

360° VIEW OF FOOD

SPIRALIZED MAGAZINE



**BRAVE
BANANAS**

PAGE NINETEEN

**GLOBAL GRUB
JAPAN**

PAGE THIRTY-FIVE

**CHEW &
RENEW**

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**THERE IS NO
SINCERER
LOVE THAN
THE LOVE OF
FOOD.**

**GEORGE
BERNARD
SHAW**



DELICIOUSLY
ENTERTAINING

EDITOR'S LETTER

- GINA KEATLEY

With February almost halfway through, I have already seen the good intentions of the New Year go astray. Yesterday I spotted a woman dressed in full cycling gear hiding in the back of a quick fix Mexican restaurant scarfing down a small family's worth of burritos. In my time working in food and health, I've learned to recognize frustration and address balance. My clients always share that they feel they've wasted time with failed diets and are angry by the constant lack of progress.

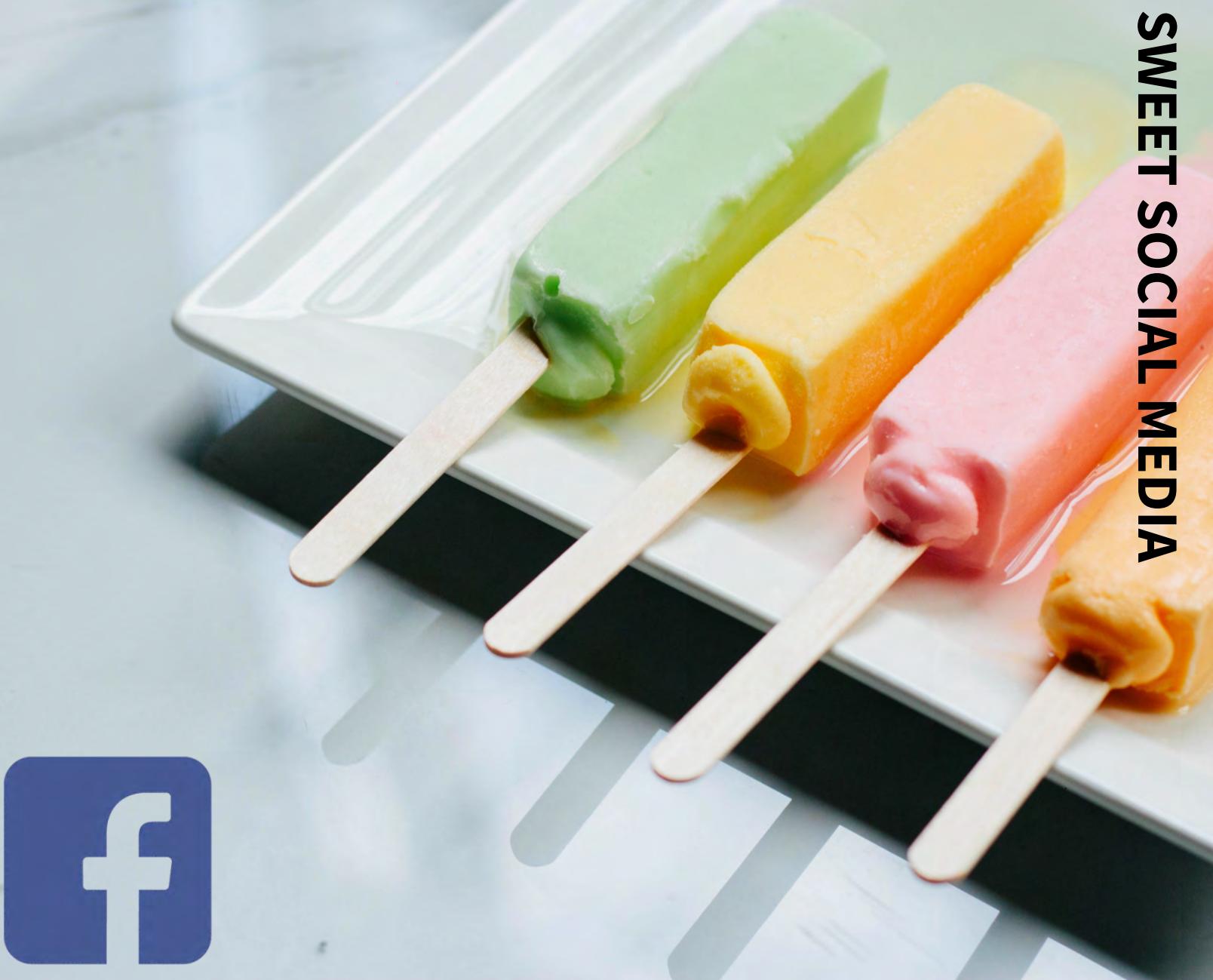
I tell them that success is soup —it's all about taking your time and managing the heat. You can learn a lot from a soup and in this case how it's made—simmering—keeping a liquid right below boiling. And that is where the frustration belongs, just below boiling, providing you the energy to succeed. Intense heat can create great food and flavor and learning to translate that energy and fire can change you from an angry, bitter person to a passionate, dynamic human being ready to take on the world.

Having ups and downs is part of the path to wellness and it's okay to get frustrated once in a while. So even if you fall off track, convert those failures into energy which will propel your leap into the next step — once you can achieve the simmer, you will begin to enjoy the path to wellness.

"learning to translate that energy and fire can change you."

SPRING

Gardens and Garnishes



TOTALLY FOLLOWABLE FOODIES

1. FOODIES LIKE US - @FOODIESLIKEUS
2. THE SUBURBAN SOAPBOX - @THESUBURBANSOAPBOX
3. BLAHNIK BAKER - @BLAHNIKBAKER
4. NOSH AND NOURISH - @NOSHANDNOURISH
5. SARAH BENJAMIN - @KITCHENHOARDER
6. LAZEEZI - @LAZEEZI
7. SLOW FOOD CHICAGO - @SLOWFOODCHICAGO
8. RESTAURANTE WU WEI - @RESTAURANTEWUWEI

This year is all about purple and this color trend doesn't have to stop at your paintings. Here are a few must eat purple veggies that are sure to brighten your menu.

COLOR OF 2018

RIGHT.

Betanin and vulgaxanthin are betalains that have gotten special attention in beet research. Beets are also an excellent source of folate and a very good source of manganese, potassium and copper. They are also a good source of dietary fiber, magnesium, phosphorus, vitamin C, iron and vitamin B6.



Ultra Violet Vitamins

LEFT.

Cabbage is an excellent source of vitamin K, vitamin C and vitamin B6. It is also a very good source of manganese, dietary fiber, potassium, vitamin B1, folate and copper.

PURPLE CAULIFLOWER & SPINACH SALAD WITH CREAMY YOGURT DRESSING



Ingredients:

1 head purple cauliflower, cut into florets.
1 tablespoon olive oil
sea salt to taste
1/4 cup plain yogurt
1/4 cup hummus
1 teaspoon apple cider vinegar
2 tablespoons water
1 5-ounce container mixed greens
1 cup chickpeas
1 cucumber, sliced into half-moons
8 cherry tomatoes, halved
1/4 cup goat cheese crumbles

Directions:

Preheat oven to 400 degrees F. Toss cauliflower with olive oil and sea salt. Spread on a baking sheet and roast at 400 until crispy, about 35 minutes. Shake pan a few times to prevent sticking.

To make dressing, whisk together yogurt, hummus, vinegar, and water until well combined. Set aside. Reserve 2 tablespoons for garnish.

To assemble salad, toss together cooked cauliflower, greens, chickpeas, cucumber slices, cherry tomatoes, and goat cheese with dressing. Divide mixture between two plates. Garnish each plate with remaining dressing. Serves 2

Variations: For a protein boost, add cooked chicken, a boiled egg, or tuna. For a vegetarian twist, add your walnuts, almonds, hemp hearts, or pumpkin seeds.

By Jessica Cording, MS, RD, CDN

BEHIND THE

RIPPE



**WE ASKED THE FIERCEST
FOODIES, CHEFS &
DIETITIANS**

WHAT ARE YOU EATING & DRINKING NOW?

**RYAN GOODWIN
RECIPE DEVELOPER
SAN FRANCISCO, CA**

"For me, spring is about light, fresh fare. In the winter, you hold over with grain and meat, root vegetables and pickles. In the spring you start to see the more delicate flavors rush in. My cooking shifts away from the heavier, more filling dishes to lighter fare like grilled fish, fava bean bruschetta, asparagus with poached eggs, light salads with fresh produce and herbed dressings with bright citrus."

**JOSEPHINE CAMINOS ORÍA.
FOUNDER LA DORITA COOKS
PITTSBURGH, PA**

"Nectarines are among the first fruits to come of season—second only to apricots. Their ruby red flesh and firm, yet sweet interior provides for a beautiful fruit dish that I often serve as an appetizer or small plate at our regular Sunday afternoon asados (barbeques). I will also grill them and plate them over a bed of dulce de leche and ricotta cheese."

**MARGARET CHEN
CHEF & RECIPE TESTER
NEW YORK, NY**

"Wild ramp is one ingredient I look forward to cooking and eating the most during the spring season. They're pungent, delicate and taste like a mix of onion and garlic. I'll take batches of ramps and put them into pork wontons or use them to make a ginger sauce, which goes well with everything—including steak and chicken. Ramps come and go in the blink of an eye, so get them while they are here!"



**WHAT ARE WE EATING &
DRINKING NOW?**

tasty
trend

Mushroom
Coffee.
It's a
thing
now...



Foraging for Fungus: Navigating Mushroom Varieties

WHITE BUTTON MUSHROOMS

White button mushrooms are a staple and can be served raw or sautéed. Low in sodium, fat, and calories, they combat issues with elevated blood sugar, high cholesterol, and obesity.

PORTOBELLOS

Portobellos are matured white mushrooms with large, hearty caps that are great on the grill or in the oven. They have fiber that aids in digestion and satiety.

SHIITAKE MUSHROOMS

Shiitake mushrooms have darker caps and a smoky flavor. They pack high levels of dietary minerals including copper, selenium, iron, phosphorus, and potassium needed for cell metabolism and repair.

MORELS

Morels are a tasty spring varietal known by their honeycomb appearance and earthy flavor. They are rich in B vitamins, vitamin D, and iron important for energy, cell formation, and immunity.

OYSTER MUSHROOMS

Oyster mushrooms are a more delicate varietal, and a great addition to cream-based dishes. Like all mushrooms, they are rich in antioxidants, which support a healthy immune system and may have anti-aging and anti-cancer properties. Yes, please!

By Jesse Porter, MS, PA-C

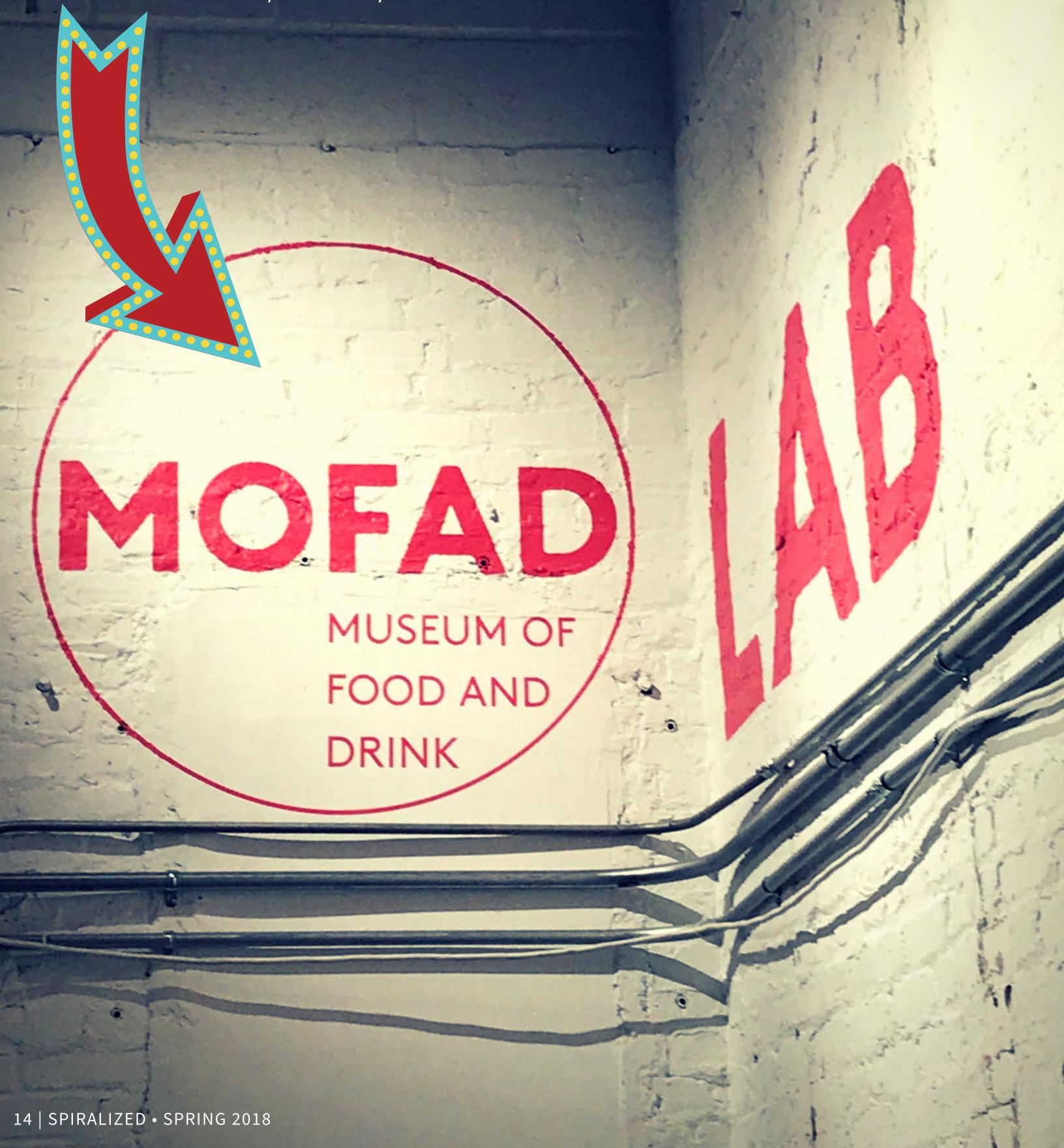
MUSHROOMS CONTAIN UMAMI

THIS IS THE FIFTH BASIC TASTE AFTER SWEET, SALTY, BITTER AND SOUR. DERIVED FROM THE JAPANESE WORD UMAI, MEANING “DELICIOUS,” UMAMI (PRONOUNCED OO-MAH-MEE) IS DESCRIBED AS A SAVORY, BROTHY, RICH OR MEATY TASTE SENSATION



Editor's Pick

a new kind of museum that brings the world of food to life with exhibits you can taste, touch, and smell.





Concealed at the bottom of McCarren Park in the Williamsburg area of Brooklyn stands a 5,000-square-foot experimental space with the goal to be the world's premier food museum and a global educational resource that will inspire generations of curious eaters of all ages and backgrounds. Only open a few days a week, there are limited chances to take in the rotating culinary exhibits connecting food, culture and life.

mofad.org

Hours

Friday: Noon to 6 PM

Saturday: Noon to 6 PM

Sunday: Noon to 6 PM

Worth a visit if you're peckish for a unique museum experience where you never leave hungry.



PICTURED ABOVE IN-HOUSE EXHIBITION CHEF, JOHN HUTT

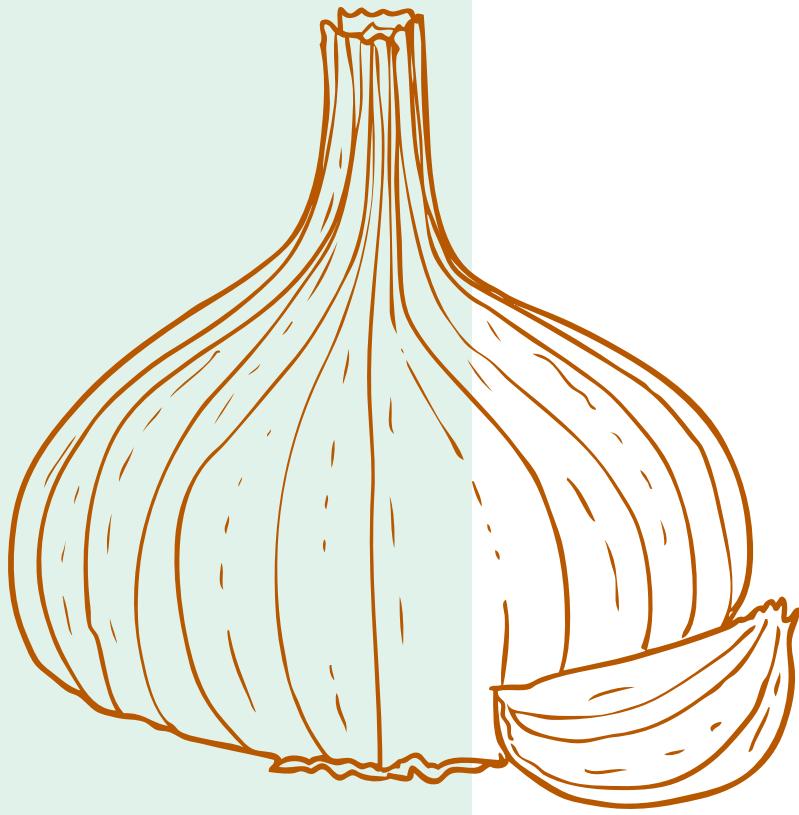


**More Savory
Less Sick**

Dr. Jeremy Allen is treating dozens of flu patients DAILY right now. Here are his flu fighting food picks...

1. GARLIC

Garlic contains allicin, a compound that is known to boost immunity. You can either crush, slice or chew garlic for it to produce properties that can build up immunity to viruses that cause the common cold or flu.



2. CHICKEN SOUP

For years, mothers around the world have put a bowl of chicken soup in front of their sick children. A study published in the American Journal of Therapeutics supports the maternal instinct to “feed a cold”. The research found most chicken soup recipes include a compound called carnosine, which can mobilize the immune system to fight the early stages of flu. Just watch sodium content of soup, too much salt can cause dehydration.

3. FISH

Fresh salmon, tuna, even trout are solid choices for obtaining a beneficial dose of Omega 3 fatty acids. A study by researchers at Michigan State University found Omega 3s can increase activity of white blood cells that fight flu by eating bacteria. It's a good idea to eat two to three times a week during cold and flu season.

4. WHOLE GRAINS

Whole grains are good for your gut during flu season. Why? They contain brown rice, oats and buckwheat which help build healthy bacteria in your stomach, plus whole grains are loaded with zinc, an immune system booster.

You've been Served

HOT NEW RESTAURANT OPENING



Ellis Buckner is burning down the house, but in a good way at The Crab Stop in Vero Beach, Florida. This former firefighter turned chef and restauranteur has been cooking up seafood menus for the past three years. Favorites include the Snow Snack Pack (\$14), which includes highly seasoned snow crab cluster covered with garlic butter, three jumbo shrimp, sausage, egg and a half-pound of potatoes.

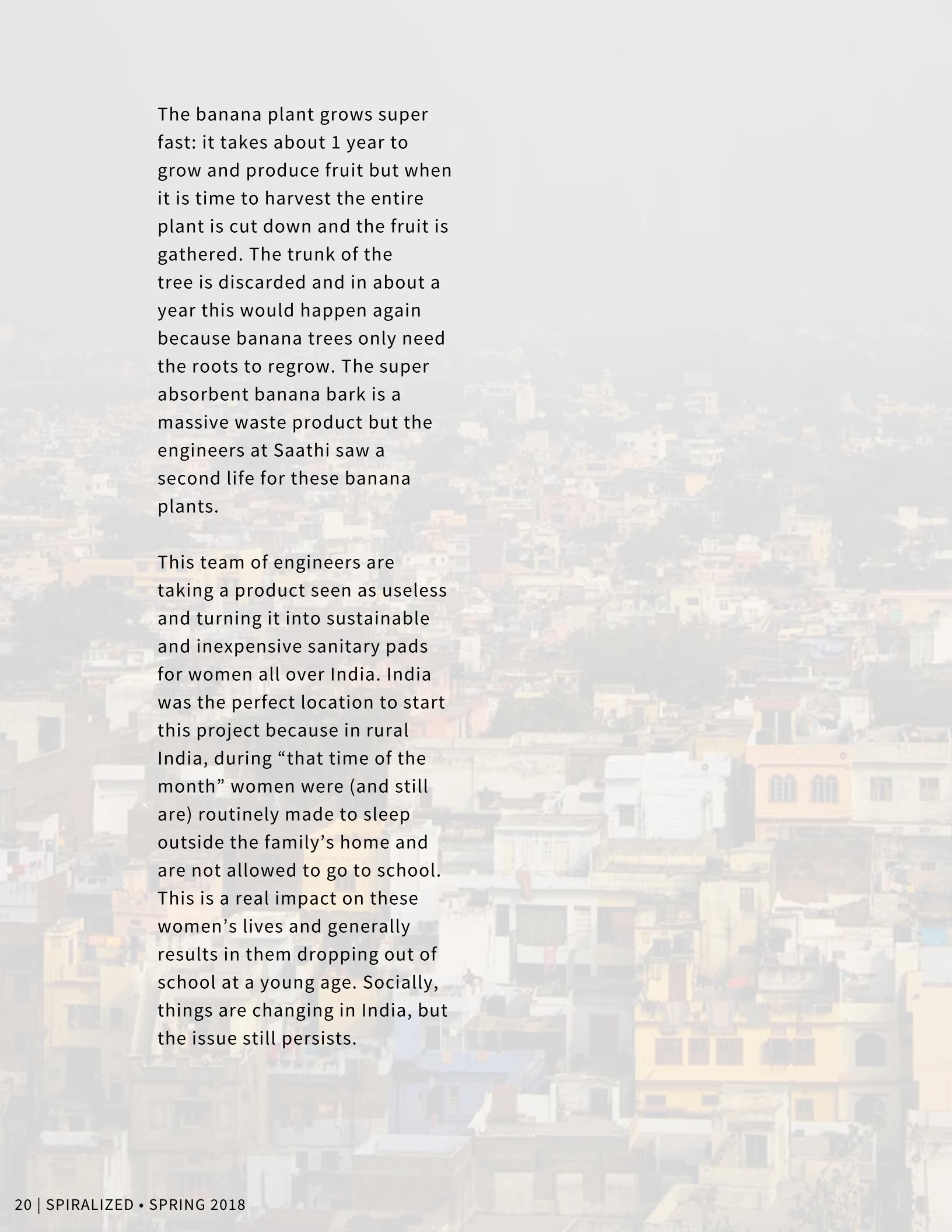
This spring, he will be adding a new location, Sebastian, Florida, to this blooming seafood story. It's just a crab crawl away from the flagship but don't worry this new location will be bringing with it some of its signature menu items such as the corn fritters (\$3) pictured above. These sweet sides are a marriage of hushpuppies and an Italian zeppole. They are served steaming hot with piles of powdered sugar and love.

Brave Bananas

BY CHRISTINE WALKER

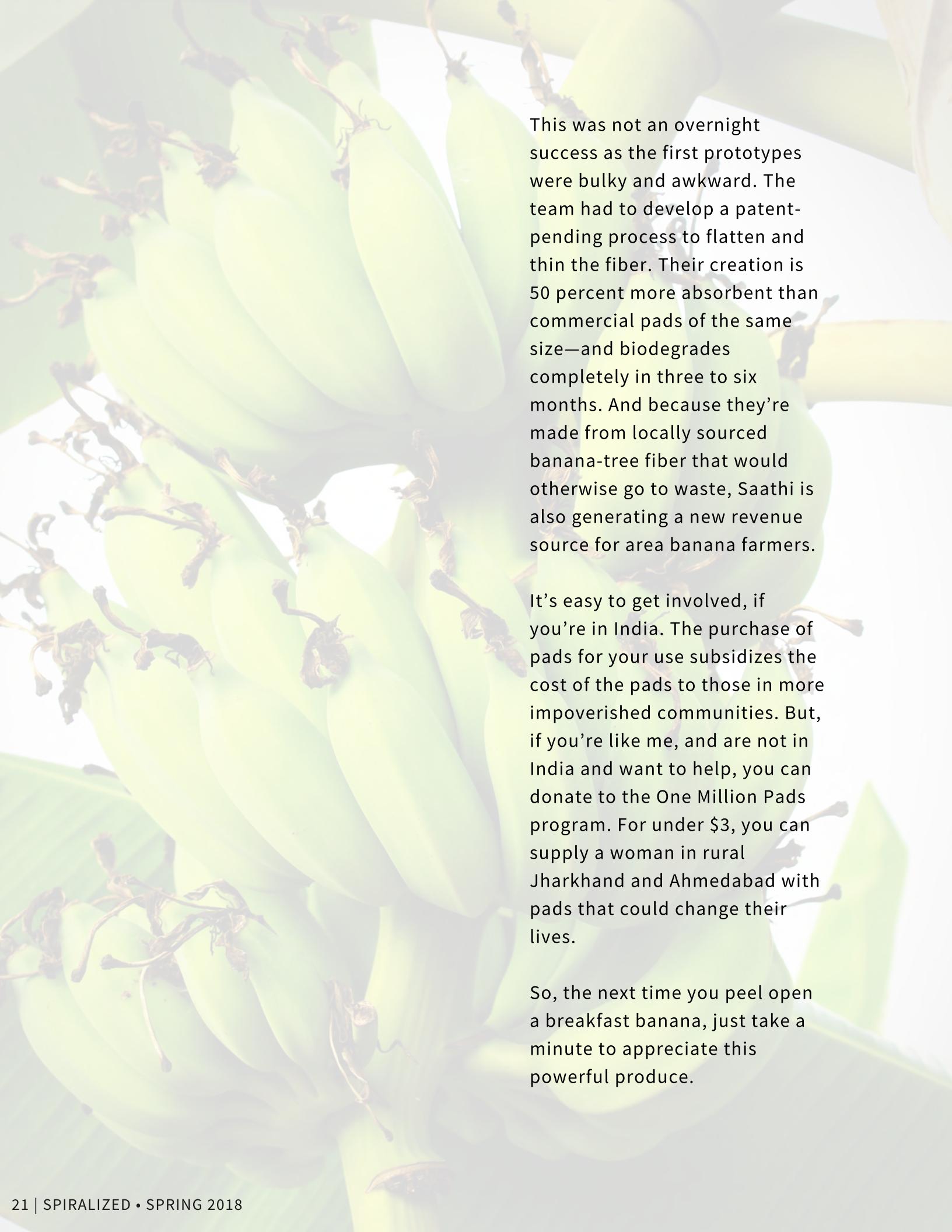


Don't go bananas, we're only talking pads—sanitary pads. We know, it seems odd to be discussing this in a food magazine, but this global issue is connected to the renewal we experience in the springtime. From the start, bananas are excellent and the rest of the world agrees as there are more than 100 billion bananas eaten every year. Bananas are grown in warm tropical climates such as those of India, China, the Philippines, Ecuador and Brazil. These berries—yes bananas are actually part of the berry family—are a staple starch for many tropical populations. Both the skin and inner part can be eaten raw or cooked. But there is more to these potassium packed produce than meets the eye.



The banana plant grows super fast: it takes about 1 year to grow and produce fruit but when it is time to harvest the entire plant is cut down and the fruit is gathered. The trunk of the tree is discarded and in about a year this would happen again because banana trees only need the roots to regrow. The super absorbent banana bark is a massive waste product but the engineers at Saathi saw a second life for these banana plants.

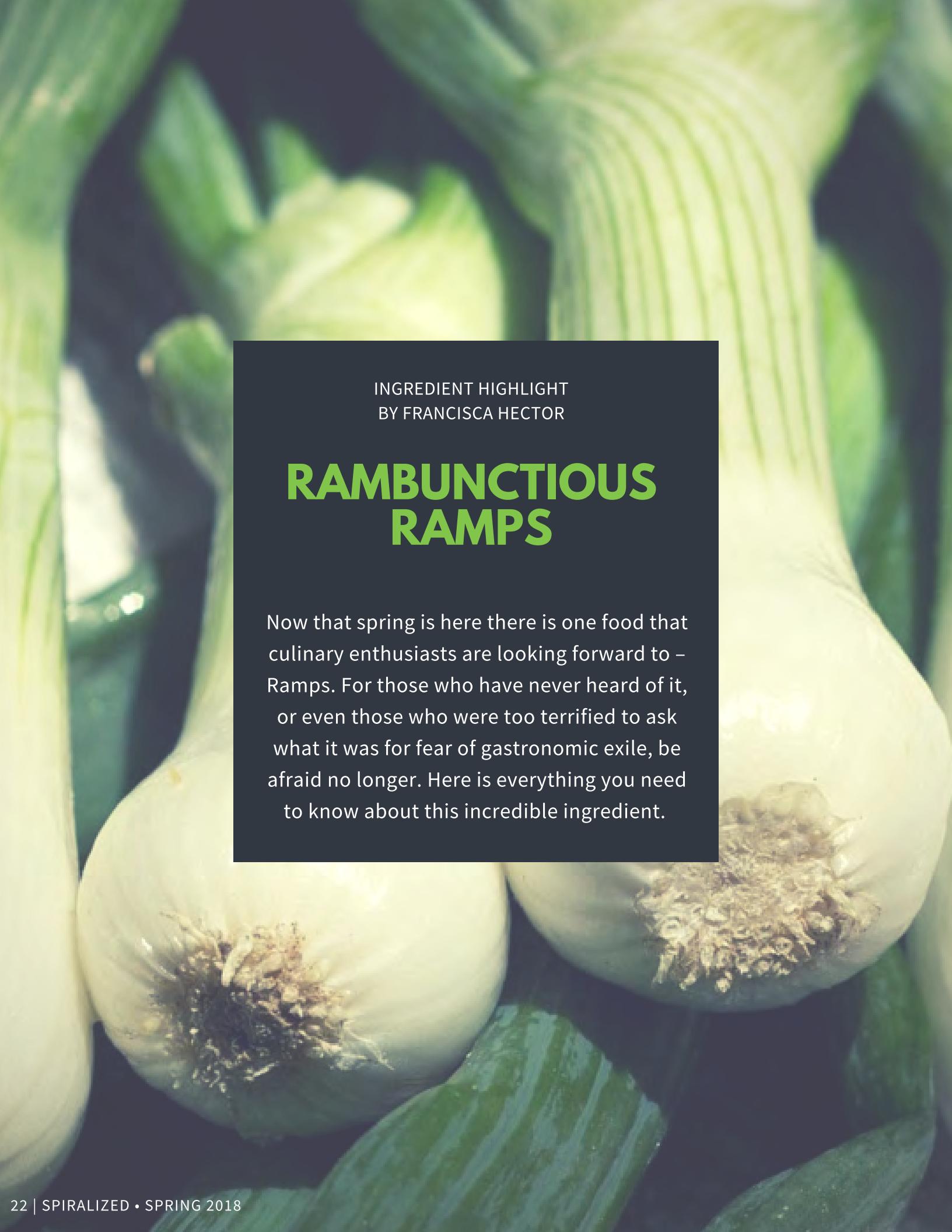
This team of engineers are taking a product seen as useless and turning it into sustainable and inexpensive sanitary pads for women all over India. India was the perfect location to start this project because in rural India, during “that time of the month” women were (and still are) routinely made to sleep outside the family’s home and are not allowed to go to school. This is a real impact on these women’s lives and generally results in them dropping out of school at a young age. Socially, things are changing in India, but the issue still persists.



This was not an overnight success as the first prototypes were bulky and awkward. The team had to develop a patent-pending process to flatten and thin the fiber. Their creation is 50 percent more absorbent than commercial pads of the same size—and biodegrades completely in three to six months. And because they're made from locally sourced banana-tree fiber that would otherwise go to waste, Saathi is also generating a new revenue source for area banana farmers.

It's easy to get involved, if you're in India. The purchase of pads for your use subsidizes the cost of the pads to those in more impoverished communities. But, if you're like me, and are not in India and want to help, you can donate to the One Million Pads program. For under \$3, you can supply a woman in rural Jharkhand and Ahmedabad with pads that could change their lives.

So, the next time you peel open a breakfast banana, just take a minute to appreciate this powerful produce.



INGREDIENT HIGHLIGHT
BY FRANCISCA HECTOR

RAMBUNCTIOUS RAMPS

Now that spring is here there is one food that culinary enthusiasts are looking forward to – Ramps. For those who have never heard of it, or even those who were too terrified to ask what it was for fear of gastronomic exile, be afraid no longer. Here is everything you need to know about this incredible ingredient.



RAMPS – SOMETIMES CALLED WILD LEEKS- ARE NOT REALLY LEEKS. WHILE THEY ARE RELATED TO LEEKS, RAMPS TEND TO BE A BIT MORE PUNGENT, WITH A TASTE THAT IS A BALANCED MIXTURE OF GARLIC AND ONION.

What are they?

Being in the same family as garlic, they also contain sulphur compounds such as kaempferol, which works super hard at protecting your blood vessels and supporting your liver. The green leafy part of the plant boosts its nutrient profile by providing iron and a range of antioxidant compounds.

When can I have them?

These small delicate plants are the first vegetables to emerge after winter, and can only be foraged from shaded wooded areas or ravines at high altitudes. Its season however, tends to last about three weeks. This means, you literally have to wait an entire year before you can eat fresh ramps again. This makes it a coveted ingredient, and even fuels a black market as people try to get their hands on it.

How do I use them?

It can be used as a replacement for shallots in soups and salads, but once you get hold of this elusive food I advise you to be a bit more adventurous. They pair well with butter, meats and even eggs. Delight your palate with pasta smothered in pesto made from ramps, pecorino cheese and walnuts, or, you can grill them just like any other vegetable. Still too passé? Then try dipping those bad boys in spiced buttermilk batter and frying them whole!

So what are you waiting for? Go out and snatch them up before they are all gone.



Part of the secret
of success in life is
to eat what you
like and let the
food fight it out
inside.

MARK TWAIN

#HEALTHY

BY SCOTT KEATLEY, RD

Everyone gets very excited to start their journey towards wellness right after the New Year, but we should really start taking cues from nature and wait until the Spring. This season is where renewal happens and let's face it, a much better time to stay active and eat right. Download these apps this Spring and restart your wellness goals.



Coach Connect

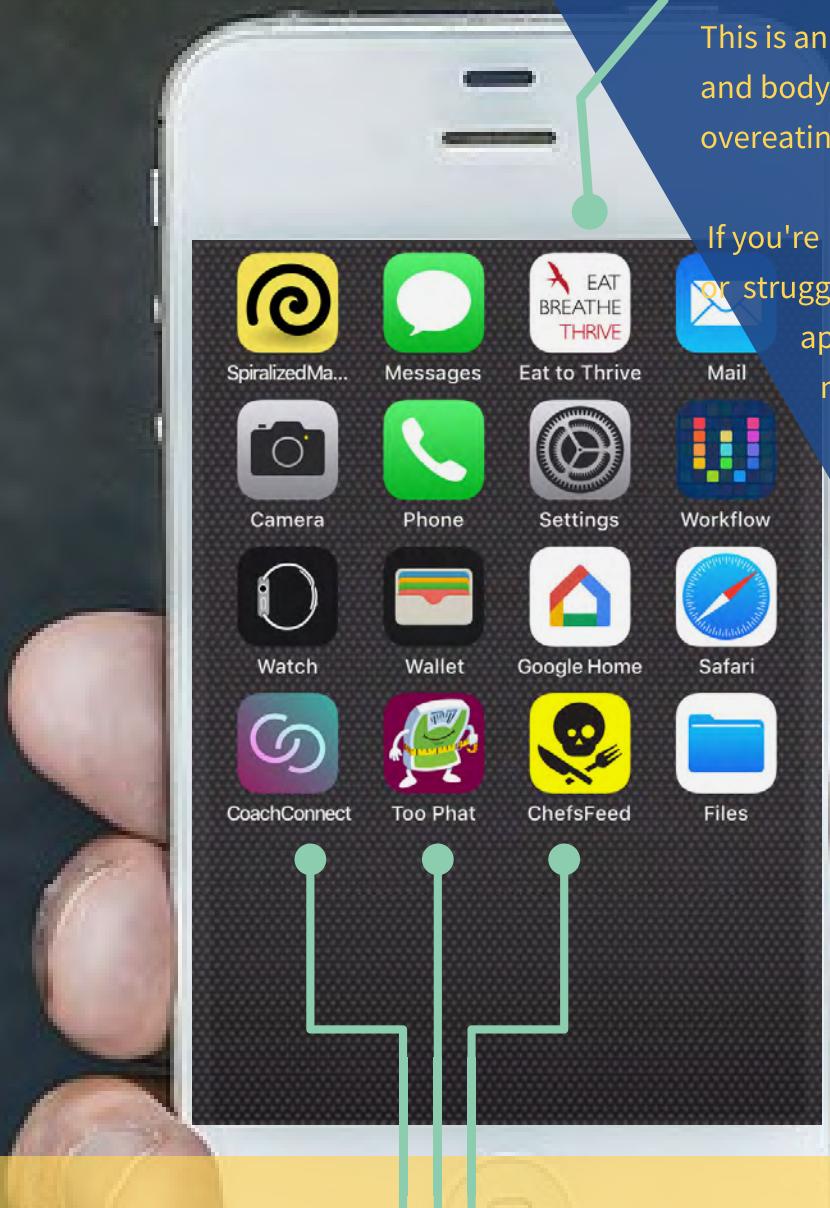
Do you want to have some of the best coaches at your beck and call no matter where you are in the world? There are no excuses with Coach Connect created by the Health Coach Institute.

Too Phat

Okay, so we all know the scale can lie. If you're burning that fat and building muscle the number on the scale can be deceiving. In comes Too Phat. This app puts the visual side of weight loss front and center so you can see how your body has changed as you progress towards your weight loss goal.

ChefsFeed

Arnold, you know, the big guy from Austria, says that abdominal muscles are made in the kitchen. So, what better way to get your kitchen game on point than with some of the best Chefs in the world helping you to meet your dietary goals for the year?



Eat Breathe Thrive

This is an app that helps you overcome food and body image challenges; including overeating, dieting, and overexercise.

If you're in recovery from an eating disorder or struggling with emotional eating, this app is for you. This app helps to track meditation and validate hunger signals with the Am I Hungry Quiz.



Spring Fruit Desserts

By Olivia Wilkins, RD, LDN, CLC

*Springtime brings a
verdant bounty of
perfumed produce.*

*The addition of
herbs can easily
brighten up any
dish.*

Toasted Lemony Zucchini & Fennel Bread w/ Fresh Strawberries

Ingredients:

1 ½ cups AP flour
½ tsp Kosher salt
¾ tsp baking powder
¾ tsp baking soda
2 eggs
½ cup granulated sugar + 2 Tbsp
1/3 cup honey
juice and zest of 2 lemons
½ cup olive oil
1 tsp vanilla extract
½ cup zucchini, grated
½ cup fennel, grated
fronds reserved
1 cup strawberries, quartered

8 servings yield 320 kcal per serving

Instructions:

Preheat oven to 325 degrees. Grease an 8 x 4-inch loaf pan with butter and place a piece of parchment on the bottom of the pan. Grease the parchment and dust the whole pan with flour.

In a bowl, combine the dry ingredients. In another bowl, whip the eggs, sugar, and honey until pale and creamy. In a separate cup, combine the lemon zest and juice of one lemon, olive oil, and vanilla. Stream the liquids into the egg and sugar mixture until combined. Then fold in the dry ingredients and grated vegetables. Spoon dough into prepared pan. Bake loaf in oven for about 60 minutes until tester comes out of the bread cleanly. Let cool and set aside. Bread can be made a day ahead.

Assembly:

Preheat oven to 425. Slice loaf into 8 slices and place on baking sheet. Toast in oven until golden. Meanwhile, combine strawberries with the juice and zest of the other lemon and 2 TBS sugar. Once bread is toasted, place each slice on a plate and top with macerated berries and garnish with fennel fronds.



Strawberry-Rhubarb Pavlova w/ Tarragon and Crème Fraîche

Ingredients:

4 fresh eggs whites, room-temperature
1/4 tsp cream of tartar
pinch + 1/2 tsp Kosher salt
1 cup + 1 cup granulated sugar
2 tsp cornstarch
1/2 tsp vanilla extract
2 TBS tarragon, chiffonade + for garish
1 lb. rhubarb, trimmed, 2-inch pieces
1 cup water
juice and zest of 1 lemon
1 star anise
2 tsp black peppercorns
8 oz. crème fraîche
1/4 cup powdered sugar
1 1/2 cups strawberries, sliced

Instructions:

Prepare the rhubarb a day in advance. Preheat oven to 400 degrees. Heat water, 1 cup sugar, lemon juice and zest, 1 tsp salt, star anise, and black peppercorns to a boil. Layer rhubarb evenly in pan and cover with sugar syrup. Place a piece of parchment over the rhubarb and cover with tin foil. Roast in oven until tender about 10 minutes

Preheat oven to 200 degrees. Prepare a cookie sheet lined with parchment paper. Whip egg whites with cream of tartar and pinch of salt. Once eggs look frothy, add 1 cup of sugar slowly. Continue whipping until shiny peaks form. Fold in vanilla, tarragon, and cornstarch. Smooth the meringue into the middle of the parchment to form a 9-inch circle. Bake 1 1/2 hours then turn off oven and let cool for one hour with the oven door closed.

Assembly:

Whip crème fraîche with powdered sugar and top the meringue. Spoon rhubarb over the pavlova and garnish with tarragon and fresh strawberries.

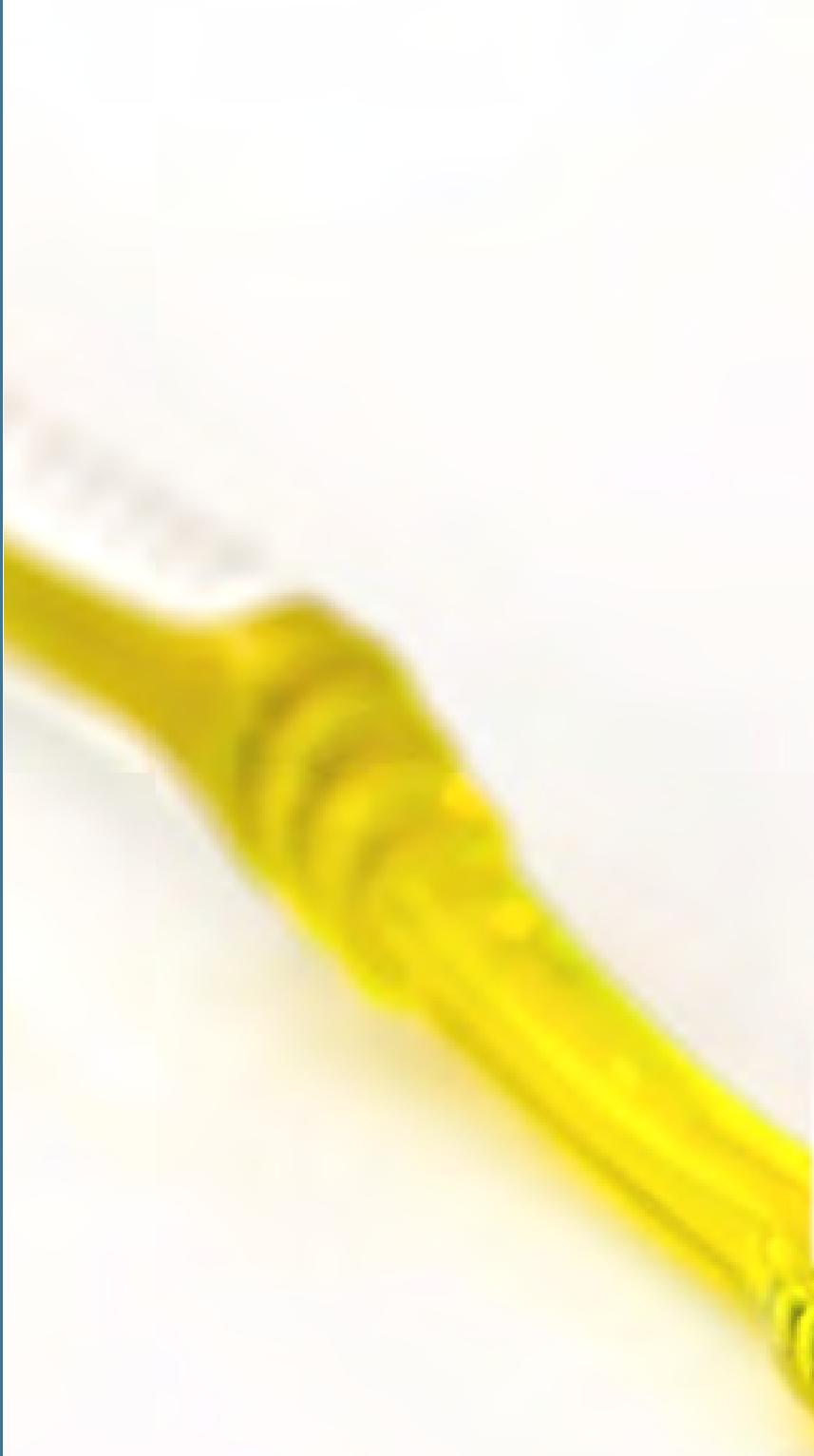
8 servings yield
312 kcal per serving



BITE ME

3 FOODS YOUR DENTIST WILL LOVE



A close-up photograph of a yellow toothbrush. The handle is yellow, and the bristles are white with blue and green accents. The brush is angled towards the bottom right of the frame.

It's National Dental Health Month, so we want to take a minute and talk about teeth. These little guys are the first stop on the digestion train and help to release the amazing flavors of our foods. But according to the National Institute of Dental and Craniofacial Research's (NIDCR) National Health and Nutrition Examination Survey, 92% of adults aged 20 to 64 have had cavities in their permanent teeth!

We want to keep enjoying all of our favorite and sometimes hard to chew foods, so, here are three food and drink options you can choose that will help your next dental check-up go as smoothly as possible:

01 TEA.

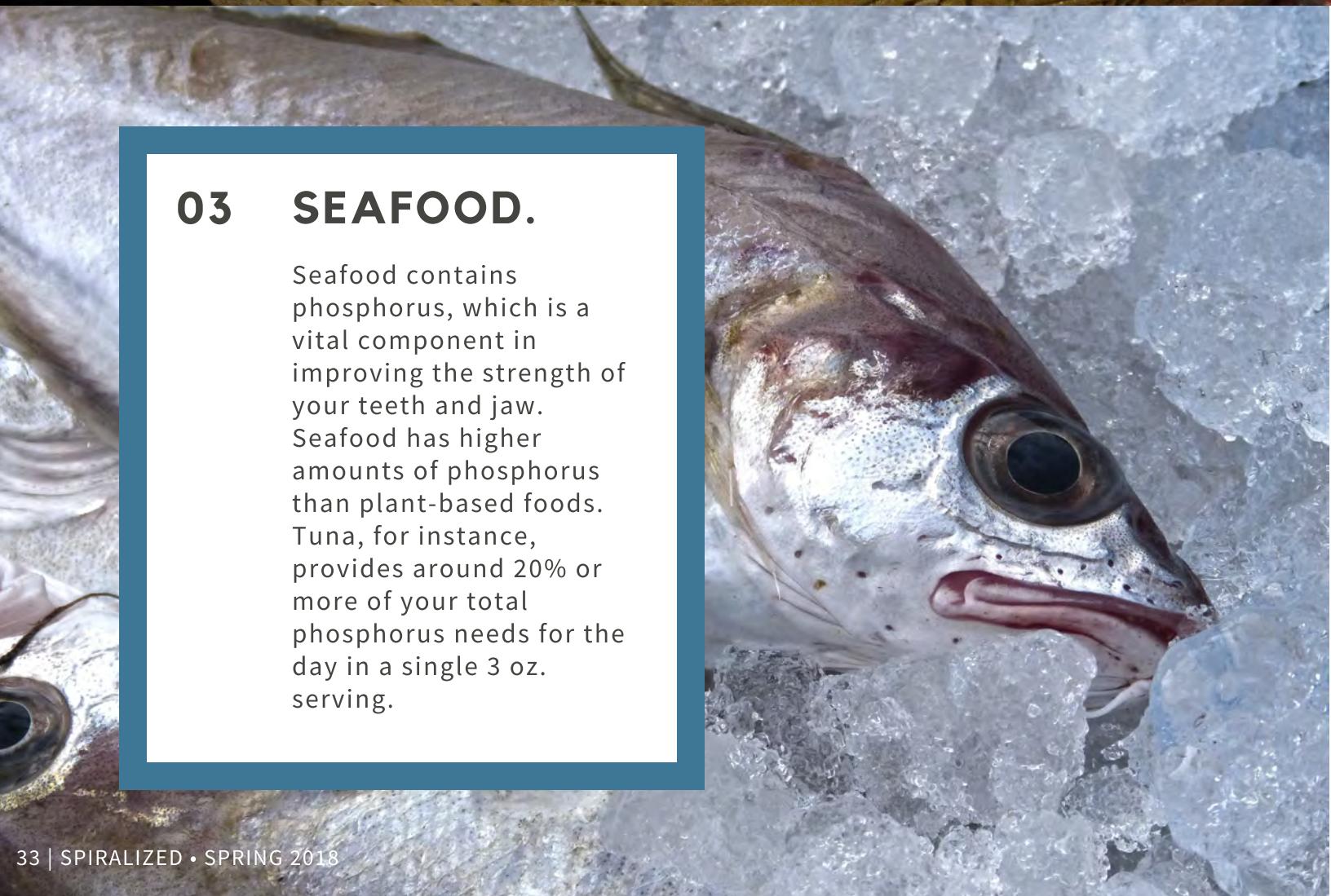
Yes, these little leaves are more than just a drink you get when you buy a Chinese lunch. They contain powerful compounds that interact with plaque and either destroy or suppress bacteria, stopping them from growing or producing tooth-attacking acid. Tea leaves also readily absorb fluoride from soil. As a result, some tea drinks contain fluoride, which helps prevent tooth decay by making teeth more resistant to acid attacks from plaque bacteria and sugars in the mouth.





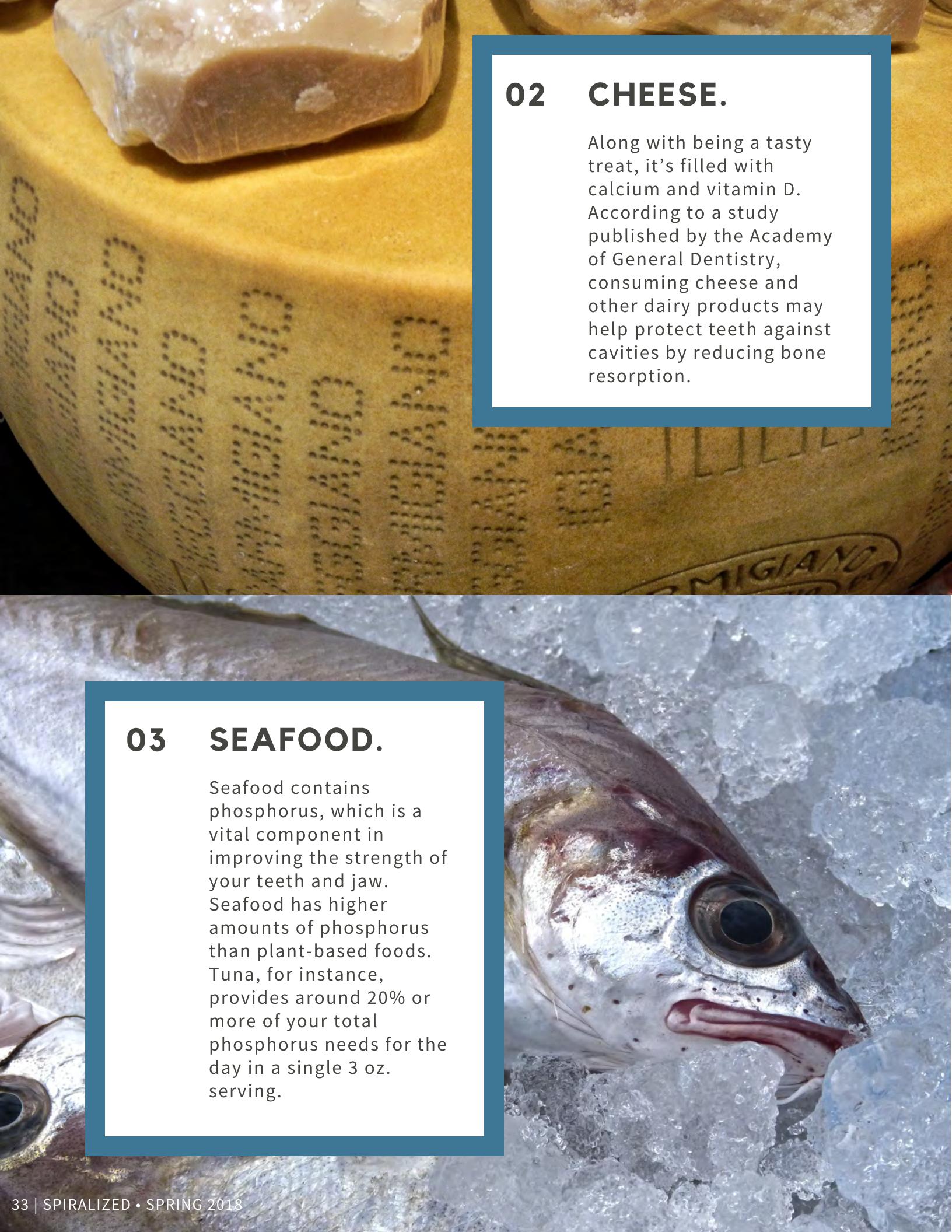
02 CHEESE.

Along with being a tasty treat, it's filled with calcium and vitamin D. According to a study published by the Academy of General Dentistry, consuming cheese and other dairy products may help protect teeth against cavities by reducing bone resorption.



03 SEAFOOD.

Seafood contains phosphorus, which is a vital component in improving the strength of your teeth and jaw. Seafood has higher amounts of phosphorus than plant-based foods. Tuna, for instance, provides around 20% or more of your total phosphorus needs for the day in a single 3 oz. serving.



SPRING

SUPERFOODS

SU·PER·FOOD
'SOOPəR, FOO'D/
NOUN

A NUTRIENT DENSE FOOD
CONSIDERED TO BE
PARTICULARLY POSITIVE FOR
HEALTH AND WELL-BEING.



01

CHIVES



02

APRICOTS



03

PEAS



04

MORELS



05

FAVA BEANS



06

ARTICHOKE



07

CARROTS



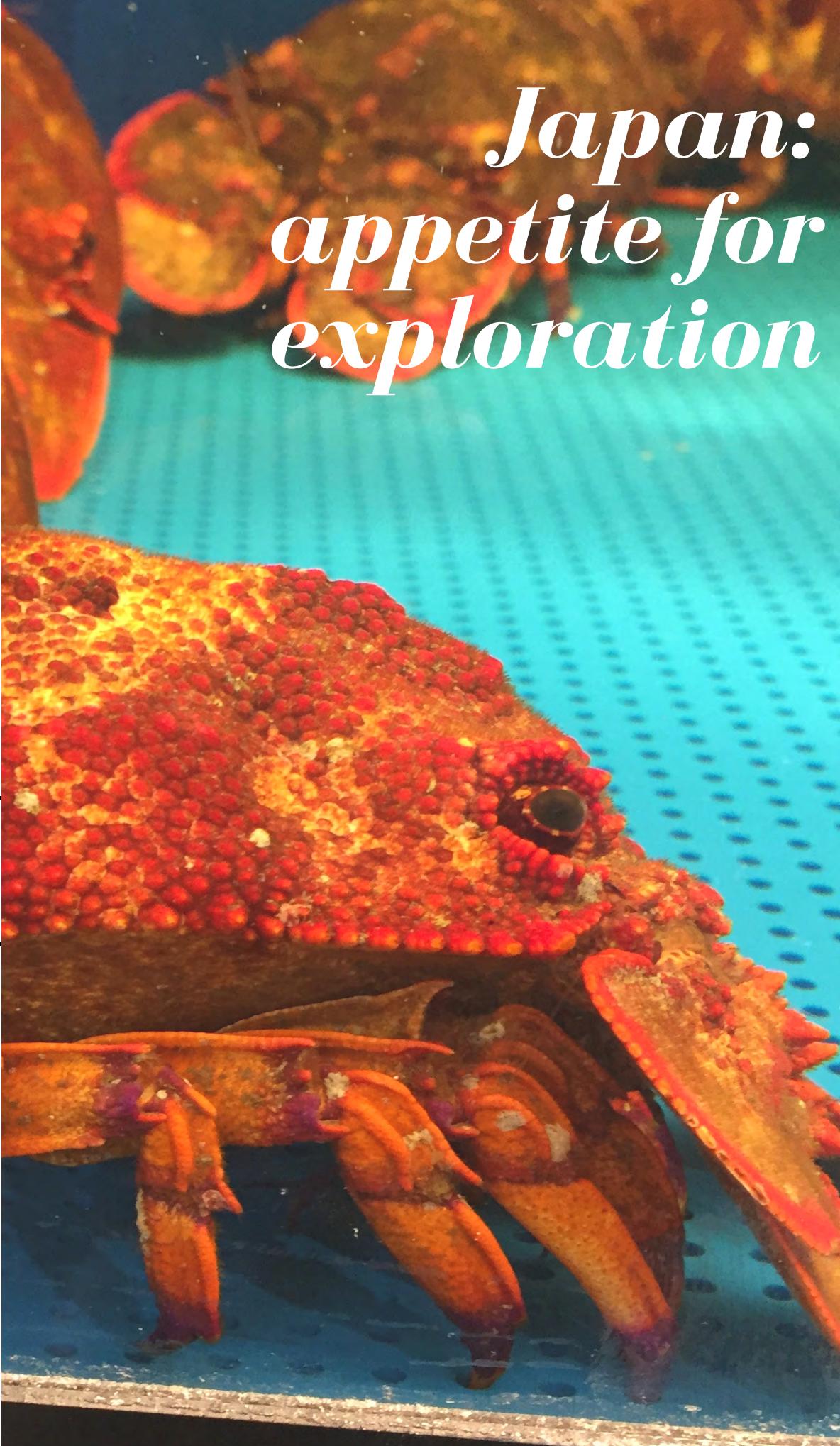
08

ASPARAGUS

Global Grub

BY GINA KEATLEY

*Japan:
appetite for
exploration*





It's 2 AM. I'm dressed in a Scrooge outfit. And I'm lying in a tube wide awake. I must be in Japan. Yes, my trip begins with an overnight adventure at one of their famous capsule hotels. Aside from being convenient, this is a must do if you're visiting, if only for the experience. Upon my arrival, the front desk workers give me an oversized sleep shirt, slippers and a key to a mini-locker for personals. The young attendant points me to the women's side—it's old-school camp-style, boys with boys and girls with girls—and I head for slumber. After I climb a tiny staircase to my tube, tuck myself in and pull down my privacy curtain I hear a "knock" on my cloth door. It's a Japanese woman and she gently says, "Please leave my tube." I poke my head out and I insist that this is my tube and how dare this other woman in a matching nightshirt harass me. I pull out my locker key and proudly display it, "see I'm in tube 91." She promptly took my key, turned it around and said, "No, I am very sorry, you are tube 16." With a wave of oops running over my face I say, "my bad" as she politely waits while I collect all my goodies. After grabbing my iPhone, sleep mask with a quirky phrase on it and my paper maps for future meal-time strategizing, I head to my real tube ready to get a good night's sleep and a tasty second meal in Japan.

My first meal
was a quick night
cap of sushi inside
the Narita Airport and guess what,
it was super delish! I know airport
food is not your traditional go-to
for gourmet grub but like many things in Japan,
if you're willing to eat off the beaten path you can
find foods that are extraordinary. Here are my
tips to getting the most yum for your yen.

Eat in Unexpected Places.

After my night of tubing I was ready to see what this land of cherry blooms and tea ceremonies had to offer. I asked my Uber driver where he eats for breakfast and he directed me to Sukiya, a restaurant chain, with about 2,000 outlets nationwide, all running 24 hours-a-day. They are kind-of like a Japanese Waffle House. So, I grabbed one of the counter spots and settled down on my stool. I choose natto teishoku with pork miso soup at a cost of ¥490, which is under \$5. Teishoku means "set meal" in Japanese, and my teishoku was a combination of a main dish and side dishes such as rice, miso soup and pickled veggies. They give you a raw egg and you add it to your hot rice giving it an Italian pasta carbonara feel. Also, FYI, they have the tastiest fried chicken I've ever had! What were they doing to those chickens? Free-range? Premium feed? On-demand massages? I'm not sure but I couldn't have been more satisfied with the meal.





Next stop I ventured to the hip and trendy area of Shibuya. I do the crossing and visit Japan's favorite puppy, Hachikō, while burning off some breakfast calories by visiting Keshiki, an edgy vintage store-style with a welcoming environment. Upon asking, one of the workers gave a snack suggestion that gave me reason to pause. She had me heading over to 7-Eleven, yes, the gas station here in the US is like a mini grocery store there. They sell yummy onigirazu, a type of Japanese rice ball but rather than a traditionally shaped ball or a triangle, onigirazu is shaped into a flat rectangle, almost like a sandwich. They also sell boxed mini sake with straws for on-the-go day drinking. Everything was inexpensive, delicious and super fresh. But my favorite unexpected eatery has to be the stand-up sushi bars throughout the city. It is what it sounds like. You roll in grab a standing space, tell the chef what you want and he makes it right there for you and serves you on a bamboo leaf (sasa). You sip your tea and snack on your sushi for the cost of a fast food burger here in the states.

Japan is full of excellent upscale restaurants but don't miss out on their genuine and extremely tasty casual dining options.

Invade the Festivals

Festivals are a great way to taste regional cuisine from all parts of the country in a short time and have a really good time doing it. There are countless local festivals or matsuri all over Japan because every Shinto shrine has its own festival, these are marked by parades and amazing local delicacies but it's almost impossible to get to them all—enter The Festival of the Hometowns. This is a week-long culinary adventure in the Tokyo Dome that has food from all over Japan served up by more than 300 vendors. Each vendor takes a ton of pride in preparing their hometown food and everything is delicious—even if you're not sure what it is. Maybe you don't want takoyaki from Osaka and mizutaki chicken from Kyushu but you want to go more mono-food. No worries, there is a festival for that (and a competition). Head to the Ramen Expo in Osaka the Oyster Festival in West Kansai or the Nabe Festival in Toyama. Any way you do it, you can't go wrong!



Trek Far for Food

Japan has four distinct seasons and I wanted to experience as many as I could in my limited time so when you want cold you go up, far up. I decided to make my way out to see the famous snow monkeys located in Jigokudani Park around 100 miles or an hour and a half via bullet train from Tokyo. I stayed in Shibu Onsen a hot spring resort that has a history as long as 1,300 years. Guests and residents share nine public baths but sorry no monkeys are allowed in the human baths, plus you have to be in your birthday suit. That's one way to keep your diet in check—full nudity!

There is limited food options in the village but the few they have all are very authentic and unique. Motoya makes mean yakitori, a Japanese type of BBQ meat from chicken, beef to liver (there is a festival for that too). Its preparation involves skewering the meat with kushi, a type of skewer made bamboo. Afterwards, they are grilled over a charcoal fire. Also, Kō Sushi, a great family owned sushi restaurant that offers fresh plentiful meals with high quality ingredients from its seasoned sushi chef. With a full belly and after a little rest it's up the mountain to see the snow monkeys. I made sure to stop at Enza Café at the base of the trail to grab a quick caffeine fix; cappuccinos with a monkey made in the foam. This is a real hike through winding, snow covered trails so be prepared to work off some calories fast.





The quiet, scenic trail soon filled with hikers and we all marched to the monkeys together, some taking some slips and falls along the way. It's about 30 minutes to the snow monkeys but worth every minute. I snap pics and watched as they chilled in their warm tubs. One even touched my foot welcoming me to Japan in the cutest way possible. After the monkey madness, I stop at Sobaroku a soba noodle shop and noshed on some tempura and slurped some noodles (FYI you're supposed to do that) while reflecting on this scrumptious journey.



POACHING

KICKASS COOKING METHOD





We've all been there, in the thick of the February blues, the post-holiday letdown hitting you full-force. No more sparkly parties to look forward to; no more carefully selected gifts to give or receive; no more backhanded compliments from great aunts to deftly sidestep. Okay, so maybe you won't miss everything about the holiday season, but the majority of what's going on in December and January is pretty good. Don't fret, though, because there's one surefire way to cheer up a foodie like you: treat yourself to some food-themed pampering.

CHEW & RENEW

BY MICHELLE ALGEO



We don't mean hitting up an all-you-can-eat Brazilian steakhouse and throwing caution to the wind. Perhaps an indulgence more along the lines of an all-natural face mask or a soothing coffee body scrub. Chances are you already have everything you need at home to treat yourself to some TLC: Food and bath duckies. Check, check.

When your complexion starts to suffer under the brutal reign of wintry winds, whip up a moisturizing face mask using four ingredients you probably already have on hand: avocado, plain yogurt, honey, and olive oil. While the fats in the avocado and olive oil join forces to smooth lines, the honey and yogurt simply ease stress on the skin that's inflicted by cooler temperatures. Since your hair may succumb to the same fate before spring rolls around, stave off an attack of dry tresses by crafting a doting hair mask. Again, this calming DIY hair mask is comprised of simple ingredients that you can find in your cabinets or at the grocery store: coconut oil, jojoba oil, and peppermint essential oil.



After you get out of the tub, there's really only one thing left to do to complete the pampering process: rub down your entire body with a coffee scrub. Okay coffee purists, hear us out on this one. Yes, coffee does typically belong in your travel mug, not slathered across your skin. But think about it: what makes you happier than the smell of coffee? Probably nothing, if you're like most young, hot-blooded Americans. So the scent alone of a DIY coffee body scrub is probably going to brighten your day, not to mention the effect it could have when you actually start scrubbing. Blend together ground coffee, sugar, coconut oil, and a dash of cinnamon, and rub it on any rough elbows or dry patches on your legs for the ultimate in cold-weather exfoliation.

If none of these external beauty treatments do the trick—or if you still just need a bit more oomph in your winter routine—beautify from the inside out. Take full advantage of the rainbow of fruits and veggies. Slice up and roast some brussels sprouts, beets, acorn squash, and perhaps a handful of sweet potatoes, and turn your dinner plate into an antioxidant-rich color wheel. This plate might pack as much of a punch as all of the above when it comes to pampering your skin and hair!

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MUST EAT BASKETBALL FOODS

STADIUM BITES

BY LEE HUANG

PULLED-PORK /

POPCORN /

NACHOS /

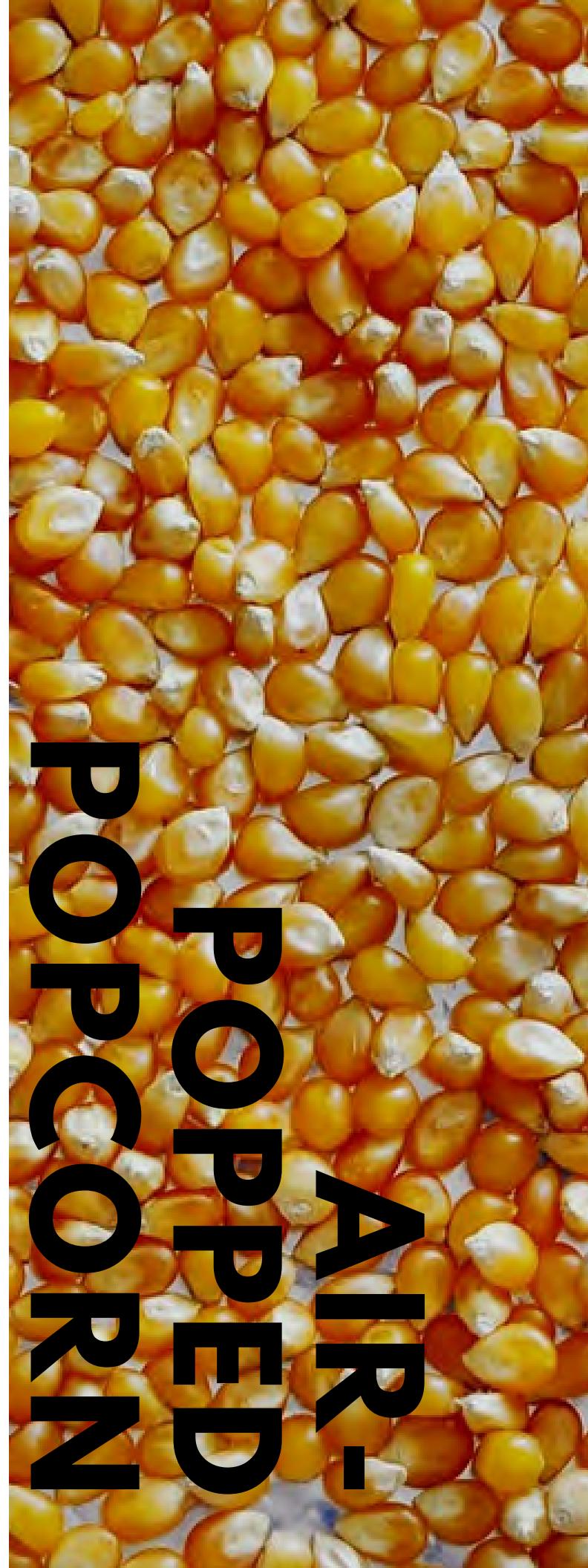
PIZZA /

Basketball season is in full swing and the games are just about to get really good. Whether you're a college hoops fan getting ready for March Madness or a pro-guy prepping for the playoffs, there is no denying that basketball is a fast-paced exciting game that is on the rise. With games under 2 and a half hours quick snacks are the order of the day.

Traditional basketball stadium foods are an airball of popcorn, nachos, chicken fingers and beer but we're going to give these foods an assist like John Stockton and dish some dimes to friends and family during game time.

Here are four slam-dunk foods you can prepare that taste great and are nutritionally sound. So, let's get into the paint and post-up some game time grub.

EVERYTHING POPCORN



NACHOS

I bashed nachos earlier but just the kind that have that strange fake cheese and the chips are kinda stale. If you've ever been to a high school sporting event you know what I'm talking about. I'm taking a page from the New Orleans Pelicans and doing Seafood nachos. Just warm up your chips, toss on some baby shrimp, jalapenos, chives, low-fat cheese and just a spritzing of low-fat sour cream and your nachos are the bomb. But be careful greedy guests may try to box you out from your own snack.

PIZZA

This is the most sacred of game day foods. But I want to kick it up a notch while staying healthy(ier). Toss out those delivery menus and make some Magic, stealing from Orlando's favorite hometown team. Let's do blackened shrimp and avocado flatbread. Grab a few flatbreads from the grocery, toss some baby shrimp in the skillet with some oil, paprika, onion powder, garlic powder and some salt. Sprinkle some low-fast cheese, slice up some avocado and top with sweet peppers and you've got gourmet. I call this a man-to-man snack because everyone can get their own.

PULLED-PORK

If you've got a team on Tobacco Road (or are watching the NCAA Championship) then you must have mouthwatering barbecue but aside from the time it takes to make traditional 'que this can also be a very fatty dish. Don't get me wrong, I love me some meat but traditional 'cue cuts of meat are super fatty and those sauces...lots of sugar.

So, I cheat and go for BBQ chicken but instead of making my own chicken I grab a rotisserie from the grocery store and strip the meat down then put on some Bone Doctors' Carolina Bold Barbeque Sauce with only 1 gram of sugar per serving! This is a halftime crowd pleaser that is super easy to make.

POPCORN

Okay, so we want to up our game and I toss out popcorn, but not just popcorn, we've got to customize it with herbs and spices. Are you a Pelican's fan? Toss some Old Bay on top. Golden State band-wagon fan? Add curry powder with coconut oil. Believe in "The Process"? Nothing like thyme and sage with a bit of olive oil. Pick a theme and go for it.

NEXT NOSH

BY HANNAH CARROLL

PRODUCTS ARRIVING SPRING 2018

Ethical Bean Coffee, already famous for their delicious fair trade certified organic coffee, recently launched its line of unique 100% certified compostable single serve pods, available in classic, lush and super dark.

Creating your own Instagram-worthy smoothie is now super simple, thanks to **Daily Harvest**. The company delivers varieties of delicious, whole food, superfood eats right to your freezer. It doesn't get any easier than that.

World-renowned Chef Nancy Silverton, the woman who brought great bread to the masses is about to do the same with gelato with **Fancy Nancy**. Be sure to try the banana.



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