

COCONUT OIL

It's soaring in popularity—and well on its way to becoming a kitchen staple. After all, it's as rich as butter (without the cholesterol) and as versatile as vegetable oil. Grocery stores now stock the good stuff: organic, virgin varieties that haven't been hydrogenated. Pressed from raw coconut, the unrefined oil has subtle nutty, tropical notes. And it's a wonderful vegan substitute for butter in baked goods. Try cooking with it as an added flavor boost in savory dishes, too—or simply slather it on toast and enjoy.



Power Breakfast OAT-COCONUT SMOOTHIE

In a blender, combine $\frac{1}{2}$ **banana**, $\frac{1}{4}$ cup **old-fashioned rolled oats**, $\frac{1}{2}$ cup **Greek yogurt**, 2 tablespoons **coconut oil**, 1 tablespoon **honey**, $\frac{1}{2}$ cup freshly squeezed **orange juice**, and $\frac{1}{2}$ cup **ice**. Purée until smooth. Transfer to a tall glass and drink immediately.



Satisfying Light Lunch CARROT-GINGER SOUP

In a pot over medium heat, cook $\frac{1}{4}$ cup minced **shallots** and 4 teaspoons minced **ginger** in 2 tablespoons **coconut oil** until fragrant, 2 minutes. Add 1 pound **carrots**, peeled and chopped; 1 medium **sweet potato**, peeled and chopped; 4 cups **water**; and 2 teaspoons **coarse salt**. Simmer, covered, until vegetables are tender, 10 minutes. Purée in a blender until smooth. Season with coarse salt; serve hot or cold with **yogurt**.



Coconut oil turns to liquid between 75 and 81 degrees F, so its consistency may change from day to day. To maintain its solid, spreadable state and keep it from turning rancid, store it in a cool, dark cupboard.



Easy, Elegant Dinner SEARED SCALLOPS

Heat a skillet over medium-high heat; swirl in just enough **coconut oil** to coat bottom. Pat **scallops** dry, season with **coarse salt**, and add to skillet. Cook, undisturbed, until browned on bottom, 1 to 2 minutes. Flip, season with **coarse salt**, and cook until browned and cooked through but still pink in center, 1 to 2 minutes. Serve with wilted **spinach** and a pinch of freshly grated **nutmeg**.



No-Bake Dessert CRUNCHY MILK-CHOCOLATE BARK

In a bowl, stir together 8 ounces melted best-quality **milk chocolate**, 3 tablespoons melted **coconut oil**, $\frac{1}{2}$ cups **puffed-rice cereal**, and $\frac{1}{4}$ teaspoon **coarse salt**. Transfer to a parchment-lined baking sheet and spread to $\frac{1}{4}$ inch thick. Sprinkle evenly with $\frac{1}{2}$ cup **toasted sweetened coconut**. Chill until firm. Break into pieces. Bark can be stored in refrigerator until ready to serve, up to 3 days.