

Sneak spinach into dinner

MAC & CHEESE: Add veggie to boost nutritional value

Dinner time can be less stressful when you combine ingredients from multiple food groups in one dish. Families can add a side salad or slice of whole-grain bread and a glass of milk to a dish like this updated mac and cheese to make the meal complete without a lot of fuss or muss.

Updated Mac and Cheese

3 Tbsps. plain dry breadcrumbs
1 tsp. extra-virgin olive oil
¼ tsp. paprika
1 16-oz. or 10-oz. package frozen spinach
1 ¾ cups 1 per cent milk, divided
3 Tbsps. all-purpose flour
2 cups grated extra-sharp Cheddar cheese (6 oz.)
1 cup low-fat (1 per cent) cottage cheese
½ tsp. ground nutmeg
½ tsp. salt, or to taste
Freshly ground pepper to taste
8 oz. (2 cups) whole-wheat elbow macaroni or penne
Put a large pot of lightly salted water on to boil. Preheat oven to 450 F. Coat an 8-inch square baking dish with cooking spray.
Mix breadcrumbs, oil and paprika in a small bowl.



Updated Macaroni and Cheese is made with whole wheat pasta and spinach. — MCT

Cook spinach according to package directions. Drain and refresh under cold water; press out excess moisture.

Heat 1 ½ cups milk in a large heavy saucepan over medium-high heat until steaming.

Whisk remaining ¼ cup milk and flour in a small bowl until smooth; add to the hot milk and cook, whisking constantly, until the sauce simmers and thickens, 2 to 3 minutes. Remove from heat and stir in cheddar until melted. Stir in cottage cheese, nutmeg, salt and pepper.

Cook pasta for 4 minutes, or until

not quite tender. (It will continue to cook during baking.) Drain and add to the cheese sauce; mix well. Spread half the pasta mixture in the prepared baking dish. Spoon the spinach on top. Top with the remaining pasta; sprinkle with the breadcrumb mixture.

Bake the casserole until bubbly and golden, 25 to 30 minutes.

Make ahead tip: Cover and refrigerate unbaked dish for up to two days or freeze for up to three months. Thaw in the refrigerator, if necessary, then bake for 35 to 45 minutes.

— McClatchy Tribune

Green Beans with Shallots and Almonds

Serves: 4-6

4 cups green beans, trimmed
2 Tbsps. olive oil
½ cup slivered almonds
½ cup thinly sliced shallots.
½ tsp. freshly ground pepper
salt
2 Tbsps. chopped fresh parsley
1 Tbsp. grated lemon peel

Cook beans in boiling salted water until tender, about 3-4 minutes; drain. Cool immediately in ice water; drain. Heat oil in a large frying pan over medium heat. Add almonds and shallots; cook, stirring, for 1 minute. Add beans and cook, stirring, until heated through, about 1-2 minutes. Stir in pepper. Season to taste with salt. Remove from heat. Stir in parsley and lemon peel. Serve immediately.

CARROTS WITH HONEY

Serves 4

INGREDIENTS

- ¼ cup olive oil
- 1 bunch thyme
- 1 bay leaf
- 1 garlic clove, lightly crushed but whole
- 12 medium carrots, peeled
- 1 tbsp honey
- 2 tbsp crunchy sea salt
- pepper
- grated pecorino cheese for dusting

1. Heat a large frying pan over medium heat. Add the oil, thyme, bay leaf and garlic. When the oil is hot, add the carrots and cook, tossing often, for 7 to 9 minutes, or until tender.
2. When they are softened, add the honey, coat the carrots and transfer them to a serving dish. Sprinkle sea salt over carrots, making sure it sticks to the honey. To serve, add a couple of cranks of pepper and some pecorino.

PESTO

2 cloves Garlic
2 tbsp. Olive Oil
2 tbsp. Basil
2 tbsp. Chopped parsley
2 cups Spinach, washed and stems removed.
½ cup water
Make PESTO in a blender or Food Processor.

2 Tuna 'n Pilaf Skillet Sauté!

Add drained tuna to cooked rice pilaf along with shredded carrots, drained canned kidney beans and canned diced tomatoes; heat through.

Stuffed Spuds!

Fill a hot, split baked potato with a mix of drained tuna, mayonnaise and canned corn kernels. Sprinkle with grated Cheddar; broil until melted.

Q I hate letting food go to waste, but my family never wants to eat the same thing twice in one week. Do you have any ideas?

A One of my favorite uses of leftover rice, cooked chicken and veggies is unfried rice. Try it!



FROM MY FRIDGE: UNFRIED RICE

Ingredients

- 1 cup chopped onions
- 1 1/2 cups shredded chicken (optional)
- 3 cups cooked brown rice
- 1 cup frozen peas
- 1 tbsp. oil
- 1 tbsp. soy sauce
- 1 tsp. toasted sesame oil
- 1/4 tsp. chili oil
- 1/2 tsp. dried ginger
- 1/2 tsp. sesame seeds
- 1/2 tsp. black pepper
- 1/2 cup liquid egg whites

Directions

In a large non-stick skillet, over high heat, sauté onions until slightly soft. Add the remaining ingredients (except liquid egg whites), stirring occasionally. Add egg whites, combing the rice until eggs are scrambled. Serve immediately.

Bethenny. Also check out Skinnygirl products at bethenny.com

Spice up veggies

RECIPES: Roasting enhances carrots, cauliflower



Honey-glazed carrots add colour and flavour to the dinner plate. — POSTMEDIA NEWS

little bit of butter.

Today's recipe highlights carrots' natural sweetness and makes a very fine side dish.

The reduced orange juice and butter help cook the carrots, but also create a nice glaze for the vegetables. That sprinkling of parsley makes the whole dish taste fresh.

It's easy to change up this dish slightly by swapping out that herb for mint or minced chives for a different flavour.

Roasted cauliflower

This is a simple recipe but can easily be adapted.

Serves 4

Consider adding in a sprinkle of cayenne or curry powder for heat, fresh chopped rosemary or squeeze over some lemon after it comes out of the oven.

1 head cauliflower, 1 to 1.5 lbs., broken into florets

2 Tbsps. olive oil

1 Tbsp. kosher or flaked sea salt, such as Maldon

Preheat oven to 450 F. Toss cauliflower florets with olive oil and salt. Spread over a cookie sheet and roast in the oven until

tender and golden, about 10 to 15 minutes.

Honey-glazed carrots

Although this recipe calls for parsley to chop and sprinkle over top, other herbs — dill, mint or thyme — would also work and would give the dish a different flavour.

Serves 4

1 Tbsp. butter

3 cups carrots, peeled and sliced on the diagonal into 1/2-inch pieces (about 5 to 8 carrots, depending on size)

pinch salt

1/2 cup orange juice

1 Tbsp. honey

1 Tbsp. parsley, chopped

Heat the butter in a non-stick pan over medium-high heat. When it starts to froth, add the sliced carrots and pinch of salt and sauté for 3 to 5 minutes. Pour in orange juice and cook, stirring often, until liquid has evaporated, about 5 minutes. Take the pan off the heat and add the honey, stirring to combine.

Serve with sprinkled parsley on top.

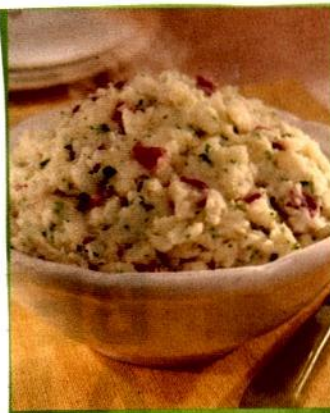
into long, thin, ribbonlike strips.

Delmonico Potatoes

This potato dish originated in the 19th century at a New York restaurant called Delmonicos. It was created by the owner, who was also the chef.

Serves: 8

1/2 cup butter, chilled and cubed
2 Tbsps. flour
1/4 cup butter
1 cup finely chopped onion
2 cloves garlic, finely chopped
8 cups cubed peeled russet potatoes
1 1/2 cups milk
1 cup whipping cream
1 tsp. salt
1/4 tsp. freshly ground pepper
pinch nutmeg
1 cups shredded cheddar cheese
Preheat oven to 350F. Place 1/2 cup butter in a bowl. Add flour and toss to coat; set aside.
Melt 1/4 cup butter in a large frying pan over medium heat. Add onion and sauté for 2-3 minutes.
Add garlic and cook, stirring, for 1 minute.
Add potatoes and cook, uncovered, stirring occasionally, until lightly browned, about 10 minutes.
Meanwhile, heat milk, cream, salt, pepper and nutmeg in a small saucepan over low heat; keep warm. Spoon half of potato mixture into an ovenproof Dutch oven.
Top with half of flour-coated butter. Spoon remaining potato mixture on top. Top with remaining flour-coated butter. Pour hot milk mixture evenly over top.
Bake, covered, for 20 minutes. Remove pan from oven. Uncover and stir mixture.
Sprinkle with cheese.
Continue baking, uncovered, for 15 minutes or until potatoes are tender and cheese is melted. Let stand for 15 minutes before serving.



GARLIC & PARSLEY MASHED POTATOES

The Becel® Buttery Taste Margarine in this mashed potato recipe has 80% less saturated fat than butter and a delicious buttery taste you'll love. So go ahead, cheat on butter. We won't tell.

750 g (1-1/2 lbs) medium red potatoes, unpeeled and cut into chunks

30 mL (2 tbsp) Becel® Buttery Taste Margarine

2 cloves garlic, chopped

50 mL (1/4 cup) skim milk

30 mL (2 tbsp) finely chopped parsley

In medium saucepan, add potatoes and cover with water. Bring to a boil over high heat. Reduce heat to low and simmer 20 minutes or until potatoes are very tender; drain.

In same saucepan, melt Becel® Buttery Taste Margarine over medium heat and cook garlic, stirring, 1 minute or until fragrant.

Return potatoes to saucepan; mash. Stir in remaining ingredients.

Horseradish Smashed Potatoes

PREP 10 min | TOTAL 35 min

6 Yukon Gold potatoes, unpeeled and cut into small chunks
3/4 cup milk
3 tbsp horseradish, preferably extra hot
1/2 tsp salt

COVER potatoes with water in a large saucepan. Bring to a boil. Continue boiling until potatoes are very tender, about 25 min.

DRAIN potatoes and return to pan. Set on low. Smash potatoes while adding milk, horseradish and salt until combined.

SERVES 6 | PER SERVING 171 calories, 5 g

Gratinéed Cauliflower

Makes: 2 servings.

4 cups cauliflower florets

1/4 cup plain dry breadcrumbs

1 Tbsp. shredded sharp cheddar cheese

1 tsp. olive oil

Salt and freshly ground black pepper

Cut florets off a firm head of cauliflower. Place in a vegetable steamer over boiling water. Steam 5 minutes or place in a microwave-safe dish without water and microwave on high for 5 minutes. Place the florets in a casserole dish with heads turned up. Mix breadcrumbs, cheese and olive oil together. Mix well. Toss with salt and pepper to taste. Sprinkle over the top of the cauliflower and place under the broiler for 2 to 3 minutes or until the cheese and breadcrumbs are golden brown.

Per serving: 138 calories (30 per cent from fat), 4.6 g fat (1.3 g saturated, 2.1 g monounsaturated), 4 mg cholesterol, 6.6 g protein, 20.2 g carbohydrates, 5.6 g fibre, 181 mg sodium.

▲ Pan-fried chicken & mashed potatoes

ACTIVE: 15 MIN ♦ **TOTAL:** 30 MIN ♦ **SERVES:** 4

1 1/2 lb white potatoes, peeled and cut into 2-in. pieces

1/2 cup lowfat sour cream

(for Meal 2, double the ingredients, above)

8 small chicken thighs (about 2 lb total)

4 cloves garlic, smashed

1 red onion, cut into 1/2-in.-thick wedges

8 sprigs fresh thyme

1 Tbsp olive oil

Kosher salt and pepper

1 Make the mashed potatoes (double for Meal 2): Place the potatoes in a large saucepan; cover with cold water. Bring to a boil, add 2 tsp salt, reduce heat and simmer until tender, 15 to 18 minutes. Reserve 1/2 cup of the cooking water; drain the potatoes and return to the pot. Mash with the sour cream and 1/4 tsp pepper,

adding some cooking water if the potatoes seem dry. For Meal 2, remove and reserve 3 cups mashed potatoes.

2 Meanwhile, in a large bowl, toss the chicken, garlic, onion and thyme with the oil and 1/2 tsp each salt and pepper. Heat a large skillet over medium heat until hot, about 2 minutes.

3 Remove the chicken from the bowl and place in the skillet, skin-side down. Spoon the onion-garlic mixture over and around the chicken. Cook, turning the onions occasionally, for 10 minutes.

4 Turn the chicken; stir the onions and garlic. Cook until the chicken is cooked through, 5 to 6 minutes more. Serve with the mashed potatoes.

Prep: 15 minutes

Cook: 25 minutes

For complete nutrition information, visit www.becel.ca

WW Lemony Broccoli and Cauliflower

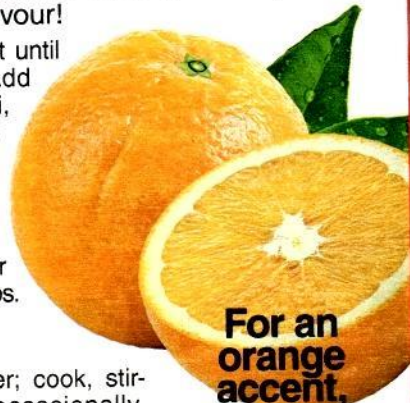
A touch of apple jelly sweetens up these good-for-you veggies that the kids will devour!

- 1 lemon
- 1 Tbs. butter
- 1 Tbs. oil
- 1 bunch broccoli, about 1 lb., cut into florets, 3 cups
- 1 small head cauliflower, about 1 lb., cut into florets, 3 cups
- 1 shallot, minced, about 2 Tbs.
- 1 clove garlic, sliced
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 2 Tbs. apple jelly
- 1 Tbs. chopped fresh parsley

um heat until hot. Add broccoli, cauliflower, shallot, garlic, salt, pepper and 1 Tbs. water.

● Cover; cook, stirring occasionally, until vegetables are tender, 8-10 minutes. Remove from heat. Stir in apple jelly and lemon juice and zest. Transfer to bowl; sprinkle with parsley.

Servings: 4	Trans fat: 0 g.	Sugar: 8 g.
Calories: 123	Chol.: 8 mg.	Kitchen time: 10 minutes.
Protein: 3 g.	Carbs.: 15 g.	Total time: 25 minutes.
Fat: 7 g. (2 g. sat.)	Sodium: 356 mg.	
	Fiber: 4 g.	



For an orange accent,

use orange juice, zest and marmalade instead of the lemon and apple jelly.

● Grate 1 tsp. zest and squeeze 1 Tbs. juice from lemon; reserve. In large nonstick skillet, heat butter and oil over medi-

BUDGET-FRIENDLY

Eggs Florentine

Hands-on time: 10 minutes

Total time: 10 minutes

Makes: 4 servings

Scrambled eggs combined with sautéed spinach are perfect for any time of day. Eggs are inexpensive, quick to prepare and a source of complete protein, making them a great alternative to meat. Serve with whole wheat toast or sliced fruit.

- 2 cloves garlic, minced
- 6 oz (170 g) baby spinach leaves
- 8 eggs
- 1 large tomato, seeded and diced
- 2 oz (55 g) crumbled feta cheese

In large nonstick skillet, melt 1 tsp butter over medium-high heat; cook garlic until fragrant, about 30 seconds. Add spinach; cook, tossing, until wilted and any liquid has evaporated, about 5 minutes. Remove to plate.

Meanwhile, in bowl, lightly beat eggs with pinch each salt and pepper.

Melt 2 tsp butter in skillet over medium heat; add eggs and cook, stirring with spatula, until almost set, about 3 minutes. Stir in spinach mixture until combined and eggs are just set.

Serve sprinkled with tomato and feta cheese.

SUN-MAID
Strata



Apple Sausage Raisin Strata

Makes 4 to 8 servings.

- 4 slices Sun-Maid® Raisin Cinnamon Swirl Bread
- 4 eggs
- 1 cup (250 mL) milk
- 1 cup (250 mL) cooked crumbled sausage
- 1 medium Granny Smith apple, diced (about 1-1/4 cups/300 mL)
- 3/4 cup (175 mL) shredded Monterey Jack Cheese

HEAT oven to 325°F (160°C).

CUT bread into 1/2 inch (1 cm) cubes.

BEAT eggs and milk in a medium bowl. Stir in bread, sausage, apple and cheese.

SPOON evenly into four 1 cup/8-ounce or eight 1/2 cup/4 ounce ramekins or custard cups; place cups on a baking sheet.

BAKE 35-40 minutes for the larger size, 30 minutes for the smaller size, or until puffed and tops feel set. Serve warm.

TIPS:

- Use Maple Leaf Fully Cooked Sausage Links or Patties for the cooked crumbled sausage.
- A muffin pan substitutes nicely for ramekins. Coat cups lightly with cooking spray before filling. Use a silicon spatula to lift out of pan to serve. Recipe will make about 10 muffin size stratas.
- Strata is best served soon after baking, or reheated briefly in microwave. Refrigerate leftovers.

SUN-MAID

www.sunmaid.ca

Pork chops with balsamic braised cabbage

ACTIVE 25 MIN ♦ TOTAL 25 MIN ♦ SERVES 4 ♦ COST PER SERVING \$2.73

- 3 Tbsp olive oil
- 4 bone-in pork chops (about 1 in. thick)
- Kosher salt and pepper
- 1 onion, sliced
- ½ small head red cabbage (about 1 lb), cored and thinly sliced
- ¼ cup balsamic vinegar
- ½ cup fresh flat-leaf parsley, chopped
- Mashed potatoes, for serving

1 Heat oven to 400°F. Heat 1 Tbsp oil in a large skillet over medium-high heat. Season the pork with ½ tsp salt and ¼ tsp pepper, and cook until browned, 2 to 3 minutes per side. Transfer to a rimmed baking sheet and roast until just cooked through, 5 to 6 minutes.

2 Meanwhile, wipe out the skillet and heat the remaining 2 Tbsp oil over medium heat. Add the onion and cook, covered, stirring occasionally, for 5 minutes.

3 Add the cabbage, vinegar, 2 Tbsp water, ½ tsp salt and ¼ tsp pepper and cook, covered, stirring occasionally, until the cabbage is just tender,

5 to 6 minutes. Fold in the parsley and serve with the pork chops and potatoes, if desired.

PER SERVING 589 CAL, 34 G FAT (8 G SAT FAT), 91 MG CHOL, 603 MG SOD, 35 G PRO, 34 G CAR, 4 G FIBER

♦♦♦♦♦♦

EASY SIDE: MASHED POTATOES

Place 1 lb white potatoes (peeled and cut into pieces) in a saucepan, cover with cold water and simmer until just tender, 15 to 18 minutes. Drain and return the potatoes to the pot. Mash with ½ cup lowfat sour cream, ¼ cup milk and ¼ tsp each salt, pepper and nutmeg.

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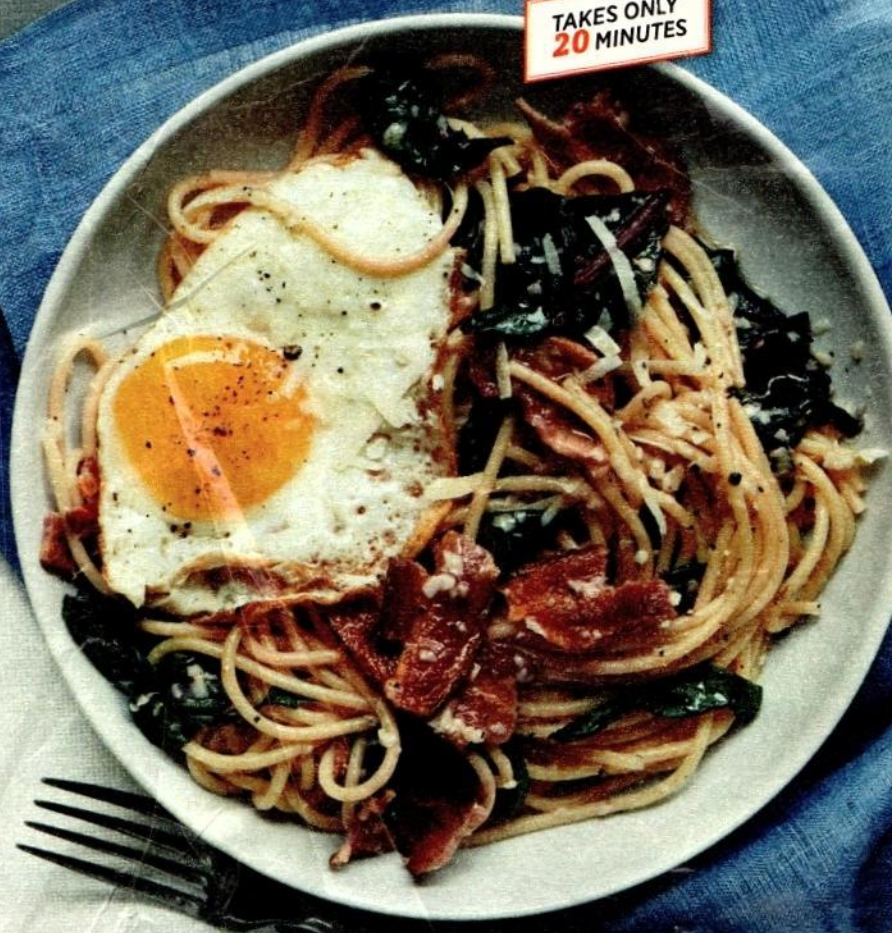

**TAKES ONLY
20 MINUTES**

Spaghetti with bacon, eggs and Swiss chard

ACTIVE 20 MIN ♦ TOTAL 20 MIN ♦ SERVES 4
COST PER SERVING \$1.33

- 12 oz spaghetti
- 1 small bunch Swiss chard, stems discarded and leaves cut into 1-in. strips
- 8 slices bacon
- 1 tsp olive oil
- 4 large eggs
- ½ cup grated Parmesan (2 oz), plus more for serving
- Kosher salt and pepper

- 1 Cook the pasta according to package directions, adding the chard during the last 3 minutes of cooking. Reserve ½ cup of the cooking water, drain the pasta and chard and return them to the pot.
- 2 Meanwhile, cook the bacon in a large nonstick skillet over medium heat until crisp, 5 to 8 minutes. Transfer to a paper towel-lined plate. Break into pieces when cool.
- 3 Wipe out the skillet and heat the oil over medium heat. Crack the eggs into the skillet and cook to desired doneness, 3 to 4 minutes for runny yolks.
- 4 Toss the pasta and chard with the reserved pasta water, Parmesan, ½ tsp salt and ¼ tsp pepper; fold in the bacon. Divide among bowls and top with the eggs. Season the eggs with salt and pepper and sprinkle with additional Parmesan, if desired.



Orange-ginger chicken with spinach

ACTIVE: 25 MIN ♦ TOTAL: 25 MIN ♦ SERVES: 4

- 1 large orange
- 3 Tbsp olive oil
- 4 6-oz boneless, skinless chicken breasts (for Meal 2, add 4 breasts)*

Kosher salt and pepper

- 1 1½-in. piece fresh ginger, peeled and thinly sliced into matchsticks

½ cup orange marmalade

- 1 Tbsp cider vinegar
- 2 scallions, thinly sliced
- 3 cloves garlic, thinly sliced
- 1 10-oz pkg spinach, thick stems discarded

Toasted sesame seeds, for serving

1 Cut away the peel and white pith of the orange. Working over a bowl, cut the orange into segments, adding them to the bowl along with any juices.

2 Heat 1 Tbsp oil in a large skillet over medium heat. Season the chicken with ½ tsp each salt and pepper; cook until golden brown

and cooked through, 6 to 8 minutes per side; transfer to a plate. For Meal 2, repeat with extra chicken and reserve.

3 Wipe out the skillet; heat 1 Tbsp oil over medium heat. Add the ginger and cook, stirring, for 1 minute. Add the marmalade; cook, stirring, until melted. Add the oranges, any juices and vinegar to the skillet; cook until heated through, about 2 minutes. Return the chicken to the skillet, sprinkle with the scallions; turn to coat.

4 Heat the remaining Tbsp oil in a large pot over medium heat. Add the garlic; cook, stirring occasionally, until golden brown, about 2 minutes. Add the spinach, season with ½ tsp salt and ¼ tsp pepper; cook, tossing, until beginning to wilt, about 2 minutes. Transfer the spinach to plates; sprinkle with the sesame seeds, if desired. Serve with the chicken.



SAVOURY BRAISED GREEN BEANS

The Becel® Buttery Taste Margarine in this green bean recipe has 80% less saturated fat than butter. And with a delicious buttery taste you'll love, cheating on butter has never been easier.

15 mL (1 tbsp) Becel® Buttery Taste Margarine

1 small onion, finely chopped

1 clove garlic, finely chopped

454 g (1 lb) green beans

125 mL (1/2 cup) fat-free reduced-sodium chicken or vegetable broth

5 mL (1 tsp) lemon juice (optional)

In 12-inch non-stick skillet, melt Becel® Buttery Taste Margarine over medium to high heat and cook onion, stirring occasionally, 4 minutes or until tender. Add garlic and cook 30 seconds. Stir in green beans and cook, stirring occasionally, 1 minute. Add broth and lemon juice, then bring to a boil over high heat. Reduce heat to medium and simmer 6 minutes or until green beans are crisp to tender. Season, if desired, with salt and black pepper.

4 servings

Prep Time: 10 minutes

Cook Time: 10 minutes

For complete nutrition information, visit becel.ca