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## Roasted Butternut Squash Risotto with Balsamic-Orange Dizzle

serves 4-6

### for the risotto

1 butternut squash, peeled and diced (or 4 cups pre-diced)  
olive oil  
6-8 cups chicken stock  
3 tbl butter  
1 small white onion, diced  
2 cups arborio rice  
1/2 cup white wine  
3/4 cup freshly grated parmesan  
pinch grated nutmeg  
salt and pepper

### for the drizzle

3/4 cup balsamic vinegar  
1 orange, zested and juiced

### — preparation —

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#### For the risotto:

Preheat oven to 400 degrees.

Toss the squash with olive oil and spread onto a sheet pan. Roast for about 20 minutes or until soft and golden. Remove from oven and set aside.

Meanwhile, heat the stock over high heat until boiling. Reduce the heat to very low to keep warm. Heat a dutch oven or heavy-bottom saute pan over medium high heat. Add butter. When melted, add onion. Cook until soft and translucent about 5 minutes. Add rice and stir to coat with butter. Cook for about 1 minute. Add wine and simmer until wine has mostly evaporated.

Add about 2 cups of stock and cook over medium-low heat, stirring constantly until most of the liquid has been absorbed into the rice. Continue adding stock 1 cup at a time, stirring constantly. Add stock only when the last addition is mostly absorbed. When the rice is tender, add one more addition of stock and remove from heat.

Stir in roasted squash and cheese. Taste and season with salt and pepper. Serve drizzled with the reduced balsamic.

#### For the drizzle:

In a small pot, combine the vinegar, orange zest and juice. Bring a boil and cook until vinegar is thickened and reduced -- about 10 minutes. Remove the pot from the heat when the vinegar is slightly thickened -- it will continue to thicken as it cools.





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## Chicken Teriyaki Meatballs with Edamame Crunchy Salad

serves 6

### for the meatballs:

2 1/2 lbs ground chicken  
1 tsp grated fresh ginger  
2 garlic cloves, grated  
2 scallions, finely chopped  
1 tsp salt  
1 tsp ground black pepper  
vegetable oil, as needed  
3/4 cup soy sauce  
2 garlic cloves, left whole  
1/3 cup honey

### for the salad:

1/4 cup soy sauce  
1 tbl fresh lime juice  
1/4 cup vegetable oil  
1 tbl sugar  
1 tsp ground black pepper  
2 cups frozen shelled edamame, defrosted  
4 cups chopped Napa cabbage  
2 scallions, finely chopped  
1/2 cup toasted sliced almonds  
salt to taste

### — preparation —

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#### For the meatballs:

Preheat oven to 400 degrees.

In a large bowl, combine the chicken, ginger, scallions, grated garlic, salt and pepper. Once the mixture is well-mixed, use your hands to roll small meatballs -- wet your hands with vegetable oil as needed so that the chicken doesn't stick to your hands and the outside of each meatball is lightly coated with oil. Place the meatballs on a lined baking sheet. Roast for about 15 minutes or until just cooked through.

While the meatballs cook, combine the soy sauce, whole garlic cloves and honey over high heat. Bring to a boil and reduce until slightly thickened.



When the meatballs are out of the oven, place them into the reduced sauce, toss gently and set aside.

**For the salad:**

In a large bowl, whisk together the soy sauce, lime juice, vegetable oil, sugar and salt. Add edamame, cabbage, scallions and almonds then toss.

Serve the meatballs with some of the reduced sauce drizzled on top, next to the salad.

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## Creamy Chicken Pearl Couscous Soup

**serves 6**

olive oil

1 white onion, diced

1 tbl paprika, (use smoked if you have it!)

1 tsp turmeric

8 cups chicken stock, (or water)

2 chicken breasts

1 1/2 cups pearl couscous, (also called Israeli Couscous)

1/2 cup greek yogurt, (or sour cream)

1/2 cup chopped parsley, optional

### — preparation —

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Heat a large soup pot over medium-high heat. Add olive oil to lightly coat the pan. Add the onions and cook over medium heat until caramelized -- about 15 minutes -- being sure not to burn them. Add paprika and turmeric, stir until fragrant.

Add in the chicken stock. Bring to a boil. Add the chicken breasts and simmer (be sure to turn down the heat so the stock is not boiling) for about 10 minutes or until the chicken is just cooked through. Remove the chicken breast and set aside until cool enough to handle.

Meanwhile, stir in the couscous and simmer for about 10 minutes or until pasta is tender. Remove from heat.

In a small bowl, combine the yogurt with 1 ladel of the soup liquid and whisk together -- this will help the yogurt blend easily into the soup. Whisk the yogurt mixture into the soup.

Tear the chicken into small pieces and add back to the soup. Heat gently and taste -- add salt and pepper as needed.

Stir in the parsley just before serving.



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## Cocoa Banana Dessert "Smoothie"

### **serves 4**

4 large scoops vanilla frozen yogurt

1/4 cup good-quality cocoa powder

2 ripe bananas

1/2 tsp ground cinnamon

1/4 tsp ground cardamom

2-3 cups lowfat milk, as needed

### — preparation —

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In a blender, combine the frozen yogurt, cocoa powder, bananas and spices.

Add 2 cups milk. Start blending on low, adding more milk as needed -- try not to add too much milk so the smoothies are nice and thick! Serve in small, chilled glasses.