

food

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healthy meals • delicious desserts • quick cooking solutions



gold standard

With a sweet tropical flavor—
imagine a cross between a mango and
a melon—and juicy interior, the gold kiwi
is the perfect summer treat. An added
bonus: Kiwifruit is packed with vitamin C,
potassium and fiber. For a salsa to serve
over grilled fish: Stir together 3 gold
kiwifruit, peeled and diced, 1 chopped
green pepper, 1 chopped red onion
and 2 tablespoons each olive
oil and red wine vinegar.

175



WHAT IS...
bbq glaze

A sauce that is brushed onto meats toward the end of grilling to add flavor.

- **You've seen it:** Bottled on supermarket shelves.
- **Our take:** It's the perfect way to enhance the great taste of barbecue dishes.
- **DIY:** Combine $\frac{3}{4}$ cup apricot preserves, 2

tablespoons Dijon mustard, 2 tablespoons cider vinegar and $\frac{1}{4}$ teaspoon each salt and pepper. Brush on meat during last few minutes of grilling.



guac and roll

Avocados are at their peak, so grab a bag of chips and make some guacamole. Assistant Managing Editor Robb Riedel is famous for his killer recipe. We got him to share.

- | | |
|------------------------------------|---|
| 3 ripe Haas avocados | 1 jalapeño pepper, seeded, finely diced |
| Juice of 1 lime | |
| $\frac{1}{2}$ cup red onion, diced | $\frac{1}{2}$ cup cilantro, chopped |
| 1 medium tomato, diced | $\frac{1}{2}$ teaspoon ground cumin |
| 1 garlic clove, minced | 1 teaspoon kosher salt |
| | $\frac{1}{2}$ teaspoon black pepper |

- 1 Slice avocados in half; remove pits. Scoop out flesh and place in medium bowl. Pour lime juice over avocados and roughly mash.
- 2 Add remaining ingredients and stir to combine.

IN THE MIX

Connect with other food lovers at MixingBowl.com, a new social networking site. Join groups dedicated to your favorite treats

(think pie) and recipe types (like budget-friendly). Check out the groups led by our editors: Nutrition in the Kitchen and Slow Cooker Stunners.

Frost Bites »

Around here we love an afternoon ice cream break—but hate eater's remorse. What to do? Find the best low-cal treats.



THE SKINNY COW TRUFFLE BARS

\$5 for a box of 6

French Vanilla, Chocolate

"Supersmooth and creamy. I couldn't tell I was eating a 'diet' dessert."

—Karmen Lizzul, creative director

100 calories



BLUE BUNNY ASPEN FROZEN YOGURT GRANOLA BARS

\$4.30 for a box of 8

Double Strawberry, Raspberry Vanilla

"The little pieces of strawberry in the ice cream are so summery!"

—Cheryl S. Grant, research editor

150 calories



WEIGHT WATCHERS MINT ICE CREAM SANDWICHES

\$5.50 for a box of 6

Mint

"I'm a huge mint fan, so I loved the ice cream. The cookie part rocked too."

—Dori Katz, associate beauty/fashion editor

140 calories



NESTLÉ DRUMSTICK LIL' DRUMS

\$5.50 for a box of 10

Chocolate with Chocolatey Swirls, Vanilla with Chocolatey Swirls

"The chocolate lining inside the cone is a fun surprise."

—Samantha J. Bednarek, associate art director

130 - 140 calories

FOOD FOR THOUGHT Your watermelons could be from Nicaragua. Those grapes? California. Many Americans want to know where their produce was grown, according to a new survey. You don't need to dig around to find out—just look for a HarvestMark sticker with a number code on fruits and veggies (found on many major brands). Enter the code on harvestmark.com to see your produce's pedigree.