

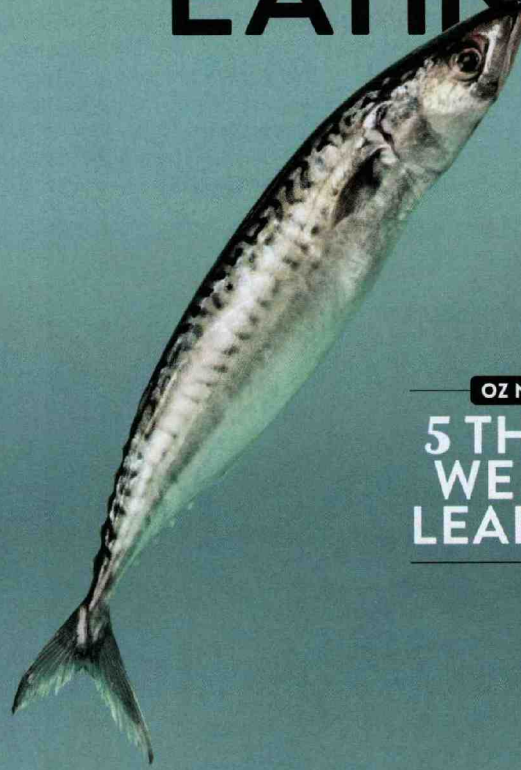
January/February

GOOD EATING

1

A New Reason to Go Fish

It might help your mental health. People who eat the most fish appear to have a significantly lower risk of depression than those who eat less, a large new study in the *Journal of Epidemiology and Community Health* says. Scientists think that the healthy omega-3 fatty acids found in fish could help rev up good-mood brain chemicals.



OZ NEWS: FOOD

5 THINGS WE JUST LEARNED

Turn for 4 More



simplest fish recipes ever

Get hooked on these easy, tasty rubs. Just pat them onto four servings of salmon, trout, or tuna, add salt and pepper to taste, then roast or sear.

LEMON-THYME

Mix 2 Tbsp each

- lemon zest
- +
- chopped thyme
(½ tsp if using dried)
- +
- olive oil

CHILI-LIME

Mix 2 tsp each

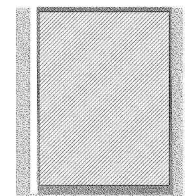
- chili powder
- +
- lime juice
- +
- chopped cilantro
- +
- minced garlic

GARLIC-HERB

Mix 1 Tbsp each

- chopped rosemary
(½ tsp if using dried)
- +
- minced garlic
- +
- olive oil

Healthy Food, Healthy You



OZ NEWS

2 MUFFIN TINS BEAT MUFFIN TOPS

It turns out that this humble pantry dweller is a multipurpose portioning tool. In food writer Ellie Krieger's new cookbook, *You Have It Made*, she uses muffin tins to divvy up everything from turkey meat loaf to frittatas to—our personal favorite—mac and cheese. They're genius for make-ahead meals: You can pop the tins in your freezer, like ice cube trays for food. Once the cups of whatever have frozen, transfer them to a plastic freezer bag to keep easy-to-defrost home cooking at the ready. Nutritional stats vary with the dish, but for the mac, two muffins' worth is just right. (Recipe at DrOzTheGoodLife.com/individual-mac-n-cheese.)



3



Kick Off 2016 with...Kale?

It's not as obvious as a kiss or bubbly, but in Denmark, the leafy green is served with New Year's Eve dinner to bring financial luck. Other countries have their own eats for good money mojo. Work 'em in all month long for extra good luck. Hey, can't hurt.

GRAPES

Spaniards eat 12 grapes at midnight—one with each stroke of the clock—for prosperity. (P.S. Not easy!)

LENTILS

Italians eat lentils on New Year's Eve because, legend goes, they look like coins.

SAUERKRAUT

You'll find this fermented food on lots of tables in Germany. More cabbage = more money luck.

4

An Easy-Prep Fix for Brown Rice and Quinoa We love whole grains, but we could do without the fuss of rinsing them. OXO's new Rice & Grains Washing Colander drains water at just the right pace to remove impurities. Its square holes keep the good stuff from slipping through in a tragic rinse-ident. (\$12, oxo.com)



5

snack solution

It's Always Pumpkin Season

For blissful post-fall snacking without the lovely task of digging around in pumpkin guts, go for packaged seeds. Two of our zinc-filled picks:

Stöger Raw and Organic Styrian Pumpkin Seeds

So fresh and sweet, you can literally taste the pumpkin. (\$6 per 5-oz bag, stogeroil.com)

SuperSeedz Gourmet Pumpkin Seeds

These come in fun flavors like Somewhat Spicy and Cinnamon & Sugar. (\$4 per 5-oz bag, grocery stores)

FROM TOP: CHRISTOPHER TESTANI; FOOD STYLING BY CHRIS LAMIER AT APOSTROPHE; J. MUCKLE/STUDIO D; ILLUSTRATION BY THE ELLAPHANT IN THE ROOM