

Cooking Light[®]

APRIL 2010

68 FRESH & HEALTHY RECIPES



FAST PASTA &
SAUSAGE

TACOS & GUMBO

SUPER SALADS

NUTRITION MYTHS

DON'T LET THEM
KEEP YOU FROM
THE FOODS
YOU LOVE

P.134



+ EASY GORGEOUS FEAST FOR SPRING

P.120

OUR YUMMIEST
COCONUT CAKE EVER

P.168

COVERGIRL & OLAY

Meet the
NEW SIMPLY AGELESS FAMILY
WITH OLAY REGENERIST SERUM

4 ways to younger,
firmer-looking skin!

NEW
EYE CORRECTOR
Makes extreme dark circles
seem to disappear.

NEW
EYE CONCEALER
Covers imperfections
to brighten.

FOUNDATION
Smooths on skin,
doesn't settle in
lines and wrinkles.

SCULPTING BLUSH
Highlights cheekbones for
an instant youthful glow.

Ellen DeGeneres looks simply amazing
in Ivory foundation, Plush Peach blush,
light concealer and corrector.

*Past 6 months volume share based
on independent study.

MATCH YOUR
DEPARTMENT STORE
SHADE FOR LESS
@COVERGIRL.COM

easy breezy beautiful COVERGIRL

**POWERFUL NEW DESIGN. ROOM FOR 5 ADULTS.
32 HWY MPG RATED.**

**IT'S NOT THE SIZE OF THE SUV:
IT'S THE SIZE OF THE THINKING IN THE SUV.**



It's everything you love about the SUV, in a smaller, more capable package. Of course, it has the powerful engineering you'd expect of a GMC. It's full of premium content, including a rear-vision camera, standard. And it has the unexpected efficiency of a 32 hwy mpg rating*. How did we do it? We gave it more ideas per square inch. Because more is what we do. THE 2010 TERRAIN. THE SMALLER SUV, FROM GMC. **WE ARE PROFESSIONAL GRADE.**



GMC 
TERRAIN



Learning one block at a time.

Transform your play room into the learning room with hooza alphabet blocks. They're big and bold for easy recognition and light, so even the tiniest hands can hold them. Find tips on how to engage your toddler at hoozablocks.com.



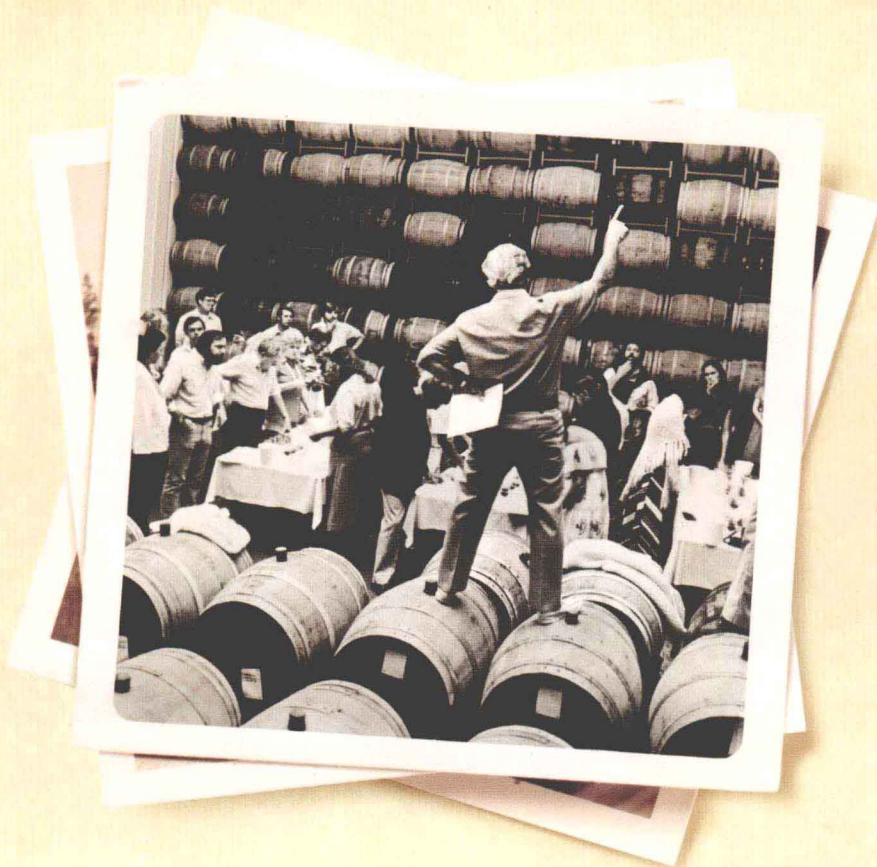
Captivatingly delicious.

Introducing our new Mediterranean inspired Café Steamers.

Our mouthwatering Lemon Garlic Chicken and Shrimp comes with a built-in steam cooker to unlock all the fresh flavors using the simple power of steam. It's really not rocket science. With all natural olive oil, whole grain pasta, tender chicken and shrimp, it doesn't just taste good. It's good for you.



Healthy Choice Café Steamers™
Fresh taste unlocked by Steam!



He spent decades researching the right wood
for his wine barrels.

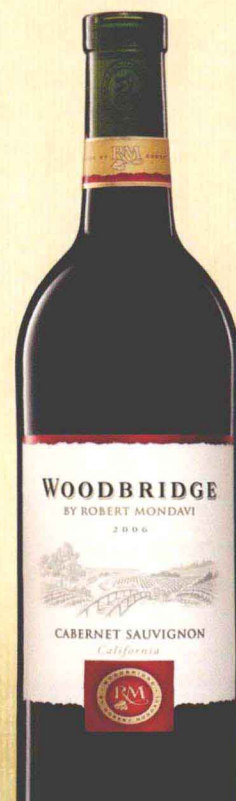
You can taste the results in just a sip.

Robert Mondavi believed that finesse and care
were equal ingredients to the grapes themselves.
At the time, people thought him a bit obsessive.
Which is the very same reason people drink
Woodbridge by Robert Mondavi today.

His name is on the bottle. His story is in it.

WOODBIDGE

by Robert Mondavi





126
Carrot Soup
with Yogurt

Features

120

A Feast of Spring

A glorious Easter dinner made practical with some make-ahead tips

134

10 Nutrition Myths

There are sugar myths, fat myths, olive oil myths, and many more. We shed some light so you can eat more of the foods you love.

150

The Young Man and the Sea

"Sustainability" isn't the sexiest word in the cook's lexicon, but D.C. chef Barton Seaver's approach to sustainable seafood—which involves a lot of great recipes—may advance the cause.

“The way to save the oceans is to eat more broccoli!” p. 153

HIGHLIGHTS FROM THIS ISSUE'S Quick & Easy Recipes

126 Toast warmer weather with Champagne Limoncello Cocktails.

114 Pistachio-crusted goat cheese adds both crunch and creaminess to a salad.

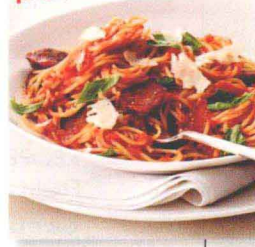
196 Enjoy the sunny flavors of Black Bean Burgers with Mango Salsa.

146 Quick Skillet Asparagus makes good use of a favorite spring vegetable.

136 Huevos Revueltos: as fun to say as they are to eat.

94 You can get Crispy Fish with Lemon-Dill Sauce on the table in 30 minutes.

**Spaghetti with
sausage,
p. 84**





Pancetta
flatbread,
p. 208

Cooking Departments

- | | |
|--|---|
| 10 RECIPE INDEX | 60 TASTE TEST
The best red wine vinegars |
| 14 EDITOR'S NOTE | 83 DINNER TONIGHT
5 easy menus |
| 16 LETTERS | 98 START WITH...
A block of tofu |
| 26 SUPERFAST Middle Eastern
flavors in 20 minutes | 104 COOKING CLASS
Techniques for healthier
fried dishes |
| 38 BREAKFAST, LUNCH, AND
DINNER IN... Portland, Oregon | 208 HALL OF FAME
Flatbread with Pancetta,
Mozzarella, and Asparagus |
| 46 FRESH OR DRIED? | |
| 56 WINE Pairings for spring | |
| 59 NEW USES FOR AN
EVERYDAY INGREDIENT
Leftover Easter ham | |



The Enlightened Cook

YOUR BONUS RECIPE SECTION FOR THIS ISSUE

- | | |
|--|---|
| 168 RECIPE MAKEOVER:
Fresh Coconut Cake | 185 SIMPLE ADDITIONS:
5-ingredient entrées |
| 174 SPECIAL OCCASION
RECIPE: Rack of Lamb | 188 EVERYDAY VEGETARIAN:
International dumplings |
| 176 BUDGET COOKING | 196 READER RECIPES |



Health & Nutrition

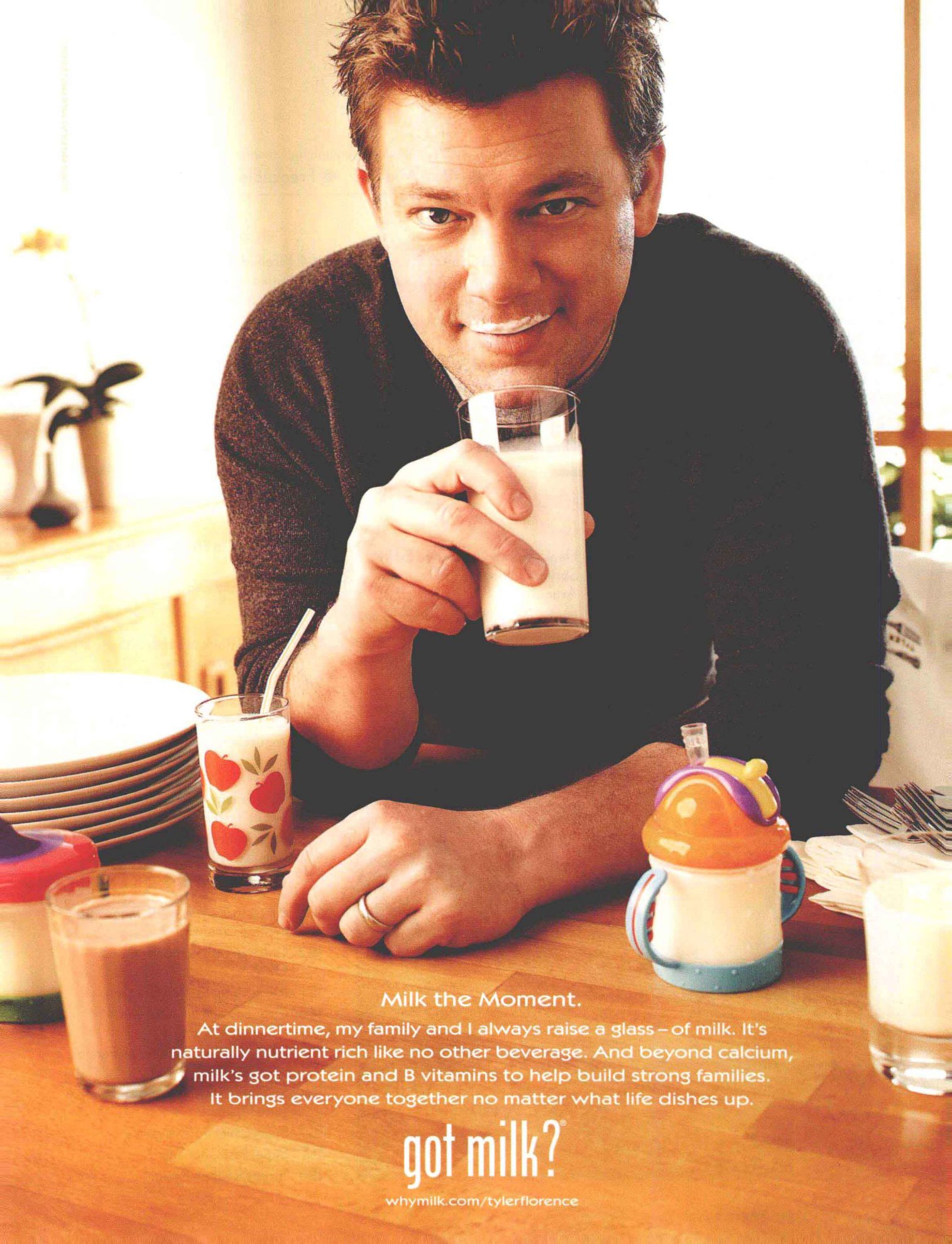
- 48 MENU NAVIGATOR
- 52 HOT TOPIC Protein
- 70 10 THINGS TO KNOW ABOUT...
Onions, and their pungent relatives
- 114 NUTRITION MADE EASY
Super salad recipes, and how to
avoid a restaurant salad malfunction

Beauty, Fitness & Home

- 22 THE EDITOR'S DOZEN See what
we're excited about for April.
- 50 KITCHEN Graters and grinders
- 62 BEAUTY New lip glosses
- 64 FITNESS Fitness moves to help with
real-world tasks
- 76 STRESS FREE 2010 is a very good
year for a bit of spring cleaning.

Hash brown cakes,
p. 59





Milk the Moment.

At dinnertime, my family and I always raise a glass – of milk. It's naturally nutrient rich like no other beverage. And beyond calcium, milk's got protein and B vitamins to help build strong families. It brings everyone together no matter what life dishes up.

got milk?

whymilk.com/tylerflorence

Recipe Index

BE INSPIRED!

● Quick and Easy

● Make Ahead

● Freezable

● Kid Friendly

APPETIZERS

- 164 Bloody Mary Oyster Shooters
- 188 Gyoza with Soy-Citrus Sauce
- 126 Deviled Eggs with Smoked Salmon and Herbs ● ●
- 208 Flatbread with Pancetta, Mozzarella, and Asparagus
- 200 Steamed Clams Fagioli ●
- 192 Steamed Vegetable Sui-Mai Dumplings with Chili-Sesame Oil

BEVERAGES

- 126 Champagne Limoncello Cocktails ●

BREADS

- 130 No-Knead Overnight Parmesan and Thyme Rolls ● ●

DESSERTS

- 170 Fresh Coconut Cake ● ●
- 132 Lavender-Scented Strawberries with Honey Cream ● ●
- 110 Maple-Glazed Sour Cream Doughnut Holes ●
- 198 Mexican Spiced Shortbread Cookies ● ● ●
- 136 Pink Grapefruit Sorbet ● ●
- 138 Toasted Coconut Chocolate Chunk Cookies ● ● ●

MAIN DISHES

Beef

- 44 Flank Steak with Roasted Endive, Spring Onion Agrodolce, and Arugula
- 98 Ma Po Tofu with Steamed Broccolini
- 90 Vietnamese Beef-Noodle Soup with Asian Greens ●

Fish and Shellfish

- 164 Broiled Tilapia with Frisée-Apple Salad and Mustard-Parsley Sauce
- 164 Crispy Broiled Sablefish ●
- 94 Crispy Fish with Lemon-Dill Sauce ● ●
- 108 Fried Catfish with Hush Puppies and Tartar Sauce ●
- 28 Halibut with Lemon-Fennel Salad ●
- 162 Mackerel with Herb Salad
- 185 Mango Shrimp Kebabs ●
- 162 Pasta with Mussels, Pine Nuts, and Orange
- 176 Peppery Pasta with Arugula and Shrimp ●
- 26 Saffron Fish Stew with White Beans ●
- 88 Shrimp and Okra Gumbo ● ●

Lamb

- 174 Herbed Rack of Lamb with Lingonberry Sauce
- 28 Lamb Chops with Pistachio Gremolata ●
- 30 Quick Lamb Kofta with Harissa Yogurt Sauce ●

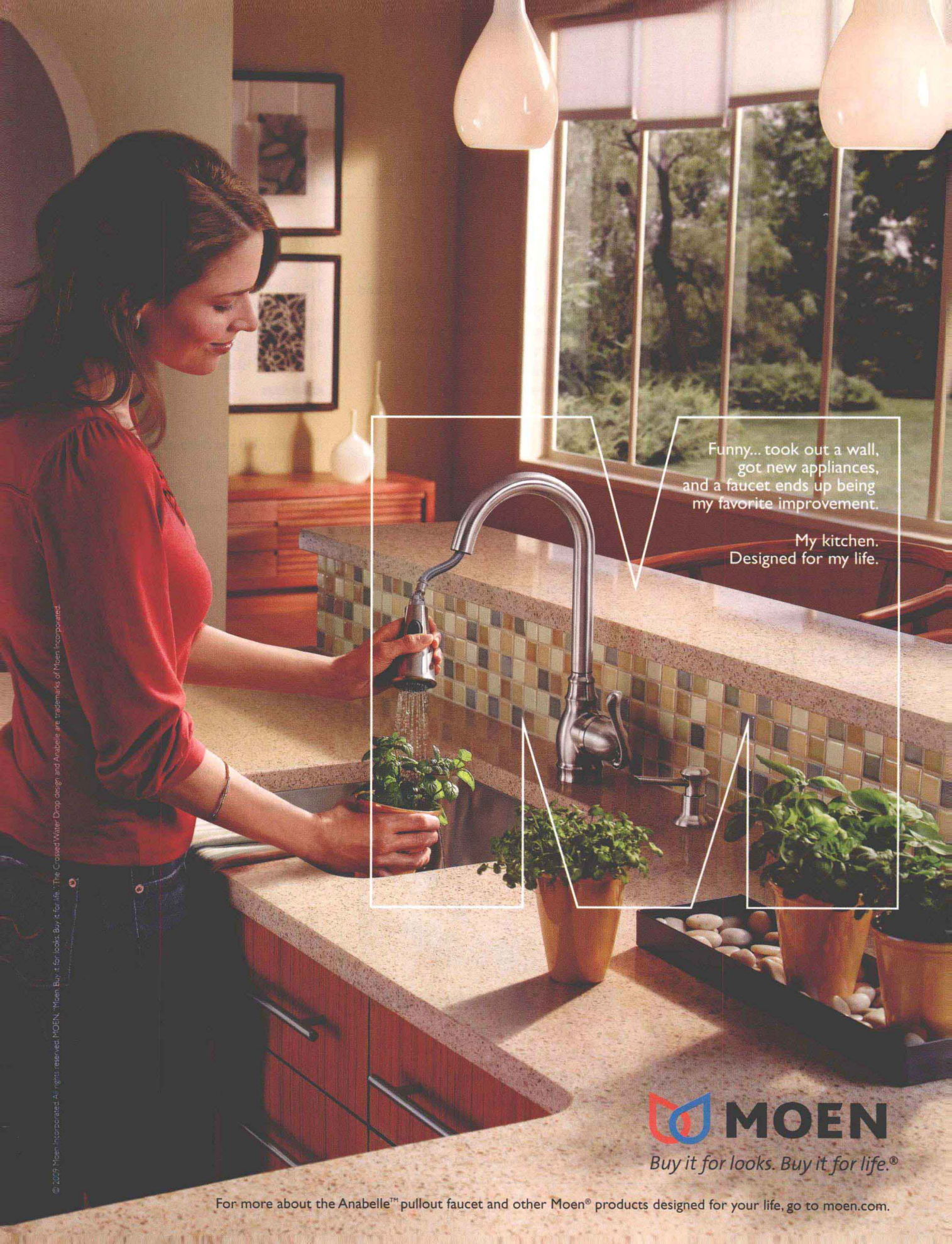
Pork

- 132 Baked Ham with Rosemary and Sweet Vermouth ●
- 178 Pork Tenderloin, Pear, and Cranberry Salad ●

Poultry

- 92 Chicken Carne Asada Tacos with Pickled Onions ● ●
- 182 Chicken with Lemon and Olives
- 181 Mushroom-Stuffed Chicken ●
- 144 Oregano and Lime Roasted Chicken Breasts
- 32 Pita Salad with Cucumber, Fennel, and Chicken ●
- 84 Spaghetti with Sausage and Simple Tomato Sauce ● ●
- 32 Spicy Chicken Shawarma ●
- 117 SuperFast Chef Salad ●
- 186 Turkey Reuben Panini ●





Funny... took out a wall,
got new appliances,
and a faucet ends up being
my favorite improvement.

My kitchen.
Designed for my life.

© 2009 Moen Incorporated. All rights reserved. MOEN, Moen, Buy it for looks. Buy it for life. The Crossed Water Drop design and Anabelle are trademarks of Moen Incorporated.

 **MOEN**
Buy it for looks. Buy it for life.®

For more about the Anabelle™ pullout faucet and other Moen® products designed for your life, go to moen.com.

Recipe Index

BE INSPIRED!

● Quick and Easy

● Make Ahead

● Freezable

● Kid Friendly

Vegetarian

- 196 Black Bean Burgers with Mango Salsa ●●
- 194 Curried Vegetable Samosas with Cilantro-Mint Chutney
- 42 Frittata with Morels, Fava Beans, and Pecorino Romano Cheese ●
- 136 Huevos Revueltos ●
- 102 Indian-Style Tofu and Cauliflower with Chutney
- 112 Tempura Tofu and Spring Vegetables

GRAINS

- 202 Tart & Tangy Bulgur Salad ●●
- 142 Wheat Berry Salad with Raisins and Pistachios ●

PASTA

- 103 Lo Mein with Tofu ●
- 162 Pasta with Mussels, Pine Nuts, and Orange
- 176 Peppery Pasta with Arugula and Shrimp ●
- 84 Spaghetti with Sausage and Simple Tomato Sauce ●●

SALADS

- 128 Asparagus and Spring Greens Salad with Gorgonzola Vinaigrette ●
- 32 Pita Salad with Cucumber, Fennel, and Chicken ●
- 178 Pork Tenderloin, Pear, and Cranberry Salad ●

- 117 SuperFast Chef Salad ●
- 118 Spinach Strawberry Salad ●
- 114 Spring Salad with Grapes and Pistachio-Crusted Goat Cheese ●
- 202 Tart & Tangy Bulgur Salad ●●
- 142 Wheat Berry Salad with Raisins and Pistachios ●

SANDWICHES

- 196 Black Bean Burgers with Mango Salsa ●●
- 32 Spicy Chicken Shawarma ●
- 186 Turkey Reuben Panini ●

SAUCES

- 117 Easy Herb Vinaigrette ●●

SIDES

- 140 Green Beans with Orange and Hazelnuts ●●
- 190 Potato Gnocchi with Lemon-Thyme Sauce
- 146 Quick Skillet Asparagus ●●
- 128 Roasted Fingerling Potatoes and Baby Artichokes

SOUPS & STEWS

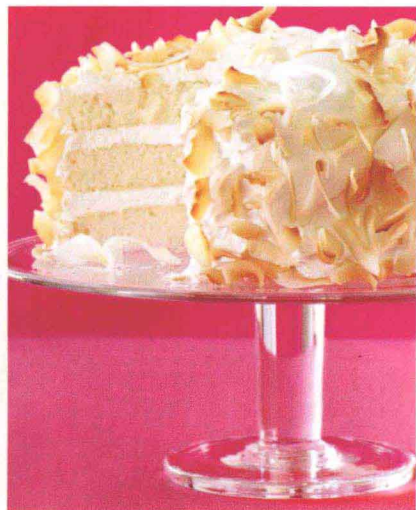
- 126 Carrot Soup with Yogurt ●
- 43 Chickpea, Bread, and Leek Soup with Harissa and Yogurt ●
- 101 Hot and Sour Soup with Tofu
- 26 Saffron Fish Stew with White Beans ●
- 88 Shrimp and Okra Gumbo ●●
- 90 Vietnamese Beef-Noodle Soup with Asian Greens ●



EVEN MORE ONLINE!

Our favorite recipes from 2010
CookingLight.com/features

Staff raves Our highest-rated recipes in this issue



Coconut Cake (p.170)

"This cake has tall, moist layers with the finest crumb. Plus, I'm a really big fan of fresh coconut."

—Julianna Grimes, associate food editor



Fried Catfish with Hush Puppies and Tartar Sauce (p.108)

"I loved the contrast of the crisp crust and the tender fillets. Get the oil temperature right for best results."

—Mary Creel, special publications editor

NEW



THE LIGHTEST BEER IN THE WORLD.

INTRODUCING A LIGHT GOLDEN LAGER THAT DELIVERS CRISP REFRESHMENT
WITHOUT THE GUILT. **SELECT 55.**

55
CALORIES



CALORIES?

RESPONSIBILITY MATTERS[®]

©2009 Anheuser-Busch, Inc., Select 55 Light Beer, St. Louis, MO
55 calories, 1.9g carbs, 0.5g protein and 0.0g fat, per 12 oz.

The arrival of the incredible Cooking Light doughnut

In this issue you will find a recipe for a fried doughnut. Not to mention catfish and hush puppies. Have we gone mad?



“Nutrition standards are changing, and we are, too. That’s good news for good taste.”

I’ve received a few stern, if not downright cranky, letters recently saying that nutrition standards at this magazine have become lax. More cream is creeping into our recipes, they say, and more alcohol, and even more sugar. It has been suggested that we don’t take this whole health thing as seriously as we used to. Not long ago we reported on a bacon tasting. What’s next, a *butter* tasting? (Well, yes, we have also done a butter tasting...)

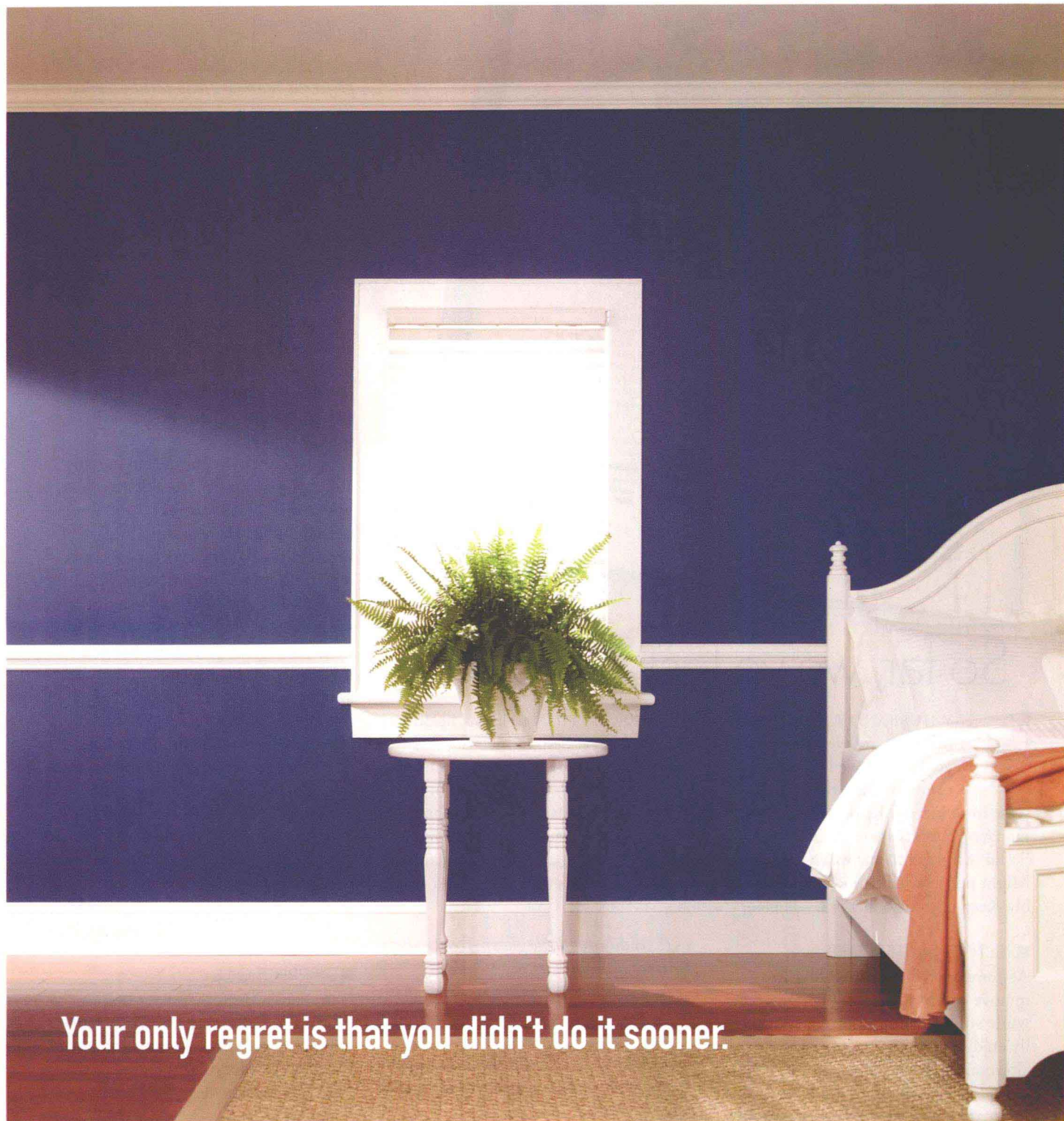
The critics might revise their opinions if they eavesdropped on the debates that happen between our nutrition editor, our food editors, and our recipe testers. The question of whether we can add a teaspoon more of olive oil—when other cooks would simply splash on a quarter-cup and be done with it—is pondered with a studiousness that Jesuit monks would admire. Nutrition numbers are crunched, and crunched again: sodium, fat, calcium, and so on. We have always reported those numbers at the end of every recipe, and be assured that we shall always do so. It keeps us honest about providing you with recipes that are lower in fat and richer in a wide range of healthful nutrients.

➔ How have your nutrition standards changed?

Share with readers. E-mail me at Scott_Mowbray@timeinc.com.

Still, the letter writers are onto something real. Nutrition standards are changing, and we are changing with them (just not getting *lax*). Basically, that’s good news for good taste. As Nutrition Editor Kathy Downie notes in her Hot Topic column on protein, nutrition science gets more and more complicated, but recommendations are getting simpler and simpler: Eat more plants, less meat, “good” fats, plenty of variety, etc. The villainization and hero-worshiping of individual nutrients, meanwhile, is proving naive. See our feature on Nutrition Myths on page 134: Some forms of saturated fat may convey the same benefits as olive oil! In our world, this is like learning that Darth Vader was a misunderstood transgalactic charity worker.

What does this have to do with doughnuts? (Find the recipe for them on page 110.) Well, we asked ourselves if it was possible to fry foods in an acceptable *Cooking Light* way. We did a bunch of painstaking recipe testing. And we found that the answer was a resounding yes! Frying, done right, is OK. And those doughnuts are a lot more than OK—they’re sublime. —Scott Mowbray



Your only regret is that you didn't do it sooner.



Achieving the look you've been dreaming of is easy and affordable with 8-oz paint samples, custom-color matching and our ongoing commitment to low prices that can't be beat. For painting tips and a project checklist visit Lowe's.com/Paint.



Valspar paint shown: Wall-Navy LAL412, Trim, Anthem White-7006-24. Flooring and Window: 167057 Allen + Roth Aruba Camel 8x10-ft. Area Rug, Bruce Lock & Fold Brazilian Cherry Hardwood Flooring, 93415 Levolor Faux Wood Blind. Table: 110832 28-in. Traditional Leg, 228499 1x24-in Round (Creative Ideas project). If you happen to find a lower price on an identical stock item at any local retail competitor, and provide confirmation of that price, we'll match it and beat their price by an additional 10%. For the store nearest you, call 1-800-993-4416. © 2010 by Lowe's. All rights reserved. Lowe's and the gable design are registered trademarks of LF, LLC.

Our favorite Risotto

with Porcini Mushrooms and Mascarpone
Meaty, woody mushrooms and a dollop of buttery Italian cream cheese make this rich dish a risotto to remember.

2 cups boiling water
1 cup dried porcini mushrooms (about 1 ounce)
1 (14-ounce) can less-sodium beef broth
Cooking spray
1 cup uncooked Arborio rice
1/4 cup chopped shallots
2 garlic cloves, minced
1/2 cup dry white wine
1/4 cup (1 ounce) grated Parmigiano-Reggiano cheese
1 tablespoon chopped fresh thyme
1/2 teaspoon salt
1/2 teaspoon black pepper
1/4 cup (1 ounce) mascarpone cheese
Fresh thyme leaves (optional)

1. Combine 2 cups boiling water and mushrooms; let stand 30 minutes or until soft. Drain through a colander over a bowl. Reserve 1 1/2 cups soaking liquid; chop mushrooms.
2. Bring soaking liquid and broth to a simmer in a small saucepan (do not boil). Keep broth mixture warm.
3. Heat a large saucepan over medium-high heat. Coat pan with cooking spray. Add rice, shallots, and garlic; sauté 5 minutes. Add wine, and cook until liquid evaporates (about 2 minutes).
4. Add 1 cup broth mixture to rice mixture; cook over medium heat 5 minutes or until the liquid is nearly

absorbed, stirring constantly. Add remaining broth mixture, 1 cup at a time, stirring constantly until each portion of the broth mixture is absorbed before adding the next (about 25 minutes total). Add mushrooms, grated cheese, chopped thyme, salt, and pepper; stir gently until cheese melts. Spoon 1 cup risotto into each of 4 bowls. Top each serving with 1 tablespoon mascarpone and thyme leaves, if desired. Yield: 4 servings.

CALORIES 300 **FAT** 10g **FIBER** 4g **CHOL** 20mg
PROTEIN 15g **CARB** 40g **CAFE** 0mg
IRON 1mg **SODIUM** 50mg
—Recipe by Kathleen Kaneen

preferred rice flour (crisp texture similar to fine cornmeal) and potato flour (fine, crisp coating and nice potato flavor).

■ THE IMPORTANCE TO HEALTH OF HAVING A YOUNGER MAN

Readers agree: this recipe is so good, you won't believe it's light.

Eating healthy and cooking nutritious meals are standard practices in my family: fresh vegetables, fruits, fish, chicken,

and small amounts of red meat. My father was a hunter and fisherman, so our diet was supplemented with venison and plenty of Minnesota walleye, as well as wild rice.

Yet in 2009, my mother in her 70s and my sister in her late 50s were diagnosed with breast cancer within weeks of each other. There was no history of breast cancer or any type of cancer in my family, but as an African-American woman, I'm grateful that both of them went to their clinics for regular mammograms. The fact that the women in my family eat healthy meals, exercise, and are nonsmokers probably helped in my mother and sister's swift recovery after their surgeries and treatments.

And as far as the other health guidelines go, I'm doing what my great grandmother, who lived to be in her late 90s, said: "Eat, drink, play in moderation, and have a boyfriend younger than you, and you'll be fine!"

—Debra Stone
Minneapolis, Minn.

So far, we've lost 12 pounds

MY HUSBAND AND I HAVE MADE A RESOLUTION to lead a healthier lifestyle, and we find *Cooking Light* to be a great help in meeting this goal. What we love is the sensible approach to food, cooking, and nutrition—namely, that no ingredient is off-limits if used in moderation.

Case in point: the Risotto with Porcini Mushrooms and Mascarpone from the January/February issue (page 216). It's so rich in flavor that you can't tell it's "light." So far (early February) we've lost 12 pounds between the two of us since January 1. Might not seem like much, but we're going to go about it this time slowly and sensibly. Keep up the good work. —Jennifer Hessman, San Francisco, Calif.

■ TESTING GLUTEN-FREE

As someone who is struggling to remove wheat and dairy from my diet while still providing food that my family enjoys, I would love to see some alternatives. For instance, in the Salmon Croquettes recipe in the January/February issue (page 28), what would be a good substitution for the panko crumbs? Is there a quality difference in using different flours such as rice or tapioca for dredging and browning meat?

—Jennifer Awad
Kent City, Mich.

Editor's note: Since we weren't sure if you needed wheat-free or specifically gluten-free alternatives, we decided to experiment

with readily available gluten-free products for three different uses.

As a substitute for panko for binding, as in the Salmon Croquettes, we loved Betty Crocker Potato Buds (some other brands may include ingredients that contain gluten), which produced sturdy croquettes with a hearty flavor.

As a substitute for panko for breaded and pan-fried foods, we were impressed with crushed Rice Chex cereal (grind to coarse crumbs in a food processor), which yielded ultra-crispy chicken cutlets.

As a substitute for wheat flour for dredging and browning meat, we found that all the products we tried—garbanzo bean flour, flaxseed meal, white rice flour, and potato flour—worked nicely, though we

■ CORRECTIONS

Macadamia Butter Cookies on page 292 of the December 2009 issue contain no dairy butter. Macadamia butter is made by processing the nuts in the food processor as described.

In our January/February 2010 story on Breakfast, Lunch, and Dinner in Denver, the Lamb Sliders with Blue Cheese were inspired by those at Jonesy's Eat Bar (303-863-7473, jeatbar.com).

➔ Join the conversation

E-mail the editor at Scott_Mowbray@timeinc.com. For snail mail address, see page 206.