

# THE NEWSLETTE

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## THING TO DO TODAY

Get out of a sticky situation. Here's [how to](#) rescue rice from the bottom of your pot. 🍚

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## THINGS TO KNOW

**TECH:** This is *so* not cool. A [recent analysis](#) uncovered that online pharmacies that sell abortion pills are sharing sensitive data with 3rd parties like Google. Turns out, HIPAA doesn't apply to the tech companies that the pharmacies are sharing info with, many of whom have policies to comply with investigations. Because of that, law enforcement might be able to prosecute those who are using the meds to end their pregnancies. As expected, [the fight to make abortions accessible](#) post-Roe is only getting harder.

[SOME ON AND OFFLINE SAFETY TIPS.](#)

**FOOD:** Melt in your mouth. 💎 According to [research](#), what makes [chocolate](#) taste so good is a “fatty film” that gives “an irresistibly smooth sensation” as we eat it. The scientists who discovered how the fats in the sweet treat interact with saliva hope that the study could be used to invent a healthier version that feels

like the real thing. But we're not ones to restrict ourselves and dark cocoa *does* have [health benefits](#) already. If you're on the same page...

HERE ARE [RICH RECIPES](#) TO RECREATE.

**BOOKS:** We're not guilty about this pleasure. [#BookTok](#) is huge for getting authors and their work on the map, but few genres have as much virality on the app as romance does. Who doesn't love a sexy enemies to lovers storyline?! In spite of [spicy novels](#) being super popular, many have criticized the books as just being "fluff" or "smut." We think women's sexuality is actually very serious... and fun. 🌶️🌶️🌶️

TRY READING ONE (OR MORE) OF [THESE](#).

**HEALTH:** Telehealth or bust. As the Covid public health emergency deadline draws near, so does the possibility of [losing access to prescriptions](#) like Adderall, Xanax, and hormone therapies. If virtual care requirements are removed, patients will be expected to return to the doctor's office to receive evaluations and treatments. This can easily lead to people going without medical care and scripts, as well as affecting established relationships with their healthcare providers.

[SEE MORE](#) ON WHAT ADVOCATES ARE FIGHTING FOR.

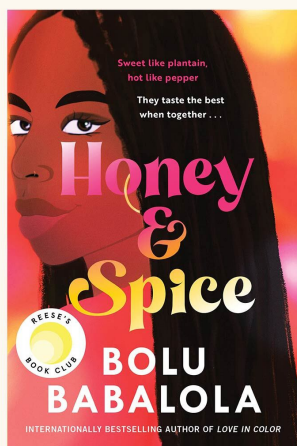
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## WHAT ELSE?

- The [perfect digital planner](#) doesn't exist—\*
  - TBH, [we respect it](#).
  - ["Here's The Big Problem With TikTok's Vanilla Girl."](#)
  - And [the battle](#) begins.
  - Way to go, [NYC](#)!
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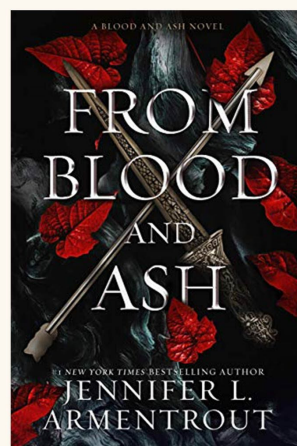
## BEST OF STEAMY ROMANCE NOVELS

Ready to get hot and heavy? We've got you (un)covered with all the tropes to fill your dirty dreams with.



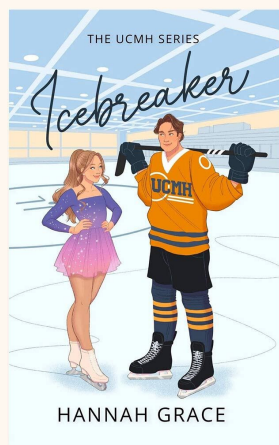
### HONEY AND SPICE

*British, fake relationship, enemies to lovers*



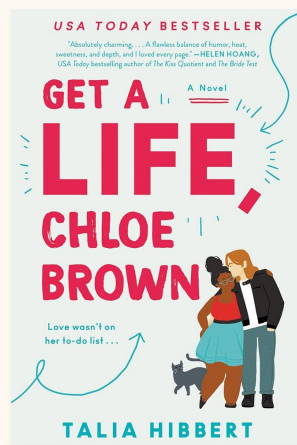
### FROM BLOOD AND ASH

*Beginning of an epic series, fantasy, forbidden lust*



### ICEBREAKER

*College athletes, frenemies to lovers, easy reading*



### GET A LIFE, CHLOE BROWN

*Start of trilogy about sisters, good girl/bad boy, list of fun she needs help completing*

# WORTH IT

Working from home has many benefits, like buying new gadgets to boost our productivity. Dropping our favs below:

**1. Rise and shine with [this desk](#).**

*Why it's worth it: 50% off, modern yet homey design, electric height adjustment.*

**2. [For when you're done standing around](#).**

*Why it's worth it: Why it's worth it: 20% off, sleek look, amazing lumbar support.*

**3. [Drown out](#) the world (or your loud next-door neighbors).**

*Why they're worth it: 10% off coupon, cute and comfy style, 40-hour noise canceling playtime.*

**4. Blue light glasses are a must for computer work, and so is [this LED lamp](#).**

*Why it's worth it: 21% off, designed with eye health in mind, touch-activated controls.*

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## WHY I'M SPLURGING

Although I *love* to eat, I'm not much of a chef. In fact, I vividly remember the shock on my family's faces when I revealed that my husband does most of the cooking for us. (Not a sexist thing, BTW. My mom taught us to make delicious dishes yet I still seem to set the microwave on fire trying to heat up Bagel Bites.) But there's no shame in the food game, which is why I'm always open to

learning new recipes.

Now, someone who knows what she's doing in the kitchen unlike *moi* is [Tieghan Gerard](#) (she/her), chef and founder of [Half Baked Harvest](#). As an expert of all things cuisine, food means so much more to Tieghan than just filling up a belly; it's about caring for your mind, body, and soul. "Food is nourishing in so many ways. The ingredients we use are what makes it so important," she says. "Plus, cooking can be such a wonderful stress release after busy days. Using a lot of in-season produce and colorful components can create homemade dinners you'll love."

So what's on the menu? Or should I say, "What's the soup of the day?" Enter: [Easy Spicy Baked Potato Soup](#). (And since it has "easy" in the title, I can relax a bit before [recreating](#) it.) Tieghan says, "During these cold winter days our bodies crave warm foods. Soups are wonderful because they can be comforting and yet still so full of 'good for you' ingredients." And who doesn't love a dish with a backstory? Tieghan reminisces about the cozy meal that reminds her of her childhood growing up in Cleveland. "It's special because it's the flavors of my homemade potato skin recipe, just turned into a creamy soup. I love the addition of salsa verde for added flavor and spice!"

# EASY SPICY BAKED POTATO SOUP



## INGREDIENTS:

- 6 slices thick cut bacon, chopped
- 1 yellow onion, chopped
- 4 cloves garlic, chopped
- kosher salt and black pepper
- 2 tablespoons salted butter
- 1/4 cup all-purpose or gluten free flour
- 4 cups low sodium vegetable broth
- 4 Russet potatoes, peeled and chopped
- 2 cups milk
- 1/3 cup salsa verde
- 1/3 cup plain greek yogurt or sour cream
- 1 cup shredded cheddar cheese
- 1/2 cup fresh cilantro, chopped
- chopped green onion, for serving

## DIRECTIONS:

1. Cook the bacon in a large dutch oven over medium heat until crisp, about 5 minutes. Remove from the pot and reserve. If there's excess bacon grease, drain off all but 1 tablespoon.
2. To the same pot, add the onion and cook 5 minutes, until fragrant. Add the garlic. Stir in the butter and flour, cook 1 minute. Pour over broth and stir in the potatoes. Partially cover and simmer over medium heat for 15-20 minutes, until the potatoes are very soft. Mash the potatoes.
3. Stir in the milk, salsa verde, yogurt/sour cream, and cheddar cheese. Cook 5-10 minutes, until the cheese is melted. Remove from the heat and stir in the cilantro. If needed, thin with additional broth.
4. Ladle the soup into bowls. Top, as desired, with yogurt/sour cream, cheese, cilantro, and green onions. Adds lots of bacon. Eat and enjoy!

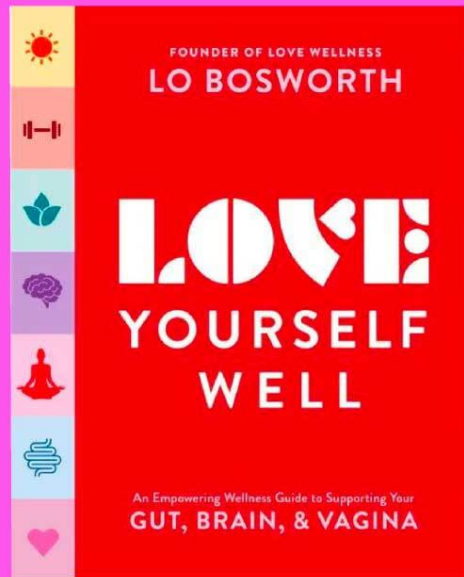
Well, I know what I'm making tonight.

*Bon appétit!*

*Chloe Trout, associate editor*

## BOOK OF THE WEEK





We were super excited to feature Lo Bosworth and thought the [Book of the Week](#) should also be in her honor. Enter: [Love Yourself Well](#). There are tons of answers about vaginal, gut, and brain health based on Lo's own experiences and research. Plus, it has a bunch of recipes... and we know you're trying to cook more in 2023.

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