

MAY'S SUPERFOOD

New potatoes

Potatoes? Good for you? Believe it. Spring's baby spuds contain *resistant* starch, a type of carb that's digested like fiber, keeping you fuller longer. They also have more heart-healthy potassium than a banana and (bonus!) require practically zero prep. "Most of the nutrients are right under the skin, so you don't want to peel away that top layer," says registered dietitian nutritionist Frances Largeman-Roth, author of *Eating in Color*. Three fresh, easy ways to serve them:

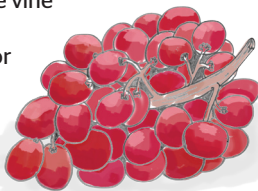
IN A PICNIC-WORTHY POTATO SALAD No mayo here: Boil halved new potatoes until fork-tender, about 12 minutes. Add trimmed green beans during the last 2 minutes of cooking; drain. Toss with 3 Tbsp olive oil, 1 Tbsp white wine vinegar, 1 tsp each grainy mustard and honey, and salt and pepper. Serve warm or at room temperature.

AS AN AWESOME APPETIZER Coat potatoes with olive oil, salt, and pepper. Roast on a baking sheet at 425°F until tender, about 20 minutes. Allow to cool slightly; gently flatten the top of each potato with the back of a spoon. Top each spud with goat cheese and chopped fresh chives for a bite-size loaded baked potato.

SMASHED, WITH ZEST Boil halved potatoes until fork-tender, about 12 minutes; drain. Mash with light canned coconut milk, coconut oil, lime zest, and salt and pepper to taste. Serve as an unexpected side for baked chicken or fish. —*Marygrace Taylor*

FOODS THAT WILL SAVE YOUR SKIN Sunscreen alone can't block all of the sun's harmful rays, says Mona Gohara, M.D., of Yale University. But you can eat and drink your way to protection.

Grapes The skins are loaded with polyphenols, a class of antioxidants that studies suggest can help prevent sun spots and other signs of aging. Pull grapes from the vine and store them in the freezer for whenever you're craving a sweet and icy treat.



Coffee The caffeine, antioxidants, and B vitamins in your daily cuppa may combat UV damage by thwarting the growth of injured cells. One preliminary study found that sipping coffee could slash your melanoma risk by as much as 20 percent. Have it hot or iced, but skip the decaf.



Tomato paste Tomatoes are packed with the antioxidant lycopene, which helps stave off skin cell damage by fighting harmful free radicals. And since tomato paste is a super-concentrated form of the fruit, it's even better for your skin. Add a spoonful to hummus or salad dressing for a burst of flavor. —*M.T.*

