

Skillet-Braised Brussels Sprouts

Braised Brussels sprouts are a quick and easy side dish for any meal. After being quickly sauteed in bacon grease, the Brussels sprouts are skillet-braised in chicken stock until tender then finished with a buttery balsamic and bacon pan sauce.

Recipe by **kyle**

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Ingredients

4 slices thick-cut bacon, sliced into 1/4-inch strips, or more to taste

1 pound Brussels sprouts, trimmed and halved lengthwise

1 clove garlic, thinly sliced, or more to taste

½ cup chicken stock

1 tablespoon butter, or to taste

1 tablespoon balsamic vinegar, or to taste

salt and ground black pepper to taste

Directions

Step 1

Cook bacon in a large cast iron skillet over medium heat until just crisp, 5 to 7 minutes. Transfer to a paper towel-lined plate, reserving bacon grease in the skillet.

Step 2

Place Brussels sprouts in the skillet with the cut-sides down. Increase heat to medium-high and saute in the bacon grease until lightly browned, 2 to 3 minutes. Add garlic and saute until fragrant, about 30 seconds.

Step 3

Pour in chicken stock and cover skillet with a lid; simmer until Brussels sprouts are bright green, 3 to 5 minutes. Remove the lid and continue simmering, until liquid is evaporated and sprouts are at desired tenderness, 3 to 5 more minutes.

Step 4

Remove skillet from the heat. Add bacon, butter, balsamic vinegar, salt, and pepper; stir until butter is melted.

Tips

Use a skillet large enough to cook Brussels sprouts in a single layer. This will enable them to brown more evenly.

If you like your sprouts softer, add a little more stock and braise them for longer.

Nutrition Facts

Per serving: 207 calories; total fat 16g; saturated fat 6g; cholesterol 27mg; sodium 369mg; total carbohydrate 11g; dietary fiber 4g; protein 7g; vitamin c 97mg; calcium 54mg; iron 2mg; potassium 508mg

Gourmet Mushroom Risotto

Authentic Italian-style risotto cooked the slow and painful way, but-oh so worth it. Complements grilled meats and chicken dishes very well. Check the rice by biting into it. It should be slightly al dente (or resist slightly to the tooth but not be hard in the center).

Recipe by **Myleen Sagrado Sjödin**

Prep Time: 20 mins

Cook Time: 25 mins

Total Time: 45 mins

Ingredients

- 6 cups chicken broth, or as needed
- 3 tablespoons olive oil, divided
- 1 pound portobello mushrooms, thinly sliced
- 1 pound white mushrooms, thinly sliced
- 2 medium shallots, diced
- 1 ½ cups Arborio rice
- ½ cup dry white wine
- 4 tablespoons butter
- 3 tablespoons finely chopped chives
- ⅓ cup freshly grated Parmesan cheese
- sea salt and freshly ground black pepper to taste

Directions

Step 1

Warm broth in a saucepan over low heat.

Step 2

Meanwhile, warm 2 tablespoons olive oil in a large saucepan over medium-high heat. Add portobello and white mushrooms; cook and stir until soft, about 3 minutes. Remove mushrooms and their liquid to a bowl; set aside.

Step 3

Add remaining 1 tablespoon olive oil to the saucepan. Stir in shallots and cook for 1 minute. Add rice; cook and stir until rice is coated with oil and pale, golden in color, about 2 minutes.

Step 4

Pour in wine, stirring constantly until wine is fully absorbed. Add 1/2 cup warm broth to the rice, and stir until the broth is absorbed. Continue adding broth, 1/2 cup at a time, stirring constantly, until the liquid is absorbed and the rice is tender, yet firm to the bite, about 15 to 20 minutes.

Step 5

Remove from heat. Stir in reserved mushrooms and their liquid, butter, chives, and Parmesan cheese. Season with salt and pepper and serve immediately.

Nutrition Facts

Per serving: 431 calories; total fat 17g; saturated fat 7g; cholesterol 29mg; sodium 1131mg; total carbohydrate 57g; dietary fiber 3g; total sugars 4g; protein 11g; vitamin c 4mg; calcium 70mg; iron 2mg; potassium 692mg

Grilled Salmon With Orange Glaze

The foods in this easy recipe are powerhouses of nutrition. Why these foods are good for you: high omega-3 fat in salmon; antioxidants in orange rind, scallions and garlic; anticoagulant activity in ginger; and eating fatty fish could prevent an astounding 80% of sudden deaths from heart attacks, Harvard investigators say.

Recipe by **USA WEEKEND** columnist **Jean Carper**

Ingredients

- ½ cup orange marmalade
- 2 teaspoons sesame oil
- 2 teaspoons reduced-sodium soy sauce
- ½ teaspoon grated fresh ginger root
- 1 garlic clove, crushed
- 3 tablespoons white rice vinegar (or other white vinegar)
- 1 pound boneless, skinless salmon fillet, cut in four pieces
- 6 scallions, thinly sliced with green (Optional)
- ¼ cup toasted sesame seeds (Optional)

Directions

Step 1

Combine marmalade, oil, soy sauce, ginger, garlic and vinegar. Heat grill. Brush glaze on each side of salmon; grill about 5 minutes on each side. Top with scallions and sesame

Tips

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Nutrition Facts

Per serving: 389 calories; total fat 19g; saturated fat 4g; cholesterol 67mg; sodium 183mg; total carbohydrate 31g; dietary fiber 2g; total sugars 25g; protein 25g; vitamin c 11mg; calcium 135mg; iron 2mg; potassium 539mg

Double Chocolate Mocha Trifle

This is a great party dessert for the chocolate lover in all of us. Optional: decorate top with canned whipped topping swirl and shaved chocolate curls. Make sure you get a little of each layer in every serving. Enjoy!

Recipe by **ADRSEW**

Prep Time: 10 mins

Cook Time: 35 mins

Additional Time: 30 mins

Total Time: 1 hrs 15 mins

Ingredients

- 1 (19.8 ounce) package brownie mix
- 1 $\frac{3}{4}$ cups cold milk
- 2 (3.3 ounce) packages instant white chocolate pudding mix
- 4 teaspoons instant coffee granules
- 2 tablespoons warm water
- 2 cups frozen whipped topping, thawed
- 3 (1.4 ounce) bars chocolate covered toffee bars, chopped

Directions

Step 1

Prepare brownies according to package directions. Bake and cool completely. Cut into 1 inch cubes.

Step 2

In a medium bowl, whisk together milk and pudding mix until mixture begins to thicken. Dissolve coffee granules in water and stir into pudding mixture. Fold in whipped topping.

Step 3

In a glass serving bowl, layer one-third of brownie cubes, one-third of pudding mixture and one-third of candy. Repeat layering until all ingredients are used. Chill 30 minutes in refrigerator before serving.

Nutrition Facts

Per serving: 249 calories; total fat 10g; saturated fat 4g; cholesterol 7mg; sodium 186mg; total carbohydrate 38g; dietary fiber 1g; total sugars 8g; protein 3g; vitamin c 0mg; calcium 65mg; iron 1mg; potassium 163mg

Pumpkin Ricotta Cheesecake

Pumpkin ricotta cheesecake. A not-so-classic creamy cheesecake infused with pumpkin puree and ricotta cheese over a walnut crust, served with a dollop of pumpkin whipped cream.

Recipe by **afreid**

Prep Time: 25 mins

Cook Time: 1 hrs

Additional Time: 7 hrs

Total Time: 8 hrs 25 mins

Ingredients

Crust:

- 2 ½ cups walnuts
- ⅓ cup white sugar
- ¼ cup unsalted butter, melted
- ¼ cup all-purpose flour
- ¼ teaspoon ground cinnamon
- 1 pinch salt

Cheesecake:

- 2 (8 ounce) packages cream cheese, softened
- 1 (16 ounce) container ricotta cheese
- 1 ½ cups white sugar
- ½ cup unsalted butter, melted and cooled
- 4 large eggs
- 3 tablespoons cornstarch
- 3 tablespoons all-purpose flour
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract
- 1 pint sour cream
- 1 ½ cups fresh pumpkin puree

Pumpkin Whipped Cream:

- 1 cup heavy whipping cream
- ⅓ cup fresh pumpkin puree
- 1 tablespoon powdered sugar

- 1 teaspoon vanilla extract
- 1 teaspoon pumpkin pie spice
- ½ teaspoon ground cinnamon

Directions

Step 1

Lightly grease a 9-inch springform pan.

Step 2

Combine walnuts, sugar, melted butter, flour, cinnamon, and salt for crust in the bowl of a food processor; pulse until well mixed and walnuts are ground. Spread mixture over the bottom of the prepared pan, pressing down to cover the entire bottom and a little bit up the sides. Place in the refrigerator until chilled, about 1 hour.

Step 3

Preheat the oven to 350 degrees F (175 degrees C).

Step 4

Beat cream cheese and ricotta cheese in a mixing bowl until well combined. Stir in sugar, melted butter, eggs, cornstarch, flour, lemon juice, and vanilla. Add sour cream and pumpkin puree; stir to combine. Pour over the chilled crust.

Step 5

Bake in the preheated oven until edges are puffed and surface of cheesecake is firm except for a small spot in the center that will jiggle when the pan is gently shaken, about 1 hour. Turn off the oven and leave cheesecake in for 1 more hour.

Step 6

Remove from the oven. Run the tip of a table knife around the edges of the pan, set the pan on a wire rack, and allow the cheesecake to cool at room temperature, about 1 hour. Refrigerate until completely chilled, 4 hours to overnight.

Step 7

At the same time, chill a mixing bowl and whisk attachment in the refrigerator for at least 10 minutes.

Step 8

Add whipping cream to the chilled bowl and whisk until soft peaks form. Whisk in pumpkin puree, powdered sugar, vanilla, pumpkin pie spice, and cinnamon.

Step 9

Remove cheesecake from the refrigerator. Remove the band from the pan; take a large knife or spatula and carefully run it under the bottom of the cheesecake to loosen it. Transfer cheesecake to a serving platter. Slice and serve with pumpkin whipped cream.

Cook's Note:

You can use pecans instead of walnuts for the crust.

Nutrition Facts

Per serving: 597 calories; total fat 47g; saturated fat 23g; cholesterol 148mg; sodium 224mg; total carbohydrate 36g; dietary fiber 2g; total sugars 25g; protein 12g; vitamin c 2mg; calcium 161mg; iron 2mg; potassium 282mg