

Raw Corn and Zucchini Salad



Raw Corn and Zucchini Salad

This salad pairs well with steamed fish, sauteed shrimp or scallops.

Ingredients

3 ears corn, husks and silks removed
2 medium zucchini, thinly sliced
2 tablespoons fresh lime juice
2 tablespoons extra-virgin olive oil
2 tablespoons coarsely chopped fresh cilantro
Coarse salt and ground pepper

Method

Cut off tips of ears of corn; stand corn in a wide, shallow bowl. With a sharp knife, slice downward to release kernels (you should have about 2 cups); discard cobs. Transfer kernels to a medium bowl. Add zucchini, lime juice, olive oil, and cilantro. Season with salt and pepper and toss well to combine.

Notes

2 WW Freestyle PointsPlus

Source: Martha Stewart (4 servings)

Roasted Chicken and Butternut Soup



Roasted Chicken and Butternut Soup

Ingredients

1 $\frac{3}{4}$ pounds chicken thighs, bone-in, skin-on, 4 thighs
2 $\frac{1}{2}$ pounds butternut squash, (1 medium squash) peeled, seeded, and diced medium
1 small yellow onion, diced medium
2 tablespoons extra-virgin olive oil
Coarse salt and ground pepper
4 cups low-sodium chicken broth, or water
 $\frac{1}{4}$ teaspoon ground cumin
 $\frac{1}{4}$ teaspoon ground coriander
1 tablespoon fresh lemon juice, up to 2
Fresh cilantro (optional)

Method

1. Preheat oven to 425 degrees. In a roasting pan or rimmed baking sheet, toss together chicken, squash, onion, and oil;

season with salt and pepper. Arrange in a single layer and roast until squash and chicken are cooked through, about 30 minutes. Transfer chicken to a plate and let cool.

2. Transfer squash and onions to a medium pot and add broth, cumin, and coriander. Bring to a simmer over medium-high. With a potato masher or back of a wooden spoon, mash some vegetables until soup is thick and chunky. Discard skin and bones from chicken; cut meat into small pieces and add to soup. Stir in lemon juice; season to taste with salt and pepper. To serve, top with fresh cilantro, if desired.

Notes

Transfer cooled soup to freezer bag or airtight container and freeze, up to 3 months. Thaw, and then reheat. Add garnishes just before serving.

Melissa's notes: The chicken took closer to 45 minutes cook through. I also used a stick blender to make my soup into a thick puree instead of only mashing with a spoon.

Prep

- Prep: 15 Minutes
- Total Time: 55 Minutes

Source: MarthaStewart.com (4 servings)

[Baked-Eggplant Parmesan](#)



Baked-Eggplant Parmesan

Choose firm, smooth eggplants. We bake rather than fry ours for less mess and less fat.

Ingredients

Olive oil, for baking sheets

2 large eggs

$\frac{3}{4}$ cup plain dry breadcrumbs

$\frac{3}{4}$ cup finely grated Parmesan, plus 2 tablespoons for topping

1 teaspoon dried oregano

$\frac{1}{2}$ teaspoon dried basil

Coarse salt and ground pepper

2 large eggplants (2 1/2 pounds total), peeled and sliced into 1/2-inch rounds

6 cups (48 ounces) store-bought chunky tomato sauce or homemade Chunky Tomato Sauce

1 $\frac{1}{2}$ cups shredded mozzarella

Method

1. Preheat oven to 375 degrees. Brush 2 baking sheets with oil; set aside. In a wide, shallow bowl, whisk together eggs and 2 tablespoons water. In another bowl, combine breadcrumbs, $\frac{3}{4}$ cup Parmesan, oregano, and basil; season with salt and pepper.

2. Dip eggplant slices in egg mixture, letting excess drip off, then dredge in breadcrumb mixture, coating well; place on baking sheets. Bake until golden brown on bottom, 20 to 25

minutes. Turn slices; continue baking until browned on other side, 20 to 25 minutes more. Remove from oven; raise oven heat to 400 degrees.

3. Spread 2 cups sauce in a 9-by-13-inch baking dish. Arrange half the eggplant in dish; cover with 2 cups sauce, then 1/2 cup mozzarella. Repeat with remaining eggplant, sauce, and mozzarella; sprinkle with remaining 2 tablespoons Parmesan. Bake until sauce is bubbling and cheese is melted, 15 to 20 minutes. Let stand 5 minutes before serving.

Source: MarthaStewart.com (8 servings)

Beet Greens with Bacon



Beet Greens with Bacon

Enjoy this saute as a side, toss with pasta for a main course, or serve on crostini.

Ingredients

3 beets

4 slices bacon, chopped

4 scallions, sliced

Coarse salt and ground pepper

Method

Cut greens off beets; discard stems and chop leaves. In a large skillet, cook bacon over medium until golden brown, 6 minutes. With a slotted spoon, transfer to a plate; pour off all but 1 teaspoon fat from skillet. Add scallions and cook until softened, 1 minute. In two batches, add beet leaves and cook until tender, 5 minutes. Season with salt and pepper and stir in bacon.

Source: MarthaStewart.com (4 servings)

Bacon and Egg Pasta



Bacon and Egg Pasta

Ingredients

3 cloves garlic, lightly crushed

3 tablespoons olive oil

$\frac{1}{2}$ pound wegman's 45% less sodium 33% less fat bacon, chopped

$\frac{1}{2}$ cup white wine, or water

2 large eggs

$\frac{1}{2}$ cup parmesan cheese, fresh grated plus more for serving

$\frac{1}{4}$ cup chopped parsley, flat leaf

$\frac{1}{4}$ teaspoon freshly ground pepper, or to taste

1 pound linguini, or any other pasta

1 pinch red pepper flakes

Method

1. Bring a large pot of water to a boil. Add salt and pasta, and cook until pasta is al dente, following manufacturer's instructions.

2. Meanwhile, heat oil in medium skillet. Add garlic, and cook until it begins to sizzle. Remove garlic from the oil, and discard. Add bacon, and cook until crisp, about 4 minutes. Drain off most of the fat. Add wine or water, and cook until slightly reduced, about 2 minutes. Set aside.

3. In large pasta bowl, combine eggs, cheese, parsley, and black pepper.

4. Drain cooked pasta, and immediately add to egg mixture. Toss until well coated. Add bacon, and toss to combine. Serve immediately, sprinkled with red-pepper flakes and additional Parmesan.

Notes

16 WW PointsPlus

Source: Martha Stewart (4 servings)

**Butternut Squash Soup –
adapted**



Butternut Squash Soup – adapted

Ingredients

5 slices bacon

1 tablespoon unsalted butter

1 sweet onion, such as Vidalia or Walla Walla, coarsely chopped – about 3 cups

2 $\frac{1}{2}$ lbs. butternut squash, peeled, halved, seeded, and cut into 1-inch pieces (about 6 cups)

3 sprigs thyme

Coarse salt and freshly ground pepper

1 $\frac{3}{4}$ cups chicken broth

1 $\frac{3}{4}$ cups water

Method

1. Cook bacon in a large pot over medium heat, flipping once, until brown and crisp, about 15 minutes. Drain on paper towels; discard fat from pot but do not wipe clean.

2. Melt butter in pot over medium heat. Cook onion, stirring occasionally, until softened and golden, about 15 minutes. Add squash, thyme, 1 tablespoon salt, broth, and water; increase heat to high and bring to a boil. Reduce heat, cover, and simmer until squash is tender, 12 to 15 minutes. Discard thyme.

3. Working in batches, puree soup in a blender until very smooth. Return soup to pot and season with salt and pepper; cover to keep warm or reheat if necessary. Divide among bowls and garnish with bacon. Bacon and soup can be made up to 3

days ahead, cooled completely, and stored in refrigerator in separate containers. Recrisp bacon on a baking sheet in a preheated 300 degrees oven, about 10 minutes, while reheating soup over low heat.

Notes

5 WW PointsPlus

Source: MarthaStewart.com (5 servings)

Pork Milanese with Arugula Salad

Pork Milanese with Arugula Salad

Lightly dressed bitter greens are the perfect accompaniment to sumptuous pan-fried pork. This dish is also a good choice for a quick weeknight dinner.

Ingredients

1 small garlic clove, minced
2 tablespoons fresh lemon juice
2 tablespoons extra-virgin olive oil
Coarse salt and ground pepper
1 cup all-purpose flour
1 $\frac{1}{2}$ lbs. pork cutlets ($\frac{1}{4}$ -inch thick)
2 tablespoons vegetable oil, plus more if needed
3 cups baby arugula
1 head radicchio or endive or a combination, thinly sliced
 $\frac{1}{3}$ cup thinly sliced red onion

Method

1. In a small bowl, whisk together garlic, lemon juice, and olive oil and season with salt and pepper; set dressing aside.

Place flour in a small bowl. Season pork with salt and pepper and dredge in flour, shaking off excess.

2. In a large skillet, heat vegetable oil over medium-high. When oil is hot, add cutlets, working in batches and adding more oil if necessary (do not overcrowd pan). Cook until cutlets are golden on bottom, 3 minutes. Flip and cook until cooked through, 3 minutes. Transfer cutlets to a large platter.

3. In a large bowl, toss arugula, radicchio, and onion with dressing, then top cutlets with salad.

Prep

- Prep: 15 Minutes
- Total Time: 25 Minutes

Source: MarthaStewart.com (4 servings)