

# Recipes from the WEB



Curated by Tom Peters

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# Kabab-Koobideh Recipe

A touch of baking soda helps tenderize and moisten this classic Iranian skewer.



Servings: 4 Prep time: 15 minutes Total time: 1 hour and 30 minutes

## Ingredients

1 large yellow onion, peeled 1 ½ pounds double-ground ground beef 2 ½ teaspoons kosher salt 2 teaspoons sumac, plus more for serving ½ teaspoon baking soda 5 tablespoons unsalted butter, melted lavash bread, to serve olive oil, to serve Italian flat-leaf parsley Persian basil limes wedges for serving

## Directions

1. Grate the onion into a large bowl. Squeeze out as much liquid as possible, discarding the liquid. Add the beef, salt, sumac, and baking soda and mix to incorporate. Cover with plastic wrap and refrigerate 1 hour.
2. Light a charcoal grill. Divide the meat into 4 equal-sized balls and, working with one ball of meat at a time and using wet hands, form the meat up and around a skewer. Repeat with remaining meat and skewers.
3. Place the skewers on the grill. Wait about 30 seconds, then turn them. Keep turning them every 30 seconds for 2 to 3 minutes and continue cooking until charred and cooked through, 3 minutes more. Brush each side with butter and transfer to a platter on top of the lavash. Season with salt and squeeze the fresh lime juice over the top. Drizzle with the olive oil and sprinkle with sumac and the herbs. Serve with lime wedges.



# Seared Lamb Chops With Anchovies, Capers and Sage

By Melissa Clark

**YIELD** 2 servings

**TIME** 35 minutes

The dish comes together in minutes but tastes as if you'd spent hours over the stove fussing and fine-tuning. And because the salted fish and olive oil meld into a smooth sauce, you can serve the dish to people who think they don't like anchovies, then tell them when only the lamb bones remain.

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## INGREDIENTS

6 baby lamb chops (1 1/4 pounds)

Salt  
pepper

3 tablespoons extra-virgin olive oil

3 anchovy fillets

3 tablespoons drained capers

15 sage leaves

1/2 teaspoon red pepper flakes

2 garlic cloves, finely chopped

Lemon wedges, for serving

## PREPARATION

### Step 1

Rinse the lamb chops and pat them dry. Season them with salt and pepper, and let rest for 15 minutes.

### Step 2

Over medium-high heat, warm a skillet large enough to hold all the chops in one layer. Add the oil and when it shimmers, add the anchovies and capers. Cook, stirring, until the anchovies break down, about 3 minutes.

### Step 3

Arrange the lamb chops in the skillet and fry, without moving them, until brown, about 3 minutes. Turn them over, and toss the sage leaves and pepper flakes into the pan. Cook until lamb reaches the desired doneness, about 2 minutes for medium-rare.

### Step 4

Arrange the chops on serving plates. Add the garlic to the pan and cook for 1 minute, then spoon the sauce over the lamb. Serve with the lemon wedges.

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## PRIVATE NOTES

Leave a Private Note on this recipe and see it here.

# Slow-Cooker Braised Artichokes with Toasted Garlic Breadcrumbs



Recipe courtesy of Food Network Kitchen

*Add these easy-to-make stuffed artichokes to your next holiday dinner menu. Your guests will love peeling off the tender leaves, and they'll be happily surprised to find little pockets of garlicky breadcrumbs inside. For a spicy kick, add a pinch of crushed red chili flakes to the breadcrumbs. ...*

**Level:** Intermediate

**Total:** 7 hr 40 min

**Active:** 30 min

**Yield:** 5 artichokes

## Ingredients:

- 8 cloves garlic, 4 peeled and smashed, 4 grated or minced
- 2 bay leaves
- 1 tablespoon black peppercorns
- 1 stick (8 tablespoons) unsalted butter
- Kosher salt and freshly ground black pepper
- 2 cups flavored breadcrumbs
- 1/2 cup grated Pecorino-Romano
- 5 large globe artichokes

## Directions:

- 1** Add 1/2 cup water and the 4 peeled and smashed cloves garlic, bay leaves and peppercorns to the insert of a 6-quart slow cooker.
- 2** Heat the butter and grated garlic in a medium skillet over medium heat until the butter is melted and the garlic starts to sizzle and become aromatic, 2 to 3 minutes. Add the breadcrumbs and 1/4 teaspoon each salt and pepper and cook until golden and toasted, about 4 minutes more. Transfer to a bowl, and let cool. Stir in the Pecorino-Romano and 1/4 teaspoon salt until well combined. Set aside 2 tablespoons of the breadcrumb mixture for garnish.
- 3** Pull off the small, tough petals near the stems of the artichokes. Cut the stems close to the base so the artichokes will stand upright. Cut off the top inch of each artichoke. Snip off any thorny tips on the remaining petals with kitchen shears. Fan out the larger leaves with your fingers.
- 4** Working over the bowl with the breadcrumb mixture, spoon the crumbs into the gaps of each artichoke until they're filled all the way around. Stand the artichokes up in the slow cooker. Cover, and cook on low until the stems are tender and the leaves come loose easily when pulled, about 7 hours. Being careful of the steam, transfer the artichokes to a serving platter, and sprinkle with the reserved breadcrumbs.



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# Slow-Cooker Ham, Cheese and Spinach Crustless Quiche



Recipe courtesy of Food Network Kitchen

*Save some room in your oven, and make quiche in your slow cooker instead! We think the most important part of any slow cooker recipe is how you finish it, so we left the spinach out of the quiche and put it on top so it stays nice and green. You can also top your quiche with vinaigrette-tossed baby mixed greens or arugula. ...*

**Level:** Easy

**Total:** 4 hr 15 min

(includes resting time)

**Active:** 35 min

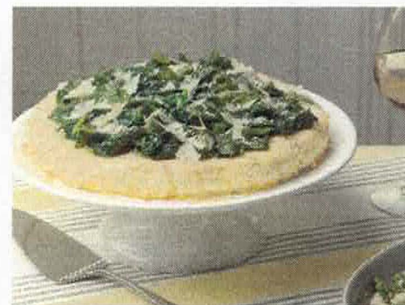
**Yield:** 8 to 10 servings

## Ingredients:

- Cooking spray
- 3 teaspoons olive oil
- 1 large shallot, thinly sliced
- 1/2 teaspoon lemon zest
- Kosher salt
- 4 large eggs plus 4 large egg yolks
- 3 cups half-and-half
- Freshly ground black pepper
- 1/4 pound sliced deli ham, torn into bite-size pieces
- 4 ounces shredded aged fontina (about 1 1/2 cups)
- 2 tablespoons cornstarch
- 5 ounces baby spinach (about 6 cups)
- 1/4 cup grated Parmesan

## Directions:

- 1** Line a 6-quart slow cooker insert with a large piece of foil so it goes about 2 inches up the side. Spray generously with cooking spray.
- 2** Heat 1 teaspoon of the oil in a large skillet over medium-high heat. Add the shallots, and cook, stirring frequently, until they turn lightly golden, about 1 minute. Remove from the heat, and stir in the lemon zest and a pinch of salt.
- 3** Whisk together the eggs, egg yolks, half-and-half, 1 teaspoon salt and a few grinds of pepper in a large bowl.
- 4** Transfer the cooked shallots to a medium bowl. Add the ham, fontina and cornstarch, and toss. Scatter the mixture over the bottom of the lined insert. Pour in the egg mixture. Cover the slow cooker, and cook on high until the middle is set and no longer jiggles, about 3 1/2 hours. Remove the lid, dab the quiche with a paper towel to absorb any excess liquid and let rest for 20 minutes.
- 5** Meanwhile, wipe out the large skillet and heat the remaining 2 teaspoons oil over medium heat. Add a few handfuls of spinach, and cook, tossing and stirring, until wilted; repeat until all the spinach is wilted, about 8 minutes total. Season with 1/2 teaspoon salt a few grinds of pepper.
- 6** Use the foil to help remove the quiche from the insert. Use metal spatulas to lift it from the foil and onto a serving platter. Top with the wilted spinach, and scatter the Parmesan over the top. Serve warm or at room temperature.





# How to Make Steak Just Like a Steakhouse

## Dry It Off

Patting your steak dry with a paper towel before seasoning will give it a deep brown, flavorful crust. This move prevents the salt from melting and stops steam from forming when the steak hits the pan - both crucial for a good sear. After the steak is dry, brush with a bit of olive oil and pat down with a generous sprinkling of kosher salt and freshly ground black pepper.

## Bring It to Room Temperature

If the steak is too cold, it won't cook evenly because the inside will remain raw after the outside sears. Allow at least 30 minutes for the steak to sit out before cooking.

## Get the Pan Hot – Really Hot

Put away your nonstick saute pan - it won't hold the heat you need. This is what cast-iron skillets were made for. Get it scorching hot: You can preheat it in a 400 degree F oven, or over a high flame. You'll know the pan is ready when a drop of water evaporates immediately.

## Place Your Steak In the Pan – And Don't Move It

Put the meat in the skillet. If the steak has a fat cap, then that side can be seared first, and you won't need any additional oil in the pan. Resist the urge to poke and turn the steak. Once you start searing, give your steak a few minutes on each side to develop an ample crust. You'll know it's time to flip when you can move it freely in the pan. If it sticks to the bottom, it's not ready to turn.



## Sear the Sides

Remember, steak is three-dimensional. That's why chefs use tongs to hold thick pieces up and sear the edges all the way around.

## Add Butter

After you flip your steak, add a dollop of butter on top. It will melt into the steak, basting the meat and helping with the caramelization of the crust.

## Cook to Perfection

For evenly cooked thick steak (1-1/2 inches and over), transfer the skillet to a 450-degree oven for 3 to 10 minutes, until an instant-read thermometer inserted into the thickest part of the steak reaches the desired temperature. Here are the numbers. \*Keep in mind the steaks will continue to cook when they're off the heat.

**Rare:** 125 degrees F plus a 3 minutes rest off the heat

**Medium-Rare:** 130 to 135 degrees F

**Medium:** 135 to 140 degrees F

**Medium-Well:** 140 to 150 degrees F

**Well-Done:** 155 degrees F

*\*These temperatures are considered safe by many chefs and cooking experts. Nonetheless, extra caution must be exercised when cooking for at-risk groups, particularly the elderly, children under 7 and the immunocompromised. In such cases, we suggest the USDA guidelines of cooking steak\_ to at least 145 degrees F plus a 3-minute rest be strictly followed.\_*

## Give it a Rest

Loosely cover the steak with foil and let it hang out off the heat for 5 minutes after cooking to allow the juices to redistribute evenly. If you don't, all that flavorful liquid will run out onto the cutting board when you slice into the meat.

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# Turkey Meatballs with Green Beans & Cherry Tomatoes

Active: 25 mins

Total: 35 mins

Servings: 6

★★★★☆

The flavor of the turkey meatballs is enhanced by the Asiago and prosciutto. We love keeping this turkey meatball recipe on hand for meal prep, since meatballs can be used in sandwiches, salads, pasta and more.



## Ingredients

Cooking spray

 $\frac{1}{4}$  cup dry bread crumbs $\frac{1}{4}$  cup whole milk

2 large eggs, lightly beaten

1  $\frac{1}{2}$  ounces Asiago cheese, finely shredded (about  $\frac{2}{3}$  cup)1  $\frac{1}{4}$  ounces sliced prosciutto, finely chopped $\frac{1}{4}$  cup finely chopped yellow onions $\frac{1}{4}$  cup chopped fresh flat-leaf parsley, plus more for garnish

1 teaspoon kosher salt, divided

 $\frac{3}{4}$  teaspoon black pepper, divided

1 pound 93% lean ground turkey

12 ounces haricots verts (French green beans), trimmed

3 tablespoons olive oil, divided

2 cups multicolored cherry tomatoes

## Directions

### Step 1

Preheat oven to high broil with rack positioned 6 inches from heat source. Coat a baking sheet with cooking spray. Stir together breadcrumbs and milk in a small bowl. Stir together eggs, shredded Asiago, prosciutto, onion, parsley, and  $\frac{1}{2}$  teaspoon each of the salt and pepper in a large bowl until combined. Add breadcrumb-milk mixture and turkey; mix gently using hands until combined. Shape into 24 meatballs. Arrange meatballs spaced 1 inch apart on half of prepared baking sheet.

### Step 2

Toss together green beans, 1 tablespoon of the oil,  $\frac{1}{4}$  teaspoon of the salt, and remaining  $\frac{1}{4}$  teaspoon pepper in a large bowl. Spread in an even layer on unused half of baking sheet with meatballs.

### Step 3

Toss together tomatoes, 1 tablespoon of the oil, and remaining  $\frac{1}{4}$  teaspoon salt in a medium bowl. Coat a separate baking sheet with cooking spray; spread tomatoes in an even layer on baking sheet.

### Step 4

Place baking sheets side-by-side in preheated oven. Broil until tomatoes are browned and have burst, about 5 minutes. Remove tomatoes from oven. Continue broiling meatballs and green beans until meatballs are browned and cooked through, about 7 minutes. Remove from oven.

### Step 5

Transfer tomatoes (along with any tomato juices on baking sheet) to a bowl; add remaining 1 tablespoon oil, and stir gently to combine. To serve, arrange 1  $\frac{1}{2}$  cups green beans and 4

2 tablespoons shaved Asiago cheese



meatballs on each of 6 plates. Spoon tomatoes evenly over green beans; drizzle tomato juices in bowl over meatballs. Sprinkle evenly with shaved Asiago; garnish with parsley.

### Nutrition Facts

**Serving Size:** 4 Meatballs, 1 1/2 Cups Green Beans, 1/4 Cup Tomato Mixture **Per Serving:** 354 calories; protein 24g; carbohydrates 14g; dietary fiber 3g; sugars 4g; fat 23g; saturated fat 6g; sodium 701mg.

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EatingWell

# Seared Cod with Spinach-Lemon Sauce

**Total:** 25 mins

**Servings:** 4

★★★★★

A citrus-laced spinach sauce zests up delicate cod in this healthy fish recipe. If you can find Meyer lemons, use their sweeter juice instead of the regular lemon and orange juices. Serve with roasted cherry tomatoes and zucchini with angel hair pasta.



## Ingredients

- 1 5-ounce package baby spinach
- 3 tablespoons water
- ½ cup lightly packed fresh parsley sprigs
- 4 teaspoons lemon juice
- 4 teaspoons orange juice
- 1 clove garlic, quartered
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- ¼ teaspoon crushed red pepper
- 1 ¼ pounds cod (see Tip), cut into 4 portions
- 1 tablespoon grapeseed oil or canola oil
- ¼ cup sliced toasted almonds

## Directions

### Step 1

Place spinach and water in a microwave-safe bowl. Cover with plastic wrap and poke a few holes in it. Microwave on High until wilted, about 2 minutes.

### Step 2

Puree the wilted spinach (and any remaining water), parsley, lemon juice, orange juice, garlic, 1/4 teaspoon each salt and pepper and crushed red pepper in a blender until smooth. Set aside.

### Step 3

Sprinkle cod with the remaining 1/4 teaspoon each salt and pepper.

### Step 4

Heat oil in a large nonstick skillet over medium-high heat. Cook the cod, turning once, until golden brown and just cooked through, 5 to 7 minutes total. Transfer to a plate; tent with foil to keep warm.

### Step 5

Pour the reserved sauce into the pan and cook, stirring occasionally, until slightly thickened, about 1 minute. Serve the fish on top of the sauce, sprinkled with almonds.

## Tips

**Our favorite cod is U.S. Pacific cod from Alaskan waters; other West Coast cod and some Atlantic cod (sometimes called scrod) can also be sustainable choices. For the most up-to-date**

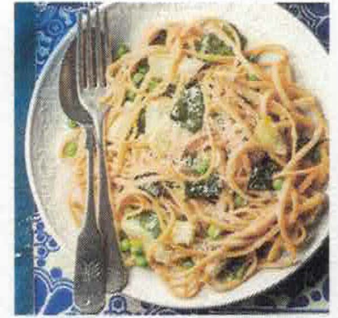
EatingWell

# Lemony Linguine with Spring Vegetables

**Active:** 30 mins**Total:** 30 mins**Servings:** 4

★★★★☆

Instead of cooking pasta in a huge pot of water, here we use just 3 1/2 cups for this one-pot pasta recipe. When the pasta is al dente, most of the water has evaporated and the bit that's left is thickened with the starch that cooks off the pasta. With just a few add-ins like lemon and Parmesan cheese you have a delicious silky sauce. Want to use up your veggie stash in the freezer? Swap in 8 ounces frozen spinach for fresh.



## Ingredients

8 ounces whole-wheat linguine or fettuccine

4 cloves garlic, thinly sliced

½ teaspoon salt

¼ teaspoon ground pepper

3 ½ cups water

1 9-ounce package frozen artichoke hearts

6 cups chopped mature spinach

2 cups peas, fresh or frozen

½ cup grated Parmesan cheese, divided

¼ cup half-and-half

1 tablespoon lemon zest

3-4 tablespoons lemon juice

## Directions

### Step 1

Combine pasta, garlic, salt and pepper in a large pot. Add water. Bring to a boil over high heat. Boil, stirring frequently, for 8 minutes.

### Step 2

Stir in artichokes, spinach and peas and cook until the pasta is tender and the water has almost evaporated, 2 to 4 minutes more.

### Step 3

Remove from heat and stir in 1/4 cup cheese, half-and-half, lemon zest and lemon juice to taste. Let stand, stirring occasionally, for 5 minutes. Serve sprinkled with the remaining 1/4 cup cheese.

## Nutrition Facts

**Serving Size:** 1 3/4 Cups **Per Serving:** 372 calories; protein 18.2g; carbohydrates 63.9g; dietary fiber 14.9g; sugars 7.4g; fat 7g; saturated fat 3g; cholesterol 13.9mg; vitamin a iu 5193IU; vitamin c 49.5mg; folate 273.2mcg; calcium 233.6mg; iron 4.5mg; magnesium 163mg; potassium 930.5mg; sodium 581.1mg. **Exchanges:** 3 1/2 Starch, 1 1/2 Vegetable, 1/2 High-Fat Protein



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# Spaghetti with Arugula & Clam Sauce

Canned clams are a great ingredient to have on hand for a fast dinner. Plus, their juices amp up the flavor of this sauce. Look for cans with certification from the Marine Stewardship Council for the most sustainable choice.

**Active:** 20 mins

**Total:** 30 mins

**Servings:** 4



Jason Donnelly

## Ingredients

8 ounces whole-wheat spaghetti (see Tip)

2 tablespoons extra-virgin olive oil

½ cup chopped onion

4 cloves garlic, thinly sliced

¼ teaspoon crushed red pepper

1 (10 ounce) can whole clams

¼ cup dry white wine

Zest and juice of 1 lemon

1 tablespoon butter

⅛ teaspoon salt

4 cups baby arugula

Grated Parmesan cheese (Optional)

## Directions

### Step 1

Bring a large pot of water to a boil. Cook pasta according to package directions. Drain.

### Step 2

Meanwhile, heat oil in a large skillet over medium heat. Add onion and cook until starting to soften, about 2 minutes. Add garlic and crushed red pepper and cook, stirring, until fragrant, about 1 minute. Add clams and their juice, wine, lemon zest and lemon juice. Bring to a simmer. Adjust heat to maintain a simmer and cook, stirring occasionally, until reduced by half, 6 to 8 minutes.

### Step 3

Stir in butter and salt. Add the hot pasta and toss to coat. Add arugula and toss until slightly wilted, about 1 minute. Serve with Parmesan, if desired.

## Tip

**Using whole-wheat gives you double the fiber of regular pasta for a more filling meal. Only 5% of the U.S. population gets the daily recommended 25 to 30 grams. This simple swap is an easy way to inch closer to that goal.**

## Nutrition Facts

**Serving Size:** 1 1/4 Cups **Per Serving:** 397 calories; fat 14g; cholesterol 64mg; sodium 460mg; carbohydrates 50g; dietary fiber 6g; protein 21g; sugars 4g; niacin equivalents 5mg; saturated fat 4g; vitamin a iu 557IU; vitamin b6 1mg.



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# Steak & Vegetable Stir-Fry with Black Bean-Garlic Sauce

**Active:** 25 mins**Total:** 25 mins**Servings:** 4

Quick-cooking and full-flavored skirt steak is perfect for stir-fries. Just be sure to slice it across the grain so the steak stays tender as it cooks.



Jason Donnelly

## Ingredients

- ½ cup low-sodium beef broth
- 2 tablespoons black bean-garlic sauce (see Tip) or oyster sauce
- 2 tablespoons Shaoxing rice wine or dry sherry
- 4 teaspoons cornstarch, divided
- 1 pound skirt or flank steak, trimmed and thinly sliced across the grain
- 3 tablespoons peanut or canola oil, divided
- 1 pound asparagus, trimmed and cut into 2-inch pieces
- 1 large red bell pepper, thinly sliced
- 2 scallions, thinly sliced, whites and greens separated
- 2 cloves garlic, minced

## Directions

### Step 1

Whisk broth, black bean (or oyster) sauce, Shaoxing (or sherry) and 2 teaspoons cornstarch in a small bowl. Toss steak with the remaining 2 teaspoons cornstarch in a medium bowl.

### Step 2

Heat 2 tablespoons oil in a large flat-bottom wok or cast-iron skillet over medium-high heat. Add the steak and cook, stirring once, until browned, 4 to 5 minutes. Transfer to a clean plate.

### Step 3

Add the remaining 1 tablespoon oil, asparagus and bell pepper to the pan; cook, stirring occasionally, until almost tender, about 4 minutes. Stir in scallion whites and garlic; cook, stirring, until fragrant, about 30 seconds. Whisk the sauce and add it to the pan along with the steak. Cook, stirring occasionally, until the sauce thickens, about 1 minute. Garnish with scallion greens.

## Tip

**Black bean-garlic sauce, a thick condiment made with garlic and fermented black beans, brings umami, salty, earthy flavor to this stir-fry. Find it in most well-stocked grocery stores and Asian markets.**

## Nutrition Facts

**Serving Size:** 1 1/4 Cups **Per Serving:** 350 calories; fat 22g; cholesterol 78mg; sodium 769mg; carbohydrates 12g; dietary fiber 3g; protein 26g; sugars 4g; niacin equivalents 10mg; saturated fat 5g; vitamin a iu 2457IU; vitamin b6 1mg.

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# Mediterranean Cod with Roasted Tomatoes

**Active:** 5 mins**Total:** 15 mins**Servings:** 4

★★★★☆

Oregano, thyme and paprika flavor the cod in this 15-minute, Mediterranean-inspired meal. Olives, capers and roasted cherry tomatoes add color and zest to each bite.



## Ingredients

4 (4 ounce) fresh or frozen skinless cod fillets, 3/4- to 1-inch thick

2 teaspoons snipped fresh oregano

1 teaspoon snipped fresh thyme

½ teaspoon salt

¼ teaspoon garlic powder

¼ teaspoon paprika

¼ teaspoon black pepper

Nonstick cooking spray

3 cups cherry tomatoes

2 cloves garlic, sliced

1 tablespoon olive oil

2 tablespoons sliced pitted ripe olives

2 teaspoons capers

Fresh oregano and/or thyme leaves

## Directions

### Step 1

Preheat oven to 450 degrees F. Thaw fish, if frozen. Rinse fish and pat dry with paper towels. In a small bowl combine snipped oregano, snipped thyme, salt, garlic powder, paprika and black pepper. Sprinkle half of the oregano mixture over both sides of each fish fillet.

### Step 2

Line a 15x10x1-inch baking pan with foil. Coat foil with cooking spray. Place fish on one side of the foil-lined pan. Add tomatoes and garlic slices to the other side of the foil-lined pan. Combine remaining oregano mixture with oil. Drizzle oil mixture over tomatoes; toss to coat. Bake for 8 to 12 minutes or until fish flakes easily when tested with a fork, stirring tomato mixture once. Stir olives and capers into cooked tomato mixture.

### Step 3

Divide fish and roasted tomato mixture evenly among four serving plates. Garnish with fresh oregano and/or thyme leaves.

## Nutrition Facts

**Serving Size:** 1 Cod Fillet And 1/2 Cup Tomato Mixture **Per Serving:** 157 calories; protein 21.6g; carbohydrates 6.5g; dietary fiber 1.8g; sugars 3.6g; fat 4.8g; saturated fat 0.8g; cholesterol 48.8mg; vitamin a iu 1267.7IU; vitamin c 21.1mg; folate 28.9mcg; calcium 40.6mg; iron 1mg; magnesium 53.5mg; potassium 807mg; sodium 429.2mg. **Exchanges:** 3 Lean Protein, 1 Fat, 1 Vegetable



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# Coriander-&-Lemon-Crusted Salmon with Asparagus Salad & Poached Egg

Total: 45 mins

Servings: 4

★★★★★

Crushed coriander seeds and lemon zest give this quick salmon recipe praiseworthy flavor that pairs beautifully with a shaved asparagus and poached egg salad. Served with a glass of white wine, this healthy recipe makes the ultimate lunch or light dinner.



## Ingredients

1 tablespoon coriander seeds

1 teaspoon lemon zest

¾ teaspoon fine sea salt, divided

½ teaspoon crushed red pepper

1 pound wild salmon (see Tips), skin-on, cut into 4 portions

1 pound asparagus, trimmed

2 tablespoons extra-virgin olive oil

1 tablespoon lemon juice

1 tablespoon chopped fresh mint

1 tablespoon chopped fresh tarragon

¼ teaspoon ground pepper, plus more for garnish

8 cups water

## Directions

### Step 1

Position a rack in upper third of oven; preheat broiler to high. Coat a rimmed baking sheet with cooking spray.

### Step 2

Toast coriander in a small skillet over medium heat, shaking the pan frequently, until fragrant, about 3 minutes. Pulse the coriander, lemon zest, 1/2 teaspoon salt and crushed red pepper in a spice grinder until finely ground. Coat the salmon flesh with the spice mixture (about 1 1/2 teaspoons per portion) and place the salmon on the prepared baking sheet.

### Step 3

Cut off asparagus tips and very thinly slice stalks on the diagonal. Toss the tips and slices with oil, lemon juice, mint, tarragon, pepper and the remaining 1/4 teaspoon salt. Let stand while you cook the salmon and eggs.

### Step 4

Bring water and vinegar to a boil in a large saucepan.

### Step 5

Meanwhile, broil the salmon until just cooked through, 3 to 6 minutes, depending on thickness (see Tips). Tent with foil to keep warm.

### Step 6

Reduce the boiling water to a bare simmer. Gently stir in a circle so the water is swirling around the pot. Crack eggs, one at a time, into the water. Cook until the whites are set but the yolks are still runny. 3 to 4 minutes. 14



1 tablespoon white vinegar

4 large eggs

### Step 7

To serve, divide the asparagus salad and salmon among 4 plates. Make a nest in each salad and top with a poached egg.

### Tips

**All wild salmon--and now some farmed--is considered a sustainable choice. For farmed, ask for fish that's raised in land- or tank-based systems. For more information about sustainable seafood, go to [seafoodwatch.org](https://seafoodwatch.org).**

### Tips

**Salmon is easy to prepare and make absolutely gorgeous once you know how to cook it properly. The fillets cook fast and continue to cook when off the heat. For the best texture, cook about 3 minutes per 1/2 inch of thickness. Check the doneness with an instant-read thermometer (it should be about 130°F) or peek into the thickest part of the flesh with a fork--it should be just opaque.**

### Nutrition Facts

**Serving Size:** 3 Oz. Salmon, 1/2 Cup Salad & 1 Egg **Per Serving:** 288 calories; protein 30.5g; carbohydrates 4.2g; dietary fiber 1.9g; sugars 1g; fat 16.3g; saturated fat 3.6g; cholesterol 239mg; vitamin a iu 1157.2IU; vitamin c 8.4mg; folate 121.9mcg; calcium 115.3mg; iron 2.4mg; magnesium 57.4mg; potassium 658.8mg; sodium 360.1mg; thiamin 0.2mg. **Exchanges:** 1/2 Vegetable, 4 Lean Meat, 1 1/2 Fat

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## Spring Green Frittata

Frittatas are a versatile dish that can be served at breakfast, lunch or dinner. This easy frittata, featuring green spring vegetables accented by chopped tomatoes and parmesan cheese, can be on your plate in just 25 minutes.

**Active:** 25 mins

**Total:** 25 mins

**Servings:** 2



### Ingredients

2 eggs, lightly beaten

4 egg whites

2 tablespoons fat-free milk

1 teaspoon snipped fresh chives

1/8 teaspoon black pepper

1/4 cup finely shredded Parmesan cheese (1 ounce)

2 teaspoons olive oil

1/2 cup 1/2-inch pieces asparagus

1/4 cup sliced green onions

1/2 cup coarsely chopped spinach leaves

1 clove garlic, minced

1 small roma tomato, chopped

### Directions

#### Step 1

Preheat broiler. In a small bowl combine the eggs, egg whites, milk, chives and pepper; stir in 2 tablespoons of the cheese.

#### Step 2

In an 8-inch nonstick broiler proof skillet heat oil over medium. Add asparagus and green onions; cook and stir 2 minutes. Add spinach and garlic; cook 30 seconds or just until spinach is wilted.

#### Step 3

Pour egg mixture into skillet; reduce heat to low. Cook, covered, 10 to 12 minutes or until nearly set. Sprinkle with remaining 2 tablespoons cheese.

#### Step 4

Place skillet under broiler 4 to 5 inches from heat. Broil 1 minute or just until top is set and cheese is melted. Top with tomato.

### Nutrition Facts

**Serving Size:** 1/2 Frittata **Per Serving:** 214 calories; protein 18.4g; carbohydrates 7.2g; dietary fiber 1.7g; sugars 3.7g; fat 12.4g; saturated fat 3.8g; cholesterol 194.9mg; vitamin a iu 1867.5IU; vitamin c 12.6mg; folate 69.7mcg; calcium 161.4mg; iron 2.1mg; magnesium 36.2mg; potassium 473.3mg; sodium 10.5mg  
 × ium-Fat Protein, 1/2 Vegetable

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# Tarragon Scallops on Asparagus Spears

★★★★☆

In this 15-minute recipe, crisp and tender asparagus spears serve as a vibrant base for lemon- and tarragon-flavored sea scallops.

**Active:** 15 mins**Total:** 15 mins**Servings:** 4

## Ingredients

1 ¼ pounds fresh or frozen sea scallops

1 cup water

1 pound asparagus spears, trimmed

2 medium lemons

½ teaspoon ground pepper

¼ teaspoon salt

1 tablespoon extra virgin olive oil

3 tablespoons vegetable oil spread

1 tablespoon chopped fresh tarragon or 1 teaspoon dried tarragon

## Directions

### Step 1

Thaw scallops, if frozen; set aside. Bring water to boil in a large nonstick skillet over medium-high heat, add the asparagus, return to a boil, reduce heat, cover and simmer 3 to 5 minutes or until tender-crisp. Drain well, place on a serving platter, cover lightly to keep warm.

### Step 2

Cut one of the lemons in wedges. Finely shred 1 teaspoon peel from the remaining lemon. Squeeze 2 tablespoons juice from the lemon.

### Step 3

Pat scallops dry with paper towels. Sprinkle scallops with pepper and salt.

### Step 4

Wipe the skillet dry. Heat oil over medium heat. Working in two batches, cook the scallops 3 minutes, turn and cook 2 minutes more or until golden brown and just opaque in center. Place the cooked scallops atop the asparagus and keep warm.

### Step 5

Add the vegetable oil spread, lemon peel, 1 tablespoon of the lemon juice, and the tarragon to the skillet. Cook 1 minute to thicken slightly. Add remaining lemon juice, if desired. Drizzle over scallops. Serve with lemon wedges.

## Nutrition Facts

**Serving Size:** About 5 Scallops And 7 Asparagus Spears **Per Serving:** 253 calories; protein 27g; carbohydrates 13.8g; dietary fiber 5g; sugars 3.5g; fat 11.9g; saturated fat 2.4g; cholesterol 46.8mg; vitamin a iu 1400.1IU; vitamin c 53.5mg; folate 83.1mcg; calcium 98.5mg; iron 3.4mg; magnesium 103.3mg; potassium



## **Peach and Serrano Pepper Salad with Burrata**

**Prep Time:** 5 minutes | **Cook Time:** 5 minutes | **Serves:** 4

### Ingredients:

2 large ripe peaches, sliced (make sure they are soft to the touch, but still firm enough to slice)

8 ounces burrata

1-2 serrano peppers, thinly sliced

smoked sea salt to taste

fresh cracked black pepper to taste

1-2 tablespoons extra virgin olive oil

fresh herbs (basil, mint and thyme are all great)

### Method:

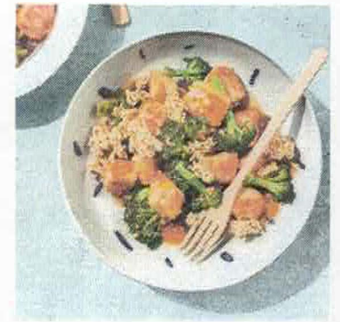
Arrange peach slices on a large plate or platter. Carefully tear the burrata open, and place dollops of the cheese around the peaches. Sprinkle with smoked salt, fresh pepper and olive oil then add serrano pepper slices and herbs. Best served immediately. If making ahead, omit herbs and cover tightly with cling wrap or foil then refrigerate for maximum 30 minutes and add herbs right before serving.

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# Sweet & Sour Chicken with Broccoli

★★★★★

This easy chicken and broccoli recipe makes a delicious, healthier alternative to Chinese takeout—and it takes just 20 minutes to make, so it's ideal for an easy weeknight dinner. When toasted, ramen noodles make a tasty, crunchy topping for a stir-fry or salad.

**Active:** 20 mins**Total:** 20 mins**Servings:** 4

## Ingredients

3 ounces dry ramen noodles

1 tablespoon canola or avocado oil

1 pound boneless, skinless chicken breasts, trimmed and cut into 1-inch pieces

½ cup orange juice

6 cups small broccoli florets (about 12 ounces)

3 tablespoons rice vinegar

2 tablespoons low-sodium soy sauce

1 ½ tablespoons cornstarch

2 tablespoons honey

1 tablespoon finely chopped garlic

¾ teaspoon crushed red pepper

½ teaspoon kosher salt

## Directions

### Step 1

Preheat oven to 375 degrees F.

### Step 2

Crush noodles and spread on a rimmed baking sheet. Bake, stirring once, until lightly browned, 7 to 9 minutes.

### Step 3

Meanwhile, heat oil in a large skillet over medium-high heat. Add chicken and cook, stirring occasionally, until browned and cooked through, 6 to 8 minutes. Transfer the chicken to a plate. Add orange juice to the pan and cook, scraping up any browned bits, for 15 seconds. Add broccoli; cover and cook until tender, about 3 minutes.

### Step 4

Meanwhile, whisk vinegar, soy sauce and cornstarch in a small bowl.

### Step 5

Add the vinegar mixture, honey, garlic, crushed red pepper and salt to the pan; bring to a boil. Cook, stirring, until the sauce is thickened, about 1 minute. Add the chicken and cook for 1 minute more. Top with the ramen noodles.

## Nutrition Facts

**Serving Size:** 1 1/2 Cups **Per Serving:** 322 calories; protein 29.4g; carbohydrates 38.2g; dietary fiber 5.6g; sugars 12.9g; fat 7.1g; saturated fat 1.1g; cholesterol 78.7mg; vitamin a iu 3413.3IU; vitamin c 116.2mg; folate 88.5mcg; calcium 75.9mg; iron 2.9mg; magnesium 55.9mg; potassium 638.6mg; sodium

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# One-Pot Greek Pasta

★★★★☆

A little bit of Sunday meal prep goes a long way in this one-dish Mediterranean pasta recipe. The pasta is cooked ahead of time and stored in the fridge to use for meals all week, but any leftover cooked pasta you have on hand will do. Chicken sausage with feta is especially good in this recipe.

**Active:** 20 mins**Total:** 20 mins**Servings:** 4

## Ingredients

- 2 tablespoons olive oil
- 3 links cooked chicken sausage (9 ounces), sliced into rounds
- 1 cup diced onion (see Tip)
- 1 clove garlic, minced
- 1 (8 ounce) can no-salt-added tomato sauce
- 4 cups lightly packed baby spinach (half of a 5-ounce box)
- 6 cups cooked whole-wheat rotini pasta
- ¼ cup chopped pitted Kalamata olives
- ½ cup finely crumbled feta cheese
- ¼ cup chopped fresh basil (Optional)

## Directions

### Step 1

Heat oil in a large straight-sided skillet over medium-high heat. Add sausage, onion and garlic; cook, stirring often, until the onion is starting to brown, 4 to 6 minutes. Add tomato sauce, spinach, pasta and olives; cook, stirring often, until bubbling hot and the spinach is wilted, 3 to 5 minutes. Add 1 to 2 tablespoons water, if necessary, to keep the pasta from sticking. Stir in feta and basil, if using.

### Tips

**Tip:** See how to meal-prep this recipe and a whole week's worth of dinners with this plan.

## Nutrition Facts

**Serving Size:** 2 Cups **Per Serving:** 487 calories; protein 22.8g; carbohydrates 59.3g; dietary fiber 8.1g; sugars 6.7g; fat 19.6g; saturated fat 4.2g; cholesterol 61.7mg; vitamin a iu 1290.6IU; vitamin c 10.3mg; folate 72.2mcg; calcium 142.3mg; iron 3.8mg; magnesium 111.5mg; potassium 464.8mg; sodium 623.3mg; thiamin 0.3mg. **Exchanges:** 3 Starch, 2 Fat, 1 1/2 Lean-Protein, 1 1/2 Vegetable, 1/2 Medium-Fat Protein

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# Sweet Potato-Black Bean Burgers

Active: 15 mins

Total: 45 mins

Servings: 4

★★★★★

These vegan sweet potato-black bean burgers spiced with curry powder are easy to make. Blending the mixture with your hands gives you a soft, uniform texture then the outside gets crispy by cooking in a cast-iron pan. To make this recipe gluten-free too, use gluten-free oats and serve the patty in a lettuce wrap, omitting the bun.



## Ingredients

2 cups grated sweet potato  
 ½ cup old-fashioned rolled oats  
 1 cup no-salt-added black beans, rinsed  
 ½ cup chopped scallions  
 ¼ cup vegan mayonnaise  
 1 tablespoon no-salt-added tomato paste  
 1 teaspoon curry powder  
 ⅛ teaspoon salt  
 1/2 cup plain unsweetened almond milk yogurt  
 2 tablespoons chopped fresh dill  
 2 tablespoons lemon juice  
 2 tablespoons extra-virgin olive oil  
 4 whole-wheat hamburger buns, toasted

## Directions

### Step 1

Squeeze grated sweet potato with paper towels to remove excess moisture; place in a large bowl. Pulse oats in a food processor until finely ground; add to the bowl with the sweet potatoes. Add beans, scallions, mayonnaise, tomato paste, curry powder and salt to the bowl; mash the mixture together with your hands. Shape into four 1/2-inch-thick patties. Place the patties on a plate; refrigerate for 30 minutes.

### Step 2

Stir yogurt, dill and lemon juice together in a small bowl; set aside.

### Step 3

Heat oil in a large cast-iron skillet over medium-high heat. Add the patties; cook until golden brown, about 3 minutes per side.

### Step 4

Divide the yogurt sauce evenly among top and bottom bun halves. Top each bottom bun half with a burger and cucumber slices; replace top bun halves.

## Tips

**To make ahead: Prepare patties (Step 1); wrap and refrigerate for up to 2 days.**

## Nutrition Facts

**Serving Size:** 1 Burger **Per Serving:** 454 calories; protein 11.5g; carbohydrates 54.2g; dietary fiber 8.9g; sugars 8.8g; fat 22.2g;

1 cup thinly sliced cucumber

saturated fat 2.7g; vitamin a iu 9670.2IU; vitamin c 8.7mg; folate 94.8mcg; calcium 200.1mg; iron 3.5mg; magnesium 82.4mg; potassium 612.4mg; sodium 432.4mg; thiamin 0.3mg.

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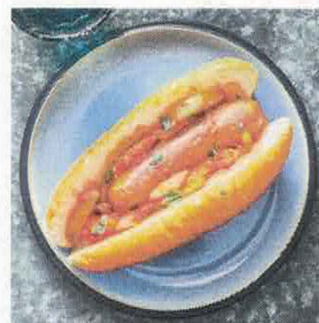


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# Instant-Pot Sausage & Peppers

★★★★★

Yellow and green peppers, tomatoes and sweet onion come together in the Instant Pot and make this classic sandwich pop with flavor. Cooking sausage and peppers in your Instant Pot makes this even easier for a busy weeknight. While green peppers are classic, any color bell peppers will work well.

**Active:** 25 mins**Total:** 45 mins**Servings:** 4

## Ingredients

1 tablespoon extra-virgin olive oil

1 (12 ounce) package hot or mild Italian chicken sausage

1 large white onion, sliced

1 medium yellow bell pepper, sliced

1 medium green bell pepper, sliced

1 large garlic clove, minced

½ teaspoon dried oregano

¼ teaspoon crushed red pepper

1 tablespoon no-salt-added tomato paste

½ (15 ounce) can no-salt-added crushed tomatoes

4 Italian sandwich rolls, split and lightly toasted

¼ cup torn fresh basil

## Directions

### Step 1

Select Sauté setting on a programmable pressure multicooker (such as Instant Pot; times, instructions and settings may vary according to cooker brand or model). Select Medium temperature setting; heat for 1 to 2 minutes. Add oil and sausage to the cooker. Cook until browned, turning halfway through, 4 to 5 minutes per side. Remove from the cooker and set aside. Do not wipe the cooker clean.

### Step 2

With the heat still on Medium, add onion, yellow pepper and green pepper; cook, stirring occasionally, until softened and starting to brown, about 5 minutes. Add garlic, oregano and crushed red pepper; cook, stirring occasionally, until fragrant, about 2 minutes. Add tomato paste, and cook, stirring constantly and scraping the bottom of the cooker to release all browned bits, for 1 minute. Stir in crushed tomatoes and return the sausages to the cooker. Press Cancel.

### Step 3

Cover the cooker and lock the lid in place. Turn the steam release handle to Sealing position. Select Manual/Pressure Cook setting. Select High pressure for 5 minutes. (It will take 12 to 15 minutes for the cooker to come up to pressure before cooking begins.)

### Step 4

When the cooking is finished, carefully turn the steam release handle to Venting position and let the steam fully escape (the float valve will drop; this will take 1 to 2 minutes). Remove the lid from the cooker.





### Step 5

Using a slotted spoon, evenly divide the sausage, onions and peppers among rolls. Top with basil. Serve immediately.

### Nutrition Facts

**Serving Size:** 1 Sausage, 2/3 Cup Vegetables & 1 Roll **Per Serving:** 374 calories; protein 25.2g; carbohydrates 38.9g; dietary fiber 7g; sugars 8.9g; fat 12.6g; saturated fat 3g; cholesterol 65mg; vitamin a iu 620.2IU; vitamin c 83mg; folate 20.5mcg; calcium 104.6mg; iron 2.8mg; magnesium 14.4mg; potassium 225.1mg; sodium 842.8mg.

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# Easy Chicken Enchilada Casserole

**Active:** 20 mins**Total:** 55 mins**Servings:** 6

★★★★☆

Casseroles make perfect meal-prep dinners--this enchilada version is so easy to prep ahead. The whole casserole can be built and left to hang out in the refrigerator for up to three days. Then all you have to do is bake it off on a busy night and you have a healthy dinner on the table in a jiff. The quick homemade enchilada sauce in this recipe is great when you don't have any of the canned sauce on hand--just season crushed tomatoes with spices and salt for an instant enchilada sauce.



## Ingredients

- 1 (28 ounce) can crushed tomatoes (3 cups)
- 2 tablespoons ground cumin
- 1/2-1 teaspoon ground chipotle chile powder
- ¼ teaspoon salt
- 8 corn tortillas, cut into wedges
- 1 (15 ounce) can black beans, rinsed and drained
- 1 cup chopped Meal-Prep Sheet-Pan Chicken Thighs (see associated recipe)
- 2 cups Sautéed Peppers & Onions (see associated recipe)
- 1 ½ cups shredded Mexican cheese blend (6 ounces), divided

## Directions

### Step 1

Stir tomatoes, cumin, chile powder and salt together in a medium bowl. Coat a 7- or 8-by-11-inch casserole dish with cooking spray. Spoon 1/2 cup of the tomato sauce into the bottom of the prepared dish. Arrange 1/3 of the tortilla wedges over the tomato sauce. Top with half of the beans, half of the chicken and half of the pepper mixture. Top with 1 cup sauce and 1/2 cup cheese.

### Step 2

Layer on half the remaining tortillas. Top with the remaining beans, chicken and pepper mixture. Top with 1 cup of the sauce and 1/2 cup cheese. Layer on the remaining tortillas, followed by the remaining sauce (about 1/3 cup). Sprinkle with the remaining 1/2 cup cheese. Cover with foil and refrigerate until ready to cook, up to 3 days.

### Step 3

Preheat oven to 375 degrees F. Bake the casserole, uncovered, until hot and bubbling, 35 to 40 minutes. (Alternatively, microwave the casserole, covered with wax paper, on Medium-High until steaming hot, 12 to 15 minutes.) Serve hot.

## Associated Recipes

Meal-Prep Sheet-Pan Chicken Thighs

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# Easy Shrimp Tacos

These easy shrimp tacos are inspired by the seafood tacos in Baja California.

**Active:** 30 mins

**Total:** 30 mins

**Servings:** 4



## Ingredients

- 2 cups diced tomatoes
- 1 teaspoon lime zest (reserve before juicing limes)
- 5 tablespoons lime juice, divided
- ¼ cup chopped fresh cilantro
- ¼ cup diced red onion
- 2 tablespoons minced jalapeño pepper
- ⅛ teaspoon salt
- 2 tablespoons tahini
- ½ teaspoon honey
- 1 clove garlic, minced
- 2 tablespoons olive oil
- 1 tablespoon ground cumin
- 2 teaspoons ground coriander
- ¼ teaspoon ground pepper
- 1 pound large raw shrimp (21-25 count; see Tip), peeled and deveined
- 8 (6 inch) flour tortillas, warmed
- 1 cup thinly sliced radishes

## Directions

### Step 1

Preheat broiler. Combine tomatoes, 2 Tbsp. lime juice, cilantro, onion, jalapeño, and salt in a medium bowl; toss to combine.

### Step 2

Whisk lime zest, the remaining 3 Tbsp. lime juice, tahini, honey, and garlic in a small bowl.

### Step 3

Combine oil, cumin, coriander, and pepper in a large bowl. Add shrimp and toss to coat. Spread the shrimp on a large rimmed baking sheet. Broil, flipping once, until the shrimp are pink and just cooked through, 4 to 6 minutes.

### Step 4

To assemble: Place 2 to 3 shrimp on each tortilla. Top each with about 3 Tbsp. salsa, 2 tsp. tahini sauce, and 2 Tbsp. radishes.

## Tips

**To make ahead: Prepare salsa (Step 1) and sauce (Step 2) and refrigerate separately for up to 1 day.**

## Tips

**Tip: Shrimp is usually sold by the number needed to make one pound. For example, "21-25 count" means there will be 21 to 25 shrimp in a pound.**

## Nutrition Facts

**Serving Size:** 2 Tacos (5-6 Shrimp + 6 Tbsp. Salsa + 4 Tsp. Sauce + 1/4 Cup Radishes) **Per Serving:** 398 calories; protein 29g; carbohydrates 34g; dietary fiber 4g; sugars 5g; fat 16g; saturated fat 3g; cholesterol 183mg; potassium 647mg; sodium 766mg.



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# Grilled Flank Steak with Tomato Salad

★★★★★

Cutting the steak immediately after cooking breaks all the rules on meat cookery, but in this recipe we do it intentionally in order to capture the juices and incorporate them into the dressing. Serve this grilled flank steak recipe with crusty bread to soak up the deliciousness.

**Active:** 10 mins**Total:** 20 mins**Servings:** 4

## Ingredients

1 pint grape tomatoes, halved

½ cup chopped fresh cilantro

⅓ cup extra-virgin olive oil

1 small jalapeño pepper,  
seeded and sliced2 teaspoons finely chopped  
garlic

½ teaspoon salt, divided

1 1-pound flank steak

½ teaspoon ground pepper

## Directions

### Step 1

Preheat grill to medium-high or heat a grill pan over medium-high heat.

### Step 2

Combine tomatoes, cilantro, oil, jalapeño, garlic and 1/4 teaspoon salt in a medium bowl; set aside.

### Step 3

Season steak with the remaining 1/4 teaspoon salt and pepper. Grill until an instant-read thermometer inserted in the center reads 125 degrees F for medium-rare, 3 to 5 minutes per side.

### Step 4

Transfer the steak to a clean cutting board, preferably one with grooves for collecting juices, and thinly slice across the grain. Divide the slices among 4 plates. Drizzle any juices that have accumulated on the cutting board over the steak and top with the tomato salad.

## Nutrition Facts

**Serving Size:** 3 Oz. Steak & 1/2 Cup Salad **Per Serving:** 346 calories; protein 25.3g; carbohydrates 3.9g; dietary fiber 1.1g; sugars 2.1g; fat 25.1g; saturated fat 5g; cholesterol 70.3mg; vitamin a iu 795IU; vitamin c 15.4mg; folate 28.2mcg; calcium 40.6mg; iron 2.1mg; magnesium 36.2mg; potassium 591.1mg; sodium 358.1mg.

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# Mediterranean Portobello Mushroom Pizzas with Arugula Salad

**Active:** 35 mins**Total:** 45 mins**Servings:** 4

Roasted portobello mushrooms stand in for pizza crust in these comforting individual "pizzas." An easy arugula side salad makes a vibrant accompaniment.

## Ingredients

8 large portobello mushroom caps (about 4 oz. each), gills removed (see Tip)

2 tablespoons olive oil plus 1 tsp., divided

½ teaspoon ground pepper, divided

½ cup pizza or tomato sauce

2 cups lightly packed baby spinach, chopped

½ cup sun-dried tomatoes (about 8), chopped

1 (14 ounce) can artichoke hearts, rinsed and chopped

½ cup shredded part-skim mozzarella cheese

¼ cup crumbled feta cheese

½ teaspoon dried Italian seasoning

1 tablespoon lemon juice

2 cups lightly packed baby arugula

¼ cup fresh basil leaves, thinly sliced

## Directions

### Step 1

Preheat oven to 400 degrees F. Line a large baking sheet with foil and set a wire rack on it. Brush tops of portobello caps with 1 Tbsp. oil and place them, undersides-up, on the rack. Roast for 10 minutes. Flip and roast for 5 minutes more.

### Step 2

Remove the portobellos from the oven and carefully flip them back over so that the undersides are up. Season with 1/4 tsp. pepper. Spread 1 Tbsp. sauce inside each cap. Divide spinach, sun-dried tomatoes, artichokes, mozzarella, and feta among the caps. Sprinkle with Italian seasoning. Return the portobellos to the oven and bake until the cheese is melted and starting to brown, 10 to 15 minutes.

### Step 3

Meanwhile, whisk the remaining 1 Tbsp. plus 1 tsp. oil, the remaining 1/8 tsp. pepper, and lemon juice in a medium bowl. Add arugula and toss to coat.

### Step 4

Garnish the portobello pizzas with basil and serve with the arugula salad.

## Tips

**Tip:** To remove gills from the underside of portobello caps, scrape them off gently with the tip of a spoon. While the gills are edible, removing them makes room for the stuffing (the gills can also discolor other ingredients they touch).

## Nutrition Facts

**Serving Size:** 2 Portobello Pizzas + 1/2 Cup Arugula Salad **Per Serving:** 264 calories; 20g protein 14g; carbohydrates 25g; dietary



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# Shepherd's Pie with Cauliflower Topping

★★★★★

In this easy shepherd's pie recipe, we keep the carbs in check by using creamy mashed cauliflower in place of mashed potatoes. The ground beef filling is cooked in the same skillet used for baking the pie, making assembly (and cleanup) a breeze.

**Active:** 35 mins**Total:** 1 hr**Servings:** 6

## Ingredients

- 1 pound lean ground beef
- 2 cups chopped onion
- 2 tablespoons minced garlic
- 1 (15 ounce) can no-salt-added diced tomatoes, drained
- 1 tablespoon reduced-sodium Worcestershire sauce
- 1 ½ teaspoons chopped fresh rosemary
- 3 tablespoons chopped fresh flat-leaf parsley, divided
- 1 ½ teaspoons ground pepper, divided
- ¾ teaspoon salt, divided
- ¼ cup unsalted beef broth
- 1 tablespoon all-purpose flour or gluten-free all-purpose flour
- 8 cups cauliflower florets (from 1 large head cauliflower)
- 2 cups water
- 6 tablespoons unsalted butter

## Directions

### Step 1

Preheat oven to 375 degrees F. Heat a 12-inch ovenproof skillet over medium-high heat. Add beef, onion and garlic; cook, stirring often to crumble, until the beef is browned and onion is tender, 8 to 10 minutes. Stir in drained tomatoes, Worcestershire, rosemary, 1 tablespoon parsley, 1 teaspoon pepper and 1/4 teaspoon salt. Whisk broth and flour in a small bowl; stir into the mixture in the skillet. Cook over medium-low heat, stirring often, until the mixture thickens, about 15 minutes.

### Step 2

Meanwhile, place cauliflower and water in a large saucepan; bring to a boil over high heat. Cover and reduce heat to medium-high; cook until the cauliflower is tender when pierced with a fork, about 10 minutes. Drain. Add butter, cream and the remaining 1/2 teaspoon salt; mash with a fork or potato masher until smooth (you will have about 4 cups mashed).

### Step 3

Carefully spoon the mashed cauliflower over the hot mixture in the skillet, gently spreading it over the top (do not mix the 2 layers together). Sprinkle with the remaining 1/2 teaspoon pepper.

### Step 4

Bake until the top is beginning to brown and the filling is bubbly, 22 to 25 minutes. Sprinkle with the remaining 2 tablespoons parsley before serving.

## Tips



¼ cup heavy cream



**To make ahead: Follow recipe as directed through Step 2. Refrigerate the beef mixture and the mashed cauliflower topping in separate airtight containers for up to 4 days. To reheat, return beef mixture to skillet, and heat over medium heat until hot. Meanwhile, microwave cauliflower topping on Medium until just warmed, about 1 minute. Proceed with Steps 3 and 4.**

## Nutrition Facts

**Serving Size:** 1 1/4 Cups **Per Serving:** 356 calories; protein 20g; carbohydrates 18.1g; dietary fiber 4.6g; sugars 8g; fat 23.2g; saturated fat 12.7g; cholesterol 91mg; vitamin a iu 1088.9IU; vitamin c 87.6mg; folate 103.8mcg; calcium 84.8mg; iron 3.1mg; magnesium 45.9mg; potassium 798.7mg; sodium 426.7mg; thiamin 0.2mg. **Exchanges:**  
3 1/2 Fat, 3 Vegetable, 2 1/2 Lean Protein

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# Sloppy Joe Casserole

★★★★☆

Like sloppy Joes? Then you'll love this sloppy Joe casserole recipe. This kid-friendly dinner has the classic sloppy Joe flavors kids love, while parents will like all the veggies that are packed in to make it a healthy meal.

**Active:** 25 mins**Total:** 30 mins**Servings:** 6

## Ingredients

2 ¼ cups whole-wheat elbow noodles (10 ounces)

1 tablespoon canola oil

1 pound ground turkey

2 ½ cups riced cauliflower

2 cups chopped red bell peppers

1 ½ cups chopped yellow onions

1 cup grated carrots

5 cloves garlic, minced

1 (15 ounce) can no-salt-added tomato sauce

1 ½ tablespoons light brown sugar

1 tablespoon reduced-sodium Worcestershire sauce

2 teaspoons dry mustard

1 ¼ teaspoons kosher salt

1 teaspoon ground pepper

1 cup shredded sharp Cheddar cheese

## Directions

### Step 1

Preheat oven to 400 degrees F. Cook pasta according to package directions. Drain; set aside.

### Step 2

Meanwhile, heat oil in a 12-inch cast-iron skillet over high heat. Add turkey; cook, stirring to crumble, until lightly browned, 4 to 5 minutes. Add cauliflower, bell peppers, onions, carrots and garlic; cook, stirring often, until the vegetables are softened, 5 to 7 minutes. Add tomato sauce, brown sugar, Worcestershire, mustard, salt and pepper. Bring to a boil over medium-high heat. Reduce heat to medium; simmer, stirring occasionally, for 2 minutes.

### Step 3

Stir the cooked pasta into the turkey mixture; sprinkle evenly with cheese. Bake until the cheese is melted, 5 to 7 minutes.

## Nutrition Facts

**Serving Size:** 1 1/4 Cups **Per Serving:** 481 calories; protein 30g; carbohydrates 57.6g; dietary fiber 9.3g; sugars 12.5g; fat 16.3g; saturated fat 5.4g; cholesterol 62mg; vitamin a iu 5168.8IU; vitamin c 90.7mg; folate 72.6mcg; calcium 195.9mg; iron 4.8mg; magnesium 98.8mg; potassium 761mg; sodium 638.5mg; thiamin 0.3mg; added sugar 3g. **Exchanges:** 2 1/2 Starch, 2 1/2 Vegetable, 2 Lean Protein, 1 High-Fat Protein, 1/2 Fat

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# Coconut-Curry Chicken Cutlets

**Active:** 20 mins**Total:** 20 mins**Servings:** 4

★★★★★

This easy chicken cutlet recipe will help you get a healthy meal on the table in just 20 minutes. Coconut milk's creamy consistency is perfect for making quick pan sauces--no need to add a thickener.



## Ingredients

2 tablespoons grapeseed oil, divided

1 pound chicken cutlets

1 (14 ounce) can light coconut milk

1 tablespoon brown sugar

1 tablespoon red Thai curry paste (see Tip)

1 tablespoon lime juice

2 cups cooked quinoa

Chopped fresh cilantro for garnish

## Directions

### Step 1

Heat 1 tablespoon oil in a large skillet over medium-high heat. Add chicken, in batches if necessary, and cook, flipping once, until browned and cooked through, 1 to 3 minutes per side. Transfer to a plate.

### Step 2

Remove pan from heat. Whisk the remaining 1 tablespoon oil, coconut milk, brown sugar, curry paste and lime juice in the pan. Cook over high heat, stirring occasionally, until reduced by half, 5 to 10 minutes. Serve the chicken with quinoa and the sauce, garnished with cilantro, if desired.

## Tips

**Tip: Red Thai curry paste's aromatic blend of lemongrass, ginger and chile peppers is in the middle of the road heat-wise--try green curry paste for more heat or yellow for less.**

## Nutrition Facts

**Serving Size:** 3 Oz. Chicken, 1/2 Cup Quinoa & 3 Tbsp. Sauce **Per Serving:** 387 calories; protein 31.7g; carbohydrates 27.2g; dietary fiber 2.6g; sugars 4.5g; fat 16.7g; saturated fat 5.8g; cholesterol 65mg; vitamin a iu 6.5IU; vitamin c 1.1mg; folate 39.3mcg; calcium 19.1mg; iron 2.1mg; magnesium 59.8mg; potassium 168.1mg; sodium 194.8mg; added sugar 3g.

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EatingWell

# Rosemary Roasted Salmon with Asparagus & Potatoes

★★★★☆

Yukon Golds are great here because they get crispy on the outside but completely creamy on the inside. A brush stroke or two of balsamic glaze provides a rich color and a sweet finish to the roasted salmon.

**Active:** 20 mins**Total:** 30 mins**Servings:** 4

## Ingredients

3 tablespoons extra-virgin olive oil

1 tablespoon chopped fresh rosemary

2 teaspoons minced garlic

1 ¼ pounds Yukon Gold potatoes, cut into 1-inch pieces

1 teaspoon salt, divided

¾ teaspoon ground pepper, divided

1 pound asparagus, trimmed

4 (5 ounce) skinless salmon fillets, preferably wild

1 medium lemon

2 tablespoons balsamic glaze

½ teaspoon whole-grain mustard

## Directions

### Step 1

Preheat oven to 425 degrees F.

### Step 2

Stir together oil, rosemary and garlic in a small bowl. Place potatoes in a large bowl and toss with 1 tablespoon of the oil mixture and 1/2 teaspoon each salt and pepper. Arrange the potatoes in an even layer on a large rimmed baking sheet. Roast until lightly browned and tender, about 20 minutes. Push the potatoes to one end of the pan.

### Step 3

Place asparagus in the large bowl and toss with 1 tablespoon of the oil mixture, 1/4 teaspoon salt and 1/8 teaspoon pepper. Arrange the asparagus on other end of the baking sheet. Roast until the asparagus is bright green, about 3 minutes. Push the vegetables to either end of the pan, leaving space in the center.

### Step 4

Brush salmon with the remaining 1 tablespoon oil mixture and sprinkle with the remaining 1/4 teaspoon salt and 1/8 teaspoon pepper. Place the salmon in the center of the pan. Thinly slice half the lemon and tuck the slices around the salmon and vegetables. Roast for 5 minutes more. Cut the remaining lemon half into wedges.

### Step 5

Whisk balsamic glaze and mustard in a small bowl. Brush 1 tablespoon of the mixture on the salmon. Continue roasting until the salmon is just cooked through and the vegetables are tender, about 5 minutes. Drizzle the vegetables with the remaining sauce. Serve with the lemon wedges.

EatingWell

# Cilantro-Lime Chicken Tacos

**Active:** 45 mins

**Total:** 1 hr 15 mins

**Servings:** 4

A quick lime marinade does double duty as a sauce in these tangy chicken tacos.



## Ingredients

1 cup loosely packed cilantro leaves, plus 1/4 cup chopped fresh cilantro, divided

1/4 cup olive oil

1/2 teaspoon lime zest (reserve before juicing limes)

3 tablespoons lime juice, divided

2 tablespoons orange juice

2 cloves garlic, minced

1/4 teaspoon salt plus 1/8 tsp., divided

1 1/4 pounds thin-sliced boneless, skinless chicken cutlets

1 cup diced tomatoes

1 cup diced strawberries

1 tablespoon minced jalapeño pepper

2 cups baby spinach

8 (6 inch) blue or yellow corn tortillas, warmed

## Directions

### Step 1

Place 1 cup cilantro leaves, oil, 2 Tbsp. lime juice, orange juice, garlic, and 1/4 tsp. salt in a food processor or blender; process until smooth. Transfer half the mixture to a small bowl and refrigerate.

### Step 2

Place the remaining mixture in a sealable plastic bag and add chicken. Seal and turn to coat the chicken. Refrigerate for 30 minutes to 1 hour.

### Step 3

Meanwhile, combine tomatoes, strawberries, jalapeño, lime zest, and the remaining 1 Tbsp. lime juice, 1/4 cup chopped cilantro, and 1/8 tsp. salt in a medium bowl; toss well. Refrigerate until ready to serve.

### Step 4

Preheat grill to medium-high. Lightly oil the grill grate (see Tip). Remove the chicken from the marinade (discard the marinade). Grill the chicken until browned and cooked through, 4 to 5 minutes per side. (Alternatively, broil the chicken for 4 to 5 minutes per side.) Let the chicken rest for 5 minutes. Slice into thin strips.

### Step 5

To assemble: Place 1/4 cup spinach and a generous 1/3 cup chicken on each tortilla. Top each with about 1 1/2 tsp. of the reserved cilantro mixture and 1/4 cup salsa.

## Tips

**To make ahead:** Prepare marinade (Step 1) and refrigerate for up to 24 hours.

## Tips

**Tip: To oil grill rack: Rub an oil-soaked paper towel over the grates (use tongs to hold the paper towel). Do not use cooking spray on a hot grill.**

## Nutrition Facts

**Serving Size:** 2 Tacos (2 Tortillas + 3/4 Cup Chicken + 1/2 Cup Spinach + 1 Tbsp. Dressing + 1/2 Cup Salsa) **Per Serving:** 385 calories; protein 32g; carbohydrates 23g; dietary fiber 4g; sugars 6g; fat 18g; saturated fat 3g; cholesterol 78mg; potassium 438mg; sodium 323mg.

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EatingWell

# Sheet-Pan Harissa Chicken & Vegetables

**Active:** 10 mins**Total:** 45 mins**Servings:** 4

This one-pan dinner gets a hit of flavorful heat from harissa, the popular North African chile-and-garlic paste. We use harissa paste from a tube for this recipe. It's got a concentrated chile flavor that makes an excellent spice rub for chicken and adds a subtle punch of heat to a refreshing herbed yogurt sauce.

## Ingredients

4 cups white or purple cauliflower florets

4 cups sliced red, orange and/or yellow bell peppers

3 tablespoons extra-virgin olive oil, divided

¼ teaspoon kosher salt, plus 1/2 teaspoon, divided

2 teaspoons harissa paste, plus 1/2 teaspoon, divided

1 teaspoon brown sugar

1 clove garlic, minced

2 8-ounce boneless, skinless chicken breasts

½ cup whole-milk plain Greek yogurt

1 teaspoon lemon zest

2 tablespoons lemon juice

1 teaspoon minced fresh mint

1 teaspoon minced fresh parsley

½ teaspoon ground pepper

## Directions

### Step 1

Preheat oven to 400 degrees F. Toss cauliflower and peppers with 2 tablespoons oil and 1/4 teaspoon salt in a large bowl. Spread in a single layer on a large rimmed baking sheet; roast for 15 minutes.

### Step 2

Meanwhile, combine 2 teaspoons harissa paste, brown sugar, garlic and the remaining 1 tablespoon oil and 1/2 teaspoon salt in a small bowl. Rub chicken all over with the harissa mixture. Stir the vegetables, then add the chicken to the pan. Roast until a thermometer inserted into the thickest part of the chicken registers 165 degrees F, about 20 minutes.

### Step 3

Combine yogurt, the remaining 1/2 teaspoon harissa paste, lemon zest and juice, mint, parsley and pepper in a small bowl. Drizzle the sauce over the chicken and vegetables or serve on the side for dipping.

## Nutrition Facts

**Serving Size:** 3 Oz. Chicken, 1 1/4 Cups Vegetables & About 2 Tbsp. Yogurt Sauce Each **Per Serving:** 314 calories; protein 31.8g; carbohydrates 15.6g; dietary fiber 4.7g; sugars 9g; fat 13.9g; saturated fat 2.3g; cholesterol 84.2mg; vitamin a iu 3618.8IU; vitamin c 203.8mg; folate 131.2mcg; calcium 74.1mg; iron 1.5mg; magnesium 66.7mg; potassium 1013.5mg; sodium 460.7mg; added sugar 1g.

YIELD: 3 PEOPLE

# Soy Sauce Eggs (Shoyu Tamago)

Soy Sauce Eggs - easy and healthy hard-boiled eggs steeped in a soy sauce mixture. This soy sauce eggs recipe yields delicious results.



## PREP TIME

15 minutes

## COOK TIME

1 hour

## TOTAL TIME

1 hour 15 minutes

## INGREDIENTS

- 6 hard boiled eggs
- 2 cups water
- 2 tablespoons Japanese soy sauce or tamari
- 1 tablespoon [dark soy sauce](#)
- 1 teaspoon sugar

## INSTRUCTIONS

1. Make the hard-boiled eggs by boiling the eggs in hot water for 10 minutes. Crack and peel the shell off the eggs. Set aside.

- In a small pot, bring the water to boil. Add the soy sauce, dark soy sauce and sugar. Transfer the eggs into the soy sauce mixture. Turn off the heat and let it steep in the mixture for an hour before serving.

## Nutrition Information

Serving Size 3 people

Amount Per Serving

Calories 171

Total Fat 11g

Saturated Fat 3g

Cholesterol 373mg

Sodium 1138mg

Carbohydrates 3g

Fiber 1g

Sugar 3g

Protein 14g

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<https://rasamalaysia.com/soy-sauce-eggs-shoyu-tamago/>

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# Juicy Lucy Burger

Recipe from 5-8 Club & Matt's Bar and Grill

Adapted by Alexa Weibel

**YIELD** 4 burgers

**TIME** 35 minutes

This Minneapolis staple is smart and simple: Sealing a slice of cheese inside two thin burger patties allows the burger to develop a serious char while the inside stays moist thanks to its molten core. There's debate over whether the burger originated at 5-8 Club (<https://www.5-8club.com/>) or Matt's Bar (<http://mattsbar.com/>); both have drawn locals and tourists alike since the 1950s. The Juicy Lucy method takes some practice — you'll need to make sure the edges of the stacked patties are properly sealed so that the melted cheese gushes out with every bite instead of making a mess in the skillet — but the results far outweigh the challenge. Because the ingredient list is short (an unassuming bun, a smattering of pickles and a pile of caramelized onions), you'll need to season with abandon. You may be tempted to use an expensive craft cheese, but sliced American cheese is the only way to go for tradition and meltability. —**Alexa Weibel**

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## INGREDIENTS

**Kosher salt and black pepper**

**1 ½ pounds ground beef, at least 15 percent fat**

**4 slices American cheese**

**2 tablespoons unsalted butter**

**1 large yellow onion (about 1 pound), peeled and cut into 1/4-inch rounds**

**½ teaspoon granulated sugar**

**1 to 2 tablespoons canola or vegetable oil**

**4 potato rolls or soft hamburger buns, split**

**Bread-and-butter pickles, for serving**

## PREPARATION

### Step 1

In a small bowl, stir together 2 teaspoons salt and 1 1/2 teaspoons pepper. Divide the beef into four equal portions, then halve each of those portions. Gently roll each portion into a ball using the palm of your hand, then flatten each into a disk shape on a large cutting board, pressing with your fingers and palm until just over 4 inches wide and 1/4-inch thick. Repeat to form eight patties. Season both sides of each patty with the salt-and-pepper blend.

### Step 2

Add one slice cheese to the center of one patty, folding any overhanging corners of the cheese inward. Using a spatula, lift another patty from the cutting board and place it on top of the cheese, pressing gently to connect both patties. Gently pinch the edges of the patties together to thoroughly seal, then use your fingers to round the edges by pressing and patting along the perimeter. Repeat with the remaining patties, forming three more burgers, and set aside.

### Step 3

In a large (preferably 12-inch) cast-iron skillet, melt butter over medium heat. Add onion; sprinkle with sugar, 1 teaspoon salt and 1/4 teaspoon pepper. Cook, stirring occasionally, adding 2 tablespoons water about every 5 minutes to prevent burning, until tender and caramelized, about 20 minutes. Once the onions are caramelized,

transfer them to a bowl. (If you have any bits left in the pan, wipe them out.)

**Step 4**

Add the oil to the skillet to lightly coat the bottom and heat over medium-high until scalding-hot, about 2 minutes. Add the burgers and cook until seared and dark brown on the outside, 3 to 5 minutes per side. (You'll want to let the burgers cook undisturbed as long as possible to develop a crisp sear and to prevent them from splitting. Their insides will cook through by the time the outsides form a proper sear. Resist the urge to cut them open, as the cheese will spurt out.) Transfer burgers to a clean cutting board to rest.

**Step 5**

Meanwhile, toast the buns: Scrape up and remove from the pan any cheese that may have leaked, leaving a thin layer of accumulated fat in the pan. Reduce the heat to medium. Working in batches, toast the buns cut-side down until warmed and toasted in spots, about 1 minute. Form sandwiches by layering pickles, patties, then caramelized onions on buns. Serve immediately.

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PRIVATE NOTES

Leave a Private Note on this recipe and see it here.

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Adapted from 5-8 Club and Matt's Bar, Minneapolis

# Cheddar-Stuffed Turkey Burger With Avocado

By Sarah Copeland

**YIELD** 4 servings

**TIME** 25 minutes

The secret to keeping lean turkey juicy as a burger? Adding fat. The burgers in this recipe, stuffed with cheese and a bit of butter, are moist, flavorful and, best of all, hold together and flip easily. These are best cooked on a flat-top griddle, burger-joint style, or you can use a large, wide skillet (like cast-iron) if that's what you have. Both give the outside of these burgers an irresistible sear that keeps the juice and flavor inside the burger, not dripping through grill grates. Finally, Hawaiian buns are a must. Their softness and subtle sweetness give these burgers a universal appeal.

## INGREDIENTS

1 ¼ pounds lean ground turkey  
 1 teaspoon kosher salt  
 ½ teaspoon black pepper  
 1 teaspoon dried parsley  
 1 egg, lightly beaten  
 1 tablespoon milk  
 2 tablespoons butter, plus more for cooking  
 5 (1-ounce) slices sharp Cheddar or horseradish Cheddar  
 4 Hawaiian hamburger buns  
 1 to 2 firm-ripe avocado, thinly sliced  
 Mayonnaise or other burger toppings (pickles, lettuce, tomato, mustard), to taste

## PREPARATION

### Step 1

Combine the turkey, salt, pepper and parsley in a large bowl and mix with a fork or clean hands to season evenly. Add the egg and milk and stir to combine.

### Step 2

Divide the meat into four portions with damp hands and gently pack into four round patties, about ¾-inch thick. (It will feel very sticky because of the egg, which helps burgers hold their shape as they cook.) Place burgers on a parchment-lined baking tray or plate. Cut the butter into slices and 1 slice of the cheese into 4 thin squares, about 1 inch across. (The butter and cheese should be the same size.) Press a piece of each into the center of each burger. Shape the meat around it to cover across the top. Refrigerate for 10 minutes while you prepare the griddle.

### Step 3

Heat a flat-top griddle or cast-iron skillet over medium-high heat. Add enough butter just lightly coat the griddle or pan. Add the burgers to the griddle and cook until browned and just cooked through and a thermometer inserted into the meat (not the cheese in the center) reaches 165 degrees, about 4 minutes per side. In the final 2 minutes of cooking, add the remaining 4 cheese slices to the burgers, to melt.

### Step 4

Remove the burgers from the heat and layer onto the buns with the avocado and any other burger toppings you desire. Serve warm.

## Tip



# Patty Melts

By Sam Sifton

**YIELD** 4 servings

**TIME** 1 hour

As great dinner sandwiches go, it is hard to beat patty melts: ground beef, Swiss cheese and caramelized onions griddled on rye bread until they become crisp, oozing packages of salty-sweet delight. This recipe for them, which riffs on the ones served at Tiny Naylor's drive-in restaurant in Los Angeles in the 1950s, is about as traditional as you can get – luscious enough that they don't require condiments. Between the butter and the onions and the cheese, the sandwiches makes their own. Undercook the burger patties slightly before assembly, so they finish while you're griddling the sandwiches at the end.

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## INGREDIENTS

**4 to 6 tablespoons unsalted butter**

**2 large onions, peeled and thinly sliced**

**Kosher salt and freshly ground black pepper to taste**

**1 ½ pounds ground beef, at least 20 percent fat**

**8 slices seeded rye bread**

**8 slices Swiss cheese, approximately 1/2 pound**

## PREPARATION

### Step 1

Caramelize onions. Melt 2 tablespoons of the butter in a large skillet set over high heat. When it foams, add the onions and sprinkle with salt. Do not stir immediately. Wait 1 minute, then begin to stir frequently over high heat for 5 minutes or so, or until the onions have released some liquid and started to become translucent.

### Step 2

Reduce the heat to medium, and cook, stirring often, for what will seem like a very long time, until the onions are fully melted and dark golden brown, approximately 30 to 40 minutes. Remove onions, and set them and the skillet aside. (You can caramelize the onions a day ahead of time and reheat slowly when you're ready to cook.)

### Step 3

Cook the burgers. Add the remaining butter to the skillet in which you cooked the onions, and place it over medium heat. Gently divide the ground beef into 4 small piles, and then lightly form these into patties that are like flattened meatballs, roughly the shape of a slice of rye bread. Season aggressively with salt and pepper.

### Step 4

Increase the heat under skillet to high. Put the patties into the skillet with plenty of distance between them, and allow them to cook, without moving, for approximately 2 minutes. Use a spatula to turn the patties over, and continue to cook for another 2 to 2 1/2 minutes, then remove the patties from the skillet, and allow them to rest. (They will at this point be rare inside.)

### Step 5

Decrease the heat below the skillet to medium, and put four pieces of rye bread into the butter and fat that remains from cooking the patties. Top each piece with a slice of cheese, then a patty, then some of the caramelized onions, and finally another slice of cheese and another slice of rye. Use the spatula to press down on the packages, and after about a minute or so, carefully turn over each patty to begin to brown the other side. (You may need to add the additional butter.) Cook until the cheese is fully melted and the bread is golden brown and crisp on both sides. Slice in half before serving.

#### PRIVATE NOTES

Leave a Private Note on this recipe and see it here.

# Portobello Patty Melts

By Sam Sifton

**YIELD** Serves 4

**TIME** 1 hour

This is a traditional patty melt in all ways save the fact that the beef has been swapped out for roasted portobello-mushroom caps. It otherwise hews closely to the recipe served at Tiny Naylor's drive-in restaurant in Los Angeles in the 1950s, and to the ones used in coffee shops and diners across the country. But those mushrooms! Roasted in the oven in a marinade of oil, balsamic vinegar, soy and garlic, they take on immense flavor and density, and provide a terrific foil to the caramelized onions, Swiss cheese and butter-griddled rye bread.

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## INGREDIENTS

2 to 4 tablespoons unsalted butter  
2 large onions, peeled and thinly sliced  
Kosher salt and freshly ground black pepper to taste  
8 slices seeded rye bread  
8 slices Swiss cheese, approximately 1/2 pound  
1 tablespoon olive oil  
2 tablespoons soy sauce  
2 tablespoons balsamic vinegar  
1 minced garlic clove  
8 clean portobello caps

## PREPARATION

### Step 1

Caramelize onions. Melt 2 tablespoons of the butter in a large skillet set over high heat. When it foams, add the onions and sprinkle with salt. Do not stir immediately. Wait 1 minute, then begin to stir frequently over high heat for 5 minutes or so, or until the onions have released some liquid and started to become translucent.

### Step 2

Reduce the heat to medium, and cook, stirring often, for what will seem like a very long time, until the onions are fully melted and dark golden brown, approximately 30 to 40 minutes. Remove onions, and set them and the skillet aside. (You can caramelize the onions a day ahead of time and reheat slowly when you're ready to cook.)

### Step 3

Take a small baking dish, and put into it olive oil, soy sauce, balsamic vinegar and minced clove of garlic. Add portobello caps, then cover with foil, and roast in a 400-degree oven for 30 to 45 minutes, turning once.

### Step 4

Set the skillet to medium heat, and put four pieces of rye bread into the butter that remains from cooking the onions. Top each piece with a slice of cheese, then two portobello caps, then some of the caramelized onions, and finally another slice of cheese and another slice of rye. Use the spatula to press down on the packages, and after about a minute or so, carefully turn over each patty to begin to brown the other side. (You may need to add the additional butter.) Cook until the cheese is fully melted and the bread is golden brown and crisp on both sides. Slice in half before serving.



# Reuben Sandwich

By Kay Chun

**YIELD** 4 sandwiches

**TIME** 30 minutes

The original Reuben's Delicatessen no longer exists in New York City, but its legend lives on in the form of this classic sandwich. The deli's owner, Arthur Reuben frequently named sandwiches after the actors that would frequent his deli and created a special for Annette Seelos — one of Charlie Chaplin's leading ladies — in 1914. Mr. Reuben's version called for ham and coleslaw but morphed into today's Reuben, which sandwiches corned beef, sauerkraut, Swiss cheese and a healthy smear of Russian dressing between two slices of buttered rye bread. Homemade Russian dressing has a brighter, fresher flavor than the bottled variety, and comes together in just a few turns of a whisk. The best part of this toasted sandwich is the crispy crust and gooey cheese, so keep the heat low enough to allow the buttered bread to toast while the cheese melts.

## INGREDIENTS

### FOR THE RUSSIAN DRESSING:

- ½ cup mayonnaise
- 5 tablespoons ketchup
- 3 tablespoons dill pickle relish (not sweet)
- 1 tablespoon minced onion
- 1 teaspoon yellow mustard
- 1 teaspoon Worcestershire sauce

### FOR THE SANDWICHES:

- 8 slices rye sandwich bread
- 4 tablespoons unsalted butter, at room temperature
- 1 pound thinly sliced corned beef
- 1 cup drained sauerkraut (about 6 ounces)
- 8 slices Swiss cheese (about 6 ounces)

## PREPARATION

### Step 1

Make the Russian dressing: In a small bowl, combine all ingredients and mix well.

### Step 2

Make the sandwiches: Spread one side of each bread slice with 1/2 tablespoon butter. In a large nonstick skillet, arrange 2 slices of bread, buttered side down, over medium-low heat. Spread 2 tablespoons of Russian dressing on each slice of bread, then top each with 1/4 pound corned beef, 1/4 cup sauerkraut and 2 slices cheese. Top each with 1 slice of bread, buttered side up. Cook until golden and crispy underneath, about 5 minutes. Flip the sandwiches and cook, pressing down gently with a spatula, until second side is golden and cheese melts, about 3 minutes more. Transfer sandwiches to plates and wipe out skillet. Repeat with the remaining bread, sauce, corned beef, sauerkraut and cheese. Serve warm.

## PRIVATE NOTES

Leave a Private Note on this recipe and see it here.

# Croque-Madame

By The New York Times

**YIELD** 2 sandwiches

**TIME** 20 minutes

This is a variation of Amanda Hesser's croque-monsieur (<http://cooking.nytimes.com/recipes/1017345-croque-monsieur>), a ham and Gruyere sandwich topped with béchamel. Here, we invite you to pop a fried egg on top. Voila! A croque-madame (reportedly named such because the egg resembles a lady's wide-brimmed hat).

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## INGREDIENTS

5 tablespoons butter

1 tablespoon flour

¾ cup milk

Sea salt

Freshly grated nutmeg

4 1/3-inch-thick slices country bread

4 thin slices French ham

2 thin slices Gruyere cheese

2 eggs

## PREPARATION

### Step 1

Preheat a two-sided electric griddle on medium-high to high for about 20 minutes, or preheat the oven to 300 degrees and preheat a cast-iron skillet on top of the stove for about 5 minutes. Prepare a bechamel sauce: in a small saucepan over medium heat, melt 1 tablespoon butter. When bubbles have subsided, add flour and whisk vigorously for 1 minute. Slowly whisk in milk until smooth. Bring to a boil, and cook until thick. Remove from heat, and season to taste with salt and nutmeg.

### Step 2

Spread two slices of bread generously with sauce. Lay two slices of ham on top of each, and top each with a slice of cheese; ham and cheese should slightly overlap edges of bread. Top each with a slice of bread.

### Step 3

In a small saucepan, melt remaining the 4 tablespoons butter. Brush the sandwiches on both sides with butter, making sure that the edges are well covered. If you're using a griddle, place cheese side down, close the griddle and cook until the bread is toasted dark and cheese is leaking out and bubbling. If you're using a skillet, place sandwiches cheese side down and cook on stove top until well browned, then turn and brown again. Transfer skillet to oven, and bake until heated through and cheese is bubbling. Meanwhile, fry the eggs in a skillet with little butter. Slide one fried egg onto each sandwich. Serve hot.

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## PRIVATE NOTES

Leave a Private Note on this recipe and see it here.

# Perfect Instant Ramen

Recipe from Roy Choi

Adapted by Jeff Gordinier

**YIELD** 1 serving

**TIME** 10 minutes

Make some instant ramen. Slide an egg into the hot broth, then some butter. Crown the steaming noodles with slices of American cheese. Scatter a bunch of toasted sesame seeds and chopped scallions across the top, if you want to. Hardly a recipe! But for the chef Roy Choi, who gave it to The Times in 2014, doctored instant ramen is a taste of Korean-American straight-from-the-bag soul food. The butter, egg and cheese help coat the ramen noodles and deepen their flavor. “It’s our snack, it’s our peanut butter and jelly sandwich, it’s our bowl of cereal,” Mr. Choi said. “It’s something that has been a part of my life forever.” —**Jeff Gordinier**

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## INGREDIENTS

1 pack ramen noodles with flavor packet  
1 large egg  
½ teaspoon butter  
2 slices American cheese  
¼ teaspoon toasted sesame seeds  
½ scallion, green part only, thinly sliced on the bias, optional

## PREPARATION

### Step 1

Bring 2 ½ cups of water to a boil in a small saucepan. Add the noodles and cook for 2 minutes. Add the flavor packet, stir, and continue to cook for another 30 seconds.

### Step 2

Remove the pan from the heat and carefully add the egg. Do not stir; pull the noodles over the egg and let sit for one minute to poach.

### Step 3

Carefully transfer everything to a serving bowl, add the butter, cheese and sesame seeds and mix. Garnish with the scallions if desired.

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## PRIVATE NOTES

Leave a Private Note on this recipe and see it here.

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Adapted from Roy Choi



# Southern Macaroni and Cheese

Recipe from Millie Peartree

Adapted by Kiera Wright-Ruiz

**YIELD** 8 to 10 servings

**TIME** 45 minutes, plus cooling

There is macaroni and cheese, and then there is special occasion macaroni and cheese like this one. Unlike most recipes, which start with a roux, this one begins with a milk-and-egg base, which gives the dish an incredibly rich, silky taste. It's adapted from Millie Peartree, the owner of Millie Peartree Fish Fry & Soul Food restaurant in the Bronx, who has been making this dish since she was a little girl. The recipe was passed down in her family for generations, but because of the generous amount of cheese used, the dish was only made for events like Christmas and Thanksgiving. Extra-sharp Cheddar adds tartness and a layer of Colby Jack creates a gooey, molten center. If you can't find a Colby Jack blend, shredded mozzarella or a Mexican-style blend will work in its place.

—Kiera Wright-Ruiz

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## INGREDIENTS

Kosher salt and black pepper  
1 pound elbow macaroni  
2 cups whole milk  
2 large eggs  
4 cups shredded extra-sharp Cheddar (about 16 ounces)  
½ cup unsalted butter (1 stick), melted  
2 cups shredded Colby Jack (about 8 ounces)

## PREPARATION

### Step 1

Heat oven to 350 degrees. Bring a large pot of generously salted water to a boil. Add macaroni and cook according to package directions until a little under al dente, about 4 minutes. Transfer to a colander and rinse under cold water to stop cooking. Set aside.

### Step 2

In a large bowl, whisk milk and eggs. Add cooked macaroni, 2 cups extra-sharp Cheddar, melted butter, 1 1/2 teaspoons salt and 1/2 teaspoon pepper, and stir until well combined.

### Step 3

Add half the macaroni mixture to a 9-by-13-inch baking dish in an even layer. Sprinkle 1 1/2 cups Colby Jack evenly on top. Spread the remaining macaroni mixture on top in an even layer. Cover with aluminum foil, transfer to the middle rack of the oven and bake for 30 minutes.

### Step 4

Remove from oven. Carefully remove and discard the aluminum foil. Top the macaroni mixture with the remaining 2 cups Cheddar and 1/2 cup Colby Jack. Broil on top rack until cheese is browned in spots, 3 to 5 minutes. (The broiled cheese can go from golden to burnt fairly quickly, so keep a close eye on it.)

### Step 5

Remove from oven and let cool until the macaroni and cheese is fully set, 10 to 15 minutes. (The mixture may first appear jiggly, but it will firm up as it cools.) Serve warm.

#### PRIVATE NOTES

Leave a Private Note on this recipe and see it here.

Adapted from Millie Peartree, Millie Peartree Fish Fry & Soul Food, New York

# Tater Tot Casserole

Recipe from Molly Yeh

Adapted by Sam Sifton

**YIELD** 8 servings

**TIME** 1 1/2 hours

I first ate this hot dish, a Midwestern favorite, on a late fall evening in the humid kitchen of the cook and television star Molly Yeh, at her farmhouse in Minnesota. The casserole accompanied venison, lefse and talk of the sugar beet harvest outside. I thrilled to the cream-beefy, umami-strong flavors that sat beneath its golden, cobbled exterior, and I loved the way the potatoes soaked up the gravy that pooled below the venison. You could substitute other ground meats for the beef, and other frozen vegetables for the peas or corn, but the tots are mandatory, and I do love the addition of cheese at the end. —**Sam Sifton**

## INGREDIENTS

½ cup unsalted butter  
 2 carrots, peeled and finely chopped  
 2 celery stalks, finely chopped  
 1 large white or yellow onion, finely chopped  
 Kosher salt and black pepper  
 ¾ cup all-purpose flour  
 3 cups whole milk  
 2 tablespoons chicken, vegetable or beef broth base or bouillon  
 2 pounds ground beef (about 15 percent fat)  
 9 ounces frozen peas or corn, or a combination  
 1 ½ pounds frozen Tater Tots  
 1 cup shredded Cheddar (optional)  
 Chopped fresh parsley, for serving (optional)  
 Ketchup, for serving (optional)

## PREPARATION

### Step 1

Heat the oven to 400 degrees. Make the creamed soup: In a large pot, melt 6 tablespoons butter over medium-high heat. Add the carrots, celery, half the onion and a pinch of salt and cook, stirring occasionally, until soft, 12 to 15 minutes.

### Step 2

Stir in the flour and cook for another minute. Add half the milk and cook, stirring, until thickened. Add the remaining milk and cook, stirring, until very thick. Stir in the broth base, and season to taste with salt and pepper. Pour into a heat-safe bowl and set aside.

### Step 3

Wipe out the pot and set it back over medium-high heat. Melt the remaining 2 tablespoons butter, then add the remaining onion and a pinch of salt. Cook, stirring, until soft, 5 to 7 minutes. Add the ground beef and cook, breaking up with a wooden spoon, until browned. Stir in the peas or corn and season to taste with salt and pepper.

### Step 4

Using a slotted spoon, drain and discard any excess liquid from the beef mixture. Transfer half the mixture to a 4-quart casserole dish and spread it out evenly. Spread half the creamed soup mixture on top. (It can be tricky to spread the soup over the beef, but it's OK if it gets messy and mixes together a little bit.)

### Step 5



Add the remaining beef mixture on top in an even layer, and spread the remaining creamed soup mixture on top. Cover with Tater Tots, sprinkle with another pinch of salt and pepper, then with cheese, if using.

**Step 6**

Bake until the tots are golden brown and crispy on top, about 45 minutes. Let cool slightly. Sprinkle with parsley and serve with ketchup, if using.

**Tip**

*To make ahead, complete through the end of Step 4. Let cool completely, then wrap in plastic wrap, and refrigerate or freeze until ready to bake. The casserole will last two days in the refrigerator and three months in the freezer. If reheating from the refrigerator, remove the plastic wrap and proceed as directed, baking few minutes extra until heated through. To reheat from frozen, remove the plastic wrap, cover with foil and bake at 350 for 1 hour, then uncover and increase the heat to 400 and bake for another 20 to 30 minutes, until tots are golden brown and the casserole is heated through.*

**PRIVATE NOTES**

Leave a Private Note on this recipe and see it here.

Adapted from Molly Yeh

# Pressure Cooker Split Pea Soup With Horseradish Cream

By Sarah DiGregorio

**YIELD** 6 to 8 servings

**TIME** About 1 hour

The pressure cooker turns simple ingredients into a creamy and satisfying soup in under an hour. Split peas are a type of field pea that's been dried and split. They have been eaten around the world for ages, because they are cheap, nonperishable and widely available. This recipe is enriched a ham hock, which provides salty pork bits. Ham hocks can be harder to find, but they are also inexpensive and add body and flavor to soups — and freeze well, so they are worth having on hand. If you don't have a ham hock, you can use a leftover ham bone or diced thick-cut ham, or toss in some crisped bacon at the end. (You can also prepare this recipe in a slow-cooker (<https://cooking.nytimes.com/recipes/1021979-slow-cooker-split-pea-soup-with-horseradish-cream>)).

## INGREDIENTS

3 tablespoons unsalted butter (or olive oil)

1 large yellow or red onion, finely chopped

3 celery stalks, thinly sliced

1 large carrot, chopped

5 large garlic cloves, smashed and chopped

½ teaspoon smoked paprika

½ teaspoon garlic powder

2 fresh thyme sprigs, leaves removed, or 1/2 teaspoon dried thyme

2 fresh or dried bay leaves

Kosher salt and black pepper

6 cups chicken stock

½ cup dry white wine or vermouth (see Tip)

1 pound green or yellow split peas

1 smoked ham hock (about 1 pound)

½ lemon, juiced (about 1 tablespoon)

1 cup sour cream

## PREPARATION

### Step 1

Turn on the sauté setting on a 6- to 8-quart electric pressure cooker. Melt the butter, then add the onion. Cook, stirring occasionally, until translucent, about 5 minutes. Add the celery, carrot, garlic, smoked paprika, garlic powder, thyme, bay leaves, 2 teaspoons salt and a few generous grinds of pepper. Cook, stirring, until fragrant and well combined, about 2 minutes.

### Step 2

Pour in the stock and wine, and let the mixture come to a bubble, scraping the bottom of the pan. Stir in the split peas and ham hock.

### Step 3

Put the lid on the pressure cooker and turn the steam valve to sealed. Set to cook on high pressure for 18 minutes. After the cook time, turn off the heat and let the pressure reduce naturally for 10 minutes, then release the remaining pressure manually by twisting the steam valve to vent.

### Step 4

The soup will thicken as it sits; if it is too thick for your taste, stir in a bit of warm broth or water. If you'd like the soup to be thicker, turn on the sauté setting and let the soup bubble with the lid off for a few minutes, to reduce. Discard the bay leaves, then stir in the lemon juice.

2 tablespoons jarred, drained horseradish

1 teaspoon Dijon mustard

Step 5

Transfer the ham hock to a bowl. Using two forks, pull the meat from the ham hock; discard the bone and return the meat to the pot. Taste the soup and add more salt and pepper if necessary.

Step 6

In a small bowl, stir together the sour cream, horseradish and mustard, and season it with a pinch of salt and pepper. Serve the soup with the horseradish cream for topping. (Split pea soup thickens dramatically when chilled, so if you have leftovers, stir in a little water or broth when reheating to loosen the texture.)

Tip

If you prefer to cook without the wine, omit it and add an equivalent amount of stock. At the end, add extra lemon juice to taste.

PRIVATE NOTES

Leave a Private Note on this recipe and see it here.



# Tuna Melt

By Lidey Heuck

**YIELD** 4 servings

**TIME** 15 minutes

Legend has it that the tuna melt was accidentally invented in the 1960s at the Woolworth's lunch counter in Charleston, S.C., when the cook didn't notice that a bowl of tuna salad had tipped over onto a grilled cheese. We may never know if this story is true, but there's no doubt that the tuna melt has become a classic American diner food. This recipe adds chopped cornichons and whole-grain mustard for a satisfying crunch and vinegary element. Extra-sharp Cheddar is a must, and as with grilled cheese, the key to achieving perfectly melted cheese and golden bread is to toast the sandwich over medium-low heat. If you prefer an open-face tuna melt, skip the top piece of bread and place the sandwich on a sheet pan under the broiler until the cheese melts.

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## INGREDIENTS

**3 (6-ounce) cans solid, water-packed tuna, drained**  
**¾ cup mayonnaise**  
**¼ cup finely chopped cornichons or small kosher dill pickles**  
**3 tablespoons minced red onion**  
**2 tablespoons lemon juice**  
**1 packed tablespoon minced fresh dill (optional)**  
**2 teaspoons whole-grain mustard**  
**¼ teaspoon kosher salt**  
**¼ teaspoon black pepper**  
**8 slices rye or sourdough bread, cut 1/2-inch thick**  
**8 sandwich slices extra-sharp Cheddar (or 6 ounces shredded)**  
**4 tablespoons softened unsalted butter, plus more as needed**

## PREPARATION

### Step 1

Place the tuna in a medium bowl and flake with a fork. Add the mayonnaise, cornichons, red onion, lemon juice, dill (if using), mustard, salt and pepper. Mix well.

### Step 2

Depending on the size of your bread, spoon 1/3 to 1/2 cup tuna salad on each of four slices of bread, heaping it in the middle slightly. Divide the cheese among the sandwiches, tearing and arranging the cheese to fit neatly. Place a piece of bread on top of each and generously spread the top piece of each sandwich with about 1/2 tablespoon butter.

### Step 3

Heat a 10-inch skillet over medium-low. Place two sandwiches, buttered-side down, in the skillet, and cook for 3 to 4 minutes, until the bottom pieces of bread are golden brown.

### Step 4

Meanwhile, spread the top of the each sandwich with another 1/2 tablespoon butter. Carefully flip the sandwiches, turn the heat to low, and cook for 3 to 4 more minutes, until the bottoms are browned and the cheese is melted. Repeat with the remaining two sandwiches and serve immediately.

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## PRIVATE NOTES

Leave a Private Note on this recipe and see it here.

and flavor and is a great recipe to add to your repertoire; I like to think of it as my “universal curry paste,” as it can be used in so many tasty ways in addition to this soup. Whisk a tablespoon or two into eggs before scrambling, stir into Greek salad to make a memorable salad dressing, or use as the base for a Thai-style curry, chickpea stew, or a fragrant lentil soup. The paste can also be frozen, so make a double or triple batch to ensure that you always have some on hand for a quick meal.

## Ginger & Turmeric Soup

### FOOD & WINE

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2 teaspoons ground turmeric

1 teaspoon ground coriander

1/4 cup good-quality coconut oil

### Garlic oil

1/4 cup olive oil

1 large garlic clove, very thinly sliced

### Directions

#### Make the ginger-and-turmeric curry paste

##### Step 1

Combine garlic, shallots, ginger, chiles, lime juice, cumin, turmeric, and coriander in a blender or food processor, and pulse until ingredients are finely chopped. Add coconut oil, and pulse until ingredients form a smooth paste. (Keep any unused paste in an airtight container in refrigerator up to 7 days, or freeze in an airtight container.)

#### Make the garlic oil

##### Step 2

Heat olive oil in a small saucepan over medium-high. Add the garlic slices, and cook until sizzling, 30 to 40 seconds. As soon as you see any sign of browning, remove from heat immediately, as the garlic will continue to cook and turn completely golden in the hot oil.

#### Make the soup

##### Step 3

Heat a deep, high-sided skillet over medium-high, and drizzle with olive oil. Add 1/2 cup turmeric-and-ginger curry paste. Reduce heat to low, and cook, stirring constantly, until aromatic, 2 to 3 minutes. Stir in vegetable stock and coconut milk. Let simmer 6 to 8 minutes to allow the flavors to meld.

##### Step 4

### SOUP

- 1 tablespoon olive oil
- 4 cups vegetable stock (such as Swahson)
- 1 (13.5-ounce) can coconut milk
- 10 ounces uncooked udon noodles
- 1 1/2 teaspoons fine sea salt
- 1 (5-ounce) bunch Swiss Chard, stems removed,

Meanwhile, bring a large pot of salted water to a boil, and add noodles. Cook according to package directions for al dente. As soon as the noodles are al dente, drain and rinse under cold running water. Divide noodles evenly among 4 serving bowls.

**Step 5**  
Season broth with salt. Turn off heat, and stir in chard. To serve, ladle broth mixture over the noodles. Top with scallions and cilantro; drizzle with garlic oil. Serve with lime wedges.

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# 11 Favorite Microwave Tricks

## Microwave Hacks

Your trusty microwave is more than a one-trick pony for reheating food in a pinch. Check out these 11 genius uses for a microwave.

### More Juice

Microwave lemons or limes for 20 seconds before squeezing, to loosen them up. They'll be easier to juice.

### Corn on the Cob

Really fresh corn tastes amazing cooked in its own husk. Just cut off the wide end, right at the shoulder, microwave for 3 minutes and then slip it out of its skin (like the guy in the famous corn video).

### Pre-Grill Game

Soften squash or other veggies before you grill them, so they are silky on the inside and striped with smoky char on the outside.

### Dinner for One

Smaller portions cook more quickly in the microwave. We layer the cooking so everything finishes at the end. Microwave oil with some sliced mushrooms or scallions for a minute, then stir in a vegetable like bok choy, tiny broccoli florets or string beans for a couple of minutes, then top everything with a small piece of seasoned salmon or a thin piece of chicken breast for a bit until those are cooked. Let everything rest for a minute, then eat it.



## Midnight Shrimp Cocktail

Microwave a handful of shrimp until they are opaque in the middle, then plunge them in salted ice water to chill them. Serve with required cocktail sauce.

## Mason Jar Steamer

Put a half-inch of water into a Mason jar, fill with vegetables (broccoli, cauliflower, snap peas, carrots), season and put a pat of butter on top, covering the unlidged jar with a small plate or napkin before you microwave. Drain (be careful of heat!). Voila – veggies for one.

## Prosciutto

Lay a few pieces of prosciutto on a paper towel and microwave to crisp. Add pieces of them to sandwiches or salads for crunchy, baconlike deliciousness, or serve strips instead of bacon with eggs.

## Steaming Milk

Put some milk in a jar. Put the lid on and shake it up. Remove the lid and microwave the jar of milk. Put the lid back on and shake it some more (be careful – use an oven mitt). Add to hot chocolate or coffee.

## Garlic Oil

Toast garlic in a bit of oil and use it in dressings or drizzle it over all the things that taste good with garlic oil.

## Sunny-Side-Up Egg

Separate the yolk from the white. Microwave the white in an oiled bowl. Add the yolk and microwave for 5 or 10 more seconds to heat.

EatingWell

# Mushroom Shawarma with Yogurt-Tahini Sauce

Active: 15 mins

Total: 30 mins

Servings: 4

★★★★★

The bold spices and cooling and creamy tahini-yogurt sauce make these vegetarian pitas a home run for lunch or dinner. The meaty, umami-rich mushrooms do enough heavy lifting so that you don't miss the meat at all.



## Ingredients

3 tablespoons extra-virgin olive oil

1 ½ teaspoons ground cumin, divided

1 teaspoon ground coriander

½ teaspoon garlic powder

½ teaspoon smoked paprika

½ teaspoon chipotle chile powder

½ teaspoon salt plus 1/8 teaspoon, divided

1 pound portobello mushrooms, stemmed, gills removed, halved and sliced (see Tip)

1 medium red onion, halved and sliced

½ cup low-fat plain Greek yogurt

2 tablespoons tahini

1 tablespoon lemon juice

4 pitas, warmed

## Directions

### Step 1

Preheat oven to 425 degrees F. Combine oil, cumin, coriander, garlic powder, smoked paprika, chile powder and 1/2 teaspoon salt in a large bowl. Add mushrooms and onion; stir to coat well. Transfer to a large rimmed baking sheet and roast, stirring once or twice, until the vegetables are tender, about 20 minutes.

### Step 2

Meanwhile, combine yogurt, tahini, lemon juice and the remaining 1/2 teaspoon cumin and 1/8 teaspoon salt in a small bowl.

### Step 3

Spread pitas with the yogurt sauce, then top with the mushroom mixture, lettuce, tomatoes and cilantro.

## Tips

**Tip:** To prepare portobello mushroom caps, gently twist off the stems of whole portobellos. Using a spoon, scrape off the brown gills from the underside of the mushroom caps. If you prefer, purchase portobello mushroom caps, rather than whole mushrooms.

## Nutrition Facts

**Serving Size:** 1 Pita **Per Serving:** 281 calories; protein 10.4g; carbohydrates 28.7g; dietary fiber 5.1g; sugars 7.4g; fat 15.9g; saturated fat 2.5g; cholesterol 2.8mg; vitamin a iu 1814.2IU; vitamin c 12.2mg; folate 83.1mcg; calcium 77.6mg; iron 2.6mg; magnesium 57mg; potassium 758.9mg; sodium 541mg.



1 cup chopped romaine lettuce

1 cup chopped tomatoes

½ cup cilantro leaves

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## Tom's favorite Breakfast



### Ingredients:

Avocado  
70 cal. toast or baby Romano lettuce  
truffle honey  
poached egg  
spicy Mayo  
Tajin seasoning  
blueberries  
whipped cream cheese  
Sugar-free strawberry jelly

### Directions:

Either on two slices of toast or 4 leaves of baby Romano lettuce (Little Gems) spread mayo and avocado, sprinkle Tajin then add small amount of truffle honey.

On one slice of toast or 2 leaves of lettuce spread cream cheese and strawberry jelly, top with blueberries. Add one poached egg on top of a piece of lettuce.

## Tom's Favorite Restaurant Dinner



### Campfire Ribeye

Coffee rub coated ribeye steak with cherry tomatoes covered in blue cheese sauce  
Houston's/Manhattan Beach, CA