



THE OPRAH
MAGAZINE

Celebrate Who You Are Now!

O'S GUIDE TO BEING
YOUR TRUEST SELF

Life Is a Banquet!

8 GREAT
MAKE-AHEAD
RECIPES

FEAST YOUR EYES
ON PG. 138

PLUS:
*Your
Holiday
Handbook*

HOW TO THROW
A WARM &
WONDERFUL
PARTY!

WHAT DO YOU BELIEVE?

How people
around the world
answer life's
biggest
question
PG. 35

HEALTH
TESTS THAT
PREDICT
YOUR
FUTURE

Bonus: You
can do them
at home!



MIXING BOWL

The makings of a delicious month, from old-fashioned kitchenware to a wacky new potato chip.

—Tool to Try— FOR GOOD MEASURE

Blogger turned Food Network star Ree Drummond (a.k.a. the Pioneer Woman) is now designing tabletop items and cookware with her signature homespun charm. One standout: retro-cute measuring cups that can double as serving bowls for nuts or olives. Best of all, they can be had for less than the price of a bottle of fancy olive oil. (\$10 for set of four; walmart.com)



—Genius Idea!—

Vegan Whipped Cream

Try a twist on traditional pie topping by replacing whipped cream with a decadent but dairy-free coconut version. Refrigerate a can of full-fat coconut milk (Whole Foods' 365 Everyday Value brand and Thai Kitchen are your best bets) overnight, and place a metal mixing bowl in the freezer until it's chilled.

Open the can and scoop out only the hardened cream into the bowl (reserve the separated liquid for smoothies or cooking). Using a handheld electric mixer, whip cream until it forms soft peaks, two to five minutes. Fold in a tablespoon of agave, honey, or confectioners' sugar, adding more to taste. Then dollop to your heart's content. Makes about one cup.



—The Find—

BIRD IN THE HAND

Okay, Boulder Canyon's seasonal Turkey & Gravy flavored kettle-cooked potato chips may sound weird. But try to keep an open mind, because we bet that once you start munching on these addictively salty, herby snacks (which really do capture the rich flavor of perfectly roasted poultry), you'll be going back for seconds—and thirds. (\$3.50 for five-ounce bag; grocery stores)



—Pantry Pick—

Wrap Stars

The holidays bring massive amounts of food—and massive amounts of leftovers. If you don't want to swaddle everything in layers of plastic, there's an eco-friendlier option: beeswax wrap, a coated cotton cloth that's flexible and slightly adhesive and shapes easily around food.

It can be hand-washed and reused dozens of times and lasts up to a year. When the wax wears off, toss it without guilt—it's biodegradable. (\$19 for three; beeswrap.com)



Easy Upgrade SPROUTS HONOR

Brussels sprouts often play a supporting role on Thanksgiving tables, but they're the star ingredient in this zesty, cheesy dip from Dawn Yanagihara's cookbook *Dips & Spreads*, out this month.

WARM CHARRED BRUSSELS SPROUTS DIP WITH RICOTTA AND BACON

Position rack in lower third of oven. Place a rimmed baking sheet on rack and preheat oven to 500°. Lightly oil a broiler-safe shallow 4-cup baking dish. In a large skillet, cook 3 slices thick-cut **bacon**, finely chopped, over medium heat until browned, about 8 minutes. Add 1 clove **garlic**, minced, and cook, stirring constantly, about 1 minute. Transfer to a paper towel-lined plate. Using a food processor fitted with a slicing disk, slice 1 pound **Brussels sprouts**, trimmed and halved. Transfer to a medium bowl; toss with 2 Tbsp. **olive oil**, ¼ tsp. **salt**, and a few grinds of **black pepper**. Remove baking sheet from oven and add sprouts in an even layer. Roast 13 to 15 minutes, until some sprouts are darkly charred, stirring every 4 to 5 minutes. Let cool on baking sheet. Preheat broiler. In a medium bowl, combine 1½ cups whole-milk **ricotta**; ½ cup grated **Parmesan**; 3 **scallions**, thinly sliced; 1 tsp. finely grated **lemon zest**; 2½ Tbsp. **lemon juice**; reserved bacon mixture; 2 Tbsp. **olive oil**; 1 tsp. **salt**; and ½ tsp. **ground black pepper**. Stir until combined. Add sprouts and mix well. **Salt and pepper to taste**. Transfer dip to prepared baking dish and spread in an even layer. Sprinkle with 2 Tbsp. **grated Parmesan** and broil until browned on top, about 5 minutes.

Serve hot with toasted **baguette** slices, **chips**, or **crackers**. *Makes 4 cups. Active time: 20 minutes. Total time: 35 minutes.*

