

# MAGAZINE



The healthiest  
snacks to  
take  
on the road

**SHORTCUT  
DINNER  
THAT SKIP  
THE STOVE**



**BON Appetit  
HEALTHY-ish**



YOUR GUIDE TO Greener Grilling

**WELCOME SPRING HAS FINALLY ARRIVED AND WITH IT LOTS OF OPPORTUNITIES TO ENJOY THE GREAT OUTDOORS WITH FAMILY AND FRIENDS ,WHY NOT PACK A PICNIC FULL OF GOODIES AND HEAD TO YOUR NEAREST PARK OUR GORGEOUS GREEK STYLE STUFFED WITH RICH SALAD AND CREAM WITH NACHOES CAN BE MADE AHEAD SO YOU CAN SPEND**

**SEASONAL SALAD THE CLASSIC FAVOURITE SPICED UP WITH A TOUCH OF CHILLI AND CREAM. WITH THE CRISP OF NACHOES AND HEALTHIEST AVACADO SPREAD GO YOU ALL PEOPLE LOVE WITH THIS RECEIPE YUM!!!!**

**Are you enjoying these Mexican-ish recipes as much as I am? I could really eat fresh Mexican food all day, every day.**

A GOOD FOOD TAKES YOU INTO HOME KITCHENS ALL OVER THE WORLD WITH CLASSIC AND DELEIOUS RECIPIES THAT ARE ACCESSIBLE TO ANYONE There's not a whole lot in the world that's better than nachos. Even less in the world that's better than SUPER NACHOS. I put it in all-caps for emphasis. SUPER NACHOS are kind of like the Nachos Supreme I used to get at Taco Bell back when I used to eat at Taco Bell almost every day for lunch, usually ordering a bean burrito but splurging on Nachos Supreme the day after pay day or whenever I was super hungover. Nachos are perfect for when you're hungover. They are also the perfect party snack because everyone in their right mind loves them. IF you've got some vegetarians hanging around, make these as written omitting the beef and call them Deluxe Two-Bean Nachos. See, that sounds almost just as fancy as SUPER NACHOS INGREDIENTS Deluxe Two- Bean Nachos. Sethat sounds almost just as fancy as SUPER NACHOS.

## INGREDIENTS

### Avocado Sauce:

1/2 avocado, cubed

1/3 cup sour cream or Mexican crema

2 tablespoons lime juice

1 serrano (or jalapeno) pepper, seeded and diced

1/2 teaspoon salt

### Nacho topping:

1 teaspoon oil

1/2 cup diced onion

1 large garlic clove, minced

1/2 pound lean ground beef (or omit for slightly less supreme nachos)

1/4 cup water (omit if omitting the beef)

1 tablespoon chili powder

1 teaspoon ground cumin

1/2 teaspoon black pepper

2 tablespoons ketchup

1/2 teaspoon salt

1 1/4 cups cooked black beans, well-drained (about 1-15 ounce can)

1 cup refried beans

1 1/2 cups grated cheese (Montrey Jack, Oaxaca, or a Mexican blend)

1/2 cup pickled jalapeno slices

1 Roma tomato, seeded and diced

4 green onions, sliced thin

## TOP TIPS

For a vegetarian option remove the beef mince and skip Step 1 of the method. Heat Wattie's Mexican Style Tomatoes and Wattie's Mild Chilli Beans until hot.



**M**ilk and milk products contain high amounts of potassium. This includes foods like yogurt, milk-based puddings and custards. Avoid chocolate milk products, as chocolate is high in potassium. Some whole grain and bran cereals contain a lot of potassium. Switch to more refined cereals that are lower in potassium. Legumes, nuts, peanut butter and dried fruits such as raisins, apricots, prunes, and dates are rich sources of potassium. Meat, fish, poultry and eggs are moderate to high sources of potassium. These foods are also good

Some fruits and vegetables can also add a lot of potassium to your diet. Apples are high in fiber, vitamin C, and numerous antioxidants. They are very filling and make the perfect snack if you find yourself hungry between meals. Avocados are different than most fruits because they are loaded with healthy fats instead of carbs. Not only are they creamy and tasty but also high in fiber, potassium, and vitamin C. Eggs are among the most nutritious foods on the planet. They were previously demonized for being high in cholesterol, but new studies show that they're perfectly safe and healthy. Chicken breast is low in fat and calories but extremely high in protein. It's a great source

We've cooked rice countless times and countless ways, but we still don't always get it right. We've rinsed it, soaked it, simmered it in carefully measured liquid, and boiled it in a large pot of water. We've cooked it with and without a lid, tried all shapes and sizes of pans, and even invested in specially designed rice cookers. Sometimes each grain is tender yet chewy, separate, and fluffy. Other times, the grains just clump together. So how do we get our rice to behave and turn out exactly how we want it? Well, we've found the secret. Cooking rice perfectly is simply a matter of choosing

a matter of choosing the right variety and the right cooking method for the type of dish you want to make. It's not rocket science, just a simple application of rice science. The final risotto won't have the same velvety feel of one that's thickened with loosened starch from the rice. You may have come across recipes for baked risottos that boast a no-stirring method. In our opinion, these don't work. When you add all the stock at once and then cook the rice the oven undisturbed, much less starch is released from the grains, as there is no friction from stirring to facilitate this process.

*Why isn't there a one-size-fits-all cooking method for rice?*





**Grilled Cottage Cheese**  
N Vegetable barbecues  
is rich in protein and  
makes excellent break-  
fast option. It can also be  
served as an appetizer  
or as a main course, just  
add a scoop of mashed  
potato or french fries to

**BACK COVER!**

