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LOOK 10 LBS THIN BRILLIANT

grocery store challenge

What Can You Make with ricotta?



Famous foodies take this dairy-aisle pick from basic to bold.



John Mooney is the executive chef and co-owner of Bell Book & Candle restaurant in New York City.



Baked Ricotta with Roasted Garlic and Tomatoes

Preheat oven to 350°. Slice $\frac{1}{4}$ of a **sourdough loaf** into batons, brush with **2 teaspoons olive oil**, and sprinkle with $\frac{1}{4}$ **teaspoon each salt and pepper**. Bake 8–9 minutes. Heat **2 tablespoons olive oil** in a small cast iron pan over medium heat for 2–3 minutes. Add **2 sliced garlic cloves** to pan and cook until bubbling and fragrant, about one minute more. Place **6 ounces part-skim ricotta** in the pan, transfer to oven, and bake until bubbly (9–10 minutes). Remove. Toss **2 medium cubed tomatoes** with $\frac{1}{2}$ **teaspoon crushed red pepper**; spoon over ricotta. Sprinkle with **basil leaves** and serve with toasted bread. *Makes: 4 servings*

Serving size: $\frac{1}{2}$ cup ricotta and tomato mixture plus 4 toasts Calories 318; Fat 13.6g (sat 3.7g, mono 7.8g, poly 1.6g); Cholesterol 13mg; Protein 12g; Carbohydrate 38g; Sugars 3g; Fiber 2g; Iron 3mg; Sodium 493mg; Calcium 158mg



Joe Bastianich is a restaurateur, winemaker, author, and judge on Fox's *MasterChef*.



Spaghetti with Ricotta and Pea Pesto

Cook $\frac{1}{2}$ **pound spaghetti** according to package directions until al dente. Meanwhile, in a food processor, combine **1 cup defrosted frozen peas**, $\frac{1}{4}$ **cup pine nuts**, $\frac{1}{4}$ **cup grated Grana Padano cheese**, **1 teaspoon fresh lemon juice**, **1 large garlic clove**, and $\frac{1}{2}$ **teaspoon each salt and pepper** until chunky. With processor running, add $\frac{1}{4}$ **cup olive oil** in a slow stream until smooth. Reserve. Drain spaghetti, but do not rinse. Toss pasta with reserved pesto. Divide pasta among 4 bowls and top each with **2 tablespoons part-skim ricotta**, some torn **fresh mint leaves**, and $\frac{1}{4}$ **teaspoons toasted pine nuts**. *Makes: 4 servings*

Serving size: 1 cup pasta and 2 tablespoons ricotta Calories 511; Fat 27g (sat 5.1g, mono 13.4g, poly 6.1g); Cholesterol 14mg; Protein 17g; Carbohydrate 51g; Sugars 3g; Fiber 5g; Iron 3mg; Sodium 445mg; Calcium 164mg



Marcela Valladolid is the host of Food Network's *Mexican Made Easy* and author of two cookbooks.



Mexican Ricotta Spread with Grilled Tortillas

In a medium bowl, mix **15 ounces part-skim ricotta**; $\frac{1}{2}$ **cup pickled jalapeños**, **carrots**, and **onions** (such as La Costeña brand), drained and chopped; **2 tablespoons finely chopped cilantro**; $\frac{1}{2}$ **teaspoon salt**; and **1 teaspoon freshly ground black pepper**; set aside. Next, heat a grill pan over medium-high heat. Arrange **6 (6-inch) white corn tortillas** in a single layer in the pan (you may need to do this in 2 batches) and cook until the tortillas are crisp, about 4–5 minutes per side. Serve the grilled tortillas with the ricotta spread. *Makes: 8 servings*

Serving size: $\frac{1}{4}$ cup ricotta mixture plus $\frac{3}{4}$ tortilla Calories 125; Fat 5g (sat 2.9g, mono 1.4g, poly 0.4g); Cholesterol 18mg; Protein 8g; Carbohydrate 13g; Sugars 0g; Fiber 1g; Iron 1mg; Sodium 313mg; Calcium 190mg

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Sarah Michelle Gellar
Shares her surefire stress busters

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