

# Parade

SUNDAY, OCTOBER 10, 2021 | PARADE.COM

PLUS  
Michael Keaton's  
New Show, p. 2

# PIZZA!

Tasty  
Twists  
on Your  
Favorite  
Food

Pioneer Woman's  
Cheeseburger  
Pie



# Personality Parade



## ALL HAIL THE QUEEN!

It was gender-bending justice time when **Queen Latifah** took on the starring role in *The Equalizer*, previously played in movies and on TV by Denzel Washington and Edward Woodward. Now the singer-turned-actress returns as Robyn McCall for a second season of the hit case-of-the-week crime drama (Oct. 10 on CBS), as her vigilante character deals with the discovery of her secret identity by her teenage daughter (**Laya DeLeon Hayes**)—and becomes drawn into new action in the highest levels of U.S. intelligence and politics. “We are going just as hard in season two,” says Latifah, 51.

WALTER SCOTT ASKS...

## MICHAEL KEATON

The *Beetlejuice* and *Birdman* star, 70, takes on the role of small-town physician Samuel Finnix in *Dopesick* (Oct. 13 on Hulu). The eight-episode miniseries dramatizes America's struggle with opioid addiction, from the corporate boardrooms of Big Pharma to a Virginia mining community and the hallways of Washington, D.C.

### How much did you know about the opioid crisis?

It was a shocker to me. The ease with which [opioids] became an epidemic knocked me out. I didn't know how [opioid addiction] infiltrated every class group. But after you read Beth Macy's book [*Dopesick: Dealers, Doctors, and the Drug Company That Addicted America*], you realize the show is not exaggerated in the slightest.

### How would you describe the scope of *Dopesick*?

This is a David and Goliath story. It shines a light on white-collar America and its guilt. It's so clear now, if you really look at the exponential damage often done by white-collar crime com-



pared to some kid selling a bag of weed to maybe help pay his rent, or maybe just put a few bucks in his pocket; how do you even compare the two? And that is clearer now, I think.

**Is there something especially fulfilling for you about portraying real-life characters, as you also did in *Worth* and *Spotlight*?** It's satisfying because I'm in a fortunate position where what I do for a living affords me an opportunity to possibly change things or affect people in some way.

**There was a time when successful movie actors didn't venture into TV. Why has that changed?** Quality is quality. Pound for pound, television's gotten so good over the last 10 years. [Serialized] television has a big advantage. It's hard to nail something in 90 minutes or two hours, so the beauty of television is you can delve, you can drill down and you can develop it over time.

How does *Dopesick* connect to a film role he did back in 1988? Go to [Parade.com/keaton](http://Parade.com/keaton) to find out.

## ALL ABOUT ORLANDO

*The Lord of the Rings*, *Pirates of the Caribbean* and *Elizabethtown* star **Orlando Bloom**, 44, goes sci-fi in *Needle in a Timestack* (in theaters Oct. 15), playing a time traveler who tries to break up his ex-wife's marriage. Here are some fun facts about the British SAG Award-winning actor and UNICEF Goodwill Ambassador, who was named after 16th-century English composer Orlando Gibbons.



✦ Diagnosed with mild dyslexia at age 7, Bloom says drama school helped with his reading issues.

✦ His fan-favorite role as archer elf **Legolas** in the *Lord of the Rings* franchise made bow-and-arrow sales skyrocket in England.

✦ Bloom became a father for the second time when singing



superstar **Katy Perry** gave birth to their daughter, Daisy Dove Bloom, in August 2020. (He also has a son, 10-year-old Flynn, with ex-wife Miranda Kerr.)



✦ An avid mountain biker, Bloom appeared alongside Andy Samberg in the cycling mockumentary *Tour de Pharmacy*.

✦ He has practiced a form of Buddhism since he was 16.

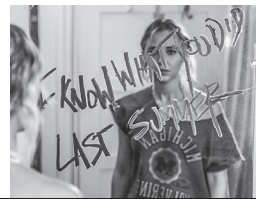


## I STILL KNOW WHAT YOU DID...

It's been nearly 25 years since **Jennifer Love Hewitt** and **Sarah Michelle Gellar**



headlined the cult-classic horror movie *I Know What You Did Last Summer*, about a fatal car accident that binds together a group of teens with a dark secret. Now **Madison Iseman**—whose résumé includes the movies *Jumanji: Welcome to the Jungle* and its sequel, plus the horror hit *Annabelle Comes Home* and the TV series *Still the King*—stars in the TV series reboot (Oct. 15 on Amazon Prime), in which a new group of teens tries to figure out the identity of a brutal killer stalking them. “We've been sworn to secrecy,” says Iseman, 24, about the updated project's scary spin. Could that spin include cameos by Hewitt or Freddie Prinze Jr., whose characters from the 1997 film are supposedly still alive?

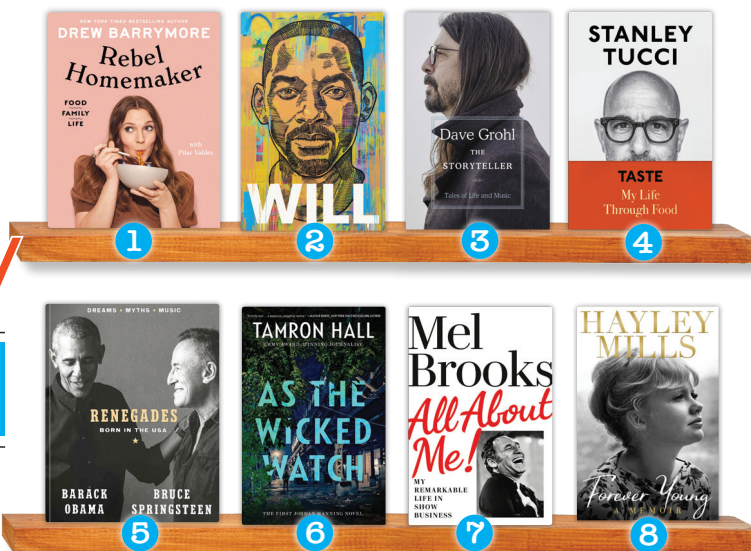


# Parade Picks

Visit [PARADE.COM/PICKS](http://PARADE.COM/PICKS) for more trending products

## Celebrity BOOK CLUB

Put these on your must-read list: moving memoirs, nostalgic musings and fictional serial killers from some favorite famous figures. —Megan O'Neill Melle



**1 DREW BARRYMORE** Collecting cookbooks has become a passion for the A-list actress and daytime TV host (she has a closet dedicated to them), so it's only fitting her latest endeavor is a cookbook-meets-lifestyle guide called *Rebel Homemaker* (Nov. 2, Dutton). **\$30**

**2 WILL SMITH** From timid West Philadelphia kid to Hollywood box office mega-star, the *Fresh Prince* gets real about his emotional reckoning with the pressures of performance and high-stakes entertaining in *Will* (Nov. 9, Penguin Press). **\$30**

**3 DAVE GROHL** The Foo Fighters' frontman's *The Storyteller* (Dey Street) offers musings on a life of music, reflections on his childhood (teaching himself to drum on pillows) and thoughtful memories of being on the road with Nirvana, dancing with AC/DC, meeting Paul McCartney and drumming for Tom Petty. **\$30**

Go to [Parade.com/grohl](http://Parade.com/grohl) to read our exclusive interview.

**4 STANLEY TUCCI** The award-winning actor goes beyond foodie films, documentaries and his bestselling cookbooks in *Taste: My Life Through Food* (Gallery Books), a memoir packed with savory stories of burned dishes and five-star food, falling in love over dinner and the power of a home-cooked meal. **\$28**

**5 BARACK OBAMA** and **BRUCE SPRINGSTEEN** An expansion of their Spotify podcast of the same name, *Renegades: Born in the USA* (Oct. 26, Crown) is a collection of conversations, photographs, handwritten lyrics, speeches and candid and entertaining dialogue between the two longtime friends. **\$50**

**6 TAMRON HALL** A serial killer terrorizes Chicago, while a young crime reporter works to solve the deaths of two Black girls in *As the Wicked Watch* (Oct. 26, William Morrow), the first in a new mystery series by the Emmy-winning host. **\$28**

**7 MEL BROOKS** Infused with nostalgia and his signature hilarity, the trailblazing Brooks has written his first memoir, *All About Me! My Remarkable Life in Show Business* (Nov. 30, Ballantine), an entertaining look back at the 95-year-old EGOT (Emmy, Grammy, Oscar, Tony) winner's career alongside other showbiz greats. He's also recorded the audiobook version. **\$30**

**8 HAYLEY MILLS** In *Forever Young* (Grand Central Publishing), the *Pollyanna* and *Parent Trap* star reflects on her iconic roles and Tinseltown memories, including losing Disney money, turning down the starring role in the controversial 1962 film *Lolita*, bulimia struggles and more. **\$30**

Available in bookstores and online

## Eddie Van Halen

Journalists Brad Tolinski and Chris Gill compile a comprehensive history of the groundbreaking musician in *Eruption: Conversations With Eddie Van Halen* (Hachette Books, \$28). Here, Tolinski reflects on the guitarist's lasting impact on music. —Dillon Dodson



**What inspired you to write this book?** I wanted to show people on a deep level not only who Eddie Van Halen was as a person, but who he was as an inventor and innovator of what one could argue is the most important modern instrument: the guitar.

**Why did music become so important to him?** He comes [to America from the Netherlands] as a young boy, doesn't speak English well and gets regularly roughed up at school, so he secluded himself in his room and practiced. Music was one way to express himself, demonstrate his intelligence and show himself as something special.

**What is Van Halen's legacy?** As much as Ed changed the guitar, it's going to be the songs [including "Dance the Night Away" and "Panama"] that stick with us. It's been 30 to 40 years and we'll probably still listen to them 30 to 40 years from now.

**What's your favorite piece of music journalism?** *Deep Blues: A Musical and Cultural History of the Mississippi Delta* [Penguin Books, \$18] by Robert Palmer had a lot of impact on me. I think there's a way to write about music and its cultural impact and make it exciting, fun and engaging.

# Stay Healthy



How rest helps you thrive, from your eyes to your heart to your mood

By Lambeth Hochwald

We know that getting a good night's sleep is one of the healthiest habits to incorporate into your life. In fact, regular shut-eye impacts pretty much every part of your body and should never be considered a waste of time, says Meir Kryger, M.D., professor of medicine at the Yale School of Medicine and author of *The Mystery of Sleep*. "We all need to make it a priority." Read on for some of the most important reasons our bodies need sleep.

**Your mood** Studies have shown that not getting enough sleep is associated with irritability, negative moods and an increased risk for mental health problems, including depression, says Wendy Troxel, senior behavioral and social scientist at the RAND Corporation and author of *Sharing the Covers: Every Couple's Guide to Better Sleep*.

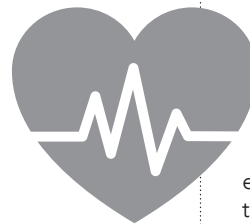
"Sleep-deprived people are more likely to fixate on negative stimuli and struggle to cope with even minor challenges," she says. When we get enough sleep, our outlook changes. "We are more positive and are better able to cope with stress," she says. In fact, respondents who prioritized sleep were the most resilient during quarantine and throughout the current wave of the pandemic, according to a *Parade*/Cleveland Clinic Healthy Now survey of more than 2,000 American adults.

**Your eyes** If you wake up bleary-eyed after a sleepless night, you're not alone. "Ongoing issues of dry eyes,

eyestrain or eye fatigue can be related to poor sleep," says Michelle Drerup, Psy.D., a psychologist and director of the behavioral sleep medicine program at the Cleveland Clinic Sleep Disorders Center.

If your blood sugar is unstable or you have diabetes, that also may disrupt your sleep—and affect your eyes. In some studies, sleep apnea—when airways get blocked and you stop breathing briefly—has been shown to aggravate or contribute to the development of diabetic retinopathy, a diabetes complication caused by damage to the blood vessels in the retina.

**Your heart** Night after night of getting little sleep can tax your cardiovascular system and contribute to such heart problems as high blood pressure, Drerup says. "Getting less than six hours of sleep habitually has long been shown to be associated with hypertension," she says.



**Your productivity** Don't be surprised if after a poor night's sleep you find that you can't get as many items ticked off your to-do list. On the flip side, a good night's sleep can work wonders for your brain. "Adequate sleep has a direct correlation with increased concentration and better cognitive functioning," Drerup says.

**Your workout** A healthy night's sleep gives your body the chance to recover and, the next day, hikes your exercise performance and improves your hand-eye coordination, reaction time and stamina.

**Your immune system** Sleep is paramount for a healthy immune system. While you rest, your body goes to work producing cytokines, hormones that ultimately help your immune system fight off infections. "It's very important to get a good night's sleep, especially right now during the pandemic," Drerup says. "When we're sleep-deprived we're more likely to catch the flu or get a cold."

Visit [Parade.com/healthynow](https://www.parade.com/healthynow) for smart ways to be more resilient.

## Are You Getting Enough ZZZ's?

The best way to find out if you have a sleeping issue is to think about how you feel when you wake up and then again in the afternoon when energy levels tend to wane, says Yale's Kryger. "If you're sleepy during the day or find yourself falling asleep at your desk, you're either sleeping too much or too little." While sleep needs vary from person to person, most people require between seven and nine hours a night to feel refreshed, he says. If you're groggy or constantly exhausted, your health care provider can help you find out what medical condition might be causing sleepiness or insomnia. "The good news is that we can do something about whatever is causing your sleepless nights," Kryger says. "We've gotten very good at treating sleep disorders."







## Ask Marilyn

By Marilyn vos Savant

**Do carbonated beverages contribute to global warming? They're everywhere!**

—Justin McCarty, Boston, Mass.

No, at least not the beverages themselves. The CO<sub>2</sub> that makes the bubbles actually comes from the power plants we depend upon so much. Instead of it being released into the atmosphere, a tiny amount of the carbon dioxide is captured from the exhaust, purified and sold to soft drink bottlers and soda fountain suppliers. So, the CO<sub>2</sub> is just moved from one place to another. Not that it matters much. You would need to open a few hundred gallons of soda to release the amount of carbon dioxide that you add to the atmosphere when you burn a gallon of gas in your car.

Send questions to [marilyn@parade.com](mailto:marilyn@parade.com)

## Numbrix®

Complete 1 to 81 so the numbers follow a horizontal or vertical path—no diagonals.

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Visit [Parade.com/numbrix](http://Parade.com/numbrix) for more Marilyn vos Savant Numbrix puzzles and today's solution.

### 10/10/21 MAGAZINE

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### BLUEBERRY

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# PIZZA

## Your Way

Like it spicy, vegetarian, classic... for breakfast? We've got the pie for you!

Celebrate National Pizza Month with these five easy recipes for updated classics and combos. The pies are from well-known cookbook authors such as Ree Drummond and Tia Mowry and inspired by some of our favorite restaurants, including Rochester's Rhino's Pizzeria and Venice Beach's Gjelina.

By Alison Ashton • Cover and feature photography by Mark Boughton • Styling by Teresa Blackburn

### PEPPERONI PIZZA WITH HOT HONEY DRIZZLE

It's no surprise that 64 percent of us say pepperoni is our favorite topping. Drizzling on a bit of spicy honey (like Mike's Hot Honey) kicks up this pie, but add after slicing to avoid a sticky mess.

One hour before baking, place a pizza stone on rack in top third of oven. Preheat oven to 500°F.

On a lightly floured work surface, use your hands or a rolling pin to shape 1 lb **refrigerated pizza dough** (or frozen, thawed), at room temperature, into a 14-inch circle. Transfer dough to a pizza peel or rimless baking sheet sprinkled with **cornmeal**. Spread with ½ cup **marinara or pizza sauce**. Top with 1¼ cups shredded **Italian-blend cheese** and 1–2 oz sliced **pepperoni** (about ⅓ cup). Slide onto pizza stone. Bake 8 minutes. Turn on broiler; broil pizza 1 minute or until cheese is bubbly and edges are puffed and browned. Slice. Drizzle with **honey infused with chiles**. If desired, garnish with basil. **Makes 1 (14-inch) pizza.**

Chile-infused honey makes pepperoni pop!



### DILL PICKLE PIZZA

Rhino's Pizzeria in Rochester, N.Y., created a dill pickle pizza a few years back, and let's just say that it has its lovers and haters. If you slice your own extra-thin pickle chips, 1–2 whole dill pickles will equal 1 cup.

Love it or hate it: Salty pickles and gooey cheese change the pizza game.

One hour before baking, place a pizza stone on rack in top third of oven. Preheat oven to 500°F.

On a lightly floured work surface, use your hands or a rolling pin to shape 1 lb **refrigerated pizza dough** (or frozen, thawed), at room temperature, into a 14-inch circle. Transfer dough to a pizza peel or rimless baking sheet sprinkled with **cornmeal**. Spread with ½ cup **garlic Alfredo sauce** (like Newman's Own). Top with 1¼ cups shredded **mozzarella cheese** and 1 cup drained **extra-thin dill pickle chips** (like Mt. Olive Dill Chips). Slide onto pizza stone. Bake 8 minutes. Turn on broiler; broil pizza 1 minute or until cheese is bubbly and edges are puffed and browned. Sprinkle with 1 Tbsp chopped **fresh dill**. **Makes 1 (14-inch) pizza.**

Dip It Good



◀ More than half of us like ketchup on our pizza.



◀ 44 percent of us dip our slices into ranch dressing.

### BREAKFAST PIZZA

We adapted this show-stopping brunch recipe from Tia Mowry's new cookbook, *The Quick Fix Kitchen*. She parbakes the crust, which makes it easy to load up the pie with eggs, potato tots and bacon.

Preheat oven to 450°F. Drizzle a pizza pan or sheet pan generously with **extra-virgin olive oil**.

On a lightly floured surface, use clean fingertips to push down 1 lb **refrigerated pizza dough** (or frozen, thawed), at room temperature, creating dimples. Turn over dough; lightly flour again. Pick up dough and gently stretch it to form an 11- to 13-inch round (depending on the size of your pan). Place on prepared pan. Transfer pan to oven; bake 15–20 minutes or until edges and crust are golden brown.

Meanwhile, in a medium bowl, whisk 6 **large eggs**, **kosher salt** and freshly ground **black pepper** to taste. In a 10-inch nonstick skillet over medium-low, melt 1½ Tbsp **butter**. Add eggs. Watch for edges to just barely start to set. Use a heat-resistant silicone spatula to slowly stir eggs from outside edge to middle to form large soft curds. Repeat, pausing in between to allow eggs to cook slightly, 2–3 minutes or just until eggs are set. Remove from heat.

Remove parbaked crust from oven. Top with 2 cups **frozen potato tots**, thawed and crumbled, using a fork to smash and spread evenly across crust. Top with scrambled eggs, 1 cup shredded **cheddar cheese** and 8 slices **cooked bacon**, chopped. Bake 5 minutes or until cheese has melted and bacon is sizzling. If desired, sprinkle with chopped parsley. **Makes 1 (14-inch) pizza.**



It's not breakfast without potato tots!



### CHEESEBURGER PIZZA

"There's nothing traditionally 'pizza' about this cheeseburger pizza, but that doesn't mean it isn't ridiculously delicious!" says Ree Drummond of this recipe from her forthcoming cookbook, *The Pioneer Woman Cooks: Super Easy!* (Oct. 19). "It's got big cheeseburger flavor, right down to the toppings and the sesame seed 'bun' crust all around the edge."

Bread dough and sesame seeds give the pie a bun-like crust.

Preheat oven to 425°F.

In a medium skillet over medium-high, heat a little **olive oil**. Add 1 lb **ground beef**; 1 small **onion**, finely diced; and a pinch of **kosher salt** and **black pepper**. Cook 5 minutes or until meat is browned, stirring to crumble. Pour off excess grease. Stir in ¼ cup **ketchup**, ¼ cup **yellow mustard**, ½ tsp **seasoned salt** (such as Lawry's) and 2–3 dashes **Worcestershire sauce**. Cook 2 minutes. Remove from heat.

Stretch 1 (1-lb) loaf **frozen bread dough**, thawed, into a large oval on an ungreased sheet pan. Drizzle with a little olive oil; sprinkle with salt and pepper.

Combine 2 cups **grated cheddar cheese** and 1 cup **grated mozzarella cheese**; set aside 1–2 Tbsp for garnish. Sprinkle two-thirds of remaining cheese mixture over dough, leaving a 1-inch border. Top with meat mixture and remaining cheese mixture. Brush edges of dough with oil; sprinkle with 1 Tbsp **sesame seeds**. Bake 15–17 minutes or until cheese is melted and crust is golden.

If desired, drizzle with a little ketchup and mustard. Top with 2 cups finely shredded **lettuce** and 2 **Roma tomatoes**, diced. Sprinkle with 1 cup finely diced **pickles**; reserved cheese mixture; 3 slices cooked bacon, roughly chopped; and sliced **green onions**. **Serves 8.**

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## MUSHROOM PIZZA WITH GOAT CHEESE

*Mushrooms are Americans' second favorite pizza topping, making this gourmet-style pie—inspired by a popular offering served at Gjelina, a restaurant in Venice, Calif.—a winner. The recipe uses uncooked shrooms, so be sure to slice them ¼ inch or thinner. (Skip presliced mushrooms, which may be too thick and leave you with a soggy pizza.)*



Vegetarian and  
full of flavor!

One hour before baking, place a pizza stone on rack in top third of oven. Preheat oven to 500°F.

In a small bowl, combine 4 oz **cremini (baby bella) mushrooms**, thinly sliced, 2 Tbsp **extra-virgin olive oil** and ⅛ tsp **kosher salt**.

On a lightly floured work surface, use your hands or a rolling pin to shape 1 ball **Take-Your-Time Pizza Dough** (recipe follows) or 8 oz **refrigerated dough** (or frozen, thawed), at room temperature into a 10- to 12-inch circle. Transfer dough to a pizza peel or rimless baking sheet sprinkled with **cornmeal**. Top with mushrooms in an even layer. Crumble 2 oz **truffle goat cheese** or **regular goat cheese** over mushrooms. Top with ½ oz **fontina cheese**, shaved. Slide onto pizza stone. Bake 8 minutes. Turn on broiler; broil pizza 1 minute or until cheese is bubbly and edges are puffed and browned. Sprinkle with 1 tsp **fresh thyme leaves** and, if desired, **red pepper flakes**. **Makes 1 (10- to 12-inch) pizza.**

### TAKE-YOUR-TIME PIZZA DOUGH

*Time and a little bit of yeast do most of the work for this home-made pizza dough. Otherwise, it takes less than 10 minutes of hands-on effort.*

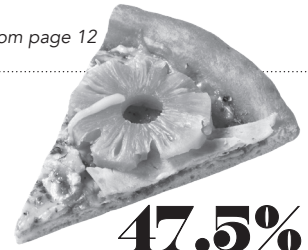
In a large bowl, whisk 1½ cups **bread flour**, ½ cup **whole wheat flour**, ½ tsp **kosher salt**, ½ tsp **sugar** and ⅛ tsp **dry yeast**; make a well in center. Pour ⅔ cup water, at room temperature, and 1½ Tbsp **extra-virgin olive oil** into well. Stir with a wooden spoon or your hand until all dry ingredients are incorporated. Cover with a plate or plastic wrap. Let stand 30 minutes. Knead in bowl 2–3 minutes to form smooth ball. Add about 2 tsp extra-virgin olive oil to bottom of bowl; roll dough in oil. Cover bowl with a plate or plastic wrap; let stand at room temperature 18–24 hours or until very bubbly.

Dust a work surface with flour. Scrape dough out of bowl; divide in half. Working with one portion at a time (cover remaining dough to keep it from drying out), dust dough with flour. Pick up one side and fold it toward the middle, then the opposite side, then the top and then the bottom. Press down lightly, adding more flour if needed. Repeat folding process one more time. Turn dough over and shape into a ball. At this point you can roll it out, top and bake. Or freeze in a heavy-duty zip-top bag up to 2 months (thaw overnight in refrigerator). **Makes 2 (8-oz) balls dough.**

*continued on page 14*



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**47.5%**

of us really do like  
pineapple on our pizza.

## MAKE IT PLANT-BASED

Skipping traditional meat and dairy doesn't mean sacrificing the indulgent appeal of pizza, thanks to vegan cheeses that melt better than ever and mock meats with all the savory appeal of the real thing.

Some products to try on a plant-based pie:

► Miyoko's Creamery is known for high-quality artisanal plant-based cheese, including **Organic Cashew Milk Italian-Style Vegan Mozzarella** (regular or smoked, \$9). Its new liquid **Vegan Pizza Mozzarella** (\$6, in stores starting this month) delivers indulgent, creamy results and browns beautifully.

► Violife's **Just Like Mozzarella Shreds** (\$6) also are prized for excellent melting quality.

► On the sausage front, Beyond Meat offers sweet or hot Italian **Beyond Sausage** links (\$9), while Impossible just came out with ground **Savory** or **Spicy Impossible Sausage** (\$7).

► Pepperoni lovers can try Field Roast's new **Classic Pizzeria Plant-Based Pepperoni Slices** (\$5, in stores starting this month).

Visit [Parade.com/pizza](https://www.parade.com/pizza) to find out which city has the best pizza. (Hint: It's not New York.)

RECIPE CREDITS: PEPPERONI, DILL PICKLE: ALISON ASHTON; MUSHROOM PIZZA: RECIPE BY ALISON ASHTON, ADAPTED FROM *GJELINA: COOKING FROM VENICE, CALIFORNIA* BY TRAVIS LETT (CHRONICLE BOOKS); BREAKFAST PIZZA: EXCERPTED FROM *THE QUICK FIX KITCHEN* © 2021 BY TIA MOWRY-HARDIC. USED BY PERMISSION OF RODALE BOOKS, AN IMPRINT OF RANDOM HOUSE, A DIVISION OF PENGUIN RANDOM HOUSE LLC, NEW YORK. ALL RIGHTS RESERVED. NO PART OF THIS EXCERPT MAY BE REPRODUCED OR REPRINTED WITHOUT PERMISSION IN WRITING FROM THE PUBLISHER; CHEESEBURGER PIZZA: FROM *THE PIONEER WOMAN COOKS: SUPER EASY!* BY REE DRUMMOND © 2021 BY REE DRUMMOND. REPRINTED BY PERMISSION OF WILLIAM MORROW, AN IMPRINT OF HARPERCOLLINS PUBLISHERS.