

Stuffed chipotle meatballs

4. Meanwhile, in a large bowl, beat remaining $\frac{1}{2}$ cup cream to firm peaks. Beat in mascarpone, powdered sugar, and vanilla. Spread on chocolate-coated crust. Arrange raspberries on top. Serve tart immediately or cover with plastic wrap and chill up to overnight.

PER SERVING 512 CAL., 63% (324 CAL.) FROM FAT; 7 G PROTEIN; 36 G FAT (20 G SAT.); 43 G CARBO (2.2 G FIBER); 262 MG SODIUM; 118 MG CHOL.

Stuffed chipotle meatballs

Laura Granados, Glendale, CA

"This recipe was handed down to me by my mother and grandmother," says Granados of these lusciously saucy meatballs, each with a hidden surprise in the center. "It was one of my favorite dishes growing up."

PREP AND COOK TIME 40 minutes

MAKES 4 servings

NOTES Serve with white rice to absorb the delicious spicy sauce.

1 lb. ground beef

1 egg

1 1/2 tsp. uncooked long-grain white rice

1 1/2 tsp. salt

1/2 cup finely diced onion

3 hard-boiled eggs, cut into quarters

1 1/2 cups chicken broth

1 cup canned plain tomato sauce

2 canned chipotle chiles in adobo sauce

1 garlic clove, minced

1 bay leaf

3 tbsp. chopped fresh cilantro

1. In a medium bowl, combine beef, egg, rice, salt, and onion. Mixture will be soft. Form meat into 12 thin patties, each about 3 in. wide. Put a wedge of hard-boiled egg in center of each patty, then press meat



Hummus deviled eggs

around eggs, forming 12 balls. Cover and refrigerate while you prepare sauce.

2. In a blender or food processor, combine chicken broth, tomato sauce, chipotles, and garlic; blend until smooth. Pour sauce through strainer into a medium saucepan and add meatballs and bay leaf. Bring to a boil, then reduce heat to a simmer. Cover pot and cook meatballs in sauce, turning occasionally, until they're cooked through, about 25 minutes. Pour over rice and sprinkle with cilantro.

PER SERVING 493 CAL., 66% (324 CAL.) FROM FAT; 29 G PROTEIN; 36 G FAT (14 G SAT.); 14 G CARBO (2.3 G FIBER); 2,027 MG SODIUM; 309 MG CHOL.

Hummus deviled eggs

Jo Ann Jonson, Palos Verdes Estates, CA

This easy twist on classic deviled eggs uses no mayonnaise or butter but gets plenty of flavor from hummus and horseradish.

PREP AND COOK TIME 40 minutes

MAKES 12 servings

NOTES This recipe is easily doubled or tripled for a party.

6 eggs

1/3 cup hummus

2 tbsp. olive oil

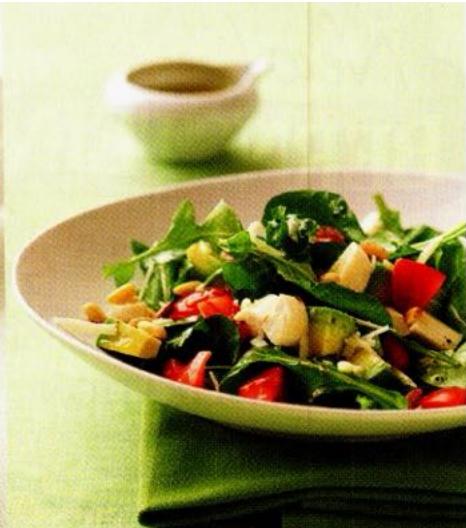
1/4 tsp. freshly ground black pepper, plus more for garnish

1/4 tsp. salt

1 1/2 tsp. prepared (not creamy) horseradish

1. Put eggs in a medium pot and cover with cold water. Bring to a boil over high heat. Cover, remove pot from heat, and let sit 14 minutes. Fill a large bowl with ice water. With a slotted spoon, transfer eggs to ice water bath (reserve hot water in pot).

2. Cool eggs at least 10 minutes, then use



Arugula avocado salad

a slotted spoon to transfer eggs back to hot water (to loosen shells) for 10 to 20 seconds. Pat dry and peel.

3. Cut eggs in half lengthwise. Scoop out egg yolks and put them in a medium bowl. Add hummus, olive oil, pepper, salt, and horseradish. Mash mixture together with a fork. Spoon filling into egg white halves, dividing evenly. Sprinkle with black pepper.

PER EGG HALF 72 CAL., 71% (51 CAL.) FROM FAT; 3.6 G PROTEIN; 5.7 G FAT (1.2 G SAT.); 1.4 G CARBO (0.2 G FIBER); 118 MG SODIUM; 106 MG CHOL.

Arugula avocado salad

Jill Maninger, San Diego

"I first had a salad like this in a trattoria in Italy," Maninger says. "I reproduced it at home with great California avocados."

PREP TIME 10 minutes

MAKES 4 to 6 servings

1/4 cup extra-virgin olive oil

2 tbsp. fresh lemon juice

Salt and freshly ground black pepper

6 oz. arugula leaves

1 avocado, chopped

1 medium tomato, chopped

2 hearts of palm, chopped

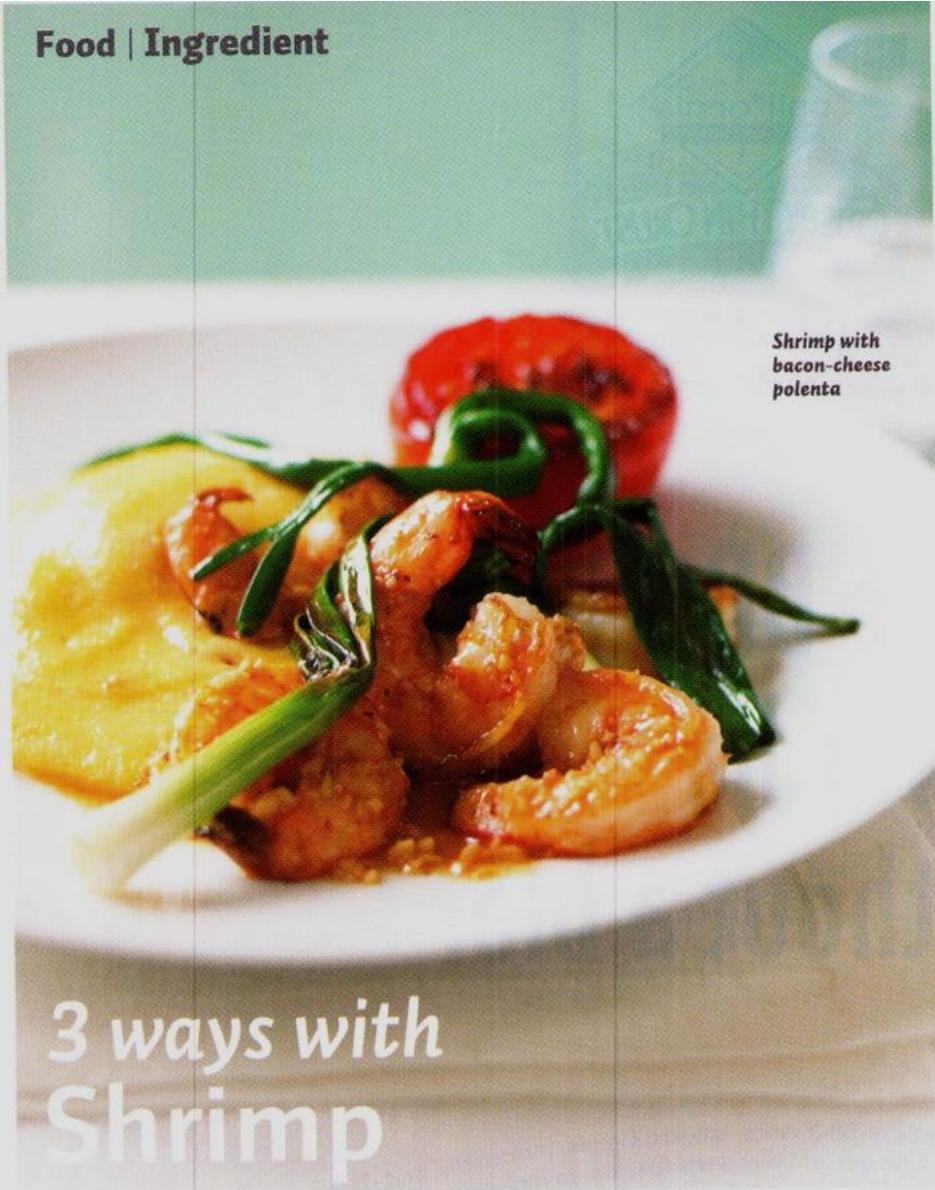
1/3 cup pine nuts, toasted

2 tbsp. grated parmesan cheese

1. In a small bowl, whisk together oil and lemon juice to make dressing. Add salt and pepper to taste. Set aside.

2. In a large salad bowl, combine arugula, avocado, tomato, and hearts of palm. Toss with dressing. Top with pine nuts and cheese.

PER SERVING 241 CAL., 86% (207 CAL.) FROM FAT; 5.4 G PROTEIN; 23 G FAT (3.7 G SAT.); 7.9 G CARBO (2.6 G FIBER); 174 MG SODIUM; 1.6 MG CHOL. ■



Shrimp with
bacon-cheese
polenta

3 ways with Shrimp

Fresh spins on classic dishes, starring our favorite easy-to-cook shellfish

BY MOLLY WATSON PHOTOGRAPHS BY IAIN BAGWELL

Shrimp with bacon-cheese polenta

Our version of shrimp and grits comes with bacon, adding a smoky meatiness to the entire dish.

PREP AND COOK TIME 45 minutes

MAKES 4 to 6 servings

NOTES This dish is particularly flavorful when cooked in a cast-iron skillet—the hotter surface creates lots of crusty brown bits.

1/2 tsp. salt, plus more to taste

1 cup polenta

8 slices thick-cut bacon

2 bunches (about 16) green onions

3 medium tomatoes

1/4 tsp. freshly ground black pepper

3 cloves garlic

1 1/4 lbs. peeled and deveined shrimp

1/2 cup dry white wine

2 tbsp. butter

1 cup (about 4 oz.) grated cheddar cheese

- In a medium saucepan, bring 3 1/2 cups water to a boil. Add 1/2 tsp. salt. Pour in polenta in a thin stream, whisking constantly, and whisk until mixture comes to a steady simmer. Reduce heat to maintain a gentle simmer, cover, and stir every 5 minutes until done, about 25 minutes total.
- Meanwhile, in a large frying pan over

medium-high heat, cook bacon until fat renders and edges start to brown and crisp. While bacon cooks, trim stems and ends of green onions, leaving onions as intact as possible. Drain bacon on paper towels, chop, and set aside.

3. Remove all but 1 tbsp. bacon fat from the pan. Add whole green onions and cook until soft and starting to brown, about 3 minutes; turn and brown opposite sides, about 3 minutes more. While green onions cook, halve tomatoes along the equator and sprinkle cut sides with salt and pepper. Chop garlic. Set both aside.

4. Transfer green onions to a baking sheet or platter and cover to keep warm. Put tomato halves cut side down in pan with bacon fat and cook until starting to brown, about 3 minutes. Turn and cook until heated through and a bit soft, about 3 minutes more. Transfer to baking sheet with green onions to keep warm.

5. Add garlic to pan and cook, stirring, until fragrant, about 1 minute. Add shrimp and cook, stirring constantly, until starting to turn pink, 1 to 2 minutes. Pour in wine and continue cooking, stirring and scraping up any browned bits from the pan, until shrimp is cooked through, about 2 minutes. Remove from heat.

6. Stir butter, cheese, and bacon into polenta. Divide polenta among 4 to 6 plates and top with shrimp and remaining liquid in the pan, dividing evenly. Set a tomato half and several green onions beside polenta. Serve immediately.

PER SERVING 523 CAL., 44% (228 CAL.) FROM FAT; 38 G PROTEIN; 25 G FAT (12 G SAT.); 31 G CARBO (3.8 G FIBER); 888 MG SODIUM; 225 MG CHOL.

Ouzo-rosemary shrimp on lemon orzo

This made-for-eating-outdoors dinner combines bright citrus with the sharp, herbal notes of rosemary and ouzo.

PREP AND COOK TIME 45 minutes

MAKES 4 servings

NOTES Ouzo is a widely available anise-flavored liqueur from Greece.

4 cups chicken broth

1 cup orzo

4 tbsp. olive oil, divided

1 tsp. lemon zest

2 tbsp. lemon juice

1 bunch chives, chopped



Ouzo-rosemary shrimp on lemon orzo

1 **tsp. salt, divided**
1/4 **cup ouzo**
1 **rosemary sprig (4 in.), leaves removed and minced**
1/2 **tsp. freshly ground black pepper**
1 1/2 **lbs. peeled and deveined shrimp**
4 **medium zucchini**
4 **long or 8 short skewers**

1. Prepare a charcoal or gas grill for medium-high heat (you can hold your hand at grill level only 3 to 4 seconds).
2. In a medium pot, bring chicken broth and 2 cups water to a boil. Add orzo and cook until tender to the bite, about 8 minutes. In a medium bowl, mix 1 tbsp. olive oil, lemon zest, lemon juice, chives, and 1/4 tsp. salt. Drain orzo and transfer to bowl; toss with lemon mixture. Cover and set aside until ready to serve.
3. Meanwhile, in a large bowl, combine 2 tbsp. olive oil, ouzo, rosemary, 1/2 tsp. salt, and pepper. Add shrimp and toss. Set aside for 15 minutes.
4. Trim ends off zucchini and cut on the bias into long, oval, 1/4-in.-thick slices. Brush slices with remaining 1 tbsp. olive oil

and sprinkle with remaining 1/4 tsp. salt. Set aside.

5. Drain shrimp, reserving marinade, and thread onto skewers.
6. Grill zucchini slices and shrimp skewers, covered, 3 minutes. Turn slices and skewers over, brush shrimp with reserved marinade, cover, and cook until zucchini is soft and browned and shrimp is pink and starting to brown, about 3 minutes. Transfer to a platter and serve immediately, with lemon orzo on the side.

PER SERVING 476 CAL., 26% (126 CAL.) FROM FAT; 44 G PROTEIN; 14 G FAT (2 G SAT.); 42 G CARBO (2.2 G FIBER); 979 MG SODIUM; 259 MG CHOL.

Salt-and-pepper shrimp

A stir-fried version of the deep-fried Chinese dish that's both quick and light yet keeps the intense flavor of the original.

PREP AND COOK TIME 20 minutes

MAKES 4 to 6 servings

NOTES The different peppercorns add a subtle range of pepper flavor to this dish, but you can stick to just black peppercorns too; simply decrease the total amount to 1 1/2 tsp.

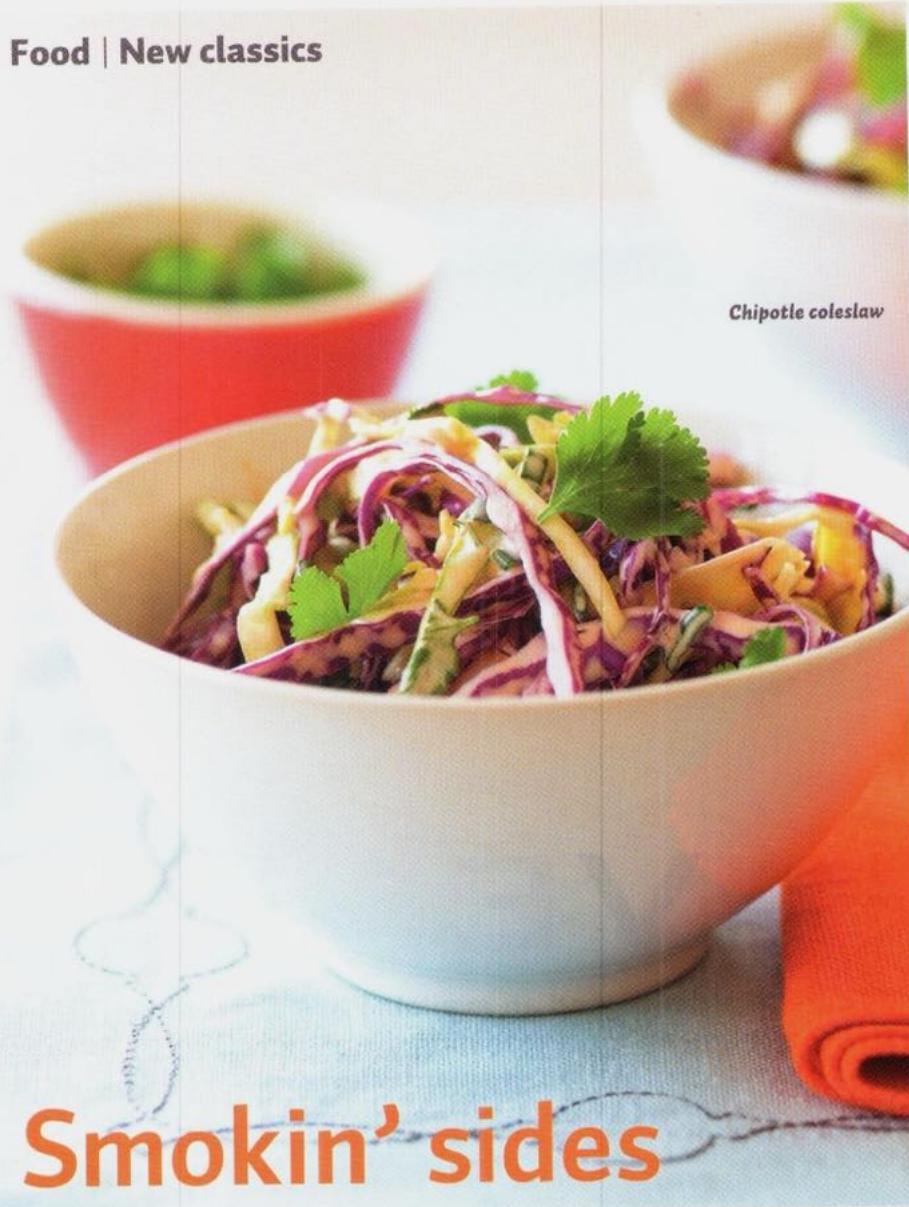
1/2 **tsp. each black, green, red, and white peppercorns**

2. Put shrimp, half of the crushed peppercorns, and 1 tsp. salt in a large bowl and toss to coat shrimp evenly. Set aside.
3. Heat a wok or large (not nonstick) pot over high heat. Add oil, garlic, remaining crushed peppercorns, and remaining 1 tsp. salt and cook, stirring constantly, until fragrant, about 1 minute. Add shrimp and cook, stirring constantly, until pink and cooked through, 3 to 4 minutes. Add cilantro, turn off heat, and toss to combine. Serve immediately.

PER SERVING 209 CAL., 34% (72 CAL.) FROM FAT; 30 G PROTEIN; 8 G FAT (3.2 G SAT.); 2.4 G CARBO (0.3 G FIBER); 685 MG SODIUM; 224 MG CHOL. ■



Salt-and-pepper shrimp



Chipotle coleslaw

Smokin' sides

Spice up your next barbecue meal with these Southwestern-style side dishes

BY AMY TRAVERSO PHOTOGRAPHS BY LEO GONG

HUSBAND-WIFE BARBECUE EXPERTS Bill Jamison and Cheryl Alters Jamison created these vibrant sides to complement the grilled beef and pork featured in "The Art of Barbecue" (page 128). True to their fresh, uncomplicated cooking style, the Jamisons inject these recipes with big flavors and a playful spirit. Creamy coleslaw gets a touch of heat from chipotle chiles and some bright notes from fresh cilantro. Santa Fe corn pudding is studded with roasted chiles and crowned with buttery crumb topping. And humble baked beans get a shot of mojo from bacon, chili sauce, and smoked paprika.

Chipotle coleslaw

This may look like your grandma's coleslaw, but it sure doesn't taste like it. We loved the flavor of this slaw piled atop the pulled-pork sandwiches on page 132.

PREP TIME About 30 minutes

MAKES 6 to 8 servings

1/2 cup mayonnaise

1/2 cup sour cream

3 tbsp. white vinegar

1 tbsp. molasses (not blackstrap)

1 1/2 tsp. sugar

1 small canned chipotle chile, minced, plus

2 tsp. adobo sauce from the can

About 1 tsp. kosher salt

6 cups each packed shredded green and red cabbage

7 green onions, green and pale green portions, sliced into thin rounds

1 cup tightly packed chopped fresh cilantro leaves

1. Prepare the dressing: In a medium bowl, stir together mayonnaise, sour cream, vinegar, molasses, sugar, minced chile, adobo sauce, and 1 tsp. salt.

2. In a large bowl, toss together cabbage, green onions, and 3/4 cup chopped cilantro. Pour dressing over vegetables, toss well, and refrigerate for at least 30 minutes and up to 4 hours. Before serving, add more salt if you like and scatter remaining 1/4 cup chopped cilantro over the top.

PER SERVING 215 CAL., 67% (144 CAL.) FROM FAT; 3.7 G PROTEIN; 16 G FAT (4.0 G SAT.); 17 G CARBO (4.7 G FIBER); 473 MG SODIUM; 16 MG CHOL.

Spicy baked beans

Making baked beans from scratch is a noble but time-consuming effort. The Jamisons offer a simpler alternative with dressed-up store-bought beans. Serve this zingy dish with the grilled steak arracheras on page 130. It's also a good accompaniment to grilled burgers, hot dogs, and sausages.

PREP AND COOK TIME 1 1/2 hours

MAKES 6 to 8 servings

NOTES Chili sauce, such as Heinz brand, is sold in ketchup-style bottles in the supermarket condiment aisle. The Jamisons also recommend North of the Border's Chipotle Catch Up sauce (\$4 for a 12-oz. bottle; www.northoftheborder.net or 800/860-0681). Smoked paprika from Spain (*pimentón*) is sold at gourmet grocery stores.

7 oz. bacon, diced

1 large onion, finely chopped

2 cans (28 oz. each) barbecue-flavor baked beans, such as Bush's

1/4 cup bottled chili sauce (see Notes)

2 tbsp. Worcestershire

2 tbsp. prepared yellow mustard

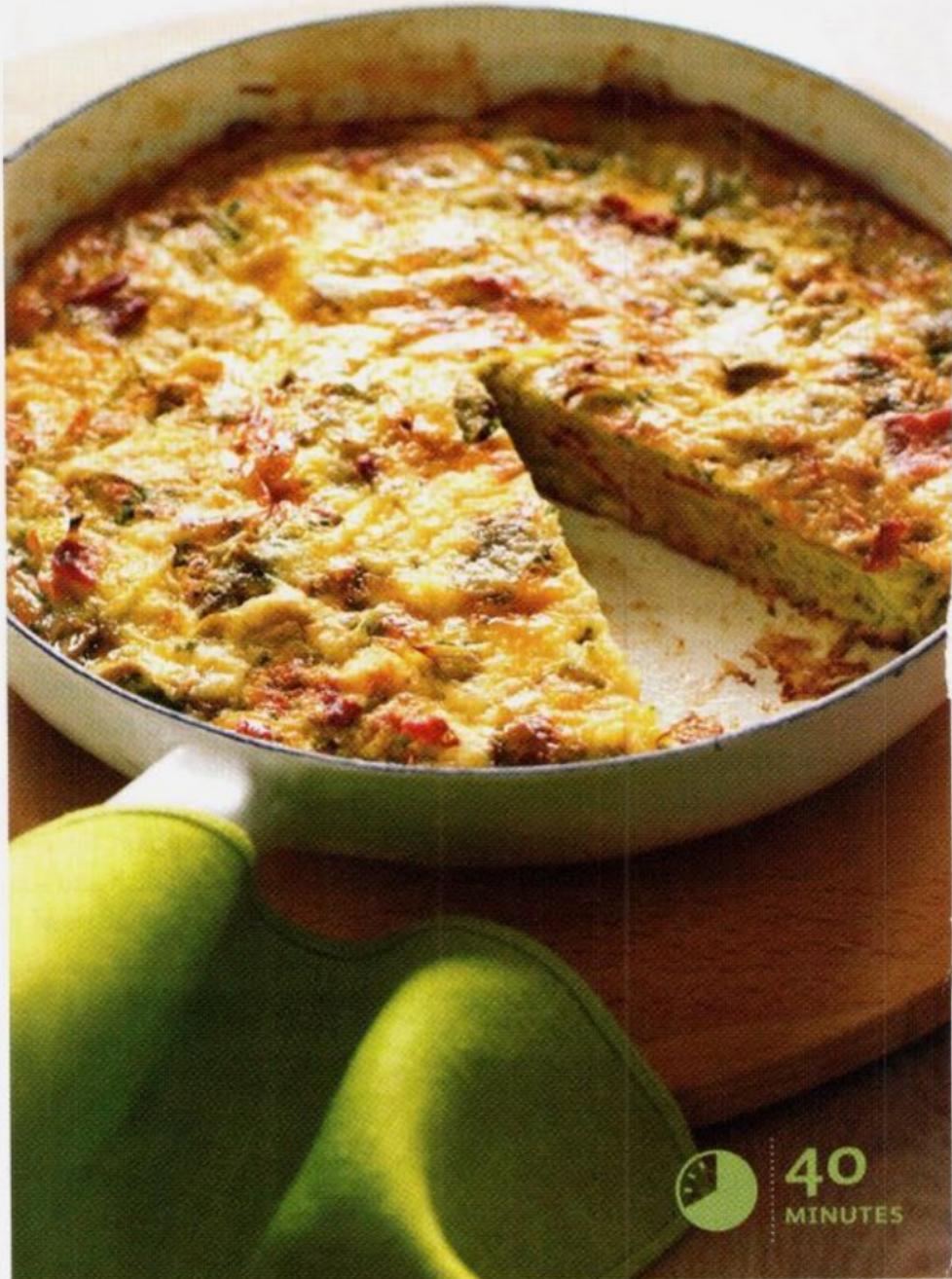
1 1/2 tbsp. smoked paprika (see Notes)

1/2 tsp. ground cumin

Kosher salt (optional)

1. Preheat oven to 350°. Grease a 2 1/2- to 3-qt. baking dish.

2. In a large skillet over medium heat, cook bacon until beginning to brown but still limp. Stir in onion and cook until onion is soft and translucent and bacon is crisp,



40
MINUTES

Hearty frittata

Whip up a no-fuss baked omelet for a flavorful weeknight meal in a flash

BY STEPHANIE DEAN PHOTOGRAPH BY IAIN BAGWELL

Artichoke, leek, and fontina frittata

Think of a frittata as an omelet made effortless: no fussing or folding here. Just stir the ingredients together, pour into a skillet, briefly cook on the stove, and finish in the oven to create a crisp, golden top. Our cheesy version is studded with a savory blend of artichokes, leeks, and crisp bacon. You can also try it with sausage and potatoes, or make it vegetarian by leaving the meat out altogether. Don't feel like shopping? Improvise with what you have

about 5 minutes more. Spoon mixture into prepared baking dish. Add baked beans, chili sauce, Worcestershire, mustard, paprika, and cumin. Stir, taste to check seasonings, and add salt if you like.

3. Bake beans, uncovered, until bubbly throughout with a bit of browned crust around the edges of dish, about 45 minutes. Serve hot.

PER SERVING 477 CAL., 36% (171 CAL.) FROM FAT; 14 G PROTEIN; 19 G FAT (6.4 G SAT.); 63 G CARBO (11 G FIBER); 1,325 MG SODIUM; 21 MG CHOL.

Santa Fe corn pudding

A great match for the sage-rubbed tenderloin on page 130, this savory, custardy pudding is best when corn is at its ripest—but we'd never turn down a batch made with frozen corn.

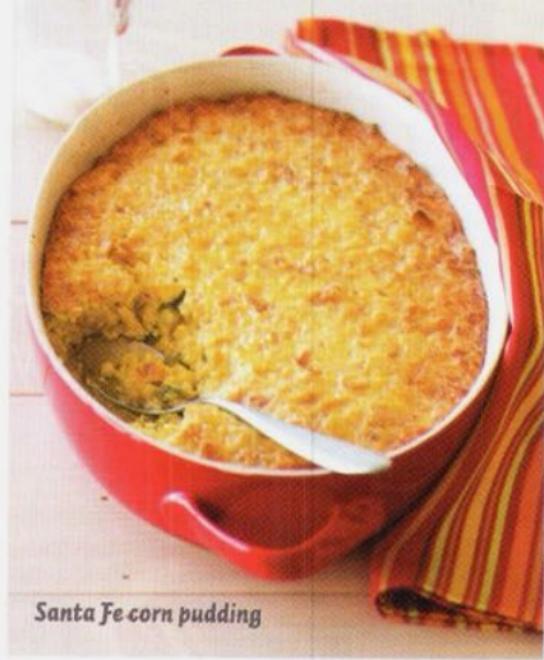
PREP AND COOK TIME 1 1/4 hours

MAKES 6 to 8 servings

NOTES Fresh or frozen roasted green chiles (such as Anaheim or New Mexico varieties) will give the dish more flavor, but if these aren't available, you can substitute canned roasted green chiles.

4 cups fresh corn kernels (from about 6 ears), divided
2 large eggs
1 1/2 cups half-and-half
About 1 tsp. coarse kosher salt
1/2 cup chopped roasted green chiles (see Notes)
1 cup crushed buttery salted crackers (such as Ritz Crackers or Carr's Croissant Crackers, crumbled), divided
4 tbsp. melted butter, divided
1/2 cup grated Monterey jack cheese or pepper jack cheese

1. Preheat the oven to 350°. Grease a 2-qt. baking dish.
2. Put 1 3/4 cups corn kernels in bowl of a food processor. Pulse until mixture is puréed but still a bit chunky, about 5 pulses. Set aside.
3. In a large bowl, whisk together eggs, half-and-half, and 1 tsp. salt. Add whole and puréed corn kernels, green chiles, 1/4 cup crackers, and 3 tbsp. melted butter. Stir to combine. Spoon mixture into prepared baking dish and scatter cheese over top.
4. In a small bowl, mix together remaining



Santa Fe corn pudding

3/4 cup cracker crumbs and 1 tbsp. melted butter. Sprinkle over cheese.

5. Bake pudding 45 to 50 minutes, or until puffed and golden brown. The edges should be a bit crusty and the center still a little jiggly. Serve hot.

PER SERVING 288 CAL., 59% (171 CAL.) FROM FAT; 8.7 G PROTEIN; 19 G FAT (10 G SAT.); 24 G CARBO (2.5 G FIBER); 427 MG SODIUM; 107 MG CHOL. ■