

# Parade

SUNDAY, DECEMBER 8, 2013 | PARADE.COM



Christmas  
With

*Lidia*



The beloved  
Italian chef on her  
favorite Old  
and New World  
traditions

I want  
my family  
to think  
about Great-  
Grandma,  
Grandma, and  
the importance  
of living well  
and  
enjoying it.

Chat live  
WITH  
LIDIA ABOUT  
HER HOLIDAY  
TIPS AND RECIPES.  
SEE PAGE 10  
FOR DETAILS.

What's **HOT**? What's **NOT**?  
For a look at 2014 food trends,  
see page 4!

ConAgria  
Foods  
Food you love



# Parade Picks

Edited by Vi-An Nguyen / LIKE US AT FACEBOOK.COM/PARADEMAG

## 5 NEW HOLIDAY TUNES

**The Robertsons, "Ragin' Cajun Redneck Christmas"**  
The *Duck Dynasty* clan sings of celebrating on the bayou.

**Straight No Chaser featuring Colbie Caillat, "Every Day Is Christmas"** Like a cappella? You'll love this smooth, romantic ballad.

**Mary J. Blige, "Rudolph, the Red-Nosed Reindeer"**  
The queen of hip-hop soul puts a jazzy, toe-tapping twist on this kids' classic.

**Johnny Mathis featuring Billy Joel, "The Christmas Song"** At 78, Mathis proves he can still belt with the best of them.

**Gretchen Wilson, "Santa I've Been Naughty"**  
The "Redneck Woman" is sassy as ever while trying to get on Santa's "nice" list.



Download the Robertsons' song and listen to this playlist at [parade.com/play](http://parade.com/play).



**THE POPE OPENS UP** | Pope Francis's humility and compassion shine in a six-hour interview to be published this week (along with commentary from top Catholic thinkers) as a book called *A Big Heart Open to God*. Read an excerpt at [parade.com/pope](http://parade.com/pope).



## NEXT YEAR'S HOTTEST FOOD TRENDS

Marketing analyst Phil Lempert, a.k.a. the Supermarket Guru, and Con.Agra Foods predict what we'll crave through 2014.

**Nuts and sunflower seeds are the new chips.** Healthy snacks are

on the rise—especially these nutrient-dense nibbles that come in an array of savory flavors.

**2 We love break-fast, anytime.** More than three-quarters of Americans start their day with the most important meal. And many of us are enjoying protein-packed eggs and breakfast sandwiches for lunch and dinner, too.

**3 Vietnamese and Thai cuisines are flourishing.** The bold, zesty flavors of these Southeast Asian nations are finding their way into more American kitchens and super-market aisles.



## TELL US ABOUT YOUR JOB

VOLUNTEER FOR A CHANCE TO BE FEATURED IN OUR ANNUAL JOBS ISSUE AT [PARADE.COM/WORK](http://PARADE.COM/WORK).

**HUNGRY FOR MORE?** GO TO [PARADE.COM/GROCERY](http://PARADE.COM/GROCERY).

**11 FABULOUS GIFTS FOR FOODIES** | Norman Love's gorgeous chocolates almost look too good to eat. But the confections—flavored with lemon, peanut butter, and caramel—are impossible to resist (\$33 for a box of 15; [normanloveconfections.com](http://normanloveconfections.com)). Find 10 more delicious gift ideas at [parade.com/foodgifts](http://parade.com/foodgifts).



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