



## Sweet Potato & Turnip Mash with Sage Butter

*From EatingWell: November/December 2010*

This sweet potato and turnip mash is fragrant with fresh sage.

**6 servings, about 1/2 cup each | Active Time:** 20 minutes | **Total Time:** 40 minutes

### Ingredients

- 1 pound sweet potatoes, peeled and diced
- 8 ounces turnips (about 2 medium), peeled and diced
- 3 large cloves garlic
- 30 fresh sage leaves, divided (12 left whole, the rest cut into strips)
- 2 tablespoons butter
- 1 teaspoon kosher or sea salt
- 1/2 teaspoon coarsely cracked pepper

### Preparation

1. Place potatoes, turnips, garlic and 12 sage leaves in a medium saucepan and cover with water. Bring to a boil. Reduce the heat to medium-low, cover, and simmer until the vegetables are fork-tender, 12 to 15 minutes. Drain. Return the vegetables to the pan and keep covered.
2. Heat butter in a small skillet over medium-high heat. As it melts and turns lightly brown, add the strips of sage and allow them to crackle and flavor the butter, about 1 minute.
3. Pour the sage and butter over the vegetables and smash with a potato masher. Stir in salt and pepper and serve.

### Nutrition

**Per serving** : 88 Calories; 4 g Fat; 3 g Sat; 0 g Mono; 10 mg Cholesterol; 12 g Carbohydrates; 1 g Protein; 2 g Fiber; 224 mg Sodium; 291 mg Potassium

1 Carbohydrate Serving, **Exchanges:** 1 starch, 1 fat

*Source:* <http://www.eatingwell.com/recipes/>



## Herbed Potato Bread

This distinctive loaf boasts a beautiful bouquet of herbs baked into the crust. Flavored with more herbs, it's a fine accompaniment to savory dishes, but is also delicious toasted, with honey.

**2 small loaves (8 slices each) | Active Time:** 45 minutes | **Total Time:** 3 1/2 hours (including rising time)

### Ingredients

#### Bread

- 1 all-purpose potato, (6 ounces), peeled and halved
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon sugar
- 2 tablespoons lukewarm water
- 1 1/4 teaspoons active dry yeast
- 1 1/2 cups whole-wheat flour
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon chopped fresh thyme
- 1 teaspoon chopped fresh sage
- 1 1/4 teaspoons salt
- 1 1/2-1 3/4 cups all-purpose flour
- Cornmeal, for dusting

#### Glaze & decoration

- 6 fresh chives
- 6-8 sprigs fresh flat-leaf parsley
- 4-6 fresh sage leaves
- 1 egg white
- 1 tablespoon water

### Preparation

1. Place potato in a small saucepan and cover with water; bring to a boil. Reduce heat to medium-low, cover and cook until tender, 15 to 20 minutes. Drain, reserving 1 cup cooking liquid. Place the potato in a bowl and mash with a fork or potato masher. Drizzle with oil. Let mashed potato and reserved cooking liquid cool to lukewarm.

2. Dissolve sugar in water in a large bowl. Stir in yeast and let stand until foamy, about 5 minutes. Add the mashed potato and reserved cooking liquid. Gradually beat in whole-wheat flour. Beat for 1 minute. Stir in rosemary, thyme, sage and salt. Gradually beat in enough of the all-purpose flour until the dough is too stiff to beat. Turn the dough out onto a lightly floured surface. Knead until smooth and elastic, adding just enough flour to prevent sticking, about 10 minutes. (Alternatively, use a stand-up mixer fitted with a dough hook to mix and knead the dough.)
3. Place the dough in a lightly oiled bowl. Turn to coat and cover with plastic wrap. Let rise until doubled in bulk, about 1 1/2 hours.
4. Coat a large baking sheet with cooking spray. Sprinkle with cornmeal. Punch the dough down. Turn out onto the work surface and knead several times. Divide dough in half and shape each piece into a ball. Place loaves several inches apart on the baking sheet. Cover with plastic wrap and let rise for 1 hour.
5. Half an hour before baking, place a baking stone or inverted baking sheet on the middle rack of the oven. Place a small baking pan on the rack below. Preheat oven to 450°F.
6. To decorate loaves: Place a large bowl of cold water beside the stove. Bring a large saucepan of water to a boil. Drop chives, parsley sprigs and sage leaves into the boiling water for a few seconds. Retrieve with tongs or a slotted spoon and drop into the cold water. Pat herbs dry.
7. Blend egg white and water with a fork in a small bowl; brush over the risen loaves. Arrange herb sprigs decoratively over the loaves. Brush again with the egg-white glaze.
8. Pour 1 cup water into the baking pan in the oven. Place the baking sheet on the baking stone (or inverted baking sheet) and bake the loaves for 20 minutes. Reduce oven temperature to 400° and bake until the loaves are golden and the bottoms sound hollow when tapped, 10 to 15 minutes. Transfer to a wire rack and let cool.

## Nutrition

**Per slice :** 101 Calories; 1 g Fat; 0 g Sat; 1 g Mono; 0 mg Cholesterol; 17 g Carbohydrates; 4 g Protein; 2 g Fiber; 185 mg Sodium; 57 mg Potassium

1 Carbohydrate Serving **Exchanges:** 1 1/3 starch



## Roasted Pumpkin-Apple Soup

Apples add just a hint of sweetness to this velvety pumpkin soup. Try it as a delightful first course for a special meal.

**12 servings, about 1 cup each | Active Time:** 30 minutes | **Total Time:** 1 hour 10 minutes

### Ingredients

- 4 pounds pie pumpkin or butternut squash, peeled, seeded and cut into 2-inch chunks (see Tip)
- 4 large sweet-tart apples, such as Empire, Cameo or Braeburn, unpeeled, cored and cut into eighths
- 1/4 cup extra-virgin olive oil

Source: <http://www.eatingwell.com/recipes/>

- 1 1/4 teaspoons salt, divided
- 1/4 teaspoon freshly ground pepper
- 1 tablespoon chopped fresh sage
- 6 cups reduced-sodium chicken broth or vegetable broth
- 1/3 cup chopped hazelnuts, toasted (see Tip)
- 2 tablespoons hazelnut oil

## Preparation

1. Preheat oven to 450°F.
2. Toss pumpkin (or squash), apples, olive oil, 1 teaspoon salt and pepper in a large bowl. Spread evenly on a large rimmed baking sheet. Roast, stirring once, for 30 minutes. Stir in sage and continue roasting until very tender and starting to brown, 15 to 20 minutes more.
3. Transfer about one-third of the pumpkin (or squash) and apples to a blender along with 2 cups broth. Puree until smooth. Transfer to a Dutch oven and repeat for two more batches. Season with the remaining 1/4 teaspoon salt and heat through over medium-low heat, stirring constantly to prevent splattering, for about 6 minutes. Serve each portion topped with hazelnuts and a drizzle of hazelnut oil.

## Nutrition

180 Calories; 9 g Fat; 1 g Sat; 7 g Mono; 0 mg Cholesterol; 25 g Carbohydrates; 3 g Protein; 6 g Fiber; 525 mg Sodium; 569 mg Potassium

1 Carbohydrate Serving

**Exchanges:** 1 starch, 1/2 fruit, 2 fat

**Nutrition Note:** Vitamin A (290% daily value), Vitamin C (40% dv), Potassium (16% dv).

## Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate for up to 3 days. Reheat in the microwave on High, covered, stirring frequently, or on the stovetop over medium heat.
- **Tips:** Make it easier to cut a pumpkin, acorn squash or other winter squash: pierce in several places with a fork; microwave on High for 45 to 60 seconds. Use a large sharp knife to cut in half. Remove the seeds and stringy fibers with a spoon.
- To toast chopped nuts, small nuts and seeds, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.
- **Cut Down on Dishes:** A rimmed baking sheet is great for everything from roasting to catching accidental drips and spills. For effortless cleanup and to keep your baking sheets in tip-top shape, line them with a layer of foil before each use.



## Cream of Mushroom & Barley Soup

[http://www.eatingwell.com/recipes/cream\\_of\\_mushroom\\_barley\\_soup.html](http://www.eatingwell.com/recipes/cream_of_mushroom_barley_soup.html)

*From EatingWell: January/February 2007*

This sophisticated take on creamy mushroom soup is rich with earthy porcini mushrooms and has the added goodness of whole-grain barley.

**4 servings, about 1 3/4 cups each | Active Time:** 50 minutes | **Total Time:** 1 1/4 hours

### Ingredients

- 1/2 cup pearl barley
- 4 1/2 cups reduced-sodium chicken broth, or mushroom broth (see Shopping Tip), divided
- 1 ounce dried porcini mushrooms
- 2 cups boiling water
- 2 teaspoons butter
- 1 tablespoon extra-virgin olive oil
- 1 cup minced shallots, (about 4 medium)
- 8 cups sliced white mushrooms, (about 20 ounces)
- 2 stalks celery, finely chopped
- 1 tablespoon minced fresh sage, or 1 teaspoon dried
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 2 tablespoons all-purpose flour
- 1 cup dry sherry, (see Ingredient Note)
- 1/2 cup reduced-fat sour cream
- 1/4 cup minced fresh chives

### Preparation

1. Bring barley and 1 1/2 cups broth to a boil in a small saucepan over high heat. Cover, reduce heat to low and simmer until tender, 30 to 35 minutes.

*Source:* <http://www.eatingwell.com/recipes/>

2. Meanwhile, combine porcinis and boiling water in a medium bowl and soak until softened, about 20 minutes. Line a sieve with paper towels, set it over a bowl and pour in mushrooms and soaking liquid. Reserve the soaking liquid. Transfer the mushrooms to a cutting board and finely chop.
3. Heat butter and oil in a Dutch oven over medium-high heat. Add shallots and cook, stirring often, until softened, about 2 minutes. Add white mushrooms and cook, stirring often, until they start to brown, 8 to 10 minutes. Add the porcinis, celery, sage, salt and pepper and cook, stirring often, until beginning to soften, about 3 minutes. Sprinkle flour over the vegetables and cook, stirring, until the flour is incorporated, about 1 minute. Add sherry and cook, stirring, until most of the sherry has evaporated, about 1 minute.
4. Add the soaking liquid and the remaining 3 cups broth; increase heat to high and bring to a boil. Reduce heat and simmer, stirring occasionally, until the soup has thickened, 18 to 22 minutes.
5. Add the cooked barley and continue cooking, stirring occasionally, until heated through, about 5 minutes more. Stir in sour cream until incorporated. Garnish with chives.

## Nutrition

**Per serving** : 333 Calories; 10 g Fat; 4 g Sat; 4 g Mono; 17 mg Cholesterol; 38 g Carbohydrates; 13 g Protein; 6 g Fiber; 968 mg Sodium; 1210 mg Potassium

2 Carbohydrate Serving

**Exchanges:** 1 starch, 2 vegetable, 2 fat

## Tips & Notes

- **Make Ahead Tip:** Prepare soup through Step 4. Cover and refrigerate the soup and cooked barley separately for up to 3 days. To serve, combine (Step 5) and reheat.
- **Shopping tip:** Look for mushroom broth in aseptic containers in well-stocked supermarkets or natural-foods stores.
- **Ingredient note:** Sherry is a type of fortified wine originally from southern Spain. Don't use the "cooking sherry" sold in many supermarkets—it can be surprisingly high in sodium. Instead, purchase dry sherry that's sold with other fortified wines in your wine or liquor store.



## Braised Summer Vegetables with a Green Herb Sauce

Source: <http://www.eatingwell.com/recipes/>

From *EatingWell: EatingWell Fast & Flavorful Meatless Meals* (2011), July/August 2012

This sophisticated dish of braised vegetables—carrots, potatoes, beans, tomatoes, bell pepper and squash—drizzled with a pestolike sauce made from garden-fresh herbs was inspired by a summer stroll through the farmers' market. Feel free to mix up the produce based on what you have on hand, and make extra sauce since it freezes well and is perfect for tossing with pasta or swirling into soups. If they're available, try adding fresh fava or other shell beans to bump up the protein in this quintessentially summery dish.

**6 servings, 2 cups vegetables each | Active Time:** 55 minutes | **Total Time:** 1 1/2 hours

## Ingredients

### Vegetable Braise

- 2 tablespoons extra-virgin olive oil
- 2 bay leaves
- 6 small onions, halved, or 2 large onions, cut into 2-inch pieces
- 7 large cloves garlic, peeled and halved
- 3 sprigs fresh thyme
- 6 fresh sage leaves
- 12 small or 3 large carrots, peeled and cut into 3-inch lengths
- 12 ounces small new potatoes, scrubbed and cut into 1 1/2-inch wedges
- 8 ounces yellow wax beans or a mixture of beans, trimmed and cut in half
- 5 medium tomatoes, peeled (see Tip), seeded and quartered, juice reserved
- 1 large yellow or orange bell pepper, cut into strips
- 1 pound summer squash, cut into 2-inch pieces
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper

### Green Herb Sauce

- 1/3 cup packed fresh basil leaves
- 1/3 cup flat-leaf parsley leaves
- 2 tablespoons fresh marjoram leaves
- 1 small clove garlic
- 3 tablespoons extra-virgin olive oil
- 3 tablespoons water, or more if necessary
- 2 tablespoons capers, rinsed
- Pinch of salt

## Preparation

1. To prepare vegetable braise: Heat oil and bay leaves in a large Dutch oven over medium-low heat until fragrant, about 1 minute. Stir in onions, garlic, thyme and sage; cover and cook, without stirring, 3 minutes. Layer carrots, potatoes, beans, tomatoes, bell pepper and squash on top without stirring. Season with salt and pepper, and pour the reserved tomato juice over the vegetables. Cover and cook until the vegetables are tender and juicy, 40 to 60 minutes. After 30 minutes, if the pot seems dry, add a few tablespoons water.
2. To prepare green herb sauce: Puree basil, parsley, marjoram, garlic and oil in a food processor or blender. With the motor running, add water and process until the sauce is smooth and creamy. Transfer the sauce to a bowl, stir in capers and season with salt.
3. Remove the bay leaves and thyme sprigs from the vegetables. Serve drizzled with the green herb sauce.

## Nutrition

**Per serving** : 250 Calories; 13 g Fat; 2 g Sat; 9 g Mono; 0 mg Cholesterol; 32 g Carbohydrates; 6 g Protein; 7 g Fiber; 352 mg Sodium; 1147 mg Potassium

2 Carbohydrate Serving

**Exchanges:** 4 vegetable, 2 1/2 fat

## Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate for up to 3 days. Reheat in the microwave or on the stovetop over low heat.
- **Tip:** Make a small X in the bottom of each tomato and plunge into boiling water until the skins are slightly loosened, 30 seconds to 2 minutes. Transfer to a bowl of ice water for 1 minute. Peel with a paring knife, starting at the X.



## Pear Risotto with Prosciutto & Fried Sage Leaves

[http://www.eatingwell.com/recipes/pear\\_risotto\\_with\\_prosciutto\\_fried\\_sage\\_leaves.html](http://www.eatingwell.com/recipes/pear_risotto_with_prosciutto_fried_sage_leaves.html)

*From EatingWell: October/November 2006*

Sweet ripe pear matched with the delicate saltiness of prosciutto defines this creamy risotto that goes well with any roast meat or poultry. Pungent, crispy fried sage leaves give a special finishing touch to this dish.

**4 servings, 1 cup each | Active Time:** 1 hour | **Total Time:** 1 hour

## Ingredients

- Olive oil, or canola oil
- 2 thin slices prosciutto, (1 ounce), 1 thinly sliced crosswise and 1 finely chopped, divided
- 4 fresh sage leaves, plus 1 teaspoon minced fresh sage, divided
- 6 cups reduced-sodium chicken broth

*Source:* <http://www.eatingwell.com/recipes/>

- 1 tablespoon extra-virgin olive oil
- 2 tablespoons minced shallot
- 1 cup arborio, carnaroli or other medium-grain Italian rice
- 2 cups finely diced peeled ripe Bosc pears, (about 2 pears), divided
- 1/3 cup dry white wine
- 2 tablespoons grated Parmigiano-Reggiano, plus more for serving if desired
- 1 tablespoon butter
- Freshly ground pepper, to taste

## Preparation

1. Set a small strainer over a heatproof bowl. Heat about 1/2 inch of olive or canola oil in a small saucepan over medium-high heat until shimmering but not smoking. Add the sliced prosciutto and sage leaves and fry just until crisp, 1 to 3 minutes. Drain in the strainer then spread out on a paper towel. Set aside.
2. Bring broth to a simmer in a medium saucepan. Adjust the heat to maintain a steady simmer.
3. Heat 1 tablespoon extra-virgin olive oil in a large high-sided skillet or Dutch oven over medium-low heat. Add the chopped prosciutto and shallot; cook, stirring, until the shallot is just beginning to brown, 1 to 2 minutes. Add the minced sage, rice and 1 cup pears; stir to coat with the oil. Add wine and increase heat to medium-high. Cook, stirring, until the wine is almost absorbed by the rice, 1 to 3 minutes.
4. Add enough of the hot broth to just cover the rice mixture. Adjust the heat to maintain a steady simmer and cook, stirring constantly, until almost all the broth is absorbed. Continue to add the hot broth, about 1/2 cup at a time, stirring after each addition until all the liquid has been absorbed and adjusting the heat as necessary to maintain a simmer, until the rice begins to get creamy, 10 to 15 minutes. Stir in the remaining 1 cup pears.
5. Continue to add broth, about 1/2 cup at a time, stirring after each addition until all the liquid has been absorbed and adjusting the heat as necessary to maintain a simmer, until the rice is just tender, 10 to 15 minutes more. (You may not need all of the simmering broth.) Remove from the heat and let stand for 1 minute. Stir in cheese and butter. Season with pepper.
6. Serve the risotto garnished with the fried sage leaves, fried prosciutto and additional cheese, if desired.

## Nutrition

**Per serving** : 267 Calories; 10 g Fat; 4 g Sat; 4 g Mono; 22 mg Cholesterol; 32 g Carbohydrates; 10 g Protein; 2 g Fiber; 405 mg Sodium; 122 mg Potassium

2 Carbohydrate Serving

**Exchanges:** 1 starch, 1 fruit, 2 fat