

potluck pleasers

Wow the crowd
with these healthy, clever eats that are
easy to make and transport.

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**Broccoli and Fontina
Orzo Bake**

See page 158 for the recipe.

You can serve this Southern classic as a cold dip with blue-corn chips.



Texas Caviar

ACTIVE TIME 10 MINUTES

TOTAL TIME 4 HOURS 40 MINUTES

MAKES 20 DIP-SIZE SERVINGS

ingredients

- 1 lb. dry black-eyed peas, sorted (about 2½ cups)
- 16 cups cold water, divided
- 1 shallot, peeled and chopped
- ¾ cup extra-virgin olive oil
- ½ cup red-wine vinegar
- 1 Tbs. sugar
- 2 tsp. Dijon-style mustard
- ¾ tsp. salt
- ½ tsp. dried Italian seasoning
- ¼ tsp. ground black pepper
- 3 red, green, and/or yellow sweet peppers, finely chopped
- 1 bunch green onions, sliced (¾ cup)
- 1 4-oz. jar diced pimientos, drained
- Blue-corn tortilla chips

make it

- 1 Bring peas and 8 cups of the water to a boil in a large pot. Remove from heat and let soak 1 hour (or soak peas in 8 cups cold water overnight). Drain, rinse, and return to pot. Cover with 8 cups fresh water and bring to a boil. Reduce heat and simmer, covered, about 30 minutes or until peas are tender. Drain and transfer to a large bowl.
- 2 Meanwhile, in a blender combine the shallot, oil, vinegar, sugar, mustard, salt, Italian seasoning, and black pepper. Cover and blend until smooth.
- 3 Pour dressing over warm peas in bowl. Cover and let peas cool in the dressing, stirring occasionally. Stir in sweet peppers, green onions, and pimientos. Chill in refrigerator for at least 2 hours.

Nutrition per serving 95 calories; 1g protein; 8g fat (1g sat. fat); 5g carbs; 2g sugar; 1g fiber; 21mg calcium; 0 iron; 102mg sodium



Fresh herbs and pecans dress up this beet salad.

Beets With Goat Cheese

Since this dish tastes best at room temperature, prepare in advance and remove from fridge an hour before the potluck. Use red and golden beets for eye appeal.

ACTIVE TIME 20 MINUTES **TOTAL TIME** 1 HOUR 20 MINUTES **MAKES** 10 SERVINGS

ingredients

- 3 lbs. medium beets
- 3 Tbs. raspberry vinegar
- 2 Tbs. extra-virgin olive oil
- 1/4 tsp. salt
- 1/4 tsp. ground black pepper
- 3/4 cup chopped pecans, toasted
- 2 oz. goat cheese, crumbled
- 2 Tbs. chopped fresh parsley

make it

1 Place beets in a large pot and cover with cold water. Bring to a boil on high; reduce heat and simmer,

uncovered, 1 hour or until tender. Add more water to pot, if necessary, to keep beets submerged. Drain and let cool until easy to handle.
2 Peel skins from beets and trim ends. Cut into wedges and place in a bowl. Toss with vinegar, oil, salt, and pepper. Top with pecans and cheese. Refrigerate for up to 24 hours. Sprinkle on parsley.

Nutrition per serving 138 calories; 3g protein; 10g fat (2g sat. fat); 11g carbs; 7g sugar; 3g fiber; 31mg calcium; 1mg iron; 151mg sodium

Curried Couscous Pilaf

This side sounds complex and exotic, but you can have it ready to go in less than half an hour. Serve warm or at room temperature.

ACTIVE TIME 20 MINUTES **TOTAL TIME** 25 MINUTES **MAKES** 12 SERVINGS

ingredients

- 3 Tbs. canola oil
- 1 large red sweet pepper, chopped
- 1 bunch green onions, sliced, white and green parts separated (about 1/2 cup each)
- 4 tsp. curry powder
- 1/2 tsp. salt
- 4 cups unsalted vegetable broth
- 1/2 cup golden raisins
- 2 1/2 cups uncooked whole-wheat couscous (about 15 oz.)
- 1 cup orange juice
- 1/2 cup unsalted cashews, chopped

make it

1 Heat oil in a pot over medium-high. Add sweet pepper and white parts of onions; stir-fry 3 to 5 minutes.
2 Mix in curry powder and salt; cook 15 to 30 seconds, until fragrant. Add broth; bring to a boil. Stir in raisins and couscous. Cover; remove from heat. Let stand for 5 minutes. Mix in juice, cashews, and green parts of onions.

Nutrition per serving 250 calories; 7g protein; 7g fat (1g sat. fat); 43g carbs; 8g sugar; 6g fiber; 42mg calcium; 2mg iron; 180mg sodium



Bring this side for vegetarians at the potluck.

what's cooking?



This delicious dish is a great conversation starter. Guests have probably never tried anything like it!

Pineapple and Ham Bread Pudding

ACTIVE TIME 15 MINUTES
TOTAL TIME 1 HOUR 15 MINUTES
MAKES 12 SERVINGS

ingredients

- Nonstick cooking spray
- 6 eggs
- 2½ cups low-fat milk
- ½ tsp. pumpkin-pie spice
- ¼ tsp. salt
- 1 16-oz. loaf sliced whole-wheat bread, crusts trimmed, cut into cubes (9 cups)
- 1 20-oz. can pineapple tidbits (juice pack), drained
- 1 cup diced reduced-sodium cooked ham (5 oz.)
- 2 Tbs. unsalted butter, melted
- 1 cup shredded sharp cheddar cheese (4 oz.)

make it

- 1 Preheat oven to 350°F. Coat a 13x9x2-inch baking dish (3-qt.) with cooking spray; set aside.
- 2 In a large bowl, whisk together eggs, milk, pumpkin-pie spice, and salt. Add bread. Stir in pineapple, ham, butter, and cheese. Transfer to prepared baking dish. Cover with foil.
- 3 Bake in the preheated oven 35 minutes. Uncover. Bake 20 to 25 minutes more or until puffed and set. Remove and cool 10 minutes before serving (bread pudding will sink slightly during cooling).

Nutrition per serving 229 calories; 11g protein; 10g fat (5g sat. fat); 24g carbs; 11g sugar; 2g fiber; 164mg calcium; 2mg iron; 406mg sodium



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