

Spinach and leek frittata

SERVES 8 to 10 as an appetizer **TIME** 50 minutes

THE VEGETABLE Spinach gives a wonderful "green" flavor to this frittata. Cut into diamonds, the frittata has a light, fluffy texture from ricotta.

Ice

1 bag baby spinach (5 or 6 oz.)

1 large leek (1/2 lb.), white and light green parts only, halved, rinsed well, and sliced

2 tbsp. extra-virgin olive oil, divided

2 garlic cloves, minced

1 tsp. chopped fresh rosemary leaves

8 large eggs

About 1/2 tsp. salt

1/2 cup low-fat ricotta cheese

Freshly ground black pepper

1. Fill a bowl with ice water. Stir spinach into a large pot of boiling water, cook 20 seconds, then transfer to ice water. When cool, drain, squeeze dry, and chop.

2. In a 10-in. ovenproof nonstick frying pan over medium heat, cook leek in 1 tbsp. olive oil, stirring often, until very tender, 5 to 7 minutes. Stir in garlic; cook, stirring, until fragrant, about 1 minute. Add spinach and rosemary; cook briefly, stirring to coat with oil. Remove from heat.

3. Whisk eggs in a bowl. Beat in 1/2 tsp. salt and ricotta. Stir in cooked greens and leek. Add pepper to taste.

4. Preheat broiler. Clean and dry frying pan. Set over medium heat and add remaining oil. When hot, pour in egg mixture; cook, stirring occasionally to distribute cheese and greens, 1 minute. Continue cooking, tilting pan and using a spatula to lift up the frittata's outer edge and let eggs run underneath, until eggs no longer flow easily. Turn heat to low and cover pan. Cook until frittata is almost set, 6 to 10 minutes.

5. Broil frittata about 3 in. from heating element until just beginning to color on top, about 2 minutes; remove from oven. Let sit in pan about 5 minutes, then carefully slide out onto a platter. Allow to cool, then cut into diamonds (about 1 1/2- by 3-in., tip to tip). Add more salt to taste.

Make ahead: Up to 1 day, then chill, covered. Bring to room temperature to serve.

PER SERVING 110 CAL., 61% (67 CAL.) FROM FAT; 6.8 G PROTEIN; 7.4 G FAT (1.9 G SAT.); 4.5 G CARBO (1.1 G FIBER); 215 MG SODIUM; 172 MG CHOL.

Stracciatella with broccoli rabe

SERVES 8 as a first course (makes 9 cups) **TIME** 35 minutes

THE VEGETABLE Broccoli rabe's slight bitterness contrasts nicely with mellow chicken broth in this variation on a classic Roman soup. *Stracciatella* means "little rags" in Italian, which describes the effect you get when you stir a mixture of eggs, parmesan, and semolina into hot broth.

2 qts. reduced-sodium chicken broth or homemade chicken broth*

2 garlic cloves, crushed

Salt (optional)

3 large eggs

2 tbsp. fine semolina

2 oz. parmesan cheese, finely grated (2/3 cup)

12 oz. broccoli rabe (rapini), flowers and greens only

Freshly ground black pepper

1. In a medium saucepan, bring broth and garlic to a simmer. Cover and cook 15 to 20 minutes. Discard garlic. Set aside 1/2 cup broth. Taste broth in pan and add salt if you like.

2. Beat eggs in a bowl and stir in reserved 1/2 cup broth, the semolina, and parmesan.

3. Add broccoli rabe to broth. Simmer until tender but still bright green, 3 to 5 minutes. Slowly pour in egg mixture. Turn off heat and stir back and forth very slowly until little "rags" form. Add pepper to taste.

**For a recipe, see sunset.com/chickenbroth*

PER SERVING 88 CAL., 38% (33 CAL.) FROM FAT; 9.3 G PROTEIN; 3.7 G FAT (1.7 G SAT.); 5 G CARBO (0.3 G FIBER); 717 MG SODIUM; 84 MG CHOL.

Giant butternut squash ravioli

SERVES 8 (makes 24 to 30) **TIME** 4 hours (1 1/4 hours if following the shortcuts)

THE VEGETABLE Butternut squash has a naturally rich, creamy texture and sweet flavor. Paired with crunchy almonds and

earthy sage and parmesan, it makes an unforgettable filling for oversize ravioli.

FILLING

1 butternut squash* (about 3½ lbs.), peeled, seeded, and cut into 2-in. chunks

1 tbsp. extra-virgin olive oil

Salt and freshly ground black pepper

¾ cup ground toasted almonds

1 tbsp. minced fresh sage

4 oz. freshly grated parmesan cheese (1¾ cups)

½ tsp. freshly grated nutmeg

ASSEMBLING & SERVING

Fine semolina*

Fresh Pasta Dough (recipe on page 80), rolled into sheets as directed, or 2 lbs. purchased fresh ravioli or lasagna sheets*

1 qt. reduced-sodium chicken broth or homemade chicken broth*

2 tbsp. butter

2 tsp. extra-virgin olive oil

1 tbsp. minced flat-leaf parsley

Freshly grated parmesan cheese

1. Make filling: Preheat oven to 425°. Put squash chunks in a rimmed baking pan, drizzle with olive oil, and season generously with salt and pepper. Toss to coat. Bake, stirring squash every 20 minutes, until very tender, 35 to 45 minutes. Carefully spoon hot squash into a food processor and whirl until very smooth.

2. Scrape squash into a large bowl and let cool. Stir in almonds, sage, parmesan, and

nutmeg. Add salt and pepper to taste.

3. Assemble ravioli: Line a rimmed baking pan with parchment paper and sprinkle with semolina; set aside. Lay 1 pasta sheet on a work surface. Starting 2 in. away from a short end, spoon a 2-tbsp. mound of filling onto the middle of pasta sheet; repeat at 4-in. intervals. Around mounds of filling, brush pasta with water. Place a second pasta sheet over the first, starting at a short end and easing pasta over filling, gently pressing out air and sealing pasta around each mound of filling as you go.

4. Trim long sides of pasta sheet with a pastry wheel or knife so sheet is 4 in. wide. Cut ravioli between filling to make 4-in. squares. Transfer ravioli to parchment-lined pan and cover with plastic wrap; also gather and wrap pasta scraps. Continue shaping ravioli, rerolling scraps according to directions for Fresh Pasta Dough and stacking one more layer of parchment over first (add another pan if needed), until you've used all the filling; you should have 24 to 30 ravioli and may have leftover pasta dough. (If dough scraps become too dry to reroll, crumble into food processor and pulse with 1 tsp. water at a time until moistened.)

5. To serve: In a saucepan, boil broth until reduced by a third. Add butter; keep warm.

6. Preheat oven to 150° and set 8 wide

soup plates or rimmed dinner plates in oven to warm. Bring 2 large pots (8 to 10 qt. each) of generously salted water to a rolling boil and add 1 tsp. olive oil to each. Divide ravioli between pots, reduce heat so water boils gently, and cook ravioli, occasionally pushing down into the water, just until al dente (test a corner of one to check), 5 to 7 minutes.

7. Set out soup plates. Using a slotted spoon, transfer 3 ravioli from water to each plate. Ladle broth over ravioli, sprinkle with parsley, and serve with parmesan.

***Shortcuts:** Buy 2½ lbs. peeled chunks of butternut squash instead of a whole squash. Buy semolina in the baking aisle of well-stocked markets. Instead of making pasta, buy about 2 lbs. fresh ravioli or lasagna sheets from a well-stocked grocery store or Italian deli, or from freshpasta.com (\$6.79 for 16 oz.; 5-lb. minimum order). You may need to cut the ravioli in slightly different dimensions to make at least 24, and you may have leftover filling. For a recipe for chicken broth, see sunset.com/chickenbroth

Make ahead: Make filling (through step 2) and chill overnight. Fill ravioli (through step 4) and chill them as long as 1 day, or freeze on pans until firm, transfer to bags, and freeze up to 3 weeks.

PER SERVING 572 CAL., 35% (198 CAL.) FROM FAT; 22 G PROTEIN; 22 G FAT (8.4 G SAT.); 75 G CARBO (7 G FIBER); 877 MG SODIUM; 123 MG CHOL.



Clementine sorbetto with chocolate biscotti

Arugula parmesan salad

SERVES 8 TIME 15 minutes

THE VEGETABLE Arugula has a distinctive, appealingly peppery flavor. Use just a touch of sweet balsamic vinegar to enhance rather than mask it.

1 **tbsp. plus 2 **tsp.** red-wine vinegar**

1 **tsp. balsamic vinegar**

1 **small garlic clove, minced**

6 **tbsp. extra-virgin olive oil**

Salt and freshly ground black pepper

2 **bags arugula (5 or 6 oz. each)**

1 **tbsp. chopped fresh herbs such as chervil, tarragon, flat-leaf parsley, and chives**

3 **oz. parmesan cheese, shaved with a vegetable peeler**

1. In a bowl, whisk together vinegars, garlic, and olive oil. Add salt and pepper to taste.

2. Put arugula in a large bowl and toss with herbs and dressing. Add parmesan, then toss one more time.

PER SERVING 142 CAL., 82% (117 CAL.) FROM FAT; 4.8 G PROTEIN; 13 G FAT (3.3 G SAT.); 2 G CARBO (0.6 G FIBER); 181 MG SODIUM; 7.2 MG CHOL.

Clementine sorbetto

SERVES 8 (makes 6 1/2 cups) TIME 1 hour, plus at least 4 hours to freeze

THE FRUIT Clementines create a pure, intense sorbetto (sorbet) that practically explodes with flavor. Serve with chocolate biscotti for a little decadence.

1/2 **cup plus 1 **tbsp.** sugar**

1 1/2 **tbsp. light corn syrup**

5 1/4 **cups strained fresh clementine juice**

2 **tsp. strained fresh lemon juice**

1. In a small saucepan, boil sugar and 1/2 cup water over high heat just until sugar dissolves. Stir in corn syrup and let cool.

2. In a bowl, combine syrup with juices. Freeze a metal 9-in. square pan. Freeze juice mixture in an ice cream maker according to manufacturer's directions. Transfer sorbetto to the cold pan, cover, and freeze until firm, at least 4 hours.

3. Let sorbetto soften in the refrigerator 20 minutes before serving in chilled bowls.

Make ahead: Freeze up to 1 week. Let soften at room temperature about 30 minutes, then break into chunks. Whirl in batches in a food processor until smooth, then scoop into chilled dishes. Serve immediately.

PER SERVING 135 CAL., 2% (2.7 CAL.) FROM FAT; 0.8 G PROTEIN; 0.3 G FAT (0 G SAT.); 33 G CARBO (0 G FIBER); 6.4 MG SODIUM; 0 MG CHOL.

INFO Martha Rose Shulman's latest cookbook is *Mediterranean Harvest: Vegetarian Recipes from the World's Healthiest Cuisine* (Rodale, 2007; \$40). She writes *NYTimes.com's Recipes for Health* series.

Pasta meditation

The process of cranking dough through a pasta machine and watching it grow into supple sheets is both soothing and satisfying, and it goes quickly once you get the hang of it.

Fresh pasta dough

MAKES Enough for 24 to 30 giant ravioli

TIME 1 hour, plus 30 minutes to rest

Semolina gives this dough a slight and very satisfying chewiness.

2 2/3 **cups all-purpose flour**

1 1/3 **cups fine semolina***

1 **tsp. salt**

4 **large eggs**

4 **tsp. extra-virgin olive oil**

1. Put flour, semolina, and salt in a food processor and pulse to combine. In a glass measuring cup, whisk 1/3 cup water, the eggs, and olive oil to blend. With motor running, pour egg mixture into flour mixture. Process until dough comes together. If it seems dry, add 1 tbsp. water.

2. On a lightly floured work surface, knead dough until smooth (it will be very stiff), 5 to 7 minutes. Wrap airtight and let stand at room temperature about 30 minutes.

3. Set rollers of a pasta machine at widest setting. Cut dough into 8 equal pieces. Flatten 1 portion (keep others covered) and feed through rollers, then fold dough in thirds crosswise. Repeat rolling and folding, feeding an unfolded side through rollers, until dough looks very smooth and sheets are about 5 in. wide, about 5 times; if dough gets sticky, lightly dust with flour, and if sheets are too narrow, fold and reroll. Then roll dough once without folding at each successively thinner setting until it's as thin as possible; when dough gets too long to handle, cut in half and continue rolling the halves. Set finished pieces on sheets of flour-dusted parchment paper. Let stand uncovered until a bit drier, about 5 minutes. Stack sheets between parchment and wrap airtight; set aside. Repeat with remaining dough.

***Buy in the baking aisle of well-stocked markets.**

Make ahead: Prepare dough through step 2, then chill overnight (bring to room temperature before rolling out). ■

YOU LIKE:

Cream of tomato soup

TRY THIS TWIST:

Romesco soup

SERVES 4 or 5 (makes 7½ cups)

TIME 1 hour

Romesco is a classic Spanish sauce made of ground tomatoes, peppers, onions, garlic, olive oil, and almonds. We turned it into soup. The powdered milk and the silky texture of cooked onions and roasted peppers help make it creamy, and the lentils add thickness.

2 tbsp. olive oil

2 medium onions, halved and thinly sliced

About ½ tsp. salt

6 garlic cloves, minced

½ tsp. hot Spanish or Hungarian paprika, or regular sweet paprika

½ cup hulled red lentils, sorted to remove debris and rinsed

3 jars (12 oz. each) roasted red peppers, drained and rinsed of any charred bits

1 can (28 oz.) diced tomatoes

About 1½ cups chicken or vegetable broth or water

2/3 cup nonfat dry milk

About 1 tbsp. good-quality red-wine vinegar

¼ cup sliced almonds, toasted

Roasted almond oil or extra-virgin olive oil for drizzling (optional)

1. Warm olive oil in a large pot over medium-high heat. Add onions and ½ tsp. salt and stir to combine. Cover, reduce heat to medium, and cook, stirring occasionally, until onions are very soft, 5 to 10 minutes; reduce heat, if necessary, to keep onions from browning.

2. Add garlic and cook, uncovered, until soft, about 3 minutes. Stir in paprika and cook 1 minute. Add lentils, peppers, tomatoes, and 1½ cups broth. Bring to a boil, reduce heat to maintain a steady simmer, cover, and cook until lentils are extremely soft, about 30 minutes.

3. In 3 batches, whirl soup in a blender until very smooth, at least 3 minutes per

batch. Add dry milk and vinegar to the last batch. Stir together and season with salt and vinegar to taste; add a little more broth if soup seems too thick.

4. Serve topped with a sprinkle of almonds and a drizzle of almond oil if you like.

PER 1½-CUP SERVING: 289 CAL., 27% (77 CAL.) FROM FAT; 13 G PROTEIN; 8.5 G FAT (1.1 G SAT.); 45 G CARBO (6 G FIBER); 962 MG SODIUM; 1.6 MG CHOL.

YOU LIKE:

Ribollita

TRY THIS TWIST:

Toasted bread, bean, and vegetable soup

SERVES 6 or 7 (makes 7 cups)

TIME About 50 minutes

We updated ribollita, a hearty, comforting Tuscan vegetable soup thickened with lots of day-old bread, with this lighter version. (We've added the bread at the end and only on top—and used oil sparingly.)

About 3 tbsp. olive oil, divided

½ white onion, chopped

2 garlic cloves, minced

2 medium carrots, chopped into ½-in. pieces

2 celery stalks, chopped into 1-in. pieces

1½ qts. chicken broth

1 can (15 oz.) cannellini beans, drained and rinsed

4 whole canned tomatoes*, quartered, plus some juice

2 cups chopped Swiss chard

4 cups rough-textured day-old bread (such as ciabatta), ripped into 1½-in. pieces

Kosher salt and freshly ground black pepper

2 tbsp. each chopped fresh basil and cilantro

Wedge of parmesan cheese for grating (optional)

1. Heat 1 tbsp. olive oil in a large pot over medium heat. Add onion and garlic; cook until transparent, about 5 minutes. Add carrots and celery and cook, stirring often, 5 minutes. Stir in broth and beans, then



Toasted bread, bean, and vegetable soup



Creamy cauliflower soup

bring to a boil. Reduce heat, cover, and simmer about 15 minutes. Add tomatoes and chard and simmer another 15 minutes, covered.

- Meanwhile, preheat oven to 350°. Lay bread pieces on a rimmed baking sheet in a single layer. Drizzle with remaining 2 tbsp. olive oil and sprinkle with salt and pepper. Toast in oven until slightly golden, about 10 minutes. Set croutons aside.
- Just before serving, add basil and cilantro and season to taste with salt and pepper.
- Divide soup among serving bowls and top each with a few warm croutons. Grate parmesan directly over soup if you like.

*Muir Glen canned tomatoes are exceptionally flavorful and somehow don't taste as "canned" as other brands.

PER 1-CUP SERVING 212 CAL., 41% (153 CAL.) FROM FAT; 9.7 G PROTEIN; 9.9 G FAT (0.8 G SAT.); 29 G CARBO (4.7 G FIBER); 812 MG SODIUM; 0 MG CHOL.

YOU LIKE:

Vichyssoise

TRY THIS TWIST:

Creamy cauliflower soup

SERVES 4 or 5 (makes 7½ cups)

TIME 1 hour

This soup is a real trickster—onions and cauliflower blend into a purée so smooth, you'd swear it included cream. It's also a good introduction to this vegetable for those who think they can't stand cauliflower, since its sulfurous flavor is very mild here and no cauliflower is actually visible. But if you do love it, keep the soup a little chunky so you'll have some florets in your bowl.

1 tbsp. vegetable oil

2 medium onions, halved and thinly sliced

About ½ tsp. salt

3 garlic cloves, minced

½ cup dry white wine

1 large head cauliflower (2 lbs.), chopped

4 cups chicken or vegetable broth

Freshly ground white pepper

2 tbsp. each extra-virgin olive oil and minced chives

1 tbsp. finely chopped flat-leaf parsley



Basic soup kitchen tricks

It's easy to invent your own comforting soup. Here are two types you can create: brothy or creamy (but without the cream). You choose the veggies.

For a broth-based, chunky soup

START For more flavor, brown meat and vegetables in the oven (or on the stove) before adding broth (roasted root vegetables are pictured above).

FINISH Skip the grated cheese. Top soup with crunchy toasted bread crumbs or croutons, or hunks of toasted bread.

SPECIAL INDULGENCE Top with a swirl of fruity extra-virgin olive oil or some good parmesan cheese.

For creamy, cream-less soups

START Use ingredients that get silky when well cooked—such as peppers, chiles, and slightly starchy vegetables like onions, cauliflower, and zucchini. Whirl them in a blender with some broth until absolutely smooth.

MAGIC TRICK Create the illusion of creaminess with nonfat dry milk and tender-cooked rice or lentils. Purée with broth and/or vegetables.

FINISH For a spark of flavor and color, top with fresh herbs or chopped green onions.

SPECIAL INDULGENCE Drizzle with extra-virgin olive or nut oil, a few toasted nuts, or crisp bits of toasted prosciutto.