

# Honey-Roasted Root Vegetables

from **CookingLight**



★★★★★ *Outstanding*

Honey amplifies the natural sugars of the caramelized vegetables in this dish. If you can't find tupelo honey, substitute another medium-color, floral variety, such as dandelion, loosestrife, or orange blossom.

## Yield

8 servings (serving size: 1/2 cup)

## Ingredients

- 2 cups coarsely chopped peeled sweet potato (about 1 large)
- 1 1/2 cups coarsely chopped peeled turnip (about 2 medium)
- 1 1/2 cups coarsely chopped parsnip (about 2 medium)
- 1 1/2 cups coarsely chopped carrot (about 2 medium)
- 1/4 cup tupelo honey
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 3 shallots, halved
- Cooking spray

## Preparation

Preheat oven to 450°.

Combine all ingredients except the cooking spray in a large bowl; toss to coat. Place vegetable mixture on a jelly-roll pan coated with cooking spray. Bake at 450° for 35 minutes or until vegetables are tender and begin to brown, stirring every 15 minutes.

## Nutritional Information

Calories: 118 (27% from fat) Fat: 3.5g (sat 0.5g, mono 2.5g, poly 0.4g) Protein: 1.3g Carbohydrate: 21.7g  
Fiber: 2.3g Cholesterol: 0.0mg Iron: 0.5mg Sodium: 171mg Calcium: 33mg

# Five-Spice Beet Soup submitted by Michele Boggs

Chinese five-spice powder lends a touch of heat to this vibrantly colored soup.  
4 servings

- Prep: 35 minutes
- Total: 35 minutes
  
- Recipe by [the Bon Appétit Test Kitchen](#)

## Ingredients

- 4 2- to 2 1/2-inch-diameter beets, scrubbed, trimmed, unpeeled, each cut into 6 wedges (about 3 1/2 cups)
- 3 cups vegetable broth, divided
- 1 tablespoon olive oil
- 1 medium-size red onion, thinly sliced (2 cups)
- 1 celery stalk with leaves, stalk chopped, leaves sliced
- 2 teaspoons grated peeled fresh ginger
- 1/4 teaspoon (or more) Chinese five-spice powder\*
- Sour cream or plain yogurt

## Preparation

- Place beet wedges in 4-cup glass measuring cup. Add 2 cups broth; cover with paper plate and microwave on high until tender, about 15 minutes.
- Meanwhile, heat oil in heavy medium saucepan over medium heat. Add onion and chopped celery stalk; cover and cook until almost tender and translucent, stirring often, about 12 minutes.
- Add beet mixture and 1 cup broth to onion mixture; cover and simmer 4 minutes. Mix in ginger and 1/4 teaspoon five-spice powder. Transfer to blender; cover and puree. Season soup to taste with salt, pepper, and additional five-spice powder, if desired; rewarm if necessary. Ladle soup into 4 bowls. Top with dollops of sour cream and sliced celery leaves.
- \*A spice blend available in the spice section of most supermarkets.

# Sweet Potato-Streusel Quick Bread

from **CookingLight**



*Worthy of a Special Occasion* To make this quick bread even quicker, we used the microwave to cook the potato and soften the butter for the streusel topping. Use an electric knife to get clean slices.

**Yield:** 16 servings (serving size: 1 slice)

## Ingredients

- 1 large sweet potato (about 12 ounces)
- 2 teaspoons butter
- 1/3 cup chopped pecans
- 2 tablespoons dark brown sugar
- 1 1/2 cups all-purpose flour
- 1/2 cup whole wheat flour
- 3/4 cup packed dark brown sugar
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 3/4 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 2/3 cup fresh orange juice
- 3 tablespoons vegetable oil
- 1 large egg, lightly beaten
- Cooking spray

### Nutritional Information

Calories: 174 (28% from fat) Fat: 5.4g (sat 1g, mono 1.9g, poly 2.2g) Protein: 2.8g Carbohydrate: 29.5g Fiber: 1.5g Cholesterol: 15mg Iron: 1.2mg Sodium: 187mg Calcium: 57mg

## Preparation

Preheat oven to 350°.

Pierce potato with a fork; place on a paper towel in microwave oven. Microwave at high 7 minutes, turning after 4 minutes. Wrap potato in paper towel; let stand 5 minutes. Peel potato; mash to measure 1 cup. Place butter in a small microwave-safe bowl. Microwave at medium 20 seconds or until soft. Stir in pecans and 2 tablespoons sugar.

Lightly spoon flours into dry measuring cups; level with a knife. Combine all-purpose flour and next 6 ingredients (all-purpose flour through nutmeg) in a large bowl, stirring with a whisk. Add mashed sweet potato, juice, oil, and egg, stirring until well blended.

Spoon batter into an 8 x 4-inch loaf pan coated with cooking spray. Drop pecan mixture by spoonfuls over top of loaf; gently press into batter. Bake at 350° for 1 hour or until a wooden pick inserted in center comes out clean.

Cool in pan 5 minutes on a wire rack. Remove from pan; cool completely on wire rack.

# Pumpkin Pound Cake with Buttermilk Glaze

from **CookingLight**



★★★★★ *Worthy of a Special Occasion*

Drain the canned pumpkin before making the cake batter to keep the cake's texture light.

## Yield

16 servings (serving size: 1 slice)

## Ingredients

### CAKE:

Cooking spray  
1 tablespoon all-purpose flour  
1 (15-ounce) can pumpkin  
3/4 cup granulated sugar  
3/4 cup packed dark brown sugar  
1/2 cup butter, softened  
4 large eggs  
1 teaspoon vanilla extract  
3 cups all-purpose flour (about 13 1/2 ounces)  
1 1/2 teaspoons pumpkin pie spice  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
3/4 cup fat-free buttermilk

### GLAZE:

1/3 cup fat-free buttermilk  
1/4 cup granulated sugar  
2 tablespoons butter  
2 teaspoons cornstarch  
1/8 teaspoon baking soda

## Preparation

Preheat oven to 350°.

To prepare the cake, lightly coat a 10-inch tube pan with cooking spray; dust with 1 tablespoon flour. Spread pumpkin over 2 layers of paper towels; cover with 2 additional layers of paper towels. Let stand about 10 minutes. Scrape drained pumpkin into a bowl.

Place 3/4 cup granulated sugar, brown sugar, and 1/2 cup butter in a large bowl; beat with a mixer at medium speed 3 minutes or until well blended. Add eggs, 1 at a time, beating well after each addition. Beat in pumpkin and vanilla. Lightly spoon 3 cups flour into dry measuring cups, and level with a knife. Combine flour and next 4 ingredients (through salt) in a bowl, stirring well with a whisk. Add flour mixture and 3/4 cup buttermilk alternately to sugar mixture, beginning and ending with flour mixture.

Spoon batter into prepared pan. Bake at 350° for 55 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack. Remove from pan, and cool completely on wire rack.

To prepare glaze, combine 1/3 cup buttermilk and remaining ingredients in a small saucepan over medium heat; bring to a boil. Cook 1 minute or until thick, stirring constantly; remove from heat. Drizzle cake with glaze.

## Nutritional Information

Calories:

273 (29% from fat)

Fat:

8.7g (sat 5g, mono 2.4g, poly 0.5g)

Protein:

5g

Carbohydrate:

44.6g

Fiber:

1.4g

Cholesterol:

72mg

Iron:

2mg

Sodium:

243mg

Calcium:

66mg

# Roasted Pumpkin and Winter Squash Soup

from **CookingLight**



*Worthy of a Special Occasion*

Pumpkin and squash were commonly available to Native Americans and pilgrim settlers. Use a small sugar pumpkin.

## Yield

8 servings (serving size: 1 cup)

## Ingredients

- 2 cups (1/2-inch) cubed peeled fresh pumpkin (about 2 pounds)
- 2 cups (1/2-inch) cubed peeled butternut squash (about 1 1/2 pounds)
- 1 tablespoon olive oil
- Cooking spray
- 3 cups sliced yellow onion (about 2)
- 2 teaspoons minced garlic
- 4 cups water
- 3/4 teaspoon salt
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon freshly ground black pepper
- Dash of ground allspice

## Preparation

Preheat oven to 400°.

Combine first three ingredients in a large bowl; toss well. Place pumpkin mixture on a baking sheet coated with cooking spray. Bake at 400° for 30 minutes or until tender.

Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray. Add onion; sauté 8 minutes or until tender. Add garlic; sauté 1 minute. Add pumpkin mixture, 4 cups water, and remaining ingredients; bring to a boil. Reduce heat, and simmer 20 minutes.

Place half of pumpkin mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Pour into a large bowl. Repeat procedure with the remaining pumpkin mixture.

## Nutritional Information

Calories:

121 (19% from fat)

Fat:

2.5g (sat 0.4g, mono 1.7g, poly 0.3g)

Protein:

2.8g

Carbohydrate:

25.4g

Fiber:

4.6g

Cholesterol:

0.0mg

# Pumpkin Dip

from **CookingLight**

★★★★★ *Outstanding*

## Yield

12 servings (serving size: 2 tablespoons dip and 2 apple slices)

## Ingredients

3/4 cup (6 ounces) 1/3-less-fat cream cheese  
1/2 cup packed brown sugar  
1/2 cup canned pumpkin  
2 teaspoons maple syrup  
1/2 teaspoon ground cinnamon  
24 apple slices

## Preparation

Place first 3 ingredients in a medium bowl, and beat with a mixer at medium speed until well blended. Add syrup and cinnamon, and beat until smooth. Cover and chill 30 minutes. Serve with apple.

## Nutritional Information

Calories:

107 (27% from fat)

Fat:

3.2g (sat 2g, mono 0.9g, poly 0.1g)

Protein:

2g

Carbohydrate:

18.3g

Fiber:

1.4g

Cholesterol:

10mg

Iron:

1mg

Sodium:

87mg

Calcium:

35mg

## Crispy Zucchini Coins

4 servings

### Ingredients

1/2 cup Italian-seasoned breadcrumbs  
3 tablespoons grated Parmesan cheese  
1/4 teaspoon pepper  
3 cups thinly sliced zucchini (about 1 pound)  
2 egg whites, lightly beaten  
Cooking spray

### Preparation

Preheat oven to 450°.

Combine first 3 ingredients; stir well.

Dip the zucchini slices in egg whites; dredge in breadcrumb mixture. Place zucchini in a single layer on a baking sheet coated with cooking spray. Bake at 450° for 20 minutes. Turn zucchini over; bake an additional 15 minutes or until outside is crispy and browned.

### Nutritional Information

Calories:

94 (17% from fat)

Fat:

1.8g (sat 0.9g, mono 0.3g, poly 0.1g)

Protein:

6.5g

Carbohydrate:

13.6g

Fiber:

0.6g

Cholesterol:

3mg

Iron:

1mg

Sodium:

498mg

Calcium:

83mg

*Cooking Light*, OCTOBER 1997

## **Zucchini Casserole**

Oven: 350 degrees 25-30 minutes Serves: 10-12  
"this makes an excellent appetizer"

3 cups thinly-sliced zucchini  
1 cup Bisquick or other baking mix  
1/2 cup finely chopped onion  
1/2 cup grated romano or parm. cheese  
2 tsp. chopped parsley  
1 clove garlic, minced  
oregano and pepper to taste  
1/2 cup oil (I use olive)  
4 eggs, slightly beaten

Mix together all ingredients. Lightly grease a 9X13X2 baking dish or pan, Spread mixture in pan and bake at 350 for 25-30 min. or until golden brown.

## **Stuffed Zucchini**

6 medium zucchini  
a tad of olive oil  
4 oz grated sharp cheddar ( 1 cup grated)  
1 tbsp. chopped thyme  
1 tbsp. chopped parsley  
1 tbsp. browned wholegrain breadcrumbs

Lightly oil a large piece of foil. Wrap zucchini in foil and bake for 30 minutes at 350 F. When they are baked, cut in half lengthwise. Scoop out the centers leaving only thin shells. Chop the vegetable centers and mix with cheese, herbs and fresh breadcrumbs. Pile the mixture into the shells. Scatter additional breadcrumbs over the top, and bake stuffed shells for an additional 10 minutes.

( for variation, chopped tomatoes, onions and/or peppers can be added to the vegetable mixture)