

WHERE GOOD TASTE MEETS GOOD HEALTH

EatingWell®

JULY/AUGUST 2019

27 WAYS TO

Crush the Farmers' Market

NOW
FEATURING
THE BEST OF
**Cooking
Light**

**ALL THE
SUMMER
RECIPES
YOU NEED**

- DINNERS
- DESSERTS
- PARTIES

Stay Hydrated

(5 ways that are much
tastier than H₂O! p.68)

2019
**AMERICAN
FOOD
HEROES**

From protecting pollinators
to improving school lunches,
what can't they do? p.80

Grilled Skirt
Steak with
Corn-Tomato
Relish (p.105)



FEASTING ON THE LAND

Kristin Canty believes in the power of food to nourish the body and heal the environment.

Her passion inspired her to make a documentary, *Farmageddon*, about the demise of family farms, and open a restaurant (soon to be three). Plus she started a farm to supply meat to the restaurants. Her zeal also informs the celebration she holds as the short but intense growing season peaks at The Farm at Woods Hill in New Hampshire. Canty brings her farm crew and their families together for a dinner cooked by Charlie Foster, who's the executive chef at her Massachusetts restaurants, Woods Hill Table and Adelita.

The meat—tender braised pork as well as grilled hanger steak—comes from animals raised by this team. All the animals at Woods Hill, including sheep, cows, pigs, ducks and chickens, are grazed in rotation from one lush, nutrient-dense pasture to another. Chef Foster partners with local farms to source organic vegetables; he whips absurdly fragrant tomatoes into gazpacho and pairs them with corn and peppers for a salad. As the sun dips low and the group gathers to feast, they raise glasses in thanks, evidence of their hard work and the rewards of Canty's deeply held beliefs all around them.

LEIGH BEISCH

Food Photography

NINA GALLANT

Location Photography

CHARLIE FOSTER

Recipes

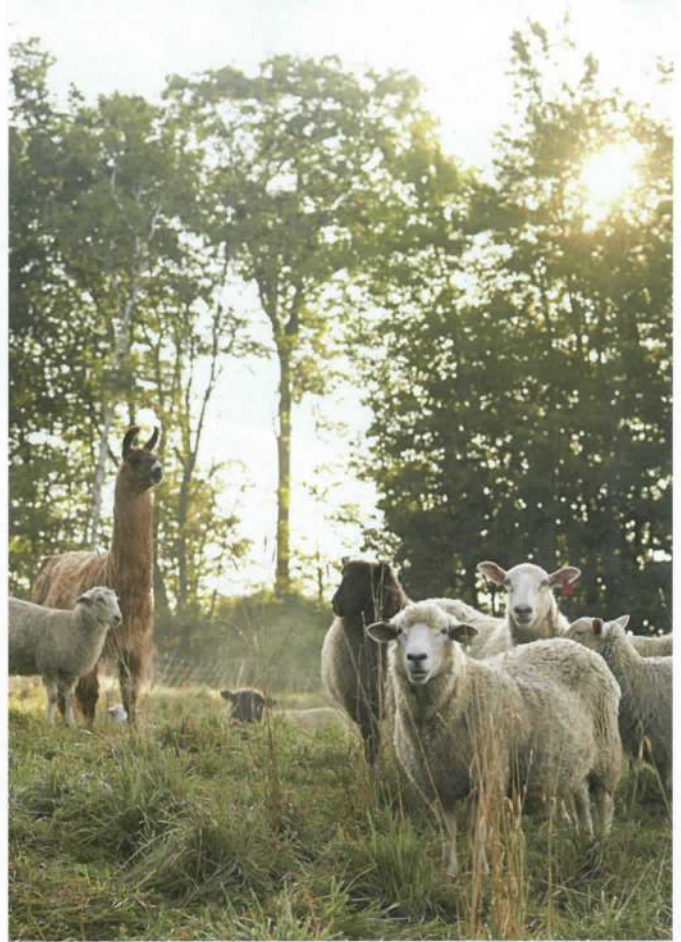




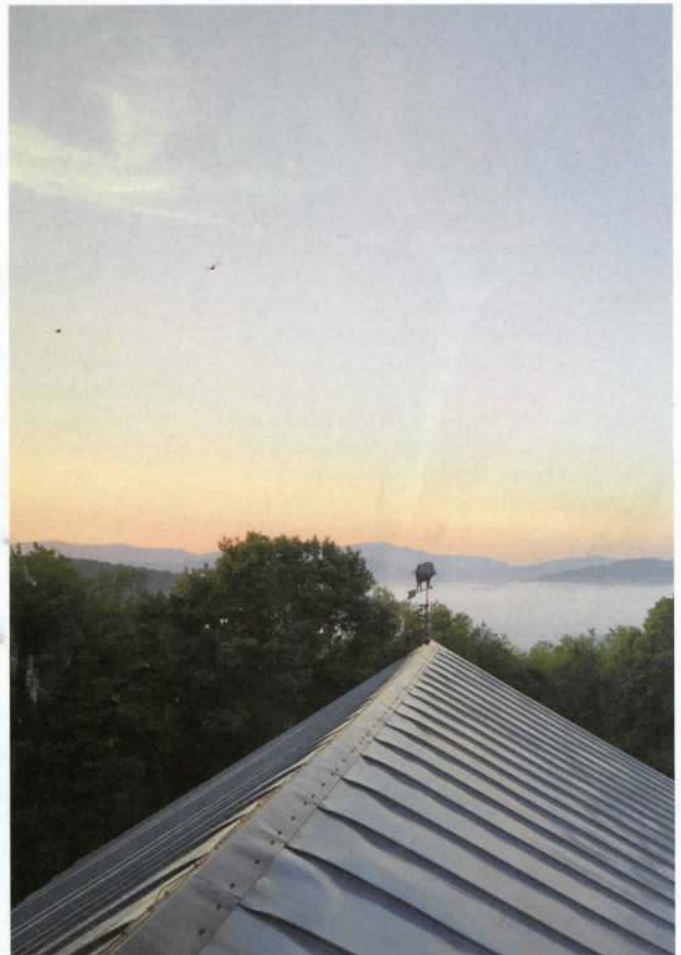
GRILLED HANGER STEAK
with Stuffed Squash Blossoms
& Crispy Onions (p.116)



**HEIRLOOM
TOMATO SALAD**
with Charred Corn &
Pepper Salsa (p.115)



Clockwise from top left: Kristin Canty (right) works with farm manager Amber Reed (left) to make sure all the livestock at The Farm at Woods Hill have access to verdant pasture and are raised humanely. Reed says this makes the animals and the land healthier. • Michelle O'Llama stands guard over the sheep, protecting them from predators like coyotes and eagles. • Fog hangs low in the valley that stretches from the farm east to the White Mountains. • The ducks, which are used for their meat as well as their eggs at Woods Hill Table, are so well-trained they put themselves to bed in the barn as the sun goes down.





SUMMER TOMATO
GAZPACHO

Summer Tomato Gazpacho

ACTIVE: 25 min TOTAL: 1 hr 25 min

TO MAKE AHEAD: Prepare through Step 1 and refrigerate overnight.

Gazpacho is a great way to use less-than-beautiful-but-still-great-tasting tomatoes since they get whirled up in a food processor. The chilled soup is served here with Mexican sour gherkins—bite-size cucumbers that look like mini watermelons and have a slightly sour flavor. Look for them at your farmers' market.

- 3 pounds heirloom tomatoes, chopped**
- ¾ cup chopped red bell pepper**
- ¾ cup chopped cucumber**
- 2 medium cloves garlic, chopped**
- 1 teaspoon salt**
- 2 tablespoons sherry vinegar**
- 4 tablespoons extra-virgin olive oil, divided, plus more for garnish**
- 3 ounces country bread, chopped (2 cups)**
- Sliced Mexican sour gherkin cucumbers or English cucumber for garnish**
- Ground pepper for garnish**

1. Combine tomatoes, bell pepper, cucumber, garlic and salt in a large bowl. Add vinegar, 1 tablespoon oil and bread and toss to combine. Let stand at room temperature for 1 hour or refrigerate overnight.

2. Transfer half of the tomato mixture to a food processor. With the motor running, slowly add 1½ tablespoons oil and process until chunky for a rustic gazpacho or puree for a smooth one. Transfer to a bowl. Repeat with the remaining tomato mixture and 1½ tablespoons oil.

3. Serve topped with cucumber slices, pepper and more oil, if desired.

SERVES 6: about 1 cup each

CAL 176 / FAT 10G (SAT 1G) / CHOL 0MG / CARBS 18G / TOTAL SUGARS 8G (ADDED 0G) / PROTEIN 4G / FIBER 4G / SODIUM 475MG / POTASSIUM 604MG.

Grilled Chicken with Dirty Wild Rice

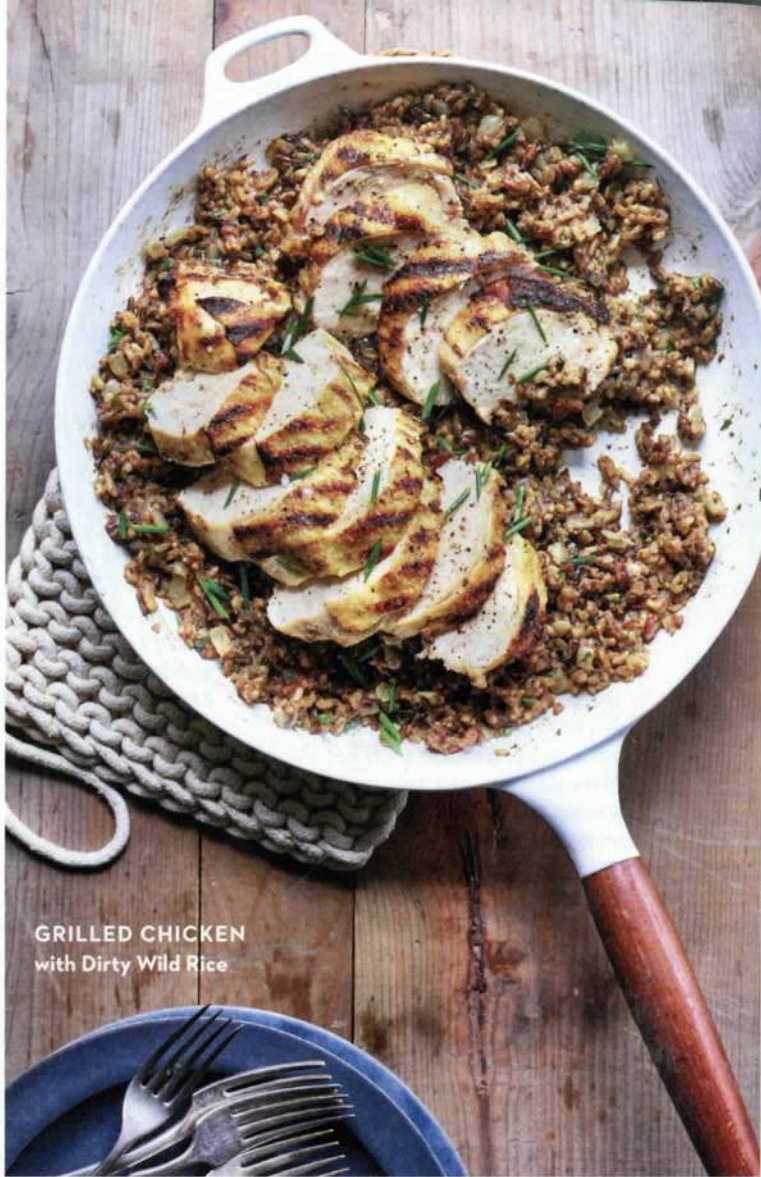
ACTIVE: 35 min TOTAL: 1¼ hrs

Foster believes in the nose-to-tail ethos so he uses as much of each animal as he can. Here chicken livers are incorporated into a take on Southern dirty rice to go with chicken breasts. Serve with grilled wild mushrooms and greens.

- 4 tablespoons extra-virgin olive oil, divided**
- 3 cloves garlic (1 crushed, 2 minced), divided**
- 1 bay leaf**
- 1 cup wild rice**
- 3 cups low-sodium chicken broth**
- 1 cup diced yellow onion**
- 3 ounces chicken livers**
- 2 tablespoons butter, softened**
- 1 tablespoon minced fresh chives**
- 1 tablespoon minced fresh parsley**
- 1 tablespoon lemon juice**
- 1 teaspoon kosher salt, divided**
- 1 teaspoon ground pepper, divided**
- 2 bone-in, skin-on chicken breasts (about 2 pounds total)**



Charlie Foster (standing) is 100 percent on board with Canty's mission: "Having an ecological impact based on the meat and vegetables we're using, the fish we buy, and educating people about that, that's what I want to be doing." • Hens search for lunchtime bugs.



GRILLED CHICKEN
with Dirty Wild Rice

- Heat 2 tablespoons oil in a large saucepan over medium heat. Add crushed garlic and bay leaf and cook, stirring, for 1 minute. Add rice and cook, stirring, for 30 seconds. Add broth and bring to a boil. Reduce heat to low, cover and simmer until the rice is tender, about 1 hour.
- Meanwhile, heat the remaining 2 tablespoons oil, minced garlic and onion in a medium skillet over medium-low heat. Cook, stirring occasionally, until very soft but not browned, about 10 minutes.
- Puree chicken livers and butter in a mini food processor.
- Preheat grill to medium-high.
- As soon as the rice is done, drain and return to the pot. (You'll be using the residual heat to cook the liver.) Using a spatula, add the liver mixture, the onion mixture, chives, parsley, lemon juice and ½ teaspoon each salt and pepper to the rice. Stir rapidly to evenly incorporate the liver for a smooth, uniform texture. Cover and keep warm.
- Sprinkle chicken with the remaining ½ teaspoon each salt and pepper. Grill the chicken, turning occasionally, until an instant-read

thermometer inserted in the thickest part without touching bone registers 160°F, about 20 minutes total. Transfer the chicken to a clean cutting board and let rest for 5 minutes. Keeping the skin on, cut the meat from the bone and slice. Serve with the rice.

SERVES 5: 3 oz. chicken & ⅔ cup rice each
CAL 472 / FAT 21G (SAT 6G) / CHOL 157MG / CARBS 33G / TOTAL SUGARS 3G (ADDED 0G) / PROTEIN 38G / FIBER 3G / SODIUM 499MG / POTASSIUM 753MG.

Heirloom Tomato Salad with Charred Corn & Pepper Salsa

ACTIVE: 30 min **TOTAL:** 30 min

The roasted pepper and corn salsa that tops this gorgeous salad has a kick from the tart sherry vinegar and moderately spicy and fruity Aleppo pepper. Red-wine vinegar and ground ancho chile are good alternatives. (Photo: page 112.)

- 4 ears corn, husked**
- 1 cup chopped jarred roasted red peppers, liquid in the jar reserved**
- 2 tablespoons extra-virgin olive oil**

- 2 tablespoons sherry vinegar plus 2 teaspoons, divided**
 - 1¼ teaspoons Aleppo pepper, divided**
 - ½ teaspoon chopped fresh summer savory or oregano**
 - 2¼ pounds heirloom tomatoes**
 - ¾ teaspoon flaky sea salt**
 - ½ cup crumbled queso fresco**
- Preheat grill to medium-high.
 - Grill corn, turning occasionally, until lightly charred and tender, 8 to 12 minutes total.
 - Cut the kernels from the cobs. Combine in a medium bowl with roasted red peppers, 2 teaspoons of the liquid from the jar, oil, 2 tablespoons vinegar, 1 teaspoon Aleppo pepper and savory (or oregano).
 - Slice tomatoes. Toss with salt and the remaining 2 teaspoons vinegar in a large bowl. Arrange the tomatoes on a platter and top with the corn salsa, queso fresco and the remaining ¼ teaspoon Aleppo pepper.
- SERVES 10:** 1 cup each
CAL 104 / FAT 5G (SAT 1G) / CHOL 4MG / CARBS 13G / TOTAL SUGARS 6G (ADDED 0G) / PROTEIN 3G / FIBER 2G / SODIUM 348MG / POTASSIUM 364MG.

Creamy Cavatelli with Braised Pork, Shishito Peppers & Basil

ACTIVE: 25 min TOTAL: 25 min

Mayonnaise adds great tang and texture to this pasta—who knew? Black garlic, which is fermented, offers a sweeter, more mellow flavor than fresh. Find it at well-stocked supermarkets or substitute cloves of roasted garlic.

- 8 ounces cavatelli or orecchiette pasta
- 1 tablespoon extra-virgin olive oil
- 1 cup cherry tomatoes, halved
- 4 cloves garlic, thinly sliced
- 8 cloves black garlic, chopped
- 1 cup chopped shishito peppers
- 2 cups shredded braised pork (recipe follows)
- ½ cup torn fresh basil leaves
- 5 tablespoons mayonnaise
- 1 tablespoon sherry vinegar
- ¼ teaspoon kosher salt

1. Bring a large pot of water to a boil. Cook pasta according to package directions. Reserve 1 cup of the cooking water, then drain.
2. Meanwhile, heat oil in a large skillet over medium heat. Add tomatoes, garlic and black garlic. Cook, stirring, until the tomatoes start to soften, 2 to 4 minutes. Add peppers; cook, stirring, until tender, about 2 minutes. Stir in the pasta, pork and ½ cup cooking water. Cook, stirring gently, until coated, about 2 minutes, adding more cooking water as needed.
3. Remove from heat and stir in basil, mayonnaise, vinegar and salt. Toss to evenly coat.

SERVES 5: about 1 cup each

CAL 506 / FAT 26G (SAT 6G) / CHOL 61MG / CARBS 41G / TOTAL SUGARS 5G (ADDED 0G) / PROTEIN 23G / FIBER 3G / SODIUM 466MG / POTASSIUM 551MG.

Red Wine-Braised Pork

ACTIVE: 30 min TOTAL: 2½ hrs

TO MAKE AHEAD: Refrigerate for up to 3 days. This basic braised pork recipe goes into the creamy cavatelli pasta, and the good news is you'll have some left over. Try it stuffed into a sandwich with provolone and peppers or on top of a pizza.

- 2 pounds boneless pork shoulder, trimmed and cut into 4 pieces
- 1 teaspoon kosher salt
- ¾ teaspoon ground pepper
- 1 tablespoon extra-virgin olive oil
- 1 cup chopped onion
- ½ cup chopped carrot
- ½ cup chopped celery
- 2 cloves garlic, minced
- 4 sprigs fresh thyme
- 1 bay leaf
- 2 tablespoons tomato paste
- 1 cup dry red wine
- 2 cups low-sodium beef broth
- 1 cup water

1. Preheat oven to 325°F.
2. Season pork with salt and pepper. Heat oil in a large ovenproof pot over medium-high heat.

Add the pork and cook, turning occasionally, until browned on all sides, about 6 minutes. Transfer to a clean plate.

3. Reduce heat to medium-low and add onion, carrot and celery to the pot; cook, stirring occasionally, until soft but not browned, about 5 minutes. Add garlic, thyme and bay leaf; cook, stirring, for 1 minute. Add tomato paste and cook, stirring, for 30 seconds. Increase heat to medium and add wine. Cook, scraping up any browned bits, until the wine is reduced by half, about 2 minutes. Stir in broth and water. Return the pork and any accumulated juices to the pot, nestling it into the liquid.

4. Cover the pot and transfer to the oven. Bake until the meat is very tender, 2 to 3 hours.

5. Using 2 forks, shred the pork. Serve with the sauce, if desired.

SERVES 8: ½ cup each

CAL 257 / FAT 15G (SAT 5G) / CHOL 69MG / CARBS 5G / TOTAL SUGARS 2G (ADDED 0G) / PROTEIN 20G / FIBER 1G / SODIUM 347MG / POTASSIUM 432MG.

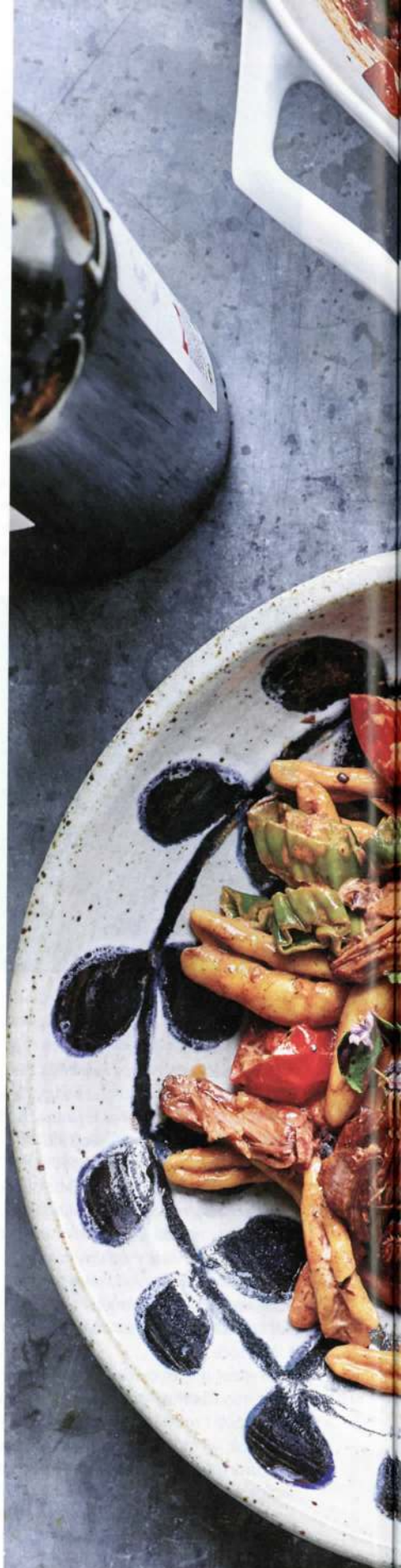
Grilled Hanger Steak with Stuffed Squash Blossoms & Crispy Onions

ACTIVE: 1 hr TOTAL: 1 hr

Hanger steak is inherently tender and has great flavor. Here it's paired with a side of stuffed squash blossoms that are baked rather than getting the more typical battered-and-fried treatment. (Photo: page 111.)

- 1 cup chopped fresh parsley
- 4 tablespoons extra-virgin olive oil, divided
- ½ teaspoon grated lemon zest
- 1½ teaspoons lemon juice
- 1 small clove garlic, grated
- ½ teaspoon anchovy paste
- ½ teaspoon crushed red pepper
- ½ teaspoon kosher salt, divided
- ½ teaspoon ground pepper, divided
- ¼ cup toasted fresh breadcrumbs
- 2 medium zucchini (about 12 ounces total), shredded
- 1 tablespoon butter
- 2 shallots, minced
- ¼ cup crème fraîche
- 1 teaspoon chopped fresh tarragon
- Pinch of cayenne pepper
- 12 squash blossoms
- 1 pound hanger or flank steak, trimmed
- ¼ cup store-bought crispy onions

1. Preheat oven to 325°F. Preheat grill to medium-high.
2. Combine parsley, 2 tablespoons oil, lemon zest, lemon juice, garlic, anchovy paste, crushed red pepper and ¼ teaspoon each salt and pepper in a medium bowl. Stir in breadcrumbs and set aside.
3. Place zucchini in a clean kitchen towel and squeeze to remove as much moisture as possible. Heat butter in a medium skillet over medium heat. Add shallots and cook until soft but not browned, about 30 seconds. Add the zucchini and cook, stirring occasionally, until





WINE PAIRINGS

GAZPACHO Tomatoes and vinegar command a high-acid white wine, like the **2017 Inama Vin Soave Classico**, Italy (\$12), made from 100% garganega grapes.

GRILLED CHICKEN With juicy peach aromas and a touch of creaminess, the **2017 Poco a Poco Chardonnay**, Mendocino County, CA (\$18), melts in your mouth alongside the dirty rice.

TOMATO SALAD Pair the ultimate summer salad with the ultimate summer wine: rosé.

One of our favorites is the budget-friendly **2018 VRAC Rosé, Vin de Pays**, France (\$10).

CAVATELLI The piggy on the label of the **2014 "Gertrude" La Maialina**, Toscana, Italy (\$13), is not just cute, it's a sign of what to serve this wine with.

HANGER STEAK A medium-bodied red, like the **2016 Viña Cobos by Paul Hobbs "Felino" Cabernet Sauvignon**, Mendoza, Argentina (\$21), stands up to the steak without overpowering the squash blossoms.

just tender, about 2 minutes. Transfer to a bowl and stir in crème fraîche, tarragon and cayenne.

4. Carefully open squash blossoms without tearing the petals and remove the stamens. If stems are attached, trim to ¼ inch. Stuff each blossom with about 1 tablespoon of the zucchini mixture, gently closing the petals around the filling. Arrange on a baking sheet and drizzle with the remaining 2 tablespoons oil.

5. Season steak with the remaining ¼ teaspoon each salt and pepper. Grill for 2 to 5 minutes per side for medium-rare. Transfer to a clean cutting board and let rest for 10 minutes.

6. Meanwhile, bake the squash blossoms until the filling is hot and bubbly, 10 to 12 minutes.

7. Slice the steak, top with the onions and the reserved parsley sauce, and serve with the squash blossoms.

SERVES 4: 3 oz. steak, 3 squash blossoms & 2 Tbsp. sauce each

CAL 464 / FAT 33G (SAT 11G) / CHOL 90MG / CARBS 13G / TOTAL SUGARS 4G (ADDED 0G) / PROTEIN 27G / FIBER 2G / SODIUM 505MG / POTASSIUM 685MG.