

BOOBY

EDITED BY
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Power to the Produce

HAS YOUR PLATE
BEEN LOOKING A
LITTLE SEPIA-TONED
LATELY? USE OUR
GUIDE TO ALL THINGS
VEGGIES TO BRIGHTEN
UP YOUR MEALS
(AND YOUR SKIN,
PLUS STAVE OFF
CANCER AND IMPROVE
HEART HEALTH)
WITH SOMETHING
GREEN—AND
RED, ORANGE,
YELLOW, AND....

BY JUNO DEMELO

CRUNCH TIME!
FOLLOW
@TEAMFN ON
INSTAGRAM FOR
YOUR DAILY
VEG-SPIRATION.

FOOD

PREP SCHOOL

Unlike boxed mac 'n' cheese, produce doesn't come with directions. So we asked Jess Dang, founder of meal-planning site CookSmarts.com, to break down the best way to cook fall's top veggies.



MICROWAVE

Sweet potatoes
Prick all over with a fork, and arrange in a microwave-safe dish. Lightly salt, cover with a damp paper towel, and microwave on high for 8 to 10 minutes per potato or until tender, turning once.



ROAST

Brussels sprouts
Trim stems, and peel off outer leaves. Halve, and toss with olive oil, salt, and pepper. Spread on a sheet pan, and roast at 425 degrees for 25 to 30 minutes or until browned and crispy.



RAW

Kale
Remove stems and ribs from 1 bunch. Thinly slice leaves, and massage for a minute to soften. Add dressing 10 minutes before serving as a salad (for inspo, see Salad Bar Cheat Sheet on page 122).



STEAM

Beets
Fill pot to an inch with water, and insert steamer basket. Cover; bring to a boil. Slice off tops and bottoms 1 bunch. Steam for 35 to 50 minutes. Cool, then remove skins. Toss with olive oil and lemon juice.



SAUTÉ

Swiss chard
Remove stems, and thinly slice leaves. Heat a large pan over medium-high heat. Add 1 T coconut oil, and heat for 10 to 30 seconds. Add chard, and sauté 4 to 6 minutes, until wilted and tender. Top with feta.

Ooh, You Fancy!

At most restaurants, veggies are the bridesmaids—relegated to the side while the focus is elsewhere. But these top chefs know that produce can hold its own. See for yourself with their crazy-good dishes.



GRILLED CARROTS

"Vegetables can be just as interesting as a well-fed animal," says **Iron Chef Marc Forgione**, who runs hot NYC steakhouse **American Cut**.

- 6 large **CARROTS**
- ½ c. **BROWN SUGAR**
- 4 c. **WATER**
- 12 sprigs **MINT**
- 1 to 2 T **HONEY**
- 1 pinch **SEA SALT**

Scrub but don't peel carrots. Place first 4 ingredients in a large pot and bring to a simmer; cook carrots until tender, about 15 to 20 minutes. Drain and let cool, then smash each carrot gently. Shape into patties, and place in a preheated grill pan or skillet, cook until charred, then flip. Drizzle with honey, and sprinkle with sea salt. Serves 6.



SNAP PEA SALAD

Two of April Bloomfield's restaurants have been awarded a Michelin star.

- ½ c. **EXTRA VIRGIN OLIVE OIL**
- ¼ c. **LEMON JUICE**
- ¾ t. **SEA SALT**
- 1 lb. sugar **SNAP PEAS**, trimmed
- 1 big pinch **MINT LEAVES**, chopped
- LEMON JUICE**

1 handful **ARUGULA**
Combine first 3 ingredients in a container with a tight-fitting lid and shake well (that's your dressing). Mix peas and mint in a large bowl. Add dressing, and toss. Season with salt and lemon juice. Add arugula, and toss to coat. Serves 4.



BEEFSTEAK BOWL

Beefsteak is a type of tomato... and the name of celeb chef José Andrés' newest restaurant.

- ½ c. each **CORN**, cut **OKRA**, and frozen **ARTICHOKE HEARTS**, thawed and sliced
- ½ c. cooked **COUSCOUS**
- ¼ c. **GREEK YOGURT**
- ½ c. halved **CHERRY TOMATOES**
- 2 **RADISHES**, thinly sliced
- ¼ c. **GREENS**
- 1 T **VINAIGRETTE**

Boil a large pot of water. Add first 3 ingredients, stir, and cook until tender. Drain. Top couscous and yogurt with veggies, tomatoes, radishes, greens, and vinaigrette. Serves 1.



CALORIES IN A CUP OF ZUCCHINI NOODLES: 20. IN THE SAME AMOUNT OF SPAGHETTI: 220!

SNAP PEA SALAD RECIPE ADAPTED WITH PERMISSION FROM A GIRL AND HER GREENS. BY APRIL BLOOMFIELD. COPYRIGHT 2015 APRIL BLOOMFIELD. EXCERPTED BY PERMISSION OF ECCO. AN IMPRINT OF HARPERCOLLINS PUBLISHERS. SNAP PEA SALAD PHOTOGRAPH BY DAVID LOFTUS. CLOCKWISE FROM TOP LEFT: GETTY IMAGES; JENNIFER MARTINE/OFFSET; GETTY IMAGES (3); AARON CLAMAGE; COURTESY; MELANIE DUENA; ROBIN PLATZER/7 WIN IMAGES/PHOTOSHOT/NEWS.COM.

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PERCENTAGE OF PEOPLE WITH HIGH LEVELS OF HAPPINESS WHO EAT 5-PLUS SERVINGS OF F&V A DAY.

SOURCE: INTERNATIONAL JOURNAL OF CANCER



YOUR DIY JUICE BAR

A juice bar habit is great for your body but not so much for your wallet. Try this easy recipe from Tess Masters, author of *The Blender Girl Smoothies*. Pineapple has bromelain, which may reduce coughing and loosen mucus (ew, but helpful if you're sick).

PINEAPPLE PROTECTOR

2 c. freshly squeezed

ORANGE JUICE

1 c. chopped BOK CHOY

2 c. frozen PINEAPPLE

1/4 t. GROUND TURMERIC

Blend ingredients until smooth, about 30 seconds to a minute. Serves 2.

* 1 YELLOW BELL PEPPER HAS NEARLY 3 TIMES AS MUCH VITAMIN C AS A GLASS OF OJ.

3 INGREDIENTS, ZERO COOKING

Eating veggies couldn't get any easier (unless you count opening a bag of veggie chips, which, sorry, doesn't). Here are some guaranteed-to-please threesomes from Karen Page, author of *The Vegetarian Flavor Bible*. Whip 'em up as a side or snack.

Cucumbers + Mint + Yogurt	Zucchini + Garlic + Lemon
Radishes + Butter + Salt	Red cabbage + Blue cheese + Walnuts
Celery + Apples + Walnuts	Fennel + Avocado + Grapefruit



THE MAX NUMBER OF MINUTES YOU CAN COOK YOUR BROCCOLI BEFORE YOU BEGIN TO DESTROY NUTRIENTS.

TOOLS YOU'LL USE

These gadgets make prepping your veggies faster and more fun.



CHEF'N KALE, GREENS & HERB STRIPPER Tough kale stems need to go. This genius tool makes that a cinch. (\$8, amazon.com)



GEFU SPIRELLI SPIRAL SLICER Turn zucchini, carrots, and cucumbers into no-boil noodles with a few twists. (\$30, surlatable.com)



ZYLISS ZICK ZICK MINI CHOPPER Chop garlic, onion, or herbs without running the risk of losing a finger. (\$15, zyliss.com)

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FOOD




PERCENTAGE OF YOUR PLATE YOU SHOULD TRY TO FILL WITH F&V.

SOURCE: USDA CENTER FOR NUTRITION POLICY & PROMOTION

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SALAD BAR CHEAT SHEET

It's a special kind of bummer, spending \$10 on a salad that tastes weird. End the make-your-own anxiety: Just add protein to these can't-fail combos from salad bar chain Sweetgreen (Kendrick Lamar created a salad for them!).

- | | | | |
|---|--|---|---|
| 
ROMAINE | 
ARUGULA | 
SPINACH | 
MIXED GREENS |
| 
TOMATO | 
CARROTS | 
WALNUTS | 
TOMATO |
| 
CUCUMBER | 
CUCUMBER | 
BROCCOLI | 
RED CABBAGE |
| 
PITA CHIPS | 
SCALLIONS | 
AVOCADO | 
CORN |
| 
FETA CHEESE | 
FRIED ONIONS | 
LEMON JUICE AND E.V.O.O. | 
JALAPEÑOS |
| 
HERB VINAIGRETTE | 
SUNFLOWER SEEDS | 
CHEDDAR CHEESE | 
CILANTRO-LIME DRESSING |



P.S. FROZEN AND CANNED VEGGIES ARE PLENTY HEALTHY TOO.

SEND IN THE SUBS

One of the easiest ways to cram more veggies into your diet: Use them in place of other ingredients, especially high-cal ones. "Pureed veggies give you richness without having to use heavy cream or cheese," says Chloe Coscarelli, *Cupcake Wars* champ and the first vegan to win a TV culinary competition, period. Follow her lead by blending roasted cauliflower into Alfredo sauce and adding sweet potatoes to mac 'n' cheese instead of cream or cheese. Non-vegans can also go halves.



SALADS: FROM TOP: TRAVIS RATHBONE/TRUNK ARCHIVE; CLAIRE BENOIST/THELICENSINGPROJECT.COM; MIXED GREENS: RED CABBAGE, CHEDDAR CHEESE, CILANTRO-LIME, WALNUTS, SHUTTERSTOCK; FETA CHEESE: JEN MORTENSEN/GALLERY STOCK; THINLY SLICED CUCUMBERS: CORBIS; CUCUMBERS: TRAVIS RATHBONE/TRUNK ARCHIVE; OLIVE OIL: JAMES WOJCIU/TRUNK ARCHIVE.