

# You'll Pray for Leftovers

Three divine dishes from one master meal.

**C**hef and certified nutritionist **Laura Pensiero** is a genius at creating scrumptious meals that also happen to be exceptionally nutritious. Here, she presents a chicken and vegetable "one-dish" recipe that's ready in minutes and can be adjusted to accommodate the fresh produce of the season. We doubt you'll have leftovers, but if you do, use them to create two more delicious dishes that will taste like they're made from scratch. (Consider doubling the original recipe to guarantee there will be leftovers in your family's future!)

## Master Meal

### Lemon Chicken Breasts With Roasted Vegetables

Makes 4 servings

- 1 lemon, well-rinsed
- 3 whole chicken breasts (bone in and with skin)
- 6 fresh sage leaves
- salt and pepper to taste
- 2 Tbs. olive oil
- 3 endives
- 2 heads radicchio
- 2 small red onions
- 10 small new potatoes

Preheat oven to 425°F. Using a sharp paring knife, cut the rind from the lemon in long strips; leave the bitter white pith behind and reserve the lemon for another use. Slide your finger between the meat and skin of the chicken breasts, moving it back and forth to tear the adhesions. Place the sage and a piece of lemon peel (bright yellow side down) between the chicken and the skin. Season under the skin with salt and pepper.

Placing the lemon, herbs and seasoning under the chicken skin keeps the meat flavorful and moist and lets you remove the skin after cooking to cut some of the fat.

**PREPARE THE VEGGIES** Trim the ends of the endive and cut into quarters lengthwise; quarter the radicchio and discard any lackluster leaves; peel and quarter the red onions; quarter the potatoes.

When cutting the vegetables into wedges, leave the root ends intact on all but the potatoes to keep their layers together when roasting.

Place the chicken breasts in a large roasting pan and surround them with the vegetables. The pan should be just large enough to hold the chicken and vegetables in one layer. Drizzle the vegetables and chicken with olive oil, and season with salt and pepper.

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Martha Stewart Everyday Oval Roasting Pan With Lid, Kmart



Shake the pan lightly to evenly coat. Cook for 20 minutes. Lower the temperature to 375°F, and cook another 50 to 55 minutes, stirring the vegetables once midway, or until chicken breasts are cooked through and the vegetables are tender.

**CALORIES PER SERVING 330** (25% from fat); FAT 8.5g (sat 2g, mono 4.5g, poly 2g); PROTEIN 47g; CARB 14g; FIBER 4g; CHOL 175mg; CALC 54mg

Your Master Meal leftovers are the basis for these two uniquely healthy dishes.

## Leftover Meal 1

### Low-Fat Curried Chicken Salad

Makes 4 to 6 servings

Chicken salad sounds healthy, but it's often high in calories and fat. Laura assures us that you won't miss the regular mayo with this low-fat creamy dressing. Apples and grapes add a sweet contrast to the spiciness of the curry as well as nutrients. Serve this salad in whole-wheat pita halves, between whole-wheat bread or simply over your favorite baby greens.

**3/4 cup 1 percent cottage cheese**  
**1/4 cup reduced-fat mayonnaise**  
**2 tsp. curry powder**  
**Zest of 1 lime, grated**  
**Salt and freshly ground black pepper, to taste**  
**2 leftover chicken breasts from Master Meal; remove skin, then separate meat from bone and dice**  
**1 cup red grapes, halved**  
**1 large apple, peeled, cored and diced**  
**1/2 small red onion, finely diced**  
**2 Tbs. mango chutney**

**PREPARE DRESSING:** In a food processor, combine the cottage cheese, mayonnaise, curry powder, lime zest, and salt and pepper. Puree until smooth. Transfer to a large bowl. Add remaining ingredients and



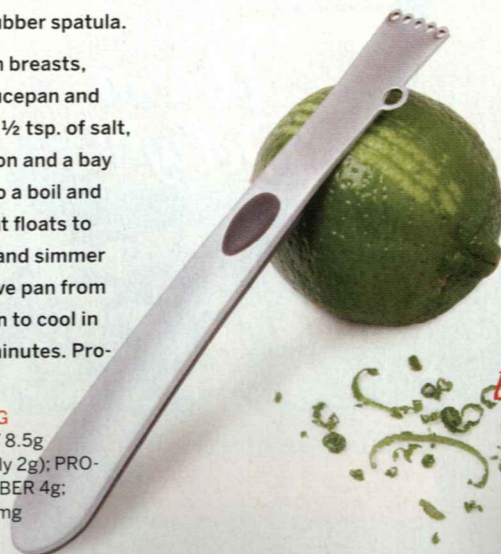
"In my restaurant and at my own dinner table, I let the season dictate the menu," Laura says. Here are three of her favorite seasonal veggies to add to your Master Meal:

- **FALL/WINTER:** Diced sweet potatoes or butternut squash
- **SPRING:** Asparagus spears and diced mushrooms (add 20 minutes before the chicken is fully roasted)
- **SUMMER:** Diced bell peppers and zucchini

fold together with a rubber spatula.

If using raw chicken breasts, place in a medium saucepan and cover with water. Add 1/2 tsp. of salt, the juice of half a lemon and a bay leaf. Heat the liquid to a boil and skim off any scum that floats to the top. Reduce heat and simmer for 10 minutes. Remove pan from heat and allow chicken to cool in the liquid, about 40 minutes. Proceed with recipe.

**CALORIES PER SERVING 330** (25% from fat); FAT 8.5g (sat 2g, mono 4.5g, poly 2g); PROTEIN 47g; CARB 14g; FIBER 4g; CHOL 175mg; CALC 54mg



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## Leftover Meal 2

### Roasted Vegetable Frittata

Makes 4 servings

A frittata is a quick and healthy dish that can be served any time of day. Laura added leftover Master Meal vegetables to this recipe, but you can use just about any leftover cooked vegetable as long as it does not contain a great deal of water. You also can start from scratch and sauté onions, zucchini, peppers and Italian parsley, then add the eggs and cheese. Eggs are a high-quality protein source and are also rich in heart-healthy omega 3 fatty acids, which are said to lower cholesterol.

**6 eggs**  
**1/4 cup water**  
**2 cups leftover Master Meal roasted vegetables, cut into 1/2-inch pieces (potatoes left intact)**  
**1/2 tsp. kosher salt**  
**1/4 tsp. white pepper**  
**1/2 cup reduced-fat cheddar cheese, grated**  
**1 Tbs. olive oil**

Preheat the oven to 400°F. In a mixing bowl, whisk together the eggs and water. Add Master Meal vegetables. Fold in 1/4 cup cheddar cheese. Set aside. In a large nonstick skillet, heat the oil over medium heat. Pour in the egg mixture. Lift and settle eggs in the pan as they brown on the bottom. When the eggs are set but remain uncooked on top, transfer to the oven for 7 or 8 minutes, until the frittata is golden brown and puffy. Sprinkle with cheese. Serve the frittata from the hot pan and cut into four wedges at the table.

**CALORIES PER SERVING 227** (67% from fat); FAT 15.5g (sat 5g, mono 6.5g, poly 4g); PROTEIN 14g; CARB 79g; FIBER 1g; CHOL 328mg; CALC 145mg

Martha Stewart Everyday Lemon Grater, Kmart; Proctor-Silex 1.5-cup Food Chopper, \$29.99, Kmart/Sears



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