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Greens from
escarole and radicchio
to endive and kale are
at their crisp, feisty-
flavored best right
now—it's time to
throw together
some seriously
great salads

BOLD WINTER SALADS

Even as kid I adored salads. I remember one in particular my mom left for me as she rushed out the door one winter evening. It had escarole, radicchio and a bracing in-your-face lemon, olive oil and mustard dressing. She added a pile of freshly shredded Parmesan and crushed black pepper. The saltiness of the cheese and the tart lemon balanced the bitter leaves. The heat of the Dijon and pepper made the whole thing sing.

In the years since, as I've cooked for myself and worked developing recipes professionally, I've distilled the magic of all those memorable childhood salads my mom made into a simple lesson. You need to think of the salad greens as the bitter part of a taste equation. The goal is to add in the rest of the tastes: sweet, sour, salty and umami. When that equation is complete, the bitter greens become a perfect backdrop for all the other goodies in your salad.

At this time of year, the weather is at its coolest and the flavor of fresh greens is more robust than ever. Grab a bowl and tame those bitter greens into submission with these six boldly flavored matches.

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Kale Salad with Bacon-
Blue Cheese Vinaigrette, page 91



BY KATIE WEBSTER • PHOTOGRAPHY BY LAURIE PROFFITT



A light red
wine like the
2012 Pascal
Granger Juliéna,
Beaujolais (\$18),
highlights the bacon
and blue cheese in
this salad.



RADICCHIO & ENDIVE

Small pieces of these greens add contrasting texture and color. Their heads are tightly packed and usually grit-free, but you can give them a rinse and spin after chopping if you like.

BOLD WINTER SALADS

CHOPPED HAM & APPLE SALAD WITH CREAMY PARMESAN DRESSING

ACTIVE: 25 MIN TOTAL: 25 MIN

TO MAKE AHEAD: Cover and refrigerate the dressing (Step 1) for up to 2 days.

Think of this main-course chopped salad recipe less like a hard-and-fast rule and more like a jumping-off point. Try using cooked chicken and tangerines instead of ham and apples or bell pepper in place of the radishes. The possibilities are limitless. Serve with pumpernickel bread toasted with extra-sharp Cheddar cheese.

- ½ cup reduced-fat plain Greek yogurt
- ¼ cup grated Parmesan cheese
- 3 tablespoons low-fat mayonnaise
- 2 tablespoons white-wine vinegar or cider vinegar
- 1½ teaspoons dried tarragon
- ½ teaspoon freshly ground pepper
- ¼ teaspoon salt
- 6 cups chopped escarole or curly endive
- 5 cups chopped radicchio or Belgian endive
- 1 large sweet, crisp apple, such as Pink Lady, cubed
- 1 cup sliced radishes
- ¾ cup sliced smoked ham steak (about 4 ounces)
- ½ cup chopped toasted pecans (see Tip, page 99)

1. Whisk yogurt, Parmesan, mayonnaise, vinegar, tarragon, pepper and salt in a large bowl.

2. Add escarole (or endive), radicchio (or endive), apple, radishes, ham and pecans to the dressing; toss to coat.

SERVES 4: 3 CUPS EACH

Calories 257, Fat 15g (sat 3g), Cholesterol 22mg, Carbs 20g, Total sugars 9g (added 0g), Protein 13g, Fiber 6g, Sodium 722mg, Potassium 681mg



The apples and pecans shine when paired with the crisp and ripe **2012 Acrobat Pinot Gris, Oregon (\$12).**





ROMAINE

While the light inner hearts are crunchier and sweeter, the darker outer leaves have plenty of strong character to form the bitter base of a winter salad.



Full-bodied and beautifully acidic, the 2012 **Domaine Sigalas Assyrtiko-Athiri, Santorini, Greece (\$16)**, balances the salty sardines and sweet caramelized onions.

ROMAINE WEDGES WITH SARDINES & CARAMELIZED ONIONS

ACTIVE: 30 MIN **TOTAL:** 30 MIN

TO MAKE AHEAD: Cover and refrigerate the dressing (Step 2) for up to 2 days.

Sardines are extremely nutritious, providing 22 percent of the daily value for calcium and 157 mg omega-3s per 2-ounce serving. And they just so happen to be a perfect foil to winter greens. Here we've made little boats out of hearts of romaine lettuce and filled them with savory sardines, sweet caramelized onions, juicy cherry tomatoes and creamy dressing.

- 1 tablespoon canola oil
- 1 large sweet onion, sliced
- 1/8 teaspoon salt plus 1/2 teaspoon, divided
- 2 tablespoons balsamic vinegar
- 1/2 cup reduced-fat plain Greek yogurt
- 2 tablespoons low-fat mayonnaise
- 2 tablespoons white-wine vinegar
- 4 teaspoons minced shallot
- 1/4 teaspoon freshly ground pepper
- 2 hearts of romaine, halved lengthwise and cored
- 2 4-ounce cans sardines with bones, packed in olive oil, drained
- 1 cup halved grape or cherry tomatoes

1. Place oil, onion and 1/8 teaspoon salt in a small saucepan over medium heat. Cover and cook, stirring occasionally, until the onions are very soft and starting to brown, 12 to 15 minutes. Reduce heat to medium-low if they are browning too much. Stir in balsamic vinegar and simmer, uncovered, until it is reduced to a glaze, 1 to 3 minutes.

2. Whisk yogurt, mayonnaise, white-wine vinegar, shallot, pepper and the remaining 1/2 teaspoon salt in a small bowl.

3. Divide romaine halves among 4 dinner plates or place on a large platter. Spoon the dressing over the salads. Break sardines into two or three pieces each and divide among the romaine halves. Top with the caramelized onions and tomatoes.

SERVES 4: 1 "WEDGE" EACH

Calories 230, **Fat** 12g (sat 2g), **Cholesterol** 79mg, **Carbs** 13g, **Total sugars** 7g (added 0g), **Protein** 18g, **Fiber** 3g, **Sodium** 716mg, **Potassium** 651mg.





RED DANDELION

This leafy green is off the charts for vitamin K, which helps keep bones strong. Its bracingly bitter flavor pairs well with deeply earthy ingredients like the mushrooms and sesame here.

BOLD WINTER SALADS

MUSHROOM, SQUASH & CHICKEN SALAD WITH SESAME DRESSING

ACTIVE: 50 MIN TOTAL: 50 MIN

TO MAKE AHEAD: Cover and refrigerate the dressing (Step 4) for up to 1 day. Bring to room temperature before using.

Dandelion greens and curly chicory may be some of the most bitter greens out there, but they mesh marvelously with the wildly flavorful mushroom-sesame dressing, roasted chicken thighs and succulent roasted squash in this main-course salad. Toss the salad with the dressing just before serving so the greens don't get too wilted.

- 1 delicata squash, halved lengthwise, seeded and cut into ½-inch slices
- 4 teaspoons canola oil plus 1 tablespoon, divided
- 2 tablespoons sesame seeds, divided
- ⅛ teaspoon plus ½ teaspoon salt, divided
- 10 ounces white or cremini mushrooms, cut into quarters
- 4 teaspoons toasted sesame oil, divided
- ¾ teaspoon garlic powder, divided
- ½ teaspoon dry mustard, divided
- 1 pound boneless, skinless chicken thighs, trimmed
- 2 tablespoons white vinegar
- 2 tablespoons reduced-sodium soy sauce



- 1 tablespoon pure maple syrup or agave
 - ¼ teaspoon freshly ground pepper
 - 2 tablespoons water
 - 6 cups chopped curly endive, frisée or chicory
 - 3½ cups chopped dandelion greens, any tough stems removed
- 1.** Position racks in upper and lower thirds of oven; preheat to 400°F.
 - 2.** Toss squash, 2 teaspoons canola oil, 1 tablespoon sesame seeds and ⅛ teaspoon salt in a large bowl. Spread the squash out on a large baking sheet. Toss mushrooms in the bowl with 2 teaspoons canola oil, 1 tablespoon sesame seeds and ⅛ teaspoon salt. Spread the mushrooms out on another large baking sheet. Combine 2 teaspoons sesame oil, ½ teaspoon garlic powder, ¼ teaspoon dry mustard and ¼ teaspoon salt in the bowl. Add chicken and toss to coat. Nestle the chicken among the mushrooms.
 - 3.** Place the mushrooms and chicken on the lower oven rack and the squash on the upper rack. Roast, stirring (or turning) once halfway



The Asian flair from the mushroom-sesame dressing beckons for a dry Riesling like the 2012 d'Arenburg The Dry Dam Riesling, Australia (\$16).



UPLAND CRESS

A tad more mild than its cousin watercress, this tender cultivated cress is best raw. Leave its tiny leaves and stems whole. Or substitute watercress and give it a rough chop first.



The sweetness from the roasted celeriac is balanced by citrusy, yet dry **2011 Benito Santos Saia** Albariño, Rías Baixas (\$17).

CELERIAC, CRESS & SPINACH SALAD WITH PARMESAN CRISPS

ACTIVE: 40 MIN TOTAL: 40 MIN

TO MAKE AHEAD: Cover and refrigerate the dressing (Step 3) for up to 2 days.

The big flavor of sherry vinegar rocks this side salad. Mixed with mustard, oil and garlic, it serves a dual purpose as dressing and marinade for the roasted celery root. Little rounds of crunchy Parmesan crisps look fancy, but are easy to make and add a perfect textural contrast and salty counterpart to the earthy and spicy greens and sweet-tart cranberries.

through, until the mushrooms are browned and the chicken is cooked through, 14 to 16 minutes, and the squash is tender, 18 to 24 minutes.

4. Meanwhile, combine the remaining 1 tablespoon canola oil, 2 teaspoons sesame oil, 1/8 teaspoon salt, 1/4 teaspoon garlic powder and 1/4 teaspoon dry mustard with vinegar, soy sauce, maple syrup (or agave) and pepper in a blender; puree until smooth.

5. When the vegetables are done, transfer half the mushrooms and any juice from the roasted chicken to the blender. Add water and puree until almost smooth.

6. Place greens in a clean large bowl. When the chicken is cool enough to handle, chop or shred into bite-size pieces. Add the chicken to the bowl along with the squash, the remaining roasted mushrooms and the dressing; toss to coat. Serve immediately.

SERVES 4: 2 1/4 CUPS EACH

Calories 391, Fat 24g (sat 4g), Cholesterol 76mg, Carbs 21g, Total sugars 7g (added 3g), Protein 27g, Fiber 7g, Sodium 729mg, Potassium 965mg.





ARUGULA

The flavor ranges from mild to assertive so if you like your arugula especially peppery, sniff it for that telltale spicy, nutty aroma. Pair it with sturdier greens like romaine or Treviso.

- 1 small celery root (12-16 ounces)
- 3 tablespoons extra-virgin olive oil, divided
- ¾ teaspoon salt, divided
- ¼ teaspoon freshly ground pepper
- 1 small clove garlic
- 4 teaspoons sherry vinegar
- 1 tablespoon Dijon mustard
- ½ cup finely shredded Parmesan cheese
- 2 bunches upland cress (see page 89), roots trimmed, or 8 cups watercress, tough stems trimmed
- 3 cups baby spinach
- ⅓ cup sweetened dried cranberries

1. Preheat oven to 400°F.
2. Cut one end off the celery root to create a flat surface to keep it steady. Cut off the skin with your knife, following the contour of the root. Or use a vegetable peeler and peel around the root at least three times to ensure all the fibrous skin has been removed. Cut into ½-inch cubes and toss in a large bowl with 1 tablespoon oil, ¼ teaspoon salt and pepper until well coated. Spread out on a baking sheet (reserve the bowl). Roast the celery root, stirring once or twice, until lightly browned and soft, 15 to 20 minutes.
3. Meanwhile, chop and mash garlic with the remaining ½ teaspoon salt on a cutting board until a paste forms. Scrape the garlic paste into the large bowl and whisk in the remaining 2 tablespoons oil, vinegar and mustard.

4. Add the celery root to the dressing and toss to coat; let cool in the dressing.
5. To prepare Parmesan crisps: Reduce oven temperature to 350°. Line a large baking sheet with a nonstick baking mat or generously coat with cooking spray.
6. Divide Parmesan into 6 little piles on the prepared baking sheet and spread each into a 2-inch disk. Bake until the Parmesan is melted completely and lightly browned, but not too dark, 8 to 10 minutes. Let cool 5 minutes on the pan, then use a firm, thin spatula to remove.

7. Add cress (or watercress), spinach and cranberries to the celery root and season to taste with more pepper; lightly toss to coat. Serve each salad with a Parmesan crisp.

SERVES 6: 1½ CUPS SALAD & 1 CRISP EACH
Calories 141, **Fat** 9g (sat 2g), **Cholesterol** 5mg, **Carbs** 11g, **Total sugars** 5g (added 4g), **Protein** 5g, **Fiber** 2g, **Sodium** 513mg, **Potassium** 384mg.

ORANGE & BLACK PEPPER SHRIMP SALAD

ACTIVE: 40 MIN **TOTAL:** 40 MIN

TO MAKE AHEAD: Cover and refrigerate the dressing (Step 3) for up to 1 day.

A blend of bitter Treviso (a long, thin type of radicchio), spicy arugula and sweet romaine lettuce form the base of this main-course salad. Pairing the mix of greens with savory shrimp,



Leave the tails on your shrimp for a pretty look.

To get the size you want, order by the count per pound ("21-25 count" means there will be 21 to 25 shrimp in a pound). Look for shrimp certified by Marine Stewardship Council. If you can't find them, choose wild-caught shrimp from North America, which are more likely to be sustainably caught.

tart oranges and briny capers brings everything into bright and flavorful balance. (Wine pairing: page 3.)

- 3 medium oranges
- 2 teaspoons whole black peppercorns, divided
- 2 cups loosely packed flat-leaf parsley leaves (about 1 large bunch), divided
- 4 tablespoons chopped toasted walnuts (see Tip, page 99), divided
- 3 tablespoons walnut oil, divided
- 2 tablespoons red-wine vinegar
- 6 teaspoons capers, rinsed, divided
- 2 teaspoons Dijon mustard
- 2 teaspoons honey
- 1 small clove garlic, minced
- ¼ teaspoon salt
- 1 large head Treviso or small head radicchio, cut into bite-size pieces
- ½ small head romaine or 1 heart of romaine, cut into bite-size pieces
- 3 cups arugula
- 1 pound peeled and deveined raw shrimp (21-25 per pound; see Tip, above)

1. With a sharp knife, remove the skin and white pith from oranges. Working over a



RED KALE

To tame the toughness of raw kale leaves, here are a couple techniques: massage it, dress it and refrigerate overnight or gently wilt it with a warm dressing or warm ingredients.

bowl, cut the segments from their surrounding membranes. Squeeze juice into the bowl before discarding the membranes. Transfer the orange segments to another bowl with a slotted spoon and set aside.

2. Crush peppercorns with a mortar and pestle or place in a small sealable bag and crush with a small heavy skillet, the smooth side of a meat mallet or a rolling pin.

3. Pour $\frac{1}{4}$ cup of the orange juice from the bowl into a blender. Add $\frac{1}{4}$ teaspoon of the crushed pepper, 1 cup parsley, 3 tablespoons walnuts, 2 tablespoons oil, vinegar, 2 tablespoons capers, mustard, honey, garlic and salt; puree until smooth.

4. Combine Treviso (or radicchio), romaine, arugula and the remaining 1 cup parsley in a large bowl. Toss with $\frac{1}{2}$ cup of the dressing.

5. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Sprinkle shrimp with the remaining crushed pepper. Add the shrimp to the hot skillet and cook until bright pink and browned, 1 to 3 minutes per side.

6. Transfer the salad to a platter or 4 dinner plates. Top with the reserved orange

segments, the shrimp and the remaining 4 teaspoons capers and 1 tablespoon walnuts. Serve drizzled with the remaining dressing.

SERVES 4: 2 CUPS EACH

Calories 327, Fat 16g (sat 2g), Cholesterol 183mg, Carbs 22g, Total sugars 14g (added 3g), Protein 27g, Fiber 6g, Sodium 386mg, Potassium 959mg.

KALE SALAD WITH BACON-BLUE CHEESE VINAIGRETTE

ACTIVE: 30 MIN **TOTAL:** 30 MIN

Hot roasted potatoes wilt the kale in this salad just enough to make it tender. Bacon and blue cheese layer on smoke and salt to stand up to the flavor of the kale. Go for a big-flavored blue here—we enjoy the tanginess of Maytag. Serve with steak or chicken. (Photograph: page 85.)

- 1 pound Yukon Gold potatoes, scrubbed, cut into 1-inch chunks
- 3 tablespoons extra-virgin olive oil, divided
- $\frac{1}{2}$ teaspoon dried thyme
- $\frac{1}{2}$ teaspoon salt, divided
- $\frac{1}{2}$ teaspoon freshly ground pepper, divided
- 6 cups kale, stems removed, torn into bite-size pieces
- 3 tablespoons cider vinegar
- 3 tablespoons crumbled blue cheese
- 2 tablespoons minced shallot
- 1 tablespoon honey mustard
- 1 tablespoon minced fresh parsley

- 3 pieces center-cut bacon, cooked and crumbled

- 2 Belgian endives, cored and sliced
- $\frac{1}{4}$ cup currants or sweetened dried cranberries

1. Preheat oven to 400°F.

2. Toss potatoes, 1 tablespoon oil, thyme and $\frac{1}{4}$ teaspoon each salt and pepper in a large bowl. Spread out on a large baking sheet (reserve the bowl). Roast the potatoes, stirring once or twice, until tender and browned, 15 to 20 minutes.

3. Place kale in the large bowl, add the hot potatoes and let stand for several minutes, tossing occasionally, until the potatoes are warm but not hot.

4. Meanwhile, whisk the remaining 2 tablespoons oil, vinegar, blue cheese, shallot, mustard, parsley and the remaining $\frac{1}{4}$ teaspoon salt and pepper in a small bowl. Drizzle the dressing over the warm salad. Add bacon, endive and currants (or cranberries); toss to combine. Serve immediately.

SERVES 6: ABOUT $1\frac{1}{3}$ CUPS EACH

Calories 218, Fat 11g (sat 2g), Cholesterol 8mg, Carbs 26g, Total sugars 6g (added 1g), Protein 8g, Fiber 4g, Sodium 390mg, Potassium 886mg.



SEE HOW TO MAKE A POWER SALAD IN MINUTES at eatingwell.com/go/webextra