



weekend

easy

## ORECCHIETTE WITH BROCCOLI RABE

2 teaspoons salt  
12 ounces orecchiette pasta (about 3½ cups)  
2 pounds broccoli rabe (about 2 bunches)  
¼ cup extra-virgin olive oil  
3 cloves garlic, chopped  
½ teaspoon crushed red pepper  
8 anchovy fillets, chopped  
1 pint cherry tomatoes, halved  
Freshly grated Parmesan cheese (optional)

Bring 2 quarts of water to a boil in a large pot. Stir in salt, add pasta and cook according to package instructions until just tender. Drain, reserving ½ cup of the water.

Meanwhile, thoroughly wash broccoli rabe and trim off tough ends. Chop into 2-inch lengths.

Leave some of the water clinging to the leaves and stems; this will help create a sauce.

Heat oil in a large skillet over medium heat until it starts to shimmer. Add garlic, crushed red pepper and anchovies, mashing the fillets until they dissolve. Add the broccoli rabe (you may have to do this in batches, stirring each batch a little until it wilts enough to add more).

Cook, stirring, until almost tender, 6 to 10 minutes. Add tomatoes and toss until they begin to soften, about 2 minutes. Add the pasta and toss to coat. If it's too dry, add a little of the reserved pasta water.

Serve immediately, garnished with Parmesan if desired.

Serves 6

Active Time: 30m

Total Time: 30m

## NUTRITION FACTS

Calories: 359

Total Fat: 12g

Saturated Fat: 2g

Monounsaturated Fat: 7g

Cholesterol: 5mg

Sodium: 388mg

Carbohydrates: 50g

Dietary Fiber: 7g

Total Sugars: 3g

Added Sugars: 0g

Protein: 15g

Potassium: 484mg

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weekend

intermediate

## QUICK SHEPHERD'S PIE

1 pound Yukon Gold potatoes cut into 1-inch chunks  
¼ cup low-fat milk  
2 tablespoons butter  
½ teaspoon salt divided  
½ teaspoon freshly ground pepper divided  
1 tablespoon extra-virgin olive oil  
1 pound lean ground lamb  
1 medium onion finely chopped  
2 cups chopped carrots  
3 tablespoons all-purpose flour  
1 tablespoon chopped fresh oregano  
1 14-ounce can reduced-sodium chicken broth  
1 cup frozen corn, thawed

Bring 2 inches of water to a boil in large pot fitted with a steamer basket. Add potatoes and steam until tender, 10 to 12 minutes. Drain and return the potatoes to the pot. Add milk, butter and ¼ teaspoon each salt and pepper. Mash together to a chunky consistency. Cover to keep warm.

Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add lamb, onion, carrots and the remaining ¼ teaspoon each salt and pepper; cook, stirring, until the lamb is no longer pink, 6 to 8 minutes. Sprinkle flour and oregano over the mix and cook, stirring, for minute. Add broth and corn; bring to a simmer and cook, stirring, until thickened. 3 to 5 minutes more.

Ladle the lamb stew into 4 bowls and top with the potatoes.

Serves 4

Active Time: 35m

Total Time: 35m

## NUTRITION FACTS

Amount per serving:

Calories: 410

Total Fat: 16g

Saturated Fat: 6g

Monounsaturated Fat: 7g

Cholesterol: 74mg

Sodium: 630mg

Carbohydrates: 43g

Dietary Fiber: 5g

Total Sugars: 7g

Added Sugars: 0g

Protein: 25g

Potassium: 1167mg

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resolution®

MEMORIAL  
HERMANN



weekend

advanced

## FLANK STEAK GYROS WITH QUICK PICKLES

- 2 tablespoons extra-virgin olive oil, divided
- $\frac{3}{4}$  teaspoon ground coriander
- $\frac{3}{4}$  teaspoon ground cumin
- $\frac{3}{4}$  teaspoon dried thyme
- 1 teaspoon salt, divided
- $\frac{1}{2}$  teaspoon ground pepper, divided
- 1 pound flank steak, trimmed
- 1 large red onion, sliced
- 1 cup water
- $\frac{1}{2}$  cup white vinegar
- 1 teaspoon sugar
- 3 cups thinly sliced vegetables, such as turnips, cucumber and/or radishes
- 4 6-inch whole-wheat pitas, warmed
- $\frac{1}{2}$  cup prepared tzatziki

Position rack in upper third of oven; preheat broiler to high. Line a rimmed baking sheet with foil.

Combine 1 tablespoon oil, coriander, cumin, thyme,  $\frac{1}{2}$  teaspoon salt and  $\frac{1}{4}$  teaspoon pepper in a small bowl. Brush both sides of steak with the seasoned oil. Place on the prepared baking sheet. Toss onion with the remaining 1 tablespoon oil and the remaining  $\frac{1}{4}$  teaspoon pepper in a bowl and scatter around the steak.

Broil, turning the steak and stirring the onion halfway through, until an instant-read thermometer inserted in the thickest part of the steak registers 145°F and the onion is charred, 10 to 15 minutes.

Meanwhile, combine water, vinegar, sugar and the remaining  $\frac{1}{2}$  teaspoon salt in a medium saucepan. Bring a to a boil. Add vegetables and cook for 1 minute. Remove from heat.

Slice the steak and drain the vegetables. Serve in pita bread with the charred onion and tzatziki.

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Serves 4

Active Time: 30m

Total Time: 30m

## NUTRITION FACTS

Amount per serving:

Calories: 465

Total Fat: 18g

Saturated Fat: 5g

Monounsaturated Fat: 8g

Cholesterol: 75mg

Sodium: 751mg

Carbohydrates: 45g

Dietary Fiber: 7g

Total Sugars: 5g

Added Sugars: 0g

Protein: 33g

Potassium: 722mg