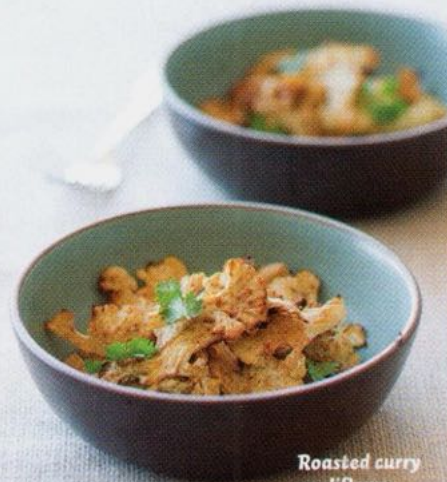




Butternut squash salad



Roasted curry cauliflower



Chicken with barley and mushrooms

Butternut squash salad

Roxanne Chan, Albany, CA

When her garden produced a bumper crop of butternut squash one year, Chan got creative. The result was this tasty combination.

PREP AND COOK TIME 45 minutes

MAKES 6 to 8 servings

3 tbsp. olive oil, plus more to oil baking sheet
1 butternut squash (2 to 2½ lbs.), peeled, seeded, quartered lengthwise, and cut crosswise into ¼-in.-thick slices

1 tbsp. red wine vinegar

1 tbsp. fresh lemon juice

1 clove garlic, minced

¾ tsp. salt

½ tsp. finely grated fresh orange zest

⅓ cup finely chopped red onion

2 tbsp. chopped flat-leaf parsley

¼ cup grated parmesan (optional)

1. Preheat oven to 350°. Lightly oil a large baking sheet and arrange squash slices on it (they will overlap). Roast until tender, about 15 minutes. Set aside to cool.

2. In a small bowl, whisk together 3 tbsp. olive oil, vinegar, lemon juice, garlic, salt, and orange zest.

3. In a serving dish, layer squash slices, red onion, and parsley. Drizzle with dressing and top with parmesan if you like.

PER SERVING 79 CAL., 27% (21 CAL.) FROM FAT; 1.4 G PROTEIN; 2.3 G FAT (0.3 G SAT.); 15 G CARBO (2.6 G FIBER); 256 MG SODIUM; 0 MG CHOL.

Roasted curry cauliflower

Shelly Monfort, Los Gatos, CA

"Living in an Indian American household, I love to create quick dishes with southern Indian flavors," Monfort says.

PREP AND COOK TIME 45 minutes

MAKES 4 to 6 servings

2 tbsp. olive oil

1 tbsp. plus ½ tsp. fresh lemon juice

1 tbsp. curry powder

½ tsp. salt

¼ tsp. cayenne (optional)

1 head cauliflower, leaves and core removed, florets cut into ¼-in.-thick slices

Fresh cilantro leaves

1. Preheat oven to 450°. In a large bowl, whisk together oil, 1 tbsp. lemon juice, curry powder, salt, and cayenne if you like. Add cauliflower slices and toss to coat. Spread cauliflower in a single layer in a large baking pan.

2. Bake until cauliflower is tender, chewy, and brown, 25 to 30 minutes. Sprinkle with remaining ½ tsp. lemon juice and garnish with cilantro.

PER SERVING 65 CAL., 78% (51 CAL.) FROM FAT; 1.2 G PROTEIN; 5.7 G FAT (0.7 G SAT.); 3.6 G CARBO (1.7 G FIBER); 243 MG SODIUM; 0 MG CHOL.

Chicken with barley and mushrooms

Hedi Gerken, Piedmont, CA

Gerken developed this one-pan dinner for her husband, who loves the nutty flavor of barley.

PREP AND COOK TIME 45 minutes

MAKES 4 servings

1½ lbs. boned, skinned chicken breasts

1 tsp. each salt and pepper

3 tbsp. olive oil

½ lb. cremini mushrooms, quartered

1 medium onion, chopped

2 cloves garlic, minced

½ cup dry white wine

3½ cups chicken broth

1 cup pearl barley

3 tbsp. dry sherry

2 medium carrots, peeled, halved lengthwise, and cut into ⅛-in.-thick slices

2 tsp. chopped fresh thyme

2 small zucchini, quartered lengthwise and cut into ½-in.-thick slices

¼ cup chopped fresh parsley

2 tbsp. grated parmesan cheese

1. Cut chicken into bite-size pieces and season with salt and pepper. Heat 2 tbsp. olive oil in a large frying pan over medium-high heat. Add chicken and sauté until lightly browned, about 6 minutes. Remove chicken from pan, then add remaining oil, mushrooms, and onion. Cook until mushrooms are lightly browned, about 7 minutes. Add garlic and cook 2 minutes more. Using a slotted spoon, transfer mushroom mixture to a bowl and set aside.

2. Add wine to hot pan and use a wooden spoon to scrape browned bits off bottom. Add 1½ cups broth and barley and bring to a boil; reduce heat to low, cover, and cook until most of liquid is absorbed and barley is tender, about 25 minutes.

3. Stir in remaining 2 cups broth, sherry, carrots, and thyme. Bring to a boil, then reduce heat to a simmer, cover, and cook 10 minutes. Return chicken and mushroom mixture to pan, add zucchini and parsley, and simmer until chicken is cooked through, about 7 minutes. Stir in parmesan and serve.

PER SERVING 550 CAL., 23% (126 CAL.) FROM FAT; 51 G PROTEIN; 14 G FAT (2.6 G SAT.); 53 G CARBO (11 G FIBER); 1,268 MG SODIUM; 101 MG CHOL. ■