

# The Editor's Dozen



## 9 Cute, and a good grind

Hand-painted wooden tops brighten your kitchen with a pop of color; sleek stainless below sheathes an adjustable ceramic milling mechanism for a just-right grind every time (\$35 to \$42; [foodservicedirect.com](http://foodservicedirect.com)).



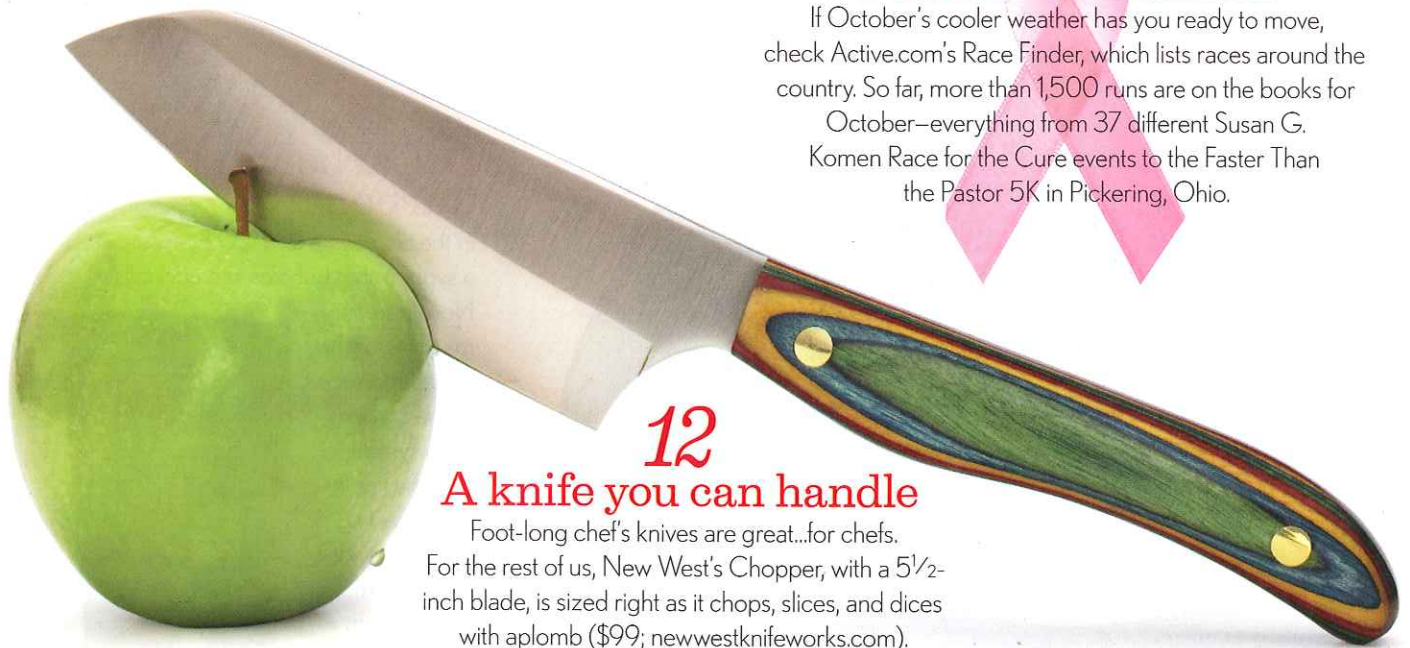
## 10 Real hardwood

It's a green choice that's tough as well: With this sustainably forested 12-inch teak board, you get a hard-working, long-wearing surface that is beautifully patterned (\$66; [proteak.com](http://proteak.com)).

## 11

### Find race, then run

If October's cooler weather has you ready to move, check Active.com's Race Finder, which lists races around the country. So far, more than 1,500 runs are on the books for October—everything from 37 different Susan G. Komen Race for the Cure events to the Faster Than the Pastor 5K in Pickering, Ohio.



## 12

### A knife you can handle

Foot-long chef's knives are great...for chefs. For the rest of us, New West's Chopper, with a 5½-inch blade, is sized right as it chops, slices, and dices with aplomb (\$99; [newwestknifeworks.com](http://newwestknifeworks.com)).

## extra! GROWN-UP HALLOWEEN TREATS

Let the kids have the candy corn and save these incredibly smooth, soft, buttery caramels for yourself. They're available in 12 flavors (from cashew to coconut), but sea salt was our favorite (\$12/8-ounce bag; [indulgecaramels.com](http://indulgecaramels.com)).



**NEW  
FRESH LOOK!**

# Cooking Light

OCTOBER 2009

## 44 EASY, HEARTY DISHES FOR FALL

- SUCCULENT BRAISED BEEF
- RICH MUSHROOM PASTA
- LUSCIOUS APPLE TART

Beef and vegetable  
braise, p. 174

## SUPERFAST CHICKEN ENTRÉES



**PLUS**

- SLURP-WORTHY NOODLE BOWLS!
- 10 TOP SECRETS OF PORTION CONTROL

\$4.99US \$6.50CAN



Visit [CookingLight.com](http://CookingLight.com)