

Taste of Home

SIMPLE & DELICIOUS

April/May 2018

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ULTIMATE TACO NIGHT

12+ NO-BAKE DESSERTS

30 MEALS IN 30 MINUTES OR LESS!



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RECIPES PICTURED (clockwise, left to right): Maple-Sage Brined Turkey, Cheesy Cheddar Broccoli Casserole, Mudslide Cheesecake, Spring Onion Pimiento Cheese Grits, Zucchini Crust Pizza

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Spring Thaw

Scoop up some fun with spring-perfect salads, mains, sides and desserts, including creamy Strawberry Gelato, page 76.

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EAT SMART

Lower in calories, sat. fat and sodium

FAST FIX

Done in 30 minutes or less

5 INGREDIENTS

5 ingredients max, plus staples like salt, pepper and oil

SLOW COOKER

Set it and forget it

FREEZE IT

Make now, eat later

field editor Volunteers from every state—and Canada—belong to the big, happy Field Editor family! They share recipes, reviews and tips from their kitchens, neighborhoods and regions.

Taste of Home's registered dietitian nutritionists based our Eat Smart guidelines on criteria set by the United States Department of Agriculture, the American Heart Association and the American Diabetes Association. Main dishes marked with the icon, for the most part, have no more than 550 calories, 6g saturated fat and 800mg sodium per serving.

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Only 80 calories per serving!



Spring! Spring! Spring!

Get excited—it's time for fresh berries, happy Peeps and easy weeknight eats.

Forgive us for being just a little overenthusiastic, but we're really grateful for the sunny days and gatherings happening right now, especially when they're fuss-free. Like Easter brunch—this year, it's all about easy, *page 46*.

Ditto that with dessert. The best of the best no-bake treats are on *page 74*. And speaking of

simple, you all sure know how to turn taco night into a party. The family-style fiesta starts on *page 54*. Even spring cleaning is putting smiles on our faces—our staff shares timely organizing tips on *page 70*.

—THE EDITORS



Give your favorite basket buddy a cozy place to call home—see how on *page 90*.



MEET
OUR
TEAM

KELLY MADISON-LIEBE, EDITORIAL SERVICES MANAGER

Spring gives us so many reasons to celebrate. Here are a few things that bring the fun to my house this time of year:

→ We joke around on a regular basis, but I up my game for April Fool's Day. I don't have the best poker face, so I usually fail miserably! But maybe you'll have better luck when you try these tasty, tricky ideas: tasteofhome.com/aprilfools

→ My best Mother's Day ever was before I officially became a mom. I was pregnant with my son, Aaron, and flying home from a trip to Puerto Rico. We felt him kick for the very first time and I've felt so blessed every year since.

→ My go-to recipe for busy nights is **Simple Chicken Enchiladas** (tasteofhome.com/enchiladas). You had me at "simple." They are especially good with a **Paloma** (*page 55*), a delicious and refreshing drink.

—KELLY

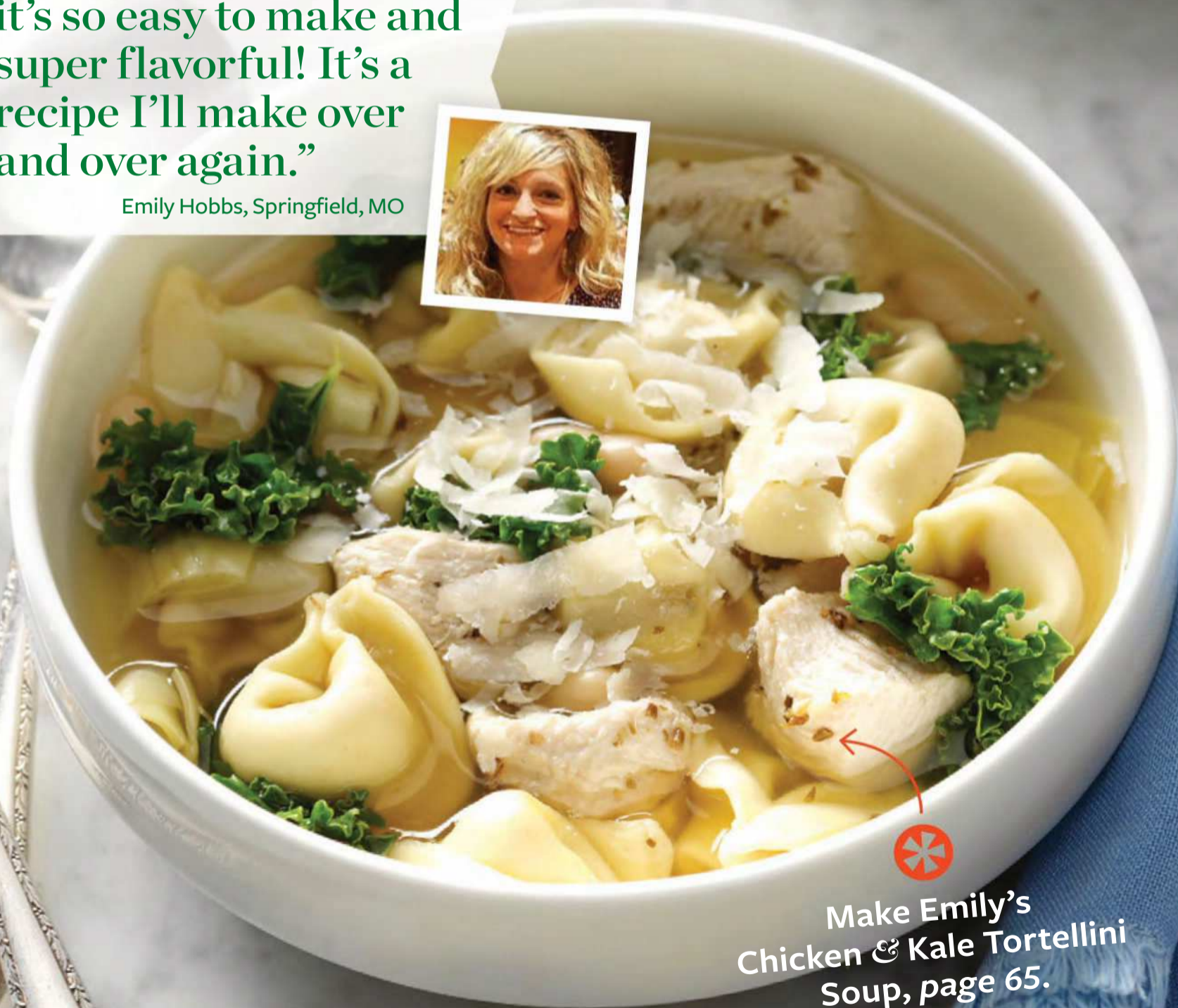
BE OUR NEXT RECIPE STAR

We're looking for your best dishes. Head over to tasteofhome.com/submit to share your family's faves. We want to see your smiling face here!



“I love this soup because it's so easy to make and super flavorful! It's a recipe I'll make over and over again.”

Emily Hobbs, Springfield, MO



Make Emily's
Chicken & Kale Tortellini
Soup, page 65.

Make It Snappy

Got half an hour? You can pull together these family-style suppers that are fresh, fun and everyday awesome.

Chopped Greek Salad, page 39

30 IN 30

30
recipes in
30
minutes

FIND IT! Acacia Wood Fork & Spoon
Serving Set \$11 pacificmerchants.com

APRIL | MAY 2018 TASTEOFHOM.COM/SIMPLE 11



ready in
20

1

EAT SMART FAST FIX

Asian Salmon Tacos

TAKES: 20 min. • **MAKES:** 4 servings

This Asian/Mexican fusion dish is ready in minutes. If the salmon begins to stick, add 2-3 tablespoons of water and continue cooking through.

—Marisa Raponi, Vaughan, ON

- 1 lb. salmon fillet, skin removed, cut into 1-in. cubes
- 2 Tbsp. hoisin sauce
- 1 Tbsp. olive oil
- Shredded lettuce
- 8 corn tortillas (6 in.), warmed
- 1½ tsp. black sesame seeds
- Mango salsa, optional

1. Toss the salmon with hoisin sauce. In a large nonstick skillet, heat oil

over medium-high heat. Cook salmon until it begins to flake easily with a fork, 3-5 minutes, turning gently to brown all sides.

2. Serve salmon and lettuce in corn tortillas; sprinkle with sesame seeds. If desired, top with salsa.

PER SERVING 335 cal., 16g fat (3g sat. fat), 57mg chol., 208mg sod., 25g carb. (3g sugars, 3g fiber), 22g pro.

Diabetic exchanges: 3 lean meat, 2 starch, 1 fat.

TEST KITCHEN TIPS

- Look for thick center pieces of salmon so cubes will be consistently sized.
- The flavor of hoisin sauce varies between brands, so feel free to adjust the amount used.
- Black sesame seeds taste slightly nuttier than white ones. Substitute toasted white sesame seeds if desired.

FAST FIX **Mango Salsa**
Chicken with Veggie Hash

TAKES: 30 min. • MAKES: 4 servings



This is a delicious hash with the fresh flavors of spring. It comes together fast and easy by using precooked

grilled chicken strips and lots of colorful chopped veggies.

—Lori McClain, Denton, TX

- 1 Tbsp. canola oil
- 2 cups chopped red potatoes (2-3 medium)
- 1 small sweet yellow pepper, chopped
- ½ cup chopped red onion
- 1½ cups cut fresh asparagus (1-in. pieces)

- 12 oz. frozen grilled chicken breast strips, partially thawed (about 2 cups)
- 1½ cups mango salsa, divided
- 1 Tbsp. chopped fresh cilantro
- Additional cilantro

1. In a large skillet, heat the oil over medium-high heat; saute potatoes, pepper and onion until potatoes are lightly browned, 6-8 minutes. Add the asparagus; cook and stir until the potatoes are tender, 2-3 minutes. Stir in the chicken, ¾ cup salsa and 1 Tbsp. cilantro; heat the mixture through, stirring occasionally.

2. Sprinkle with additional cilantro. Serve with remaining salsa.

PER SERVING 237 cal., 6g fat (1g sat. fat), 51mg chol., 1025mg sod., 20g carb. (3g sugars, 2g fiber), 24g pro.

2



FAST FIX

Chicken Cordon Bleu Pizza

TAKES: 30 min. • MAKES: 6 servings

This recipe combines my two favorite foods—pizza and chicken cordon bleu. I've made this for my family and the teachers at my school. Now my teachers ask me to make it for them for lunch!

—Justin Rippel, Colgate, WI

- 1 tube (13.8 oz.) refrigerated pizza crust
- ½ cup Alfredo sauce
- ¼ tsp. garlic salt
- 1 cup shredded Swiss cheese
- 1½ cups cubed fully cooked ham
- 10 breaded chicken nuggets, thawed, cut into ½-in. pieces
- 1 cup shredded part-skim mozzarella cheese

1. Preheat oven to 425°. Unroll and press dough onto bottom of a greased 15x10x1-in. pan, pinching the edges to form a rim if desired. Bake until edges are light brown, 8-10 minutes.

2. Spread crust with Alfredo sauce; sprinkle with garlic salt. Top with remaining ingredients. Bake until crust is golden brown and cheese is melted, 8-10 minutes.

PER SERVING 438 cal., 20g fat (9g sat. fat), 65mg chol., 1386mg sod., 39g carb. (5g sugars, 2g fiber), 27g pro.





less than
300
calories

4

EAT SMART **FAST FIX**

Strawberry-Turkey Spinach Salad

TAKES: 20 min. • **MAKES:** 4 servings

This light, refreshing salad is a show-stopper, visually and nutritionally, with fresh strawberries and yellow pepper strips tossed with fresh baby spinach. Serve with warm whole wheat rolls or bran muffins.

—Taste of Home Test Kitchen

- 5 oz. fresh baby spinach (about 6 cups)
- 2 cups julienned cooked turkey breast
- 2 cups sliced fresh strawberries
- 1 small sweet yellow pepper, julienned
- 4 green onions, sliced

DRESSING

- $\frac{1}{4}$ cup red wine vinegar
- 3 Tbsp. olive oil
- 2 Tbsp. water
- 4 tsp. honey
- $\frac{1}{2}$ tsp. dried minced onion
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ tsp. pepper

Place first five ingredients in a large bowl. Place dressing ingredients in a jar with a tight-fitting lid; shake well. Drizzle over salad; toss to combine. Serve immediately.

PER SERVING 260 cal., 12g fat (2g sat. fat), 56mg chol., 397mg sod., 17g carb. (11g sugars, 3g fiber), 23g pro.

Diabetic exchanges: 3 lean meat, 2 fat, 1 vegetable, $\frac{1}{2}$ fruit.



serves

2

5

5 INGREDIENTS FAST FIX Simple Sweet & Tangy Pork Chops

TAKES: 30 min. • MAKES: 2 servings

Just five ingredients are all that is needed for these tender chops. When I serve these to company, they always get rave reviews.

—Jami Ouellette, Houston, TX

- ¼ cup beer or beef broth
- 4 tsp. ketchup
- 1 Tbsp. brown sugar
- 2 bone-in center-cut pork loin chops (¾ in. thick and 7 oz. each)
- ⅛ tsp. salt
- Dash pepper
- 1 Tbsp. canola oil

1. Mix beer or beef broth, ketchup and brown sugar. Sprinkle the pork chops

with salt and pepper.

2. In a large skillet, heat the oil over medium heat; brown chops on both sides. Add the beer mixture to pan; bring to a boil. Reduce heat; simmer, uncovered, until a thermometer inserted in the pork reads 145°, 1-2 minutes. Remove the chops from the pan; keep warm.

3. Return sauce to a boil; cook and stir until slightly thickened. Serve over pork chops.

PER SERVING 430 cal., 25g fat (8g sat. fat), 111mg chol., 353mg sod., 11g carb. (10g sugars, 0 fiber), 36g pro.

Easy Cuban Picadillo

TAKES: 25 min. • **MAKES:** 4 servings

My girlfriend gave me this delicious recipe years ago. I've made it ever since for family and friends, and they all love it. My daughter loves to take leftovers to school for lunch the next day.

—Marie Wielgus, Wayne, NJ

- 1 lb. lean ground beef (90% lean)
- 1 small green pepper, chopped
- ¼ cup chopped onion
- 1 can (8 oz.) tomato sauce
- ½ cup sliced pimiento-stuffed olives
- ¼ cup raisins
- 1 Tbsp. cider vinegar
- 2 cups hot cooked rice
- Fresh cilantro leaves, optional

In a large skillet, cook and crumble beef with pepper and onion over medium-high heat until no longer pink, 5-7 minutes. Stir in tomato sauce, olives, raisins and vinegar; bring to a boil. Reduce heat; simmer, uncovered, until raisins are softened, 5-6 minutes. Serve with rice. If desired, top with fresh cilantro.

PER SERVING 363 cal., 13g fat (4g sat. fat), 71mg chol., 683mg sod., 36g carb. (7g sugars, 2g fiber), 26g pro.

Diabetic exchanges: 3 lean meat, 2½ starch, 1 fat.

6



5 INGREDIENTS FAST FIX**Honey Lemon Schnitzel**

TAKES: 20 min. • MAKES: 4 servings

These pork cutlets are coated in a sweet sauce with honey, lemon juice and butter. They're certainly good enough for company, but perfect for a quick weeknight meal, too.

—Carole Fraser, North York, ON

- 3 Tbsp. all-purpose flour
- $\frac{3}{4}$ tsp. salt
- $\frac{3}{4}$ tsp. pepper
- 4 pork sirloin cutlets (4 oz. each)
- 2 Tbsp. butter
- $\frac{1}{4}$ cup lemon juice
- $\frac{1}{4}$ cup honey

1. Mix flour, salt and pepper; sprinkle over both sides of cutlets. In a large

skillet, heat butter over medium heat. Add pork; cook until a thermometer reads 145°, about 2-3 minutes per side. Remove from pan.

2. Add lemon juice and honey to skillet; cook and stir over medium heat until thickened, about 3 minutes. Add pork; heat through.

PER SERVING 291 cal., 10g fat (5g sat. fat), 87mg chol., 561mg sod., 23g carb. (18g sugars, 0 fiber), 26g pro.

ready in
20



8

FAST FIX

Flank Steak with Couscous

TAKES: 25 min. • **MAKES:** 4 servings

Slice this nicely seasoned flank steak on an angle across the grain for the most tender results. Use sirloin steak instead of flank steak if desired.

—Taste of Home Test Kitchen

- 1 garlic clove, minced
- 1 tsp. olive oil
- ½ tsp. Italian seasoning
- ¼ tsp. pepper
- ⅛ tsp. salt
- 1 beef flank steak (1 lb.)
- 2 pkg. (5.8 oz. each) roasted garlic and olive oil couscous
- ¾ cup diced roasted sweet red pepper, drained
- ½ cup Italian salad dressing

1. Preheat broiler. Mix the first five ingredients; rub over steak. Place on a broiler pan.

2. Broil 2-3 in. from heat until the meat reaches desired doneness (for medium-rare, a thermometer should read 135°), 6-8 minutes per side. Let stand 5 minutes.

3. Meanwhile, cook the couscous according to the package directions. Stir in red pepper. Slice steak thinly across the grain; drizzle with dressing. Serve with couscous.

PER SERVING 587 cal., 21g fat (5g sat. fat), 54mg chol., 1445mg sod., 61g carb. (5g sugars, 3g fiber), 34g pro.

HEALTH TIP Nix the couscous mix to cut almost 750 mg of sodium. Cook plain couscous in water, then add roasted garlic and a drizzle of olive oil.



less than
300
calories

9

EAT SMART FAST FIX

Grilled Fish Sandwiches

TAKES: 20 min. • **MAKES:** 4 servings

For extra flavor, I season these fillets with lime juice and lemon pepper before grilling them. A simple honey mustard-mayonnaise sauce adds the perfect finishing touch.

—Violet Beard, Marshall, IL

- 4 cod fillets (4 oz. each)
- 1 Tbsp. lime juice
- ½ tsp. lemon-pepper seasoning
- ¼ cup fat-free mayonnaise
- 2 tsp. Dijon mustard
- 1 tsp. honey
- 4 hamburger buns, split
- Lettuce leaves
- Tomato slices

1. Preheat grill or broiler. Brush cod with lime juice; sprinkle with lemon pepper. Place on an oiled grill rack over medium heat or in a greased 15x10x1-in. pan. Grill, covered, or broil 4 in. from heat until fish just begins to flake easily with a fork, 4-5 minutes per side.

2. Meanwhile, mix the mayonnaise, mustard and honey; spread onto bun bottoms. Top with the fish, lettuce, tomato and bun tops.

PER SERVING 224 cal., 2g fat (1g sat. fat), 43mg chol., 499mg sod., 26g carb. (6g sugars, 1g fiber), 22g pro.

Diabetic exchanges: 3 lean meat, 2 starch.

5 INGREDIENTS FAST FIX**Black Bean & Beef Tostadas****TAKES:** 30 min. • **MAKES:** 4 servings

A handful of ingredients add up to one of our family's favorites. This recipe is also easy to double for company!

—Susan Brown, Kansas City, KS

- ½ lb. lean ground beef (90% lean)
 - 1 can (10 oz.) diced tomatoes and green chilies, undrained
 - 1 can (15 oz.) black beans, rinsed and drained
 - 1 can (16 oz.) refried beans, warmed
 - 8 tostada shells
- Optional toppings:** shredded reduced-fat Mexican cheese blend, shredded lettuce, salsa and sour cream

1. In a large skillet, cook and crumble beef over medium-high heat until no longer pink, 4-6 minutes. Stir in tomatoes; bring to a boil. Reduce heat; simmer, uncovered, until liquid is almost evaporated, 6-8 minutes. Stir in black beans; heat through.

2. To serve, spread refried beans over tostada shells. Top with beef mixture; add toppings as desired.

PER SERVING 392 cal., 14g fat (4g sat. fat), 35mg chol., 1011mg sod., 46g carb. (2g sugars, 10g fiber), 23g pro.



10

FAST FIX

Copycat Chicken Salad

TAKES: 20 min. • MAKES: 2 servings



This copycat Chik-fil-A chicken salad recipe is incredibly easy to make, and your family will love it. It gets its signature

taste from the sweet pickle relish. I like to use a thick crusty oat bread.

—Julie Peterson, Crofton, MD **field editor**

- ½ cup reduced-fat mayonnaise**
- ⅓ cup sweet pickle relish**
- ⅓ cup finely chopped celery**
- ½ tsp. sugar**
- ¼ tsp. salt**
- ¼ tsp. pepper**
- 1 hard-boiled large egg, cooled and minced**

- 2 cups chopped cooked chicken breast**
- 4 slices whole wheat bread, toasted**
- 2 romaine leaves**

Mix first seven ingredients; stir in chicken. Line two slices of toast with lettuce. Top with the chicken salad and remaining toast.

PER SERVING 651 cal., 29g fat (5g sat. fat), 222mg chol., 1386mg sod., 45g carb. (18g sugars, 4g fiber), 51g pro.

TEST KITCHEN TIPS

- Double the chicken mixture for lunch during the week—use as a sandwich filling, serve over salad greens or dollop onto crackers.
- If you're cooking your own bird for this recipe, you'll need roughly half a pound of raw chicken for every cup of cooked chopped breast meat.



ready in
20



12

EAT SMART **FAST FIX** **Sausage Pasta with Vegetables**

TAKES: 25 min. • **MAKES:** 4 servings

I made this for our pastor one night. He loved it so much we nicknamed it Jason's Pasta. It's a sneaky way to get our kids to eat more veggies.

—Suzie Foutty, Mansfield, OH

- 2 cups uncooked whole wheat penne pasta
- 1 lb. Italian turkey sausage links, casings removed
- 1³/₄ cups sliced fresh mushrooms
- 1 can (14¹/₂ oz.) fire-roasted diced tomatoes with garlic, undrained
- 6 oz. fresh baby spinach (about 8 cups)
- 1/4 cup shredded part-skim mozzarella cheese

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1. In a 6-qt. stockpot, cook the pasta according to package directions; drain and return to pot.

2. Meanwhile, in a large skillet, cook and crumble the sausage with mushrooms over medium-high heat until no longer pink, 5-7 minutes. Stir in tomatoes; bring to a boil. Stir in spinach until wilted.

3. Add to pasta; heat through. Sprinkle with cheese; remove from heat. Let stand, covered, until cheese is melted.

PER SERVING 392 cal., 10g fat (3g sat. fat), 46mg chol., 825mg sod., 51g carb. (4g sugars, 8g fiber), 26g pro.



less than
300
calories

13

EAT SMART FAST FIX**Gingered Pepper Steak**

TAKES: 20 min. • MAKES: 4 servings

This wonderfully tender steak is a treat even for folks not watching their diet. When my mother-in-law shared the recipe, she said it cooks up in no time—and she was right!

—Susan Adair, Somerset, KY

- 2 tsp. cornstarch
- 2 tsp. sugar
- ¼ tsp. ground ginger
- ¼ cup reduced-sodium soy sauce
- 1 Tbsp. cider or white wine vinegar
- 1 lb. beef flank steak, cut into ¼-in.-thick strips
- 2 tsp. canola oil, divided
- 2 medium green peppers, julienned
- Hot cooked rice, optional

1. Mix first five ingredients until smooth. Add beef; toss to coat.
 2. In a large skillet, heat 1 tsp. oil over medium-high heat; stir-fry peppers until crisp-tender, 2-3 minutes. Remove from pan.
 3. In same pan, heat remaining oil over medium-high heat; stir-fry beef until browned, 2-3 minutes. Stir in peppers. If desired, serve over rice.
- PER SERVING** 224 cal., 11g fat (4g sat. fat), 54mg chol., 644mg sod., 7g carb. (4g sugars, 1g fiber), 23g pro.
- Diabetic exchanges:** 3 lean meat, 1 vegetable, ½ fat.

FAST FIX **Thai Peanut Chicken & Noodles**

TAKES: 30 min. • **MAKES:** 4 servings

Rice noodles can be swapped with mung bean noodles or any type of egg noodles.

—Kristina Segarra, Yonkers, NY

- ½ cup water
- ¼ cup soy sauce
- 2 Tbsp. rice vinegar
- 2 Tbsp. creamy peanut butter
- 3 garlic cloves, minced
- 1 to 2 tsp. Sriracha Asian hot chili sauce
- 1 tsp. each sesame oil and molasses
- 1 pkg. (6.75 oz.) thin rice noodles
- 2 Tbsp. peanut oil, divided
- 1 lb. chicken tenderloins, cut into ¾-in. pieces
- 1 medium onion, chopped

Halved cucumber slices and chopped peanuts, optional

- 1.** For sauce, whisk together first eight ingredients. Boil the water and add noodles. Remove from heat; let stand until noodles are tender, 3-4 minutes. Drain; rinse with cold water and drain.
 - 2.** In a large skillet, heat 1 Tbsp. peanut oil over medium-high heat; saute chicken until no longer pink, 5-7 minutes. Remove from pan.
 - 3.** Saute onion in remaining oil until tender, 2-3 minutes. Stir in sauce; cook and stir until slightly thickened. Add the noodles and chicken; heat through, tossing to combine. Top with cucumber and peanuts if desired.
- PER SERVING** 444 cal., 13g fat (2g sat. fat), 56mg chol., 1270mg sod., 48g carb. (6g sugars, 2g fiber), 34g pro.

14



EAT SMART FAST FIX

Scallops with Snow Peas

TAKES: 30 min. • MAKES: 4 servings



The vibrant, crisp pea pods in this dish are a nice contrast with the soft texture of the scallops. It tastes just

as bright and fresh as it looks.

—Barb Carlucci, Orange Park, FL

- 2 Tbsp. cornstarch
- 2 Tbsp. reduced-sodium soy sauce
- $\frac{2}{3}$ cup water
- 4 tsp. canola oil, divided
- 1 lb. bay scallops
- $\frac{1}{2}$ lb. fresh snow peas, halved diagonally
- 2 medium leeks (white portion only), cut into $3 \times \frac{1}{2}$ -in. strips

- $1\frac{1}{2}$ tsp. minced fresh gingerroot
- 3 cups hot cooked brown rice

1. Mix the cornstarch, soy sauce and water. In a large nonstick skillet, heat 2 tsp. oil over medium-high heat; stir-fry the scallops until firm and opaque, 1-2 minutes. Remove scallops from pan.

2. In same pan, heat remaining oil over medium-high heat; stir-fry snow peas, leeks and ginger until peas are just crisp-tender, 4-6 minutes. Stir cornstarch mixture; add to pan. Cook and stir until sauce is thickened, about 1 minute. Add scallops; heat through. Serve with rice.

PER SERVING 378 cal., 7g fat (1g sat. fat), 27mg chol., 750mg sod., 57g carb. (4g sugars, 5g fiber), 21g pro.



15



serves

2

16

FAST FIX Zippy Egg Salad

TAKES: 10 min. • **MAKES:** 2 servings

Egg salad is a refreshing, tasty change from lunch meat or peanut butter sandwiches for a quick and easy lunch. The touch of mustard and lemon juice gives it extra zip.

—Annemarie Pietila, Farmington Hills, MI

- 3 Tbsp. mayonnaise
- 1½ tsp. prepared mustard
- ⅛ tsp. salt
- ⅛ tsp. pepper
- ⅛ tsp. lemon juice
- 3 hard-boiled large eggs, coarsely chopped
- 1 Tbsp. minced green onion
- 2 slices bread
- Diced tomato, optional

Mix first five ingredients. Stir in eggs and green onion. Serve on bread. If desired, top with tomato.

PER SERVING 332 cal., 24g fat (5g sat. fat), 281mg chol., 530mg sod., 16g carb. (3g sugars, 1g fiber), 12g pro.



DOWNSIZE IT

Looking for more recipes for two? See *Taste of Home's* special issue *Cooking for Two* on newsstands today!

less than
300
calories

17

EAT SMART FAST FIX**Crispy Dill Tilapia**

TAKES: 20 min. • MAKES: 4 servings



Every week I try to serve a new healthy fish. This dish is a winner with its fresh dill and delicious panko herb crust.

—Tamara Huron, New Market, AL

- 1 cup panko (Japanese) bread crumbs
- 2 Tbsp. olive oil
- 2 Tbsp. snipped fresh dill
- ¼ tsp. salt
- ⅛ tsp. pepper
- 4 tilapia fillets (6 oz. each)
- 1 Tbsp. lemon juice
- Lemon wedges

1. Preheat oven to 400°. Toss together first five ingredients.

2. Place tilapia in a 15x10x1-in. baking pan coated with cooking spray; brush with lemon juice. Top with crumb mixture, patting to help adhere.

3. Bake, uncovered, on an upper oven rack until fish just begins to flake easily with a fork, 12-15 minutes. Serve with lemon wedges.

PER SERVING 256 cal., 9g fat (2g sat. fat), 83mg chol., 251mg sod., 10g carb. (1g sugars, 1g fiber), 34g pro.

Diabetic exchanges: 5 lean meat, 1½ fat, ½ starch.

TEST KITCHEN TIPS

- This breading would complement most types of fish. Try it on salmon if you prefer.
- If you don't have fresh dill, a bit of fresh thyme also tastes great.

FAST FIX**Chutney Turkey Burgers****TAKES:** 25 min. • **MAKES:** 4 servings

The secret to these burgers is the tangy mango chutney, but the arugula adds a special “wow” to the plate.

—Jeanne Lueders, Waterloo, IA

- ½ cup mango chutney, divided
- 1 Tbsp. Dijon mustard
- 2 tsp. lime juice
- ¼ cup minced fresh parsley
- 2 green onions, chopped
- ½ tsp. salt
- ¼ tsp. pepper
- 1 lb. lean ground turkey
- 4 hamburger buns, split
- Fresh arugula or baby spinach leaves
- Thinly sliced red onion

1. For sauce, mix ¼ cup chutney, mustard and lime juice. In a large bowl, combine parsley, green onions, salt, pepper and remaining chutney. Add ground turkey; mix lightly but thoroughly. Shape into four ½-in.-thick patties.

2. Place burgers on a lightly oiled grill rack over medium heat or in a greased 15x10x1-in. pan. Grill patties, covered, or broil 3-4 in. from the heat until a thermometer reads 165°, 5-7 minutes per side. Serve on buns with arugula, onion and sauce.

PER SERVING 419 cal., 10g fat (3g sat. fat), 78mg chol., 1012mg sod., 51g carb. (21g sugars, 1g fiber), 27g pro.

18



FAST FIX Tzatziki Chicken

TAKES: 30 min. • MAKES: 4 servings



I like to make classic chicken recipes for my family but add a twist.

—Kristen Heigl,
Staten Island, NY

- 1½ cups finely chopped peeled English cucumber
- 1 cup plain Greek yogurt
- 2 garlic cloves, minced
- 1½ tsp. chopped fresh dill
- 1½ tsp. olive oil
- ⅛ tsp. salt

CHICKEN

- ⅔ cup all-purpose flour
- 1 tsp. each salt and pepper
- ¼ tsp. baking powder
- 1 large egg

- ⅓ cup 2% milk
- 4 boneless skinless chicken breast halves (6 oz. each)
- ¼ cup canola oil
- ¼ cup crumbled feta cheese

1. Mix the first six ingredients; chill.
 2. In a bowl, whisk together flour, salt, pepper and baking powder. In another bowl, whisk together egg and milk. Pound chicken to ½-in. thickness. Coat both sides with flour mixture; shake off excess. Dip in egg mixture, then again in flour.
 3. In a skillet, heat oil over medium. Cook chicken until golden brown and no longer pink, 5-7 minutes per side. Top with cheese. Serve with sauce.
- PER SERVING** 482 cal., 27g fat (7g sat. fat), 133mg chol., 737mg sod., 17g carb. (4g sugars, 1g fiber), 41g pro.




FAST FIX **Salmon Caesar Salad**

TAKES: 30 min. • **MAKES:** 4 servings

This main course was invented out of a need to serve my family a balanced meal when time was limited.

—Ann Bagdonas, Antioch, CA

- 4 salmon fillets (4 oz. each)
- 2 garlic cloves, minced
- ½ cup teriyaki sauce
- 1 pkg. (10 oz.) hearts of romaine salad mix
- ¾ cup fat-free creamy Caesar salad dressing
- 2 Tbsp. grated Parmesan cheese
- ¼ cup slivered almonds, toasted

1. Rub salmon with garlic; place in a shallow bowl. Add teriyaki sauce; turn salmon to coat. Let stand 10 minutes.

2. Preheat grill or broiler. Place salmon on an oiled grill rack over high heat or in a greased 15x10x1-in. pan. Grill, covered, or broil 3-4 in. from heat until fish just begins to flake easily with a fork, 4-6 minutes per side.

3. Toss salad mix with salad dressing; place on four plates. Top with salmon. Sprinkle with cheese and almonds.

PER SERVING 311 cal., 15g fat (3g sat. fat), 60mg chol., 928mg sod., 22g carb. (5g sugars, 3g fiber), 24g pro.

HEALTH TIP Sneak in an extra serving of fruit and veggies by adding sliced fresh strawberries, orange segments, blanched asparagus or chopped kale to the salad.

serves

2

21

FAST FIX

Turkey Guacamole Wraps

TAKES: 15 min. • MAKES: 2 servings



This easy wrap with smoked turkey and creamy avocado spread is brightened up by a touch of hot sauce.

—Margee Berry, White Salmon, WA

- 1 small ripe avocado, peeled
- 2 Tbsp. mayonnaise
- 1½ tsp. lime juice
- ¼ tsp. minced garlic
- ⅛ tsp. Louisiana-style hot sauce
- 2 flour tortillas (10 in.), room temperature
- ¼ lb. sliced deli smoked turkey
- ½ cup chopped red onion
- 1 cup torn romaine

Place first five ingredients in a food processor; process until smooth. Spread over tortillas; top with turkey, onion and lettuce and roll up.

PER SERVING 506 cal., 27g fat (5g sat. fat), 21mg chol., 1045mg sod., 46g carb. (5g sugars, 8g fiber), 20g pro.



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FAST FIX Everything Bagel
Chicken Strips

TAKES: 30 min. • MAKES: 4 servings



I love the flavor of everything bagels, so I re-created it with traditional breaded chicken fingers.

Serve them with your favorite dip.

—Cynthia Gerken, Naples, FL **field editor**

- 1 day-old everything bagel, torn
- ½ cup panko (Japanese) bread crumbs
- ½ cup grated Parmesan cheese
- ¼ tsp. crushed red pepper flakes
- ¼ cup butter, cubed
- 1 lb. chicken tenderloins
- ½ tsp. salt

1. Preheat oven to 425°. Pulse torn bagel in a food processor until coarse crumbs form. Place ½ cup bagel crumbs in a shallow bowl; toss with panko, cheese and pepper flakes. (Save remaining bagel crumbs for another use.)

2. In a microwave-safe shallow bowl, microwave the butter until melted. Sprinkle chicken with salt. Dip in warm butter, then coat with crumb mixture, patting to help adhere. Place on a greased rack in a 15x10x1-in. pan.

3. Bake until golden brown and chicken is no longer pink, 15-17 minutes.

PER SERVING 246 cal., 12g fat (7g sat. fat), 85mg chol., 593mg sod., 6g carb. (0 sugars, 0 fiber), 30g pro.

TEST KITCHEN TIP One bagel will yield about 2 cups of crumbs.



FAST FIX Raspberry Balsamic Smoked Pork Chops

TAKES: 30 min. • MAKES: 4 servings

These smoked chops are so delicious. They're my husband's favorite meal.

—Lynn Moretti, Oconomowoc, WI

- 2 large eggs
- ¼ cup 2% milk
- 1 cup panko (Japanese) bread crumbs
- 1 cup finely chopped pecans
- 4 smoked bone-in pork chops (7½ oz. each)
- ¼ cup all-purpose flour
- ⅓ cup balsamic vinegar
- 2 Tbsp. brown sugar
- 2 Tbsp. seedless raspberry jam
- 1 Tbsp. thawed frozen orange juice concentrate

1. Preheat oven to 425°. In a shallow bowl, whisk together eggs and milk. In another shallow bowl, toss bread crumbs with pecans.

2. Coat pork chops with flour; shake off excess. Dip in egg mixture, then in crumb mixture, patting to help adhere. Place on a baking sheet coated with cooking spray.

3. Bake chops until golden brown, 15-20 minutes. Meanwhile, place remaining ingredients in a small saucepan; bring to a boil. Cook and stir sauce until slightly thickened, 6-8 minutes. Serve with chops.

PER SERVING 579 cal., 36g fat (10g sat. fat), 106mg chol., 1374mg sod., 36g carb. (22g sugars, 3g fiber), 32g pro.





serves

2

24

FAST FIX

Feta Asparagus Frittata

TAKES: 30 min. • **MAKES:** 2 servings

Asparagus and feta cheese come together to make this frittata extra special. It's perfect for a lazy Sunday or to serve with a tossed salad for a light lunch with friends.

—Mildred Sherrer, Fort Worth, TX

- 12 fresh asparagus spears, trimmed
- 6 large eggs
- 2 Tbsp. heavy whipping cream
- Dash salt
- Dash pepper
- 1 Tbsp. olive oil
- 2 green onions, chopped
- 1 garlic clove, minced
- ½ cup crumbled feta cheese

1. Preheat oven to 350°. Place ½ in. of water and asparagus in a large skillet; bring to a boil. Cook, covered, until the asparagus is crisp-tender, 3-5 minutes; drain. Cool slightly.

2. In a bowl, whisk together eggs, cream, salt and pepper. Chop 2 of the asparagus spears. In an 8-in. ovenproof skillet, heat the oil over medium heat until hot; saute green onions, garlic and chopped asparagus 1 minute. Stir in egg mixture; cook, covered, over medium heat until eggs are nearly set, 3-5 minutes. Top with whole asparagus spears and cheese.

3. Bake until eggs are completely set, 7-9 minutes.

PER SERVING 425 cal., 31g fat (12g sat. fat), 590mg chol., 1231mg sod., 8g carb. (3g sugars, 3g fiber), 27g pro.

serves

2

25

FAST FIX

Egg-Topped Avocado Toasts

TAKES: 20 min. • MAKES: 2 servings



We always have some avocados on hand, so it's easy to make this quick meal for my husband and me.

—Kallee Krong-McCreery, Escondido, CA

field editor

- 2 slices multigrain bread, toasted
- 2 tsp. butter
- ½ medium ripe avocado, peeled and thinly sliced
- 4 thin slices tomato
- 2 thin slices red onion
- 2 large eggs
- ⅛ tsp. seasoned salt
- 2 Tbsp. shredded cheddar cheese

- 2 bacon strips, cooked and crumbled

1. Spread each slice of toast with butter; place on a plate. Top with avocado; mash gently with a fork. Top with tomato and onion.
 2. For each poached egg, place ½ cup water in a small microwave-safe bowl or glass measuring cup; break an egg into the water. Microwave, covered, on high 1 minute. Microwave in 10-second intervals until white is set and yolk begins to thicken; let stand 1 minute. Using a slotted spoon, place egg over sandwich.
 3. Sprinkle eggs with seasoned salt. Top with cheese and bacon.
- PER SERVING 313 cal., 21g fat (7g sat. fat), 211mg chol., 492mg sod., 18g carb. (4g sugars, 5g fiber), 15g pro.

FAST FIX**North Carolina Shrimp Saute****TAKES:** 25 min. • **MAKES:** 4 servings

Seafood is very popular in my state. I altered this recipe several times and now it's truly a family favorite.

—Teresa Hildreth, Stoneville, NC

- 8 oz. uncooked linguine or spaghetti**
- 4 Tbsp. butter, divided**
- ½ lb. sliced fresh mushrooms**
- 1 small green pepper, chopped**
- ½ tsp. salt**
- ¼ tsp. pepper**
- 1 lb. uncooked shrimp (31-40 per lb.), peeled and deveined**
- 3 garlic cloves, minced**
- ½ cup grated Romano cheese**
- Chopped fresh parsley**

1. Cook linguine according to package directions; drain and keep warm.

2. Meanwhile, in a large skillet, heat 2 Tbsp. of butter over medium-high heat; saute mushrooms and green pepper until tender. Stir in salt and pepper; remove from pan.

3. In same pan, saute shrimp in the remaining butter over medium-high heat for 2 minutes. Add minced garlic; cook and stir until shrimp turns pink, 1-2 minutes. Stir in the mushroom mixture; heat through. Serve over linguine. Sprinkle with cheese and chopped fresh parsley.

PER SERVING 481 cal., 19g fat (11g sat. fat), 171mg chol., 752mg sod., 46g carb. (3g sugars, 3g fiber), 34g pro.



FAST FIX

Creamy Prosciutto Pasta

TAKES: 25 min. • MAKES: 4 servings

I'm always looking for dinners I can put together quickly. I re-created my family's favorite pasta dish from our neighborhood Italian restaurant by using grocery store convenience products. Add crusty bread and a salad for a complete meal.

—Christine Ward, Austin, TX

- 1 pkg. (9 oz.) refrigerated fettuccine or linguine
- 1 Tbsp. butter
- ½ lb. sliced fresh mushrooms
- 1 small onion, chopped
- 10 oz. fresh baby spinach (about 12 cups)
- 1 jar (15 oz.) Alfredo sauce

- ¼ lb. thinly sliced prosciutto, coarsely chopped
- Coarsely ground pepper, optional

1. Cook fettuccine according to the package directions; drain.
 2. Meanwhile, in a large skillet, heat butter over medium-high heat; saute mushrooms and onion until tender. Stir in spinach just until wilted.
 3. Stir in the Alfredo sauce; cook until heated through, 1-2 minutes, stirring occasionally. Add the prosciutto and fettuccine; toss to combine. If desired, top with pepper to serve.
- PER SERVING** 454 cal., 20g fat (12g sat. fat), 100mg chol., 1065mg sod., 48g carb. (3g sugars, 5g fiber), 24g pro.





EAT SMART FAST FIX

Chopped Greek Salad

TAKES: 20 min. • MAKES: 4 servings



While living in San Diego during college, I had a favorite Greek casual dining spot. Now that I'm back

in my hometown, I've re-created my favorite dishes from the diner and it takes me right back there.

—Jenn Tidwell, Fair Oaks, CA **field editor**

- 4 cups chopped romaine
- 1 can (15 oz.) chickpeas or garbanzo beans, rinsed and drained
- 2 celery ribs, sliced
- 1 medium tomato, chopped
- 1/3 cup sliced Greek olives

- 1/3 cup crumbled feta cheese
- 1/4 cup finely chopped pepperoncini

DRESSING

- 2 Tbsp. minced fresh basil
- 2 Tbsp. pepperoncini juice
- 2 Tbsp. extra virgin olive oil
- 1 Tbsp. lemon juice
- 1/4 tsp. salt
- 1/4 tsp. pepper

Place the first seven ingredients in a large bowl. In a small bowl, whisk together dressing ingredients. Drizzle dressing over salad; toss to combine. Serve immediately.

PER SERVING 235 cal., 14g fat (2g sat. fat), 5mg chol., 617mg sod., 22g carb. (4g sugars, 6g fiber), 7g pro.

Diabetic exchanges: 2 fat, 1 1/2 starch, 1 lean meat, 1 vegetable.



less than
300
calories

29

EAT SMART FAST FIX **Chicken & Broccoli with Dill Sauce**

TAKES: 30 min. • **MAKES:** 4 servings

Serve this dish with a side of couscous or rice for a complete meal, or add some mushrooms or carrots for extra veggies.

—Kallee Krong-McCreery, Escondido, CA

field editor

- 4 boneless skinless chicken breast halves (6 oz. each)
- ½ tsp. garlic salt
- ¼ tsp. pepper
- 1 Tbsp. olive oil
- 4 cups fresh broccoli florets
- 1 cup chicken broth
- 1 Tbsp. all-purpose flour
- 1 Tbsp. snipped fresh dill
- 1 cup 2% milk

1. Sprinkle chicken with garlic salt and pepper. In a large skillet, heat oil over medium heat; brown chicken on both sides. Remove from pan.

2. Add broccoli and broth to same skillet. Cover and simmer until broccoli is just tender, 3-5 minutes. Using a slotted spoon, remove broccoli from pan, reserving broth.

3. Mix the flour, dill and milk until smooth; stir into broth. Bring to a boil, stirring constantly, until thickened, 1-2 minutes. Add the chicken; cook, covered, over medium heat until chicken reaches 165°, 10-12 minutes. Serve with broccoli.

PER SERVING 274 cal., 9g fat (2g sat. fat), 100mg chol., 620mg sod., 8g carb. (4g sugars, 2g fiber), 39g pro.

Diabetic exchanges: 5 lean meat, 1 vegetable, 1 fat.

FAST FIX**Asparagus Beef Saute**

TAKES: 30 min. • MAKES: 4 servings

I love filet mignon but not its price, so I came up with a recipe for more affordable beef tenderloin tail. Now I cook it once a week, and my husband loves taking the leftovers to work.

—Linda Flynn, Ellicott City, MD

- 1 lb. beef tenderloin or top sirloin steak, cut into $\frac{3}{4}$ -in. cubes
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ tsp. pepper
- 1 Tbsp. canola oil
- 2 garlic cloves, minced
- 1 green onion, sliced
- $\frac{1}{4}$ cup butter, cubed
- 1 lb. fresh asparagus, trimmed and cut into 2-in. pieces

- $\frac{1}{2}$ lb. sliced fresh mushrooms
- 1 Tbsp. reduced-sodium soy sauce
- $1\frac{1}{2}$ tsp. lemon juice
- Hot cooked rice

1. Toss beef with salt and pepper. In a large skillet, heat oil over medium-high heat; saute beef 2 minutes. Add garlic and green onion; cook and stir until beef is browned, 2-3 minutes. Remove from pan.

2. In same skillet, heat butter over medium-high heat; saute asparagus and mushrooms until asparagus is crisp-tender. Add beef, soy sauce and lemon juice; heat through, tossing to combine. Serve with rice.

PER SERVING 328 cal., 22g fat (10g sat. fat), 80mg chol., 540mg sod., 5g carb. (2g sugars, 2g fiber), 28g pro. ■





EAT SMART FAST FIX

Pea Pod Carrot Medley

2 medium carrots, sliced • 2 cups fresh sugar snap peas, trimmed • 1 tsp. cornstarch • $\frac{1}{2}$ tsp. grated orange peel • $\frac{1}{3}$ cup orange juice • 2 tsp. reduced-sodium soy sauce • $\frac{1}{4}$ tsp. salt • Place carrots and water to cover in a small saucepan; bring to a boil. Reduce heat; simmer, covered, 5 minutes. Add peas; simmer, covered, until peas are crisp-tender, 2-3 minutes. Drain; set aside. Mix remaining ingredients until cornstarch is dissolved; bring to a boil. Cook and stir until thickened, 1-2 minutes. Add vegetables; toss to coat.

Serves 2. —Josie Smith, Winamac, IN

On the Side

Just-picked fresh garden favorites shine in easy recipes that complement all of your spring meals.

EAT SMART FAST FIX

Roasted Sugar Snap Peas

1 pkg. (8 oz.) fresh sugar snap peas, trimmed • 1 Tbsp. chopped shallot • 2 tsp. olive oil • $\frac{1}{2}$ tsp. Italian seasoning • $\frac{1}{8}$ tsp. salt • Preheat oven to 400°.

Toss together all ingredients; spread in a 15x10x1-in. pan. Roast until peas are crisp-tender, 8-10 minutes, stirring once. **Serves 2.**

—Taste of Home Test Kitchen





5 INGREDIENTS FAST FIX **Swift Strawberry Salad**

4 cups sliced fresh strawberries • 2 Tbsp. caramel ice cream topping • 2 Tbsp. maple syrup • 1 Tbsp. orange juice • $\frac{1}{3}$ cup salted cashew halves •

Place strawberries in a large bowl. Mix caramel topping, syrup and orange juice; drizzle over strawberries. Top with cashews. **Serves 6.**

—*Taste of Home* Test Kitchen

5 INGREDIENTS FAST FIX **Strawberry Feta Tossed Salad**

6 cups torn mixed salad greens • 2 cups fresh strawberries, sliced • 1 pkg. (4 oz.) crumbled feta cheese • $\frac{1}{4}$ cup sunflower kernels • balsamic vinaigrette • Place first four ingredients in a large bowl. To serve, drizzle with vinaigrette; toss to combine. **Serves 6.** —Lisa Lesinski-Topp, Menomonee Falls, WI





5 INGREDIENTS Leeks au Gratin

6 medium leeks (white and pale green portion only) • 1½ cups heavy whipping cream • 1 tsp. kosher salt • ½ tsp. pepper • ½ cup grated pecorino Romano cheese • Preheat oven to 375°. Cut leeks lengthwise in half; cut halves crosswise into 3-in. pieces. Place cream, salt, pepper and leeks in a large ovenproof skillet; bring to a boil over medium-high heat. Reduce heat; simmer, covered, 5 minutes. Uncover; simmer 15 minutes. Remove from heat; sprinkle with cheese. Bake, uncovered, until golden and leeks are tender, 15-20 minutes. Let stand 5-10 minutes before serving. **Serves 8.** —Chuck Mallory, Chicago, IL

Savory Leek Soup

4 medium leeks (white portion only), sliced • ½ cup minced fresh chives • ¼ cup butter, cubed • 2 cups mashed potatoes (prepared with milk and butter) • 2 Tbsp. minced fresh savory or 2 tsp. dried • 4 cups chicken broth • 3 cups half-and-half cream • salt and pepper to taste • In a saucepan, saute leeks and chives in butter until tender. Stir in mashed potatoes, savory and broth; bring to a boil. Reduce heat; simmer, uncovered, 8-10 minutes. Puree soup using an immersion blender. Or, cool slightly and puree soup in a blender; return to pan. Stir in cream, salt and pepper; heat through. **Serves 10 (2½ qt.).** —Eleanor Davis, Pittsburgh, PA



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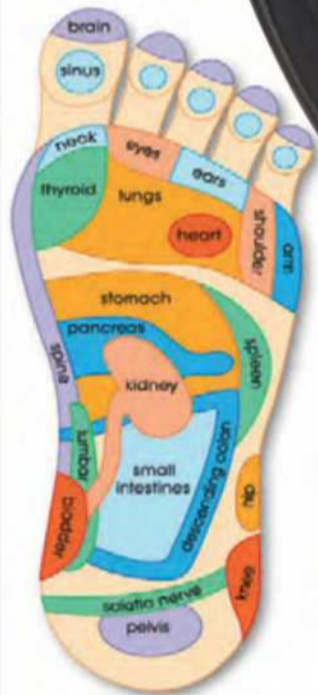
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**Easy Breakfast
Strata**

Easter Morning Wake-Up

Brighten your celebration with easy brunch ideas: mimosas that taste like Creamsicles, fun potato nests and more.

FREEZE IT

Easy Breakfast Strata

PREP: 25 min. + chilling • **BAKE:** 30 min.

MAKES: 12 servings



We start this hearty breakfast casserole the night before so it's ready for the oven the next day. That way, we don't

have to deal with the prep and dirty dishes first thing in the morning!

—Debbie Johnson, Centertown, MO

field editor

- 1 loaf (1 lb.) herb or cheese bakery bread, cubed
- 1 lb. bulk pork sausage
- 1 medium green pepper, chopped
- 1 medium onion, chopped
- 1 cup shredded cheddar cheese
- 6 large eggs
- 1 tsp. ground mustard
- 2 cups 2% milk

1. Place the bread cubes in a greased 13x9-in. baking dish. In a skillet, cook and crumble sausage with pepper and

onion over medium-high heat until no longer pink, 5-7 minutes. With a slotted spoon, place sausage mixture over bread. Sprinkle with cheese.

2. In a large bowl, whisk together eggs, mustard and milk; pour over the top. Refrigerate, covered, overnight.

3. Preheat oven to 350°. Remove strata from refrigerator while oven heats.

4. Bake, uncovered, until a knife inserted in center comes out clean, 30-35 minutes. Let stand 5 minutes before cutting.

PER SERVING 295 cal., 16g fat (6g sat. fat), 126mg chol., 555mg sod., 23g carb. (4g sugars, 2g fiber), 14g pro.

FREEZE OPTION Cover and freeze the unbaked casserole. To use, partially thaw in refrigerator overnight. Remove from refrigerator 30 minutes before baking. Preheat oven to 350°. Bake as directed, increasing time as necessary to heat through and for a thermometer inserted in center to read 165°.

HEALTH TIP Mix and match your way to a lighter, healthier version: Use whole-grain bread, reduced-fat sausage and fat-free milk in this recipe.



Rhubarb Cheesecake Squares

PREP: 25 min. • **BAKE:** 40 min. + chilling

MAKES: 16 servings

It's rhubarb season, so now's the time to try this rich and tangy cheese bar. It's bound to be a hit with the rhubarb lovers you know—and even those who haven't fallen for the ruby-red goodness just yet.

—Sharon Schmidt, Mandan, ND

- 1¼ cups all-purpose flour
- ½ cup old-fashioned oats
- ½ cup packed brown sugar
- ½ cup cold butter, cubed
- 1 pkg. (8 oz.) cream cheese, softened
- ¾ cup sugar
- ½ tsp. salt
- ¼ tsp. ground cinnamon
- ⅛ tsp. ground nutmeg
- 1 large egg, lightly beaten
- ½ tsp. vanilla extract
- 1½ cups diced fresh or frozen rhubarb, thawed

1. Preheat the oven to 350°. In a small bowl, mix flour, oats and brown sugar; cut in butter until crumbly. Reserve 1 cup mixture for topping. Press the remaining mixture onto bottom of a greased 9-in. square baking pan.

2. For the filling, beat the cream cheese, sugar, salt and spices until smooth. Add egg and vanilla; beat on low speed just until combined. Fold in the rhubarb. Spread over the crust. Sprinkle with topping.

3. Bake until golden brown and the filling is set, about 40 minutes. Cool on a wire rack for 1 hour. Refrigerate, covered, until cold, about 2 hours. Cut into squares.

PER SERVING 216 cal., 11g fat (7g sat. fat), 41mg chol., 171mg sod., 27g carb. (17g sugars, 1g fiber), 3g pro.

TEST KITCHEN TIP If you're using frozen rhubarb, measure rhubarb while still frozen, then thaw completely. Drain in a colander, but do not press liquid out.



**Orange Dream
Mimosas, page 50**

Grandma's Carrot Cake

PREP: 30 min. • **BAKE:** 50 min. + cooling

MAKES: 16 servings

My Grandma was very special to me. She had a big country kitchen that was full of wonderful aromas anytime we visited. This was one of her prized cake recipes, which continues to be a favorite.

—Denise Strasz, Detroit, MI

- 2 cups sugar
- 1½ cups canola oil
- 4 large eggs
- 2 tsp. vanilla extract
- 2½ cups all-purpose flour
- 1½ tsp. baking soda
- ½ tsp. salt
- 1 tsp. ground cinnamon
- 3 cups shredded carrots (about 6 medium)
- 1 cup chopped walnuts

FROSTING

- 1 pkg. (8 oz.) cream cheese, softened
- ¼ cup butter, softened
- 3 cups confectioners' sugar

1. Preheat oven to 350°. Grease and flour a 10-in. fluted tube pan.
2. Beat first four ingredients until well blended. Whisk together flour, baking soda, salt and cinnamon; gradually beat into the sugar mixture. Stir in carrots and walnuts.
3. Transfer to prepared pan. Bake until a toothpick inserted in center comes out clean, 50-60 minutes. Cool in pan 10 minutes before removing to a wire rack; cool completely.
4. For frosting, beat cream cheese and butter until smooth. Gradually beat

in confectioners' sugar. Spread over cooled cake.

PER SERVING 593 cal., 35g fat (7g sat. fat), 68mg chol., 292mg sod., 67g carb. (49g sugars, 2g fiber), 6g pro.

TEST KITCHEN TIP To remove cakes easily, use solid shortening to grease plain and fluted tube pans.

Orange Dream Mimosas

PREP: 15 min. + freezing

MAKES: 16 servings (4 cups frozen mix)

This brunch drink tastes like a grown-up Creamsicle. Make it kid-friendly by using sparkling cider or ginger ale.

—Deirdre Cox, Kansas City, MO

- 4 tsp. grated orange peel
- 2½ cups orange juice
- 1 cup half-and-half cream
- ¾ cup superfine sugar
- 2 bottles (750 milliliters each) champagne or other sparkling wine
- Fresh strawberries

1. Place the first four ingredients in a blender; cover and process until the sugar is dissolved. Transfer to an 8-in. square dish; freeze, covered, 6 hours or overnight.
 2. To serve, place ¼ cup of the orange mixture in each champagne glass. Top with champagne. Garnish with strawberries; serve immediately.
- PER SERVING** 138 cal., 2g fat (1g sat. fat), 8mg chol., 8mg sod., 15g carb. (13g sugars, 0 fiber), 1g pro.
- NON-ALCOHOLIC VERSION** Substitute the champagne with two 750 milliliter bottles of sparkling apple cider.



**Grandma's
Carrot Cake**



Pineapple Pretzel Fluff

Pineapple Pretzel Fluff

PREP: 15 min. + chilling

BAKE: 10 min. + cooling

MAKES: 12 servings

I often bring this special salad to potlucks, and everyone goes crazy for the sweet and crunchy combination. To ensure the pretzel mixture stays crispy, add it right before serving.

—Beth Olby, Ashland, WI

- 1 cup coarsely crushed pretzels
- ½ cup butter, melted
- 1 cup sugar, divided
- 1 pkg. (8 oz.) cream cheese, softened
- 1 can (20 oz.) unsweetened crushed pineapple, drained
- 1 carton (12 oz.) frozen whipped topping, thawed

1. Preheat oven to 400°. Mix pretzels, melted butter and ½ cup sugar. Press

into a 13x9-in. pan. Bake 7 minutes. Cool completely on a wire rack.

2. Meanwhile, beat cream cheese and remaining sugar until creamy. Fold in pineapple and whipped topping; refrigerate, covered, until serving.

3. To serve, break pretzel mixture into small pieces. Stir into the pineapple mixture just before serving.

PER SERVING 334 cal., 19g fat (13g sat. fat), 39mg chol., 230mg sod., 37g carb. (31g sugars, 1g fiber), 2g pro.

EAT SMART Hash Brown Nests with Portobellos & Eggs

PREP: 30 min. • **BAKE:** 15 min.

MAKES: 12 servings

Hash browns make a fabulous crust for these individual egg quiches. They look like you fussed, but are actually easy to make. They have been a hit at holiday brunches and other special occasions.

—Kate Meyer, Brentwood, TN

- 2 Tbsp. butter
- ½ lb. sliced baby portobello mushrooms, chopped
- ¼ cup chopped shallots
- 1 garlic clove, minced
- ½ tsp. salt
- ¼ tsp. pepper
- Dash cayenne pepper
- 2 Tbsp. sour cream
- 1 Tbsp. minced fresh basil or 1 tsp. dried basil
- 4 cups frozen shredded hash brown potatoes (about 1 lb.), thawed
- 7 large eggs, lightly beaten
- ¼ cup shredded Swiss cheese
- 2 bacon strips, cooked and crumbled



Hash Brown Nests with Portobellos & Eggs

1. Preheat oven to 400°. In a skillet, heat butter over medium-high heat; saute mushrooms and shallots until tender. Add garlic and seasonings; cook and stir 1 minute. Remove from heat; stir in sour cream and basil.
2. Press about $\frac{1}{4}$ cup potatoes onto bottom and up sides of 12 greased muffin cups. Fill each with about

2 Tbsp. eggs. Top with mushroom mixture, cheese and bacon.

3. Bake nests until the eggs are set, 15-18 minutes.


PER SERVING 105 cal., 7g fat (3g sat. fat), 118mg chol., 191mg sod., 6g carb. (1g sugars, 1g fiber), 6g pro.

Diabetic exchanges: 1 medium-fat meat, $\frac{1}{2}$ starch, $\frac{1}{2}$ fat. ■

SIMPLY FUN

Let's Cinco de Mayo

Friends. Food. Fun.
That's the start of
a party. These
recipes turn
it into a
fiesta.



**Baja Pork
Tacos**

Baja Pork Tacos

PREP: 10 min. • **COOK:** 8 hours

MAKES: 12 servings

This delicious recipe is my copycat version of the most excellent Mexican food we ever had, in Flagstaff, Arizona. The original recipe used beef instead of pork, but this comes mighty close to the same incredible taste.

—Ariella Winn, Mesquite, TX

- 1 boneless pork sirloin roast (3 lbs.)
- 5 cans (4 oz. each) chopped green chilies
- 2 Tbsp. reduced-sodium taco seasoning
- 3 tsp. ground cumin
- 24 corn tortillas (6 in.), warmed
- 3 cups shredded lettuce
- 1½ cups shredded part-skim mozzarella cheese

1. Cut roast in half; place in a 3- or 4-qt. slow cooker. Mix chilies, taco seasoning and cumin; spoon over pork. Cook, covered, on low until meat is tender, 8-10 hours.

2. Remove pork; cool slightly. Skim fat from cooking juices. Shred meat with two forks. Return to slow cooker; heat through. Serve in tortillas with lettuce and cheese.

PER SERVING 320 cal., 11g fat (4g sat. fat), 77mg chol., 434mg sod., 26g carb. (1g sugars, 4g fiber), 30g pro.

Diabetic exchanges: 3 medium-fat meat, 2 starch.

HEALTH TIP Using reduced-sodium taco seasoning saves about 80mg sodium per serving.

Paloma

TAKES: 5 min. • **MAKES:** 1 serving



Soon after I learned about this cocktail, I brought the ingredients to dinner at my parents' house. The next time we got together, my dad had the fixings set out and ready to go.

—Ian Cliffe, Milwaukee, WI

- Dash salt
- 1½ oz. tequila
- ½ oz. lime juice
- ½ cup grapefruit soda or sparkling peach citrus soda
- Lime wedge

In a highball glass filled with ice, combine salt, tequila and lime juice. Top with soda. Garnish with lime.
PER SERVING 148 cal., 0 fat (0 sat. fat), 0 chol., 163mg sod., 14g carb. (13g sugars, 0 fiber), 0 pro.

TEST KITCHEN TIPS

- This sunny-day cocktail is refreshing without being too sweet.
- Not sure where to get grapefruit soda? Two of the easiest to find are Fresca (their original flavor is grapefruit) and Jarritos (in the ethnic foods aisle). Others to try: Izze, San Pellegrino, Ting and Whole Foods' pink grapefruit.

Recipe photo on page 56 ▶



Paloma



EAT SMART

Pineapple-Papaya Slaw

PREP: 20 min. + chilling • **MAKES:** 8 servings

Guests will rave for days over this tropical slaw. For easier prep, buy packaged shredded cabbage. If you can't find papaya, substitute mango.
—Taste of Home Test Kitchen

- ½ cup pineapple juice
- ¼ cup olive oil
- 2 Tbsp. lime juice
- 2 Tbsp. minced fresh cilantro
- ½ tsp. ground cumin
- ¼ tsp. salt
- 6 cups shredded cabbage (about 1 small)

- 1½ cups chopped peeled papaya
- 1½ cups cubed fresh pineapple
- 1 small sweet red pepper, chopped

Whisk together first six ingredients. Place remaining ingredients in a bowl. Drizzle with the dressing; toss to coat. Refrigerate, covered, at least 2 hours. Stir before serving.

PER SERVING 112 cal., 7g fat (1g sat. fat), 0 chol., 87mg sod., 13g carb. (7g sugars, 2g fiber), 1g pro.

Diabetic exchanges: 1½ fat, 1 vegetable, ½ fruit.

HEALTH TIP Thanks to the pineapple, bell pepper, papaya and cabbage, this side has over 75% of the recommended daily value for vitamin C.



Mango Black Bean Salsa

EAT SMART FAST FIX

Mango Black Bean Salsa

TAKES: 15 min.

MAKES: 12 servings (1/4 cup each)

This colorful salsa takes just minutes to prepare—and that’s likely how long it will last at your next event! Chopped mango adds bursts of sweetness to the satisfying chip dip.

—Judy Heiser, Uvalde, TX

- 1 can (15 oz.) black beans, rinsed and drained
- 1 can (11 oz.) Mexicorn, drained
- 1 medium mango, peeled and cubed
- 1/4 cup finely chopped onion
- 1/4 cup minced fresh cilantro
- 2 Tbsp. lime juice
- 1 tsp. garlic salt
- 1/4 tsp. ground cumin
- Baked tortilla chips

In a large bowl, mix all ingredients except chips. Refrigerate salsa until serving. Serve with chips.

PER SERVING 70 cal., 0 fat (0 sat. fat), 0 chol., 314mg sod., 14g carb. (6g sugars, 2g fiber), 3g pro.

Diabetic exchanges: 1 starch.

Queso Baked Nachos

PREP: 25 min. • **BAKE:** 10 min.

MAKES: 12 servings

I modified a cheesy nacho recipe I found, and my family loves it. Loaded up with seasoned beef, beans, tomatoes and creamy queso, it’s become a regular at our dinner table.

—Denise Wheeler, Newaygo, MI

- 1 lb. ground beef
- 1 envelope taco seasoning
- 3/4 cup water
- 1 pkg. (13 oz.) tortilla chips
- 1 cup refried beans
- 1 jar (15 1/2 oz.) salsa con queso dip
- 2 plum tomatoes, chopped
- 1/4 cup minced fresh chives, optional
- 1/2 cup sour cream

1. Preheat oven to 350°. In a large skillet, cook and crumble beef over medium heat until no longer pink, 5-7 minutes; drain. Stir in taco seasoning and water; bring to a boil. Reduce heat; simmer, uncovered, until thickened, about 5 minutes, stirring occasionally.

2. In an ungreased 13x9-in. baking pan, layer a third of each of the following: chips, beans, beef mixture and queso dip. Repeat layers twice.

3. Bake, uncovered, until heated through, 10-15 minutes. Top with chives; serve immediately with sour cream on the side.

PER SERVING 313 cal., 16g fat (5g sat. fat), 29mg chol., 786mg sod., 32g carb. (2g sugars, 2g fiber), 11g pro.



**Queso Baked
Nachos**



Coconut Tres Leches Cupcakes

PREP: 35 min. + chilling

BAKE: 20 min. + cooling

MAKES: 1½ dozen

This cupcake version of tres leches cake uses four types of milk to make it moist and delicious. Toasted coconut on top adds a tropical twist.

—Taste of Home Test Kitchen

- ½ cup butter, softened
- 1½ cups sugar
- 1½ tsp. vanilla extract
- 4 large egg whites
- 2 cups all-purpose flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp. salt
- 1⅓ cups buttermilk
- 1 can (14 oz.) sweetened condensed milk
- ⅔ cup evaporated milk
- ½ cup coconut milk

WHIPPED CREAM

- 1½ cups heavy whipping cream
- ⅓ cup confectioners' sugar
- Toasted sweetened shredded coconut

1. Preheat the oven to 350°. Line 18 muffin cups with paper liners.
2. Cream butter and sugar until light and fluffy. Beat in vanilla and egg whites, one at a time, beating well after each addition. In another bowl, whisk together flour, baking powder, baking soda and salt; add to creamed mixture alternately with buttermilk, beating after each addition.
3. Fill prepared cups about two-thirds

full. Bake until a toothpick inserted in center comes out clean, 17-20 minutes. Cool 10 minutes. Remove cupcakes to a 15x10x1-in. pan.

4. In a large bowl, mix sweetened condensed, evaporated and coconut milks. Poke holes in cupcakes with a skewer, about ½ in. apart. Slowly spoon milk mixture over top, allowing it to absorb into cake. Refrigerate, covered, at least 2 hours.

5. To serve, beat cream until it begins to thicken. Add confectioners' sugar; beat until soft peaks form. Spread or pipe over cupcakes. Top with coconut. Store in the refrigerator.

PER CUPCAKE 342 cal., 16g fat (11g sat. fat), 47mg chol., 226mg sod., 44g carb. (33g sugars, 0 fiber), 6g pro. ■



MARGARITA TIME!
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margaritas get the party
started. We're sharing the
best way to make them, plus
three fun-spiked recipes.

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Spring on Simmer

Ladle up some welcome warmth with these slow cooker soups. They're bright, fresh and ready when you are.

SLOW COOKER

Pork Edamame Soup

PREP: 25 min. • **COOK:** 4 hours 10 min.

MAKES: 6 servings

My husband grew up in a traditional Asian household and gives this soup high marks for authentic taste. If you aren't into Sriracha, any type of hot sauce would give it a delicious kick!

—Kari Sue, Bend, OR

- 4 tsp. canola oil
- 2 lbs. boneless country-style pork ribs, trimmed, cut into 1-in. cubes
- 2 medium carrots, cut into 1-in. pieces
- 1 medium sweet red pepper, cut into 1-in. pieces
- 1 can (8 oz.) sliced water chestnuts, drained
- 6 garlic cloves, minced
- 2 Tbsp. soy sauce
- 1 Tbsp. hoisin sauce
- 1 Tbsp. minced fresh gingerroot
- 2 tsp. Sriracha Asian hot chili sauce
- 2 cans (14½ oz. each) chicken broth
- 1 pkg. (10 oz.) frozen shelled edamame, thawed
- 1 pkg. (3 oz.) ramen noodles
- Sliced green onions, optional

1. In a large skillet, heat the oil over medium-high heat. Brown pork in batches. Remove to a 5-qt. slow cooker. Stir in all of the remaining ingredients except edamame, ramen noodles and green onions.

2. Cook, covered, on low until meat and vegetables are tender, 4-5 hours. Stir in edamame. Break up noodles slightly; stir into soup, discarding or saving seasoning packet for another use. Cook, covered, on low until the noodles are al dente, 10-15 minutes.

3. Serve immediately. If desired, top with green onions.

PER SERVING 455 cal., 23g fat (7g sat. fat), 90mg chol., 1134mg sod., 25g carb. (6g sugars, 4g fiber), 36g pro.

TEST KITCHEN TIPS

- Adding the edamame toward the end of cooking keeps the color brighter.
- Cooking the pork in batches will help keep the pan from being too crowded. Overcrowding creates steam, which prevents the meat from browning.

HEALTH TIP If this soup is too rich for your diet, use pork shoulder instead of pork ribs. It's leaner but will still cook up tender and flavorful.



FIND THEM! Silo Bowl \$46 farmhousepottery.com and Ashton Antiqued 5pc Place Setting \$40 shop.fortessa.com



EAT SMART SLOW COOKER 

Slow Cooker Creamy Cauliflower Soup

PREP: 20 min. • **COOK:** 6 hours

MAKES: 14 servings (3½ qt.)



I love indulgent cream soups but not the fat that goes along with them, so I came up with a healthier version. The

velvety texture of this cauliflower soup makes it feel so rich, and the spicy kick warms you up in a flash.

—Teri Rasey, Cadillac, MI **field editor**

- 1¾ lbs. Yukon Gold potatoes (about 4 medium), peeled and cut into 1-in. cubes
- 1 medium head cauliflower (about 1½ lbs.), cut into 1-in. pieces
- 1 small onion, chopped
- 3 garlic cloves, minced
- 1 large bay leaf
- 3 tsp. dried celery flakes
- 1½ tsp. salt

- 1½ tsp. adobo seasoning
- ¾ tsp. ground mustard
- ¼ tsp. cayenne pepper
- 6 cups water
- ¾ cup nonfat dry milk powder
- Optional toppings:** shredded cheddar cheese, sliced green onions and croutons

1. Place the first 10 ingredients in a 6-qt. slow cooker. Add water; sprinkle milk powder over the top.
2. Cook, covered, on low until the cauliflower is very tender, 6-8 hours. Remove bay leaf. Puree soup using an immersion blender. Or, cool slightly and puree in batches in a blender; return soup to slow cooker and heat through. Serve with optional toppings as desired.

PER SERVING 80 cal., 0 fat (0 sat. fat), 1mg chol., 434mg sod., 17g carb. (4g sugars, 2g fiber), 3g pro.

Diabetic exchanges: 1 vegetable, ½ starch.

TEST KITCHEN TIPS

- For added flavor, one 32-oz. carton of vegetable or chicken stock may be substituted for 4 cups of water.
- Be sure to cook the vegetables until the cauliflower is very tender so it can be processed to a smooth texture.
- When processing hot liquids in a blender, cool the mixture slightly and don't fill the blender jar too much. Follow the manufacturer's directions, removing the filler cap if necessary. Hold down the lid, protecting your hand with a thick towel or oven mitt, and begin blending at the lowest speed.
- For an indulgent touch, serve this soup with a small dollop of sour cream.

SLOW COOKER 

Chicken & Kale Tortellini Soup

PREP: 15 min. • COOK: 2½ hours

MAKES: 8 servings (3 qt.)



This comforting soup is so flavorful—and it fills you up, too! The fact that it's easy to make is just a chilly-night bonus.

—Emily Hobbs, Springfield, MO

- 1 lb. boneless skinless chicken breasts, cut into 1¼-in. cubes
- 2 garlic cloves, minced
- 1½ tsp. Italian seasoning
- ¼ tsp. pepper
- 6 cups chicken broth
- 1 pkg. (20 oz.) refrigerated cheese tortellini
- 1 can (15 oz.) cannellini beans, rinsed and drained

- 1 jar (7½ oz.) marinated quartered artichoke hearts, drained and coarsely chopped
- 4 cups coarsely chopped fresh kale (about 2 oz.)
- Shaved Parmesan cheese, optional

1. Place the first five ingredients in a 5- or 6-qt. slow cooker. Cook, covered, on low until chicken is no longer pink, 2-3 hours.

2. Stir in tortellini, beans, artichoke hearts and kale. Cook, covered, on low until the tortellini and kale are tender, about 30 minutes, stirring halfway. Serve immediately. If desired, top with cheese.

PER SERVING 386 cal., 12g fat (4g sat. fat), 66mg chol., 1185mg sod., 43g carb. (4g sugars, 4g fiber), 24g pro.



FREEZE IT **SLOW COOKER** 

Emerald Isle Pea Soup with Tarragon Cream

PREP: 20 min. • **COOK:** 4 hours

MAKES: 6 servings

This easy soup evokes memories of our honeymoon in Ireland. The tarragon makes it taste so bright and springy.

—Sharon Marks, Waukesha, WI

- 1 cup dried green split peas
- 1 large onion, chopped
- 3 celery ribs, thinly sliced
- 2 garlic cloves, minced
- 3 to 4 tarragon sprigs
- 1 tsp. salt
- ¼ tsp. pepper
- 4 cups chicken or vegetable stock

TOPPING

- ¼ cup heavy whipping cream

¼ cup sour cream

1 tsp. minced fresh tarragon

1. Place first eight ingredients in a 4-qt. slow cooker. Cook, covered, on low until peas are tender, 4-5 hours.
 2. Remove tarragon sprigs. Puree soup using an immersion blender. Or, cool soup slightly and puree in batches in a blender; return to slow cooker and heat through.
 3. Whisk the whipping cream until slightly thickened. Whisk in the sour cream and tarragon. Serve with soup.
- PER SERVING** 198 cal., 6g fat (4g sat. fat), 14mg chol., 762mg sod., 26g carb. (5g sugars, 9g fiber), 12g pro.
- FREEZE OPTION** Freeze cooled soup in freezer containers. To use, partially thaw in refrigerator overnight. Heat through in a saucepan.





EAT SMART SLOW COOKER 

Mexi-Stroni Soup

PREP: 25 min. • **COOK:** 7½ hours

MAKES: 10 servings (3¾ qt.)

If you're a fan of classic minestrone and love bold Mexican flavors, this soup's for you! It's a fill-you-up bowl of fun.

—Darlene Island, Lakewood, WA

- 1½ lbs. beef stew meat (1-in. pieces)
- 1½ cups shredded carrots
- ½ cup chopped onion
- 1 jalapeno pepper, seeded and minced, optional
- 1 tsp. ground cumin
- 1 tsp. chili powder
- ¾ tsp. seasoned salt
- ½ tsp. Italian seasoning
- 2 cans (10 oz. each) diced tomatoes and green chilies, undrained
- 2 cups spicy hot V8 juice
- 1 carton (32 oz.) reduced-sodium beef broth

- 1 medium zucchini, halved and thinly sliced
- 2 cups finely shredded cabbage
- 2 celery ribs, thinly sliced
- 1 can (16 oz.) kidney beans, rinsed and drained
- 1 can (15 oz.) black beans, rinsed and drained
- 1 cup small pasta shells
- ¼ cup chopped fresh cilantro

1. Place first 11 ingredients in a 6- or 7-qt. slow cooker. Cook, covered, on low until meat is tender, 7-9 hours.
 2. Stir in the remaining ingredients. Cook, covered, on high until pasta is cooked and vegetables are tender, 30-45 minutes, stirring occasionally.
- PER SERVING** 249 cal., 5g fat (2g sat. fat), 44mg chol., 816mg sod., 29g carb. (5g sugars, 6g fiber), 21g pro.
Diabetic exchanges: 2 starch, 2 lean meat.



SLOW COOKER 

Slow-Cooked French Onion Soup

PREP: 30 min. • **COOK:** 7 hours

MAKES: 8 servings (2 qt.)

My husband and I love French onion soup, so I wondered if I could turn it into a less labor-intensive dish by altering my recipe to work in a slow cooker. The rich, cheesy result was an absolute win.

—Ronda Eagle, Goose Creek, SC

field editor

- 2 Tbsp. butter, cubed
- 2 large sweet onions, halved and thinly sliced
- 1 large red onion, halved and thinly sliced
- ½ tsp. coarsely ground pepper
- 2 cans (10½ oz. each) condensed beef broth, undiluted
- 3 cups water
- ¾ cup white wine or regular-strength beef broth
- 2 fresh thyme sprigs
- 1 fresh parsley sprig, optional
- 1 bay leaf
- 2 tsp. Worcestershire sauce
- 16 slices French bread (¼ in. thick)
- ¾ cup shredded Gruyere or Swiss cheese

1. Place butter in a 5-qt. slow cooker. Top with sweet and red onions, then sprinkle with pepper. Cook, covered, on low until the onions are tender, 5-6 hours.

2. Stir in broth, water, wine, herbs and Worcestershire sauce. Cook, covered, on low until flavors blend, 2-3 hours. Remove herb sprigs and bay leaf.

3. To serve, preheat broiler. Place bread slices on a baking sheet; broil 4 in. from heat until lightly toasted, 1-2 minutes per side. Top bread with cheese; broil until cheese is melted, 1-2 minutes. Divide soup among eight bowls; top with cheese toasts and serve immediately.

PER SERVING 157 cal., 7g fat (4g sat. fat), 19mg chol., 706mg sod., 15g carb. (6g sugars, 1g fiber), 7g pro.

TEST KITCHEN TIPS

- Gruyere cheese is delicious in this recipe—its sweet, nutty flavor goes well with the rich, oniony broth, and it melts over the bread beautifully.
- Toasting the bread with cheese separately, instead of broiling directly on top of the soup in crocks, prevents the underside of the bread from becoming soggy. ■



SOUP & SANDWICHES

If anything goes better with soup than grilled cheese, we're not aware of it. Check out our collection of the most comforting versions ever.

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TRY
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Organize Your Kitchen Like a Pro

Taste of Home staffers know even the smallest kitchen can be organized to work like a dream. Here are their genius ideas.

Minimize Take stock of all the tools, dishes, platters and serveware you have in your kitchen. Food Editor Peggy Woodward is all about the minimalist movement. She's pared down the number of pots and pans she owns based on which ones she uses for everyday cooking. And her kitchen tool stash has been whittled down, too. "I used to have eight wooden spoons," she says. "Eight! I kept three and donated the rest. And who really needs two vegetable peelers? Keep one, and that should do the trick."

Do Double Duty Food Stylist Shannon Roum uses cookie trays for more than just baking. "I keep tools and serveware on cookie trays if they're going to be stored back deep into a cabinet," she says. "That way I can slide out the pan to easily reach items in the back without any digging."

Keep It In Sight Keep things you reach for often in plain sight on the countertop or on open shelves. Peggy corrals her silverware in mason jars inside a wooden crate placed on her kitchen counter, opening up space in

kitchen drawers for less-used (or less pretty) tools. She also stores plates, bowls and drinkware within reach. “I like keeping my dishes on open shelves to help get my family’s meals on the table faster,” she says.

Divide and Conquer To keep kitchen drawers from becoming a jumbled mess of tools, Senior Digital Editor Ellie Martin Cliffe opts for large desk drawer organizers to keep everything in its place. “They create zones that group similar tools together: wooden spoons and spatulas, measuring cups and spoons, and sharp stuff like veggie peelers and kitchen scissors.” She also keeps all of her standing mixer attachments in a large, clear container so she can find them easily.

Our culinary director, Sarah Farmer, divides her kitchen into sections based on the job each tool performs, including a dedicated space to wrangle essential items. “I have a baking tools drawer, where I keep clear containers of measuring spoons and cups, offset spatulas, a ruler, a cake tester and a pastry blender,” she says. “And then there’s my decorating tools drawer, filled with cupcake liners, pastry bags and tips, assorted sprinkles, candles, parchment paper and cardboard cake rounds.”

Store Pans Sideways If you’re wrestling cookie sheets and pans out from the middle or bottom of a stack, try vertical wire organizing racks that let you slide pans in sideways, making them easier to grab quickly. In the *Taste of Home* prep kitchen, we

use inexpensive wire file organizers available at any office supply store to arrange cutting boards neatly. “They work great for holding pot lids, too,” says Shannon.

Get Hooked Senior Editor Rachel Seis installed inexpensive plastic hooks on the inside of her cabinets so she can hang pot holders when not in use. There’s another hook on the side of her fridge, where she keeps her prettiest oven mitts on display—and available to grab in a flash. Installing hooks inside upper cabinets creates the perfect place to hang coffee mugs, freeing surface space for plates, bowls and drinking glasses. ■



Artichokes Made Easy

With a few simple snips and a spin in the oven, tender roasted artichokes become an addicting family favorite.

HERE'S WHAT YOU'LL NEED

- 4 medium artichokes
 - $\frac{1}{2}$ medium lemon
 - $\frac{1}{2}$ tsp. salt
 - $\frac{1}{4}$ tsp. pepper
 - 2 Tbsp. olive oil
- AIOLI
- $\frac{1}{4}$ cup mayonnaise
 - $\frac{1}{4}$ cup plain Greek yogurt
 - $\frac{1}{2}$ tsp. minced fresh garlic
 - $\frac{1}{4}$ tsp. grated lemon zest
 - Dash pepper



1. TRIM. Preheat oven to 400°. Cut 1 in. from the top of each **artichoke**. Using scissors, cut off tips of outer leaves.

2. PREP. Cut each artichoke lengthwise in half. Carefully scrape and remove fuzzy center of artichokes. Rub **lemon** over cut sides of the artichokes; sprinkle with **salt** and **pepper**.

3. BAKE. Drizzle **oil** in a 15x10x1-in. baking pan. Place artichokes in pan, heart side down; sprinkle with lemon juice. Cover pan with foil; bake on a lower rack until a center leaf pulls out easily, 50-55 minutes.

4. SERVE. Mix the **aioli** ingredients; refrigerate until serving. Serve with artichokes. ■



CONTEST

No-Bake Bliss

All sweet, no heat. These beautiful springtime desserts give you—and your oven—a well-deserved rest.

**Triple Chocolate
Mousse Torte,
page 84**



win
\$500!

PAN WITH A PLAN
Turn to page 87 to
join the all-in-one
pandemonium.

Strawberry Gelato

You'll love this smooth and creamy gelato with bright strawberry flavor and just a hint of sea salt and honey.

—Shelly L. Bevington, Hermiston, OR

**Grand
Prize**



Blackberry White Chocolate Cheesecake Cups

I read that white chocolate intensifies the flavor of blackberries. It's true! The mix of sweet and salty flavors makes this a sensational mini dessert.

—Arlene Erlbach, Morton Grove, IL

1ST



Blackberry White Chocolate Cheesecake Cups

PREP: 25 min. + chilling • MAKES: 6 servings

1½ cups miniature pretzels	½ cup confectioners' sugar
2 Tbsp. plus ⅓ cup granulated sugar, divided	1 tsp. vanilla extract ½ cup white baking chips
3 Tbsp. butter, melted	1½ cups fresh blackberries
1 cup heavy whipping cream	Additional blackberries
1 pkg. (8 oz.) cream cheese, softened	

1. Pulse pretzels in a food processor until fine crumbs form. Add 2 Tbsp. granulated sugar and melted butter; pulse just until combined. Divide mixture among six half-pint canning jars or dessert dishes.
 2. Beat cream until stiff peaks form. In another bowl, beat cream cheese, confectioners' sugar and vanilla. Fold in 1½ cups whipped cream, then baking chips. Spoon over pretzel mixture. Cover and chill for 3 hours.
 3. In a clean food processor, puree 1½ cups berries with remaining sugar; remove to a bowl. Cover and chill berry mixture and remaining whipped cream.
 4. To serve, top with blackberry mixture, reserved whipped cream and additional blackberries.
- PER SERVING** 553 cal., 38g fat (23g sat. fat), 102mg chol., 359mg sod., 49g carb. (38g sugars, 2g fiber), 6g pro.

SIMPLE & DELICIOUS NO-BAKE TREATS CONTEST 2018

Strawberry Gelato

PREP: 10 min. + chilling • PROCESS: 25 min. • MAKES: 1½ qt.

2 cups whole milk	½ cup heavy whipping cream
2 Tbsp. light corn syrup	
1 Tbsp. honey	1 tsp. lemon juice
¾ cup sugar	
½ tsp. sea salt	
2½ cups fresh strawberries	
(about 12 oz.), halved	

1. Place first six ingredients in a blender; cover and process until blended. While processing, gradually add cream, processing just until combined. Remove to a bowl; stir in lemon juice. Refrigerate, covered, until cold, about 4 hours.
 2. Fill cylinder of ice cream maker no more than two-thirds full; freeze according to manufacturer's directions. (Refrigerate any remaining mixture until ready to freeze.)
 3. Transfer ice cream to freezer containers, allowing headspace for expansion. Freeze until firm, 3-4 hours.
- PER ½ CUP** 160 cal., 6g fat (4g sat. fat), 18mg chol., 124mg sod., 26g carb. (25g sugars, 1g fiber), 2g pro.
- TEST KITCHEN TIP** This recipe makes 4¾ cups of strawberry mixture before freezing and yields about 6 cups after freezing. If you have a 1-qt. ice cream maker, you may need to make the gelato in two batches.

SIMPLE & DELICIOUS NO-BAKE TREATS CONTEST 2018



CLIP ME!

Mango Almond Icebox Cake

This recipe was inspired by a friend who asked me to make a mango cake. It's easy to prepare, refreshing, light, and tastes fantastic. Try it with strawberries as well!

—Rachel Simoneau, Danbury, CT

2ND



Chocolate Caramel Hazelnut Pie

I love chocolate, caramel and hazelnuts, so I came up with a recipe that has all three. If you don't have a food processor, place crust ingredients in a zip-top freezer bag and smash with a rolling pin.

—Debbie Anderson, Mount Angel, OR

3RD



Chocolate Caramel Hazelnut Pie

PREP: 25 min. + chilling • MAKES: 8 servings

1½ cups salted caramel	½ cup Nutella
pretzel pieces	1 jar (7 oz.)
12 Lorna Doone shortbread cookies	marshmallow creme 1 carton (8 oz.)
¼ cup sugar	frozen whipped topping, thawed
6 Tbsp. butter, melted	1 cup miniature marshmallows
5 Tbsp. caramel topping, divided	1 Snickers candy bar (1.86 oz.), chopped

1. Place pretzel pieces and cookies in a food processor; pulse until fine crumbs form. Add sugar and melted butter; pulse just until blended. Press onto bottom and sides of a 9-in. pie plate. Drizzle with 3 Tbsp. caramel topping. Freeze while preparing filling.
 2. For filling, beat cream cheese and Nutella until smooth. Gradually beat in marshmallow creme. Gently fold in whipped topping and marshmallows. Spoon into crust.
 3. Refrigerate until set, 3-4 hours. Top with chopped candy and remaining caramel topping before serving.
- PER SERVING** 663 cal., 35g fat (19g sat. fat), 60mg chol., 327mg sod., 74g carb. (57g sugars, 1g fiber), 6g pro.

SIMPLE & DELICIOUS NO-BAKE TREATS CONTEST 2018

Mango Almond Icebox Cake

PREP: 35 min. + chilling • MAKES: 12 servings

1 cup water	½ tsp. vanilla extract
½ cup sugar	2 cups heavy whipping cream
¼ tsp. almond extract	22 crisp ladyfinger cookies
1 pkg. (16 oz.) frozen mango	1 pkg. (5 oz.) miniature meringue cookies, coarsely crushed
4 oz. cream cheese, softened	1 cup sliced almonds sugar

1. For syrup, place water in a microwave-safe bowl; microwave on high 30 seconds. Stir in sugar and extract until sugar is dissolved; cool completely.
 2. Finely chop ¼ cup mango chunks; place in a large bowl. Add cream cheese, confectioners' sugar and vanilla; beat until blended. In another bowl, beat cream until stiff peaks form; fold into mango mixture.
 3. To assemble, line bottom of a 9-in. springform pan with 11 ladyfingers; slowly drizzle with half of the syrup.
 4. Layer with half of each of the following: cream mixture, meringue cookies, remaining mango and almonds. Repeat layers. Refrigerate, covered, 8 hours or overnight. To serve, loosen sides from pan with a knife; remove rim.
- PER SERVING** 389 cal., 22g fat (11g sat. fat), 71mg chol., 72mg sod., 45g carb. (38g sugars, 2g fiber), 5g pro.

SIMPLE & DELICIOUS NO-BAKE TREATS CONTEST 2018



CLIP
ME!

Frozen Peanut Butter & Chocolate Terrine

This terrine can be made ahead of time and stored in the freezer. When served, it has that wow factor with the lovely layers of banana, peanut butter and chocolate.

—Jennifer Jackson, Keller, TX



FAST FIX **Crunchy Chocolate Clusters**

This easy candy has a south-of-the-border flavor with cinnamon, chocolate and coffee. Sweet, salty and crunchy, it's a great no-bake treat.

—Roxanne Chan, Albany, CA



FAST FIX Crunchy Chocolate Clusters

TAKES: 25 min. • **MAKES:** ¾ lb. (12 pieces)

¾ cup coarsely crushed pretzels	½ tsp. instant coffee granules
¼ cup raisins	¼ tsp. ground cinnamon
2 Tbsp. pine nuts, toasted	¼ cup sour cream
1⅓ cups (8 oz.) semisweet chocolate chips	Coarse sea salt

1. Place pretzels, raisins and pine nuts in a bowl. In a microwave, melt chocolate chips; stir until smooth. Stir in coffee granules, cinnamon and sour cream. To rewarm, microwave in additional 5- to 10-second intervals. Add to pretzel mixture; toss until combined.
 2. Drop mixture by heaping tablespoonfuls onto a waxed paper-lined baking sheet. Sprinkle with salt.
 3. Refrigerate until set, about 10 minutes. Store in an airtight container in the refrigerator.
- PER PIECE** 139 cal., 8g fat (4g sat. fat), 1mg chol., 86mg sod., 19g carb. (12g sugars, 1g fiber), 2g pro.

Frozen Peanut Butter & Chocolate Terrine

PREP: 30 min. + freezing • **MAKES:** 12 servings

15 Nutter Butter cookies, crushed	1 medium banana, sliced
1 carton (16 oz.) mascarpone cheese	1 cup semisweet chocolate chips,
1 cup sugar	melted and cooled slightly
2 tsp. vanilla extract	1 Tbsp. baking cocoa
1 carton (8 oz.) frozen whipped topping, thawed	1 cup chunky peanut butter

1. Line a 9x5-in. loaf pan with plastic wrap, letting edges extend up all sides. Sprinkle with a third of the crushed cookies.
 2. In a bowl, mix mascarpone cheese, sugar and vanilla; fold in whipped topping. Divide mixture evenly among three bowls.
 3. To one portion, fold in sliced banana; add to loaf pan, spreading evenly. Repeat cookie layer. To the second portion, stir in melted chocolate and cocoa; add to loaf pan. Sprinkle with remaining cookies. To the third portion, stir in peanut butter. Spread over top.
 4. Freeze, covered, until firm, at least 5 hours. To serve, invert onto a platter; remove plastic wrap. Cut in slices.
- PER SERVING** 568 cal., 39g fat (18g sat. fat), 47mg chol., 190mg sod., 49g carb. (38g sugars, 3g fiber), 10g pro.



EAT SMART

Creamy Layered Blueberry Ice Pops

These delicious pops could also be made with raspberries or blackberries. The rosemary sprig and lemon peel bring an added layer of brightness.

—Gloria Bradley, Naperville, IL



No-Bake Chocolate Chip Cannoli Cheesecake

I like to make this cheesecake in the summer, since it's flavorful and refreshing. Not needing to turn on the oven and heat the house up is an added bonus.

—Kristen Heigl, Staten Island, NY



No-Bake Chocolate Chip Cannoli Cheesecake

PREP: 25 min. + chilling • MAKES: 8 servings

1 pkg. (4 oz.) cannoli shells	1/2 tsp. grated orange zest
1/2 cup sugar	1/4 tsp. ground cinnamon
1/2 cup graham cracker crumbs	3/4 cup part-skim ricotta cheese
1/3 cup butter, melted	1 tsp. vanilla extract
FILLING	
2 pkg. (8 oz. each) cream cheese, softened	1/2 tsp. rum extract
1 cup confectioners' sugar	1/2 cup miniature semisweet chocolate chips
	Chopped pistachios, optional

1. Pulse cannoli shells in a food processor until coarse crumbs form. Add sugar, cracker crumbs and melted butter; pulse just until combined. Press onto bottom and sides of a greased 9-in. pie plate. Refrigerate until firm, about 1 hour.
 2. Beat first four filling ingredients until blended. Beat in ricotta cheese and extracts. Stir in chocolate chips. Spread into crust.
 3. Refrigerate, covered, until set, about 4 hours. If desired, top with pistachios.
- PER SERVING** 548 cal., 36g fat (20g sat. fat), 88mg chol., 292mg sod., 51g carb. (38g sugars, 1g fiber), 8g pro.

SIMPLE & DELICIOUS NO-BAKE TREATS CONTEST 2018

EAT SMART

Creamy Layered Blueberry Ice Pops

PREP: 25 min. + freezing • COOK: 10 min. + cooling

MAKES: 10 servings

1/3 cup agave nectar	2 Tbsp. sugar
1/4 cup water	2 1/4 cups frozen whipped topping, thawed
1 fresh rosemary sprig	10 freezer pop molds
1 lemon zest strip (2 in.)	10 or 10 paper cups and wooden pop sticks
1 Tbsp. lemon juice	
2 cups fresh or frozen blueberries	

1. For lemon syrup, place the first four ingredients in a saucepan; bring to a boil, stirring occasionally. Remove from heat; let stand, covered, for 10 minutes. Remove rosemary and lemon zest. Stir in lemon juice; cool.
2. Place blueberries and sugar in saucepan; cook and stir over medium heat until berries pop. Cool completely.
3. To assemble, cut a small hole in a corner of a food-safe plastic bag. Add whipped topping to lemon syrup, whisking to blend. Transfer half of the mixture to the prepared bag; pipe into molds. Layer with blueberries. Pipe remaining whipped topping mixture over top. Close molds with holders. For paper cups, top with foil and insert sticks through foil.
4. Freeze until firm, about 4 hours. To serve, dip pop molds briefly in warm water before removing.

PER SERVING 104 cal., 3g fat (3g sat. fat), 0 chol., 0 sod., 19g carb. (18g sugars, 1g fiber), 0 pro.

SIMPLE & DELICIOUS NO-BAKE TREATS CONTEST 2018



CLIP
ME!

Banana Cream Chocolate Truffles

This recipe was created from ripe bananas and my imagination, and the outcome blew my family and friends away! I don't particularly like bananas, but I could eat these chocolaty truffles all day long.

—Michele Lassuy, Orlando, FL



Triple Chocolate Mousse Torte

When it's too hot to bake but you're craving chocolate, this tart is all you need. The layers don't have to be in any specific order, so get creative.

—Samantha Hernandez, Vacaville, CA



Triple Chocolate Mousse Torte

PREP: 35 min. + chilling • COOK: 20 min. + cooling

MAKES: 16 servings

18	Oreo cookies	4½	cups heavy whipping cream, divided
⅓	cup butter, melted		
6	tsp. unflavored gelatin, divided	5	oz. milk chocolate, chopped
3	Tbsp. cold water, divided	5	oz. white baking chocolate, chopped
5	oz. bittersweet chocolate, chopped	2	tsp. vanilla extract

1. Pulse cookies in a food processor until finely ground. Add melted butter; pulse until combined. Press onto bottom of a greased 9-in. springform pan. Chill.

2. In a saucepan, sprinkle 2 tsp. gelatin over 1 Tbsp. cold water; let stand for 1 minute. Heat and stir over low heat until gelatin is completely dissolved; remove from heat.

3. Melt the bittersweet chocolate in ½ cup cream in a double boiler. Stir in gelatin mixture. Transfer to a bowl; cool. Repeat twice with milk and white chocolates.

4. Beat vanilla and remaining 3 cups cream until stiff peaks form. Fold 2 cups of whipped cream into cooled bittersweet chocolate; spread over the crust. Chill for 30 minutes. Repeat twice with remaining chocolates, keeping whipped cream chilled until needed.

5. Cover and chill 4 hours before serving.

PER SERVING 467 cal., 39g fat (24g sat. fat), 90mg chol., 112mg sod., 24g carb. (19g sugars, 1g fiber), 5g pro.

SIMPLE & DELICIOUS NO-BAKE TREATS CONTEST 2018

Banana Cream Chocolate Truffles

PREP: 35 min. + freezing • MAKES: about 4 dozen

1	pkg. (14.3 oz.) Golden Oreo cookies	1	lb. milk chocolate candy coating, melted
1	pkg. (8 oz.) cream cheese, softened		Dried banana chips, coarsely crushed
2	tsp. banana extract		
⅓	cup mashed ripe banana		

1. Pulse cookies in a food processor until fine crumbs form. In a bowl, beat cream cheese and extract until blended. Beat in banana. Stir in cookie crumbs. Freeze, covered, until firm enough to shape, about 2 hours.

2. Shape mixture into 1-in. balls. Dip cookie balls in candy coating; place on waxed paper-lined baking sheets. Top immediately with banana chips.

3. Refrigerate until set, about 30 minutes. Store in an airtight container in the refrigerator.

PER TRUFFLE 110 cal., 6g fat (4g sat. fat), 5mg chol., 45mg sod., 13g carb. (9g sugars, 0 fiber), 1g pro.

TEST KITCHEN TIPS

- To coat the truffles, we used two forks to dip and turn them in the chocolate coating.
- To crush the banana chips, place them in a zip-top plastic bag and pound them with a meat mallet or rolling pin until broken.

SIMPLE & DELICIOUS NO-BAKE TREATS CONTEST 2018



CLIP
ME!

Pina Colada Icebox Cake

This creamy icebox cake has all the flavors of a pina colada. It takes just one bite to escape to a tropical island!

—Rachel Lewis, Danville, VA [field editor](#)



Chocolate Marshmallow Peanut Butter Squares

I combined a few recipes to create these crunchy, fudgy bars bursting with peanut butter flavor, marshmallows and crunchy pretzel pieces.

—Dawn Lowenstein, Huntingdon Valley, PA [field editor](#)



Chocolate Marshmallow Peanut Butter Squares

PREP: 15 min. + chilling • COOK: 5 min. • MAKES: 5 dozen

1 can (14 oz.) sweetened condensed milk	1/2 cup creamy peanut butter
1 pkg. (11 oz.) peanut butter and milk chocolate chips	1 tsp. vanilla extract
1/2 cup milk chocolate chips	1 1/2 cups miniature marshmallows
	1 cup broken miniature pretzels
	1 cup Rice Krispies

1. Place first five ingredients in a large heavy saucepan; cook and stir over low heat until smooth and blended, about 5 minutes (mixture will be very thick). Remove from heat; stir in remaining ingredients. Spread into a greased 13x9-in. pan.

2. Refrigerate, covered, until firm, about 4 hours. Cut into squares. Store in an airtight container in the refrigerator.

PER SQUARE 85 cal., 4g fat (2g sat. fat), 3mg chol., 50mg sod., 12g carb. (8g sugars, 0 fiber), 1g pro.

TEST KITCHEN TIPS

- For easier cutting, line the pan with greased foil, letting the ends extend up the sides. This makes it simple to pull the candy out and cut even pieces without scratching your pan.
- For more of a rocky road visual, sprinkle the top with chopped peanuts.

SIMPLE & DELICIOUS NO-BAKE TREATS CONTEST 2018

Pina Colada Icebox Cake

PREP: 25 min. + chilling • MAKES: 12 servings

1 pkg. (8 oz.) cream cheese, softened	15 whole graham crackers
1/2 cup confectioners' sugar	1 can (20 oz.) crushed pineapple, drained
1/2 tsp. rum extract	1 cup sweetened shredded coconut,
1 can (13.66 oz.) coconut milk, divided	toasted
1 pkg. (3.4 oz.) instant vanilla pudding mix	
1 container (8 oz.) frozen whipped topping, thawed	

1. In a bowl, beat first three ingredients until smooth. Gradually beat in 1 cup coconut milk. Add pudding mix; beat on low until smooth. Fold in whipped topping.

2. Pour remaining coconut milk into a dish. Dip half of the graham crackers into milk; allow excess to drip off. Arrange in a single layer in the bottom of a 13x9-in. dish; break to fit as needed. Layer with half each of the cream cheese mixture, pineapple and coconut. Repeat layers. Refrigerate, covered, for 4 hours before serving.

NOTE To toast coconut, bake in a shallow pan in a 350° oven for 5-10 minutes or cook in a skillet over low heat until golden brown, stirring occasionally.

PER SERVING 377 cal., 20g fat (15g sat. fat), 19mg chol., 259mg sod., 47g carb. (33g sugars, 1g fiber), 3g pro.

SIMPLE & DELICIOUS NO-BAKE TREATS CONTEST 2018



CLIP ME!

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The Inside Scoop

Shelly Bevington dishes on her super cool and creamy contest winner.

Q: What inspired you to make this strawberry-packed gelato?

A: After taking an ice cream/gelato workshop in Walla Walla, Washington, I was inspired to create my own recipe. I received an ice cream maker attachment as a Christmas gift from my brother, and using techniques I learned in class, I adjusted a recipe using fresh strawberries picked from my mom's garden.

What else do you like to whip up when spring comes along?

I love to make veggie pizzas using all the fresh produce popping up around that time—my all-time favorite spring vegetable is asparagus.

Shelly's Strawberry Gelato recipe is on page 76.



Spread the
Recipe
Love

Join in at [tasteofhome.com/submit](https://www.tasteofhome.com/submit) to show us your standout recipes. You could see them in *Simple & Delicious*. We're hungry for your best takes on:

SLOW-COOKED & FRESH Take the garden's first fresh crop and turn it into something spectacular. We want slow-cooked recipes that use spring's favorite ingredients, like sausage-stuffed artichokes, primavera chicken soup, mushroom risotto with peas, and pork tacos with rhubarb salsa. Share your freshest, most flavorful slow cooker stars.

WHOLE GRAIN GOODNESS Send your recipes that prove grains are the greatest. Think brown rice breakfast porridge, lemony quinoa salad with basil, beef barley soup and soft oatmeal peanut butter cookies. If it's hearty, happy and packed with whole grain goodness, we want to dig in!



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When submitting recipes, be specific with directions,

Get *Pinspired!*

It's party season! Time to find make-and-take inspiration on our Potluck Salads Pinterest board. **tasteofhome.com/potlucksaladpins**



Bow Tie & Spinach Salad

measurements and sizes of cans, packages and pans. Each recipe must be your original work. You may use other recipes for inspiration, but you must make your own unique ingredient and cooking instruction changes for the recipe to be considered. Please share a few words about the recipe and yourself. (For recipe contest entries, follow the directions on *page 87*.)

Although we are unable to acknowledge receipt of submissions, we'll let you know if they're published.

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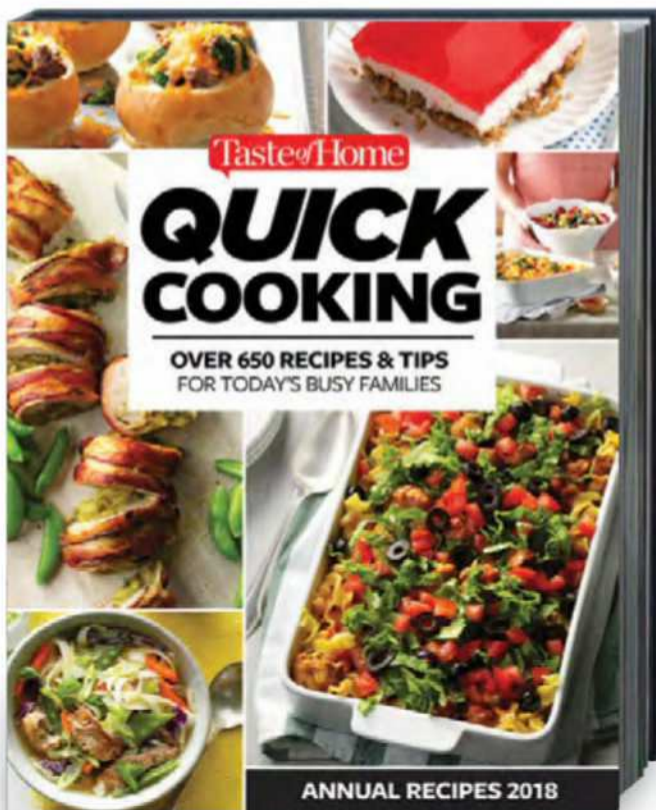
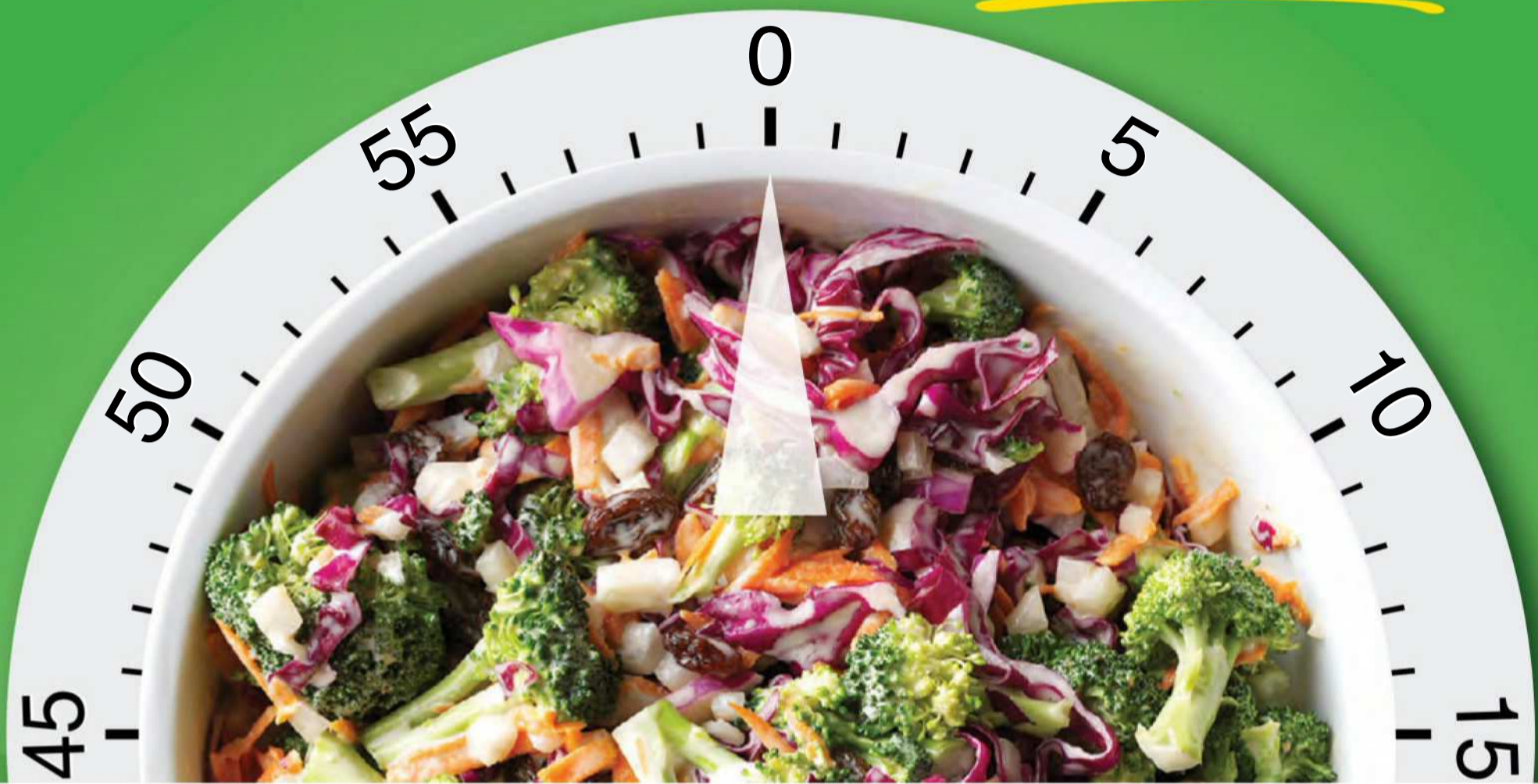
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