

FOOD & WINE

MARCH 2009

THE TWENTY+ BEST HEALTHY RECIPES EVER

Researchers believe one secret to a balanced diet is eating a **rainbow of colors**: The pigments that give food its hues also have health superpowers. **Red** foods like tomatoes, for instance, are full of lycopene, which helps ward off cancer and heart disease; **green** foods like kale contain lutein, which protects eyesight. Inspired, the F&W Test Kitchen created 21 delicious recipes that would do Pantone proud, from **translucent** summer rolls to salmon encrusted with **black** sesame seeds.

PHOTOGRAPHS BY JOHN KERNICK FOOD STYLING BY ALISON ATTENBOROUGH PROP STYLING BY JESSICA ROMM
RECIPES BY MARCIA KIESEL, GRACE PARISI AND MELISSA RUBEL



Baked Potatoes with Wild Mushroom Ragù

ACTIVE: 30 MIN; TOTAL: 1 HR 30 MIN

8 SERVINGS

Grace likes using a mix of shiitake, oyster, chanterelle and button mushrooms for this succulent ragù to top baked potatoes, but any combination will work.

- 8 baking potatoes (4 pounds)
- ¼ cup plus 2 tablespoons canola oil, plus more for rubbing
- 2 tablespoons unsalted butter
- 4 pounds mixed wild mushrooms
- Salt and freshly ground pepper
- 1 white onion, finely chopped
- 4 garlic cloves, minced
- 1 cup dry white wine
- 1 cup beef stock or low-sodium broth
- 1 tablespoon chopped tarragon
- 2 teaspoons chopped thyme

1. Preheat the oven to 425°. Pierce the potatoes with a fork and rub with oil. Bake for 1 hour, or until tender when pierced.

2. Meanwhile, in a large, deep skillet, melt the butter in the oil. Add the mushrooms, season with salt and pepper and cook over high heat, stirring occasionally, until tender, 20 minutes. Add the onion and garlic and cook, stirring, until the mushrooms are deeply browned, 8 minutes. Add the wine and cook until evaporated. Stir in the stock, tarragon and thyme and bring to a boil. Season with salt and pepper.

3. Slit the potatoes and fluff the insides with a fork. Season with salt and transfer to plates. Spoon the mushroom ragù onto the potatoes and serve. —GP

ONE SERVING 366 cal, 14 gm fat, 2.7 gm sat fat, 51 gm carb, 5.5 gm fiber.

BEER This dish's earthy rusticity demands a rich brown ale (and maybe a fire in the fireplace). Try the lightly roasted Sam Smith's Nut Brown Ale or the rich Deschutes Brewery's Buzzsaw Brown.