

Where Good Taste
Meets Good Health

EatingWell®

SEPTEMBER/OCTOBER 2015

LEAN & CLEAN

Comfort
Foods
Done
Right!

SPEEDY
WHOLE
GRAIN
RECIPES

Get-Smart
Guide:
PROTEIN

HEALTHY
FOOD-
STORAGE
UPGRADES

~BEETS~
WAY BEYOND PICKLED!
PAGE 47

5
Chicken
Soups
FOR
YOUR
Soul



You can make your own **tostadas** (page 55) using fresh corn tortillas: Heat about ½ inch canola, peanut or avocado oil in a small skillet over medium heat. Add a corn tortilla and cook for 1 to 2 minutes. Flip and cook until crisp, 1 to 2 minutes. Drain on paper towels. Repeat until all tortillas are cooked, reducing heat, if necessary, to prevent the oil from smoking or splattering.



Harissa (page 91) is a fiery Tunisian chile paste commonly used in North African cooking. Find it at specialty-food stores or online. Different brands vary in heat, so start with a little and taste as you go.

Oat flour (page 20) is made from finely milled whole oats. It's a good source of dietary fiber and whole grains. Try it in place of a portion of other flour in recipes like pancakes, quick breads and muffins. Look for it with other whole-grain flours or near gluten-free flours. Or make your own: Grind old-fashioned rolled oats in a blender or food processor until they are the texture of flour.

Go for **sustainably raised shrimp** (pages 38, 79). Look for fresh or frozen shrimp certified by an independent agency, such as the Marine Stewardship Council. If you can't find certified shrimp,

choose wild-caught shrimp from North America—it's more likely to be sustainably caught.

For sustainable **chunk light tuna** (page 72), look for the blue Certified Sustainable Seafood label from the Marine Stewardship Council. The certification means the tuna was troll- or pole-and-line caught, which are sustainable for the fish and the environment. We call for chunk light tuna because it's significantly lower in mercury than albacore ("solid white" tuna)—making it a better choice for health, especially for pregnant women, nursing mothers and children. According to the FDA and EPA, these at-risk groups should still limit their consumption of lower-mercury tuna to 12 ounces a week. The Environmental Working Group (EWG) suggests limiting it even more. (For more info, see the EWG's Seafood Calculator at ewg.org.)



New-to-the-market Safe Catch tuna (pictured) is currently the only company that tests 100% of its tuna for mercury. It guarantees that the levels in Safe Catch Elite (aka skipjack) are well below the FDA limit for chunk light tuna.



EDITOR'S PICK: "For apple-pie season, I like this all-in-one apple peeler/corer. It makes quick work of prepping lots of apples. Made of enameled cast steel, it's an old-fashioned convenience tool updated with a suction base that's easier on countertops than the kind that clamps on. It's a handy gadget for making the apple recipes in this issue (see page 56). This one is from Williams-Sonoma."
—Wendy Ruopp, Managing Editor

Q. What's the simplest way to make baked goods gluten-free?

—D. CLIFTON, DURHAM, NC

A. Gluten—a combination of proteins found in wheat, rye and/or barley flour—gives structure and elasticity to baked goods. When you remove gluten, the support needed to lift and lighten the treats during baking is missing. The results can be dense, gummy or crumbly. The best gluten-free (GF) baked goods are made with a blend of GF flours, starches and often natural "gums," such as xanthan gum, to replicate a traditional texture.

You can make your own GF flour blend or keep it simple and choose one of the blends already on the market. We swapped four different GF flour blends (pictured) for the wheat flour(s) in our Chocolate-Beet Cupcakes (page 42), Banana-Blueberry Muffins and Bev's Chocolate Chip Cookies (both at eatingwell.com). Each one produced a slightly different texture compared to the non-GF versions, but all received two thumbs-up in our taste tests.

When buying a GF flour blend, check the label. Those labeled *flour* are formulated to swap for an equal amount of wheat flour. Those labeled *baking mixes* can only be used in place of other mixes (like Bisquick) or in the manufacturer's own recipes.

TIPS FOR GLUTEN-FREE BAKING

To reduce crumbliness: Check your blend. If it's formulated without any "gums," add ¼ to ½ tsp. xanthan gum for each cup of flour.

To get the best rise: Dissolve baking soda and/or baking powder in liquid instead of combining with the dry ingredients.

To eliminate grittiness: Let batters rest for at least 30 minutes (or up to overnight in the refrigerator) to hydrate the flours.

To keep fresh longer: Store GF baked goods airtight in the refrigerator instead of at room temperature.



Stumped in the Kitchen?

Send your cooking questions to Test Kitchen Manager Stacy Fraser at askus@eatingwell.com

