG SODIUM



## Old-Fashioned Onion Rings

HANDS-ON 15 MIN TOTAL 30 MIN  
SERVES 3 SUBMITTED BY JEANIEMOMOF3

★★★★★ 1,409 REVIEWS

- Vegetable oil, for frying**
- $\frac{3}{4}$  cup flour**
- 1 tsp. baking powder**
- 1 tsp. table salt**
- 1 cup whole milk**
- 1 egg**
- $1\frac{1}{2}$  cups fine dried bread crumbs**
- 1 large Vidalia or other sweet onion, sliced into  $\frac{1}{4}$ -inch-thick rings**
- $\frac{1}{8}$  tsp. seasoned salt, or to taste**
- Ketchup, for serving**

- Preheat oven to 200°F. Pour oil to a depth of  $1\frac{1}{2}$  inches in a deep, heavy-bottomed pot or a deep fryer; heat to 365°F. (You'll need about 1 qt. oil.) Put a wire rack in a foil-lined shallow baking pan; put in preheated oven.
- Prepare a breading station by setting out 3 shallow dishes. Whisk together flour, baking powder, and table salt in first dish. Whisk together milk and egg in second dish. Put bread crumbs in third dish.
- Working one at a time, dip onion rings in flour mixture, turning several times to fully coat. Transfer to egg mixture and use a fork to turn to coat. Lift rings with fork and shake gently so excess liquid drips back into dish. Dip rings in bread crumbs, turning to coat. Transfer to a plate.
- Working in batches of 6 to 8, fry onions in hot oil until golden brown, 1 to 2 minutes. Drain on paper towels. Transfer to prepared pan in oven to keep warm.
- Sprinkle with seasoned salt and serve with ketchup.

🕒 QUICK 🌱 VEGETARIAN

PER 2 CUPS (ABOUT 6 RINGS): 541 CAL; 41G FAT (7G SAT); 8G PRO; 40G CARB (2G FIBER, 7G SUGARS); 685MG SODIUM



## Pickled Red Onions

HANDS-ON 25 MIN TOTAL 1 HR, 55 MIN  
MAKES 2 CUPS SUBMITTED BY ITSVINCE

★★★★★ 16 REVIEWS

- 10 oz. red pearl onions or 1 medium red onion, halved and thinly sliced
- $\frac{3}{4}$  cup white wine vinegar
- 1 tsp. fine sea salt
- 1 tsp. sugar
- 5 whole black peppercorns

1. If using pearl onions, put onions in a medium bowl and cover with boiling water; let stand 30 seconds; drain. Let cool about 10 minutes. When cool enough to handle, trim root ends and slip off outer skins. Put pearl onions in a pint-size canning jar.
2. Bring vinegar, salt, sugar, and peppercorns to a boil in a small saucepan over medium-high heat. Carefully pour hot brine over onions, leaving  $\frac{1}{4}$ -inch headspace; let stand 30 minutes. Tightly screw on lid; shake well. Chill to allow flavors to develop, at least 1 hour (and up to 2 weeks).

🍷 HIDDEN GEM 🌱 VEGETARIAN 🌾 GLUTEN-FREE

PER 2 TBSP.: 7 CAL; 0G FAT; 0G PRO; 2G CARB (0G FIBER, 1G SUGARS); 2MG SODIUM

## Chef John's Scallion Pancakes

HANDS-ON 30 MIN TOTAL 2 HR, 50 MIN  
SERVES 8 SUBMITTED BY CHEF JOHN

★★★★★ 23 REVIEWS

*These unleavened flatbreads (aka cong you bing) are a fixture on Chinese menus. Their thickness varies depending on the recipe: Chef John's pancakes are on the thinner side with a layered interior.*

- 2 cups bread flour
- 1 $\frac{1}{2}$  tsp. kosher salt
- $\frac{3}{4}$  cup very hot water (190°F)



- 4 $\frac{1}{2}$  Tbsp. vegetable oil, plus more as needed
- 2 tsp. sesame oil
- 3 Tbsp. all-purpose flour, plus more for dusting
- 1 bunch green onions, mostly green parts, thinly sliced (1 cup), plus more for garnish
- Rice Vinegar-Soy Dipping Sauce, for serving (recipe, below)

1. Stir together bread flour and salt in a large bowl. Make a well in center and pour in hot water. Stir with a wooden spoon to form a shaggy dough.
2. Transfer dough to a lightly floured work surface; knead until sticky but relatively smooth and elastic, 5 to 10 minutes, lightly dusting with flour if needed. Wrap in plastic wrap; let dough rest 2 hours.
3. Whisk together 3 Tbsp. vegetable oil, the sesame oil, and all-purpose flour in a small skillet over medium heat until starting to bubble, about 3 minutes. Cook 1 minute more, stirring occasionally. Remove from heat; let cool to room temperature.
4. Unwrap dough and cut in half. Roll one portion out into a rope. Use a rolling pin to flatten rope into an approximately  $\frac{1}{8}$ -inch-thick 5x20-inch rectangle, flipping and dusting with flour halfway through.
5. Brush dough with oil mixture until just covered, leaving a 1-inch border (you won't use all the oil mixture). Sprinkle 3 to 4 Tbsp. green onions on top. Starting with a long side, roll up dough, tightly pinching top edge to seal in onions.
6. Coil dough into a circle, tucking tip underneath. Dust coil with flour and roll out to about  $\frac{1}{8}$ -inch thickness. Repeat with remaining dough portion, oil mixture, and green onions to make second pancake.
7. Heat remaining 1 $\frac{1}{2}$  Tbsp. vegetable oil in a 10-inch cast-iron skillet over high heat. Add 1 pancake; reduce heat to medium. Cook, turning halfway through, until crispy and browned, 6 to 8 minutes. Repeat with second pancake, adding more oil as needed. Cut each pancake into 8 wedges and garnish with additional green onions. Serve with dipping sauce.

🌱 VEGAN

PER 2 WEDGES: 215 CAL; 9G FAT (1G SAT); 5G PRO; 28G CARB (1G FIBER, 0G SUGARS); 213MG SODIUM

### rice vinegar-soy dipping sauce

Mix equal parts seasoned rice vinegar and soy sauce, flavor with a dash of hot sauce, and toss in a few sliced green onions.



## One-Pot Sausage, Peppers, Cipollinis, and Potatoes

HANDS-ON 15 MIN TOTAL 30 MIN  
SERVES 6 SUBMITTED BY JEANIEMOMOF3

★★★★★ 1,339 REVIEWS

- 2 Tbsp. olive oil
- 1 lb. tiny red new potatoes, halved
- 1 (19-oz.) package Italian sausage links
- 2 medium green bell peppers, cut into 1-inch pieces (2 cups)
- 2 medium red bell peppers, cut into 1-inch pieces (2 cups)
- 14 oz. cipollini onions, halved
- $\frac{1}{2}$  cup dry white wine
- $\frac{1}{2}$  cup low-sodium chicken broth
- 1 tsp. Italian seasoning
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{2}$  tsp. black pepper
- Fresh basil leaves, for garnish

1. Heat 1 Tbsp. oil in a 5-qt. Dutch oven over medium heat. Add potatoes, cut sides down, and cook until browned, 5 minutes. Transfer potatoes to a large bowl.
2. Add remaining 1 Tbsp. oil to Dutch oven. Add sausages and cook, turning halfway through, until browned, 10 minutes. Transfer to a cutting board and cut into 1-inch pieces. Add to bowl with potatoes.
3. Add peppers, onions, wine, and broth to Dutch oven. Use a wooden spoon or spatula to scrape up any browned bits from the bottom of pot.
4. Return potatoes and sausage to Dutch oven. Add Italian seasoning, salt, and pepper. Bring to a boil. Reduce heat to low; simmer, covered, until vegetables are tender, 10 to 15 minutes. Garnish with basil.

🍷 HIDDEN GEM 🌱 HEALTHY ⚡ QUICK

PER 2 $\frac{1}{2}$  CUPS: 290 CAL; 12G FAT (4G SAT); 18G PRO; 25G CARB (4G FIBER, 6G SUGARS); 728MG SODIUM



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# WINTER WARM-UP

Maple, citrus, and fiery mezcal and chile liqueur bring seasonal flair to hibiscus tea.

BY NATALIE MECHEM



## Mezcal Hot Toddy

HANDS-ON 5 MIN TOTAL 10 MIN  
 MAKES 2 SUBMITTED BY JULIANA HALE  
 NEW RECIPE GO ONLINE TO RATE & REVIEW

- 2 orange wedges
- 6 whole cloves
- 1½ cups water
- 2 tsp. dried hibiscus petals or 2 hibiscus tea bags
- 3 oz. orange juice
- 2 oz. pure maple syrup
- 2 oz. mezcal
- 1 oz. ancho chile liqueur (such as Ancho Reyes)

1. Stud orange wedges with cloves.
2. Bring water to a boil in a small saucepan. Remove from heat. Add hibiscus petals. Steep, covered, 5 to 7 minutes. Strain into a mixing glass or cocktail shaker, discarding solids.
3. Stir in orange juice, maple syrup, mezcal, and chile liqueur. Pour into 2 cocktail glasses. Garnish with prepared orange wedges.

Ⓢ QUICK Ⓢ GLUTEN-FREE Ⓢ VEGAN

PER 10 OZ.: 254 CAL; 0G FAT; 0G PRO; 39G CARB (0G FIBER, 35G SUGARS); 13MG SODIUM

◆  
**SPIRIT SWAP**  
 For a less smoky cocktail, substitute añejo tequila for the mezcal.

PHOTO: BRIE GOLDMAN; FOOD STYLING: ANNIE PROBST; PROP STYLING: JOSEPH WANEK  
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