

## **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).

## Beets

STEAM

Fill pot to an inch with water, and insert steamer basket. Cover; bring to a boil. Slice offtops 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 Tooconut oil, and heat for 10 to 30 seconds. Add chard, and sauté 4 to 6 minutes, until wilted and tender. Top with feta.



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

6 large CARROTS 1/2 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.



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



### SALAD

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

1/2 C. EXTRA VIRGIN

1/4 C. LEMON JUICE

% 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.



## BOWL

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

1/2 c. each corn, cut OKRA, and frozen ARTICHOKE HEARTS, thawed and sliced

> 1/2 c. cooked couscous

4 C. GREEK YOGURT

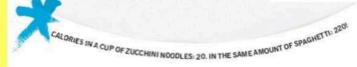
1/2 c. halved CHERRY TOMATOES

> 2 RADISHES, thinly sliced

1/4 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.



AD ME 50







IN THE 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 halfsies.