

The Oscars! —●●—

10 Best in FOOD

—●●— 2016

THE BLOCKBUSTER **INGREDIENTS**, TASTY **TECH**, AND EDIBLE **INSPIRATION** WE'RE STOCKING OUR KITCHENS WITH.

TURN TO FIND...

SLIM-DOWN TREND / A new kind of cleanse

MUST-HAVES / Guilt-free french fry maker (!)

HEALTH HERO / Teaching kids veggie power



**lifesaver
award**

Finally, a Ban on Trans Fats

Last June, the FDA officially nixed dangerous artificial trans fats in processed foods. Once the 2018 deadline arrives, they'll officially be a thing of the past—which is a huge deal, says Michael F. Jacobson, Ph.D., executive director at the Center for Science in the Public Interest. “Artificial trans fat is one of the most harmful substances in our food supply. It’s a potent cause of heart disease. In fact, in 2012, experts estimated that cutting out partially hydrogenated oil could prevent 10,000 to 20,000 heart attacks per year,” he says. “This ban is a tremendous victory for public health.” Thanks, Washington. (How often do you get to say that?)





most amazing veggie

CAULIFLOWER "RICE"

Pulse 8 cups cauliflower florets in a food processor until ricelike (or grate on large holes of a box grater). Toss with 1 Tbsp olive oil and ½ tsp coarse salt. Roast at 425°F on a rimmed baking sheet, stirring, 20 to 30 min. *Serves 4. 83 cal per serving*

CAULIFLOWER

This super veg proved itself to be one heck of a delicious multitasker this year, standing in for everything from mashed potatoes to rice to pizza crust. And there's lots to love about cauli. It brings fiber, potassium, and folate to the table, but there's more: Cauliflower is also dramatically lower in calories than the foods it's replacing, and it never tastes like deprivation.



Giving kids green thumbs and a reason to come to school.

healthiest lesson

Veg-ucation

Getting kids excited about vegetables *and* school? Yes, possible—look at Stephen Ritz, an educator at New York's P.S. 55 and founder of the Green Bronx Machine. His non-profit gardening program teaches students to grow, sell, and love fresh produce. "These kids were selling, let's say, green things in small plastic bags," he quips. "Now they're selling different green things in bigger bags, with much better results." Attendance at Ritz's school has rocketed from 40% to 93%, behavioral incidents are down by half, and the organization has created 2,200 youth jobs. No wonder programs like these are so popular, with more than 4,000 garden classrooms cropping up around the country.



tastiest transformation

Plant-Powered Snacks

The latest fruit- and veggie-based packaged snacks boast short ingredients lists, minimal processing, and serious nutritional cred—such a fantastic alternative to the usual empty-calorie vending machine fare. From addictive onion chips to crunchy broccoli bites to delectably moist dried fruit, the next generation of healthy nibbles has us wowed.

From left: Dang Onion Chips, The Good Bean Chickpea Snacks, Crispy Green Crispy Fruit, Rhythm Superfoods Broccoli Bites, Fruit Bliss organic dried fruit

winning way to lose

SOUP CLEANSES

Watch your back, juice cleanse: Soup's coming for you. These hearty detox plans gained traction in 2015, which is fab for two reasons: 1. Soup tends to have more fiber and less sugar than juice. 2. This trend encourages eating—not starving—as a healthy-diet jump start.



Psst—check out a few of Dr. Oz's fave soups on page 84.

THIS PAGE, CLOCKWISE FROM TOP LEFT: KANG KIMIGLASSHOUSE ASSIGNMENT; GREEN BRONX MACHINE; EMILY KATE ROEMER/STUDIO D. STYLING BY KRISTINE TRIVINO; FOOD STYLING BY MARIANA VELASQUEZ; MARKO METZINGER/STUDIO D. OPPOSITE, FROM TOP: SHUTTERSTOCK/MELICA; MELISSA PUNCH/STUDIO D.; J. MUCKLE/STUDIO D. STYLING BY LINDA KEIL



best special effects

AIR FRYERS



Low-guilt french fries? Large order, please. Air fryers use extra-hot air and just a smidge of oil—a mere spoonful instead of cups of the stuff—to impart crispy, deep-fried deliciousness to potatoes, fish, chicken wings, and more. We like Phillips's Airfryer line (from \$250, bedbathandbeyond.com)—the gadgets turn out *killer* sweet potato fries.

fave redo



Restaurants Get Real

We've never been big on unpronounceable ingredients, so we're thrilled that lots of America's go-to spots are cutting back on artificial colors, sweeteners, flavors, and preservatives. Panera Bread, Noodles & Company, Pizza Hut, and Taco Bell have already kicked out artificial adds in many of their offerings; Subway and Papa John's are planning to do the same. As for the breakfast club, Dunkin' Donuts is dropping a synthetic ingredient in its powdered donuts, and Starbucks started making its famous Pumpkin Spice Latte with real pumpkin. Three cheers for going back to basics!



buzziest superfood

From obscurity to spice-rack stardom!

Turmeric

Years ago, no one gave turmeric a thought unless they were eating it in curry at an Indian restaurant. Today, you can't get away from the spice...not that you'd want to. It contains an antioxidant called curcumin, which has the health world talking because researchers think it may combat inflammation, arthritis, and even cancer. Though supplements are the way to go for a medicinal-grade dose, you can't go wrong stirring the spice into tea or sprinkling it over eggs.

portable perfection

Mason Jar Meals

Who'd have think the humble mason jar would become such a health-food hero? Holding everything from fab smoothies to stacked salads (which you can buy in vending machines now—look for Farmer's Fridge kiosks in Chicago), this pantry staple is inspiring people to eat well wherever they go.

hottie of the year



HOT SAUCE

Find spicy-sweet gochujang at well-stocked grocers and online.

Spicy sauce has never burned brighter, with booming sales and more kinds than ever to choose from. (You know all about Tabasco and sriracha, but have you had Korean gochujang yet?) It's a trend worth trying, for your health's sake—a recent study in the *BMJ* found a potential link between fiery food and longevity. Plus, you get all that sizzle for next-to-no calories.