

Fat-Free Herbed Biscuits

2 cups AP flour

1 Tablespoon baking powder

1/2 teaspoon baking soda

1 teaspoon salt

1/4 cup grated Parmesan cheese

1 Tablespoon minced fresh sage

1 Tablespoon minced fresh parsley

1 Tablespoon minced fresh rosemary

1 1/4 cups fat-free plain yogurt, not Greek

1/4 cup liquid egg substitute

Heat an oven to 425.

In a large bowl mix the flour, baking powder, baking soda, salt, Parmesan and minced herbs. In a separate smaller bowl mix together the yogurt and liquid egg substitute.

Stir the yogurt mixture into the dry mix, until well incorporated.

Turn onto a floured surface and knead very lightly for a few seconds. Roll or pat the dough to 1/2 to 3/4 inch thick. Using a 2 1/2 inch biscuit cutter, cut the biscuits and place on a baking sheet prepared with a light coating of cooking spray.

Re-roll the scraps and continue forming biscuits until all the dough is used.

Bake for 12 minutes, or until puffy and browned. Serve hot.

Roasted Root Vegetables

2 cups each turnip, sweet potato, parsnip, butternut squash, carrot and onion, peeled and medium diced (about 1/2 to 3/4 inch)

1 cup chopped fennel

1/4 cup olive oil

2 teaspoons fresh chopped thyme

2 Tablespoons fresh chopped Italian parsley

Salt and pepper to taste

2 cups coarsely chopped kale, chard or spinach

Salt and pepper to taste

Preheat an oven to 425 degrees.

Add all vegetables, oil and fresh herbs to a roasting pan, season with salt and pepper and mix.

Roast the vegetables, stirring occasionally, until they are browned and softened, about 30 minutes.

Stir in the kale, spinach or chard and cook until the greens are softened, about another five minutes or so.

Correct the seasoning and serve.

Cream of Broccoli Soup

2 Tbs olive oil

1/2 cup chopped fennel

1/2 cup chopped shallots

1/2 cup chopped celery

1/2 cup chopped carrot

1/4 cup chopped bell pepper

3 cloves minced garlic

2Tbs flour

4 cups coarsely chopped broccoli

4 cups low sodium chicken or vegetable stock

1/4 tsp dry mustard

1/8 tsp cayenne (scant)

1/2 tsp Worcestershire sauce

1 cup fat free half and half

Salt and pepper to taste

Heat a 4 qt saucepan and add the oil over medium heat until it shimmers. Add all the vegetables and garlic and sweat them for about 5 minutes, or until slightly softened and fragrant. Stir in the flour and cook for a minute, then stir in the broccoli and add the stock, stirring to mix everything together.

Bring the mixture to a boil, reduce to a simmer for 30 minutes, or until the broccoli and the vegetables are very soft.

Using an immersion blender, purée the vegetables in the liquid. Stir in the mustard, cayenne, Worcestershire and half and half. Bring back to simmer, season with salt and pepper to taste.

Winter Squash with Spinach, Corn and Bacon

This is a great Thanksgiving side and a good compliment to anything roasted or braised, particularly poultry, pork or lamb.

Servings: 10

9 slices bacon, chopped
2 cups diced onions
2 ½ pounds butternut squash, peeled, seeded and diced in ½ inch cubes
10 ounces fresh spinach, coarsely chopped
1 pound frozen corn
6 Tablespoons chopped fresh basil
salt and pepper to taste

In a large skillet, sauté the bacon until crisp, remove bacon from the pan and add the onions, cooking them until softened and transparent.

Add the squash and sauté until tender, about 15 – 20 minutes. Add the spinach and corn and cook until the spinach is wilted and the corn heated through, about five minutes.

Stir in the basil and season with salt and pepper.

Helpful hints – The weight of the squash should be before preparation, or what they call in the trade “AP” or “as purchased”.

Also, covering the pan after sautéing the squash for a few minutes will hustle the cooking along a little bit.