

Good Housekeeping

SPRING CLEANING

+ Heloise's Quick Tips

The #1 trick to make your day go better

MUST-HAVE MAKEUP

Look younger in 3 minutes

Healthy PASTA SUPPERS
Only 5 ingredients!

BONUS BOOKLET
HOW TO FALL (& STAY) ASLEEP

BEST JEANS
Hide your belly, thighs & butt

goodfood

Ask Susan

Q What are Jerusalem artichokes, and how do I cook them? Can I eat the skin?
Brooke Nienaber, Chicago

GHRI Food Director Susan Westmoreland, trained at the Cordon Bleu, thrives on interesting food questions. When she's not researching or tasting recipes, she hangs out with her guitarist/lawyer husband and 16-year-old percussionist son, cooking easy, delicious dinners to the sounds of their music

A Also known as sunchokes, these gnarly tubers have a sweet, mildly nutty flavor that resembles a combination of artichoke heart and chestnut. Like globe artichokes, they're a member of the sunflower family. They have no connection with Jerusalem (the name may be a variation on *girasole*, Italian for "sunflower"); in fact, they're a native American plant. Look for smooth, firm 'chokes that are pale brown to white, tinged with red or purple. No need to peel them (and lose nutrients); just scrub the dirt away. My favorite—and an easy way to eat them is

roasted, which brings out their sweetness. You can also puree them as a soup, or slice paper-thin in a salad with Parmesan.

ROASTED JERUSALEM ARTICHOKE

- 1½ lbs. Jerusalem artichokes
- 1 Tbsp. olive oil
- Salt and pepper
- ½ tsp. freshly grated lemon peel
- 1 Tbsp. snipped fresh chives

1. Preheat oven to 450°F.
2. In 18" by 12" jelly-roll pan, toss artichokes with olive oil; sprinkle with ½ teaspoon salt. Spread into single layer; roast 40 minutes, rotating pan halfway through.
3. Remove from oven and toss with lemon peel, chives, ¼ teaspoon salt, and ¼ teaspoon freshly ground black pepper. Serves 4.



Zap It!

For mess-free fish in a flash, arrange lemon slices in an 8" by 8" glass baking dish; add ½ c. water. Top with four 6-oz. skinless fillets of any fatty fish (we like salmon). Cover; microwave on High 8 minutes or until just opaque in center.



SIDE OF THE MONTH/PARMESAN BRUSSELS SPROUTS

Preheat oven to 450°F. In lg. jelly-roll pan, toss 1¼ lbs. Brussels sprouts, thinly sliced; 2 Tbsp. olive oil; 1 tsp. fresh thyme leaves; 1 clove garlic, thinly sliced; ½ tsp. salt; and ¼ tsp. pepper. Spread evenly. Roast 20 minutes, stirring once. Toss with 1 tsp. red wine vinegar and ¼ c. coarsely grated Parmesan cheese. Makes 3 cups. Serves 4.



Solve my Problem!

"I'm trying to watch my weight and eat only whole grains. Any favorite products?"

Smart move. Try a sandwich with Rudi's Organic Bakery Double Fiber Bread (\$4.60) instead of white bread. Two slices have 38 grams of whole grain—over 75 percent of the recommended daily 48—plus the taste and texture of a soft wheat bread. For snacks, Wasa Thin & Crispy Flatbread (\$3), with 9 grams of whole grain, is light, crunchy, and goes with any low-fat cheese. And don't miss our pasta winners, page 163.

