

# Baked Potatoes with Broccoli and Cheddar

## Ingredients

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**4** potatoes  
Canola oil  
**6 cups** broccoli florets  
**2 tablespoons** butter  
**2 tablespoons** flour  
**¼ teaspoon** dry mustard powder  
**1 cup** milk  
**1 ½ cups** sharp cheddar cheese, grated  
Salt  
White or black pepper



## Method

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1. Preheat the oven to 400°F. Coat the potatoes in a little canola oil and sprinkle with salt. Toss in the oven and cook for about an hour, until tender.
2. When the potatoes are about ten minutes from being done, pour one inch of water into a large pot. Bring to a boil. Place the broccoli in a steamer basket and place it over the boiling water. Cover the pot and steam for about four minutes, until the broccoli are bright green and tender.
3. Meanwhile, toss the butter in to a saucepan over medium-low heat. When melted, add the flour and mustard powder. Whisk until there are no more lumps, which should take about a minute. Slowly pour in the milk, whisking until it thickens up. Add the cheese, and stir until it has melted. Season sauce with salt and pepper.
4. Dump the broccoli into the cheese sauce, and stir until well coated.
5. Slice open the baked potatoes, and add as much broccoli and cheese as you'd like. Season with more salt and pepper to taste.

## Notes

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I halved the recipe. It was decent. Seemed better for lunch on day 2.

**Source: Adapted by Serious Eats from Whole Foods. (2 servings)**

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# Butternut Squash, Sage, and Parmesan Pasties

## Ingredients

### Dough

- 1**  $\frac{1}{3}$  cups all-purpose flour - I used 1 cup
- Pinch of salt
- $\frac{2}{3}$  cup chilled butter, cut into small pieces - I used  $\frac{1}{3}$  cup plus 2T
- 6-8** tablespoons ice water - I needed about 4-5 I think

### Filling

- 8** ounces butternut squash, peeled and cut into 1 cm cubes - I had about this, but I also added 2 small sweet potatoes
- 1** medium red onion, diced
- 1** clove garlic, crushed - I used more garlic
- 1** tablespoon finely chopped sage - I used fresh
- 1** tablespoon finely chopped parsley - I used dried
- $\frac{1}{4}$  cup grated Parmesan cheese - I used probably  $\frac{1}{4}$  cup of shredded italian mix
- 2** tablespoons pine nuts, toasted - I didn't toast them
- Sea salt
- Freshly ground white pepper (or black)
- 1** egg, beaten



## Method

### To make dough

Sift flour and salt into a large bowl. Using a pastry blender or knife, cut butter into flour until the mixture resembles fine breadcrumbs. Add 1 tablespoon of ice water at a time, gently tossing between additions, until the dough just holds together. Shape dough into a ball and wrap tightly in plastic wrap. Refrigerate at least 30 minutes before rolling out.

Before rolling out the dough, let it soften slightly so that it is malleable but still cold. On a lightly floured surface, roll it out to  $\frac{1}{8}$ -inch thick. Cut out two circles using a plate or bowl as a guide.

### To make pasties

Preheat oven to 375°F.

In a large bowl, combine butternut squash, onion, garlic, sage, parsley, Parmesan cheese, and pine nuts. Spoon mixture over half of each dough round, leaving a 1-inch border around the edge. Sprinkle well with salt and pepper.

Moisten the edges of the dough with beaten egg. With cool hands, fold the pastry over and crimp the edges. (Use any crimping technique you like, just make sure it is well sealed. For the traditional Cornish method, see this YouTube video.) Cut a small slit in the top of each pasty. Brush all over with beaten egg.

Bake until golden and cooked through, about 40 minutes. Serve hot or warm.

## Notes

This was really good and pretty easy! And, they warmed up really well for lunch the next day. The two servings were decent sized.

Source: Adapted from the Kitchn (2 servings | 2 large or 4 small)

# Creamy Broccoli Soup

## Ingredients

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- 2 tablespoons butter
- 1 large onion, sliced
- 1 lb. broccoli, stems chopped and florets broken up
- 2 cloves garlic, chopped
- ½ cup white wine - I didn't have, so I used a splash of apple cider.
- 3 cups vegetable stock
- 1 cup sour cream
- Salt and pepper to taste



## Method

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1. Heat the butter in a large saucepan over medium heat. Add the onion, broccoli, garlic, and a pinch of salt and pepper, and saute until the onion is soft, about 10 minutes. Add the white wine and cook for an additional minute, then add the stock. Simmer until the broccoli is very tender, 10 to 12 minutes more.
2. Purée the soup using a stick or regular blender, or let it cool somewhat and pass it through a food mill.
3. Stir in the sour cream, season to taste, and serve.

## Notes

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This was good the first serving, and warmed up it was okay. I probably should have pureed it more.

Source: Adapted by Serious Eats from *How to Cook Everything Vegetarian* by Mark Bittman.  
(4 servings)

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# Kale Slaw with Peanut Dressing

## Ingredients

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- 2** large bunches curly or lacinato kale, about 2 pounds
- 2** red bell peppers, cleaned and cut into fine strips - I used one red and one yellow
- 1** large carrot, peeled
- ¾ cup** roasted, salted peanuts, divided
- ½ cup** vegetable oil - I used olive oil
- 3 tablespoons** cider vinegar
- 1 tablespoon** packed light-brown sugar
- ½ teaspoon** coarse salt
- Pinch red pepper flakes



## Method

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Fold each leaf of kale in half lengthwise and slice out the center rib. Discard ribs. Roll a stack of the leaves up and slice in half lengthwise, then crosswise into very fine ribbons. You will have 10 to 12 cups of finely chopped kale in the end. Wash and rinse thoroughly in a salad spinner.

Toss the kale with the sliced bell peppers. Slice the carrot very thin, either by creating curls with a peeler, or by running the halved carrot lengthwise down a mandoline. Toss with the kale, red pepper, and 1/2 cup of the peanuts.

In a chopper or small food processor, briefly puree the remaining 1/4 cup peanuts, oil, vinegar, sugar, salt and pepper flakes. Pulse it just a few times; the peanuts should be partially pureed, but with some nibs and nubs still left in the dressing. (The texture difference between the whole peanuts, ground peanuts, and pureed peanuts in the sauce is one of the things that makes this slaw so wonderful.)

Toss the dressing with the slaw and let it sit for at least a few minutes before serving.

## Notes

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WOW. This was awesome. Sort of Thai-ish with the peanuts. Tasty dinner.

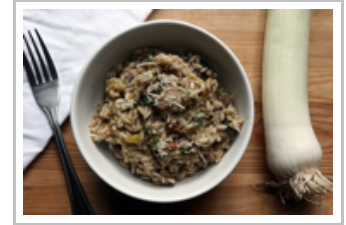
Source: Adapted from the [Kitchn](#) (4 servings)

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# Mushroom and Leek Risotto Recipe

## Ingredients

- 1** 1-lb package of white arborio rice/risotto - I used 1 cup
- 2 cups** of mushrooms, your choice. - Originally they used a mix of dried chanterelles, dried porcinis, and fresh baby bellas; I used 1 package of sliced baby bellas
- 1/2** of a shallot, chopped - I used half an onion
- 1** large leek, washed and sliced
- 2 tablespoons** butter or olive oil
- 3 cups** liquid of your choice - vegetable, chicken, or beef broth. You can also use the water you soaked dried mushrooms in, if any. - I used water. Stock definitely would have added depth.
- 1/2 cup** cream sherry - I didn't use, and I needed a bit of extra water. However, I did add a splash of wine when sauteeing the vegetables
- 2 tablespoons** fresh thyme leaves
- Salt & pepper to taste
- Parmesan cheese



## Method

Soak any dried mushrooms in hot water and set aside. In a large pot, saute the leek and shallot in the butter or oil until soft. Add fresh sliced mushrooms and saute until nicely browned. Add the thyme, and some salt & pepper to taste. Add the risotto and stir to coat evenly. Bring pot to medium-high heat and add 2/3 of the liquid, stirring, taking care not to let the risotto stick. You want to have a slow boil going, not a rollicking boil or a simmer.

As the risotto cooks, it will absorb the liquid, so add more, half a cup at a time, stirring. At the end, add the sherry, and more salt & pepper to taste. If you've used up all your liquid and the risotto is still too hard, add about half a cup of liquid - more broth, sherry, or water. This might be a sign your heat is too high, so turn it down a little.

The risotto is done when it is al dente. Serve with grated Parmesan on top.

## Notes

This was painless for a risotto - this didn't need to be babysat like many others do. Using stock instead of water probably would have added depth, but this was pretty good!

Source: [The Kitchn \(4 servings\)](#)