

PARMESAN TOASTS WITH PROSCIUTTO AND FIG JAM

4 SERVINGS Kids like the sweet-salty combination of the jam, Parmesan, and prosciutto.

CALORIES 336 FAT 16 g FIBER 3 g

- 12 ¼-inch-thick baguette slices
- Extra-virgin olive oil
- ½ cup finely grated Parmesan cheese
- 6 slices prosciutto, each slice cut crosswise into 4 pieces
- 2 tablespoons fig jam

Preheat oven to 400°F. Place baguette slices in single layer on baking sheet. Drizzle with olive oil. Sprinkle with salt and pepper. Divide Parmesan equally among slices. Bake until lightly toasted, 10 to 12 minutes. Remove from oven and drizzle with additional olive oil.

Top each slice with 2 prosciutto pieces; top with dollop of fig jam. Sprinkle with pepper. Serve Parmesan toasts slightly warm or at room temperature.

CIOPPINO-STYLE ROASTED CRAB

4 SERVINGS For leftovers of this classic seafood stew, increase the recipe by half.

CALORIES 343 FAT 16 g FIBER 1 g

- ¼ cup extra-virgin olive oil
- 1 medium onion, finely chopped
- 6 large garlic cloves, pressed
- 1 cup dry white wine
- 2 cups bottled clam juice
- 2 15-ounce cans chopped tomatoes in juice

- 1 cup water
- 2 bay leaves
- ½ cup (packed) fresh Italian parsley leaves
- ½ teaspoon (scant) dried crushed red pepper
- Coarse kosher salt
- 2 2-pound cooked Dungeness crabs, cleaned, quartered, cracked, or 2 pounds Alaska king crab legs

Preheat oven to 400°F. Heat oil in large deep ovenproof skillet or large metal roasting pan over medium heat. Add onion and garlic; sauté until soft, about 5 minutes. Add wine; increase heat to high and boil 2 minutes. Add clam juice, tomatoes with juice, 1 cup water, bay leaves, parsley, and crushed red pepper and bring to boil. Season to taste with coarse salt and pepper.

Reduce heat to medium-low. Simmer 15 minutes. Add crab pieces; nestle into sauce. Transfer skillet to oven and roast until crab pieces are heated through, 15 to 20 minutes. Place crab with juices in large bowl.

LEMON-PARSLEY LINGUINE

4 SERVINGS

CALORIES 317 FAT 12 g FIBER 3 g

- ½ pound linguine
- 3 tablespoons extra-virgin olive oil
- 2 medium garlic cloves, pressed
- 1 teaspoon (packed) finely grated lemon peel
- 2 tablespoons chopped fresh Italian parsley
- 2 teaspoons fresh lemon juice



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Cook linguine in large pot of boiling salted water until tender but still firm to bite, stirring occasionally. Drain, reserving 1 cup pasta cooking liquid.

Meanwhile, heat extra-virgin olive oil in large skillet over medium heat. Add garlic; sauté until golden, about 1 minute. Add grated lemon peel to skillet and cook 20 seconds. Remove skillet from heat.

Add linguine to skillet with garlic and lemon peel. Return skillet to medium heat; mix in parsley. Add ½ cup pasta cooking liquid and lemon juice. Season with salt and pepper. Toss until heated through, adding more cooking liquid to moisten if dry. ■

Maria Helm Sinskey is the author of Williams-Sonoma Family Meals.

second helpings

CRAB CAKE SANDWICHES WITH LEMON-PARSLEY AIOLI CALORIES 385 FAT 15 g FIBER 2 g



Preheat broiler. Squeeze 1 medium GARLIC CLOVE through garlic press and mix with ½ cup MAYONNAISE, 2 teaspoons fresh LEMON JUICE, and 1 tablespoon

CHOPPED FRESH ITALIAN PARSLEY to make a quick aioli. Remove leftover CRABMEAT from shells to yield about 8 ounces (1½ cups). Mix crabmeat with 1 cup FRESH

BREADCRUMBS and ¼ cup aioli. Form into 4 crab cakes. Place crab cakes on lightly oiled baking sheet. Broil cakes on center rack until golden and heated through, about

5 to 7 minutes. Split SOFT BUNS and spread additional aioli on bun halves; fill with crab cakes and shredded ROMAINE LETTUCE.