



GNOCCHI WITH WHITE BEANS

TOTAL TIME: Pre/Total Time: 30 minutes

YIELD: 6 Servings

Here's one of those no-fuss recipes you can toss together and cook in one skillet. Ideal for a busy weeknight, it's also good with crumbled Italian chicken sausage if you need to please meat lovers. —Julianne Meyers, Hinesville, Georgia



DIRECTIONS

1. In a large skillet, heat oil over medium-high heat. Add onion; cook and stir until tender. Add garlic; cook 1 minute longer. Add gnocchi; cook and stir 5-6 minutes or until golden brown. Stir in beans, tomatoes, spinach and pepper; heat through.
2. Sprinkle with cheeses; cover and remove from heat. Let stand 3-4 minutes or until cheese is melted.

INGREDIENTS

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 package (16 ounces) potato gnocchi
- 1 can (15 ounces) cannellini beans, rinsed and drained
- 1 can (14-1/2 ounces) Italian diced tomatoes, undrained
- 1 package (6 ounces) fresh baby spinach
- 1/4 teaspoon pepper
- 1/2 cup shredded part-skim mozzarella cheese
- 3 tablespoons grated Parmesan cheese

NUTRITION FACTS

1 cup: 307 calories, 6g fat (2g saturated fat), 13mg cholesterol, 789mg sodium, 50g carbohydrate (10g sugars, 6g fiber), 13g protein.

Recipe source: Taste of Home





SHAVED BRUSSELS SPROUTS SALAD

TOTAL TIME: 15 minutes

YIELD: 8 Servings

This shaved Brussels sprouts salad is crisp and refreshing, with just the right hint of sweetness. It's a perfect veggie side dish for your Thanksgiving or Christmas dinner table.



INGREDIENTS

- **For the Dressing:**
- 1/3 cup olive oil
- 1 tablespoon fresh lemon juice
- 2 tablespoons apple cider vinegar
- 1 tablespoon pure maple syrup
- 2 teaspoons Dijon mustard
- 1 clove garlic minced
- Kosher salt and black pepper to taste

- **For the Salad:**
- 1 lb Brussels sprouts ends trimmed
- 1 large Honeycrisp apple chopped (or 2 small apples)
- 1/2 cup dried cranberries
- 1/2 cup sunflower seeds
- 1/3 cup shredded or shaved Parmesan cheese
- Kosher salt and black pepper to taste

NUTRITION FACTS

Serving: 8g, Calories: 215kcal, Carbohydrates: 18g, Protein: 5g, Fat: 14g, Saturated Fat: 2g, Cholesterol: 3mg, Sodium: 93mg, Potassium: 309mg, Fiber: 3g, Sugar: 10g, Vitamin A: 475IU, Vitamin C: 50.2mg, Calcium: 81mg, Iron: 1.4mg

HOW TO SHAVE BRUSSELS SPROUTS

- **Use a knife.** If you have a sharp chef's knife, and are comfortable with your knife skills, you can shave the Brussels sprouts by hand. Working slowly and carefully, cut the Brussels sprouts as thinly as you can. You can make it easier by first cutting the Brussels sprouts in half, so that they lay flat when you cut them into shreds.

- **Use a mandolin.** Mandolins are great tools to have for salads like this one. If you have a mandolin, use the thinnest setting to cut the Brussels sprouts. Just be very careful not to cut your fingertips!

DIRECTIONS

1. First, make the maple mustard dressing. In a small bowl or jar, whisk together the olive oil, lemon juice, apple cider vinegar, pure maple syrup, mustard, and garlic. Season with salt and pepper and set aside.
2. Next, shave the brussels sprouts. Use a food processor with the slicing attachment and pulse until the brussels sprouts are thinly sliced. You can also use a mandoline or sharp knife if you don't have a food processor.
3. Place the shredded brussels sprouts in a large bowl. Add the chopped apple, dried cranberries, sunflower seeds, and Parmesan cheese. Drizzle the salad with the dressing and toss well. Season with salt and pepper and serve.

Recipe source: Twopeasandtheirpod.com





QUICK FOCACCIA BREAD

TOTAL TIME: 30 minutes

YIELD: 8 Servings

Green olives complement this quick focaccia recipe for an easy pizza-like bread. With very few ingredients, it's still packed with flavor. Serve the focaccia as an appetizer or alongside pasta, soup or salad for a mouthwatering meal.—Ivy J Laffoon, Ceres, California



INGREDIENTS

- 1 loaf (1 pound) frozen bread dough, thawed
- 1/2 cup sliced pimiento-stuffed olives
- 1/2 cup shredded Colby-Monterey Jack cheese
- 1/2 cup shredded Parmesan cheese
- 1 teaspoon Italian seasoning
- 2 tablespoons olive oil

NUTRITION FACTS

1 slice: 249 calories, 11g fat (3g saturated fat), 10mg cholesterol, 623mg sodium, 31g carbohydrate (2g sugars, 2g fiber), 9g protein.

Recipe source: Taste of Home

DIRECTIONS

1. On an ungreased baking sheet, pat dough into a 12x6-in. rectangle. Build up edges slightly. Top with olives, cheeses and Italian seasoning; press gently into dough. Drizzle with oil.
2. Bake at 350° until cheese is melted and golden brown, 15-20 minutes. Let stand for 5 minutes before slicing.

QUICK FOCACCIA BREAD

TIPS

- **What's the best frozen bread dough to use for quick focaccia?** There are a lot of frozen bread doughs that work for a quick focaccia bread recipe, so choose any bread dough you like. Rhodes is a popular brand, but many others are available. Stock up so you can try some of these other frozen bread dough recipes.
- **What other toppings can I add to this focaccia?** Try Rosemary Focaccia—it's a classic! Or borrow flavor combos from your favorite appetizers. Crumbled blue cheese and cooked bacon sprinkled on midway through baking is delicious. Pepperoni and provolone cheese or tomato and basil are other topping combinations that go great on focaccia.
- **What goes well with focaccia?** To serve alongside your focaccia, try one of these classic Italian soups for the ultimate pairing! After all, soup and bread are a great comfort-food duo.





AUTHENTIC PASTA CARBONARA

TOTAL TIME: Prep: 20 min. Cook: 15 min.

YIELD: 8 Servings

I learned on my culinary internship in Tuscany that real Italian cuisine is simpler than you think! This carbonara is quick, simple and delicious, just the way they like it in Italy. —Lauren Brien-Wooster, South Lake Tahoe, California



DIRECTIONS

- 1.** In a large saucepan, cook pasta according to package directions for al dente. Drain pasta, reserving pasta water; keep pasta warm. In same pot, cook bacon over medium heat until crisp, stirring occasionally. Add peas; cook until just heated through.
- 2.** Add pasta to pot; toss to combine. Stir in remaining ingredients, adding enough reserved pasta water for sauce to reach desired consistency. If desired, serve with additional cheese.

INGREDIENTS

- 1 package (1 pound) spaghetti or linguine
- 6 bacon strips, chopped
- 1 cup fresh or frozen peas
- 2 tablespoons lemon juice
- 1-1/2 teaspoons grated lemon zest
- 2 large eggs, lightly beaten
- 2 tablespoons minced fresh parsley
- 1/2 cup grated Parmigiano-Reggiano cheese
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- Additional grated Parmigiano-Reggiano cheese, optional

TEST KITCHEN TIPS

- The heat of the pasta cooks the eggs, but they may not reach 160°, the temperature at which they're considered safe to eat. To prevent food-borne illness, you can use pasteurized eggs.
- Pancetta is the preferred ingredient of choice for true Italian carbonara but it can be a little hard to find, which is why we called for bacon. If you can get pancetta your carbonara will be all the better for it.

NUTRITION FACTS

1 cup: 353 calories, 12g fat (4g saturated fat), 65mg cholesterol, 326mg sodium, 46g carbohydrate (3g sugars, 3g fiber), 14g protein.

Recipe source: Taste of Home





RED VELVET CAKE

Prep: 20 minutes | Bake: 15-35 minutes
(depends on pan size) | Cool: 1 hour

TOTAL TIME: 1 hour 55 minutes

YIELD: 10-12 or 18-24 cupcakes

DIRECTIONS

1. Preheat the oven to 350°F.
2. Butter and flour or line with parchment paper two 9-inch pans, three 8-inch or a 9x13-inch baking pan; set aside. It is not necessary to line the 9x13-inch baking pan with parchment unless you want to remove the cake from the pan. For cupcakes, line with cupcake liners and give each a small spritz of nonstick spray.
3. In a medium bowl, sift together flour, cocoa, baking soda, baking powder (see Note), and salt; set aside.
4. In a large bowl, using an electric mixer, beat sugar and oil until combined. Scrape down bowl sides.
5. Add the sour cream, eggs, vinegar, vanilla, and food coloring. Mix on medium until combined. Scrape down bowl sides.
6. Add the flour and buttermilk in thirds, starting with the flour and ending with the buttermilk. Beat on medium speed until combined. Scrape down bowl sides.
7. Slowly add the hot water. Stir until just mixed. (Be careful—the hot water may splash.)
8. Divide batter evenly between cake pans. Fill cupcakes half-full. **Note:** The batter is very runny and pouring it in cupcake pan will work easier than using a cupcake scoop.
9. Bake the cake 25–30 minutes for 8-inch pans, 30–35 minutes for 9-inch pans, 30–35 minutes for a 9x13-inch pan, or 15–18 minutes for cupcakes and the tops of the cakes spring back when gently touched or until a toothpick inserted comes out clean. The internal temperature of the cake should be 200°F. Do not overbake! Do not open oven until just before testing cakes. Opening the door too soon may cause the cakes to fall in the middle.
10. Remove from the oven and cool 10 minutes in pans. Gently remove and allow to cool completely before frosting.
11. Store covered at room temperature. If the cake or frosting contains perishable ingredients, store it in the refrigerator.
12. Freeze for longer storage.



INGREDIENTS

- 2¾ cup (330 g) all-purpose flour (spoon and level to measure)
- 2 tablespoons (10 g) natural cocoa powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- ½ cup (107 g) canola or flavorless cooking oil
- 1¾ cup (347 g) sugar
- ¼ cup (57 g) sour cream, room temperature
- 3 large eggs, room temperature
- 1 tablespoon (15 mL) white vinegar
- 2 teaspoons vanilla extract
- .5 - 1.0 oz red food coloring
- 1 cup (240 mL) buttermilk, room temperature
- ¾ cup (174 mL) very hot water
- Parchment paper
- Pans: Two 9-inch, three 8-inch pans, one 9x13-inch, or muffin pans
- Muffin paper liners and/or nonstick spray

NOTES

Note: Substitutions for lower elevations if the above recipe does not work:

- Reduce flour to 2¼ cups
- Increase sugar to 2 cups
- Add 1 teaspoon baking powder

Recipe source: University of Wyoming: High Altitude Baking

