

WHERE GOOD TASTE MEETS GOOD HEALTH

# EatingWell®

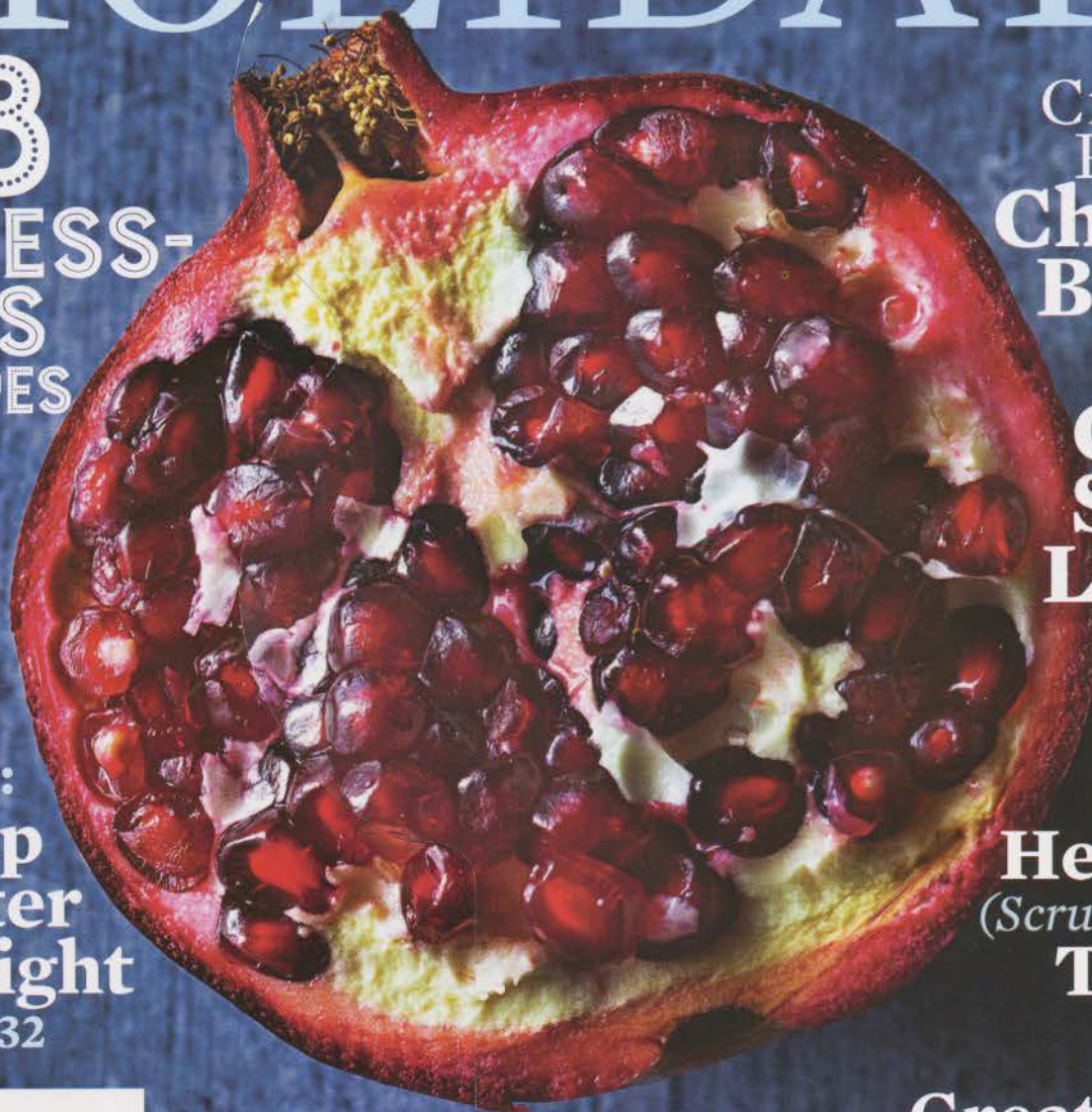
NOVEMBER/DECEMBER 2016

BRILLIANT

# HOLIDAYS

48

STRESS-  
LESS  
RECIPES



Create a  
Perfect  
**Cheese  
Board**

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**Treats**

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THIS:  
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Better  
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DISPLAY UNTIL DEC 20, 2016















## Roasted Brussels Sprouts

BY MICHAEL SYMON

ACTIVE: 30 min TOTAL: 30 min

Michael Symon loves Brussels sprouts because they can be cooked so many different ways. This dish, with the rich flavor of the walnuts, Dijon and capers, is perfection with roasted meats. It will add a nice lift to your holiday meal. (Photo: page 85.)

- 2 pounds Brussels sprouts, trimmed
- 4 tablespoons extra-virgin olive oil, divided
- ¼ teaspoon kosher salt
- Freshly ground pepper to taste
- 1 teaspoon minced anchovies (about 1½ fillets), or more to taste
- ¼ cup coarsely chopped walnuts
- 1 tablespoon Dijon mustard
- 1 tablespoon capers, rinsed
- 2 teaspoons white-wine vinegar

1. Preheat oven to 450°F.
2. Cut Brussels sprouts into quarters (or sixths, if large). Spread in an even layer on a large rimmed baking sheet. Drizzle with 3 tablespoons oil and season with salt and pepper. Roast until just tender, 8 to 10 minutes.
3. Meanwhile, heat the remaining 1 tablespoon oil in a large skillet over medium-low heat. Add anchovies and cook, stirring occasionally, until they have melted into the oil, 3 to 5 minutes. Add walnuts and cook, stirring occasionally, until lightly toasted, 4 to 6 minutes. Remove from heat. Stir in mustard, capers and vinegar.
4. Add the Brussels sprouts to the pan and stir to combine with the sauce. Season with more pepper to taste. Serve warm.

SERVES 8: ½ cup each

CAL 133 / FAT 10G (SAT 1G) / CHOL 1MG / CARBS 10G / TOTAL SUGARS 2G (ADDED 0G) / PROTEIN 4G / FIBER 4G / SODIUM 124MG / POTASSIUM 414MG.

## Orange-Caraway Glazed Carrots

BY NAOMI POMEROY

ACTIVE: 35 min TOTAL: 50 min

TO MAKE AHEAD: Prepare glaze (Step 4) and keep at room temperature for to 2 days.

Some cooks recommend sprinkling sugar on top of carrots to glaze them, somehow hoping that it will marry with the natural juices in the carrots to create the perfect glaze. But you can't predict how much liquid will come out of a vegetable, so Naomi Pomeroy developed a more controlled technique that also yields a deeper and richer flavor. (Photo: page 88.)

### CARROTS

- 3 pounds medium-to-large carrots, trimmed
- 2 tablespoons extra-virgin olive oil
- ¾ teaspoon salt
- 1 tablespoon butter
- 1 teaspoon caraway seeds, toasted

### GLAZE

- ⅓ cup aged sherry vinegar
- ¼ cup maple sugar, muscovado sugar or brown sugar
- ½ teaspoon salt
- ½ teaspoon orange zest

1. To prepare carrots: Place a large rimmed baking sheet in the oven; preheat to 400°F.
2. Cut off the tip of a carrot at a 45-degree angle. Rotate the carrot a quarter turn and cut off a 1½-inch piece at a 45-degree angle. Continue rotating and cutting along the length of the carrot to create irregular-shaped pieces. Repeat with the remaining carrots.
3. Toss the carrots with oil and ¾ teaspoon salt in a large bowl. Spread the carrots on the hot baking sheet. Roast, stirring once, until just tender and starting to brown in spots, 35 to 45 minutes.
4. To prepare glaze: Meanwhile, combine vinegar, sugar and salt in a small saucepan. Bring to a simmer over medium heat, stirring to dissolve the sugar. Reduce heat to maintain a gentle simmer and cook, watching carefully to prevent burning, until the glaze is the consistency of maple syrup and the color has darkened, 5 to 10 minutes. Stir in orange zest. Transfer to a small heatproof bowl and keep at room temperature (don't refrigerate, as it will harden). As the glaze cools, it will thicken slightly, but when tossed with the hot carrots, it will return to a syrupy texture.
5. To serve, melt butter in a large skillet over medium-high heat. Add the carrots and caraway

seeds and cook, stirring, until the carrots are coated, about 1 minute. Add the glaze and toss to coat, 30 seconds to 1 minute. Serve hot.

SERVES 8: ⅔ cup each

CAL 125 / FAT 5G (SAT 1G) / CHOL 4MG / CARBS 19G / TOTAL SUGARS 11G (ADDED 4G) / PROTEIN 1G / FIBER 4G / SODIUM 469MG / POTASSIUM 501MG.

## Brassica Salad

BY JENNIFER JASINSKI

ACTIVE: 35 min TOTAL: 35 min

TO MAKE AHEAD: Refrigerate the dressing for up to 5 days.

Jennifer Jasinski has this salad on the menu at her restaurant Rioja for fall and winter. The balance of roasted Brussels sprouts alongside the tang of the oranges and the chewy sweetness from the apricots is a crowd-pleaser. (Photo: page 89.)

### HAZELNUT VINAIGRETTE


- ¼ cup whole hazelnuts, toasted, divided
- 3 tablespoons white balsamic vinegar
- 3 tablespoons water
- 2 teaspoons Dijon mustard
- ¼ cup olive oil
- 1 teaspoon chopped fresh thyme
- ¾ teaspoon kosher salt
- ¼ teaspoon ground pepper
- 1 tablespoon finely chopped shallot

### SALAD

- 16 medium Brussels sprouts (about 12 ounces), quartered
- 1 tablespoon olive oil
- Pinch of salt
- 2 medium oranges
- 4 cups shaved-thin raw cauliflower (some stem is OK)
- 3 cups torn radicchio
- 12 dried apricots, thinly sliced
- ⅓ cup toasted whole hazelnuts

1. Preheat oven to 500°F.
2. To prepare vinaigrette: Place 2 tablespoons hazelnuts, vinegar, water and mustard in a food processor or blender; process until as smooth as possible. With the motor running, add ¼ cup oil in a slow stream through the feed tube until well blended. Add the remaining 2 tablespoons hazelnuts, thyme, ¾ teaspoon salt and pepper; process for a few seconds more or until the consistency is loose and chunky. Transfer to a small container and stir in shallot.
3. To prepare salad: Toss Brussels sprouts with





oil and salt on a large rimmed baking sheet. Roast until tender, 5 to 7 minutes.

**4.** Meanwhile, suprême the oranges: Cut a thin slice off the top and bottom of each. Place on a flat surface. Slice off the peel and white pith below, following the curve of the fruit as you go. Holding the fruit over a large bowl, use a small sharp knife to cut between the membrane and each segment, letting the segments drop into the bowl. Drain any juice from the bowl.

**5.** Add the Brussels sprouts to the oranges along with cauliflower, radicchio, apricots and hazelnuts. Drizzle with the vinaigrette and gently toss to combine.

**SERVES 8:** 1 cup each

**CAL 201 / FAT 15G (SAT 2G) / CHOL 0MG / CARBS 16G / TOTAL SUGARS 9G (ADDED 0G) / PROTEIN 4G / FIBER 5G / SODIUM 167MG / POTASSIUM 520MG.**

## Chorizo-Fennel Stuffing

BY MING TSAI

**ACTIVE:** 30 min **TOTAL:** 1 hr

**TO MAKE AHEAD:** Prepare through Step 4 and refrigerate for up to 1 day. Remove from refrigerator about 20 minutes before finishing with Step 5.

*This stuffing is easy to make and goes with almost anything. If you like, make it vegetarian by substituting a pound of minced shiitake mushrooms for the chorizo and using mushroom or vegetable broth instead of chicken broth. (Photo: page 86.)*

- 1 pound brioche, challah or other bread, cut into 1-inch cubes
- 12 ounces fresh chorizo sausage, casing removed, crumbled
- 1 tablespoon extra-virgin olive oil
- 3 cups sliced fennel (from about 2 medium bulbs), fronds reserved for garnish
- 1 large yellow onion, finely chopped
- 1 tablespoon minced fresh ginger
- 1 jalapeño pepper, sliced
- 2-3 cups low-sodium chicken broth, divided

**1.** Preheat oven to 375°F.

**2.** Spread bread on a large rimmed baking sheet. Bake until dried out, about 15 minutes.

**3.** Meanwhile, cook chorizo in a large cast-iron skillet over medium-high heat, stirring occasionally, until cooked through, about 5 minutes. Transfer to a large bowl with a slotted spoon. Add oil, fennel and onion to the pan and cook,

stirring occasionally, until tender, 8 to 10 minutes. Stir in ginger and jalapeño. Add ½ cup broth and stir to scrape up any browned bits.

**4.** Add the vegetable mixture and bread to the bowl with the chorizo; gently stir to combine. Pour in 1½ cups broth and stir until evenly moist. For a moister stuffing, add up to 1 cup more broth.

**5.** Return the stuffing to the skillet. Bake until it starts getting crispy on top, 20 to 30 minutes. Serve garnished with chopped fennel fronds, if desired.

**SERVES 10:** 1 cup each

**CAL 269 / FAT 10G (SAT 2G) / CHOL 29MG / CARBS 34G / TOTAL SUGARS 6G (ADDED 0G) / PROTEIN 12G / FIBER 3G / SODIUM 370MG / POTASSIUM 271MG.**

## Pan-Roasted Sweet Potatoes with Dried Cherries & Pecans

BY MARCUS SAMUELSSON

**ACTIVE:** 40 min **TOTAL:** 40 min

*Dried cherries and nuts give this dish a traditional feel. The addition of some bacon for lushness and Aleppo pepper for a little bite really kicks things up. (Photo: page 87.)*

- 2 pounds small sweet potatoes, peeled if desired
- 3 tablespoons extra-virgin olive oil, divided
- 2 tablespoons butter, divided
- 1 tablespoon honey
- 2 teaspoons reduced-sodium tamari
- ½ teaspoon Aleppo pepper
- ½ teaspoon ground turmeric
- ¼ teaspoon kosher salt
- Freshly ground pepper to taste
- 2 slices bacon, chopped
- 2 tablespoons dried sour cherries
- 2 tablespoons coarsely chopped pecans or walnuts

**1.** Halve sweet potatoes lengthwise, then cut crosswise into ½-inch-thick slices. Heat 1 tablespoon each oil and butter in a large skillet over medium-high heat. Add half the sweet potatoes and cook, turning once, until starting to brown in spots, 2 to 4 minutes total. Reduce heat to medium-low and cook, turning frequently, until tender, 3 to 5 minutes more. Transfer to a large bowl; cover to keep warm. Repeat with 1 tablespoon oil and the remaining butter and sweet potatoes. Transfer to the bowl and keep covered.

**2.** Meanwhile, combine honey, tamari, Aleppo

pepper, turmeric, salt and pepper in a small bowl.

**3.** Add the remaining 1 tablespoon oil and bacon to the pan and cook over medium-low heat, stirring often, until the bacon is crispy, 6 to 8 minutes. Add the honey mixture and simmer, stirring, for 30 seconds. Remove from heat.

**4.** Return the sweet potatoes to the pan along with cherries and nuts; toss to coat. Serve warm or at room temperature.

**SERVES 8:** ¾ cup each

**CAL 172 / FAT 10G (SAT 3G) / CHOL 9MG / CARBS 19G / TOTAL SUGARS 8G (ADDED 2G) / PROTEIN 2G / FIBER 3G / SODIUM 146MG / POTASSIUM 351MG.**

## Roasted Turnips with Citrus-Miso Butter

BY STEVEN SATTERFIELD

**ACTIVE:** 20 min **TOTAL:** 1 hr

*The turnip often gets a bad rap as boring, common or bland, but Chef Steven Satterfield is always looking for new ways to make this under-appreciated vegetable shine. Here they're roasted with bright-flavored orange and lemon juice and rich, nutty miso, both of which balance the earthy taste of turnips. (Photo: page 86.)*

- 5 tablespoons unsalted butter
- ¼ cup white miso
- 2 teaspoons orange zest
- ½ cup orange juice
- 2 teaspoons lemon zest
- 3 tablespoons lemon juice
- 3 pounds turnips, trimmed, peeled and cut into 1-inch pieces
- 1 tablespoon coarsely chopped flat-leaf parsley

**1.** Preheat to 400°F.

**2.** Combine butter, miso, orange zest and juice, lemon zest and juice in a small saucepan. Heat over medium-low heat, stirring, until the butter is melted, about 5 minutes. Whisk well to combine.

**3.** Place turnips in a large bowl. Add the butter mixture and toss until evenly coated. Spread out on a large rimmed baking sheet.

**4.** Roast the turnips, stirring halfway through, until slightly caramelized and just tender, 35 to 45 minutes. Serve warm or room temperature, sprinkled with parsley.

**SERVES 8:** ¾ cup each

**CAL 135 / FAT 7G (SAT 5G) / CHOL 19MG / CARBS 15G / TOTAL SUGARS 8G (ADDED 0G) / PROTEIN 2G / FIBER 3G / SODIUM 385MG / POTASSIUM 368MG.**