

Spiced Moroccan Carrot & Red Lentil Soup with Harissa

Serves 4

adapted from <http://scrumpdillyicious.blogspot.com>

Ingredients

2 tbsp butter or olive oil
1 small shallot, chopped
1 lb carrots, peeled and cut into a small 1/2-inch dice
1 cup split red lentils
1 tbsp harissa
1 1/2 tsp ground cumin
1 1/2 tsp ground coriander
1 tsp ground cinnamon
1/4 teaspoon ground allspice
2 1/2 cups chicken or vegetable broth (reduced sodium)
1 tbsp maple syrup
1 tsp lemon juice
1 cup low-fat plain Greek yogurt, for garnish
Fresh cilantro, chopped, for garnish

Directions

- Melt butter in a large saucepan over medium-high heat. Add shallots and sauté for 2 minutes.
- Mix in the carrots, cumin, coriander, cinnamon and allspice, and sauté for 6-8 minutes, until the vegetables start to soften and the spices become fragrant.
- Add the lentils, harissa and broth. Bring the mixture to a boil, then reduce the heat to low and simmer until the carrots and the lentils are cooked through, about 20 minutes.
- Remove the soup from the heat and purée until smooth with an immersion blender or in a blender. Return the puréed soup to the pot and stir in the maple syrup and lemon juice.

Turkey, Apple, and Swiss Grilled Cheese Sandwiches

Serves 4

adapted from <https://mealthy.com>

Ingredients

1 tablespoon mustard (Spicy Brown, Dijon)
1 tablespoon honey
8 (1 ounce) slices whole-grain bread
4 (1 ounce) slices Swiss cheese
1 tart apple, thinly sliced
8 thin slices low-sodium deli turkey breast
1-2 tablespoons butter

Directions

- Combine mustard and honey in a small bowl; spread onto one side of 4 bread slices. Lay a cheese slice onto each bread slice over the honey mustard; add apple slices and 2 turkey slices. Sandwich with remaining bread slices.
- Melt butter in a large nonstick skillet and heat over medium-high. Grill sandwiches in skillet until browned and the cheese is melted, about 2 minutes per side.

White Bean and Roasted Squash Soup with Pistou

Serves 6 to 8

adapted from www.thekitchn.com

Ingredients

1 butternut squash, about 2 1/2 pounds
4 large cloves garlic, thinly sliced
2 TBSP olive oil
1 large leek (about 2 1/2 cups chopped)
6 cups reduced sodium chicken or vegetable broth
2 cans (15 oz) small white or cannellini beans, rinsed and drained

For the pistou:

1 1/2 cup of chopped herbs (basil and parsley)
1 tablespoon chopped fresh rosemary or 2 tsp dried rosemary
1 tablespoon fresh thyme leaves
1 garlic clove, chopped
1/4 cup olive oil

Instructions

- Preheat oven to 400°. Halve, peel, seed and cut squash into 1/2-inch cubes. Place on a baking sheet with the garlic cloves. Drizzle with oil and roast in oven until squash is just tender and starting to color, about 30-45 minutes. TIP: You can do this step ahead!
- Trim off and discard the tough dark green leaves of the leek. Cut in half lengthwise and rinse off under running water to remove any grit. Slice the leeks into 1/4-inch slices.
- Add 1 tablespoon of oil to a large pot. Heat over medium heat. Add the leeks and sauté gently over medium heat until wilted. Add broth, squash/garlic and beans and bring to a gentle simmer. Heat through but do not boil or cook for a long time as the beans and squash should remain whole.

To make the pistou:

- Combine herbs, garlic and olive oil with a pinch of salt in a food processor and pulse until blended. The texture should remain fairly rough, so don't make a smooth paste. Alternatively, chop the herbs, garlic and a pinch of salt together on a chopping board until well-combined. Put into a bowl and stir in the olive oil.
- To serve: Ladle the hot soup into bowls and dollop a little pistou on top.

Soft Molasses Cookies

Yield: 2-3 dozen

adapted from sallysbakingaddiction.com

Ingredients

1 and 1/4 cups all-purpose flour
1 cup white wheat flour
1 1/2 teaspoons baking soda
2 teaspoons ground ginger
1 1/2 teaspoons ground cinnamon
1/2 teaspoon ground cloves
1/2 teaspoon nutmeg
1/4 teaspoon salt
3/4 cup unsalted butter, softened to room temperature
3/4 cup packed dark brown sugar
1/4 cup dark molasses
1 large egg
2 teaspoons vanilla extract
1/3 cup granulated sugar

Instructions

- Whisk the flours, baking soda, ginger, cinnamon, cloves, nutmeg, and salt together until combined.
- In a large bowl using a hand-held or stand mixer with a paddle attachment, beat the butter and brown sugar together on high speed until creamy, about 2 minutes. Add the molasses and beat until combined. Add the egg and vanilla extract and beat until combined, about 1 minute. Scrape down the sides and bottom of the bowl as needed.
- On low speed, slowly mix the dry ingredients into the wet ingredients until combined. The dough will be slightly sticky. Cover dough tightly with aluminum foil or plastic wrap and chill for 1 hour and up to 2-3 days (or freeze up to 3 months).
- Preheat oven to 350°F. Line two large baking sheets with parchment paper or silicone baking mats.
- Remove cookie dough from the refrigerator. If the dough chilled longer than 2 hours, let it sit at room temperature for at least 30 minutes. Roll cookie dough, 1 Tablespoon each, into balls. Roll each in granulated sugar and arrange 3 inches apart on the baking sheets. Bake for 11-12 minutes or until edges appear set.
- Remove from the oven and allow cookies to cool on the baking sheet for 5 minutes before transferring to a wire rack to cool completely.