



WITH THESE 125 PRODUCTS, A BIT OF kitchen know-how, and some great recipes, you can eat well for the rest of your life. That's because a balance of whole foods, reliable staples, and basic ingredients is all you need to create an abundance of intensely flavored, nutrient-rich meals.

The BEST FOODS for MEN

BY MATT GOULDING
With additional reporting by Tia Albright and Heather Loeb

PHOTOGRAPHS BY ADAM LEVEY

The best of the best: Our top picks

- BEST PREMIUM BEEF**
Niman Ranch Steaks
- BEST GRAIN**
Bob's Red Mill Quinoa
- BEST CHEESE**
Cypress Grove Purple Haze Goat Cheese
- BEST CANNED VEGETABLE**
Muir Glen Fire-Roasted Tomatoes
- BEST CHOCOLATE BAR**
Chocolove 77% Cacao
- BEST COFFEE**
Intelligentsia's Berkeley's Blend
- BEST ALL-PURPOSE CONDIMENT**
Roland's Pesto
- BEST PLAIN YOGURT**
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→ The supermarket and kitchen are united by one very digestible principle: The healthiest way to eat is really the simplest—and also the most delicious. With the help of more than 50 chefs, nutritionists, and researchers, and the appetites of a dozen discerning editors, we cooked and ate our way through the aisles of the grocery store. The end result: a no-fail food strategy that fuses the best fresh and packaged ingredients with the top culinary expertise.

2007 M-H Nutrition Awards

SPICY CHICKEN SAUSAGE AND SWEET-POTATO HASH

Marc Murphy serves one of Manhattan's best brunches at his downtown restaurant, Landmarc. Start your Sunday (and hers) with one of his favorite creations: a protein-packed feast of sweet, spicy, and savory flavors.

What you'll need

- 2 Tbsp Colavita Extra Virgin Olive Oil
- 2 lb Al Fresco Sweet Apple Chicken Sausage, chopped
- 2 sweet potatoes, peeled
- 1 thinly sliced onion
- 1 clove garlic, minced
- 1 Tbsp butter
- 1 Tbsp La Costena Chipotle Peppers, minced
- 1 Tbsp fresh thyme
- 6 Eggland's Best eggs
- 3 Tbsp white vinegar
- Salt and black pepper

How to make it

1. Heat 1 Tbsp of the olive oil in a sauté pan over high heat. Add the sausage and fry until brown; remove and set aside. Shred the sweet potatoes on the rough side of a box grater.
2. Heat the remaining oil in the pan that the sausage was cooked in. Add the onions and garlic, and cook until lightly browned. Squeeze out the excess water in the potatoes. Add them to the pan along with the butter, peppers, and thyme. Season with salt and pepper and cook on medium heat for 10 minutes. Flip the hash over and cook until crisp, about 10 minutes. Add the sausage back into the hash and toss to combine.
3. Fill a sauté pan three-quarters of the way with water. Add 1 Tbsp of salt and the vinegar and simmer. Crack the eggs into the water and poach for 3 minutes. Remove. Place hash onto plates. Top with poached egg. Makes 6 servings

