

g FOOD



SUNDAY SUPPER

SHRIMP WITH ZA'ATAR, THEN IN A HEARTY SALAD

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SEASONAL RECIPES

OAT AND SEED BARS, BRAISED TURKEY THIGHS, AND MORE

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SEASONAL RECIPES

WHAT TO COOK THIS WEEK

Bonte et sante bars (oat bars)

Makes 12

In French, bonte et sante means kindness (or goodness) and health. These chewy-dense bars are packed with healthful ingredients, including five kinds of seeds (pumpkin, sunflower, sesame, flax, and chia), oats, almonds, dried cranberries, and coconut. Honey sweetens and binds the ingredients. The recipe comes from executive pastry chef Else Rhodes, of the Cape Cod-based bakery Pain D'Avignon. Her goal, she says, was "a good, healthy bar that was gluten-free. I wanted it to be soft, not crunchy, and not too sweet." The bars can be difficult to cut after they've cooled, so cut or score them after they rest for 1 hour after baking.

Canola oil (for the pan)

- 1½ cups old-fashioned oats
- 1 cup slivered almonds
- 1 cup pumpkin seeds
- ½ cup sunflower seeds
- ½ cup sesame seeds
- ½ cup unsweetened shredded coconut
- 1 tablespoon flax seeds
- 1 tablespoon chia seeds
- 1 cup dried cranberries
- ¼ cup coconut oil
- ¾ cup honey
- ¼ cup agave nectar

1. Set the oven at 350 degrees. Have on hand 2 large rimmed baking sheets and 1 small baking sheet. Oil a 9-inch square baking pan. Cut 2 strips of parchment paper (each about 8 inches wide and 15 inches long). In the oiled pan, set the paper crosswise so the inside of the pan is completely covered and there is about 2 inches of overhang on each side. Oil the parchment.

2. In a large bowl, combine the oats, almonds, pumpkin seeds, sunflower seeds, and sesame seeds. Spread on the baking sheets in a layer that's not too thick. Bake for 8 to 12 minutes, stirring once or twice, or until the mixture is lightly golden. Cool for 10 minutes, then return to the mixing bowl.

3. On the small baking sheet, spread the coconut. Toast in the oven for 3 to 5 minutes or just until golden, watching it carefully. Stir and cool for 5 minutes.

4. Add the coconut to the oat mixture with the flax, chia, and cranberries.

5. In a small saucepan, heat the coconut oil until melted. Pour it over the oat mixture and toss until all the ingredients are coated. Add the honey and agave and mix well until fully incorporated.

6. Place the oat mixture in the square baking pan, pressing down with a large metal spatula to make an even, compact layer.

7. Bake for 40 to 45 minutes or until the bars are golden brown and mostly firm; they will harden as they cool. Cool in the pan for 1 hour. Holding onto the parchment, lift up the square and place on a cutting board. Using a sharp knife or bench scraper, make 3 cuts in one direction and 2 cuts in the other to form 12 bars. Let them sit on the parchment for at least 1 hour more or until completely cool.

8. Separate the bars and wrap each individually in plastic wrap. Store at room temperature for 1 to 2 months. *Lisa Zwirn. Adapted from Pain D'Avignon*



KAROLINE BOEHM GOODNICK FOR THE BOSTON GLOBE