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THE OPRAH
MAGAZINE
LIVE YOUR BEST LIFE

Serenity NOW!

WE'LL SHOW
YOU HOW

The beginner's
guide to finding
inner peace

PG. 82

Your thighs are
gonna thank you!

**JEANS THAT
LOOK LIKE
DENIM,
WORK LIKE
SHAPEWEAR**

**IS YOUR
FAMILY
HOLDING
YOU BACK?**

The beauty of
(finally!)
breaking free
PG. 29

**"I'M NOT
OK—AND
THAT'S OK"**

Taking the shame
out of mental illness

Does your
dog really
need a
CAT scan?

**PET HEALTH
MUST-DOS
(& DON'TS)**

PG. 63

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Mixing Bowl

» The makings of a delicious month, from juicy fruit skewers to sweet-and-spicy sips.



GENIUS IDEA!

BURN NOTICE

Veggies like asparagus and broccoli taste great crispy and charred from the grill, but the intense heat can burn them. Chef Helene Henderson, author of *Malibu Farm Cookbook*, has a simple trick for the perfect finish: She tosses trimmed spears and florets in mayonnaise thinned with a little olive oil—about ¼ cup mayo and 1½ tsp. olive oil for every pound of veggies—before tossing them on the grates. Mayo's high smoke point helps protect the vegetables, and it burns off over the flames, so you'd never even know it was there.



Tool to Try

'Wich Way

It's never been easier to turn your favorite scoop into a classic ice cream sandwich:

The kitchen gadget company Chef'n's clever new Sweet Spot kit includes silicone molds that go from oven to freezer. Just pour cookie or brownie batter into the trays and bake, then smooth softened ice cream into the frame. Stack them together and chill for an hour, and you'll have a cool, custom-layered treat. (\$20; williams-sonoma.com)

Healthy Indulgence

CRUNCH BERRIES

If you love candy apples, wait till you try this summertime version starring luscious ripe strawberries. Swirled in melted sugar that cools into a satisfyingly crunchy shell, they're our new go-to sweet on a stick.

CANDIED STRAWBERRIES

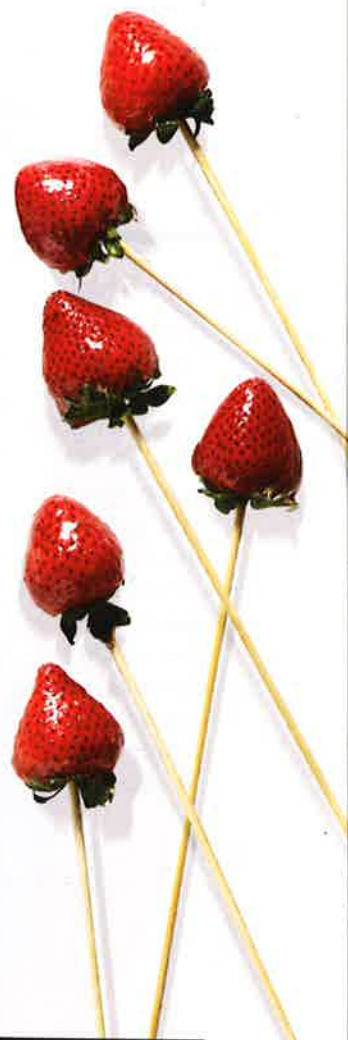
MAKES ABOUT 15
(or more if you can dip them fast enough)
TOTAL TIME: 25 MINUTES

Rinse and carefully dry 1 pound strawberries. Place a colander upside down on a baking sheet or line a baking sheet with parchment paper and set aside. In a small, heavy-bottomed saucepan, stir together 2 cups sugar, 1 cup water, and ¼ cup corn syrup.

Bring to a boil over medium-high heat, stirring a few times only until sugar dissolves.

As mixture heats, insert a thin wooden skewer partway through each strawberry.

When mixture reaches 300° on a candy thermometer (after about 15 minutes), remove pan from heat and quickly dip strawberries in syrup, letting excess drip back into pan (the thinner the coating, the better). Place skewers strawberry side up in colander holes (taking care not to let hot sugar drip on you) or on prepared baking sheet. Serve immediately.



EASY UPGRADE

FRUIT PUNCH

Put a new twist on your Bloody Mary by crossing it with a mouthwatering summer street food: juicy slices of ripe mango drizzled with hot sauce.

For a tangy and tropical brunch cocktail, add mango nectar to tomato juice and vodka, suggests Lynn Calvo, author of *Tiki with a Twist* and owner of the bar Lynn's Hula Hut in Montauk, New York: Fill a Collins glass with ice. Add ¼ cup vodka, ½ cup tomato juice, ¼ cup and 2 Tbsp. mango nectar, ⅛ tsp. lemon juice, and ⅛ tsp. sriracha. Tumble into a cocktail shaker, then return mixture to glass; repeat. Garnish the drink with a mango spear, and soon you'll be feeling *caliente*.

