One-Pot Wonders

BY KATE SHERWOOD

How many pots does it take to make a delicious, warm-your-insides main dish for a chill January evening? You guessed it. Just throw together a salad and supper’s on.

Got a question or suggestion? Write to healthycook@cspinet.org.

Creamy Tomato Risotto

Heat the oil in a large, heavy pot, heat the oil over medium heat. Sauté the onion and carrots until the onion begins to brown, about 5 minutes. Meanwhile, heat the milk in the microwave, 1 minute at a time, until hot but not boiling. Add the garlic to the skillet. Cook for 30 seconds. Stir in the barley.

Add the tomatoes and simmer until their juice is absorbed, about 5 minutes. Stir in the hot milk. Simmer, stirring frequently, until the liquid is absorbed, 20-25 minutes. If all the liquid is absorbed and the barley still isn’t done (done means it’s slightly firm), add more water, ½ cup at a time, and continue to simmer. Once the barley is done, stir in the vermouth, pepper, and up to ¾ tsp. of salt. Garnish with the parsley leaves. Serves 6.

PER SERVING (1½ cups)

Calories: 350
Total Fat: 12 g
Sat Fat: 2.5 g
Protein: 13 g

Quick Cassoulet

For the sausage, use Wellshire Farms Turkey Andouille. You could also use a spicy smoked sausage like Spanish chorizo.

2 Tbs. extra-virgin olive oil
1 lb. boneless, skinless chicken breasts, cut into bite-size pieces
6 cloves garlic, minced
¼ tsp. red pepper flakes (optional)
6 scallions, chopped
8 oz. whole wheat ziti or penne
3½ cups non-fat milk, divided
1½ cups low-sodium chicken broth
1 lb. broccoli, cut into small florets
½ cup oil-packed sun-dried tomatoes, drained and chopped
½ cup grated Parmesan cheese
Freshly ground black pepper, to taste

Heat the oil in a large non-stick skillet over medium-high heat until shimmering. Add the chicken and cook without stirring until browned, 2-3 minutes. Stir the chicken and continue to cook for 1 minute longer. Transfer the chicken to a bowl and set aside. Add the vegetables to the pot. Season with pepper and up to ¾ tsp. of salt. Serves 6.

PER SERVING (1½ cups)

Calories: 390
Total Fat: 11 g
Sat Fat: 2.5 g
Protein: 31 g

Nutrition Action on the Net

To watch Kate prepare the Creamy Tomato Risotto, go to nutritionaction.org/healthycook.