

A seriously seductive soup. Lustrous purple set off by white yoghurt and green dill – my mouth's watering just thinking about it! Even the dill gives you a lot of nutritional benefit, including calcium and flavonoids. Combined with the nourishing powerhouse that is beetroot, and the stratospheric vitamin C levels of red cabbage, this soup really packs a punch.

Borscht

1. Heat the oil in a large saucepan over medium heat. Cook the beetroot, potatoes, onion, carrot, garlic, caraway seeds and bay leaf, stirring, for 10 minutes or until the vegetables start to soften. Add the stock and 2 cups (500 ml) water and bring to the boil. Reduce the heat to low and simmer, covered, for 30 minutes. Stir in the cabbage and simmer, covered, for 10 minutes or until the cabbage is just tender. Season with black pepper. Allow to cool slightly then blend the soup until smooth.
2. Divide the soup between four serving bowls. Add a dollop of yoghurt and sprinkle with the dill to serve.

TIPS

This soup will freeze in airtight containers for up to one month.

You can use a hand-held blender (and save on dishes) or a work-top blender to blend the soup. If using a work-top blender, don't forget to leave the vent open or the steam will build up in the blender and the lid will pop open.

SERVES 4

PREP 15 minutes

COOK 50 minutes

CAL PER SERVE 343

1 tablespoon olive oil
1 kg beetroot, trimmed, peeled and coarsely grated
400 g potatoes, peeled and diced
2 brown onions, finely chopped
2 carrots, diced
4 garlic cloves, thinly sliced
2 teaspoons caraway seeds
1 dried bay leaf
2 cups (500 ml) vegetable stock
200 g red cabbage, finely shredded
freshly ground black pepper
 $\frac{3}{4}$ cup (190 g) no-fat Greek-style yoghurt
2 tablespoons finely chopped fresh dill

Easy Chicken and Butternut Squash Hash

HANDS-ON 20 MIN.
TOTAL 20 MIN.

Butternut squash adds a nutty sweetness to this one-dish chicken meal, while center-cut bacon adds smoky flavor with up to 30% less fat than regular bacon.

- 12 oz. prechopped butternut squash (about 3 cups)
- 1 Tbsp. water
- 2 cups Brussels sprouts, quartered
- 3 center-cut bacon slices, chopped (about ¼ cup)
- 5 oz. shredded rotisserie chicken breast (about 1 cup)
- 1 cup chopped yellow onion
- 3 garlic cloves, minced (about 1 Tbsp.)
- 1 tsp. fresh thyme leaves
- ¾ tsp. coarsely ground black pepper
- 5 Tbsp. olive oil, divided
- ¾ tsp. kosher salt, divided
- 2 Tbsp. apple cider vinegar

1. Place squash and 1 tablespoon water in a medium microwave-safe bowl; cover with plastic wrap. Microwave at high 2 minutes. Add Brussels sprouts; cover with plastic wrap, and microwave until vegetables are tender, about 2 minutes. Transfer squash and Brussels sprouts to a plate lined with paper towels to drain.
2. Heat a large skillet over medium-high. Add bacon, and cook, stirring often, until just starting to crisp, about 5 minutes. Add chicken, onion, garlic, thyme, pepper, 1 tablespoon oil, and ½ teaspoon salt; cook until onion begins to soften, about 2 minutes. Remove skillet from heat; stir in vinegar. Transfer to a bowl. Wipe skillet clean.

3. Increase heat to high. Add remaining ¼ cup oil to skillet; swirl to coat. Add squash mixture; cook, stirring often, until mixture begins to brown, 6 to 8 minutes. Add chicken mixture to squash mixture; stir to combine. Sprinkle with remaining ¼ teaspoon salt.

SERVES 4 (serving size: 1¼ cups); **CALORIES** 365; **FAT** 26g (sat 5g, unsat 20g); **PROTEIN** 16g; **CARB** 19g; **FIBER** 4g; **SUGARS** 5g (added sugars 0g); **SODIUM** 447mg; **CALC** 8% DV; **POTASSIUM** 15% DV

Glazed Chicken with Couscous and Green Beans

HANDS-ON 35 MIN.
TOTAL 40 MIN.

Get the oil nice and hot (but not smoking hot) to get a good sear on the chicken thighs. Hot oil prevents sticking and creates a flavorful base for the glaze. Small thighs work best so each person gets two; four larger ones will work, but they'll take longer to cook.

- 1 Tbsp. olive oil
- 1¼ lbs. skinless, bone-in chicken thighs (8 small thighs)
- 1 tsp. kosher salt, divided
- ½ tsp. black pepper, divided
- ½ cup fresh orange juice
- ½ cup Champagne vinegar
- ½ cup unsalted chicken stock
- 1 Tbsp. unsalted butter
- ½ cup uncooked whole-wheat couscous
- ¼ cup pine nuts, toasted
- ¼ cup chopped scallions
- 2 cups fresh green beans, trimmed
- 1 cup orange segments
- Sliced scallions (optional)

1. Heat oil in a large skillet over medium-high. Sprinkle chicken with ½ teaspoon salt and ¼ teaspoon pepper; cook, undisturbed, until browned on one side, 4 to 5 minutes. Stir in orange juice, vinegar, and stock. Turn chicken; cover and cook until chicken is cooked through, about 10 minutes. Transfer chicken to a plate; cover with aluminum foil to keep warm.

2. Reduce heat to low; cook sauce, stirring occasionally, until reduced to about ½ cup, 8 to 10 minutes. Stir in butter until melted; remove from heat, and set aside.

3. While sauce cooks, prepare couscous according to package directions. Fluff with a fork. Gently stir in pine nuts and chopped scallions.

4. Fill a saucepan with water, and bring to a boil over high. Add green beans, and cook until tender, 3 to 4 minutes. Using a slotted spoon, transfer beans to a medium bowl. Add orange segments to beans; gently toss. Divide couscous mixture among 4 plates, and add green bean mixture; sprinkle with remaining ½ teaspoon salt and remaining ¼ teaspoon pepper. Top with chicken; drizzle with sauce, and sprinkle with sliced scallions, if desired.

SERVES 4 (serving size: ½ cup couscous, 2 thighs, ½ cup green bean mixture, and 1½ Tbsp. sauce); **CALORIES** 411; **FAT** 18g (sat 4g, unsat 12g); **PROTEIN** 34g; **CARB** 30g; **FIBER** 6g; **SUGARS** 9g (added sugars 0g); **SODIUM** 638mg; **CALC** 6% DV; **POTASSIUM** 19% DV

Stir-Fried Eggplant with Garlic Sauce



The peppers add just the right amount of SIZZLE to make you sit up and take notice.

Stir fry about 7–8 minutes.
Makes 2 main-course servings or 4 side-dish servings.

- 1 cup vegetable broth
- 1 teaspoon cornstarch
- ¼ cup vegetable oil
- 1 tablespoon sesame oil
- 1 tablespoon minced garlic
- 1 large red jalapeno chili, seeded and thinly sliced
- 1 pound Japanese eggplant, cut lengthwise into quarters
- ¼ cup thinly sliced fresh basil
- Ground white pepper and salt to taste

Mix the broth and cornstarch in a small bowl until smooth. Heat the vegetable oil and sesame oil in a wok or heavy large skillet over a high flame. Add the garlic and jalapeno and stir until the garlic sizzles, about 10 seconds. Add eggplant and stir-fry until tender and golden, about 5 minutes. Add the basil and stir 1 minute. Stir in the broth mixture and boil until the sauce thickens and coats the eggplant, about 1 minute. Season the eggplant with white pepper and salt. Serve hot. This recipe can be doubled or tripled.

Eggplant, Tomato Sauce and Pasta



Cook for about 15–20 minutes.
Makes 6 servings.

- 2 cups dry pasta shells (small shells or lasagna)
- ⅓ cup water
- ¼ cup cider vinegar
- 1 large eggplant, peeled and cubed
- 1 small red onion, chopped
- ½ cup chopped chives
- 1 tablespoon minced garlic
- 1 chopped green pepper
- ½–1 cup chopped mushrooms
- 1 medium tomato, chopped
- 10–12 ounces tomato sauce
- 3–4 tablespoons oregano
- ¼ cup red wine
- Salt to taste
- Ground pepper to taste

Cook the pasta shells according to package directions. While cooking the pasta, heat the water and vinegar in a large skillet. Add the cubed eggplant, onion, chives, garlic, green pepper and mushrooms to the warm water; cook until soft, stirring often. When the vegetables are done, add to the pasta along with the tomato, tomato sauce, oregano, red wine, salt and pepper. Stir and heat gently (on low) until heated thoroughly.

DAIRY OPTION: Add ½ cup Parmesan cheese to the tomato sauce.

MEAT OPTION: Sauté 1 pound of ground beef; drain and add to the tomato sauce.

fudge-frosted chocolate cupcakes

2 cups (500ml) hot water
¾ cup (75g) cocoa powder, sifted
250g (8 ounces) butter, softened
2 cups (440g) caster (superfine) sugar
2 teaspoons vanilla extract
3 eggs
1½ cups (225g) plain (all-purpose) flour
1 cup (150g) self-raising flour
½ teaspoon bicarbonate of soda
(baking soda)
silver cachous
chocolate fudge frosting
45g (1½ ounces) butter, softened
¼ cup (60ml) milk
1 teaspoon vanilla extract
¼ cup (25g) cocoa powder
2 cups (320g) icing (confectioners') sugar

- 1 Preheat oven to 180°C/350°F. Line two 12-hole (⅓-cup/80ml) muffin pans with paper cases.
- 2 Whisk the water and cocoa together in medium bowl.
- 3 Beat butter, sugar and vanilla in large bowl with electric mixer until light and fluffy. Beat in eggs, one at a time. Fold in half the combined sifted flours and soda, then half the cocoa mixture; stir in remaining flour mixture and cocoa mixture until just combined.
- 4 Divide mixture among paper cases; bake about 25 minutes. Cool cakes in pans 5 minutes before turning, top-side up, onto wire racks to cool.
- 5 Meanwhile, make chocolate fudge frosting. Spread frosting over cold cakes; decorate with cachous.

chocolate fudge frosting Beat butter in medium bowl with electric mixer until light and fluffy. Add milk, extract, sifted cocoa and half the sifted icing sugar; beat about 5 minutes or until light and fluffy. Add remaining sifted icing sugar; beat a further 5 minutes.

prep + cook time 1 hour 10 minutes
makes 24

storage Store in an airtight container, at room temperature, for up to two days. Un-iced cakes can be frozen for up to two months.