

SHOP NUT BUTTERS COOK SUPERFOOD SANDWICHES LIVE HALLOWEEN PARTY IDEAS



fresh

SEPTEMBER-OCTOBER 2016

GRILLED APPLES TAKE THIS EASY DINNER TO THE NEXT LEVEL!

SIMPLE SUPPERS

30 recipes and smart strategies for eating well all week long

\$3.00
or free with purchase of \$25 or more

SHOP
mix it up

Greek Yogurt, Three Ways

A chef, a restaurateur, and a dietitian share their favorite ways to dress up the ultimate blank canvas: a bowl of thick, tangy plain Greek yogurt. —C.H.



For Lunch:

DAVE BECKER

CHEF, JUNIPER

At his lively Mediterranean restaurant, Juniper, Becker serves the classic Greek dip tzatziki alongside flatbread as a starter. At home, he uses it as a spread on sandwiches or as an on-the-fly salad dressing.

13 Central St.,
Wellesley, MA,
781-446-6950,
juniperwellesley.com.

TZATZIKI

Mix together 1 cup Greek yogurt, ¼ cup chopped cucumber, 1 tablespoon lemon juice, 2 teaspoons chopped fresh mint, and ½ teaspoon minced garlic; season with salt and pepper to taste.

For a Snack:

KAMEL JAMAL

OWNER, BEACON BREAD COMPANY

At Hudson Valley breakfast spot Beacon Bread, couple (and business partners) Kamel and Lena Jamal top house-made yogurt with berries and granola. Off the clock, however, one of their favorite yogurt snacks draws earthy flavor—and a vibrant swirl of color—from a familiar root vegetable. 193 Main St., Beacon, NY, 845-838-2867, beaconbread.com.

SALTED BEET

Top 1 cup Greek yogurt with ¼ cup chopped roasted beets, a drizzle of extra-virgin olive oil, and a pinch of coarse sea salt.

For Breakfast:

HEIDI KERMAN

HANNAFORD DIETITIAN

In the fall, Kerman suggests whipping up a seasonal treat that, thanks to pureed pumpkin, sneaks in a serving of veggies. She prefers Greek yogurt to regular—"It's higher in protein, lower in sugar, and more filling," she says.

Londonderry and Bedford, New Hampshire, stores

PUMPKIN SPICE

Stir together 1 cup Greek yogurt, ½ cup pumpkin purée, 1 tablespoon maple syrup, and ½ teaspoon pumpkin pie spice; top with ¼ cup maple-pecan granola.



SAVE A STEP

Pick up a package of precooked beets in the produce section.