

Fettuccine with Wild Boar Ragu

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Ingredients

2 tablespoons olive oil
1 medium yellow onion, diced
1 large carrot, grated
1 stalk celery, diced
3 cloves garlic, minced
2 lbs. ground wild boar
1 cup red wine
15 ounces canned tomato sauce
6 ounces canned tomato paste
1 lb. fettuccine pasta
2 tablespoons chopped fresh basil
1 tablespoon chopped fresh oregano
Salt and ground black pepper
Grated Parmesan cheese, for serving

Method

In a large saucepan over medium-high, heat the olive oil. Add the onion, carrot, celery and garlic. Saute for 6 minutes, or until the onion is translucent.

Add the boar and cook until browned, about 8 to 10 minutes. Add the wine and cook, scraping the pan, until the wine has mostly evaporated. Add the tomato sauce and paste. Bring to a simmer and cook for 10 minutes.

Meanwhile, bring a large saucepan of salted water to a boil. Add the fettuccine and cook according to package directions.

When the pasta is done, stir $\frac{1}{4}$ cup of its cooking water into

the sauce. Drain the pasta and transfer to a serving bowl.

Stir the basil and oregano into the ragu, then season with salt and pepper. Ladle it over the pasta. Top with Parmesan cheese.

Prep

- Start to finish: 40 Minutes

Source: Food Network (6 servings)

Cauliflower-Chorizo Burritos Recipe



Cauliflower-Chorizo Burritos Recipe | Marcela Valladolid |
Food Network
Ingredients

3 ounces raw pork chorizo (casing removed)
½ small white onion, finely chopped
1 15-ounce can refried pinto beans
2 tablespoons extra-virgin olive oil
1 small white onion, finely chopped
1 head cauliflower, florets finely chopped
Kosher salt and freshly ground pepper
1 tablespoon chopped fresh oregano
8 9-inch flour tortillas
1 cup shredded Oaxaca or monterey jack cheese

Method

1. Make the beans: Heat a medium nonstick saute pan over medium heat. Add the chorizo and cook, breaking up the meat, until golden, about 6 minutes. Remove the chorizo to a plate lined with paper towels using a slotted spoon. Add the onion to the pan with the chorizo fat. Saute until the onion is translucent, about 4 minutes. Return the chorizo to the pan. Add the refried beans to the mixture. Continue cooking about 5 minutes; turn off the heat. Cover and keep warm.

2. Make the burritos: Heat the olive oil in a large heavy saute pan over medium-high heat. Add the onion and cook until translucent, about 3 minutes. Add the cauliflower and saute until tender, about 5 minutes. Season with salt and pepper. Add the oregano. Turn off the heat and set aside.

3. Heat a large heavy griddle over medium heat. Working in batches, heat the tortillas one at a time until they are soft and pliable, about 1 minute per side. Add ¼ cup warm beans to the center of a tortilla, spreading it outward to the sides. Add 2 to 3 heaping tablespoons of the cauliflower mixture and 2 tablespoons of cheese. Fold in the edges and roll up to form a burrito. Return to the griddle until the cheese melts, about 10 seconds. Serve warm.

4. Photograph by Con Poulos”

Prep

• Total Time: 30 Minutes

- Prep: 10 Minutes
- Cook: 20 Minutes

Source: Food Network (Servings: 8 | Yield: 8)

[Sauteed Potatoes with Chorizo Recipe | Marcela Valladolid | Food Network](#)

Sauteed Potatoes with Chorizo Recipe | Marcela Valladolid | Food Network

Ingredients

1 tablespoon vegetable oil
10 ounces Mexican pork chorizo, casings removed (see Cook's Note)
1 small onion, diced
1 lb. red skinned new potatoes, cut into small (1/4-inch) dice, and boiled
Kosher salt and fresh ground black pepper

Method

Heat the oil in a heavy large skillet over medium-high heat. Add the chorizo and cook, breaking up the clumps, until dry and crisp, about 10 minutes. Using a slotted spoon, transfer the chorizo to a paper lined plate to absorb any additional oil. Pour off all but 1 tablespoon of fat from the pan and heat the pan over medium-high heat. Add the onions and boiled potatoes and sauté until brown, about 12 minutes. Stir in the cooked chorizo and season with just a little salt and pepper, to taste. Transfer to a serving bowl and serve.

Prep

- Total Time: 35 Minutes
- Prep: 10 Minutes
- Cook: 25 Minutes

Source: Food Network (Servings: 4 | Yield: 3 cups)

Brown Sugar Oatmeal Cookie Recipe Recipe

Brown Sugar Oatmeal Cookie Recipe Recipe | Ree Drummond | Food Network

Ingredients

2 cups packed dark brown sugar
1 cup (2 sticks) salted butter, softened
2 teaspoons vanilla extract
2 eggs
1 $\frac{1}{2}$ cups all-purpose flour
1 teaspoon salt
 $\frac{1}{2}$ teaspoon baking soda
3 cups old-fashioned oats

Method

1. Preheat the oven to 350 degrees F.
2. In the bowl of an electric mixer (or using a hand mixer), beat together the brown sugar and butter until fluffy. Beat in the vanilla. Add the eggs one at a time, scraping the bowl after each one.
3. Mix together the flour, salt and baking soda in a medium bowl. Add it into the creamed mixture in 2 to 3 batches, mixing until just combined. Mix in the oats until just combined.

4. Use your preferred size cookie scoop (or a regular spoon) to drop portions of dough onto baking sheets, spacing them a couple inches apart. Bake until dark and chewy, 12 to 13 minutes. If you'd like a crispier cookie, just cook a little longer!

5. Let the cookies cool slightly on the baking sheets, then transfer onto a plate for serving.

Notes

Add 1/2 cup finely chopped nuts to the flour mixture if you'd like a nutty flavor and crunch.

Prep

- Active: 15 Minutes
- Total Time: 30 Minutes

Source: Food Network (Servings: 24 | Yield: 24 cookies)

Broiled Sockeye Salmon with Citrus Glaze Recipe

Broiled Sockeye Salmon with Citrus Glaze Recipe

Ingredients

1 ½ pounds skin-on, sockeye salmon, pin bones removed, up to two pounds

½ cup dark brown sugar

2 tablespoons lemon zest

1 ½ teaspoons kosher salt

½ teaspoon freshly ground black pepper

Method

1. Position a rack in the oven 3 inches from the broiler. Line a half sheet pan with aluminum foil and place the salmon on

the pan.

2. Place the sugar, zest, salt, and pepper into the bowl of a small food processor and process for 1 minute or until well combined. Evenly spread the mixture onto the salmon and allow to sit for 45 minutes, at room temperature.

3. Turn the oven on to the high broiler setting for 2 minutes. After 2 minutes, place the salmon into the oven and broil for 6 to 8 minutes or until the thickest part of the fish reaches an internal temperature of 131 degrees F on an instant-read thermometer. Remove the salmon from the oven and allow to rest, uncovered, for 8 to 10 minutes. Serve immediately.

Notes

9 WW SmartPoints per serving

Prep

- Prep: 15 Minutes
- Inactive: 55 Minutes
- Cook: 8 Minutes

Source: Alton Brown (4 servings)

Mexican Chorizo and Sweet Potato Soup



Mexican Chorizo and Sweet Potato Soup

Ingredients

6 corn tortillas, cut into strips

2 tablespoons vegetable oil

Kosher salt

$\frac{3}{4}$ lbs. fresh chorizo or other spicy sausage, casings removed

$\frac{1}{2}$ teaspoon ground cumin

1 large sweet potato, peeled and cut into 1/2-inch pieces

4 cups low-sodium chicken broth

1 14 -ounce can diced tomatoes

4 cups baby spinach

Juice of 1 lime

$\frac{3}{4}$ cup roughly chopped fresh cilantro

1 avocado, halved, pitted and chopped

Method

1. Preheat the oven to 375 degrees F. Toss the tortilla strips with 1 tablespoon vegetable oil on a baking sheet, spread in a single layer and bake until crisp and golden, 12 to 15 minutes. Season with salt and set aside.

2. Meanwhile, heat the remaining 1 tablespoon vegetable oil in a large pot over medium-high heat. Add the chorizo and cumin and cook, breaking up the meat with a wooden spoon, until browned, about 4 minutes. Add the sweet potato, chicken broth, tomatoes and 1 cup water and bring to a boil. Reduce the heat to maintain a simmer and cook until the sweet potato is tender, 10 to 15 minutes. Stir in the spinach and lime juice and season with salt. Divide among bowls and top with the tortilla strips, cilantro and avocado.

Prep

- Prep: 10 Minutes
- Cook: 25 Minutes

Source: FoodNetwork.com (4 servings)

Turkey, Kale and Brown Rice Soup



Turkey, Kale and Brown Rice Soup

Ingredients

2 tablespoons extra-virgin olive oil
5 large shallots, chopped
3 medium carrots, cut into 1/2-inch pieces (about 1 1/3 cups)
1 large red bell pepper, cut into 1/2-inch pieces (about 1 1/2 cups)
8 ounces ground white turkey meat, broken into small chunks
1 tablespoons herbes de Provence
4 cups low-sodium chicken broth, plus more as needed
15 ounces diced canned tomatoes in juice, drained
1 cup cooked brown rice
4 cups kale, coarsely chopped, packed
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
1/4 cup chopped fresh flat-leaf parsley
1/4 cup freshly grated Parmesan, optional

Method

1. Heat the oil in a large pot over medium-high heat. Add the shallots, carrots and bell pepper and saute, stirring

frequently, until the vegetables begin to brown and soften slightly, 8 to 10 minutes. Add the ground turkey and stir until the meat turns white and begins to color very slightly around the edges, 5 to 7 minutes. Add the herbes de Provence and stir, 1 minute. Add 4 cups broth, tomatoes and rice. Bring to a boil. Stir in the kale and season with 3/4 teaspoon salt and the freshly ground black pepper. Reduce the heat to medium-low. Cover and simmer until the vegetables are tender, about 15 minutes. Season with the remaining 1/4 teaspoon salt.

2. Ladle the soup into bowls. Sprinkle each serving with parsley and Parmesan, if using, and serve.

Source: FoodNetwork.com (6 servings)

Tagliatelle with Corn and Cherry Tomatoes



Tagliatelle with Corn and Cherry Tomatoes

Ingredients

Extra-virgin olive oil

3 cloves garlic, smashed

Pinch crushed red pepper

1 pint grape tomatoes, cut in half
1 ½ cups chicken or vegetable stock
Kosher salt
2 ears corn, kernels cut off the cob
½ lb. fresh tagliatelle
½ cup grated parmigiana
6 basil leaves, chiffonade

Method

1. Bring a large pot of well-salted water to a boil.
2. Coat a large saute pan with olive oil and add the garlic and the crushed red pepper. Bring the pan to a medium-high heat. When the garlic has turned a lovely golden brown color, remove it and discard. Add the grape tomatoes and half the stock and season with salt. Simmer the pan until the tomatoes have wilted and let off their juices. Add the corn and the remaining stock and simmer until the corn is cooked through.
3. While the corn is cooking add the pasta to the pot of salty boiling water. Cook the pasta until the water comes back to a rolling boil plus 1 minute. Remove the pasta from the water and add it to the saute pan with the tomatoes and corn. Add about a half a cup of the pasta cooking water and cook until the water has evaporated and the sauce clings to the pasta. Remove the pan from the heat. Toss in the parmigiana, basil and a big drizzle of high quality extra-virgin olive oil. Stir or toss the pasta vigorously. Divide the pasta between 2 serving dishes, sprinkle with a little more grated parmigiana, and serve immediately.

Prep

- Prep: 10 Minutes
- Cook: 15 Minutes

Source: FoodNetwork.com (2 servings)