

What's Cooking Now

Discover the latest food news and events that will keep your health thriving. BY LAURA SCHOBER



SWEET ROLLOUT

The next time you visit the healthy fast-casual chain Sweetgreen, keep an eye out for its new CORE menu, launching in May. **TAILORED TO YOUR TASTES:** “Over the past few years, our team has spent thousands of hours combing through customer feedback and ideas, testing new flavor combinations in our test kitchen and working with over 150 farmers across the country to explore new seasonal ingredients,” says Nicolas Jammet, Sweetgreen’s chief product officer and co-founder. **FRESH FARE:** The new additions include Chicken Pesto Parm, Lentil and Avocado, Spicy Thai Salad and Curry Chickpea Bowl. Black lentils are also being added to the mix, providing another mouthwatering source of plant-based protein for those who are vegetarian, vegan or flexitarian.

CULINARY GETAWAY

LOOKING FOR SOME R&R? Wellness and culinary retreats are seeing a rise in popularity, and it’s no wonder why. The opportunity to go away for a few days to relax and refresh is essential for self-care. The Art of Living Retreat Centre, nestled in the Blue Ridge Mountains of North Carolina, is hosting its Ayurveda Culinary Retreat from June 1 to 3 and its Delicious Energy Workshop from June 22 to 24. **FOOD FOR THE BODY & MIND:** Led by renowned Ayurvedic cooking instructor Nalini Mehta, the Culinary Retreat is rooted in Ayurveda, the ancient Indian medicine that explores the connection between mind and body. You’ll learn what type of *dosha* you embody and how to best nourish it in every season with Ayurvedic foods. (Practitioners believe a person can have one or sometimes two doshas, or energies that govern physiological functions of the body.) **RAW FOODS:** The Delicious Energy Workshop offers the chance to learn about the bounty of superfoods you can use for uncooked applications. You’ll also learn yoga and breathing techniques designed to support the digestive system. Visit artoflivingretreatcenter.org for more information.



GIRL POWER

CALLING ALL POPCORN

LOVERS: Food Network host, chef and cookbook author Giada De Laurentiis has a new popcorn line out with Simply 7 Snacks, and not only is it incredibly addictive and full of satisfying flavors, but it’s also made with popcorn that’s sourced from American female farmers as much as possible.

“Being a mom, I’m always trying to find snack items that have really great ingredients in them,” says De Laurentiis, who created three Italian-inspired flavors: Parmesan, Sicilian Sea Salt and Organic Butter (**\$3 to \$3.50, amazon.com**).

Each popcorn is made from non-GMO blue and red corn:

“It gives it more texture, more crunch, more nuttiness and more protein in the actual popcorn,” she says.

GIVING BACK: Proceeds from the sale of the popcorn will benefit Giada’s “Fund Her Farm” initiative to empower female farmers. “It’s about giving back and helping female farmers, and helping them get more connected to where our food comes from, and glamorizing it so that people want to farm again,” she says.

“And it becomes something that in the end will be beneficial to our health as a nation.”

FUN WAYS TO TRY: De Laurentiis suggests toasting the popcorn in the oven to add as “croutons” to a Caesar salad, adding it to trail mix or as a garnish over top of olive oil brownies. For more recipes from De Laurentiis, you can check out her new cookbook, *Giada’s Italy* (Clarkson Potter, 2018).

