



## RECIPE

# Something lighter after holiday feasting

By Ellie Krieger  
Special To The Washington Post

With the overwhelming bustle and indulgent feasting this season brings, having a tasty, healthful dinner recipe that can be made on a single sheet pan in 20 minutes is like taking a deep, calming breath.

The idea for this one began with my adoration of roasted broccolini and the way, when it is cooked in a hot oven with a light coating of oil, its florets crisp up and take on a lovely char, while the stems cook to a perfect crisp-tender. When making it last, I noticed there was plenty of space left on the sheet pan and thought, why not add a protein and turn a favorite side into a complete meal?

The result is this sumptuous but simple one-pan dinner. I used broccolini for a change of pace, but you could substitute regular broccoli. Once the vegetable gets a five-minute head start in the oven, you add buttery, pale-pink fillets of arctic char (or salmon or snapper) to the pan and a sprinkle of bright green edamame. While that cooks, you pull together an easy Asian sauce made with soy sauce, orange juice, rice vinegar, ginger and garlic, cooking it down for a few minutes to meld and concentrate those flavors. The sauce is drizzled over the roasted fish and vegetables, tying everything together.

This is a meal you can count on to restore and replenish you not only through the holidays, but any time of year.

*Krieger is a registered dietitian, nutritionist and author who hosts public television's "Ellie's Real Good Food." She blogs and offers a weekly newsletter at [elliekrieger.com](http://elliekrieger.com).*

PHOTO BY DEB LINDSEY FOR THE WASHINGTON POST

## ARCTIC CHAR, BROCCOLINI AND EDAMAME WITH SOY-GINGER SAUCE

4 servings

This sheet pan dinner is healthful, packed with flavor and ready in 20 minutes. Consider it a tasty antidote to a hectic day.

If you can't find arctic char, salmon or snapper may be substituted.

From nutritionist and cookbook author Ellie Krieger.

### INGREDIENTS

- 2 heads broccolini, (12 ounces total) trimmed
- 3 tablespoons canola oil
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- Four 5- to 6-ounce, skin-on arctic

- char fillets (see headnote)
- 1 cup frozen, shelled edamame
- 2 tablespoons fresh orange juice
- 2 tablespoons low-sodium soy sauce
- 2 tablespoons unseasoned rice vinegar
- 1 1/2 teaspoons peeled, grated fresh ginger root
- 2 cloves garlic, minced

### STEPS

Preheat the oven to 425 degrees. Toss the broccolini with 1 1/2 tablespoons of the oil and season with 1/8 teaspoon each salt and pepper, right on a rimmed baking sheet. Roast (upper rack) for 5 minutes.

Meanwhile, pat the fillets dry, then brush them with 1 tablespoon of the oil and season with the remaining 1/8 teaspoon each salt and pepper.

Toss the edamame in a medium bowl with the remaining 1/2 tablespoon of oil.

colini so that there is room at the center of the baking sheet for the fish. Scatter the edamame on top of the broccolini. Place the fillets, skin sides down, in the center of the baking sheet. Return to the oven and roast (upper rack) for 8 to 10 minutes, until the arctic char is no longer translucent and the broccolini is crisp-tender and charred a bit.

While the fish is cooking, combine the orange juice, soy sauce, rice vinegar, ginger and garlic in a small saucepan over medium-high heat. Bring to a boil and cook for about 2 minutes, or until the mixture has slightly reduced.

Drizzle the fish and vegetables with the sauce, and serve.

Nutrition | Per serving: 410 calories, 37 g protein, 9 g carbohydrates, 22 g fat, 6 g saturated fat, 40 mg cholesterol, 560 mg sodium, 2 g dietary fiber, 3 g sugar

Re-

move

the baking

sheet from the

oven; use a spatula to

toss and rearrange the bro-

## RECIPE

# This creamy squash soup has kick, and a few surprises, too

By Bonnie S. Benwick  
The Washington Post

Even though this is a simple recipe, it has a lesson or two that you can apply to the creamy soups you make down the road.

The first has to do with pre-cut butternut squash chunks you can find in most supermarkets these days. The trade-off in using them is that they can have less moisture and flavor than squash you cut fresh. Here, ginger and the sly heat of a small chile pepper do the heavy lifting, flavorwise; the squash adds texture and a satisfying bulk. So take advantage

of this prep shortcut.

The other takeaway has to do with the serendipity of grocery shopping — as in, a recent trip to a well-stocked Asian market yielded canned bamboo shoots cut to resemble thick, round noodles. This soup is thick enough to keep them afloat, and they offer a low-carb, high-fiber way to add a tender chew. (I should have grabbed a couple of cans, as I can see how they'd be nice in a stir-fry, too.)

If you can only find the shoots that are cut into thin planks, try cutting those into thin strips for the same effect.

## SQUASH, SPINACH AND COCONUT SOUP WITH GINGER

6 servings (makes 8 cups), Healthy  
Serve with warm flatbread.

Canned bamboo shoots that are already cut into thin, noodlelike strips are available at large Asian markets.

Based on a recipe from "Itsu the Cookbook: Eat Beautiful — 100 Recipes for Health and Happiness," by Julian Metcalfe (Mitchell Beazley, 2014).

### INGREDIENTS

- One 3-inch piece fresh ginger root
- 1 cup canned bamboo shoots (see headnote)
- 4 1/2 cups no-salt-added vegetable broth
- 3/4 cup coconut milk, preferably Aroy D brand
- 1 small red Thai chili pepper
- 1 tablespoon low-sodium soy sauce, or more as needed
- 1 tablespoon Thai fish sauce, or more as needed
- Half a lemon
- 1 teaspoon cornstarch
- 3 cups peeled butternut squash chunks (see headnote and NOTE)
- About 9 cups spinach leaves

### STEPS

Peel and mince the ginger to yield about 3 tablespoons. Drain and rinse the bamboo shoots. Cut them into thin strips, if desired.

Heat the broth in a large saucepan over medium-high heat. Once it begins to boil, stir in the coconut milk, chile pepper, ginger, soy sauce and fish sauce.

Squeeze 2 teaspoons of juice from the lemon half into a small bowl, then whisk in the cornstarch. Stir this slurry into the saucepan; cook for about 5 minutes or until it helps



PHOTO BY JENNIFER CHASE FOR THE WASHINGTON POST

thicken the soup.

Meanwhile, cut the chunks of butternut squash into 1/2-inch pieces (so they will cook more quickly and evenly). Add them to the saucepan; cook for 7 to 10 minutes, stirring occasionally.

Stir in the spinach; cook for a minute, or just until it has wilted. Reduce the heat to medium-low.

If you want to keep the chile heat to a minimum, pull out the pepper before you use an immersion (stick) blender to puree the soup just enough to make it creamy. (We kept the chile in.) Alternatively, pull out some of the squash and spinach along with the pepper, mash those two with a fork and stir them back in. Taste and add more soy sauce or fish sauce, as needed.

Stir in the bamboo shoots. Once they are warmed through, divide the soup among individual bowls. Serve right away.

NOTE: It will take an extra 5 to 8 minutes to break down a butternut squash for this recipe. To do so, cut away the cylindrical neck, which is the part you will be working with. Stand it on one end, use a sharp knife to cut away the peel, and then cut the flesh into 1/2-inch thick planks. Cut those down further into 1/2-inch pieces. You'll need the same yield as above — 3 cups.

## RECIPE



PHOTO BY MALISSA MARTIN

Creamy Three-Cheese Macaroni is a comfort food that features heavy cream and nutmeg.

# Perfect homemade cheesy comfort food to warm you up

By Malissa Martin  
For Digital First Media

Everyone has a different recipe for macaroni and cheese that includes adding additional flavors and textures. If you're like me, however, the only thing I want added to macaroni

and cheese is more cheese!

Here's a cheesy and delicious macaroni and cheese recipe to add to your winter dinner table. The secret to its flavor is a three-cheese blend and touch of nutmeg for rich spiciness. The key to this recipe is to bake it slow and steady.

## CREAMY THREE-CHEESE MACARONI

Preparation time: 20 minutes; bake time: 25 minutes

### INGREDIENTS

- 1 box elbow macaroni
- 2 cups heavy cream
- 3 cups shredded extra sharp Cheddar cheese
- 1 cup shredded mild Cheddar cheese
- 1 cup shredded Parmesan cheese
- 1/2 teaspoon nutmeg
- 1 tablespoon onion powder
- butter for baking dish
- 1/2 teaspoon pepper

### STEPS

Boil pasta according to package directions, with a dash of salt added to the water, then drain.

Meanwhile, preheat oven to 375 degrees.

In a large saucepan, bring the heavy cream to a simmer, gradually add cheese mixture, reserving 1/2 cup, and stir until the cheese is completely melted. Your mixture should be smooth — if it's not, add more heavy cream.

Once all of cheese is melted, season with nutmeg and onion powder, stirring to mix evenly. Stir in drained pasta until it's evenly coated. Pour pasta and cheese into lightly buttered baking dish. Sprinkle reserved cheese on top and bake uncovered until cheese is bubbly and beginning to brown, about 25 minutes.

Remove dish from the oven, sprinkle pepper on top for color and additional flavor. Let dish sit to cool for at least 10 minutes before serving.