

BRING YOUR STYLE HOME

# domino

# entertaining

## in living color

Using recipes from her new book, *Eating in Color*, **Frances Largeman-Roth** lays out a vibrant spring spread of health-conscious favorites.

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Watermelon radishes offer a burst of color and plentiful beta-carotene.

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## white summer fruit sangria

SERVES 10

2 white (or regular) peaches,  
pitted and sliced into wedges  
1 lemon, sliced crosswise into wheels  
1 cup green grapes, halved  
1 cup cherries, pitted  
1 bottle dry white wine,  
such as Pinot Blanc  
3 sprigs fresh mint, plus  
additional leaves for garnish  
ice, for serving  
1 liter plain sparkling water

Place the fruit into a large (at least 7-cup capacity) pitcher and pour the wine over the top. Add the mint sprigs and refrigerate for at least 3 hours. To serve, fill large glasses with ice. Remove the mint sprigs and pour 5 ounces of the sangria into each glass. Top each drink with 2 to 3 ounces of sparkling water and a mint leaf.

This summer sangria relies on grapes, cherries, and peaches for its sweetness. *Kate Spade Saturday* low glasses \$50/set of 4. [saturday.com](http://saturday.com)





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Two years ago, Frances Largeman-Roth—a dietitian and the former director of food and nutrition for *Health* magazine—faced a challenge familiar to many parents of young children: finding a way to incorporate healthful foods into her two-year-old daughter Willa's diet. "She'd been getting into beige foods, like pasta, chicken, and bread," says Largeman-Roth. It wasn't until Willa took an interest in her preschool class's study of color that Largeman-Roth saw an opportunity for change. "I thought, why not make it about eating oranges and reds instead of carrots and beets?"

A rainbow of reinvented favorites—think pumpkin muffins, asparagus frittatas, and red-onion-and-fig pizza—forms the foundation of *Eating in Color*, Largeman-Roth's newly released volume of recipes, written to appeal to adults and kids alike. Though it's common (and important) to focus on the nutritional benefits of healthful alternatives, Largeman-Roth prefers to look at the bigger picture: "It's not just about eating more nutrients," she explains. "It's also about having more fun while eating them."

Recipes from *Eating in Color: Delicious, Healthy Recipes for You and Your Family* (Stewart, Tabori & Chang) by Frances Largeman-Roth \$27.50 [abramsbooks.com](http://abramsbooks.com)

## salad in a jar

SERVES 8

- ¼ cup walnut oil
- ¼ cup cranberry juice
- 1 tablespoon Dijon mustard
- 1 teaspoon agave nectar (light or dark)
- 2 teaspoons red-wine vinegar
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1 teaspoon chopped fresh tarragon leaves (optional)
- 1 can (15 ounces) garbanzo beans, rinsed and drained
- ½ cup crumbled French feta cheese (about 3 ounces)
- ¼ cup dried cranberries
- 1 head radicchio, sliced crosswise into ribbons
- ½ head red leaf lettuce, chopped

Whisk together the oil, cranberry juice, mustard, agave nectar, vinegar, salt, and pepper in a medium bowl. Stir in the tarragon, if using. Place the beans in the bowl with the dressing, stir to coat, and set aside. Place ¼ cup of the bean mixture in the bottom of a short mason jar. Follow with 1 tablespoon feta, ½ tablespoon cranberries, one-eighth of the radicchio, and one-eighth of the red leaf lettuce. Repeat with the remaining jars.



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GLASSES Kate Spade Saturday low champagne glasses \$50/  
set of 4, saturday.com PAINT Benjamin Moore "Light Blue"  
(2066-70) \$6.99/sample pot, domino.com/in-living-color

## avocado smoothie

SERVES 2

- ½ ripe avocado, pitted and peeled
- ½ large banana
- ¼ cup low-fat vanilla yogurt
- ¼ cup ice (about 2 cubes)
- ¾ to 1 cup coconut water, depending on your preferred thickness
- 1 teaspoon agave nectar (light or dark)
- ½ teaspoon ground cinnamon, plus more for sprinkling

Combine all the ingredients in a blender. Blend until smooth and frothy. Sprinkle additional cinnamon on top and serve.



Avocado smoothies are ideal for post-workout nourishment (and dress up nicely when served in champagne glasses!).

## beet-dyed deviled eggs

SERVES 8

- 8 large eggs
- 3 cups beet juice (from a jar of pickled beets or bottled beet juice)
- 3 tablespoons mayonnaise
- 2 tablespoons Dijon mustard
- 1 tablespoon fresh lemon juice
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- finely chopped chives, for garnish

Place the eggs in a large saucepan and add enough cold water so that it covers the eggs by at least an inch. Bring the water to a boil and then turn off the heat. Let the eggs sit in the hot water for 10 minutes. Transfer the eggs with a slotted spoon to a bowl of cold water and let cool for 30 minutes. While the eggs are cooling, prepare two large glass jars with tightly fitting lids. Pour 1½ cups of the beet juice into each of the jars. When the eggs have cooled, drain them, gently crack the shells, and peel the eggs. Place the peeled eggs into the glass jars (4 per jar) and add enough cold water so that the eggs are completely submerged. Place the lids on the jars and refrigerate for at least 6 hours or overnight.

Once the eggs are dyed, remove them from the beet juice (you can either discard it or use it to dye more eggs). Place the eggs on a cutting board and carefully slice in half lengthwise with a sharp knife. Gently remove the yolks from the eggs and transfer to a small bowl. Arrange the dyed egg halves on a platter. Add the mayonnaise, mustard, lemon juice, salt, and pepper to the bowl with the egg yolks, and mash with a fork until smooth. Fill the dyed egg halves with the deviled egg mixture using a small spoon. Sprinkle the chopped chives over the top. Serve immediately or cover (without garnishing) for up to two hours before serving.

## kale salad with watermelon radishes

SERVES 4

- 1 teaspoon finely grated lemon zest
- 2 tablespoons fresh lemon juice
- 2 tablespoons extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1 bunch kale, preferably lacinato (Toscano or "dinosaur") variety, stems removed and leaves sliced into ribbons
- 3 small watermelon radishes, trimmed and sliced into rounds
- ½ cup unsalted cashews, toasted (see note)
- ½ cup golden raisins

Whisk together the lemon zest and juice, oil, salt, and pepper in a small bowl. Set the dressing aside. In a large serving bowl, toss the kale with the radishes. When ready to serve, toss with the dressing and garnish with the cashews and raisins. Serve.

**NOTE:** To toast the cashews, heat them in a dry pan over medium-high heat until fragrant, 4 to 5 minutes, shaking the pan occasionally, and being careful not to let the nuts burn.



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Soaked overnight in beet juice, hard-boiled eggs are then deviled, resulting in a playful pop of pink in each flavorful bite.