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THE OPRAH
MAGAZINE

LIVE YOUR BEST LIFE

**Dr. Oz's Two-Day
Wonder Cleanse**

**6 Meals, 8 Snacks,
and a Happier,
Healthier You**

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De-Clutter Your Life!

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**"Six Things I'm
Finally Getting Rid
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—Oprah

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to the Curb**

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food BEAUTY

Get the Ball Rolling

Skip the usual spaghetti and serve your choice of meatballs as New York City's Meatball Shop does—alongside a green salad, creamy polenta, or rustic roasted vegetables.

Try these beef meatballs in marinara sauce over polenta.



Honey-roasted carrots with mint, raisins, and walnuts.



Step 1: Choose a meatball.

BEEF MEATBALLS

- 2 pounds ground beef, 80 percent lean
- 2 tsp. salt
- ¼ tsp. red pepper flakes
- ½ tsp. ground fennel seed
- ½ cup dried bread crumbs
- ¼ cup parsley, chopped
- 1 Tbsp. fresh oregano (or 1 tsp. dried)
- 1 cup fresh ricotta cheese
- 2 eggs

CHICKEN MEATBALLS

- 2 pounds ground chicken thighs
- 1 Tbsp. salt
- 1 tsp. ground fennel seed
- 1 tsp. ground black pepper
- ¼ cup white wine
- ½ cup parsley, chopped
- 1 cup dried bread crumbs
- 2 eggs

SPICY PORK MEATBALLS

- 2 pounds ground pork shoulder
- 1 Tbsp. plus 1 tsp. salt
- 4 hot cherry peppers, stems removed, minced (about ½ cup)
- ¼ cup hot cherry pepper pickling liquid
- 4 slices white bread, minced (about 3½ cups)
- 3 eggs

TO MAKE ANY MEATBALL:

1. Preheat oven to 450°. Mix all ingredients in a large bowl and stir until combined.
2. Grease a 9" x 13" baking dish. Roll mixture into golf-ball-size meatballs, packing them firmly (wet hands to prevent meat from sticking; alternatively, you can use an ice cream scoop). Place meatballs in baking

dish in even rows so they're touching.

3. Bake until meatballs are cooked through, about 14 minutes for chicken and pork and 20 minutes for beef. Let rest 5 minutes, then serve.

MAKES ABOUT 24 MEATBALLS (6 SERVINGS).

Active time: 20 minutes

Total time: 45 minutes

Step 2: Pick a sauce.

1

MARINARA SAUCE

Simmer cooked meatballs in your favorite marinara sauce over medium-high heat for about 10 minutes.

2

PESTO

Warm store-bought pesto to room temperature and toss it with your meatballs.

3

MUSHROOM GRAVY

See recipe at prah.com/omagextrs.

Step 3: Add a side.

ARUGULA AND APPLE SALAD WITH CIDER VINAIGRETTE

- ¾ cup apple cider
- 1 Tbsp. Dijon mustard
- ½ tsp. salt
- ½ cup apple cider vinegar
- 1 cup olive oil
- 1 (5-ounce) bag baby arugula

Chicken meatballs with arugula and apple salad.



- 1 Fuji apple, cored and thinly sliced
- 1 bunch chives (or ½ bunch scallions), thinly sliced

1. To make cider vinaigrette: In a small pot over medium-high heat, bring apple cider to a boil. Reduce heat to low and simmer until liquid reduces by half, about 12 minutes.

Pour into a bowl. Add mustard, salt, and vinegar; whisk vigorously. While continuing to whisk, slowly drizzle in olive oil.

2. In a large bowl, combine arugula, apple, chives, and ¼ cup apple cider vinaigrette. Toss to coat and add more vinaigrette as desired.

MAKES 6 SERVINGS.

Total time: 15 minutes

CREAMY POLENTA

- 2 tsp. salt
- 2 cups polenta (not instant)
- ½ cup heavy cream
- ½ cup grated Parmesan cheese
- 4 Tbsp. unsalted butter

1. In a medium pot over high heat, bring 9 cups water and salt to a boil. Whisk in polenta and continue whisking until water begins to boil again. Reduce heat to low and continue to cook, stirring about every 5 minutes, for 1 hour.

2. Remove polenta from heat and whisk in cream, cheese, and butter. Let sit for 10 minutes, then serve.

MAKES 6 SERVINGS.

Total time: 1¼ hours

HONEY-ROASTED CARROTS WITH MINT, RAISINS, AND WALNUTS

- 8 large carrots, peeled and cut into 4" x ½" sticks
- 5 Tbsp. olive oil, divided
- 1½ tsp. salt, divided
- ½ cup honey, warmed
- ¼ cup chopped raisins
- ¼ cup fresh mint, chopped
- ¼ cup toasted walnuts, chopped
- ½ Tbsp. fresh lemon juice

1. Preheat oven to 450°. In a large bowl, toss carrots with 4 Tbsp. olive oil and 1 tsp. salt.

2. Arrange carrots on a large baking pan so they are evenly spaced and not touching one another. Drizzle honey on top, then add ½ cup water to pan. Roast until all the water has evaporated and carrots are soft and beginning to brown, 20 to 30 minutes.

3. Meanwhile, prepare topping: In a small bowl, coat raisins with remaining 1 Tbsp. olive oil. Add mint, walnuts, lemon juice, and remaining ½ tsp. salt, and mix thoroughly. Remove carrots from oven and arrange on a serving dish. Sprinkle on topping and serve.

MAKES 6 SERVINGS.

Total time: 45 minutes



Recipes adapted from and inspired by *The Meatball Shop Cookbook*, by Daniel Holzman and Michael Chernow (Ballantine).