
10

TASTIEST RECIPES OF THE LAST TEN YEARS

It's time to celebrate! To mark *EatingWell's* 10th anniversary we put together a feast of our 10 favorite recipes—think of it as a menu for the ultimate potluck. To compile the 10 finalists, plus 90 runners-up, we scoured the archives, debated at length, tallied your votes and read your feedback. The recipes span 10 different categories, from salads to seafood, slow cookers and, naturally, dessert, as in that knockout pineapple and coconut cake to the right. They come from food writers, famous chefs and the pros in the *EatingWell* Test Kitchen. And of course each one meets our high nutrition standards. So serve them up and enjoy.

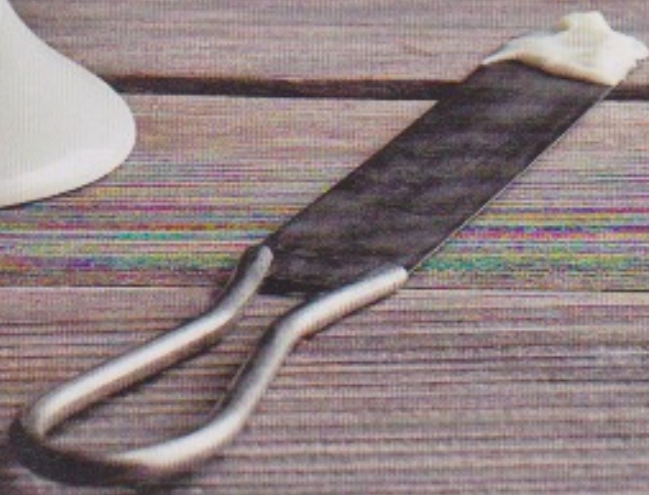
PHOTOGRAPHY BY ANDREW SCRIVANI

***** 10 YEARS

With layers of coconut cake, pineapple curd and coconut frosting, this cake will steal the show at any party.



Want your
dessert
first?
Fast-flip
to p. 58
for the
recipe!



lengthwise, notch out the core, halve again, and cut crosswise into 1/2-inch pieces. You should have about 8 cups.

4. Add the lettuce, chicken, bell peppers and cucumber to the noodles. Add three-fourths of the dressing and toss to coat. Season with salt and pepper. Add the remaining dressing if desired.

5. Transfer the salad to a serving bowl. Serve garnished with sesame seeds.

Per serving: 242 calories; 11 g fat (2 g sat, 5 g mono); 34 mg cholesterol; 17 g carbohydrate; 0 g added sugars; 18 g protein; 3 g fiber; 312 mg sodium; 386 mg potassium.

Nutrition bonus: Vitamin A (69% daily value), Vitamin C (48% dv), Folate (19% dv).

Tip: Shaoxing, or Shao Hsing, is a seasoned rice wine. It is available at most Asian specialty markets and in the Asian section of some larger supermarkets.

BEST POTLUCK

9 RUNNERS-UP

Broccoli-Bacon Salad

Cheddar Cornmeal Biscuits
with Chives

Chilled Maine Shrimp
with Cabbage & Peanuts,
Vietnamese-Style

Garden Pasta Salad

Lebanese Potato Salad

Provençal Summer Vegetables

Seven-Layer Salad

Tex-Mex Summer Squash
Casserole

Three-Bean Salad

recipes at eatingwell.com



WINNER BEST POTLUCK

Chef **Ming Tsai** is well

known for the sophisticated

East-West cuisine he serves at his Boston-area restaurant, Blue Ginger, as well as on his PBS cooking show, *Simply Ming*.

BEST COOKIES

Bev's Chocolate Chip Cookies

1

Recipe by *Beverley Sharpe*

Spring 2004

Makes: about 2½ dozen cookies

Active time: 10 minutes **Total:** 35 minutes

To make ahead: Store airtight up to 3 days or freeze for up to 2 months.

EatingWell reader *Beverley Sharpe* developed these cookies in 2004 to keep her daughters eating right. "We still bake these cookies," Bev says, "but we add different flavors, substituting almond meal for the oats and adding flax or coconut."

- ¾ cup old-fashioned rolled oats
- 1 cup whole-wheat flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¾ cup unsalted butter, softened
- ¾ cup canola oil
- ½ cup granulated sugar
- ½ cup packed light brown sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 1 cup chocolate chips

1. Preheat oven to 350°F. Coat 2 baking sheets with cooking spray.

2. Grind oats in a blender or food processor. Transfer to a medium bowl and stir in flour, baking soda and salt. Beat butter in a large bowl with an electric mixer until fluffy. Add oil, granulated sugar, brown sugar, egg and vanilla; beat until smooth and creamy. With the mixer running, add the dry ingredients, beating on low speed until just combined. Stir in chocolate chips.

3. Drop the dough by heaping teaspoonfuls, at least 1 inch apart, onto the baking sheets. Bake cookies, 1 sheet at a time, until firm around the edges and golden on top, about 15 minutes. Cool the cookies 2 minutes on baking sheets, transfer to wire racks to cool completely.

Per cookie: 99 calories; 5 g fat (2 g sat, 2 g mono); 10 mg cholesterol; 12 g carbohydrate; 8 g added sugars; 1 g protein; 1 g fiber; 64 mg sodium; 41 mg potassium.

BEST COOKIES

9 RUNNERS-UP

Almond & Honey-Butter
Cookies

Double Peanut Butter
Chocolate Chewies

Italian Hazelnut Cookies

Mom's Apple Squares

Nana's Creole Pecan Cake
Bars

Nut-Free Chocolate
Cherry Snack Bars

Outrageous Macaroons

Rocky Road
Brownies

Stone-Fruit Bars

recipes at eatingwell.com



WINNER BEST COOKIES

Santa Barbara native and

working mom *Beverley Sharpe*

submitted her cookie recipe to our old "Kitchen to Kitchen" section and is thrilled about how popular it has become.

BEST DESSERT

Pineapple-Coconut Layer Cake

Recipe by the *EatingWell*
Test Kitchen

February 2008

Makes: 16 servings

Active time: 1¼ hours **Total:** 2½ hours

Equipment: Two 9-inch round cake pans

Katie Webster says, "Getting all the parts of this cake to come together took a lot of trial and error... Delicious error!" The results speak for themselves: layers of coconut-flavored cake filled with sweet pineapple curd, topped with creamy coconut frosting, fresh pineapple and

toasted coconut. "I snuck in white whole-wheat flour and real pineapple for better nutrition. *Classic EatingWell!*" says Katie. (Photograph: page 47.)

Cake

- 1½ cups cake flour
- 1 cup whole-wheat flour, preferably white whole-wheat (see *Tips*, right)
- 2 teaspoons baking powder
- ¼ teaspoon salt
- ¾ cup granulated sugar
- ½ cup honey
- ½ cup canola oil
- 3 tablespoons butter, melted
- ¾ cup buttermilk or nonfat milk
- 2 tablespoons coconut rum or dark rum
- 2 teaspoons coconut extract
- 3 large eggs, separated (reserve 2 yolks for pineapple curd)

Pineapple Curd

- 2 large egg yolks
- 6 ounces pineapple juice (¾ cup)
- ¼ cup granulated sugar
- 5 teaspoons cornstarch

Frosting & Garnish

- 12 ounces reduced-fat cream cheese (Neufchâtel), at room temperature
- ½ cup confectioners' sugar, sifted
- 1 teaspoon coconut extract or rum
- Pinch of salt
- 1½ cups diced fresh pineapple, divided
- 2 tablespoons toasted coconut (see *Tips*, right)

1. To prepare cake: Preheat oven to 350°F. Coat two 9-inch cake pans with cooking spray.

2. Sift cake flour, whole-wheat flour, baking powder and ¼ teaspoon salt into a medium bowl. Beat ¾ cup sugar, honey, oil and melted butter in a large bowl with an electric mixer on medium speed until well blended. Whisk buttermilk (or milk), rum and coconut extract in a small bowl. With the mixer on low speed, alternately mix dry ingredients and wet ingredients into the sugar mixture, starting and ending with dry ingredients, scraping the sides of the bowl as needed, until just combined.

3. Clean and dry the beaters. Beat 3 egg whites in a medium bowl with the electric mixer on medium-high until soft peaks form. Gently fold the whites into the batter in two additions until just combined.



Eat's Chocolate Chip Cookies

Divide the batter between the prepared pans, spreading to the edges.

4. Bake the cake until a toothpick inserted in the center comes out clean, 26 to 30 minutes. Cool in the pans on a wire rack for 10 minutes. Turn out and let cool to room temperature, about 1 hour.

5. To prepare curd: Whisk 2 egg yolks, pineapple juice, ¼ cup sugar and cornstarch in a small saucepan. Cook over medium-low heat, whisking constantly, until thick and beginning to bubble, 3 to 5 minutes. Let cool completely.

6. To prepare frosting & assemble cake: Beat cream cheese, confectioners' sugar, extract (or rum) and salt in a medium bowl with an electric mixer until smooth.

7. Place one cake layer, top-side down, on a cake stand or plate. Spread with the pineapple curd, stopping just short of the edge. Scatter ½ cup diced pineapple over the curd. Place the second layer, top-side up, on top. Spread frosting over the top and sides. Decorate top with the remaining 1 cup pineapple and toasted coconut.

Per serving: 318 calories; 13 g fat (5 g sat, 5 g mono); 45 mg cholesterol; 46 g carbohydrate; 24 g added sugars; 6 g protein; 1 g fiber; 203 mg sodium; 113 mg potassium. **Nutrition bonus:** Vitamin C (15% daily value).

Tips: Find white whole-wheat flour at well-stocked supermarkets or at kingarthurfour.com. Toast coconut in a dry skillet over medium-low heat, stirring often, until golden, about 5 minutes.

BEST DESSERT

9 RUNNERS-UP

Blueberry Cupcakes

Chilled Key Lime Mousse

Chocolate Tart with Hazelnut Shortbread Crust

Dark Cherry Bundt Cake

Frozen Pineapple Upside-Down Cake

Frozen Raspberry Pie

Raspberry-Almond Crumb Tart

Strawberry-Rhubarb Pie

Strawberry Shortcake

recipes at eatingwell.com



WINNER BEST DESSERT

As a recipe developer for *EatingWell*, Katie Webster has created recipes to grace our pages many times. The culinary-school grad and Vermont resident maintains a beautiful blog at healthyeasonalrecipes.com.