



Recipes April 11

Noodles with Mint Pesto, Figs and Feta #1

8 oz whole-grain fettuccine
 1 cup loosely packed fresh mint (leaves and tender stems)
 1 cup loosely packed fresh flat-leaf parsley (leaves and tender stems)
 1/4 cup unsalted walnuts, toasted and chopped
 1/4 cup chopped shallots
 1/4 tsp sea salt
 1/4 tsp fresh ground black pepper
 1 tbsp extra-virgin olive oil
 8 dried figs, stemmed and chopped (TIP: If fresh figs are available, substitute 12 of them, tossing them in gently at the very end before sprinkling with feta.)
 2 to 3 oz feta cheese, or to taste, crumbled

Cook fettuccine al dente according to package directions. Before draining, reserve 1 cup of the starchy cooking water. Drain pasta and set aside. While the pasta is cooking prepare pesto: In a blender or food processor, combine mint, parsley, walnuts, shallots, salt and pepper. Pulse several times to roughly chop. With blender or processor running, pour in oil in a slow stream. Scrape down the sides. With blender or processor running, pour in 1/4 cup plus 2 tbsp reserved pasta cooking water. Blend until consistency is even but still slightly chunky. Return pasta to pot. Add pesto and figs. Place pot on low heat and stir gently to coat. While stirring, add 1/4 to 1/2 cup reserved pasta water to moisten noodles. Divide among serving bowls and sprinkle evenly with cheese.

Apple Chicken Curry with Almond Couscous #2

1 lb boneless, skinless chicken breasts, cut into 1/2-inch cubes
 3 tbsp white whole-wheat flour
 1 1/2 tsp olive oil, divided
 1 tsp curry powder
 1/2 tsp sea salt, divided
 2 red apples (such as Gala), cut into 1/2-inch pieces
 1/3 cup thinly sliced green onions (white and light green parts), plus 2 tbsp for garnish (dark green part), divided
 2 tsp peeled and minced ginger
 1 cup low-sodium chicken broth
 3 tbsp apple juice
 2 tbsp unsweetened raisins
 1 cup whole-wheat couscous

2 tbsp blanched slivered almonds, lightly toasted

In a medium bowl, toss chicken with flour to coat. In a medium nonstick skillet on medium, heat 1/2 tsp oil. Add chicken along with any excess flour from bowl, curry powder and 1/4 tsp salt. Sauté until chicken is golden brown and almost cooked through, about 8 minutes. Transfer chicken to a plate and cover to keep warm. To same skillet on medium, add apple, 1/3 cup onions and ginger and sauté until apples are just tender, about 5 minutes. Add broth, apple juice and raisins. Bring to a simmer and return chicken to skillet. Cover and simmer over medium-low for 10 more minutes.

Meanwhile, to a medium heat-proof bowl, add couscous. Pour 2 cups boiling water over couscous, stirring in remaining 1/4 tsp salt. Cover bowl and set aside for 5 to 7 minutes. Fluff couscous with a fork and stir in remaining 1 tsp oil and almonds. Divide couscous and chicken mixture among serving bowls. Garnish with remaining 2 tbsp onion.

Spring Crab Cakes with Green Salad #3

1 egg white
 3 tablespoons light mayonnaise dressing
 1 tablespoon Dijon-style mustard
 Few drops bottled hot pepper sauce
 3 tablespoons finely chopped red or green sweet pepper
 2 tablespoons snipped fresh parsley
 1 tablespoon sliced green onion
 2 teaspoons snipped fresh dill or cilantro or 1/2 teaspoon dried dill
 1 pound cooked fresh lump crabmeat or three 6- to 6 1/2-ounce cans lump crabmeat, drained, flaked, and cartilage removed
 1 1/4 cups soft whole wheat or white bread crumbs
 1 recipe Lime Dressing (below)
 8 ounces mixed baby greens (8 cups)
 1 head Belgian endive, sliced crosswise
 1 medium tomato, seeded and chopped
 Nonstick cooking spray
 Lime wedges (optional)

In a large bowl, whisk together egg white, mayonnaise dressing, mustard, and hot pepper sauce. Stir in sweet pepper, parsley, green onion, and dill. Add crab and 1/2 cup of the bread crumbs; stir until well mixed. Using wet hands, shape mixture into six 1/2-inch-thick patties. Place on a baking sheet. Cover and chill for 30 minutes.

Prepare Lime Dressing; set aside. In a very large bowl, combine greens, Belgian endive, and tomato. Cover and chill until ready to serve.

Preheat oven to 300 degrees F. Place remaining 3/4 cup bread crumbs in a shallow dish. Dip crab cakes in bread crumbs, turning to coat both sides. Coat an unheated large nonstick skillet with nonstick cooking spray. Preheat over medium heat. Add three of the crab cakes. Cook for 8 to 10 minutes or until golden brown and heated through, turning once halfway

through cooking. Transfer to a baking sheet; keep warm in the oven. Repeat with remaining crab cakes. To serve, toss greens mixture with Lime Dressing; divide among six serving plates. Top with warm crab cakes. If desired, garnish with lime wedges. Makes 6 (1 crab cake and 1 1/2 cups salad) servings.

Roasted Garlic Cashew Sauce over Chicken with Broccoli #4

3/4 cup raw unsalted cashews
Olive oil cooking spray
1 head garlic (whole) plus 2 cloves garlic, minced, divided
1 tbsp fresh lemon juice
1 1/2 tsp olive oil, divided
4 4-oz boneless, skinless chicken breasts, pounded about 1/2-inch thick
Pinch sea salt
1/4 tsp fresh ground black pepper, plus additional to taste
1 large shallot, finely chopped
3 cups broccoli florets

Place cashews in a bowl and cover with cold water. Cover and refrigerate overnight.

Preheat oven to 350°F. Cut a 10-inch square of foil and mist with cooking spray. Slice 1/4-inch from top of head of garlic. Place cut side up on foil and wrap tightly. Place on a baking sheet and roast for 1 hour. Set aside to cool.

When garlic is cool enough to handle, squeeze cloves out of peel into a blender; discard peels. Drain cashews and add to blender along with lemon juice and 1 cup cold water. Begin blending on low speed, gradually increasing to high, until mixture is smooth, 1 to 2 minutes.

In a large nonstick skillet on medium-high, heat 1 tsp oil. Season chicken evenly with salt and pepper. Cook, turning halfway, until browned on both sides and cooked through, 8 to 12 minutes. Remove from skillet to a plate and cover to keep warm.

Heat remaining 1/2 tsp oil in skillet. Add shallot and broccoli and sauté for about 5 minutes, stirring often, until shallot is browned and softened. Add remaining minced garlic and sauté for 1 more minute. Remove to plate with chicken.

Add cashew mixture to same skillet and cook, stirring constantly, until warmed through and slightly thickened, about 1 minute. Serve over Chicken with broccoli.

Chili and Paprika Prawns with kale Quinoa Pilaf #5

2 tablespoons olive oil
1 tablespoon smoked paprika
1 tablespoon sweet paprika
1 teaspoon dried chilli flakes
4 cloves garlic, crushed
2 tablespoons lemon juice
1 lb large shrimp, peeled
2 cups salted water

1 cup quinoa
1 bunch lacinato kale, washed and chopped into 1" lengths
1 lemon, zested and juiced
2 scallions, minced
1 tablespoon olive
3 tablespoons toasted walnuts
1/4 cup crumbled goat cheese
salt and pepper

Place the olive oil, smoked paprika, sweet paprika, chilli, garlic and lemon juice in a bowl and mix to combine. Add the prawns and place in the fridge for 1 hour to marinate. Heat a char-grill pan or barbecue over high heat. Add the prawns and cook for 1–2 minutes each side or until cooked through. Bring the water to a boil in a covered pot. Add the quinoa, cover, and lower the heat until it is just enough to maintain a simmer. Let simmer for 10 minutes, then add in the kale and re-cover. Simmer another 5 minutes, then turn off the heat and allow to steam for 5 more minutes. While the quinoa is cooking, take a large serving bowl and combine half of the lemon juice (reserving the other half), all of the lemon zest, scallions, olive oil, pine nuts, and goat cheese. Check the quinoa and kale when the cooking time has completed -- the water should have absorbed, and the quinoa will be tender but firm, and the kale tender and bright green. If the quinoa still has a hard white center, you can steam a bit longer (adding more water if needed). When the quinoa and kale are done, fluff the pilaf, and tip it into the waiting bowl with the remaining ingredients. Toss to combine, seasoning with salt and pepper, and the remaining lemon juice if needed.