

SHAPE

MIGHTY BITES Cookout-bound? If you're torn between the veggie burger or the classic, consider this: **The meat-free patty is better at hitting the spot.** So finds a University of Copenhagen study in which people who had plant-based eats (a bean-and-pea patty) felt more satiated than those who went carnivore. Beans are rich in fiber for a bigger feel-full payoff.

nutrition right now



Bling up your pickles

The healthy side takes center stage on your summer cheese board. "A mix of colors and textures makes a beautiful spread," says chef Joshua McFadden, the author of *Six Seasons: A New Way With Vegetables*. **Use his basic brine to tang up endive, cauliflower, even cherries:** Stir 1½ cups hot water, ½ cup rice vinegar, 1 tablespoon plus 1 teaspoon kosher salt, 5 tablespoons sugar, and 1 tablespoon white wine vinegar. Pour over veggies (or fruit), cover, and refrigerate for at least a day.

The hunk, re-thunk

Just when we thought the dark stuff couldn't get any more OMG, **this smooth new bar doubles down on the antioxidants.** World-renowned chef Thomas Keller and legendary olive oil producer Armando Manni partnered to create their K + M Extravirgin Chocolate line (\$15 per bar, williams-sonoma.com), subbing olive oil for cacao butter. "We cracked the code," Keller says. "We came up with a process to keep more flavonoids in the chocolate." The result: an extra silky bite that heightens the health perks of cacao beans.

