

Have It Your Way / Healthy

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Choices / Drink / Home / Welcome Home

#### HAVE IT YOUR WAY

## **Roll With It**

**JEN CAFFERTY** deconstructs classic cinnamon rolls, complete with allergen-free options. Plus, her foolproof tips for recipe success.

#### TIMESAVER

Use 1 ¾ cups of your favorite gluten-free flour blend in place of the rice flour, tapioca flour, potato starch and xanthan gum.

### LOOKS MATTER

Want the drool factor? Let the icing drip over the edges of the cinnamon rolls.

#### NUT FREE

Leave out the pecans. This breakfast treat didn't become a classic for nothing.

#### DAIRY FREE

Replace the milk and half-and-half with nondairy coffee creamer, such as SoDelicious, and butter with Earth Balance Buttery Sticks.

## Cinnamon Rolls 🚳

#### **MAKES** 16

s 16 PREP TIME 20 min

соок тіме 18 min

1 packet (.25 ounces) active dry yeast
<sup>3</sup>/<sub>4</sub> cup milk or nondairy milk, warmed
1 cup sugar
1 tablespoon vanilla extract
<sup>1</sup>/<sub>3</sub> cup vegetable oil
1 large egg, at room temperature
1 cup white rice flour
<sup>1</sup>/<sub>2</sub> cup tapioca flour
<sup>1</sup>/<sub>4</sub> cup potato starch
2 teaspoons xanthan gum
<sup>1</sup>/<sub>4</sub> teaspoon baking soda

● In a small bowl, combine the yeast and warm milk; set aside until frothy, 5 minutes. In the bowl of a standing mixer, combine ¼ cup sugar and 2 teaspoons vanilla with the oil and egg. Pour in the yeast mixture. Mix on low speed for 10 seconds. Add the rice flour, tapioca flour, potato starch, xanthan gum, baking soda, baking powder and salt; mix on medium speed for 1 minute. Spray the inside of a large bowl with cooking spray. Using a rubber spatula, transfer the dough to the prepared bowl, cover and set aside in a warm place until dough has expanded in size, 1 to 3 hours.

While the dough is rising, in a medium bowl and using a fork, combine the remaining <sup>3</sup>/<sub>4</sub> cup sugar, 3 tablespoons softened butter and the cinnamon. 2 ½ teaspoons baking powder
½ teaspoon salt
Gluten-free nonstick cooking spray
½ cup (1 stick) plus 3 tablespoons unsalted butter or buttery sticks, softened
2 tablespoons ground cinnamon
½ cup raisins or pecans (optional)
1 cup confectioners' sugar
3 tablespoons half-and-half or nondairy coffee creamer

Seatter the oven to 375°. Coat a 9-inch square pan with cooking spray. On a silicone mat or sheet of wax paper, press the dough into a 15-by 9-inch rectangle. Scatter the cinnamon mixture over the dough. Top with raisins or pecans, if using. Starting with a long side, roll the dough into a log. Spray a serrated knife with cooking spray and cut the log into 16 equal pieces. If the knife begins to stick to the dough, spray again. Transfer the rolls to the pan and bake until golden, about 18 minutes. Let cool slightly.

④ Using an electric handheld mixer, beat together the confectioners' sugar, remaining ½ cup butter, half-and-half and remaining 1 teaspoon vanilla. Continue beating until smooth. Drizzle the glaze over the warm cinnamon rolls. HEALTHY CHOICES

### **Sweet Deal**

You can have your cheesecake and eat it, too. We've cut calories, fat and cholesterol down to size without giving up any deliciousness. Now you can indulge *and* eat healthier. —**AMY GREEN** 

#### THE CHOICE IS YOURS

Make these fast food swaps and you'll be making changes for good.

INSTEAD OF regular cream cheese sour cream whole eggs and yolks white sugar flour a thick crust that comes up from the edge of the cake USE light (neufchatel) cream cheese fat-free Greek yogurt whole eggs and egg whites agave nectar egg whites to lighten and stabilize a thin, ginger snap crust that adds texture and holiday flavor

## Cheesecake with Fresh Cranberry Sauce



MAKES One 9-inch cake PREP TIME 10 min COOK TIME 1 hr

4 ounces gluten-free ginger snaps, ground into crumbs
2 tablespoons unsalted butter, melted
2 packages light cream cheese
½ cup agave nectar
¾ cup plain fat-free Greek yogurt
2 teaspoons vanilla extract
¼ teaspoon salt
3 extra large eggs plus 2 extra large egg whites
Fresh Cranberry Sauce, for serving

**1** Preheat the oven to 375°. Wrap the outside of a 9-inch springform pan with heavy-duty aluminum foil. In a medium bowl, using a fork, combine the cookie crumbs and melted butter. Press into the bottom of the pan in an even layer. Bake until the crust is set, 6 to 8 minutes. Let cool completely. Reduce the oven temperature to 325°.

2 In a large bowl, using an electric handheld mixer on medium speed, beat together the cream cheese and agave nectar until smooth. Beat in the yogurt, vanilla and salt. Add the whole eggs, one at time, mixing in each one before adding the next. Scrape down the sides of the bowl as needed. In a small bowl, whip the egg whites until medium peaks form. Stir one-quarter of the beaten whites into the cream cheese mixture, then fold in the remaining beaten egg whites. Slowly pour the cream cheese mixture into the cooled crust.

3 Set the cheesecake pan into a large baking dish and place in the oven. Carefully pour hot water into the baking dish until it reaches halfway up the side of the springform pan. Bake until the center of the cake barely moves when the pan is touched, 50 minutes to 1 hour. Turn off the oven and let cool for 30 minutes with the oven door closed.

**4** Carefully remove the springform pan from the water bath. Remove the foil, run an offset spatula between the cake and the springform pan; let cool completely on a wire rack. Cover and refrigerate for 6 to 8 hours. To serve, top with cranberry sauce.



#### DRINKS

## **Drink the Halls**

Keep your nearest and dearest in high spirits with these delicious holiday cocktails. —ISAAC GERTMAN

#### **BREAKFAST MARTINI**

Hold the eggs — this classic martini goes beyond breakfast. Enjoy it anytime of day to add citrusy flare to your holiday fare.

**DISTINGUISHING CHARACTERISTIC** This drink contains enough alcohol to be classified as a drink, but won't overpower your meal.

**HIGH NOTE** The orangey bits from the marmalade add extra citrus flavor.

WELL SUITED FOR People who don't think they like martinis.

PAIR WITH Breakfast tacos

#### **EGGNOG PUNCH**

This recipe adds a few unexpected chocolaty notes.

**DISTINGUISHING CHARACTERISTIC** The creaminess and spices scream holiday.

**HIGH NOTE** Depending on your party guests, you can prepare this punch virgin or spiked.

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WELL SUITED FOR Everyone

PAIR WITH Snickerdoodles



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This cocktail may look pretty in pink, but the flavor packs a punch.

DISTINGUISHING CHARACTERISTIC

The bright pink color of the Aperol always turns heads.

**HIGH NOTE** The bite of Absinthe surprises you in the end.

**WELL SUITED FOR** Cocktail lovers looking to expand their palette.

PAIR WITH Cheesy bread sticks

#### **CHARLES DICKENS' PUNCH**

This recipe was originally penned by the author himself. Enjoy the drink hot or cold.

#### **DISTINGUISHING CHARACTERISTIC**

The performance involved in preparing this drink will entertain, then refresh your guests.

**HIGH NOTE** Once you make punch, you can spend the rest of the party with friends.

**WELL SUITED FOR** Cocktail lovers who want to taste the real deal.

PAIR WITH Turkey



HOME

# Your Place at the Table

Look to nature — and your own kitchen collection to set the stage for your next gathering. These easyto-assemble holiday table settings will make guests feel right at home while leaving plenty of room to express your personal style. — ROSE SEAMENS

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**FARMHOUSE CHRISTMAS** 

HOME

 Bring the kitchen to the table for a country holiday feel by repurposing creamers or pitchers as vases.
 Add a touch of gold to make a casual dining experience feel festive.
 Improvise with evergreen clippings and string in place of napkin rings.
 Dinner plate, Fishs Eddy; linens, Fishs Eddy and The Conran Shop; glassware, Crate & Barrel.





#### NATURAL MODERN

 Use dinnerware with an organic, handmade feel for an earthy, inviting table.
 Mix woven materials and rustic linens with clean natural dinnerware.

**3** Use succulent or small potted plants — instead of traditional place cards — which can double as party favors.

Organic dinnerware, <u>West Elm</u>; salt cellars and linens, <u>Fishs Eddy;</u> glassware, <u>The Conran Shop</u>.

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#### HARVEST FLOWERS

 Evoke a warm autumnal tone by grounding the setting with a dark dinner plate followed by a pattern and solid.
 Fold your napkins in fun ways for a twist on tradition.

3 Add color and texture by scattering a flowering landscape on your table. Dinner plate, <u>MUD Australia</u>; salad plate, <u>Anthropologie</u>; glassware, <u>DVF</u>.

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Family is wherever you call home. Whether you're heading back to your childhood house or your next-door neighbor's apartment, we've prepared a holiday feast to remember family and friends included. BY EASY EATS KITCHENS

# HOMB.





**Roasted Turkey with Mustard Pan Gravy**  

# Sausage and Dried Cranberry-Walnut Stuffing







# **Creamy Mashed Potatoes** with Caramelized Onion

#### serves 8

PREP TIME 10 min

3 pounds baking potatoes, peeled and cut into 1-inch pieces
Salt and pepper
2 tablespoons olive oil
1 large onion, quartered lengthwise and thinly sliced

1 cup half-and-half

1 In a large Dutch oven over mediumhigh heat, bring the potatoes, 1 teaspoon salt and just enough water to cover to a boil. Reduce the heat to mediumlow and simmer until the potatoes are tender, 15 to 20 minutes. Drain well in a colander, then return the potatoes to the same pot.

While the potatoes are cooking, heat a large cast-iron skillet over mediumhigh heat until hot, about 5 minutes. Add the oil and onion. Season with salt and pepper and cook, stirring occasionally, until beginning to brown, about 2 minutes. Reduce the heat to low and cook, stirring occasionally, until the onion is very soft, 10 to 12 minutes more. Remove from the heat and keep warm.

3 Using a potato masher, mash the potatoes. With a wooden spoon, gradually beat in the half-and-half until fluffy. Season to taste with salt and pepper. Stir in the caramelized onion.



# **Roasted Green Beans** with Fresh Orange and Toasted Almonds





# Sweet Potato Bake with Ginger Butter

#### serves 8 PREP TIME 10 min COOK TIME 20 min

4 sweet potatoes (about 10 oz each)

- 3 tablespoons ginger spread, such as Ginger People brand
- 4 tablespoons unsalted butter, chilled and cut into 8 pieces Salt and pepper

• Preheat the oven to 400°. Prick each sweet potato a few times with a fork. Place on a baking sheet and roast until nearly fork tender, 40 to 60 minutes. Let cool.

Position a rack in the upper third of the oven and preheat to 400°. Grease a 9-inch baking dish. Peel the cooked sweet potatoes and trim off the ends. Cut each potato in half crosswise and arrange in the prepared baking dish. Dot each potato half with 1 teaspoon of ginger spread and a piece of butter. Season with salt and pepper. Bake until heated through, 15 to 20 minutes. Serve warm.





#### STRESS-FREE SUPPER PLAN 2 Days Ahead

Bake the sweet potatoes: When cooled, refrigerate until ready to make the casserole, which can be assembled and kept at room temperature for up to 3 hours before eating.

#### 1 Day Ahead

Make the stuffing: Transfer to a baking dish and refrigerate, covered. Remove from the fridge and let warm to room temperature before baking.

#### Morning of the Feast

Roast the apples and let stand at room temperature. Before serving, preheat the oven to 375° and rewarm for about 8 minutes, then invert and serve.

*While the Turkey Rests* Roast the green beans.





SERVES 8 PREP TIME 30 min COOK TIME 55 min

<sup>1</sup>/<sub>2</sub> cup (1 stick) unsalted butter 1 cup gluten-free rolled oats Salt

2 tablespoons pure maple syrup
½ cup plus 2 tablespoons sugar
10 gala apples — peeled, cored and halved
1 container (8 ounces) mascarpone
1 cup heavy cream

Heat a 9-inch cast-iron skillet over medium-low heat for 5 minutes. Add 2 tablespoons butter, the oats and a large pinch salt. Cook, stirring and spreading the oats occasionally, for 5 minutes. Stir in 2 more tablespoons butter and the maple syrup and cook, stirring and spreading the oats until golden-brown, about 20 minutes. Scrape the oats out onto a parchment-lined plate and let cool. Set the skillet aside.

Preheat the oven to 400°. In the skillet over medium heat, melt the remaining 4 tablespoons butter, then sprinkle evenly with ½ cup sugar. Arrange the apple halves upright, all in the same direction, in a tight ring around the bottom of the skillet. Increase the heat slightly until simmering, but not boiling. Do not stir. Cook until the liquid in the pan is caramelized, about 25 minutes. Transfer to the oven and roast until the apples are tender, about 30 minutes.

S Meanwhile, spoon the mascarpone into the bowl of a standing mixer; add the remaining 2 tablespoons sugar and mix on low speed, gradually adding the cream until blended. Increase the speed to medium and beat just until peaks form. Cover and chill until ready to use.

4 Let the apples cool in the pan for about 15 minutes, then sprinkle the granola on top. Invert a round dessert platter on top of the pan, and, using 2 potholders, carefully invert onto the platter. If any apples stick to the pan, just remove them and put them in place. Serve with the mascarpone cream. Upside-Down Apple Granola Crunch with Mascarpone Whipped Cream