



PHOTO BY MALISSA MARTIN

RECIPE

One Pan Dinner

Salmon with Potatoes and Vegetable Medley

By Malissa Martin
For Digital First Media

If you need a break from pork and beef, salmon is the perfect alternative. It's light and doesn't take long to cook. Add potatoes and a vegetable medley and you've got a complete meal in less than 30 minutes. This is a perfect dish to make on a Monday after a long day of work. What makes it even better, is that it's cooked all in one pan.

ONE-PAN SALMON WITH POTATOES AND VEGETABLE MEDLEY

Prep time: 15-20 minutes

Cook time: 30 minutes

Serves 3-5 people

INGREDIENTS

- 1 pound salmon
- 5 medium white potatoes
- 1 cup of carrots

- 1 small white onion
- 1 medium zucchini
- 2 tablespoon minced garlic
- 1 tablespoon salt
- 1 tablespoon black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 green bell pepper
- 1 yellow bell pepper
- 1/2 teaspoon crushed red pepper flakes

- 1 teaspoon parsley
- 1/4 cup olive oil

STEPS

Preheat oven to 375 degrees. Line a sheet pan with foil.

Chop white potatoes in quarters and place them on one third of the sheet pan. Cut the zucchini, onion, bell peppers and carrots and place on the opposite side 1/3 of the sheet pan. Next, cut salmon into medium bite-size

pieces and place them in the middle of pan.

Drizzle olive oil over potatoes, salmon and vegetable medley, making sure each section is coated evenly without mixing together.

Season potatoes and vegetable medley with pepper and salt. Season the salmon with garlic powder, onion powder, crushed red pepper flakes, salt and pep-

per.

Sprinkle minced garlic over the entire dish, then cover with foil and cook for 20 minutes. Remove foil and cook uncovered for 10 minutes.

Once it is finished cooking, dish out portions of the salmon, potatoes and vegetables and garnish with parsley, if you like, before serving.

RECIPE

The one thing your quinoa bowls have been missing all along

By Ellie Krieger

Special To The Washington Post

Quinoa and corn are a natural combo. They not only pair well tastewise — with quinoa's soft texture and mild, earthy flavor and corn's sweet, juicy kernels — they are both staples of traditional Peruvian cuisine, so it seems fitting to combine

them as the foundation of these Latin-American-leaning grain bowls.

Ears of fresh corn are grilled out of the husk so they char a bit, adding flecks of smoky flavor to the mix. The kernels are tossed with the just-cooked quinoa (which I invariably find comes out lighter and fluffier when you use slightly

less liquid than most packages call for) and served in bowls topped with sliced grilled chicken breast, a crunch of cucumber and radish and slices of buttery avocado.

Krieger is a registered dietitian who hosts public television's "Ellie's Real Good Food."

CORN AND QUINOA BOWLS WITH HERB SAUCE

4 servings

MAKE AHEAD: The sauce, chicken and corn can be refrigerated up to 3 days. Bring to room temperature before serving.

From nutritionist and cookbook author Ellie Krieger.

INGREDIENTS

For the sauce

- 1/2 cup packed fresh cilantro leaves
- 1/2 cup packed fresh basil leaves
- 1 scallion, white and light green part, dark greens sliced and reserved for garnish
- 1/4 cup extra-virgin olive oil
- 1 tablespoon fresh lime juice
- 2 tablespoons water
- 1/2 teaspoon salt
- Pinch crushed red pepper flakes

For the bowls

- 1 pound skinless, boneless chicken breast, pounded to 1/2-inch thickness
- 3 ears corn, shucked
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon ground cumin
- 3/4 cup quinoa
- 1 1/4 cups no-salt-added chicken broth
- 1/2 English cucumber, chopped
- 2 medium radishes, thinly sliced



PHOTO BY STACY ZARIN GOLDBERG FOR THE WASHINGTON POST.

- Flesh of 1 ripe avocado, thinly sliced
- 4 lime wedges, for serving

STEPS

For the bowls: Prepare a grill for direct heat. If using a gas grill, turn the heat to medium. If using a charcoal grill, light the charcoal or briquettes; when the briquettes are ready, distribute them evenly in the grill. For a medium-hot fire, you should be able to hold your hand 6 inches above the coals for 4 or 5 seconds. Have ready a spray water bottle for taming any flames.

Meanwhile, make the sauce: Combine the cilantro, basil, scallion, the 1/4 cup of oil, the lime juice, water, salt and crushed red pepper flakes in a mini food processor; blend to form a smooth sauce.

Brush the chicken and the corn with the tablespoon of oil and season them with the salt. Then season the chicken with the pepper and the cumin. Transfer the chicken and

corn to the grill and close the lid. Cook the chicken for 4 or 5 minutes per side; cook the corn for about 15 minutes, until tender, turning it with tongs every 3 or 4 minutes so it is evenly cooked.

Let the chicken and the corn rest 5 for minutes, then slice the chicken and cut the kernels off the corn (reserving the cobs for another use, if desired).

When ready to serve, combine the quinoa and broth in a medium saucepan over medium-high heat. Once the liquid comes to a boil, reduce the heat to low, cover and cook for 12 to 15 minutes, so all the liquid is absorbed.

Uncover and fluff with a fork, then stir in the corn. Divide the quinoa/corn mixture among individual bowls. Arrange the chicken slices, cucumber, radishes and avocado on top. Drizzle with the sauce and garnish with scallion greens and lime wedges.

RECIPE

PHOTO BY GORAN KOSANOVIC FOR THE WASHINGTON POST



Roasted garlic lends depth of flavor to a simple soup

Does everyone know

about the glorious versatility of roasted garlic? I hope so. But just in case you don't, the next time you've got your oven going for at least the better part of an hour, roast some and you'll see. Just take a whole head of garlic, cut it in half horizontally, so you get through all the cloves, drizzle each half with olive oil, wrap each in foil, and roast for 45 minutes or so. Let it cool slightly, and then squeeze out the cloves.

Slather some on toast while it's still warm, sprin-

kle with salt, and devour. Save the rest to whisk into vinaigrette, puree into hummus or other bean dips, add to marinades, stews, soups. There are as many uses as there are cooks.

Roasted garlic adds depth of flavor to the most basic recipes. Take a simple cauliflower soup like the one I spied in "Little Bird Goodness" by Megan May (Penguin Books, 2017). You simmer cauliflower florets in vegetable broth until they're tender, then blend the affair with cashews (for plant-based creaminess) and, yes,

a whole head's worth of roasted garlic. What would have surely been pale, bland and boring turns into something with an almost mysterious backdrop of nutty sweetness.

As we head into soup season, it's a trick to remember. If you're like me, you'll appreciate the idea so much that you'll want to make one important amendment to the advice I gave at the top of this column. Don't roast a whole head of garlic. Roast two, at least.

— Joe Yonan, *The Washington Post*

CAULIFLOWER AND ROASTED GARLIC SOUP

Adapted from "Little Bird Goodness," by Megan May (Penguin, 2017).

4 servings (makes about 5 cups)

INGREDIENTS

- 1 head garlic
- 2 teaspoons extra-virgin olive oil
- 4 cups no-salt-added vegetable broth
- 1 large head cauliflower, cut into small florets (8 cups)
- 3/4 cup raw cashews
- 1/2 teaspoon sea salt, or more as needed
- 1/2 teaspoon freshly ground black pepper, or more as needed
- 1/4 cup Blanched Basil Oil, for garnish (optional)
- Fresh pea shoots, for garnish (optional)

STEPS

Preheat the oven to 400 degrees.

Discard the loose outer layers of papery peel from the head of garlic, then cut it in half horizontally and drizzle each half with the oil. Wrap each half in a small piece of aluminum foil, place on a small baking sheet and roast (middle rack) until the cloves are very tender and caramel-colored, 40 to 50 minutes. Unwrap and let cool, then pick or squeeze out each roasted clove and discard the skins.

Combine the broth and the cauliflower in a large saucepan over medium-high heat. Once the liquid comes to a boil, reduce the heat to medium-low, so it's barely bubbling. Cook until you can easily mash the cauliflower against the side of the pot with a wooden spoon. Remove from the heat,

then add the roasted garlic cloves and 1/2 cup of the cashews. Chop the remaining 1/4 cup of cashews and reserve for the garnish.

Use an immersion (stick) blender to puree the soup until smooth. It will be fairly thick. (Alternatively, you can puree the soup in batches in a blender, being careful to not fill it more than halfway to avoid splatters.)

Wipe out the saucepan, and return the pureed soup to it, over medium-low heat. Stir in the salt and pepper; cook until the flavors meld, about 15 minutes. Taste, and adjust the seasoning, as needed.

To serve, divide the soup among individual bowls. Top each portion with the chopped cashews, a drizzle of the basil oil and pea shoots, if using.