

# Everyday Basics Cooking Series: Vegetables, Beans & Grains

January/February 2010

## Menu:

Grilled Shrimp & Brown Rice Salad  
with Cilantro-Peanut Dressing

Butternut Squash Gratin  
with Creamy Tomato Sauce & Mozzarella

Braised French Lentils with Curry Yogurt Drizzle

Sautéed Broccoli with Quick Dijon-Honey Pan Sauce

## Sauteed Broccoli with Quick Dijon-Honey Pan Sauce

### serves 6

olive oil  
2 shallots, sliced thin  
2 heads broccoli, cut into thin florets with plenty of stem  
salt and pepper  
2 tbl Dijon mustard  
1 tbl honey  
1/4 cup chicken stock, (or water)

### \*\*\* Preparation \*\*\*\*

Heat a large skillet over medium-high heat. Add olive oil to lightly coat the bottom of the pan. Add the shallots, cook until tender.

Add the broccoli and increase heat. Season with salt and pepper. Cook over high heat, stirring, until broccoli is bright green and just tender. Remove broccoli from the pan.

In the same hot pan, whisk in the dijon and honey. Stir in the stock and boil for 1 minute. Add the broccoli back to the pan and toss to coat. Taste and season with salt and pepper as needed.



---

## **Butternut Squash Gratin with Creamy Tomato Sauce & Mozzarella**

**serves 8 people**

### **For the sauce:**

- 1 white onion, finely diced
- 3 garlic cloves, chopped
- 2 28-oz cans crushed tomatoes
- 1 tbl dried oregano
- 1/2 cup heavy cream
- 1/2 cup chopped basil

### **For the gratin:**

- 2 medium butternut squash, (with long necks)
- 1 log fresh mozzarella
- 1 1/2 cups grated parmesan

### **\*\*\* Preparation \*\*\*\***

#### **For the sauce:**

Place a medium pot over medium-high heat. Add olive oil to lightly coat the bottom of the pan. Add the onion and cook until soft. Add the garlic and cook until fragrant. Add the tomatoes and oregano. Cook over medium-low heat for 20 minutes. Remove from heat and stir in cream and basil. Taste and season with salt and pepper.

#### **For the gratin:**

Preheat oven to 375 degrees.

Peel the squash and cut the necks into 1/4-inch slices.

In a 8x8-inch baking dish, spoon in a bit of the tomato sauce to coat the bottom of the pan. Add a layer of the squash, overlapping just slightly. Season with salt and pepper. Add a layer of the mozzarella and some Parmesan cheese. Repeat with four layers, finishing with the cheese layer.

Cover with foil and bake for 30 minutes. Remove the foil and bake for another 15 minutes or until golden and bubbling. Let cool 15 minutes before serving.

---

## **Braised French Lentils with Curry Yogurt Drizzle**

**serves 6**

### **For the lentils:**

4 slices bacon, cut into small pieces  
1 white onion, finely diced  
1 tablespoon fresh thyme leaves  
2 cups green French lentils  
2 cups chicken stock  
1 cup red wine  
2 cups baby tomatoes, halves  
salt and pepper

### **For the drizzle:**

2 tbl lemon juice  
1 tsp curry powder  
1 1/2 cups greek yogurt  
water, as needed  
salt and pepper  
chopped parsley, for garnish

### **\*\*\* Preparation \*\*\*\***

#### **For the lentils:**

In a large pot, add the bacon and place over medium-high heat. Cook, stirring often, until the bacon fat has rendered and bacon is beginning to crisp. Add the onions and cook over medium heat until soft.

Add the thyme and the lentils. Stir to coat. Add the stock and wine and scrape up the browned bits from the bottom of the pan. Bring to a boil, reduce heat and simmer, partially covered, for 30 minutes or until lentils are tender.

Remove from heat and stir in tomatoes. Taste and season with salt and pepper as needed.

#### **For the drizzle:**

In a small bowl, whisk together the lemon juice and curry powder until dissolved. Add the yogurt and whisk. Add a small amount of water, as needed to create a thick drizzle. Taste and season with salt and pepper.

Serve the lentils topped with the fresh parsley, drizzled with the yogurt mixture.

## **Grilled Shrimp & Brown Rice Salad with Cilantro-Peanut Dressing**

**serves 6**

### **For the dressing:**

1 clove garlic, peeled  
1 cup cilantro leaves  
1 lime, zest and juice  
1 tsp honey  
2 tbl rice wine vinegar  
1/2 cup dry roasted peanuts  
1/2 cup olive oil  
salt and pepper

### **For the salad:**

1 1/2 cups brown basmati rice  
3 cups chicken stock, as needed  
1 english cucumbers, diced  
2 cups baby tomatoes, halved  
3 scallions, sliced  
1 lb large shrimp, peeled, deveined, tail removed

### **\*\*\* Preparation \*\*\*\***

#### **For the dressing**

In a food processor, combine the garlic, cilantro, lime zest and juice, honey, vinegar, peanuts and olive oil. Pulse until well-chopped. Season with salt and pepper to taste.

#### **For the salad:**

Combine the brown rice with enough stock to cover by about 1 1/2 inches. Cover, bring to a boil, reduce heat and simmer for 20 minutes. Remove from heat and let sit for 10 minutes.

Heat a grill pan over high heat.

Meanwhile, combine the vegetables in a large bowl. Toss the shrimp with olive oil, salt and pepper. Grill the shrimp until cooked through.

Just before serving, toss the warm rice with the vegetables, shrimp and dressing. Moisten with more olive oil or lime juice as needed. Taste and season with more salt and pepper as needed.