

REAL SIMPLE

LIFE MADE EASIER

NEW!

Today's Hoda
& Jenna Solve
Your Social
Dilemmas

Jessica Alba does the emotional work

+

30
Mini Home
Projects

—

Dinner in
15 Minutes!
Seriously!

—

How to Get
Those 10,000
Steps

The Feelings Issue

Little ways
to check in on
yourself



what to RECIPES FOR REAL LIFE COOK

Sumos are named for the Japanese wrestlers because both have topknots!

IN SEASON

SUMO CITRUS

Supersweet, seedless, and snackable, these big guys (around 10 ounces each) have a gigantic fan club. Originally bred in Japan, they're now grown in California and available January through April. At about \$4 a pound, they aren't cheap, but they're so worth it.

SHOP Look for shiny fruit free of significant discoloration (a little is OK). And remember: The baggier the skin, the easier it is to peel.

STORE Keep them loose in the fridge for up to a month.

EAT While you could certainly add segments to a salad, Sumos are winter treasures. Meaning: Your best bet is to eat them on their own.

—Jenna Helwig