

SPIRALIZED

VOL. 9

FALL 2019

GLOBAL GRUB: HONG KONG

CAGED AND CAGE FREE

P. 22

MIRACLE MUSHROOMS

MALARIA FIGHTING FUNGI

P. 07

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TRUFFLE, TRASH FREE AND TADA

OUR ODYSSEY THROUGH
THE FANCY FOOD SHOW

P. 31



**SPIRALIZED
MAGAZINE**

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LIFE SAVING SHROOMS

SPIRALIZED IS
OPEN-MINDED AND
DELICIOUSLY
ENTERTAINING

WHAT'S IN THIS ISSUE

letter from the editor

Never eat anything you don't like ever again! I know I just went first world on you, hard, but before you move on with disgust, give me a chance to explain. I spend a lot of time with patients trying to lose weight and eat healthy, which is good, but too healthy is a problem. Recently, I was reluctantly talked into going to a new healthy restaurant in Brooklyn and as I choked down a falafel burger all I could think was, "I hope this is not my last meal." Yes, this meal might be healthy for my body but it's toxic to my soul.

Food should have a balance of flavor and health--in that order. Satiety matters. I have found the key to wellness is to first ask, "Do I like this?" and then "Is it healthy?"

I want to inspire you to follow your palate and listen to yourself. You know more than anyone else about what's healthy for you. That being said, eating too much or too little of something can be a form of abuse. So, stay in your lane, but just remember, you are the driver so let's go get full.

Gina Keatley
EDITOR IN CHIEF

01



@THEBROTHBROS

Two bros slurping soup
@nateloura, @marty.neable

02



@SOUPER.FREAK

Yani Lathouris loves soup

03



@BROTHERCARY

Bone Broth | Dumplings
@smorgasburgla 10a-4p (SUN)

04



@BRODO

From Chef @marcocanora



Totally Followable Foodies:
Broth Boosters



Fall

HOT NOODLES AND CHILL

FOOD. FOOD LOVES ME.
I LOVE FOOD. FOOD LOVE
ME. I LOVE FOOD. FOOD
LOVES ME. I LOVE FOOD.
FOOD LOVES ME. I LOVE
FOOD. FOOD LOVES ME.
I LOVE FOOD. FOOD LOVE
ME. I LOVE FOOD. FOOD
LOVES ME. I LOVE FOOD.

ALCOHOL-FREE ALE IT'S A THING

CLAUSTHALERNORWAY 

ZERO ALCOHOL
BEERS ARE LOW
IN CALORIES,
USUALLY AROUND
60-100 CALORIES



BY JAMES TURNER

I'm calling it here first, right now. Mark this in your calendar. People are tired of getting tired of being crazy wasted on alcohol. There I said it. I'm not sure why, maybe it's the legalization of weed, maybe people are becoming more health conscious, maybe people can't handle any more 16% beers, but alcohol-free beer is making a big push to be in your fridge. I know what you're thinking: "Why would I drink beer if there is no alcohol in it?" I found that the most common answer from randoms on the street was that they just like the taste of beer.

It used to be that the only option for you if you were going zero alcohol was O'Douls, and this is a solid light tasting beer, but there are several other mainstream options you can try. Heineken, possibly the most popular beer in the world, has a 0.0 beer, so does hipster revived Pabst Blue Ribbon. But it's not just lighter beers that are joining the fun. Clausthaler is German-style beer that is big on flavor and zero on the alcohol. Spanish beer may be the biggest entrant onto the American scene as Spain is the #1 consumer of 0.0% beer in the world. So every brand in Spain--there are about 60--has one.

These zero alcohol beers are low in calories, usually around the 60-100 calorie mark, taste great and can be a welcome addition to any fridge where the flavor of the beer matters more than how blotto it can get you.

MIRACLE MUSHROOMS

MALARIA FIGHTING FUNGI



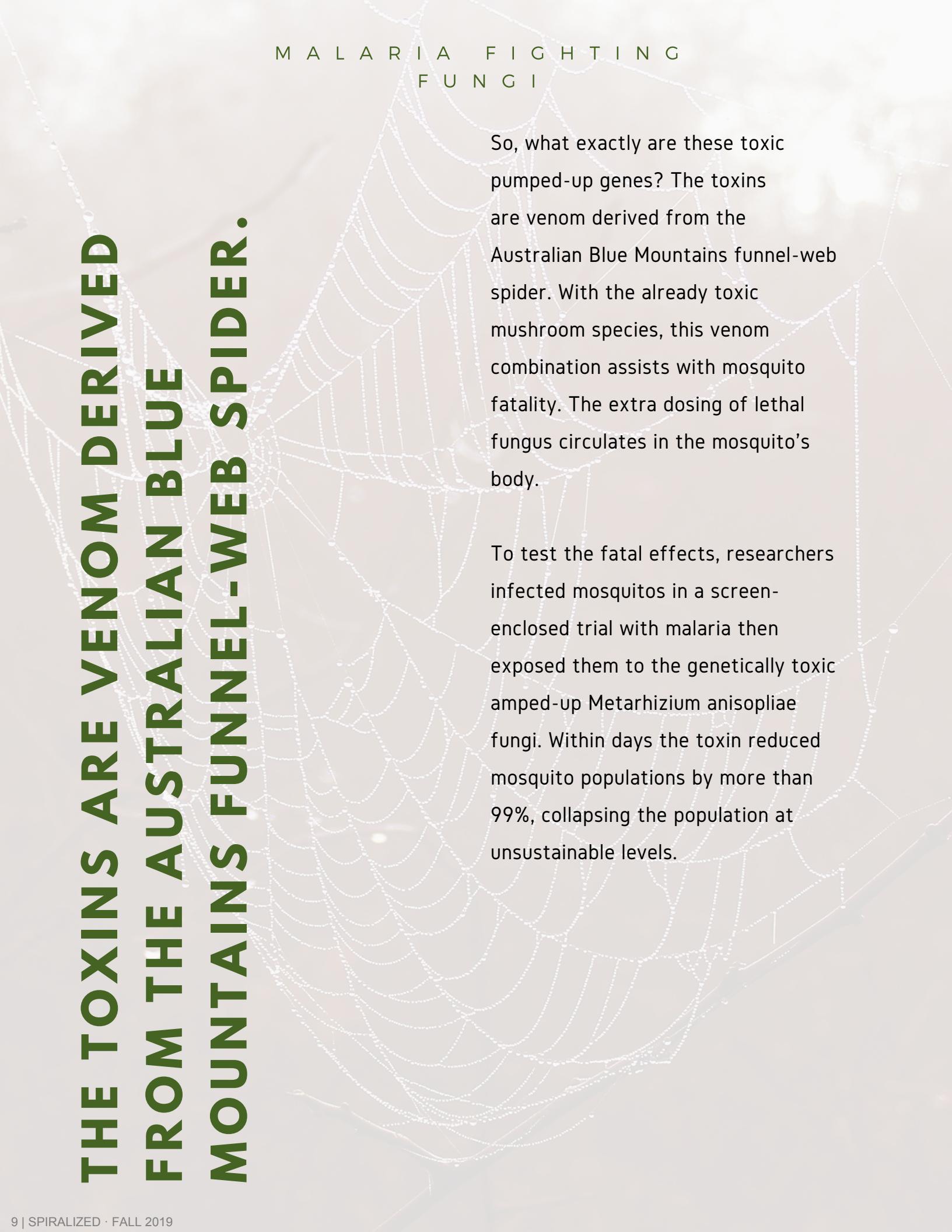
M A L A R I A F I G H T I N G F U N G I

Magical mushrooms. No, not the psychedelic variety--the ones that have the potential to save millions of lives. The *Metarhizium anisopliae* fungi are not your typical shiitake mushrooms. This mushroom has been developed and genetically modified to combat malaria. These mushrooms are not for human consumption but designed as an aid to public health by fighting against malaria in mosquitoes.

Malaria occurs in more than 100 countries, putting over half of the world's population at risk. This is an urgent public health concern for the sub-Saharan Africa region, where 92% of cases and 93% of deaths occur. Malaria is a deadly parasite transmitted by mosquitoes infected with the single-cell parasite called Plasmodium. If you have visited or lived in tropical or subtropical regions, you are familiar with the daily routine of long sleeves, pants, and bug spray. And not to forget your best friend, the mosquito net.

Netting and bug spray are not enough. It takes just one bite to become hospitalized. Communities have taken preventative measures with pesticides to reduce the mosquito population. Unfortunately, mosquitos have evolved and are now resistant to these pesticides. Researchers at the University of Maryland (UMD) have targeted a new strategy by infecting and killing disease-transmitted mosquitos by using already natural pathogens such as fungi. Scientists amplified toxicity levels by adding genes to the toxic *Metarhizium anisopliae* fungi which attack insects in the wild.

THE TOXINS ARE VENOM DERIVED FROM THE AUSTRALIAN BLUE MOUNTAINS FUNNEL-WEB SPIDER.



So, what exactly are these toxic pumped-up genes? The toxins are venom derived from the Australian Blue Mountains funnel-web spider. With the already toxic mushroom species, this venom combination assists with mosquito fatality. The extra dosing of lethal fungus circulates in the mosquito's body.

To test the fatal effects, researchers infected mosquitos in a screen-enclosed trial with malaria then exposed them to the genetically toxic amped-up *Metarhizium anisopliae* fungi. Within days the toxin reduced mosquito populations by more than 99%, collapsing the population at unsustainable levels.

MALARIA FIGHTING FUNGI

Fantastic for us, not so much for the targeted mosquito population.

But what about other insects, especially agricultural beneficial ones like honeybees? Well, these scientists thought ahead and ensured their genetic modifications only produce toxins in the body of a mosquito and no other insects. According to one UMD researcher, St. Leger stated, “When the fungus detects that it is on a mosquito, it penetrates the mosquito’s cuticle and enters the insect. It won’t go to that trouble for other insects.”

Seems like promising anti-malarial technology on the horizon. While awaiting approval to expand testing in natural environments, the idea is to use inexpensive and readily available materials in these sub-tropical villages. Black cotton sheets and sesame oil seem to be a fit, but further research is pending to ensure practical and sustainable application methods.

Could malaria be eradicated in our lifetime, by this super-charged mushroom? This strategy provides an optimistic future, which may lead to the annihilation of these deadly mosquitos. Ultimately this could save millions of lives and dare I say coin another term for magical mushrooms.

CAULIFLOWER GNOCCHI SOUP



SERVES 4-6

INGREDIENTS:

1 TABLESPOON OLIVE OIL
1 SMALL YELLOW ONION, DICED
1 CARROT, PEELED AND DICED
1 STICK CELERY, DICED
2 CLOVES GARLIC, MINCED
1/4 CUP DRY RED WINE (OPTIONAL)
1 TEASPOON DRIED BASIL
1 TEASPOON DRIED OREGANO
1 TEASPOON RED PEPPER FLAKES
1 28-OZ CAN CRUSHED TOMATOES, UNSALTED
1 12-OZ PACKAGE CAULIFLOWER GNOCCHI
2.5 CUPS FROZEN BROCCOLI RABE
2 CUPS COOKED CHICKEN
3-4 CUPS WATER
SALT AND PEPPER TO TASTE

DIRECTIONS:

1. IN A LARGE STOCK POT HEAT OIL OVER MEDIUM HEAT.
2. ADD ONION, CARROT, AND CELERY. SAUTEE UNTIL VEGGIES ARE SOFT. ADD GARLIC AND COOK UNTIL FRAGRANT, ABOUT 1 MINUTE.
3. IF USING THE WINE, ADD TO THE POT AND BRING TO A BOIL. WHEN IT HAS REDUCED BY HALF IN VOLUME, ADD THE SPICES, TOMATOES, GNOCCHI, BROCCOLI, AND CHICKEN. THIN OUT WITH WATER AS DESIRED. STIR WELL TO MIX
4. BRING TO A BOIL AND THEN LOWER HEAT. ALLOW TO SIMMER 20-30 MINUTES.
5. SEASON WITH SALT AND PEPPER TO TASTE.

VARIATIONS: IT'S SUPER-EASY TO MAKE THIS VEGAN VERSION—JUST USE CHICKPEAS OR WHITE BEANS IN PLACE OF THE CHICKEN.



SERVES 4

INGREDIENTS:

1 TABLESPOON SUNFLOWER OR OLIVE OIL
1 SMALL ONION, DICED
1 CUP RED LENTILS, RINSED
2 CUPS WATER
1 BLOCK TEMPEH, CRUMBLED
1 TEASPOON TURMERIC
1 15-OUNCE CAN PUMPKIN PUREE
1 CONTAINER SALSA

DIRECTIONS:

1. IN A LARGE STOCK POT, HEAT OIL OVER MEDIUM HEAT. ADD ONION AND SAUTE UNTIL TRANSLUCENT
2. ADD LENTILS AND WATER. BRING TO A BOIL. LOWER HEAT AND COVER. COOK ON LOW FOR 10-15 MINUTES OR UNTIL LENTILS ARE TENDER.
3. UNCOVER LENTILS AND ADD TEMPEH AND TURMERIC. STIR WELL TO COMBINE.
4. ADD PUMPKIN AND SALSA. STIR WELL. BRING TO A BOIL AND THEN LOWER HEAT.
5. SIMMER CHILI ON MEDIUM-LOW FOR 20-30 MINUTES.
6. SERVE HOT.

NUTRITION INFORMATION PER SERVING (ABOUT 1 1/2 CUPS CHILI): 345 CALORIES, 10 GRAMS FAT (1 GRAM SATURATED), 21 GRAMS FIBER, 365 MILLIGRAMS SODIUM, 207 MILLIGRAMS POTASSIUM, 25 GRAMS PROTEIN, 278% VITAMIN A, 36% VITAMIN C, 8% CALCIUM, 30% IRON

TEMPEH RED LENTIL PUMPKIN CHILI (VEGAN)

JESSICACORDINGNUTRITION.COM

Fact from Fish



It is a common misconception that wild seafood is good and farm-raised is bad. Simply put, wild-caught seafood is caught from a natural habitat (lake, ocean, river) whereas farmed seafood is raised in large tanks.

Nutrition.

The nutrition quality of the seafood largely depends on what the fish eats. Fish in the wild eat a natural diet and tend to be slightly lower in saturated fat than farm-raised varieties. Farmed fish can be slightly higher in omega-3 fatty acids, presumably due to the farms' fortified feed.

Contaminants.

It is important to note that mercury can be found in both farm-raised and wild-caught seafood due to industrial pollution that finds its way into lakes, rivers and oceans.

Sustainability.

Some seafood is considered unsustainable, and some is considered environmentally restorative, so the answer is “it depends on the fish”.

Cost.

Wild-caught seafood is typically higher in price than farm-raised options. Frozen or canned wild caught seafood can be more budget friendly than fresh varieties.





Shrimp farming.

Aquafarming is the farming of fish, crustaceans and molluscs.

HEALTHY KIDS START WITH HEALTHY FOOD

Q&A FIGHTING CHILDHOOD OBESITY



THE SEASONAL SAMMY TEAM INTERVIEWED A SELECT GROUP OF NUTRITION EXPERTS TO GET THEIR PERSPECTIVE ON COMBATING CHILDHOOD OBESITY THROUGH TECH AND TRADITIONAL METHODS.

HERE IS WHAT THE EXPERTS SAY

BY GUEST WRITERS
PENINA LANGER AND ALEXANDRA FILINGERI

THOMAS MCQUILLAN BALDOR SPECIALTY FOODS, INC

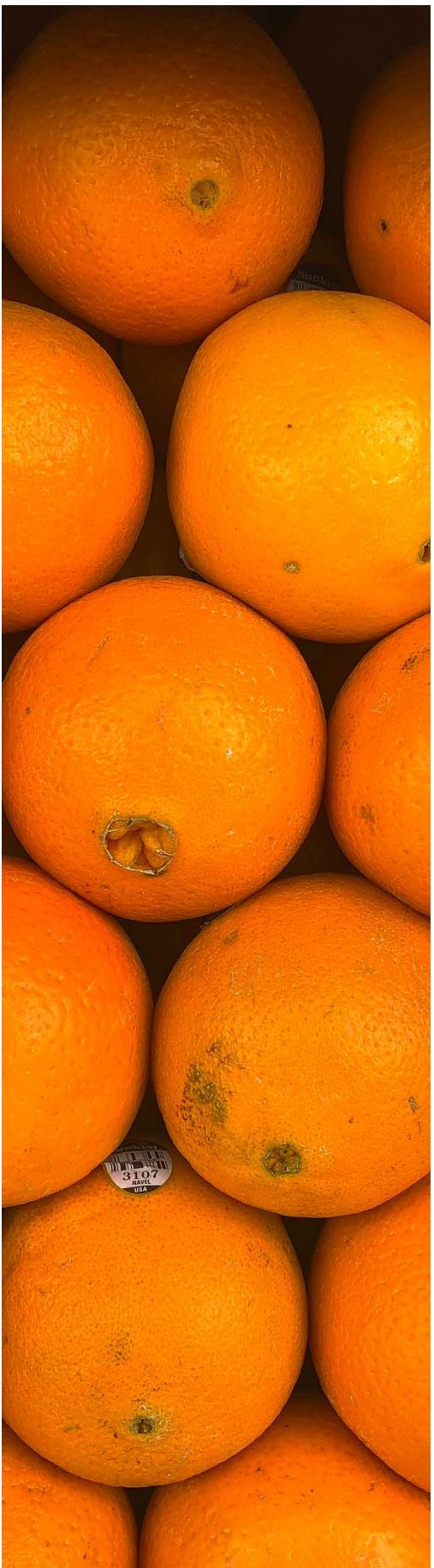
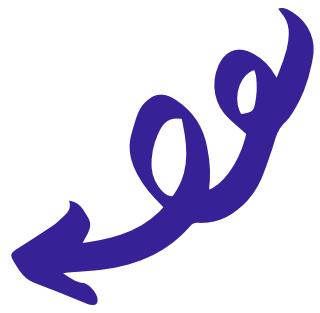
At Baldor, they process over 1,200,000 pounds of produce a week. As a result of this production there is food remaining. This is food and it needs to be treated as a valuable asset that we can consume, feed to animals or compost. The Baldor team feels food should never be wasted.

Q. How do you think kids can get involved in reducing food waste?

A. Children need to be taught to utilize 100% of all food. There is so much food that is wasted unnecessarily. Children need to be taught that we should never send any food to landfill for any reason. Children are learning that food that is wasted wastes all the energy and human capital that went into creating that product. WE can work together to completely eliminate all food that is currently sent to landfill. We can find more nutritious food to those who are food insecure, protect our environment and help create additional profitability for farmers. Children can help solve this problem.



Imperfect produce is any produce that does not meet very specific characteristics for selection in a farm's packing house. Produce that is not selected is often composted on the farm or discarded. There is normally no taste variation and this produce provides the same valuable nutrition.



MARIA BIONDI, RDN, CDN NEW YORK-PRESBYTERIAN

Maria fills the role of both adjunct professor in the Queens College Nutrition and Dietetics department and holds a full time position at New York-Presbyterian Queens as a NYPBeHealthy Wellbeing Coach.

Q. Why do you think it is important to educate children on healthy eating patterns?

A. So many of our behaviors and habits can start in the early stages of life. I think it is a great start if parents can try to set the standard and get their children involved in preparing and experiencing different foods as early as possible. When I worked in pediatric nutrition for a short time, I was amazed to see parents serving foods they would never eat themselves. If you wince at the smell of broccoli, why would you expect your kids to enjoy it? Don't be afraid to try new foods with your kids and have fun experimenting with new fruits, vegetables, or whole grains. Cooking does not need to be as daunting as many feel it is; if you have an extra set of hands, use them!

HEALTHY KIDS START
WITH HEALTHY FOOD

DR. ALAN SHEER
NORTHPORT WELLNESS CENTER



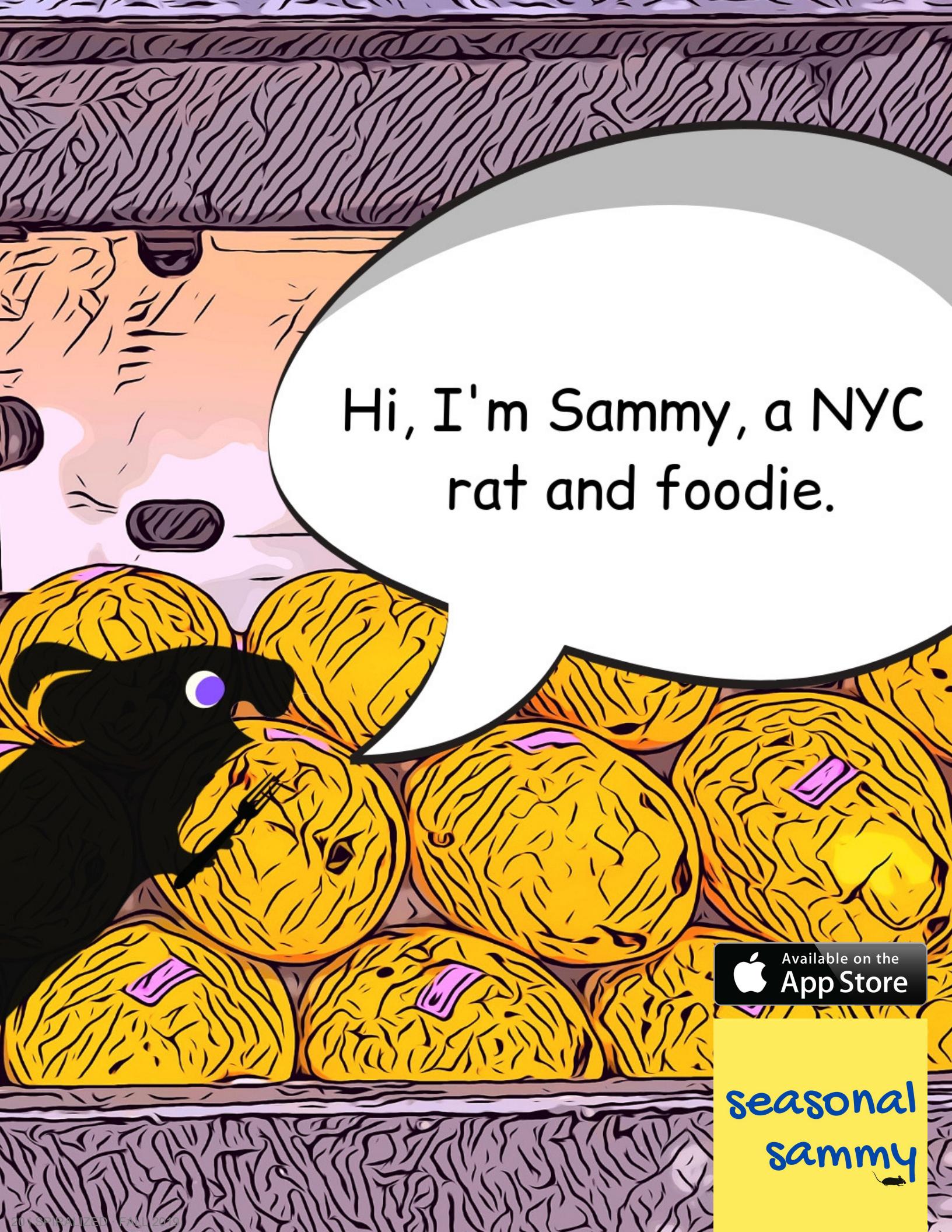
Q. What is the best tool/method you use when working with children?

A. Children are very intuitive. My approach is gentle, calming and non-aggressive. I always maintain eye-level, and eye-contact where possible and ask permission to precede with any treatment. When children feel respected and safe, they are more receptive and responsive to treatment altogether.

Q. What's your best advice for parents regarding the health of their child?

A. Set a good example; your child will follow your lead. Commit and follow through. Praise your child for making healthy choices for their body, mind and soul. Nurture their health both physically and emotionally. Give them your time, as well as your heart.

The Northport Wellness Center is a premier wellness provider on Long Island dedicated to helping people lead healthier and happier lives through various healthcare services.



Hi, I'm Sammy, a NYC
rat and foodie.



seasonal
sammy

HOW CAN IT BE "FAT FREE" AND REFRIED?



Let's start with the name. Refried beans is just a bad translation from the Spanish frijoles refritos, which means well-fried beans but some Spanish families would do lots of frying on Sunday after church and then fry it again before serving later in the week.

But any commercial brand of refried beans you eat are not going to be fried at all, they are baked. To make them fat-free (or at least less than 0.5 grams of fat per serving) companies spin the beans to remove the fat and don't add any to the cooking process.

GLOBAL GRUB

BY GINA KEATLEY



HONG KONG

CAGED AND CAGE FREE

Everyone knows I'm a chicken wing fan, but nowhere else in the world have I seen poultry being elevated in such a way. Hong Kong is a small island with big food and bigger history. If you head through the streets on foot you will find the Yuanpu Street Bird Park. It's filled with beautiful colorful birds, all in cages and all singing. I didn't know what to think as an outsider to this country. Who am I to judge. But I couldn't help thinking that these birds are getting louder and maybe they wanted to be free? Some of the birds have been free their whole life and seemed to be angry by the trapping while others seemed content with the security of a sheltered household and nourishment.

All this thinking got my bird brain hungry, so I tossed some seed and headed out to see some birds bred not for philosophical reasons but for the plate.



My breakfast was classic Chinese dim sum. For those who don't know dim sum is dishes of small steamed or fried savory dumplings containing various fillings, served as a snack or main course. You pick four or five items. They arrive piping hot and ready to be devoured. As my restaurant-mates, a group of cooks suggested, you eat dishes as soon as they arrive and as fast as you can. I started with a staple--chicken feet, a Chinese specialty--enjoyed on special occasions with friends and family. I know what you're thinking...feet! You flew across the world to eat feet, but yes, I did, and you should too. They call it tiger skin feet and are prepared by soaking, braising and saucing in flavorful liquid, but you need a good 4 hours to make so I say grab them when dining out and save time. You have to eat around the feet bones and nails. Think of them as a tiny delicate chicken wing. The courses keep coming from haam seui gok, a deep-fried dumpling with pork and chopped vegetables with a wrapping that was sweet and sticky with slightly salty filling to lotus leaf rice, a glutinous rice wrapped in a lotus leaf. This typically contains egg yolk, dried scallop, mushroom, and meat, usually pork and chicken. I love a breakfast and always jump at the chance to prefix in the early morning, especially one packed with so many distinct flavors.



With some help from Google Translate and some pointing I managed 5 courses and a tea. Speaking of tea, it's kind of their thing and unlike our European friends they have mastered the art of the to-go. I popped into Green Gingko Tea located in the Sheung Wan district, a super hip (and sip) tea house filled with chill tea experts highlighting green tea such as Ice Drip Gyokuro (my fav), Sichuan Bamboo Green and artisanal Jasmine Silver Needle.



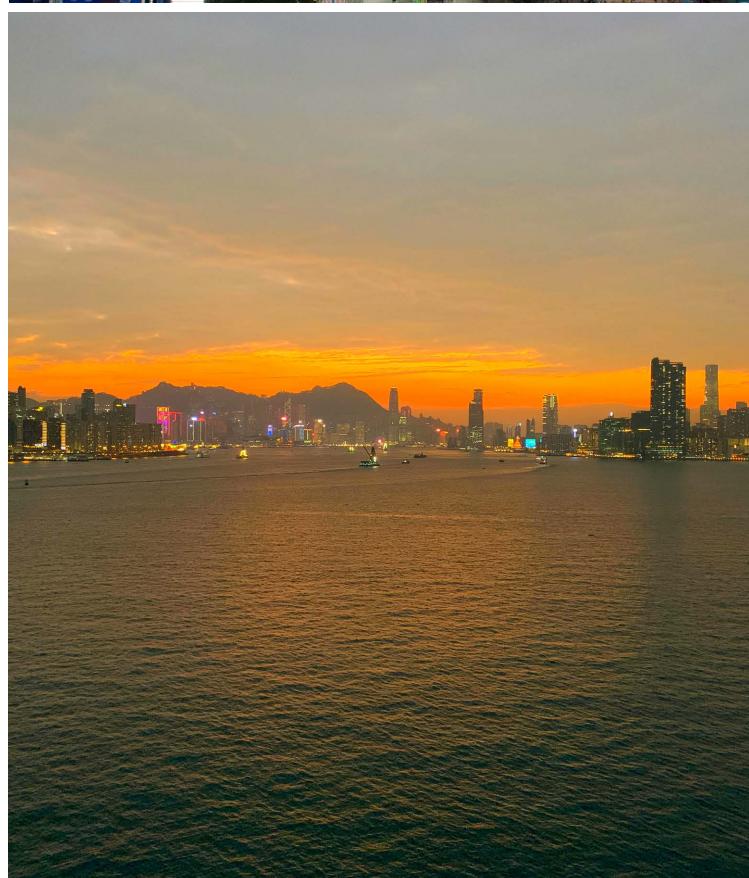
I grabbed my to-go teas and headed to burn some of the calories I racked up at dim sum. Next stop was the vintage market located at Cat Street, Upper Lascar Row. Here you can find unique vintage plates, cups and saucers, chopstick and other things to jazz up your kitchen and to make your friends jealous. Haggling is a must because set prices are very rare in China and even though it's not the mainland it's close enough.



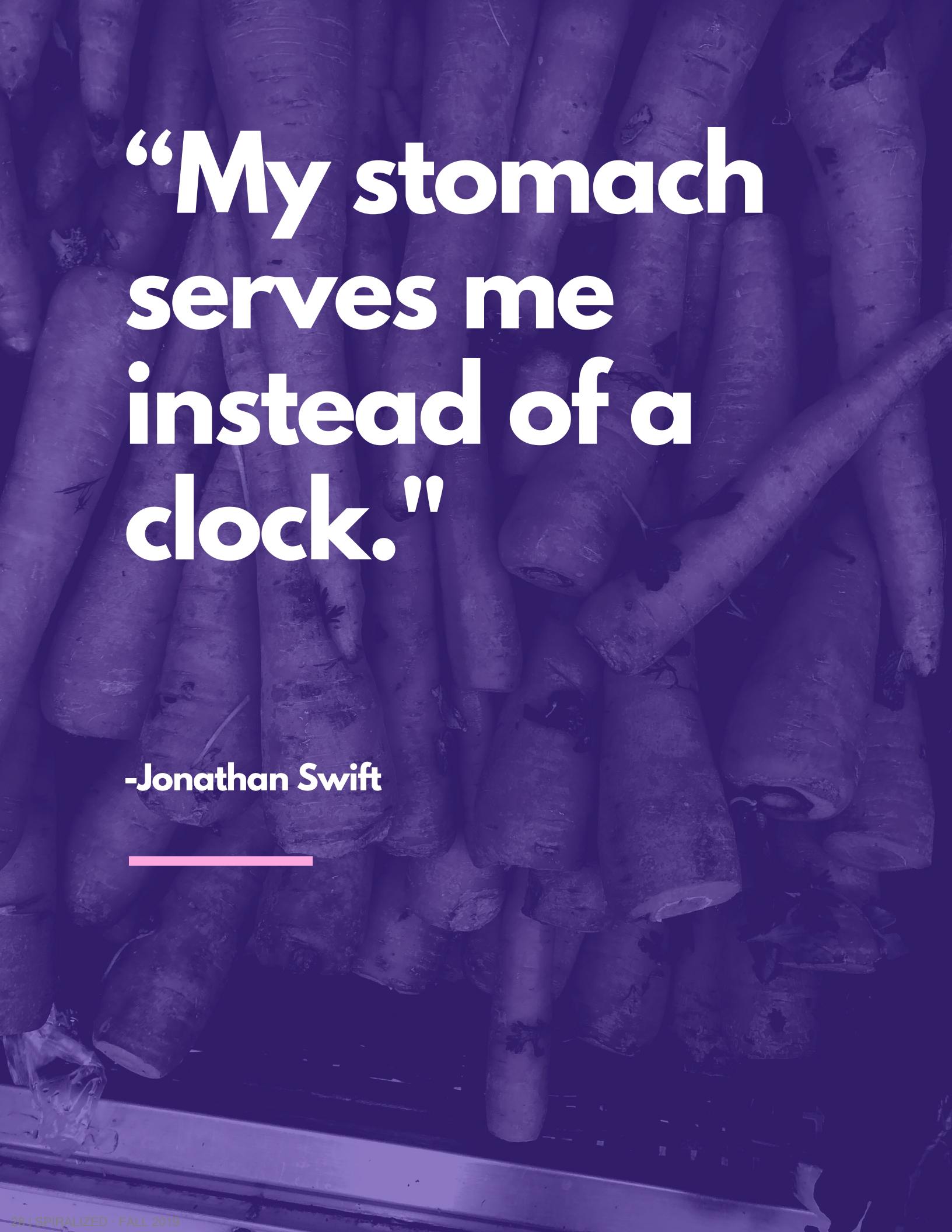
With a baby decorative dragon and a 1930's tea set obtained I made my way to lunch. I went bird as well this time. Duck, of course. There are a lot of places to enjoy Peking duck on the island, but I wanted to keep the portions small. I visited Sham Shui Po, the most humble district in Hong Kong, with a predominantly working-class population. Tiny eateries line the streets. I just asked a local to tell me what was good and ended up nibbling on a steamed bun filled with roasted duck and a Coke Zero, chillin' on a local sidewalk. I did some people watching, while being watched myself. I made a quick pit stop back at the hotel to recover from the day and get all dressed for the evening.



Hong Kong comes alive at night with an excellent skyline and light show. There are tons of great rooftop spots but I went sea level on a dinner buffet cruise from Bauhinia Harbor. We were packed in and shipped off literally! When traveling abroad, especially in Asia, I like a buffet because it gives me the chance to try just a taste of many regional cuisines. The buffet-style menu had everything from fish to finish. The menu has a ton to choose from and it can be overwhelming so follow the “shark approach”. First you circle, then you attack. Speaking of shark, it is a delicacy, but I passed because I have to defend my fellow villains and don’t find the practice acceptable. However, there are cultural reasons why it exists, so you can always abstain but don’t judge. I am not the only one that feels this way. There has been a huge decline in shark fin menus the last five years and a popular restaurant chain vows to halt sales of shark by 2020.



Wandering through the streets of Hong Kong can be an eye opening experience and visiting Hong Kong now provides a lot to digest. Nevertheless, this country’s complexity is something that adds to its flavor. Like cuisines, countries evolve. I’m not sure what that will look like, but I hope it’s healthy and satisfying for everyone at the table.



**“My stomach
serves me
instead of a
clock.”**

-Jonathan Swift



Best Macarons,
Los Angeles
Intern Picks'

Lette Macarons
lettemacarons.com

Millet Crepe

Ladurée, The Grove
laduree.us

sweet meringue-based confection

BLUEBERRIES

SUPERFOOD. DUDE, WE ARE EATING THESE!

SUPERFOOD
'SŪOPƏR, FOOD/ NOUN

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



01

BLUEBERRIES CONTAIN 80 CALORIES PER SERVING, WHICH IS ONE CUP.

02

THEY HAVE 3.6 GRAMS OF FIBER PER SERVING.

03

BLUEBERRIES HELP YOU MEET YOUR DRI OF FIBER.

04

THEY CONTAIN NATURALLY OCCURRING SUGARS. SWEET!



05

BLUEBERRIES CONTRIBUTE VITAMINS AND MINERALS INCLUDING VITAMIN K, MAKING THEM A GOOD CHOICE TO HELP MEET NUTRIENT NEEDS.

06

THEY ARE HIGH IN MANGANESE. IT HELPS THE BODY PROCESS CHOLESTEROL AND NUTRIENTS SUCH AS CARBOHYDRATES AND PROTEIN.

07

BLUEBERRIES CONTAIN VITAMIN C. IN JUST ONE SERVING, YOU CAN GET ALMOST 16% OF YOUR DAILY REQUIREMENT OF VITAMIN C.

08

THEY ARE PERENNIAL FLOWERING PLANTS WITH BLUE- OR PURPLE-COLORED BERRIES.

**TRUFFLE,
Trash Free
and Tada**



OUR ODYSSEY THROUGH
THE FANCY FOOD SHOW



Like a bear trying to find a pot of honey, we scoured the Specialty Food Association's Fancy Food Show in New York City. There were more than six football fields worth of every food or food product imaginable; and our staff returned with three trends that will be smoking hot in the next couple of months.

Truffle: Maybe we were less like bears and more like pigs—pigs to truffles that is. We found delicious truffles in all possible forms: whole, dustings, liquids and even imitation; however, our favorite of the bunch had to be Sabatino Tartufi Truffle Zest. Sabatino Tartufi is the world's largest truffle company, acting as a importer, manufacturer, and distributor of both fresh and preserved truffles. This seasoning checked all the boxes. We can order on-line from anywhere, use Apple Pay, and put it on everything from pasta to popcorn. It takes a so-so dish and makes it feel super fancy. By the way it's gluten free and vegan.



Trash Free: Maybe the most surprising trend when you're in an airport hangar full of food is the emphasis on sustainability. No one emphasizes this more than the virtual packing free Hamona Premium Coconut and super green PacknWood companies. You have to love a company that turns the coconut tree into a "zero waste" plant and provides you with a product where all you need is your reusable metal straw to enjoy.

If you've got a hankering for the coconut meat inside they are easy to crack open. The PacknWood company supplies you everything needed to consume your fancy food in a eco-friendly sustainable way.

Tada: The tada, like the sound you make after a magic trick, is all about the instant preparation, but people are still impressed. We found the PetitPot a series of French-style desserts in nice glass containers with super cute mascots on them.

These are not a health food but for dessert, magnifique and properly portioned! We also stumbled upon the bros from Zana sauces, which have a sauce for every occasion, ready to go in one nice and easy box. They deliver and taste great. But the star of "tada" had to be the super-premium meats, in ready-to-picnic packages from Olympia Provisions. We can neither confirm, nor deny an intern ate all of theirs on the L train ride home.

03. Best Happy Hour Eats Now.

GET HAPPY

IT'S 5PM
HERE

01

BEST WINGS, JERKED
**COOP CARIBBEAN
FUSION,
DETROIT MI**



02

BEST OYSTERS
**SEA WOLF,
BROOKLYN, NY**



03

BEST TACOS
**PIKOH,
LOS ANGELES, CA**



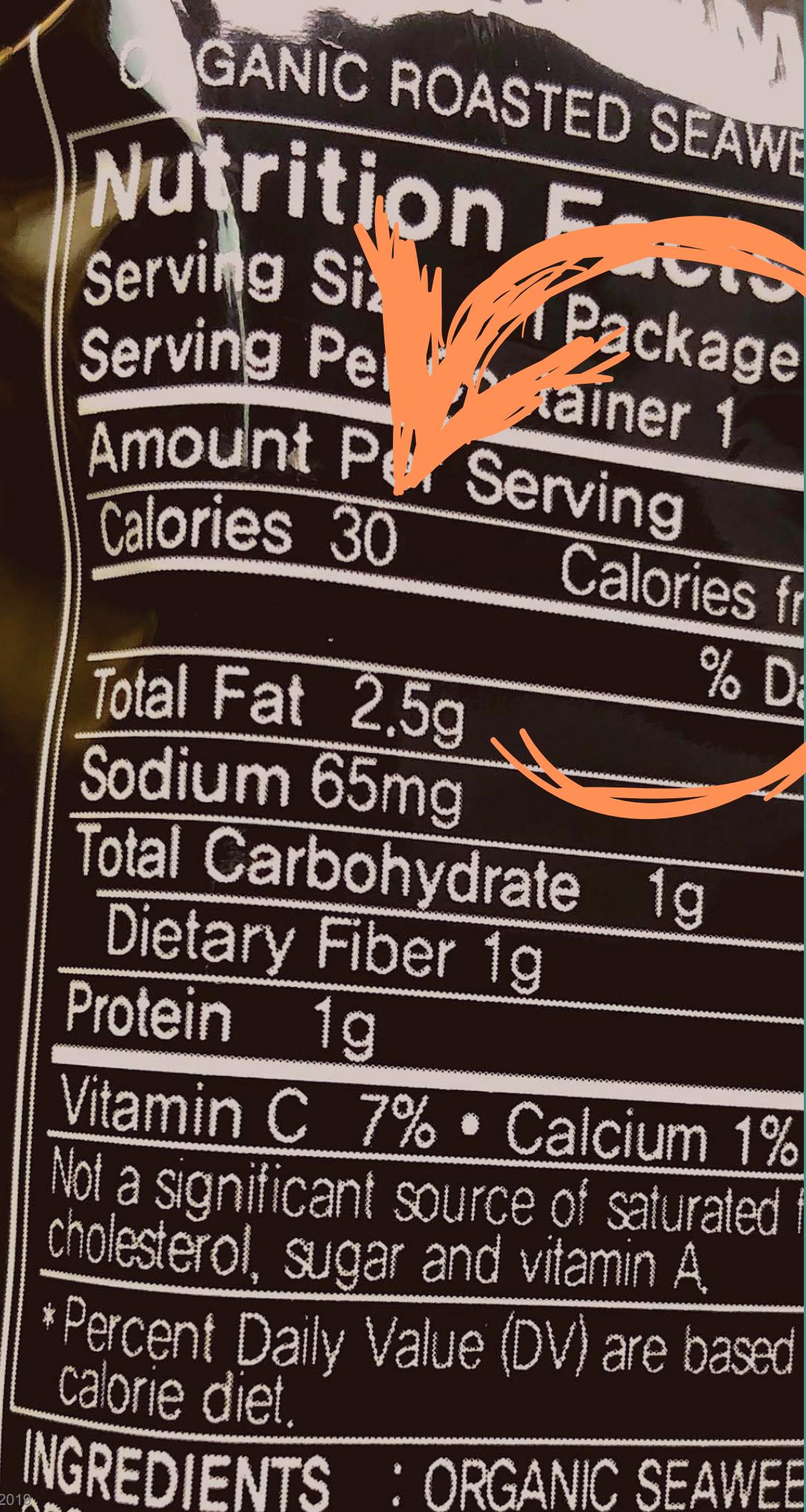
Eating Algae

Algae are eukaryotic organisms that have characteristics of both animals and plants. Finally, a food we can all agree on.

tasty
trend



Eating Algae



STEWING

1. CUBE PROTEIN & DREDGE IN FLOUR.
1. BROWN, BABY, BROWN! HEAT A DASH OF OIL IN THE PAN OVER MEDIUM HEAT. BROWN THE MEAT ON ALL SIDES.
1. TOSS IT IN. ADD VEGGIES AND COOKING LIQUID. BRING THE LIQUID TO A BOIL, THEN REDUCE HEAT. TOP WITH A TIGHT-FITTING LID.
1. LET IT COOK. YOU'LL KNOW IT'S DONE WHEN THE MEAT IS FORK TENDER.



INTERNS PICK.

What is Yondu?

A versatile savory seasoning that brings out the inherent flavor of your ingredients. Natural umami from slowly fermenting and simmering vegetables gives delicate flavor and balance to your dishes.

HOW IS IT MADE?

Non-GMO and organic soybeans are slowly fermented in three stages to bring out savory flavors. This base is blended with the concentrated broth of eight different vegetables to balance and add delicate complexity. Yondu Vegetable Essence is a well-balanced versatile seasoning.

Fermented soybeans + Concentrated broth from 8 vegetables

INGREDIENTS: Organic Soybean Essence (Organic Soybean, Water, Salt), Vegetable Extract (Onion, White Radish, Leek, Cabbage, Carrot, Shiitake, Ginger, Garlic), Yeast Extract

yondu.us

NEXT NOSH

BY ORLANDO SILVA



Otamot is a vitamin-rich tomato sauce that's great for healthy, kid-friendly meals. Made with 10 vegetables, it offers 3 g of protein, has no added sugar, is non-GMO and gluten free. Otamot is thicker than typical prepared tomato sauces simply because it has more concentrated goodness and less added water.

otamotfoods.com



The sparkle. They have spent 135 years perfecting the process of packing zillions of tiny bubbles into our seltzer for long-lasting carbonation and crispness. The bubbles are created by dissolving Co2 into water at high pressure without any contact with oxygen to protect the taste. Now in jr!

polarseltzer.com

Spiralized Magazine Staff

A close-up photograph of a sandwich with spiralized vegetables on a wooden board. The sandwich is held together by a toothpick with a yellow ribbon. The background is blurred, showing a restaurant interior.

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