

STEP UP TO THE PLATE

Implementation in the Kitchen with Jody Adams

Whole Grain Pasta with Squash, Fontina and Parmesan

8 Servings

- 4 tablespoons unsalted butter
 - 2 cups butternut squash, peeled & cut into ½" dice
 - 1 cup red onion, cut into ⅛" dice
 - 8 garlic cloves, smashed & peeled
 - kosher salt & freshly-ground black pepper
 - 1 tablespoon chopped sage leaves
 - 4 cups mixed spinach & pea tendrils
 - large pot of salted water for pasta
 - 1 lb whole grain penne pasta
 - ½ lb red bliss potatoes, sliced
 - touch of grated nutmeg
 - 6 oz grated Parmesan cheese (divided as 4 oz & 2 oz)
 - 4 oz diced fontina cheese
 - 1 cup toasted breadcrumbs
 - ground black pepper to taste
1. Melt the butter in a large oven-proof sauté pan over medium-high heat
 2. Add the squash, onion and garlic, season with salt and pepper, cover with a round of parchment paper (or a lid), and cook 7 minutes or until the vegetables are golden brown and tender
 3. Add the sage, spinach and pea tendrils and cook an additional minute. Remove the pan from the heat
 4. Bring a large pot of salted water to a boil
 5. Add the pasta and potatoes and cook 10 minutes or until the potatoes are tender and the pasta is al dente
 6. Ladle 3 cups of pasta water into a container and reserve
 7. Strain the pasta mixture through a colander and add to the pan with the squash
 8. Add the fontina cheese, ⅔ of the Parmesan and a few gratings of nutmeg and toss well over medium heat
 9. Add the pasta water and continue to toss until the cheeses are melted and a creamy sauce results
 10. Preheat the broiler and situate an oven rack on the top slot
 11. Top with the remaining Parmesan cheese and the breadcrumbs cook under the broiler 5 minutes or until the top is toasty brown

Herbed Beans

4-6 Servings

- ½ lb small dried beans (cannellini, navy, kidney, etc), cleaned of dirt & stones & rinsed
 - 2 tablespoons extra virgin olive oil
 - 2 oz pancetta, diced
 - 1 cup onions, diced
 - ½ cup celery, peeled & diced
 - 1 cup fennel, trimmed of tough outer leaves & diced
 - 2 tablespoons garlic, minced
 - 3 bay leaves
 - 1 cup chopped canned tomatoes (no salt added)
 - 3 cups fat-free, low sodium chicken stock, vegetable stock or water
 - ½ cup mixed soft herbs (basil, parsley, chives, mint & any other herbs you may have on hand), chopped
 - squeeze of fresh lemon juice (optional)
1. Cover the beans with water, and soak for 8 hours, or overnight. Drain
 2. Heat the olive oil with the pancetta in a large sauté pan over medium heat. Cook pancetta for 4 minutes
 3. Add the onion, celery and fennel, season with salt and pepper and cook another 5 minutes or until tender
 4. Add the garlic and cook 1 minute
 5. Add bay leaves, tomatoes, beans and chicken stock to cover by about 1". Bring to a boil, then cover and reduce the heat to low. Simmer 45-60 minutes or until the beans are tender. If the beans are done but seem too soupy, increase the heat and boil to reduce the juices
 6. Check seasonings and add salt and pepper if necessary and remove from the heat. Remove bay leaves
 7. Stir in the lemon juice and the herbs

7-Grain Pilaf

6 Servings

- 2 tablespoons extra virgin olive oil
- ½ cup onions, diced
- ½ cup celery, peeled & diced
- ½ cup carrots, peeled & diced
- ¼ tsp kosher salt
- ground black pepper to taste
- 1 teaspoon ground cumin
- 1 tablespoon garlic, finely chopped
- 1 cup uncooked 7-grain cereal
- 2½ cups fat-free, low-sodium vegetable or chicken stock
- 2 bay leaves
- zest & juice of ½ lemon
- lemon wedges for garnish

1. Heat 2 tbsp olive oil in a large saucepan over medium-high heat
2. Add the onions, celery and carrots. Season with salt and pepper. Cook until tender and lightly browned, stirring occasionally, about 5 minutes
3. Add the garlic and cumin and cook until they become aromatic, only 1-2 minutes
4. Add the cereal, water or stock, and bay leaves. Season with salt and pepper
5. Lower the heat to a simmer, cover with a round of parchment and then a lid. Cook until the cereal is tender, 35-45 minutes
6. Allow to sit, covered for 5 minutes. Then fluff with a fork, remove bay leaves and add lemon juice and zest. Taste and adjust seasonings

Roasted Asparagus, Celery and Scallions

6 Servings

- 1 lb asparagus
- ½ lb celery stalks
- ½ lb scallions
- 3 tablespoons extra virgin olive oil
- kosher salt
- ground black pepper
- 1 tablespoon fresh-squeezed lemon juice

1. Preheat oven to 400°
2. If the asparagus are fat, snap off the fibrous portion off the root end of the stems. Peel the lower half of the stem. If the asparagus are pencil thin, simply snap the ends
3. Peel the celery and cut into lengths, ½" x 4"
4. Trim the roots off the scallions and the ratty top of the green. Cut into 4" lengths
5. Toss the vegetables with 3 tbsp extra virgin olive oil and season with salt and pepper
6. Arrange on sheet pans in a single layer. Roast until golden brown and tender, 8-10 minutes. The vegetables will cook at different rates. The scallions will be done before the asparagus and celery, at about 5 minutes. Remove them to a platter while the other vegetables continue to roast
7. Drizzle with lemon juice and olive oil just before serving