Lemon-Rosemary Quinoa Pilaf

Recipe by Jackie Topol, MS, RD
Serves 4-6

Ingredients:

1 cup quinoa
2 cups low-sodium vegetable broth
1 tablespoon olive oil
1 cup finely chopped yellow onion
¼ teaspoon salt
1 tablespoon chopped fresh rosemary
1 cup grated carrots
zest and juice of 1 lemon, separated
¼ cup raw pumpkin seeds

Directions:

1. Rinse the quinoa using a fine mesh strainer and then transfer to a medium sized pot. Toast quinoa for a few minutes until you smell a nutty aroma. Next add about broth and bring to a boil. Once the quinoa has been brought to a rolling boil, lower the heat. Cook the quinoa about 15 minutes, until just soft but slightly tender. Take off the heat and transfer to a bowl.

2. In a medium sized non-stick skillet, warm the oil over medium heat. Add the onion and salt and cook for 5 minutes. Then add the rosemary, grated carrot and lemon zest, and cook for 3 more minutes.

3. Incorporate the vegetable mixture with the quinoa. Add lemon juice and more salt to taste if desired. Gently mix and set aside.

4. Using a paper towel, wipe out the skillet, then heat on a medium-high flame. Place the pumpkin seeds in the pan and dry toast until they start to pop, making sure to stir often. Top the quinoa with the toasted pumpkin seeds once they are just lightly browned.

Braised Red Cabbage with Pears and Fennel

Recipe by Jackie Topol, MS, RD
Serves 4-6

Ingredients:

2 tablespoons olive oil
½ medium red onion, thinly sliced
½ fennel bulb, thinly sliced
½ head red cabbage, core removed and thinly sliced
1 ripe pear, cored and thinly sliced
¼ cup apple cider
2 tablespoons apple cider vinegar
Salt and freshly ground black pepper

Directions:

1. Heat oil in a large skillet over medium heat. Add red onion and fennel and cook until softened, about 5 minutes.

2. Add the remaining ingredients and cook, stirring often, until cabbage is crisp-tender, about 10–15 minutes.

Roasted Brussels Sprouts with Apples and Pinenuts

Recipe by Bridget Samburg, from the *Boston Globe*
Serves 4-6

Ingredients:

1 pound Brussels sprouts
2 tablespoons olive oil
3 tablespoons balsamic vinegar
3 tablespoons honey
Salt and pepper, to taste
2 Granny Smith apples cored, peeled, and cut into 1-inch pieces
1/3 cup pine nuts, lightly toasted

Directions:

1. Set the oven at 450 degrees. Have on hand a 9-by-13-inch baking dish.

2. Peel outer leaves from Brussels sprouts, cut off the ends, and quarter each sprout (or halve if they are small). Place sprouts in the dish and sprinkle with oil, vinegar, honey, salt, and pepper. Toss to combine.

3. Roast the Brussels sprouts for 20 minutes. Stir well.

4. Add the apples and nuts. Stir again. Continue roasting for 10 minutes or until the sprouts are tender.

Italian Butter Beans with Lemon and Tarragon

Adapted from SeriousEats.com
Serves 4-6

Ingredients:

1 15 ounce can gigante or butter beans, drained & rinsed
½ cup finely chopped shallots
1 cup boiling water
3 tablespoons lemon juice
1 ½ teaspoons lemon zest
1 tablespoon champagne vinegar
¼ cup + 2 tablespoons extra virgin olive oil
Salt & pepper to taste
2 tablespoons chopped tarragon
1 whole wheat baguette

Directions:

1. Place chopped shallots in a colander and pour boiling water over them. Rinse with cool water and drain well. (This process will mellow out the onion-y flavor of the shallots)

2. In a large bowl, whisk together lemon juice, lemon zest, vinegar, and olive oil.

3. Add shallots and beans to dressing and toss to combine. Season with salt and pepper.

4. Let beans stand for at least 30 minutes while flavors develop. If making the night before, keep beans in refrigerator and bring back to room temperature before serving.

5. Just before serving, slice the baguette on the bias and lightly toast the slices of bread. Toss beans with tarragon. Top each slice of bread with beans, making sure to drizzle any extra olive oil from the bottom of the bowl over the bruschetta.

Jeweled Butternut Squash

Recipe by Jackie Topol, MS, RD
Serves 6

Ingredients:

1 small butternut squash
1 tablespoon coconut oil, melted
½ cup chopped dates
½ cup unsalted pistachios, shells removed
1/3 cup pomegranate seeds
2 teaspoons honey
2 tablespoons orange juice

Directions:

1. Preheat oven to 400 degrees. Line a baking sheet with parchment paper.

2. Peel butternut squash, cut in half the long way carefully. Remove seeds from inside. Chop up into ½" cubes. Toss with coconut oil and then place squash pieces on parchment lined baking sheet. Place in oven and roast for 40 minutes until pieces are roasted and lightly golden brown.

3. Once squash has roasted, in a large bowl combine with chopped dates, pistachios, pomegranate seeds, honey, and orange juice. Add more honey and orange juice to your taste if you like.