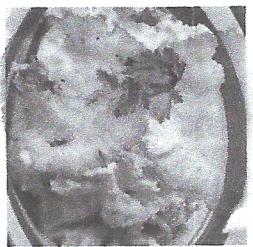


Skin-on Savory Mashed Potatoes - Printer Friendly..

<http://allrecipes.com/recipe/58716/skin-on-savor...>



Skin-on Savory Mashed Potatoes



Recipe By: MOONHAREHAWASHI

"This is a version of Mashed Potatoes that my husband actually likes. You can use any type of potatoes and change the amounts of butter, sour cream, and milk to your taste. I like it with russets myself."

Ingredients

2 pounds unpeeled potatoes, cubed	2 teaspoons chopped garlic
1/2 cup butter	1 t.
1/4 cup milk	1/2
2 tablespoons sour cream	1/4 c.

Directions

- 1 Bring a pot of lightly salted water to a boil. Add potatoes, and cook until tender, about 15 minutes.
- 2 Drain potatoes, and transfer to a bowl. Add butter, and mash with a potato masher or electric mixer until potatoes are starting to become smooth. Add milk and sour cream, and mix to your desired texture. Careful not to over mix the potatoes once they are creamy. Season with garlic, basil, salt and pepper.



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Southern Living, SEPTEMBER 2007

2 of 2

Yield: Makes about 1 cup

1. Whisk together all ingredients. Serve immediately, or cover and chill up to 4 days.

Horseradish Vinaigrette (Continued)

<http://find.myrecipes.com/recipes/recipefinder.dynamic?action=printCard&...>

1 Vinaigrette Print 3 x 5 | MyRecipes.com

Horseradish Vinaigrette

Cruly endive leaves
1 teaspoon pepper
1/2 teaspoon salt
3 tablespoons olive oil
6 medium beets (about 1 1/2 lb.)
4 large parsnips (about 1 lb.)
2 large sweet potatoes (about 1 1/2 lb.)

Prep: 25 min., Bake: 25 min., Cook: 15 min.

Roasted Root Vegetables With Horseradish Vinaigrette
From Southern Living

myrecipes

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no time to
COOK?

Roasted Root Vegetables With Horseradish Vinaigrette Recipe from Sou...

sted Root Vegetables With Horseradish Vinaigrette Recipe from Sou... <http://www.tastebook.com/recipes/387336-Roasted-Roo...>

Big flavor, little effort!



myrecipes

Horsradish Vinaigrette
From Southern Living
Prep: 10 min.

This recipe goes with Roasted Root Vegetables With Horseradish Vinaigrette

- | | |
|--|---------------------|
| 1/2 cup olive oil | 1/2 teaspoon pepper |
| 1/3 cup white wine vinegar | |
| 2 tablespoons horseradish | |
| 1 tablespoon chopped fresh flat-leaf parsley | |
| 1 tablespoon horseradish mustard | |
| 1 garlic clove, finely chopped | |
| 1/2 teaspoon salt | |

[Roasted Root Vegetables With Horseradish Vinaigrette \(Continued\)](http://find.myrecipes.com/recipes/recipefinder.dyn?action_printCard)

1. Peel sweet potatoes, and cut into 1/2-inch slices. Peel beets, and cut into 1/2-inch-thick wedges.
2. Toss parsnips and sweet potatoes with 2 Tbsp. olive oil in a large bowl. Place in a single layer in an aluminum foil-lined 15-x 10-inch jelly-roll pan. Season with 1 tsp. salt and 1/2 tsp. pepper.
3. Bake vegetables at 400° for 20 to 25 minutes or just until tender. Let cool 15 minutes or until completely cool.
4. Arrange curly endive leaves on a serving plate; top with vegetables, and drizzle evenly with Horseradish Vinaigrette.

Yield: Makes 6 servings

Southern Living SEPTEMBER 2007

2 of 2

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[Roasted Root Vegetables With Horseradish Vinaigrette Print 3 x 5 | M.R.](http://find.myrecipes.com/recipes/recipefinder.dyn?action_printCard)

Sweet and Sour Cabbage with Bacon

<http://spicysouthernkitchen.com/easyrecipe-print...>

Sweet and Sour Cabbage with Bacon

Recipe type: Side Dish

Serves: 4

A German-inspired side dish. This cabbage is full of sweet, sour, and salty flavors.

Ingredients

- 1 teaspoon vegetable oil
- 4 slices bacon, cut crosswise into $\frac{1}{2}$ -inch pieces
- 1 onion, thinly sliced,
- 1 medium green cabbage, cored and cut into 1-inch pieces
- $\frac{1}{4}$ cup cider vinegar
- $\frac{1}{4}$ cup sugar
- 3 tablespoons soy sauce

Instructions

1. Heat oil in a large, heavy pot (I use a Dutch oven) over medium heat. Add bacon and cook until brown and crisp, stirring frequently.
2. Use a slotted spoon to transfer bacon to a plate. Add onion and cabbage to pot and cook, stirring often, until cabbage is wilted (about 10 minutes).
3. Add vinegar, sugar, and soy sauce and cook until cabbage is crisp-tender, about 10 more minutes.
4. Stir in bacon.

----- Recipe by Spicy Southern Kitchen at <http://spicysouthernkitchen.com/sweet-and-sour-cabbage-with-bacon/> -----

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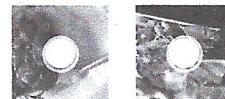
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minutes.

to low and simmer until mushrooms are tender, 5 to 8 more minutes. Stir oil and butter in the hot oil and butter until garlic salt, and black pepper in the hot oil and butter until mushrooms are lightly browned, about 5 minutes. Reduce heat

garnish with sauteed garlic, cooking wine, tetrazzini sauce, cock and stir mushrooms, garlic, cooking wine, tetrazzini heat,

heat olive oil and butter in a large saute pan over medium heat,

Directions

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In Season

Mushrooms Regular
Land O'Lakes Butter Stick Regular
Land O'Lakes Butter Stick Regular



10 mins COOK 15 mins
PREP READY IN 25 mins

Add to Shopping List

Check All

freshly ground black pepper to
taste

1 clove garlic, thinly sliced

1/4 teaspoon garlic salt, or to
taste

1 pound button mushrooms,

sliced

1 clove garlic, thinly sliced

1/4 teaspoon garlic salt, or to
taste

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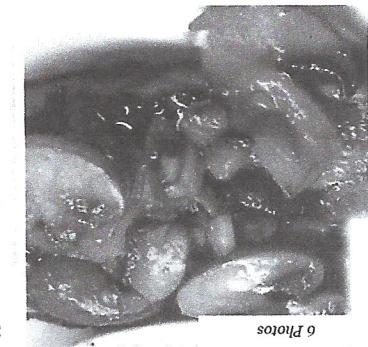
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1/4 teaspoon garlic salt, or to
taste

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taste

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Superb Sautéed Mushrooms

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"These mushrooms are the quintessential topping for all types of steak. Also excellent over baked potatoes. I have people calling me and asking me for the recipe even years after I have made them for them. They are that good!!"

Recipe by IrishLionheartingrid
Taste 11 84 13 Read Reviews (92)

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Taste 11 84 13 Read Reviews (92)

"The mushrooms are the quintessential topping for all types of steak. Also excellent over baked potatoes. I have people calling me and asking me for the recipe even years after I have made them for them. They are that good!!"

- Whisk vinegar and mustard in medium bowl. Gradually whisk in oil. Stir in garlic, thyme, and basil. Season to taste with salt and pepper. Do ahead: Dressing can be made 1 day ahead. Cover and chill.
- Preheat oven to 450°F. Toss onions and next 6 ingredients in large bowl; sprinkle with coarse salt and pepper. Add dressing; toss to coat. Divide between 2 large rimmed baking sheets. Roast until vegetables are tender and slightly brown around edges, about 35 minutes.

Preparation

- 1/2 cup balsamic vinegar
- 1/2 cup extra-virgin olive oil
- 1 teaspoon Dijon mustard
- 2 tablespoons balsamic vinegar
- 3 garlic cloves, pressed
- 2 teaspoons finely chopped fresh thyme
- 1 teaspoon finely chopped fresh basil
- 2 large red onions, halved, thinly sliced
- 1 yellow bell pepper, cut into 1/2-inch-wide strips
- 1 orange bell pepper, cut into 1/2-inch-wide strips
- 1 pound eggplant, quartered lengthwise, cut crosswise into 1/2-inch slices
- 1/2 pound yellow squash (about 2 medium), cut into 1/3-inch-thick rounds
- 1/2 pound zucchini (about 2 medium), cut into 1/3-inch-thick rounds
- Coarse kosher salt
- Butter
- Oil
- 16 oz flour

Ingredients

Makes 6 servings
by Bon Appétit August 2008

Balsamic Roasted Vegetables

~ 1 c. pp

X6

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- "A traditional German dumpling or noodle, spätzle is boiled in water or broth then pan fried in butter and served as a side dish."
- MARBALLET**
- 1 cup all-purpose flour
 1/4 cup milk
 1/2 teaspoon salt
 1 gallon hot water
 2 tablespoons butter
 2 tablespoons ground nutmeg
 1 pinch freshly ground white pepper
- 1 eggs
 1/2 teaspoon ground nutmeg
 2 tablespoons chopped fresh parsley
- Mix together flour, salt, white pepper, and nutmeg. Beat eggs well, and add alternately with the milk to the dry ingredients. Mix until smooth.
- Press dough through spätzle maker, or a large holed sieve or metal grater. Drop a few at a time into simmering liquid. Cook 5 to 8 minutes. Drain well. Saute cold spätzle in butter or margarine. Sprinkle chopped fresh parsley on top, and serve.

Notes on Eating, Drinking and Cooking

Dinner's Journal

The New York Times

Brussels sprouts are all-star winter vegetables, so good that when summer comes I miss them. I love them cooked in any number of ways, but this is among my favorite.

Time About 45 minutes
Yield 4 servings

Roasted Brussels Sprouts With Garlic

I cannot remember when I intentionally began to almost-burn Brussels sprouts by roasting them until they were really, really dark. But cooked this way, the crisp outside leaves and tender, almost artichoke-like interior cannot be beat.

Summary

4 to 6 tablespoons extra virgin olive oil, to coat bottom of pan
1 pint Brussels sprouts (about a pound)

Ingredients

5 cloves garlic
Salt and pepper to taste
1 tablespoon balsamic vinegar

Method

- Heat oil in cast-iron pan over medium-high heat until it shimmers; put sprouts cut side down in one layer in pan. Put in garlic, and sprinkle with salt and pepper.
- Cook, undisturbed, until sprouts begin to brown on bottom, and transfer to oven. Cook, shaking pan occasionally, until sprouts are quite brown and tender, about 1/2 hour.
- Taste, and add more salt and pepper if necessary. Stir in balsamic vinegar, and serve hot or warm.

Preparation

1. Preheat oven to 400 degrees.
2. Peel and seed butternut squash and then cut into $\frac{3}{4}$ " to 1" cubes.
3. Place squash and whole unpeeled garlic cloves in a baking dish or sheet pan large enough to hold them all in one layer.
4. Toss with olive oil, maple syrup, salt, and pepper.
5. Bake for 20 to 30 minutes, until squash begins to brown, turning once during baking.
6. Sprinkle pancetta and sage leaves evenly over squash, then continue to bake for another 20 to 30 minutes, until squash and garlic are tender and caramelized.
7. Season to taste and serve hot with French bread for guests to spread with the roasted garlic.

Ingredients

- 1 large butternut squash
- 1 head garlic, separated but not peeled
- 2 T. good olive oil
- 2 $\frac{1}{2}$ T. pure maple syrup
- 1 tsp. kosher salt
- $\frac{1}{2}$ tsp. freshly ground black pepper
- 2 ounces thinly sliced pancetta, chopped
- 16 whole fresh sage leaves
- French bread, for serving

APPLEBEE'S Garlic Mashed Potatoes

Creamy mashed potatoes with a kick of garlic...

Salt and pepper to taste

3 Tablespoons, butter

1/4 cup heavy cream

2/3 cup milk

2 pounds red potatoes

1 garlic bulb, unpeeled

1. Place the garlic on a sheet of aluminum foil. Wrap tightly.
2. Roast in a preheated 400 degree oven for 45 minutes, until soft
3. Unwrap and let cool
4. Peel the cloves and squeeze out the garlic.
5. Wash and rinse the potatoes under cold water. Halve or quarter.
6. In a large pot, cook the potatoes at a slow boil for 20 minutes.
7. Remove from heat and drain in a colander.
8. In a large saucpan or bowl, combine the potatoes and roasted garlic with the remaining ingredients and mash with a potato masher.
9. Serve warm.

Sticky Coconut Rice

Author: Jane Maynard

INGREDIENTS

- $\frac{1}{2}$ c. jasmine rice
- 1, 15-oz can regular or light coconut milk
- $\frac{1}{3} - \frac{1}{2}$ cup sugar (I actually now do more like $\frac{1}{4}$ cup sugar and it's still plenty sweet. Add between $\frac{1}{4} - \frac{1}{2}$ cup to your own taste!)
- 1 c. milk

INSTRUCTIONS

1. If rice is not pre-rinsed (the bag will tell you if it is), rinse with cold water until water runs clear.
2. Put rice in a medium sauce pan and combine with coconut milk, milk, and sugar.
3. Bring to a boil, stirring regularly, then reduce heat to low and cover pot.
4. Simmer for about 25 minutes (could take up to 45 minutes depending on the rice). Stir regularly.
- ** Rice and pork may be served with fresh, cubed mango, but this is optional (although I am certain it is delicious!).

MAI URALLY DELICIOUS.

No cream necessary: The rich flesh of Yukon Gold potatoes makes this dish

GER SERVING 198 CALORIES, 3 G SATURATED FAT,
6 G UNSATURATED FAT, 13 MG CHOLESTEROL,
36 MG CARBOHYDRATE, 174 MG SODIUM,
6 PROTEIN, 2 G FIBER

2. Heat potatoes over medium heat, stirring constantly with a wooden spoon, until slightly dried out, about 2 minutes. Stream milk mixture into pot. Discard garlic. Stir in butter. Remove from heat. Stir in yogurt, and 1 teaspoon salt; season with pepper. Garnish with chives. Serve warm.

... Bring milk and garlic to a boil in a small saucepan; remove from heat, and let stand. Meanwhile, place potatoes in a medium pot, and cover with water by 2 inches. Bring to a boil. Cook until tender, 10 to 12 minutes, and pass through a ricer or a food mill. Return to the pot, and add butter, salt, and pepper.

Garnish: 2 teaspoons chopped fresh chives
Coarse salt and freshly ground pepper

1	1/4 cup	2 percent Greek yogurt	cup	2 tablespoons chopped fresh chives
3	3 pounds	Yukon Gold potatoes, peeled and cut	3	into 2-inch cubes
2	2 garlic cloves, mashed		3	tablespoons unsalted butter
3	3 tablespoons	smashed	3	cup

Using a nice griddle mashed potatoes with
an especially light, fluffy texture. Garlic can
enhance give them a resonant flavor.

**CHIVE
AND-ARLIC-G-CHIVE
POTATOES
MASHED**
ACTIVE TIME 20 MIN.
TOTAL TIME 20 MIN.
SERVES 8

POUR IT ON
Even gravy can be made with a light
drippings for flavor, see giblets in
a tablespoon of butter, add
safflower oil, and use them as the
gravy's base. For a full recipe,
visit marthastewart.com/gravy.

High. And be sure to leave room for seconds.

...spread and lean turkey salisbury

Constitutes sugar substitute, canulated sweet potatoe. Blended maple syrup with a bit of browned butter creates a sweet, nutty sauce to drizzle over the potatoes, dispersing with the need for loads of brown sugar (or mini marshmallows). Low-fat yogurt adds a creamy tang to garlicky mashed potatoes and a modicum green bean casserole. Even stuffing gets its own subtle upgrade. With whole-wheat

• १०८ •

With these slimmed-down variations on iconic holiday side dishes, it can also be a day when you needn't worry about calories, cholesterol, or saturated fat. With the help of healthier selections and simple techniques that coax more flavor from ingredients, these recipes deliver all the familiar richness and depth without overdoing it.

ENJOY all the trimmings—and still stay trim. Here, the turkey's **BELoved ACCOMPANIMENTS** get low-calorie makeovers.

A New Side Show

A black and white photograph of a gravy boat filled with dark gravy, with a spoon resting inside it. The background is dark and textured.

once, or cool and reheat within 48 hours. Serves 8 as a side dish
until heated through. Gently stir in the bean sprouts. Serve at
the same oil. Toss the rice well and cook it for 2 more minutes or
until heated through. Gently stir in the bean sprouts. Serve at
the same oil, then stir in the soy sauce and
peanuts, parsley, and mint. In a small bowl thoroughly stir
together the olive oil, lemon juice, sugar, and salt, then pour
over the salad and toss together the carrots,
peanuts, parsley, and mint. Let the salad stand for 20 minutes before
dressing onto the salad and toss again until the carrots
are evenly coated. Let the salad stand for 2 days. Serves 6.

1	pound carrots, peeled	1/4	teaspoon salt
3/4	cup/dry-roasted unsalted peanuts	1/2 cup olive oil	2 tablespoons fresh lemon juice
3	tablespoons minced fresh parsley	2 tablespoons finely chopped fresh mint	1/2 teaspoon sugar
1	cup/dry-roasted unsalted peanuts	1/4 cup olive oil	1/4 teaspoon salt
2	tablespoons bean sprouts	2 tablespoons fresh lemon juice	
1	small red bell pepper, diced into 1/4-inch pieces	1/2 cup olive oil	
1	teaspoon minced garlicroot	2 tablespoons fresh mint	
4	scallions, thinly sliced	1/4 cup olive oil	
6	cups cold cooked white or brown rice	2 tablespoons fresh lemon juice	
1/4	to 1/2 cup soy sauce	1/4 cup olive oil	
2	tablespoons dark sesame oil	2 tablespoons fresh mint	
2	cups bean sprouts	1/4 cup olive oil	
2	tablespoons dark sesame oil	2 tablespoons fresh mint	

Heat 1 tablespoon of the oil in a large nonstick skillet over medium-high heat. When the oil is very hot, add the tofu, toss it until it begins to crisp, then turn the heat down and add the carrots, which tend to be sweeter than Canadian carrots. Add the scallions and garlicroot to the skillet and toss until the vegetables are tender. Remove the skillet from the heat and add the bell pepper, parsley, and mint to the vegetables. Toss again until the vegetables are well combined. Serve immediately.

Vegetable Fried Rice

When I made this fried rice for my stepdaughter, who was eight years old at the time, she kept gobbling up the bits of fried tofu and saying, "This is such delicious chicken!" She's been a fan of tofu ever since. It's fun bringing this dish to parties for a similar reason: guests are often thrilled to see the texture of tofu.

I made this fried rice for my stepdaughter, who was eight years old at the time, she kept gobbling up the bits of fried tofu and saying, "This is such delicious chicken!" She's been a fan of tofu ever since. It's fun bringing this dish to parties for a similar reason: guests are often thrilled to see the texture of tofu.

For a colorful side dish that will entice any palate, you can't beat this light and tasty salad, which is easily multipled for a large gathering. It will retain its delightful crunch for a day or two, so you can make it in advance — just sprinkle on a few drops of lemon juice and olive oil before serving to enhance the flavors. For the best results, I like to use California carrots, which tend to be sweeter than Canadian carrots.

Heat the oil in a large nonstick skillet and add the carrots, which tend to be sweeter than Canadian carrots.

Add the scallions and garlicroot to the skillet and toss until the

vegetables are tender. Remove the skillet from the heat and add the bell pepper, parsley, and mint to the vegetables. Toss again until the vegetables are well combined. Serve immediately.

Heat 1 tablespoon of the oil in a large nonstick skillet over

medium-high heat. When the oil is very hot, add the tofu, toss it

until it begins to crisp, then turn the heat down and add the bell pepper, parsley, and mint to the vegetables. Toss again until the vegetables are tender. Remove the skillet from the heat and add the bell pepper, parsley, and mint to the vegetables. Toss again until the vegetables are well combined. Serve immediately.

Crunchy Carrot Salad

The Kitchen of Jeanne Lewellen, a James Beard Foundation award winner and author of *Five Vegetable Cookbooks*. Her latest title is *Vegetarian Classics* (HarperCollins).



NOTE: You can find garam masala, an Indian spice blend, at any large supermarket. Buy already peeled, pre-cut squash to cut prep time.

Yields about $\frac{3}{4}$ cup per serving.
Transfer vegetables to a serving platter or bowl and sprinkle with cilantro; toss to coat.

Roast, tossing about halfway through cooking, until squash and onions are tender and slightly browned, about 25 minutes.

Sprinkle with garam masala, salt, and pepper; toss to coat.

Place squash and onion on prepared baking sheet; drizzle with oil and toss to coat.

Preheat oven to 400°F. Coat a large nonstick baking sheet with cooking spray.

3 Tbsp fresh, chopped cilantro
½ tsp freshly ground black pepper, or to taste

¼ tsp kosher salt
1 tsp garam masala

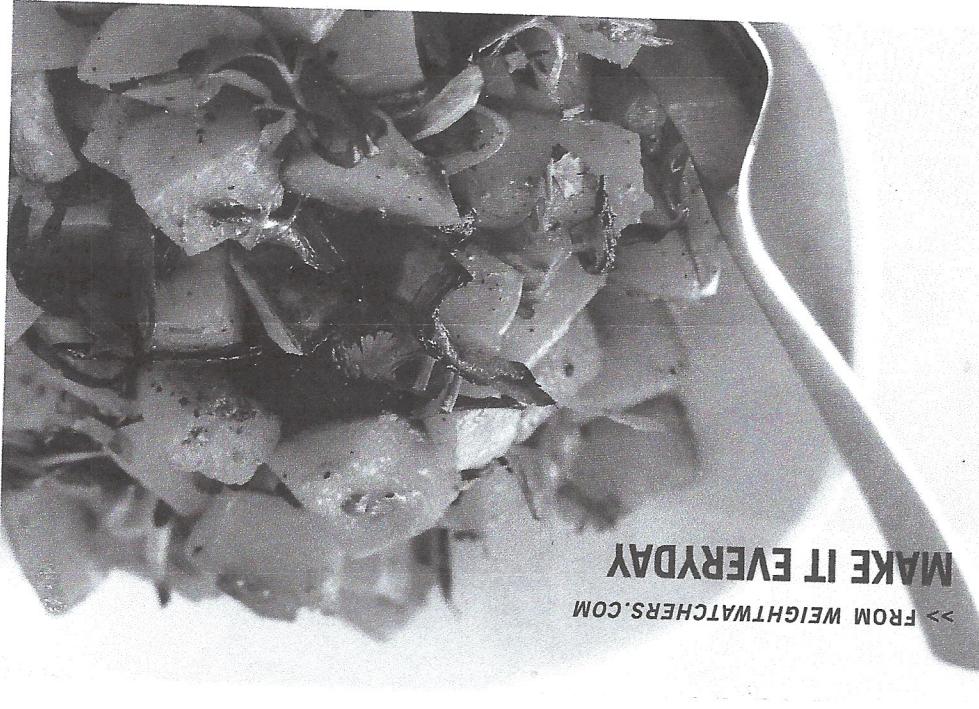
1 Tbsp olive oil
◆ 1 medium red onion, halved and thinly sliced

◆ 2½ lbs fresh butternut squash, peeled and cut into 1-inch chunks

Cooking spray
PER SERVING | PREP: 15 MIN | COOK: 25 MIN | SERVES 6

The aroma of roasted, spice-coated squash is the essence of fall. This dish is a wonderful addition to any autumn menu.

Spice-Roasted Butternut Squash and Onions



MAKE IT EVERYDAY
FROM WEIGHTWATCHERS.COM

Recipe Name KNOEDEL
Ingredients & Directions
Roast Beef Salad

500g bread (stale)

1/2 liter milk

3 eggs

4 oz butter

onions + parsley

sauted in butter. Pour/milk over

bread. Let absorb. Shape in 2 1/2 - 3 "

balls. Cook in boiling water 15-20 min.

If needed, add flour.

Roast Beef Salad

Dressing

1/4 c. oil

1/4 c. red wine vino

1 T Dijon mustard

1t. soy sc.

1/2 t. ginger

1/4 t. garlic powder

Salad

16 oz thin sliced deli roast beef

1 c. pot sal

lettuce

1 red bell

1 sm zuke

WINTER GRAPEFRUIT SALAD

Prep Time: 25 minutes

1/4 cup grapefruit juice

2 tbsp. balsamic vinegar

2 tbsp. olive oil

1 tbsp. sugar

1/2 tsp. salt

1/2 tsp. black pepper

4 cups mixed greens

1. For dressing whisk together grapefruit juice, vinegar, oil, sugar, salt and pepper. Set aside.
2. Combine salad greens, grapefruit, pears, cranberries and pecans; top with cheese. Add dressing, tossing gently. Serve immediately.

Serves 4

Per Serving: 320 calories, 42g carbohydrate, 5g protein, 17g fat, 7g fiber, 6mg cholesterol, 207mg sodium

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Recipe Name Asparagus Ham Rolls

Ingredients & Directions

12 spears fresh asparagus

2 T butter

2 T flour

1/2 t dry mustard

1 c. milk

4 1 oz. slices cooked ham

1/2 c. (2 oz.) cheddar chs., shredded

Scrap off tough ends. Cook asparagus covered in small amt. of boiling water 6-8 minutes. Drain.

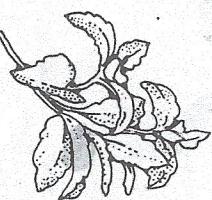
Melt butter in heavy saucepan over low heat; add flour & mustard, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add milk. Cook over med. heat, stirring constantly until mix. is thick & bubbly.

Place 3 spears on each slice ham. Roll &

sew w/ toothpick. Arrange in 1 qt. casserole.

Pour sauce over rolls. Bake uncovered at 350° for 20 min. or til heated. Sprinkle w/ cheese & bake additional 3-5 min.

Yield 2-3 servings



>> EATING SMART

Nectarine and Scallion Relish

A versatile Memorial Day dish—serve with chips and veggies or spoon some over grilled chicken.

1 PER SERVING | PREP: 6 MIN. | SERVES 6

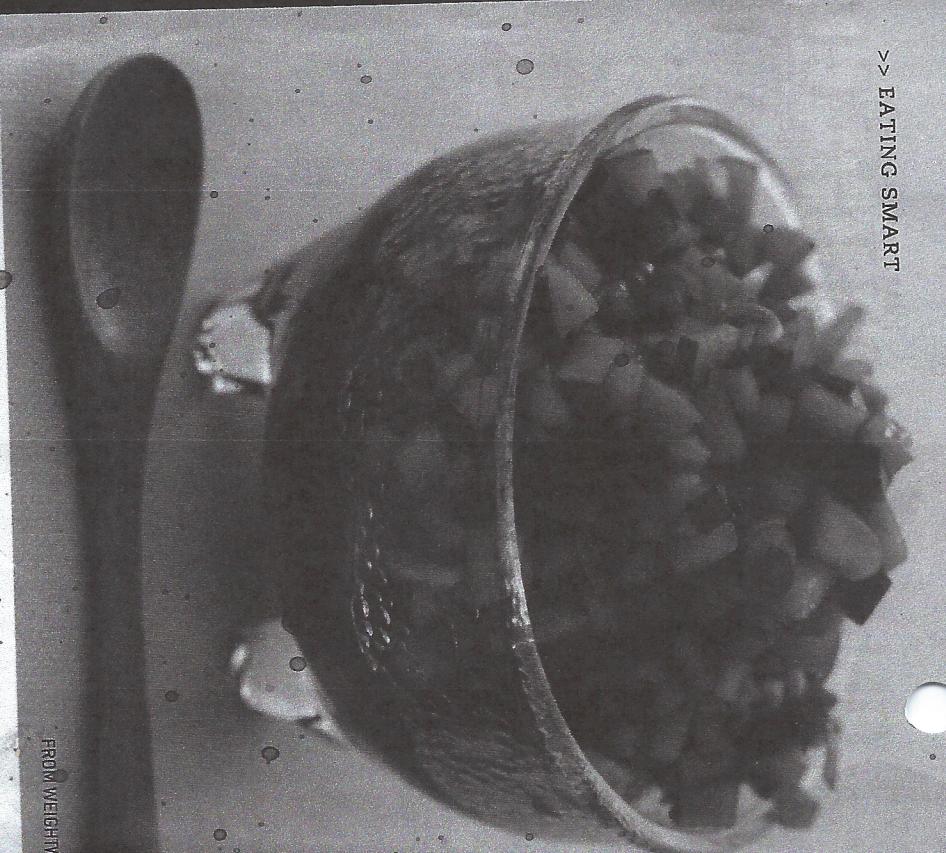
POINTSPER SERVING

1

- ▲ 3 medium nectarines, finely diced
- ▲ 1/4 cup finely sliced, uncooked scallions
- 1/4 tsp packed brown sugar
- 1 Tbsp balsamic vinegar

Toss together all ingredients in a medium non-metallic bowl; allow to stand for at least 10 minutes, but 2 hours is best. Yields about 1/4 cup per serving.

NOTES: Add chopped jalapeño or other hot pepper if you like.



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Remove the potatoes from the oven, season to taste, and serve.

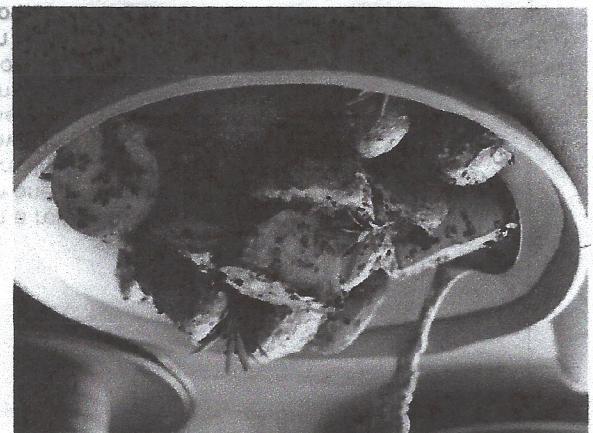
Cooking to ensure even browning.

Cut the potatoes in half or quarters and place in a bowl with the olive oil, salt, pepper, garlic and rosemary; toss until the potatoes are well coated. Dump the potatoes on a baking sheet and spread out into 1 layer; roast in the oven for at least 1 hour, or until browned and crisp. Flip twice with a spatula during cooking to ensure even browning.

Preheat the oven to 400 degrees F.

Directions**ADD CHECKED ITEMS TO GROCERY LIST**

- ✓ 1 1/2 pounds small red or white-skinned potatoes (or a mixture)
- ✓ 1/8 cup good olive oil
- ✓ 3/4 teaspoon kosher salt
- ✓ 1/2 teaspoon freshly ground black pepper
- ✓ 1 tablespoon minced garlic (3 cloves)
- ✓ 2 tablespoons minced fresh rosemary leaves

Ingredients**Rosemary Roasted Potatoes****Recipe courtesy of Ina Garten****Rosemary Roasted Potatoes**

Yield:	3 to 4 servings
Total Time:	1 hr 8 min
Prep:	8 min
Level:	Easy
Skills:	Stirring, Dicing, Seasoning, Slicing, Roasting
Equipment:	Baking dish, Mixing bowl
Notes:	These potatoes are delicious served warm or cold. They are great with a simple salad or a hearty soup.

stringless*olive-oil roast potatoes**

Recipe Name ORANGE SAUCE FOR
VEGETABLES
Ingredients & Directions SESAME GREEN BEANS

1/2 c. orange juice, double strength
1/2 t. orange peel, grated
2 t. corn starch
juice from 1/2 lemon or lime

Mix ingredients in sauce pan, cook over medium heat until bubbly, stirring consistently.

Sesame Green Beans
 13 oz. green beans
 1 t. sea oil
 1/2 t. soy sc

1 t. sugar
 In lg. pot cook green beans 4 min. Drain
 Rinse w/ cold H-O. Heat oil in skillet &
 fry beans 1-2 min. Add soy sc & cook 1
 min. Add sugar & fry 30 sec. Serve.

Makes 4
 33 cal. 16 g fat



Love both of these

Apple Coleslaw

Kathy Kau

from the kitchen of:

WHAT'S COOKIN'

Time: _____

Services: 8

Apple Coleslaw

In lg. bowl mix:

1/4 c. apple cider vinegar

1/4 c. oil

2 T. Dijon mustard

2 T. honey

3/4 t. salt

2 c. cole slaw mix

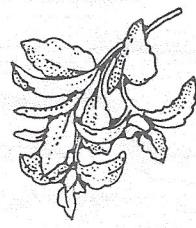
(10 oz.)

4 green onions, chopped

2 small apples

1/4 t. pepper

Whisk first 5. Slowly add oil. Mix coleslaw & next 3. Add vin. mix & toss.



2. See.

salt + pepper.

Toasted pine nuts into a c. (season w/)

rice + sandwich about 30 min. Stir occasionally +

lettuce + coco nut oil dressing is absorbed +

Add bread + butter to bowl. Reduce heat to

medium flame. Add rice + stir frequently

and heat. Add onion + saute to medium

measure while heat oil in another pan over

heat. Reduce heat to low + keep warm.

Bring bread to simmer in small sauce

S + P.

1/4 c. pine nuts

1/2 + dried is better

~~1/2 c. chopped fresh tomato~~

1 c. long grain rice

1/2 lb. chicken chopped

1/2 T. olive oil

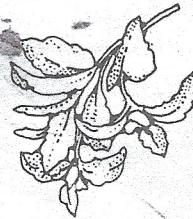
1 1/2 oz. can chili powder

Red

Ingredients & Directions * Double the recipe *

Recipe Name Rice Pilaf w/ Bacon + Pine Nut

Made 5 c.
ool & Procees.
Then add rest Boil + add 1/2 c.m
Add flour Stir 5 min. Add 1/2 yd
Melt butter Add onion 4 min.
in 1/2 c. boil water 3-5 min. ~~Boil 3 min.~~
Sieve off ends + pull Cut 3" pieces Look



3 c. milk

3 T flour

1 med onion, chop.

3 T butter 3 T sc. cm.

1/2 c. water 1/2 t. pepper

1 lb. beef 1 t. salt

Asparagus soup

~~spaghetti~~
* double everything for 1 pack of

1/4 FA 3/4 P 2 B 15C

Mix. Garnish w/p-nuts Made 8

1 T chop. garlic 4 oz. parsnip
4 + horseradish 4 T chop. cilantro
4 + serrano oil 1/2 c. chop. scallions
1/2 oz. soy sauce 1/2 oz. serrano oil
4 T chix breast/water 1/2 t. chil./hot oil
1 T chop ginger
6 T pb

Recipe Name: W.W. Thai Noodles
Ingredients & Directions: Asparagus soup
gpt

Future Notelets
(Put Better)

advertisement

Cranberry-Almond Coleslaw

Smoked almonds and dried cranberries give this sideline favorite just the right amount of flavor.

- Yield: Makes 8 servings

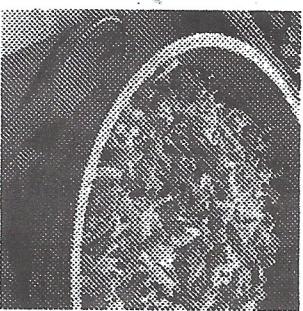


Photo by: Photo: Jennifer Davick; Styling: Amy Burke

Ingredients

- | | |
|------------------------------------|---|
| 1/4 cup apple cider vinegar | 2 (10-oz.) packages shredded coleslaw mix |
| 2 tablespoons Dijon mustard | 1 cup chopped, smoked almonds |
| 2 tablespoons honey | 3/4 cup sweetened dried cranberries |
| 3/4 teaspoon salt | 4 green onions, sliced |
| 1/4 teaspoon freshly ground pepper | 2 celery ribs, sliced |
| 1/4 cup canola oil | |

Preparation

Whisk together first 5 ingredients. Gradually add oil in a slow, steady stream, whisking constantly until blended. Stir together coleslaw mix and next 4 ingredients in a large bowl; add vinegar mixture, tossing to coat.

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Recipe Name Twice Baked cottage Potatos

Ingredients & Directions Herb Rice mix

1 med pot (baking)

1/2 c. 1% low fat cot. chs

2 T Skim milk

2 t. sliced onions

1/8 t. salt

1/8 t. pepper
1/8 t. paprika

Wash. pot. & prick. Bake @ 400° for 1 hr. Let cool
Slice skin on top. Mask pulp. Mix cotchs +
milk till smooth. Add cat chs, onions &
to pulp. Stir. Stuff. Sprinkle w/ paprika.
Bake @ 400 for 10 min.

Yield: 2

1.1 g fat, 155 cal.

Herb Rice Mix

4 c. long gr. rice 2 t basil

2 1/2 T beef bouillon 1 t thyme

2 1/2 T pennyroyal flakes 1/2 t. garlic powder

1 T onion flakes

Divide rice + bouillon into 4 pkgs. Mix rest +
d. v. d. d.

Recipe follows:

1 pkg herbs

1 pkg rice

Mix in 1/2 qt. cold. Cover + bake 350°
45 min.

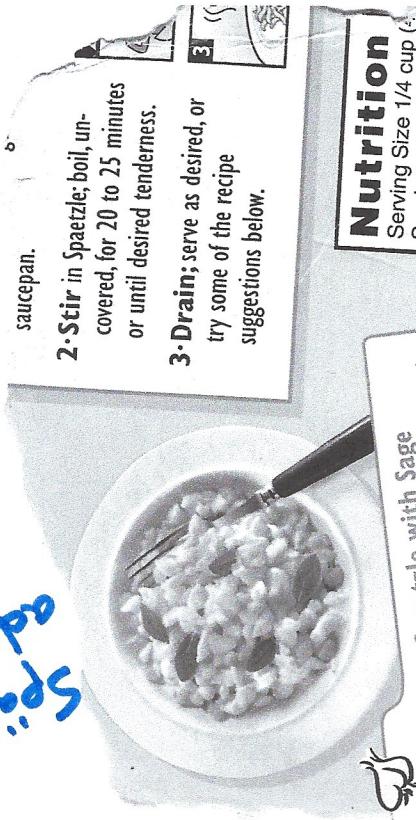
174 cal 1 1/2 c.
2.9 fat

*sue pps
platids*

saucepans.

2. Stir in Spaetzle; boil, un-
covered, for 20 to 25 minutes
or until desired tenderness.

3. Drain; serve as desired, or
try some of the recipe
suggestions below.



Nutrition

Serving Size 1/4 cup (4)
Servings Per Container ,
Amount Per Serving

Calories 180

Calories 180

Total Fat 1.5g

Saturated Fat 0g

Cholesterol 35mg

Sodium 460 mg

Total Carbohydrate 3

Dietary Fiber 2g

Sugars 2g

Protein 7g

Vitamin A 0%

Calcium 2%

* Percent Daily Values
calorie diet. Your daily
or lower depending on
Calories:

Total Fat Less than

Sat Fat Less than

Cholesterol Less than

Sodium Less than

Total Carbohydrate Less than

Dietary Fiber Less than

Calories) Fat 9

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name.

Creamy Spaetzle with Sage

Creamy Spaetzle or side dish, try this recipe.
For a simple, delicious and creamy entree or side dish, try this recipe.
Prepare Spaetzle according to package directions. Melt 2
tablespoons butter in large skillet over medium heat. Add 2
tablespoons finely chopped fresh sage and 1 to 2 cloves finely
chopped garlic. Cook, stirring frequently, for 1 to 2 minutes.
Stir in 3/4 cup heavy cream and Spaetzle. Reduce heat to low;
cook, stirring occasionally, for 3 to 4 minutes. Season with salt
and ground black pepper.

Spaetzle, Ham & Mushrooms

For a mouth-watering casserole, combine cooked
Spaetzle with sauteed quartered mushrooms, onions
and diced ham in a baking dish. Top with bread
crumbs moistened in melted butter. Bake in preheated
375° F. oven for 30 minutes.

Cheese & Onion Spaetzle

For a flavorful side dish, arrange layers of warm
cooked Spaetzle, sauteed onions and grated
Swiss cheese in a baking dish. Bake in preheated
375° F. oven for 20 to 25 minutes.

Green Beans with Mushrooms and Crisp Onion Crumbs

Weight Watchers Recipe

Prep time: 15 min Cook time: 15 min Serves: 8
 Ratings (223) 3 PointsPlus Value



A fresh-tasting, flavorful replacement for fattening green bean casserole. Our version's just as tasty and of course, healthier, too.

Ingredients

2 Tbsp unsalted butter, divided

2 Tbsp dehydrated onion flakes, minced

1 pound(s) button mushrooms, thinly sliced

1 1/2 pound(s) uncooked string beans, fresh, trimmed, cut in half

2 spray(s) cooking spray

3/4 tsp table salt, divided

To make crumb topping, in a large, deep nonstick skillet, melt 1-tablespoon of butter over medium-low heat; add bread crumbs, onion flakes and 1/4 teaspoon of salt. Increase heat to medium and cook, stirring often, until crumbs are lightly toasted, about 3 minutes. Remove from skillet and set aside; carefully wipe skillet clean.

Coat skillet with cooking spray; place over high heat. Add string beans and mushrooms; sauté until vegetables are lightly browned and tender, about 6 minutes.

Add remaining tablespoon of butter and 1/2 teaspoon of salt to skillet; toss over low heat until butter is melted and mixture is heated through. Transfer vegetables to a serving platter; sprinkle with crumbs. Yields about 1 cup of vegetables and 2 tablespoons of crumbs per serving.

Instructions

4.12.12

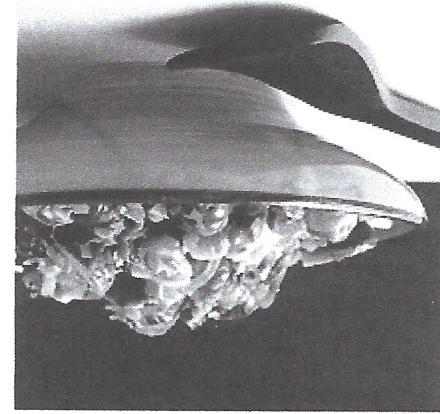
Roasted Brussels Sprouts with Maple-Balsamic Drizzle



Prep time: 12 min Cook time: 20 min Serves: 6

3 PointsPlus
Ratings (694) ★★★★☆

Weight Watchers Recipe



A go-to side dish for fall gatherings. The flavors pair especially well with roasted turkey or pork.

Ingredients

2 spray(s) cooking spray
2 Tbsp olive oil, extra-virgin
2 1/4 tsp kosher salt, divided
1/4 tsp black pepper, freshly ground
3 Tbsp balsamic vinegar
2 Tbsp maple syrup

1/4 tsp black pepper, freshly ground

2 pounds(s) uncooked Brussels sprouts, trimmed

2 spray(s) cooking spray

Instructions

Preheat oven to 450°F. Coat a large nonstick baking sheet with cooking spray.

Slice Brussels sprouts in half, if large; place on prepared baking sheet. Add oil, 2 teaspoons salt and pepper; toss well to coat. Roast, stirring and rotating pan halfway through cooking, about 20 minutes. Meanwhile, combine vinegar, maple syrup and remaining 1/4 teaspoon salt in a small saucepan; set over medium-high heat. Boil, stirring frequently, until thick and syrupy, about 3 minutes.

Spoon Brussels sprouts into a serving dish; drizzle with syrup mixture just before serving. Yields about a heaping 3/4 cup per serving.

gut

Reclipe by Jim Fobell

lives in New York City.

Contributing Editor Jim Fobell is a cookbook author who

SODIUM 93mg; CALC 80mg
 PROTEIN 2.9g; CARB 5.8g; FIBER 0.7g; CHOL 3mg; IRON 0.6mg;
 CALORIES 51 (41% from fat); FAT 2.3g (sat 0.8g, mono 0.7g, poly 0.6g);

Yield: 4 servings (serving size: 1 zucchini and 2 tablespoons cream). Recipe pictured on page 194.
 Place zucchini slices. Serve with yogurt mixture.
 Beat procedure with $\frac{1}{2}$ teaspoon oil and remain-
 ing zucchini slices. Remove yogurt mixture.
 Remove zucchini from skillet; keep warm. Re-
 cook 2 minutes on each side or until browned.
 2. Heat $\frac{1}{2}$ teaspoon oil in a 12-inch cast-iron

skillet over high heat. Add half of zucchini slices;
 you want to carry? And why "sneak" at all? Why

you leave a

and leave a

WITH LEMON-DILL CREAM
FRECKLED ZUCCHINI

SNEAKY ZUCCHINI



sneaky way to get started. Sneezy consider eating it on porches, you might consider eating it on porches, you invented. And as for leaving it on porches, you eat, gentiles, most accommodate vegetable ever. Seriously, though, zucchini is about the kind-stuff off our hands."

You to [choose one of the following]: (a), have you to choose one of the following: (a), have of zucchini this year due to El Niño and wanted Hazel and Ed. We had about 200 extra pounds not just ring the doorbell and say, "Howard, you want to carry? And why "sneak" at all?" Why is a basket of zucchini really the message plies—cover action? And if it is a friendly ges- act of neighborly kindness, or exactly what it is—sneaking of surplus zucchini be considered an Roy of Mt. Grima, Peninsularia. Should the summer problem posed by founders Tom and Ruth a special night this August 8, one wonders at the popular Italian import is in fact an actionable solution of zucchini. Now, whether an excess of the "Night" is to offset the "overzealous planting

of zucchini." Your Neighbors' Pork

meal commemoration called "Sneak Some

he started purpose of a little-known noctur-

lightheaded, lurking in your gardeners
 keep a close eye
 neighborhood,
 and leave a
 light on.

serried warm or cold, Dilled Peas
and Potatoes. Yamagrette puts a
city new spin on satisfying side
dishes options.

Ground fresh asparagus
tablespoons olive oil
Teaspoon sugar
Teaspoon salt
Cheaspoon freshly ground pepper
AP off tough ends of asparagus.
range in a 15- x 10-inch jellyroll pan.
zzle olive oil.
Oil 5½ inches from heat (with
ctric oven door partially open) 4
utes. Sprinkle with sugar, salt, and
per. Yield: 3 to 4 servings.

Silky Cornflour
Atlanta, Georgia

SIMPLY ROASTED ASPARAGUS

Plunge peas into ice water to stop the cooking process; drain.

WHISK together oil and next 4 ingredients in a large bowl. Add sliced potato, snap peas, and onions, tossing gently to coat. Chill 2 hours, or serve immediately. Yield: 6 to 8 servings.

Prep: 30 min., Chill: 2 hrs.

*La Juan Coward
Las Vegas, Texas*

* I (16-ounce) package frozen sugar snap peas may be substituted for fresh peas.

DILLED BEANS AND POTATOES

VINAIGRETTE
8 small red potatoes
(about $1\frac{1}{2}$ pounds)
1 pound sugar snap peas*
 $\frac{1}{2}$ cup olive oil
6 tablespoons white wine vinegar
2 tablespoons minced fresh dill
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon freshly ground pepper
6 green onions, chopped
COOK potatoes in a Dutch oven in boiling water 20 minutes or until tender; drain. Thinly slice.
COOK snap peas in boiling water 2 minutes or until crisp-tender; drain.

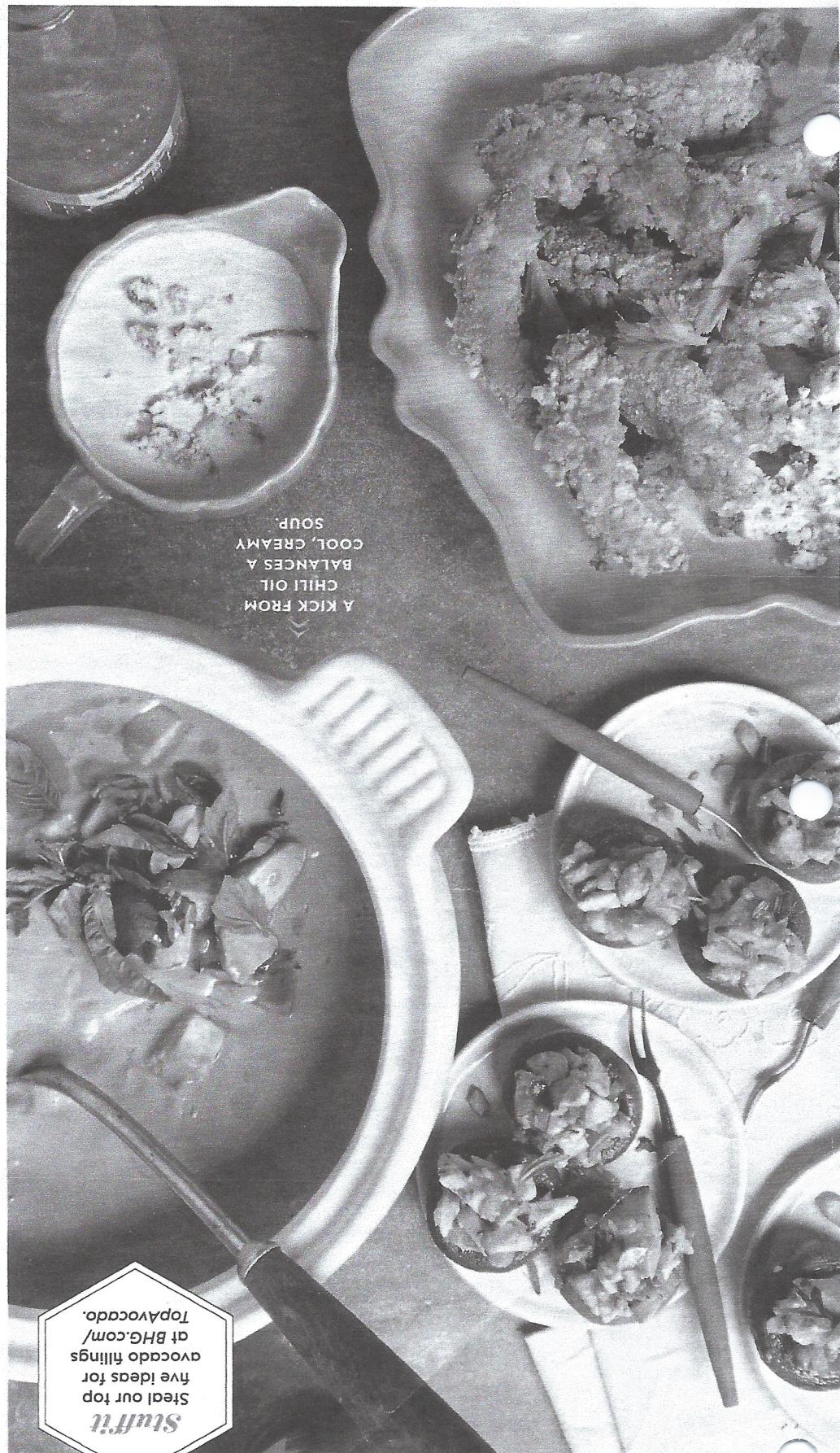
DILLED PEAS AND POTATOES

L These fresh, no-fuss vegetable recipes. Whether you head to the supermarket or a nearby garden to harvest seasonal bounty, each dish delivers field-fresh flavor to your table in a snap. Gemlike emerald sugar snap peas, tiny red potatoes, and slender spears of asparagus find new ways to shine as light entrées, versatile side dishes, and cozy casseroles. To make the most of nature's goodness, see "Prized Produce" (page 236) for tips on selection and storage.

You don't have
to have a green
thumb—or spend a day
in the kitchen—
to capture a bumper
crop of fine flavors.

Best of Spring

FOOD AND HOSPITALITY



CRISPY AVOCADO WEDGES

CHILLED AVOCADO SOUP WITH GINGER & BASIL

Swift
Stead our top
five ideas for
vocado fillings
at BHG.com/
TopVocado.

1

- **Whisk** together soy sauce and next 3 ingredients; set aside.
- **Add** spinach to skillet; cover and cook over medium heat, stirring occasionally, 9 minutes or until tender. Pour soy mixture over spinach and toss to coat. Sprinkle with sesame seeds. **Tie!**: 4 servings.
- Note: Mitiin is a sweet rice wine used in Japanese cooking and is available in gourmet sections of most larger supermarkets and Asian markets.

- Cook sesame seeds in a large ring constantly, 3 minutes or until toasted. Remove seeds from pan, skillfully over medium-high heat, stir-spinaach packages fresh 2 (10-ounce) teaspoons sugar 2 tablespoons vegetable oil 1 tablespoon winegar 1 tablespoon wine or rice wine 2 tablespoons soy sauce 1 tablespoon sesame seeds

SESAME SPINACH

Spinach and zucchini star in toast-topped Green Soup.



Memphis, Tennessee

- Sauté onion and garlic in hot oil in a large saucépan until tender. Add broth and spinach; cook, stirring occasionally, until spinach thaws.
- Bring to a boil, stirring occasionally, until onions are tender. Add salt and pepper to taste.
- Stir in Couscous; cover, remove from heat, and let stand 5 minutes or until liquid is absorbed.
- Stir in cheese and remaining ingredients. Serve immediately. Yield: 6 to 8 servings.

1 medium onion, chopped
 1 garlic clove, pressed
 2 tablespoons olive oil
 1 (14½-ounce) can chicken broth
 1 (10-ounce) package frozen
 10 ounces coarsely
 1 Parmesan cheese
 2 tablespoons lemon juice
 ½ teaspoon fresh ground pepper
 ½ cup chopped pecans, toasted

Couscous
SOCIETY-AND-UNION

Sudan and Georgia

- **Sprinkle** $\frac{1}{2}$ teaspoon Parmesan cheese on each baguette slice, and place on baking sheet. Broil 5½ inches from heat (with electric oven door partially open) about 3 minutes or until cheese is melted.
- **Ladle** soup into individual serving bowls; top each with a toasty slice. Yield: 6 to 8 servings.

- 1 small onion, chopped
- 1 garlic clove, pressed
- 2 tablespoons olive oil
- 3 (14½-ounce) cans chicken broth
- 4 cups shredded fresh spinach
- 2 medium zucchini, cubed
- 1½ teaspoons dried Italian seasoning
- 1¼ teaspoons salt
- 1½ teaspoons pepper
- 3 to 4 teaspoons freshly grated Parmesan cheese
- 6 to 8 French baguette slices,
- Sauté chopped onion and garlic in hot olive oil in a large Dutch oven until tender. Add chicken broth and next 5 ingredients; bring mixture to a boil. Reduce heat, and simmer 10 minutes or until zinc oven until tender.

GREEN SOUP

Fresh spinach lends seasonal color and flavor to humdrum meat-and-potato winter meals. This viertuous vegetable—full of iron, potassium, and vitamins A and C—highlights salads and soups and serves as an easy side dish. For best taste, texture, and nutrition, frozen ranks a close second. When using frozen spinach in dips and pies, thaw it and squeeze out all the liquid first. *Donna Florio*

The Season For Speech



FLAVORFUL garnishes,
such as toasted nuts or
browned mushrooms,
ramp up vegetables.

PER SERVING 241 CALORIES, 1 G SATURATED FAT,
3 G UNSATURATED FAT, 4 G CHOLESTEROL,
49 G CARBOHYDRATE, 335 MG SODIUM,
4 G PROTEIN, 6 G FIBER

1. Preheat oven to 400°. Pick sweet potatoes, a few times with a fork. Bake on a foil-lined baking sheet until tender, 1 hour 15 minutes. Let cool slightly.

2. Scoop out flesh from sweet potatoes, and puree in a food processor with 1½ teaspoons salt until smooth (you may need to do this in 2 batches). Season with pepper.

3. Heat a sauceman over medium heat. Add butter; cook, swirling, until deep brown with a nutty aroma. Remove from heat. Add butter over top; sprinkle with pecans. In syrup. Reheat puree; transfer to a bowl.

With just a modest amount of pure maple syrup, this version retains all the flavor of a traditional dish.

4. Pound sweet potatoes Coarse salt and freshly ground pepper

5. Pour butter over top; sprinkle with pecans.

6. About 3 minutes more. Cool until thick. Whisk in stock mixture. Cook until shallots, 6 minutes. Reduce heat to low; add shallots. Stir in yogurt and ½ teaspoon salt; season with pepper. Toss in beans. Remove from heat.

7. This twist on a standard green bean casserole is elevated to creamy, delicious heights—thanksto thick low-fat Greek yogurt.

8. Pound green beans; trimmed 1½ tablespoons olive oil plus ½ teaspoons extra-virgin oil large shallots, thinly sliced (¾ cup) low-sodium chicken stock ½ cup homemadestore-bought and sliced ¼ inch thick 8 ounces creamy mushrooms, trimmed 2 teaspoons cornstarch ¾ cup 2 percent Greek yogurt and sliced ¼ inch thick 4 ounces salt and freshly ground pepper

1. Bring a large pot of water to a boil. Blanch beans until tender, about 6 minutes. Drain, and wipe skillet clean with a paper towel.

2. Meanwhile, heat 1½ teaspoons oil in a large nonstick skillet over medium heat. Cook shallots, stirring occasionally, until tender and just starting to brown, 3 to 4 minutes. Transfer shallots to a small bowl, and add 4 cups chopped toasted pecans and mix well.

3. Cook mushrooms, stirring occasionally, until tender over medium heat, 3 to 4 minutes. Transfer mushrooms to a small bowl, and add 4½ teaspoons pure maple syrup and mix well.

4. Add 1½ cups of the maple syrup mixture to the pecans; stir to coat. Serve warm.

BY LIVING full to eat

for
is
en
re
Prep
Inactive Prep
Cook Time:
1 hr 0 min

8 min
—
Easy
Serves: 3 to 4 servings

Rosemary Roasted Potatoes

Copyright 2004, Ina Garten, All Rights Reserved

Prep Time:	8 min	Level:	Serves: 3 to 4 servings
Inactive Prep Time:	—	—	—
Cook Time:	1 hr 0 min	—	—
W	1 1/2 pounds small red or white-skinned potatoes (or a mixture)	—	—
U	1/8 cup good olive oil	—	—
A	3/4 teaspoon kosher salt	—	—
D	1/2 teaspoon freshly ground black pepper	—	—
S	1 tablespoon minced garlic (3 cloves)	—	—
G	2 tablespoons minced fresh rosemary leaves	—	—

Ingredients

- Cut the potatoes in half or quarters and place in a bowl with the olive oil, salt, pepper, garlic and rosemary; toss until the potatoes are well coated. Dump the potatoes on a baking sheet and spread out into 1 layer; roast in the oven for at least 1 hour, or until browned and crisp. Flip twice with a spatula during cooking to ensure even browning.

Directions

Preheat the oven to 400 degrees F.



From the kitchen of Ina Garten, from the new season to taste and serve!

world walks out, ~~we leave a place in our heart~~ ~~when the sun goes to taste and serve!~~ ~~a place in your heart that you never knew was empty. Two peas in a pod. Friendship ~~regardless of~~ brings the world so well as you. If you don't have a smile, I'll give you one of mine. The only way to live, laugh, love. Now I know what love is, you are my everything. A friend is one of the nicest things true love stories never have endings. Many people will walk in and out of your life, but only true friends are bestowed as a gift - freely, willingly and without expectation. We don't love to be loved; we love to love abundantly and to live abundantly, and to love forever is to live forever. A friend is someone to love, you can get on, fall in love, and you fall forever. A good friend is hard to find, hard to lose, as well as you. A real friend is one who walks in when the rest of the world walks out. Great minds think alike. Friends until the end. Love is a beautiful dream. A friend fills a place in your heart that you lightens every burden and makes the sun shine brighter. I do love nothing in the world so well as the only way to leave a friend is to be one. Friends are a heart full of joy. Live, laugh, love. Now I know some of the nice things you can have, and one of the best things you can be. True love stories never have an ending, but only true friends will leave footprints in your heart. Love is always bestowed as a gift - freely, I loved, we love to love. My best friend is the one who brings out the best in me. To love about it, I know. A friend is someone who knows the song in your heart, and can sing it back to you when you have what love is. You are my everything. A friend is one of the nice things you can have, and one of the nice things. Many people will walk in and out of your life, but only true friends will leave footprints in your heart and without expectation. We don't love to be loved; we love to love. My best friend is the one who leaves the song in your heart.~~

L
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D



Recipe Name SWEET POTATO CASSEROLE
Ingredients & Directions

3 c. cooked canned sweet potatoes

1 c. sugar

1/2 t. salt

2 eggs beaten

1/2 stick butter

1/2 c. milk

1/2 t. vanilla

Combine & put in 8x8 baking dish.

Topping

1 cup brown sugar

1 cup chopped nuts

1/3 c. flour

1/2 c. shortening

Mix together & sprinkle over potatoes. Bake at

350° for 35 min.

58
Recipe Name THAI W. Thai Noodles
Ingredients & Directions Asparagus Soup

1 T. oil

4 T. chix broth/water

1/2 t. chili/hot oil

1/2 oz. spaghetti

1/2 c. chop. scallions

4 t. honey

4 t. chop. cilantro

1 T. chop. garlic

1 oz. prawns

Mix canish w/prawns Males 8
1/4 FA 3/4 P 2 B 15C

* double everything for 1 pack of

Spaghetti

Asparagus soup

1 lb. asp.

1 t. salt

1/2 c. water

1/2 t. pepper

3 T. butter

3 T. sc. cream

A
J.
ee

Recipe Name SWEET POTATO CASSEROLE

Ingredients & Directions

3 c. cooked canned sweet potatoes

1 c. sugar

1/2 t. salt

2 eggs beaten

1/2 stick butter

1/2 c. milk

1/2 t. vanilla

Combine & put in 8x8 baking dish

Topping

1 cup brown sugar

1 cup chopped nuts

1/3 c. flour

1/3 stick butter

1/2 c. coconut

Mix together & crumble over potatoes. Bake at 350° for 35 min.

Jade

1/2 c. green beans
1 t. sea oil
1/2 t. soy sc

1 t. sugar
In lg. pot cook green beans 4 min. Drain
rinse w/cold H₂O. Heat oil in skillet +
fry beans 1-2 min. Add soy sc + cook 1
min. Add sugar & fry 30 sec. Serve



Makes 4

33 cal. .6 g fat

Knorr Spinach Dip 4 cups dip

PREP TIME: 10 Minute(s)
CHILL TIME: 2 Hour(s)

INGREDIENTS

- 1 package (10 oz.) baby spinach, chopped or 1 package (10 oz.) frozen chopped spinach, thawed and squeezed dry
- 1 container (16 oz.) sour cream
- 1 cup Hellmann's® or Best Foods® Real Mayonnaise
- 1 package Knorr® Vegetable recipe mix
- 1 can (18 oz.) water chestnuts, drained and chopped (optional)
- 3 green onions, chopped (optional)

PREPARATION

Everyone loves our dip! Here's how we make it:

Combine all ingredients and chill about 2 hours. Serve with your favorite dippers to your favorite people.

A new serving idea: Hollow out cucumber slices and cherry tomatoes. Fill vegetables with Knorr® Spinach Dip and garnish with a sprig of dill.

My German Spaetzle Dumplings

Rated: ★ ★ ★ ★

Submitted by MARBALET

6

"A traditional German dumpling or noodle, spaetzle is boiled in water or broth then pan fried in butter and served as a side dish."

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| 1 cup all-purpose flour | 1/2 teaspoon salt |
| 1/4 cup milk | 1 gallon hot water |
| 2 eggs | 2 tablespoons butter |
| 1/2 teaspoon ground nutmeg | 2 tablespoons chopped fresh parsley |
| 1 pinch freshly ground white pepper | |

Mix together flour, salt, white pepper, and nutmeg. Beat eggs well, and add alternately with the milk to the dry ingredients. Mix until smooth.

- Press dough through spaetzle maker, or a large holed sieve or metal grater.
- Drop a few at a time into simmering liquid. Cook 5 to 8 minutes. Drain well.
- Saute cooked spaetzle in butter or margarine. Sprinkle chopped fresh parsley on top, and serve.