



THE RECIPES

## AVOCADO AND MANGO SALAD

From Mary Sue Milliken and Susan Feniger of Border Grill in L.A. and Las Vegas

Remove skin and membrane from 2 pink grapefruits, chilled, separate into sections, and remove seeds. Halve, de-seed, and peel 2 avocados and 1 mango. Cut into ½-inch slices. Arrange slices on plate, alternating grapefruit, mango, and avocado. Whisk ¾ c. Greek yogurt, juice of 2 limes, 2 T agave syrup, and salt and pepper to taste. Spoon over fruit. Garnish with mint leaves, cayenne pepper, lime, and salt.

## BRUSSELS SPROUTS TACOS

From Amanda Cohen of Dirt Candy in NYC  
Chop 8 c. Brussels sprouts. Set half aside; toss the rest with ¼ c. olive oil. Roast on a sheet tray at 400 degrees until browned, about 15 minutes. Meanwhile, heat ¼ c. olive oil in a pan until shimmering. Add remaining sprouts. Stir. Add 1 T water and 1 T minced garlic. Cook 1 minute, then mix all sprouts in a bowl with 1 T white vinegar, 1 T chopped oregano, salt, and pepper. Serve in toasted tortillas with desired toppings, like sliced radishes, pickled jalapeños, and salsa verde.



## WATERMELON AGUA FRESCA

From Michael Chernow of Seamore's in NYC  
Blend 2½ c. cubed watermelon until smooth. Pour juice over a strainer to remove excess pulp. Combine juice with ¼ c. water and ¼ c. agave syrup. Stir. Serve over ice, and garnish with a lime wedge.



@MYNEWRROOTS

for heaping salads and hearty soups



@DELICIOUSLYELLA

for surprisingly healthy sweets



@BROWNPAPER NUTRITION

for mostly meatless meals

# #INSTAFOOD FOR THOUGHT

Filling up your feed with food porn may seem like a no-cal way to satisfy cravings, but a new study says it may make junk food harder to resist. "When we see images of food, our brains imagine eating it. Every time we mentally resist that temptation, we deplete our self-restraint," says lead author Charles Spence, PhD, professor of experimental psychology at the University of Oxford. On the flip side, looking at good-for-you food could make you crave it, so double-tap on these top health-food pros.

BY JUNO DEMELO



EVEN MORE HANDLES AND HASHTAGS TO FOLLOW!

- @CandiceKumai
- #EatRealFood
- @NutritionStripped
- #WholeFoods
- @MarissaLippert
- #HealthyFoodPorn
- @ChefChloe
- #HealthyIsEasy

## WEIRD OR WORTH IT?

### ALGAE OIL

Thrive, a new cooking oil made from algae, has 75 percent less saturated fat than olive oil and 14 percent more of the suggested amount of mono-unsaturated fat (the good kind) than canola... but does it taste like pond scum? Surprise: Our judges loved it. When used to pan-fry chicken and veggies, it tasted the same as EVOO. It's also good mixed with lemon juice to dress greens. (\$12; amazon.com)

—DANIELLE KAM