

# REAL SIMPLE | to go

Wish you could keep *Real Simple* on your bulletin board, in your recipe box, or even in your wallet? You can. Tear out this page and take a perforated card—filled with new ideas and essentials distilled from this month's issue—along with you, wherever you're headed. You'll always have great tips on hand.

## what was that website again?

Hold on to some of the great URLs referenced in this month's issue.



site	good for
<a href="http://bluelounge.com">bluelounge.com</a>	Office-organizing products.
<a href="http://ferm-living.com">ferm-living.com</a>	Wallpaper and home accents.
<a href="http://findsolar.com">findsolar.com</a>	Locating solar-panel retailers.
<a href="http://greenandsave.com">greenandsave.com</a>	Energy-saving resources.
<a href="http://modcloth.com">modcloth.com</a>	Retro-inspired clothing.
<a href="http://moynabags.com">moynabags.com</a>	Handbags and clutches.
<a href="http://natlallergy.com">natlallergy.com</a>	Miteproof mattress and pillow covers.
<a href="http://osborneandlittle.com">osborneandlittle.com</a>	Fabric and wallpaper.
<a href="http://remainslighting.com">remainslighting.com</a>	Antique lighting.
<a href="http://tapeswell.com">tapeswell.com</a>	Decorative packing tape and labels.
<a href="http://trackle.com">trackle.com</a>	Tracking personal information online.
<a href="http://tulle4us.com">tulle4us.com</a>	Feminine skirts, dresses, and blouses.

## fresh pick: bell peppers

Here's how to use every delicious kind—red, green, yellow, or orange.



### bell pepper bruschetta

Sauté bell peppers with garlic, tomatoes, and a pinch of crushed red pepper; serve on toasted country bread.

### marinated bell pepper slaw

Toss thinly sliced bell peppers with fresh lemon juice, olive oil, honey, fresh thyme, salt, and pepper and let sit for 10 minutes.

### grilled pepper salad

Grill bell pepper halves until charred. Top with goat cheese, toasted pine nuts, and fresh basil; drizzle with olive oil.

For more recipes and information on selecting and storing bell peppers, go to [realsimple.com/peppers](http://realsimple.com/peppers).

## earth-smart school supplies

Get an A+ in smart shopping with these green backpack staples.

- pens**  
 Made of cornstarch plastic, brightly colored Acme Eco Pens (with black ink) biodegrade in just one year after disposal.  
**TO BUY:** \$2 each, [acmestudio.com](http://acmestudio.com) for locations.
- tote bag**  
 Chicobag rePETe sacks are made of recycled materials. Return yours when you no longer use it; it will be turned into new products, like throw rugs.  
**TO BUY:** \$8 to \$10, [chicobag.com](http://chicobag.com).
- note pads**  
 Colorful Ecojot notebooks are filled with recycled paper and decorated with vegetable inks.  
**TO BUY:** Ecojot Journals, \$12, [anthropologie.com](http://anthropologie.com).
- crayons**  
 Beeswax crayons are petroleum-free and made of all-natural pigments and waxes.  
**TO BUY:** Beeswax crayons, \$15 for 12, [stubby-pencil-studio.com](http://stubby-pencil-studio.com).

## thoughts



"The only real elegance is in the mind; if you've got that, the rest really comes from it."

—DIANA VREELAND

## super naturals

When shopping, look for these plant-derived ingredients for hair, skin, and more.

- argan oil**  
**GOOD FOR:** Quenching dryness, minimizing lines, and possibly reducing oiliness.  
**FIND IT IN:** Aveda Green Science Lifting Serum, \$50, [aveda.com](http://aveda.com).
- avocado**  
**GOOD FOR:** Hydrating hair and skin. May help cuts heal.  
**FIND IT IN:** Opi Avoplex Cuticle Oil to Go, \$7.50, [opi.com](http://opi.com) for locations.
- coconut**  
**GOOD FOR:** Making hair shinier and skin more supple.  
**FIND IT IN:** Burt's Bees Super Shiny Grapefruit & Sugar Beet Shampoo, \$8 at drugstores.
- cucumber**  
**GOOD FOR:** Depuffing tired eyes and neutralizing oil without overdrying the skin.  
**FIND IT IN:** Wen Cucumber Aloe Oil, \$20, [chazdean.com](http://chazdean.com).
- feverfew**  
**GOOD FOR:** Soothing irritation and inflammation.  
**FIND IT IN:** Aveeno Ultra-Calming Night Cream, \$14 at drugstores.
- grapeseed**  
**GOOD FOR:** Helping skin retain firmness.  
**FIND IT IN:** Fresh Sugar Rosé Tinted Lip Treatment, \$22.50, [fresh.com](http://fresh.com).
- green tea**  
**GOOD FOR:** Preventing sun damage and treating blemishes.  
**FIND IT IN:** Dr. Andrew Weil for Origins the Way of the Bath Matcha Tea Body Soak, \$45, [origins.com](http://origins.com).
- jojoba**  
**GOOD FOR:** Soothing irritation when added to typically drying products, such as hand sanitizers and toners.  
**FIND IT IN:** EO Hand Sanitizer Gel, \$5, [eoproducts.com](http://eoproducts.com).
- licorice**  
**GOOD FOR:** Calming inflammation and helping to diminish the appearance of acne scars.  
**FIND IT IN:** DDF Intensive Holistic Lightener, \$52, [sephora.com](http://sephora.com).
- olive oil**  
**GOOD FOR:** Moisturizing skin and healing sunburns.  
**FIND IT IN:** Yes to Carrots C Through the Dry Spell Deliciously Rich Body Butter, \$13, [walgreens.com](http://walgreens.com).
- rose**  
**GOOD FOR:** Softening wrinkles.  
**FIND IT IN:** Pangea Organics Turkish Rose & White Tea Eye Cream, \$55, [pangeaorganics.com](http://pangeaorganics.com).
- sunflower**  
**GOOD FOR:** Protecting skin and hair from sun damage.  
**FIND IT IN:** Kiehl's Sunflower Color Preserving Deep Recovery Pak, \$25, [kiehls.com](http://kiehls.com).

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## pork chops and butter bean salad

hands-on time: 20 minutes | total time: 30 minutes | serves 4

- 1 slice sandwich bread, torn into pieces
- 4 tablespoons olive oil
- 2 scallions, sliced
- Kosher salt and black pepper
- 4 1-inch-thick boneless pork chops (about 1½ pounds)
- 1 bunch spinach (4 cups), thick stems removed and leaves thinly sliced
- 1 14-ounce can butter beans, rinsed
- 1 tablespoon red wine vinegar
- ½ teaspoon dried oregano

> Heat oven to 400° F. In a food processor, pulse the bread and 2 tablespoons of the oil to form coarse crumbs. Spread on a baking sheet and bake until crisp, 5 to 6 minutes. Toss with the scallions, ½ teaspoon salt, and ¼ teaspoon pepper.

> Meanwhile, heat 1 tablespoon of the oil in a large ovenproof skillet over medium-high heat. Season the pork with ½ teaspoon each salt and pepper and brown, 2 to 3 minutes per side. Transfer to oven and roast until cooked through, 5 to 7 minutes.

> Toss the spinach, beans, vinegar, oregano, the remaining tablespoon of oil, ½ teaspoon salt, and ¼ teaspoon pepper. Top the pork with the bread crumb mixture. Serve with the salad.

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## what to sip

Consider serving **Pork Chops and Butter Bean Salad** (recipe, right) with the 2007 **Forest Glen Cabernet Sauvignon** (\$11).

### WHAT TO EXPECT

This medium-bodied red has hints of black currant and pepper typical of many Cabernet Sauvignons, but with none of the heavy oak taste that often dominates them.

### ALSO GOES WITH

Hearty and flavorful cuts of meat, such as sirloin steak, hamburgers, and lamb chops. Steer clear of delicate cutlets and filets, which will be overwhelmed.



Recommendation from Kevin Zraly, a wine educator and the author of *Windows on the World Complete Wine Course Book* (Sterling, \$28).

