

Parade

SUNDAY, APRIL 3, 2022 | PARADE.COM

PLUS
Mandy Patinkin
Is Ben Franklin
p. 2

COOKING WITH SHAQ

**Dig into the
NBA legend's
recipes for
mouthwatering
BBQ chicken,
pot roast tacos
and a big
cheesy burger**

TheraBreath



**How's
Your
Breath?**

Personality

Parade

Music's Big Night

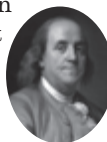
Trevor Noah returns for the second year to emcee the 64th Grammy Awards (April 3 on CBS and Paramount+). And the host of Comedy Central's *The Daily Show* is mega-pumped. "It's a front-row ticket to the best music concert of all time. I don't care who you are, you love music," says Noah, 38. **Jon Batiste** leads the way at this year's Grammys with 11 nominations, followed by Justin Bieber, Doja Cat and H.E.R. with eight each and Billie Eilish and Olivia Rodrigo with seven each.



WALTER SCOTT ASKS...

MANDY PATINKIN

The *Homeland* star, 69, is the voice of the famous Founding Father in *Benjamin Franklin* (April 4–5 on PBS). The two-part Ken Burns documentary sheds new light on one of the most consequential figures in American history—a prolific writer and publisher, groundbreaking scientist and inventor, world-renowned diplomat and signer of both the Declaration of Independence and the United States Constitution.



We tend to think of our Founding Fathers as uptight, but this presentation depicts Franklin with a sense of humor and a sex life. He's a complicated guy. The fact that he was not very thoughtful to his wife, Deborah—he left her for years at a time—was an extraordinary contradiction to his moral and ethical brilliance, his humor, poetic writing, his genius to invent and his ability to be a charming ambassador for the founding of our country.

Did you learn any fun facts about Franklin? Oh, yeah. He had discussions with people about farting,



trying to figure out a way to make farts not smell. He just thought that was not a helpful aspect of the human condition and he thought it should smell more like ladies' perfumes. I love that stuff.

What is the message of *Benjamin Franklin*?

I think **Ken Burns** and his team have brilliantly put together this history lesson from the people who founded our country: "It's a republic, if you can keep it." And there are examples of these individuals who reached across the table—there was no aisle—and worked together, spoke to each other with dignity, listened to each other with grace and respect and held their own.

In your wide-ranging career, what have been your favorite roles? I've been really spoiled. There are many roles that I loved dearly; one certainly was *The Princess Bride*. Another that defined my being was playing George Seurat in the musical *Sunday in the Park With George*. And then I got to be Saul Berenson in *Homeland* for eight seasons. Saul is a much better person than I am.



How did his son make him a social-media sensation? Go to [Parade.com/patinkin](https://www.parade.com/patinkin) to find out.

JANE GOES 'WILD'

Emmy-winning actress **Jane Seymour**, 71, turns sleuth for her new series, *Harry Wild* (April 4 on Acorn). She stars as Harriet "Harry" Wild, a university literature professor who notices a murderer has followed a pattern from an obscure Elizabethan play. Here are some fun facts about the former star of *Dr. Quinn, Medicine Woman*.

Born Joyce Penelope Wilhelmina Frankenberg, her stage name is an homage to the third wife of Henry VIII.

Seymour's twin sons, **Kristopher** and **John**, were "Gerber babies" in a series of baby-food TV commercials in the late 1990s. ▼



One of her first roles was Bond girl Solitaire in *Live and Let Die* (1973) opposite Roger Moore.



In 2018, at 67, she became the oldest woman to pose for *Playboy*.



In addition to acting, she has a prolific career as an artist, selling her watercolors through various galleries.

Bad Girls Book Club

Kelly Hu joins the cast of *Fallen Angels Murder Club: Heroes and Felons* (April 9 on Lifetime), about a series of murders at a book club founded for people with criminal pasts. Another ex-con (Toni Braxton) finds herself at the center of the investigation. Hu admits she's never been a member of a book club. "I'm a big fan of audio-books," says the former fashion model and beauty queen, 54, whose numerous TV roles include appearances on *Arrow*, *The Orville* and *L.A.'s Finest*. "I listen while doing housework and driving. That's how I get my reading in."



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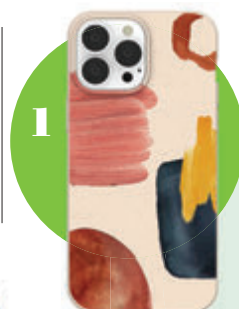
Parade Picks

Visit [PARADE.COM/PICKS](https://www.parade.com/picks) for more trending products

HOW TO BUY GREEN

How do your purchases and at-home habits affect the environment at large? *Harry Potter* actress and Greenpeace ambassador **Bonnie Wright** has written ***Go Gently*** (Harvest, April 19, \$25, gogently.earth), a crash course in climate-related topics and terminology and an actionable guide with tips and manageable changes you can make to live more sustainably. To help you celebrate Earth Day (April 22), we've gathered purpose-driven brands that offer eco-conscious goods and give-back initiatives.

—Megan O'Neill Melle



2



3



4



5



1. No landfill here. With the goal of removing 1 billion pounds of plastic from the waste stream by 2028, ocean-cleanup-funding Pela created a phone case made of bioplastics that's protective and fully compostable. When you're done with your case, toss it in a compost bin and it will break down in six months. **Seashell Color Study iPhone Case**, \$60, pelacase.com

2. When you buy a timepiece from über-sustainable Danish watchmaker Nordgreen (like the **Philosopher**), you can choose one of three nonprofits to receive proceeds from the

purchase, including Cool Earth, which works to protect rainforests. **\$244**, nordgreen.com

3. If you're looking for a place to buy ethical homewares (like Archive New York's **San Lucas Kitchen Towel**), online marketplace Made Trade is Climate Neutral certified, which means it offsets 100 percent of its supply chain's carbon footprint by funding conservation projects. **\$24**, madetrade.com

4. Purchase a shirt from eco-conscious fashion brand Amour Vert (we love the **Amela Reverie Knit Tee**) and

they'll plant one tree through their partnership with American Forests—353,990 woody perennials have been planted so far. **\$68**, amourvert.com

5. Saola focuses on eco-design (its **Tsavo Sneaker** is made of six plastic water bottles, natural cork and harvested algae) and dedicates 1 percent of its revenue to five Earth-saving orgs: Coral Guardian, Mwalua Wildlife Trust, Friends of Bonobos, Sun Bear Outreach and See Turtles. **\$120**, saolashoes.com

Visit [Parade.com/earth](https://parade.com/earth) for Earth-saving projects in all 50 states.

Books We Love

Fans of *Saturday Night Live* comedic mastermind Molly Shannon will find a hilarious, insightful and surprisingly personal read in her new memoir, ***Hello, Molly!*** (Ecco, April 12). **\$28**



For philosophical and quirky musings on the unpredictability of life and its many anxiety-inducing surprises, pick up Mary Laura Philpott's ***Bomb Shelter: Love, Time, and Other Explosives*** (Atria, April 12). **\$27**



A Black nurse in 1970s Alabama blows a whistle on the racial and ethical wrongdoings at a family planning clinic in ***Take My Hand*** (Berkley, April 12) by Dolen Perkins-Valdez, inspired by true events. **\$27**



From Pulitzer Prize winner Jennifer Egan comes ***The Candy House*** (Scribner, April 5), about a 40-year-old CEO named Bix, whose company lets people own, control and share their memories. **\$28**



After losing both her sister (beloved filmmaker Nora) and husband to cancer, You've Got Mail screenwriter Delia Ephron reflects on unexpected second chances in love and life in her straight-out-of-a-movie memoir, ***Left on Tenth*** (Little Brown and Company, April 12). **\$29**



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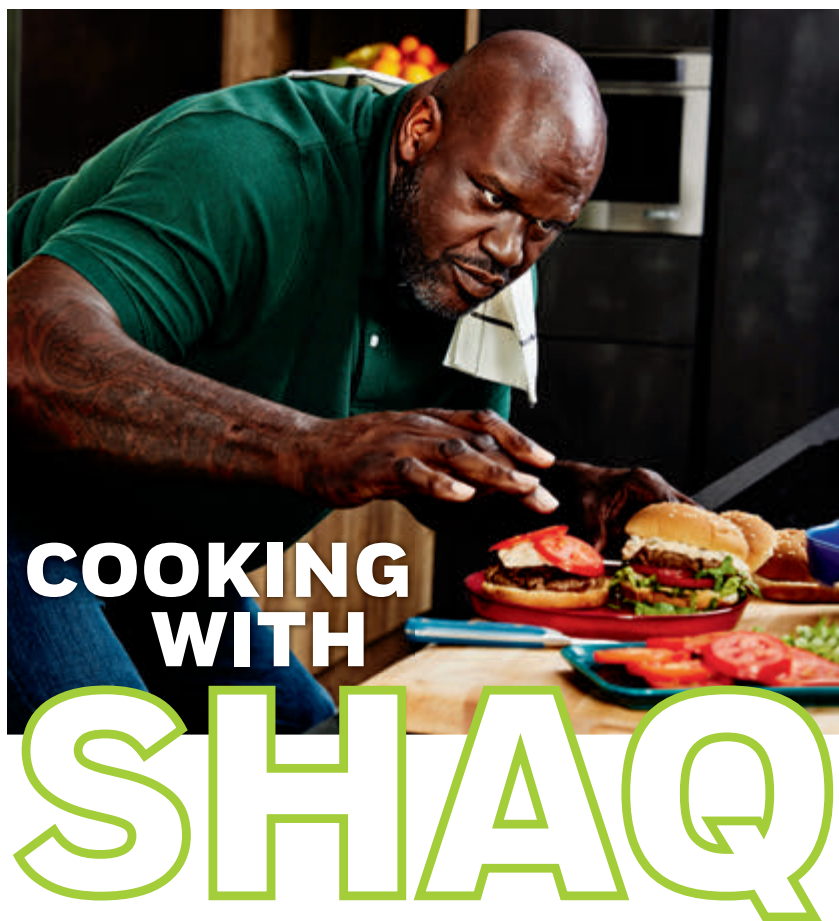
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COOKING
WITH

SHAQ

Shaquille O'Neal cooks up juicy BBQ chicken, pot roast tacos and a big saucy burger in his new cookbook, *Shaq's Family Style*. We've got the recipes.

By Alison Ashton

A cookbook from basketball great Shaquille O'Neal really shouldn't surprise anyone. "I'm an avid eater," he says. And as the founder of Big Chicken in Las Vegas and a Papa John's board member and franchisee, he's also in the food business. His culinary crew includes longtime personal chef Alex Conant and executive chefs Matt Silverman and Matt Piekarski (aka "The Matts").

But until recently, O'Neal, 50, admits to doing more eating than cooking. The pandemic changed that, putting him in charge of the kitchen. "It was me and, like, 11 kids," he recalls. "First it was ramen—kids love ramen. Then it was hot dogs, and then it was spaghetti, baked chicken and fried chicken. So I was like, *You know what? Cooking is fun!*"

"I don't want people to think I'm a full-blown chef," says O'Neal. But he's learning. And *Shaq's Family Style* (out April 5), with its lip-smacking compilation of recipes, reflects his very personal style of cooking and eating—hearty, fun and unfussy fare influenced by the food he grew up with and the places he's lived over the years (especially the Cajun cuisine he loved as a college basketball star at Louisiana State University). So go ahead, cook—and eat—like Shaq!



continued on page 7

SMASH BURGERS WITH JALAPEÑO PIMIENTO CHEESE

"This burger is my Southern-style homage to game-watching nights in front of the TV," says O'Neal. His twist on pimiento cheese swaps traditional cheddar and pimientos for Monterey Jack and zingy pickled jalapeños for a simple burger with big impact. You can make the cheese mixture a day or two ahead, cover and refrigerate until you're ready to cook the patties.



JALAPEÑO PIMIENTO CHEESE

In a medium bowl, mix 1 cup shredded **Monterey Jack cheese**; ½ cup **pickled jalapeños**, drained and chopped; ¼ cup **plain cream cheese**, at room temperature; ¼ cup **mayonnaise**; 1 tsp **hot sauce** (such as Tabasco or Crystal); 1 tsp **Worcestershire sauce**; ½ tsp **kosher salt**; and ½ tsp freshly ground **black pepper**. Cover; refrigerate until ready to use.

BURGERS

Set a large cast-iron skillet over high heat, or pre-heat an electric griddle to 450°F.

Divide 2 lb **80/20 ground beef** into 6 equal balls; season with 1 Tbsp kosher salt and 2 tsp freshly ground black pepper. Working in batches, if needed, to avoid overcrowding pan, place beef balls in pan. Firmly press down with a spatula until patties are about ½ inch thick. Cook 4 minutes undisturbed, then flip and top each burger with about ¼ cup Jalapeño Pimiento Cheese. Cover; cook 2–3 minutes or until cheese has melted. (Cooked patties can be refrigerated, untopped, in a sealed container up to 3 days; reheat in a 300°F oven 14 minutes or until hot, adding Jalapeño Pimiento Cheese during the last few minutes.)

Divide patties among 6 **sesame-seed burger buns**, split. If desired, garnish with 2 **vine-ripened tomatoes**, sliced, and **shredded lettuce**. Serves 6.

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SHEET PAN BBQ CHICKEN THIGHS WITH SWEET POTATO BAKE



O'Neal fans know barbecue chicken holds a special place in his heart, and not just on the plate. "During my time on Inside the NBA, I've been known to issue 'Barbecue Chicken Alerts'—that's when a player is gonna smoke another player," says O'Neal. "It's a player who's looking at his opponent like he's something you can cook, roast and eat up."

This recipe means business too: "When I say this is gonna be barbecue chicken, I mean it's gonna be barbecue chicken—it's gonna deliver when it counts," he promises. And it does: His smoky-sweet DIY barbecue sauce acts as both a marinade and a glaze at the end to help the skin brown and crisp up deliciously. Score big with Shaq's go-to recipe at [Parade.com/shaq](https://www.parade.com/shaq).



SHREDDED POT ROAST TACOS WITH BLACK BEAN CILANTRO RICE

RECIPE ON PAGE 8

"Back in the '90s, I was diagnosed with TNS—Taco Neck Syndrome. I ate so many tacos that my neck was permanently tilted to the side," O'Neal jokes. "But in the end, it just may have helped me grab more boards. So let's just say I have a soft spot for tacos."

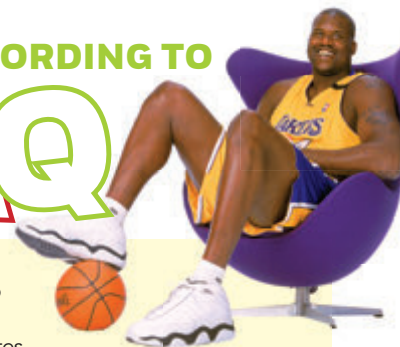
This recipe yields a generous amount of meat. Refrigerate leftovers up to three days or freeze them up to two months.

Masa harina is a type of corn flour used to make tortillas and tamales. Here, it's used as a thickener. You can find it in the Latin foods aisle in most supermarkets.

continued on page 8

THE WORLD ACCORDING TO

SHAQ



Six degrees of Shaq Since 1985, every NBA championship team has included O'Neal or at least one of his former teammates.

"I guess that makes me the Kevin Bacon of basketball."

Go-to comfort foods Fried chicken, macaroni salad, coleslaw and potato salad—all prepared by his mom, "Dr. Lucille." Now that he's a cookbook author, does he cook for her? "No, she doesn't want me to," says O'Neal. "She tells me, 'You're my baby. I'm not your baby.'"

The doctor is in O'Neal is a lifelong student, earning bachelor's and master's degrees in business administration and a doctorate in education.

No regrets O'Neal credits his parents with raising him to be "a great adapter. Life is about learning and adapting to change and persevering through tough situations," he says. "Everything I've done, I've done in a respectable, honorable way. My favorite person [his mom, **Lucille**] tells me she's proud of me still, [so] I wouldn't change a thing."



Favorite tunes Classics from his high school days, including Madonna's "Like a Virgin," Culture Club's "Karma Chameleon" and old-school hip-hop. "Just trying to reminisce what I was doing in '87, '88 and '89." His personal theme song is Mr. Mister's "Broken Wings."



Movie that always makes him laugh **Step Brothers**, starring Will Ferrell and John C. Reilly. "It's about two old guys that never want to grow up—reminds me of myself. I don't ever want to grow up. I always want to be a kid."

Birthday wish O'Neal turned 50 on March 6. His goal for the next half century: "I want to be like a Black angel." That means sharing his good fortune through random acts of kindness. "I was in CVS last night. I see a lady in there with her daughter, and she's bargain-shopping," he recalls. "She keeps going back and forth to the counter—'How much is this? Is this on sale?' That's what me and my mother used to do." O'Neal urged her to get whatever she needed. "We spent about \$1,000, but it just felt good to bless her."

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from page 7

SHREDDED POT ROAST TACOS WITH BLACK BEAN CILANTRO RICE

In a slow cooker, combine 1 (14.5-oz) can **diced fire-roasted tomatoes**, undrained; 1 (6-oz) can **tomato paste**; 1 (7-oz) can **chipotle chiles in adobo**, chopped; ¼ cup **masa harina** (such as Maseca); 2 Tbsp **red wine vinegar**; 1 Tbsp freshly ground **black pepper**; 2 tsp **garlic powder**; 1 tsp **dried oregano**; ½ tsp ground **cumin**; 1 Tbsp **kosher salt**; and 1 **beef bouillon cube**. Add 1 (4-lb) **chuck roast**; 1 **large yellow onion**, sliced; 1 **large red bell pepper**, seeded and sliced; and 1 **large green bell pepper**, seeded and sliced. Cover; cook on high 8 hours or until meat is fork-tender and falling apart.

Transfer meat to a cutting board; shred with two forks. Using a large spoon, skim and discard fat from top of cooking liquid. Return shredded beef to pot; add ¾ cup chopped **fresh cilantro** and 1 Tbsp **kosher salt**. Keep warm.

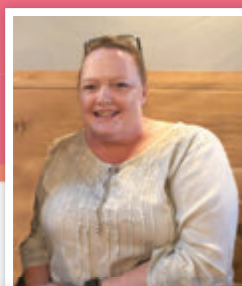
Preheat oven to 350°F. Lightly coat a 13-by-9-inch casserole dish with **cooking spray**. Spread 2 cups **parboiled white rice** (such as Zatarain's) in dish. Top evenly with 1 (15-oz) can **black beans**, drained and rinsed; dot beans with ¼ cup **unsalted butter**, diced into ½-inch pieces.

In a medium bowl, whisk 1 (32-oz) pkg **chicken broth**, 1 Tbsp **kosher salt**, 1 tsp freshly ground **black pepper**, 1 tsp **garlic powder** and ½ tsp **onion powder**. Pour over rice and beans. Cover tightly with heavy-duty foil. Bake 1 hour 15 minutes or until rice is tender. Remove foil. Stir in 1 cup finely chopped **fresh cilantro**, fluffing rice.

ASSEMBLY

Heat 18 (6-inch) **flour tortillas** on a gas range directly over medium heat, about 1 minute per side or until slightly charred. Top tortillas with shredded meat, ¾ cup **Monterey Jack cheese** and, if desired, sliced **avocado**. Serve with rice.

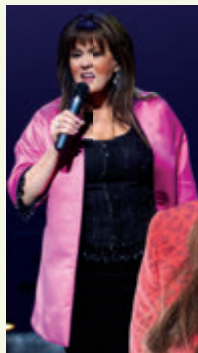
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Ask Marilyn

By Marilyn vos Savant

I realize gas stations make only a couple of cents per gallon, but the price I pay at the pump is so painful. My grandfather says it seemed just as bad when he was young, but how can that be? I read that in 1950, the average price of gas was only 27 cents a gallon. In my reckoning, inflation doesn't account for it.

—Matt Sorensen,
Albuquerque, N.M.

Adjusted for inflation, the purchasing power of 27 cents in 1950 dollars is \$2.97 now. But here's a big difference: The average gas mileage for passenger cars in 1950 was 15 mpg, but it's about 25 mpg now. So what grandpa experienced in 1950 was what we experience when gasoline is \$5 per gallon today. In short, it was even worse for him.



Send questions to
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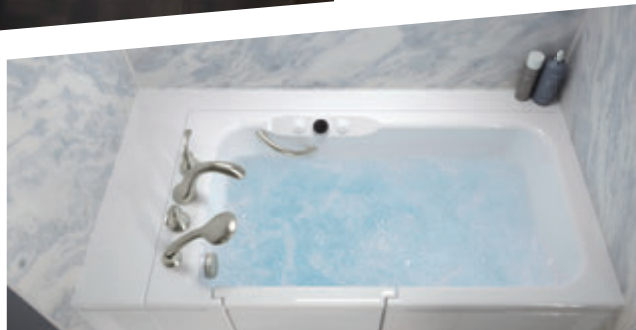
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ALL-NEW mobility technology

Introducing the world's lightest mobility scooter with anti-tip technology

The So Lite Scooter is easy to transport and almost impossible to tip over.

Like millions of older Americans, I struggle with mobility. For years, I watched my quality of life slip away, as I was forced to stay home while friends and family took part in activities I'd once enjoyed. I thought I'd made some progress when I got a mobility scooter, but then I realized how hard it was to transport. Taking it apart and putting it back together was like doing a jigsaw puzzle. Once I had it disassembled, I had to try to put all of the pieces in the trunk of a car, go to wherever I was going, and repeat the process in reverse. Travel scooters were easier to transport, but they were uncomfortable and scary to drive, I always felt like I was ready to tip over. Then I found the So Lite™ Scooter. Now there's nothing that can hold me back.

Years of work by innovative engineers have resulted in a scooter that's designed with seniors in mind. They created Electronic Stability Control (ESC) that makes it virtually impossible to tip over. If you try to turn too quickly, the scooter automatically slows down to prevent it from tipping over. The battery provides powerful energy at a fraction of the weight of most batteries. With its rugged yet lightweight aluminum frame, the So Lite™ Scooter is the most portable scooter ever—but it can hold up to 265 pounds—yet weighs only 40.8 pounds without the battery! What's more, it easily folds up for storage in a car seat,



Why a So Lite™ Scooter is better:

- Latest "No-Tip" Technology
- Folds and locks in seconds
- Lightweight yet durable
- Easier to operate

trunk or even on an airplane. It folds in seconds without tools and is safe and reliable. Best of all, it's designed with your safety in mind, from the newest technology and superior craftsmanship. Why spend another day letting your lack of mobility ruin your quality of life? Call now and find out how you can get a So Lite™ Scooter of your very own.



Exclusive Electronic Stability Control helps prevent tipping

The So Lite™ Scooter

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