

Living Well: Eating Well

Topic: Fall Foods & Festivities

November 2019

Corn Chowder

Roasted Broccoli with Lemon & Pecorino

Celery & Marconi Almond Salad

Blueberry Apple Muffins

Farfalle with Golden Beets, Beet Greens & Prosciutto

Steam-roasted Carrots with yogurt & Dukkah

Rosemary-Cranberry Apple Stuffing

Apple, Cranberry & Pecan Stuffing

Butternut-Swirled Mashed Potatoes

Roasted Brussel Sprouts with Grapes

Roasted Carrots & Beets with Pecan Pesto

Corn Chowder

Ingredients:

4 Tbsp. Unsalted butter
½# skinless, thin-cut boneless chicken breast
Kosher salt & pepper to taste
1 medium yellow onion, chopped
2 medium cloves garlic, minced
½# red potatoes, cut into ½ inch pieces
3 Tbsp. Flour
4. Cups low sodium chicken broth
4 ears corn, kernels removed, cobs cut in half & reserved
1 cup heavy cream (or can use 2 % milk)
Thinly sliced fresh chives, for garnish

Directions:

Melt 2 Tbsp. Butter in a large skillet over medium heat. Generously season the chicken all over with pepper and a little salt. Add. Chicken to the skillet in a single layer and cook, flipping once and adjusting the heat as necessary, until golden brown & just cooked through, 2-3 minutes per side. Transfer to a cutting board & cool briefly & shred.

Melt the remaining 2 Tbsp. Butter in a 5-quart Dutch oven. Add the onion & cook, stirring occasionally until translucent, about 3 minutes. Add the garlic & cook about 30 seconds. Stir in the potatoes. Sprinkle with the flour & then sprinkle with the flour & stir to incorporate, about 30 seconds. Stir in the broth, add the cobs, increase heat to high & bring to a boil. Reduce heat & simmer until the potatoes are tender, about 8-10 minutes. Remove the cobs & discard. Stir in corn kernels, chicken & cream. Cook until heated through, about 3 minutes.

Season to taste, sprinkle with chives and serve.

Serves: 4

Roasted Broccoli with lemon & pecorino

Ingredients:

1 ½# broccoli
¼ cup olive oil
½ tsp. Kosher salt
2 Tbsp. Fresh lemon juice, more to taste
½ cup freshly grated Pecorino Romano

Directions:

Preheat oven to 450. Degrees.

Tear off any broccoli leaves & trim the bottoms of the stems.

Cut the florets just above where they join the large stem, and then cut each floret through its stem (but not the buds) so that each piece is about ½ inch thick at the stem end. Using a vegetable peeler or paring knife, peel the tough outer skin from the large stem, removing as little flesh as possible. Cut the stem into baton-shaped pieces about ½ inch wide & 2 inches long.

Put the florets & stem pieces on a rimmed baking sheet, drizzle with olive oil, sprinkle with salt; toss well to combine. Spread the Broccoli into an even layer & toast until tender & golden brown, about 15-20 minutes. Transfer the broccoli to a serving platter, toss with the lemon juice to taste & the grated Pecorino.

Serves: 4

Celery and Marconi Almond Salad

Ingredients:

½ cup Marconi almonds, coarsely chopped
1 ½ Tbsp. Fresh lemon juice, more as needed
Kosher salt & black pepper to taste
2 Tbsp. Olive oil
6 large ribs celery, trimmed & sliced ½ inch thick (about 4 cups) plus ½ cup leaves from the inner stalks
1 4-6 ounce chunk Grana Padano or Parmigiano-Reggiano. Cheese
½ cup dried cherries, optional

Directions:

Heat oven to 350 degrees.

Bake the almonds on a small rimmed baking sheet until several shades darken, about 9-11 minutes. Set aside.

Combine the lemon juice & ½ tsp. Salt and some pepper in a large bowl.

Slowly whisk in the oil. Toss with the celery & celery leaves.

Finely grate about 1/3 cup of the cheese into the salad using a rasp grater.

Add half of the almonds & toss. Season to taste with salt & pepper & lemon juice.

Spread the salad on a platter and sprinkle with remaining ingredients (nuts & dried cherries). Using a vegetable peeler cut chunks of cheese to top on the salad.

Note: may serve salad on a bed of arugula or Romaine lettuce.

Serves: 4

Blueberry Apple Muffins

Ingredients:

1 ½ cups whole wheat flour
1 cup oats
2 ¼ tsp. Baking powder
1 tsp. Cinnamon
½ tsp. Salt
½ cup sugar
2 large eggs
1 stick unsalted butter, melted & cooled
1/2 cup milk
1 Apple, peeled & cut into small cubes, about 1 cup
1 cup frozen blueberries

Directions:

Preheat oven to 350 degrees. Line 3 mini muffin pans with baking cups or grease lightly.

In a medium bowl, whisk together flour, oats, baking powder, cinnamon & salt.

In a separate bowl, whisk together sugar, eggs, butter & milk.

Add wet ingredients into dry ingredients & combine. Stir in Apple & blueberries. Spoon batter into muffin cups.

Bake until tops are golden brown, 20—25 minutes.

Serves: 36 mini-muffins or 12 standard muffins.

Farfalle with golden beets, beet greens & prosciutto

Ingredients:

2 bunches golden beets with healthy green tops
6 Tbsp. Olive oil
2 medium yellow onions, quartered lengthwise & sliced crosswise ½ inch thick
6 oz. ¼ inch diced prosciutto
8 medium cloves garlic, minced
1 cup low sodium chicken broth
½ cup dry white wine
2 tsp. Minced fresh rosemary
1 # farfalle
½ cup Parmigiano cheese plus extra for serving
Black pepper

Directions:

Bring a large pot of salted water to boil over high heat.
Meanwhile, trim, peel & halve the beets, then slice them into ¼" thick half-moons, discard. Wash the greens, spin dry & slice into 1" strips.
Heat 1 Tbsp. Of the olive oil in a 6-quart Dutch oven over medium heat. Add the onions & prosciutto & cook; stirring often until the onion is tender & browned, about 10 minutes. Add the garlic & stir for 2 minutes. Push the onion mixture to the sides & pour 3 Tbsp. Olive oil into the empty space. Add the beets & cook until just tender, 5 to 7 minutes. Stir in the broth, wine, & rosemary & simmer until the liquid evaporates & the beets are completely tender., 10 to 15 minutes. Meanwhile boil the Farfalle until al dente about 1 minute less than the package suggests. Drain the pasta, reserving 1 cup of the pasta cooking water.
Scatter the beet greens over the beet mixture, drizzle with the remaining 2 Tbsp. Olive oil, cover & cook until the greens are tender, about 3 minutes. Stir in the pasta & cheese, if needed & enough of the pasta cooking liquid to moisten. Season to taste with salt & pepper. Serve with more cheese.
Serves: 6

Apple, Cranberry & Pecan Stuffing

Ingredients:

12 oz. whole-grain bread, cut into $\frac{3}{4}$ inch cubes
2 Tbsp. Olive oil
1 cup onion, chopped
 $\frac{1}{2}$ cup celery, chopped
 $\frac{1}{2}$ cup carrot, chopped
1 large Fuji Apple, diced about 2 cups
1 cup pecan halves, toasted & coarsely chopped
 $\frac{1}{2}$ cup dried cranberries
 $\frac{1}{4}$ cup chopped fresh flat-leaf parsley
 $\frac{3}{4}$ tsp. Kosher salt
 $\frac{3}{4}$ tsp. Black pepper
2 cups unsalted chicken stock
3 Tbsp. Unsalted butter
2 large eggs
Cooking spray

Directions:

Heat oven to 400 degrees.

Arrange bread cubes on a rimmed baking sheet. Bake at 400 degrees for 20 minutes., stirring after 10 minutes.

Place bread in a large bowl, reduce oven heat to 350 degrees.

Heat oil in a large skillet & add onion, celery & carrot to pan, sauté 6 minutes.

Add Apple mixture to bread; toss. Combine stock, butter & eggs in a bowl. Drizzle over bread mixture; toss. Let stand 15 minutes. Spoon into a 13 x 9 baking dish coated with cooking spray. Bake at 350 degrees for 25 minutes.

Serves: 12. (2/3 cup)

Calories: 230, Fat: 13 g, Protein: 7 g, CHO: 23 g, Sodium: 271 g, Fiber: 4 g