



Melissa D'Arabian via AP

Edamame and quinoa salad with tangy dressing.

This edamame dish can be used as a side or as the star

By MELISSA D'ARABIAN
Associated Press

I'm a fan of stocking my kitchen with healthy, nutrient-dense ingredients that can be used on the fly on those busy days when 5 p.m. sneaks up without notice. Even if I pay a little more at the store for "healthy convenience food," I'm still coming out ahead, financially and health-wise, if it keeps me from ordering takeout.

Frozen edamame, or soybeans, are a great example. Buy both shelled and unshelled versions and keep them in the freezer. The edamame in the pod are perfect to grab to stave off hungry kiddos while dinner is being prepared — a quick steam or microwave visit, plus a bit of garlic or spices, and a healthy nibble is ready. Edamame pods are also great for boosting the protein and fiber in lunchboxes, or as a perfectly-placed dinner party appetizer.

Shelled edamame are also a worthy purchase, even if they cost a bit more than other frozen beans, such as lima (which, by the way, are a reasonable substitute if you can't find shelled edamame).

Toss a handful of frozen edamame into soup before serving, slip into taco fillings, blend up into hummus, or add some straight to your pasta water in the last minute or two of cooking to bulk up dinner.

Half a cup of edamame adds 11 grams of protein and 9 grams of dietary fiber for about 120 calories, so you'll feel fuller longer with those little beans in there. Or, combine this freezer staple with fellow weeknight staple quinoa to make a power side dish whose leftovers can easily be taken to lunch as a main dish the next day. Cooking once and eating twice is the ultimate weekday time saver.

EDAMAME QUINOA SALAD WITH TANGY VINAIGRETTE

Start to finish: 10 minutes
Servings: 4

- 1 cup frozen shelled edamame, thawed
- 1 cup cooked quinoa
- ½ cup small grape tomatoes, halved
- ½ cup parsley, chopped
- ¼ cup toasted almonds, roughly chopped
- ¼ cup feta cheese crumbles

Vinaigrette:

- 1 teaspoon Dijon mustard
- ¼ cup fresh lemon juice
- 2 tablespoons extra virgin olive oil
- 2 tablespoons fresh dill, chopped
- 1 small shallot, minced
- ¼ teaspoons salt
- ¼ teaspoon pepper

Place the edamame, quinoa, tomatoes, parsley, almond and feta in a large salad bowl.

In a medium bowl, whisk together the mustard and lemon juice. Drizzle in the olive oil, whisking into an emulsion. Add the dill, shallot, salt and pepper and mix. Add 1 or 2 tablespoons of water if the dressing is too thick.

Pour the dressing on the salad and toss. Serve immediately, or chill.

Nutrition information per serving: 238 calories; 129 calories from fat; 14 g fat (3 g saturated; 0 g trans fats); 8 mg cholesterol; 277 mg sodium; 21 g carbohydrate; 5 g fiber; 4 g sugar; 9 g protein.

By SARA MOULTON
Associated Press

Cheesecake is usually served cold. So brace yourself for something a little different.

The first time I made this recipe, I pulled it out of the oven and set it on the counter to cool. The plan was to chill it overnight in the refrigerator. But my dear daughter — also known as The Girl with the Sweet Tooth — just couldn't wait to dig in. So I handed her a spoon. And when she started babbling with delight, I tried it, too.

Boing! It was ridiculously good. So good that I now recommend that you serve this cheesecake hot, right out of the oven, topped with a little vanilla ice cream or sweetened whipped cream.

That said, getting there requires some care. Be sure to buy plain pumpkin puree, which is sometimes labeled solid pack pumpkin. Avoid anything labeled "pumpkin pie filling" or "pumpkin pie mix," both of which contain unwanted sugar and spices. You're much better off adding those ingredients yourself.

Also, don't forget to drain the pumpkin puree. Losing the excess liquid from the puree improves the final texture and flavor of the cake.

The cooking also requires some care. You're going to cook the cake in a water bath, which helps to equalize the temperature in the oven and prevents overcooking. But first the springform pan must be tightly wrapped with foil to prevent any water from leaking into the batter while the cake is baking.

Finally, do your best to not overbake the cake, which will make it dry and crumbly. After the allotted cooking time, it should still be a little jiggly. Worried that the cake might be undercooked at that point? Don't be. The residual heat will continue to cook it even after you pull it out of the oven.

By the way, this cheesecake also is a knockout when it's served the usual way — cold. If you decide to go this route, run a knife around the outside edge of the cake to separate it from the pan as soon as you remove the cake from the oven. This will allow the cake to remain intact as it shrinks in on itself, rather than cracking down the middle as it vainly attempts to unglue itself from the sides of the pan.

If you do indeed decide to serve this cold, let it cool completely on a rack on the counter — it'll take three



AP Photo/Matthew Mead

Warm pumpkin bourbon cheesecake.

WARM PUMPKIN-BOURBON CHEESECAKE

Start to finish: 2 hours (45 minutes active)

Servings: 16

For the crust:

- 6 tablespoons unsalted butter, melted, plus extra for the pan
- 1 ¼ cups gingersnap cookie crumbs (made by pulsing about 25 cookies in a food processor until finely ground)
- ¼ cup packed dark brown sugar
- ¼ teaspoon table salt

For the filling:

- 15-ounce can pumpkin puree
- 3 large eggs
- ½ cup packed dark brown sugar
- 2 tablespoons heavy cream
- 1 teaspoon vanilla extract
- ¼ cup bourbon, dark rum or cognac
- ½ cup granulated sugar
- 1 tablespoon cornstarch
- 1 ½ teaspoons cinnamon
- ¼ teaspoon nutmeg
- ½ teaspoon ground dry ginger
- ½ teaspoon ground allspice
- ½ teaspoon table salt
- Three 8-ounce packages ½-less-fat cream cheese (Neufchatel), room temperature
- Vanilla ice cream or lightly sweetened whipped cream, to serve

Heat the oven to 375 F. Brush the inside of a 9-inch springform pan with melted butter.

To make the crust, in a medium bowl, stir together the 6 tablespoons of butter, the gingersnap crumbs, brown sugar and salt until combined well. Pour the crumb mixture into the pan and press it evenly over the bottom of the pan. Bake on the oven's middle shelf for 10 minutes. Transfer to a cake rack and cool for 30 minutes.

Reduce the oven to 350 F. Line a mesh colander with a clean

kitchen towel. Mound the pumpkin puree into the towel and set over a medium bowl. Bring the ends of the towel up and gently squeeze to remove excess water (you should be able to squeeze out about ¼ cup of liquid). Discard the liquid. Rinse and dry the bowl, then in it mix together the pumpkin, eggs, brown sugar, cream, vanilla and bourbon. Set aside.

In a large bowl, stir together the granulated sugar, cornstarch, cinnamon, nutmeg, ginger, allspice and salt. Add the cream cheese, then use an electric mixer on high to beat until smooth, about 3 minutes. Add the pumpkin mixture to the cream cheese mixture and beat on low, just until combined.

Bring a large kettle of water to a boil.

Use foil to wrap the bottom and sides of the springform pan. Pour the filling into the pan. Fold a kitchen towel so it fits evenly in a roasting pan just a bit larger than the springform pan. Set the springform pan on top of the towel in the roasting pan. Working quickly, pour enough boiling water into the larger pan to come halfway up the sides of the springform pan. Bake the cheesecake for 65 to 70 minutes, or until it is mostly set but still slightly jiggly at the center.

Spoon some of the cheesecake onto each serving plate and top with a scoop of vanilla ice cream or a spoonful of whipped cream.

Alternatively, if serving the cheesecake cold, transfer it to a rack, run a sharp knife around the edge and let it cool completely, about 4 hours, before covering with plastic wrap. Chill. To serve, cut into slices and top each slice with a scoop of vanilla ice cream or a spoonful of whipped cream.

Nutrition information per serving: 290 calories; 150 calories from fat (52 percent of total calories); 17 g fat (9 g saturated; 0 g trans fats); 85 mg cholesterol; 320 mg sodium; 26 g carbohydrate; 1 g fiber; 20 g sugar; 6 g protein.

to four hours — before wrapping it tightly and popping it in the refrigerator to chill overnight. When it's time, run a knife around the edge of the pan again, carefully remove the side of the pan, then slice the cheesecake with a knife

dipped in hot water (or use unflavored dental floss). And don't forget the crowning glory. As noted, whipped cream or ice cream are the accessories of choice.

Sara Moulton is host of public television's "Sara's

Weeknight Meals." She was executive chef at Gourmet magazine for nearly 25 years and spent a decade hosting several Food Network shows, including "Cooking Live." Her latest cookbook is "Home Cooking 101."

Cheese curds and Frank Lloyd Wright: Welcome to Wisconsin

By BETH J. HARPAZ
AP Travel Editor

MADISON, Wisconsin (AP) — Walking around Madison, Wisconsin, I suddenly felt a sharp pain in my leg. What was poking me?

Turned out my pocket was full of toothpicks from all the cheese curds I'd sampled at the farmers market. It was one of several "Welcome to Wisconsin!" moments, starting with a display of orange "cheesehead" gear — worn by fans of Wisconsin's NFL team, the Green Bay Packers — that greeted me at Milwaukee's airport. Later in my trip, I got these directions to a cheese store: "Take a right and look for the cow."

MILWAUKEE MUSEUM

I spent as much time admiring the Milwaukee Art Museum outside as I did looking at the art inside. From one angle, the white, winged Santiago Calatrava-designed building on the Lake Michigan waterfront looks like a bird in flight. From another angle, it's a ship setting sail. Inside, white ribs form a futuristic tunnel with a lake view.

But don't forget the art: the spooky hooded figure of "Saint Francis of Assisi in His Tomb"; an excellent Georgia O'Keeffe collection, including a striking photo of her shot by her husband



AP Photo/Beth J. Harpaz

This Sept. 23 photo shows the Milwaukee Art Museum in Wisconsin. The building was designed by architect Santiago Calatrava.

Alfred Stieglitz; and a suitcase propped open on the floor, an untitled work by Robert Gober that reveals an entire subterranean world.

FARMERS MARKET

It's so crowded at the Dane County Farmers' Market that you can't choose which way to walk. You can only flow with the sea of humanity in one direction past tables overflowing with fruits, veggies, flowers, baked goods and of course, cheese curds, those squeaky bits of fresh cheese goodness, in flavors ranging from dill to Sriracha. The market runs Saturdays until 1:45 p.m. through Nov. 5 around the state Capitol, then moves indoors to Madison's Monona Terrace, Saturdays

Nov. 12-Dec. 17.

I peeked inside the Capitol at its beehived dome, then walked down State Street to the University of Wisconsin campus, stopping at Babcock Hall for ice cream, climbing Bascom Hill and hanging out with the beer-and-bratwurst crowd at the lakeside Memorial Union Terrace.

I drove to nearby Middleton for a quick stop at the National Mustard Museum (free admission, goofy mustard-inspired art and every type of mustard imaginable).

SPRING GREEN

America's most famous architect, Frank Lloyd Wright, spent his teenage summers working on his



AP Photo/Beth J. Harpaz

This Sept. 25 photo shows Taliesin in Spring Green, Wis. Famed architect Frank Lloyd Wright designed and lived in the Taliesin house and estate.

uncle's Wisconsin farm. You can see how that landscape of farms and rolling hills influenced Wright's style and aesthetics at Taliesi, his house and estate in Spring Green. Wright set out to replace the vertical boxy shape that dominated home design in the late 19th and early 20th centuries with modernist structures that flowed horizontally like the Midwestern prairie. Taliesin was a lab for his ideas: open floor plans rather than walled-off rooms, large windows with expansive views and a structure built to suit the terrain. House tours are offered daily through Oct. 31 and Friday-Sunday through November.

Taliesin was also the site

of a shocking crime: A butler murdered Wright's mistress and six others in 1914 and set fire to the house. But Wright was resilient. He rebuilt and kept going. His final work, New York's Guggenheim Museum, was being built when he died at age 89 in 1959.

Nearby Taliesin is the quirky attraction House on the Rock. Its creator, Alex Jordan Jr., amassed a collection of strange artifacts — weird carousel animals, machines that play creepy music — and they're displayed in a series of odd rooms and buildings, some ornate, some musty and dark. An hour here was enough for me, but if you go, don't miss the infinity room, a disori-

enting cantilevered structure lined with windows, 154 feet off the ground.

NEW GLARUS, MONROE

I caught the tail end of Oktoberfest in New Glarus, a town so proud of its Swiss heritage that street signs are in German and storefronts are decorated with Swiss flags and cowbells. I downed a Spotted Cow, a popular beer from the New Glarus Brewing Co., and dined at the Glarner Stube restaurant, which serves fondue, raclette, schnitzel and sauerbraten. The Chalet Landhaus Inn provided a good night's sleep, nice breakfast and complimentary Swiss chocolates.

In Monroe, I went hunting for the Emmi-Roth Kase cheese factory. But I couldn't find it. I asked a local for directions and was told: "Take a right and look for the cow."

There was a cow — though not a real one — outside the Alp and Dell Cheese Store, which is connected to the factory. I bought seven types of cheese from the shop's overflowing coolers and bins, including cheese curds, chipotle gouda, Emmi-Roth's award-winning butter cru cheese and a butterscotchy cheese called Prairie Sunset. Then I shipped it all back to my office. When I got back, I gave a Wisconsin cheese party.