

Soup

It's a cliché, but as soon as the weather gets cold, my apartment fills with the smell of vegetables simmering for soup. Vegetable soups are so simple that you can easily invent your own, using the stuff you and your family like. Start with some onion, carrot, celery, maybe a pepper; then add broth and a large amount of, say, spinach, and suddenly you have spinach soup! It's a great way for new cooks to gain some confidence. Just remember to season it enough. Dunk a grilled-cheese sandwich in it and even mediocre soup tastes great.

This thick lentil soup is a flavor-packed staple of the Indian table. There are a ton of ways to prepare dal, but the core—beyond the lentils themselves—is usually ginger, garlic, and chili, along with some dry spices.

2 cups lentils
1 tbsp butter
1 onion, finely chopped
1 tsp cumin seeds
1 tsp black mustard seeds
1 tsp turmeric powder
2 cloves garlic, finely chopped
1 green chili, finely chopped
½ inch ginger root, grated
salt and pepper

You can use any type of lentil you like. If you're using larger lentils (like chana dal, french lentils, or split mung beans), soak them for 30 minutes to start. If you're using the small orange lentils, then don't bother soaking them; they cook very quickly.

Melt butter in a saucepan on medium heat. Add the onion and let it cook for 1 minute, then add the cumin and mustard seeds and stir them around with the onions until they sizzle. Toss in the turmeric powder, garlic, and chili and cook for 3 to 4 more minutes. Add the ginger root and stir fry quickly for about 30 seconds.

Add the lentils along with enough water to cover them, then place a lid on top. Let everything cook for 20 to 45 minutes, or until the lentils are tender. Taste the dal and add salt and pepper. You'll probably need a fair bit of salt to bring out all the flavors—a teaspoon or so.

If you have them available, top the dish with a splash of cream or some chopped fresh cilantro.

Dal

FOR FOUR

\$2.40 TOTAL
\$0.60 / SERVING



Corn Soup

FOR FOUR TO SIX

This thick, sweet, satisfying soup is a favorite of kids and adults. This is wonderful to make at the beginning of autumn when corn on the cob is at its peak, but canned corn can also make it a warm reminder of summer in the depths of winter.

4 cups corn, fresh, canned, or frozen
1 tbsp butter
1 onion, finely chopped
2 sticks celery, finely chopped
1 green or red bell pepper, finely chopped
1 small potato, diced
4 cloves garlic, finely chopped
1 chili pepper, finely chopped (optional)
1 tbsp cornmeal or flour
salt and pepper

CORN BROTH

4 to 8 cobs corn, with corn removed
2 bay leaves (optional)
salt

ALTERNATE BROTH

5 cups vegetable broth or chicken stock

If you're making this soup with corn on the cob, the first step is to make corn broth. If you're using canned or frozen corn, you'll also need chicken or vegetable broth instead. In that case, skip the next paragraph.

To make corn broth, place the cobs and bay leaves in a large stockpot and cover with water. Bring to a boil over high heat, then turn the heat down to medium and let the water boil for about 30 minutes. Taste the broth and add salt and pepper until it tastes lightly corny. Boil it down until you have about 5 cups of liquid. The broth will keep for several months if frozen, or a few weeks in the refrigerator.

To make the soup, melt the butter in a large pot or Dutch oven on medium heat. Add onion, celery, bell pepper, and potato, then stir. Cover the pot and let everything fry and steam for about 5 minutes.

Take the lid off the pot and add the garlic and chili pepper, if using. Stir the vegetables, using a splash of water or broth to free any that get stuck to the bottom of the pot.

Let the vegetables cook, stirring occasionally, for another 5 minutes. They should be lightly browned and soft, although the potatoes will not be fully cooked yet.

Add the corn and cornmeal or flour to the pot and stir. Cover with about 5 cups of broth and bring to a boil, then turn the heat down to low and simmer for about 30 minutes. The broth will thicken and become opaque.

Add salt and pepper to taste. If you made your own corn broth, you'll probably need at least a teaspoon of salt; if you used store-bought broth, you'll need less.

Serve with a slice of garlic bread or add a hard-boiled egg for extra protein.



\$5 TOTAL
\$1.25 / SERVING



\$9 TOTAL
\$1.50 / SERVING

French Onion Soup

FOR SIX

Best if you accept it now: you are going to cry making this recipe, since the first step is to chop a mountain of onions. But crying is good for us from time to time. Soon you will be on to the magical part, watching a colossal pile of onions shrink and caramelize to make a sweet, flavorful, wonderful soup. Save this recipe for the winter, when other vegetables are out of season and you want to fill your home with warm aromas. As my friend Marilyn, who suggested this recipe, said, “the smell in your kitchen is absolute heaven.”

- 4 lb onions, any type
- 4 cloves garlic
- 2 tbsp butter
- 2 bay leaves
- 1 tbsp vinegar, any type (optional)
- 3 tsp salt
- pepper
- 8 cups water
- 6 slices bread
- 1½ cups cheddar, grated

ADDITIONS

- beef or chicken stock instead of water
- red wine
- chili flakes
- fresh thyme

Chop each onion in half lengthwise, peel them, then cut them into half-moon slices. These big slices are fine since you’re cooking the onions for so long. Slice the garlic as well.

Melt the butter in a large pot on medium heat. Add the onions, garlic, and bay leaves. Cover the pot with a lid and leave it for 10 minutes. When you come back, the onions should have released a lot of moisture. Give them a stir. Pour in the vinegar and put the lid back on.

Cook for 1 hour, stirring every 20 minutes. When the onions at the bottom start to stick and turn dark, add a splash of water to unstick them. Don’t worry, the onions aren’t burning, just caramelizing. The water helps lift off the sticky, delicious, sweet part!

Once the onions are very dark and about a quarter the volume they once were, add all the water and a bunch of salt and pepper. Cover the pot again, turn the heat down to low, and let it simmer for another hour. Taste and adjust salt and pepper as needed.

Ladle the soup into bowls.

Now it’s time to make cheese toast! If you want classic French onion soup—with the toast directly in the soup, which makes it a bit soggy—place a piece of bread on top of each bowl of soup, sprinkle with cheese, then heat the bowls under your oven’s broiler until the cheese is bubbly.

If you don’t like soggy toast, just make the cheese toast on its own and serve it on the side to dunk.

Lightly Curried Butternut Squash Soup

FOR FOUR

Squash is almost the perfect vegetable for soup: it's flavorful and has a divinely smooth texture when cooked and puréed. Serve this soup to people who think they don't like squash or curry, and you'll change some minds. You can substitute any winter squash for the butternut; I just like butternut because it's faster to peel and chop than its many cousins.

1 butternut squash
or other winter squash
1 tbsp butter
1 medium onion, diced
1 green bell pepper, diced
3 cloves garlic, finely chopped
1 tsp cumin powder
1 tsp coriander powder
1 tsp turmeric powder
1 tsp cayenne pepper
1 can coconut milk
3 cups water
salt and pepper

OPTIONAL

sour cream
scallions
fresh cilantro

To prepare the squash, peel off the tough skin with a potato peeler. Cut the squash in half lengthwise with a sharp chef's knife, then scoop out the seeds and gloop. (You can save the seeds for a tasty snack later, if you like: just clean the gloop off, then toast them.)

Next, slice off the stem and very bottom of the squash and throw them away. Take each half of the squash and place it face-down on a cutting board. Chop each into ½" slices, then turn each slice into cubes.

Put a large pot or Dutch oven on the stove on medium heat. Melt the butter and let the pot get hot. Add the onion, pepper, and garlic, then sauté for two minutes.

Add the cubed squash and spices and stir it all together. Put a lid on the pot and let it cook for another two minutes. Add the coconut milk and water and stir.

Bring the soup to a boil, then turn down the heat to low and let it cook for about 30 minutes, or until the squash is tender.

Once the squash is tender, taste the soup and add salt and pepper as needed. Soup usually needs a fair bit of salt, so be generous.

If you have an immersion blender, you can purée the soup in the pot. If you have a normal blender, wait until the soup has cooled before transferring it to the blender. Purée until smooth, then taste again and add any more salt and pepper it might need.

You can enjoy the soup as-is or serve it with another drizzle of coconut milk or a dollop of sour cream, plus some chopped scallions or cilantro.

\$6 TOTAL
\$1.50 / SERVING





Salad

There isn't much to a great salad: just fresh vegetables, anything crunchy, and one or two rich ingredients like cheese, nuts, a buttery crouton, or a creamy dressing. The dressing should be well seasoned with salt and have a nice hit of vinegar or citrus to bring out the other flavors. Don't bother with store-bought dressing. It usually tastes lousy and is full of cheap oils and chemicals; you can make better and cheaper dressing at home with just a few pantry items. Salad shouldn't be a side dish you grudgingly serve as an afterthought. Make it a meal you look forward to by building it around your favorite flavors.

Broiled Eggplant Salad

FOR TWO

Even if you aren't a big eggplant fan, you might enjoy this despite yourself. Broiled eggplant has a crunchy and meaty texture, and the tahini dressing makes the salad rich and creamy.

1 medium eggplant, sliced into circles
1 tbsp lemon juice
1 tbsp tahini
sprinkle of chili flakes (optional)
fresh dill, finely chopped (optional)
salt and pepper

Turn on your oven's broiler. Arrange the slices of eggplant on a baking sheet, then place them under the broiler for about 3 minutes. Watch them carefully. Once they begin to blacken, remove them from the oven and flip the slices over. Repeat the process on the other side. Once your eggplant is nicely charred, chop it into bite-sized pieces.

In a bowl, mix the tahini, lemon juice, and chili flakes (if using), plus plenty of salt and pepper. Add the eggplant and stir it around. Add more salt or lemon juice according to your taste, then top it with dill if available, and serve!



\$4.50 TOTAL
\$2.25 / SERVING

Kale Salad

FOR TWO, OR FOUR AS A SIDE

This kale is treated like romaine lettuce in a Caesar salad. The bitterness of the greens is delicious alongside the rich, fatty dressing. You could also use Swiss chard. If you're worried about the raw egg yolk in the dressing, feel free to omit it.

1 large bunch kale
2 cups bread cubes
2 tbsp butter (more as needed)
salt and pepper
Romano or Parmesan,
freshly grated

DRESSING

1 egg yolk, raw, from a
high-quality fresh egg
2 tsp lemon juice
2 tsp Dijon mustard
1 clove garlic, finely grated
(optional)
1 anchovy, finely chopped
(optional)
3 tbsp olive oil
salt and pepper



Start by making croutons (p. 146).

To make the dressing, drop the egg yolk into a large mixing bowl. Add the lemon juice, mustard, garlic, and anchovy. Whisk briskly until the dressing is light and frothy. Slowly add the olive oil, whisking the whole time. Once everything is incorporated, add the salt and pepper, then adjust to your taste. I like it very lemony.

Cut the kale leaves to remove the large stem from the center. (Lacinato kale, sometimes called Tuscan kale, has the easiest stems to remove.) Slice the leaves in half lengthwise, then cut into thin ribbons. Chopping the kale into small pieces disguises its tough texture.

Toss the kale in the bowl to coat it with dressing. Set aside for 10 minutes or leave in the fridge for a few hours. The kale will become tender as it marinates.

Before serving, toss in the croutons and top with Romano cheese.

\$4.50 TOTAL
\$2.25 / SERVING

Smaller potatoes are best, but whatever you've got will be fine! If you're using very large potatoes, chop them into halves or quarters to speed up the cooking—or dice them into bite-sized pieces if you're really in a hurry. Otherwise, keep the potatoes whole.

Cover the potatoes with water in a large pot with a lid. Bring the water to a boil over medium-high heat, then turn the heat down to medium and set the lid askew so that steam can escape.

After about 25 minutes, try piercing the largest potato with a fork. If the fork pierces the potato easily, it's fully cooked. If not, boil for 5 more minutes. It's fine if they're a little overcooked, but undercooked potatoes are awful.

Drain the water. Once the potatoes are cool enough to handle safely (but still warm), roughly chop them into bite-sized pieces, if you haven't already.

In a large bowl, mix the olive oil, citrus juice or vinegar, mustard, salt, and pepper. Whisk it briskly until the liquid is blended. If you don't have a whisk, simply whip with a fork.

Throw the potatoes into the bowl and stir to coat them in the dressing. Add a generous amount of salt as you stir. Potatoes are very bland without salt! Then let them marinate for 10 minutes.

Chop a handful of scallions and sprinkle them over top. Toss the salad once more, then taste and adjust the salt, pepper, and vinegar as you see fit.

This keeps very well and travels nicely to a picnic or potluck. Have fun!

Ever-Popular Potato Salad

FOR FOUR

I developed this salad because I'm not a big fan of mayonnaise-based potato salads. This is really the simplest thing: just potatoes in a regular vinaigrette. You can add all kinds of extras to it to make it more festive, but people always rave about the salad as is. The secret is that potatoes actually have really nice flavor—all you have to do is season them properly. Let potatoes be potatoes, no need to hide 'em!

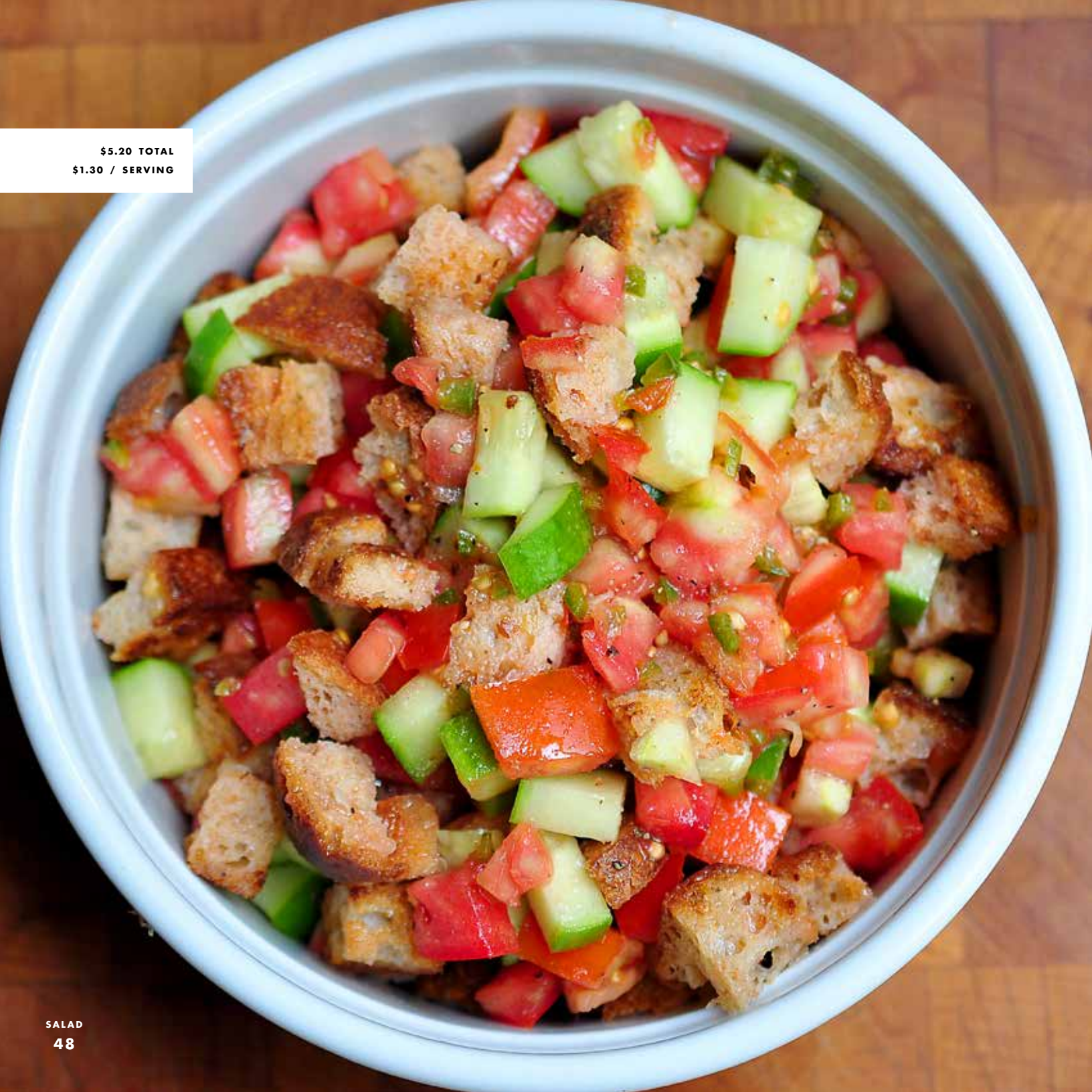
If you have leftover roasted potatoes or other root vegetables, the same idea works great. Just skip the cooking part and go straight to the dressing.

2 lb potatoes
2 tbsp olive oil
2 tbsp lemon juice, lime juice, or vinegar
2 tsp Dijon mustard
salt and pepper
scallions

ADDITIONS

fresh dill, chopped
fresh parsley, chopped
paprika
fresh chillies, finely chopped
pickles, finely chopped

\$3.00 TOTAL
\$0.75 / SERVING



\$5.20 TOTAL
\$1.30 / SERVING

Spicy Panzanella

FOR FOUR

A former classmate, George, likes salads with a little kick. (As you can maybe tell, I do too!) For inspiration, I turned to panzanella, a classic Italian bread-and-tomato salad. The Italians are true masters of making leftovers delicious. Here, old hard bread soaks up tomato juice and dressing for a super flavorful and filling salad. You can toss in any vegetable or fruit so long as it's juicy. Bell peppers or carrots won't work so well, but peaches, grapes, and zucchini all do. If you don't like spicy salads as much as George and I do, feel free to replace the jalapeño with garlic or shallot.

2 small field cucumbers
or 1 English cucumber, chopped
2 medium tomatoes, chopped
salt and pepper
4 slices day-old bread

DRESSING

1 jalapeño, finely chopped
2 tbsp tomato, chopped
1 lime, juiced
2 tbsp olive oil
salt and pepper

ADDITIONS

fresh herbs
peaches, nectarines, or plums
red onion, finely chopped
zucchini or summer squash
olives
grapes

If you're using field cucumbers—usually much less expensive than English cucumbers—peel them roughly to remove the tough skin.

Keep about 2 tablespoons of chopped tomatoes aside to use in the dressing, but throw the rest of the tomatoes and all the cucumbers into a large bowl. Sprinkle generously with salt and pepper; the salt helps draw out the juices. Toss the vegetables quickly.

Place a small saucepan on medium heat with a few drops of olive oil. Sauté the jalapeño for about a minute, then add the remaining tomato and a tablespoon of water. Cook for another 2 minutes, until the tomato juices release. Sprinkle liberally with salt and pepper.

Once the water has evaporated, turn off the stovetop and dump the jalapeño-tomato mixture on your cutting board. Chop it very finely, then throw it back into the pan—with no heat—along with the lime juice and olive oil. Taste it and add more salt and pepper as needed. You've got dressing!

Chop or tear the bread into bite-sized pieces, then toast it in a skillet over medium heat, tossing occasionally until the bread chunks are toasty on all sides. Alternatively, just toast full slices of bread in a toaster and tear them up afterwards, or skip the toasting entirely if the bread is already super-hard.

Mix the bread and vegetables with the dressing. Taste and adjust salt and pepper once more.

Let it sit for a few minutes so that the bread can soak up the juices, then serve!

Cold (and Spicy?) Asian Noodles

FOR FOUR

On a hot day, this is all I want to eat. Cold but spicy food is refreshing and delicious in the summer. If you have some spice oil on hand, be sure to add it. It's amazing in this.

12 oz dried spaghetti, soba,
or any Asian noodles
2 tbsp soy sauce
1 bunch scallions, chopped
1 cucumber, finely chopped
salt and pepper

ADDITIONS

spice oil (p. 162)
peanut sauce (p. 161)
grated carrot
shredded cabbage
bean sprouts
hard-boiled egg
chopped tomato

Prepare the noodles according to the package instructions. Rinse them under cold water and put them in a colander to drain.

Put the noodles in a bowl and add the soy sauce, spice oil if you have it, scallions, and cucumber (and any other additions). Mix it all together with a fork or a tongs. Taste it and add salt and pepper or more spice oil as needed.

Let the noodles sit in the fridge for about an hour if you can. The flavors will mingle and become more intense.

Think of this as a recipe that you can really make your own. Use whatever sauce or dressing you like and whatever vegetables you have around, or just a few scallions.

\$5 TOTAL
\$1.25 / SERVING





Taco Salad

FOR TWO

This salad is a great use for leftover beans (or pulled pork)—crunchy, fresh, yet satisfying enough to be a whole meal. I like to make taco salad in a week where I’ve made a large batch of beans and I’m craving something fresh.

- 4 cups lettuce, chopped
- 1 cup beans, pulled pork, or ground beef
- 2 small tomatoes, chopped
- ½ cup corn, canned or fresh
- 2-3 scallions, finely chopped
- 1 cup tortilla chips, roughly crushed
- sharp cheddar or queso fresco, for sprinkling

DRESSING

- ¼ cup sour cream or yogurt
- juice of one lime
- salt and pepper

ADDITIONS

- cucumber
- jalapeño
- bell peppers
- grated carrots
- salsa (p. 163)

Mix up the dressing and taste it. Adjust the salt, pepper, and lime to your liking.

Mix the other ingredients in a large bowl. Pour the dressing over just before serving and toss to coat the salad evenly. Eat immediately, maybe with a few extra tortilla chips on the side.

\$5.20 TOTAL
\$2.60 / SERVING



Beet and Chickpea Salad

FOR TWO

This dish is spicy, crunchy, and almost certainly the pinkest salad you’ll ever eat! Don’t be scared.

- 2 to 3 beets, peeled and grated
- 1 cup chickpeas, cooked or canned
- 3 tbsp peanuts

DRESSING

- 1 tbsp lime juice
- 1 tsp chili sauce
- 1 tbsp olive oil
- salt and pepper

Peel the raw beets, removing the stems if necessary, then shred the beets with a box grater. Place the beets in a bowl along with the chickpeas and nuts.

Mix up the dressing ingredients in another small bowl and stir to combine. Taste and adjust the salt and pepper to your liking.

Add the dressing to the other bowl and mix up all the ingredients. Let it sit for about 5 minutes so that the flavors can soak into the vegetables and the beet juices can mingle with the dressing.

\$3.50 TOTAL
\$1.75 / SERVING



\$3.20 TOTAL
\$0.80 / SERVING

The bitterness of broccoli is delicious next to the sweet tartness of apples. Plenty of crunch, too!

1 large crown and stem of broccoli
2 apples

DRESSING

1 lemon, juiced
1 tbsp olive oil
salt and pepper

ALTERNATE DRESSING

1 tbsp yogurt
1 tsp olive oil
1 tsp lemon juice
1 tsp fresh dill, chopped
salt and pepper

Broccoli Apple Salad

FOR FOUR

Slice the stem of the broccoli into 1/8" discs. If you can't get them that thin, don't worry, but the thinner the better if you have the patience! Once you reach the crown of the broccoli, cut each of the florets off and slice each of them as thinly as you can as well. Set the broccoli in a bowl.

Halve and core the apples, then place the apples flat side down on your cutting board to make them easier to slice. Slice the apples into 1/8" pieces as well, then dump them into the same bowl.

Choose either of the dressing options and prepare it by simply mixing the ingredients together in a small bowl. Taste it and season with more salt and pepper to match your preferences.

Pour the dressing over the bowl of vegetables and mix it all together.

If you put a plate in the fridge for 10 minutes before serving the salad, it'll stay crisp slightly longer. For the best presentation, pile the salad as high and tight as you can manage.

Charred Summer Salad

FOR TWO, OR FOUR AS A SIDE

One of the early supporters of this book, Gina, can't eat gluten and wanted more Mexican-inspired options. I designed this spicy summer salad for her, topped with popcorn for a crunch like croutons. Use smaller zucchini, and save the big ones for muffins (p. 21). If you own a grill, use it instead of the broiler!

2 medium zucchini
2 cobs corn
1 tbsp olive oil or vegetable oil
salt and pepper
2 oz cotija or feta, crumbled
1 cup popcorn (p. 74), popped

DRESSING

1 lime, juiced
1 tbsp olive oil
1/2 tsp chili powder
salt and pepper

Chop off both ends of the zucchini, then slice each into four long sticks. Shuck the corn. Lay the zucchini and corn on a baking tray, then rub them with oil, making sure they're well coated. Sprinkle with salt and pepper.

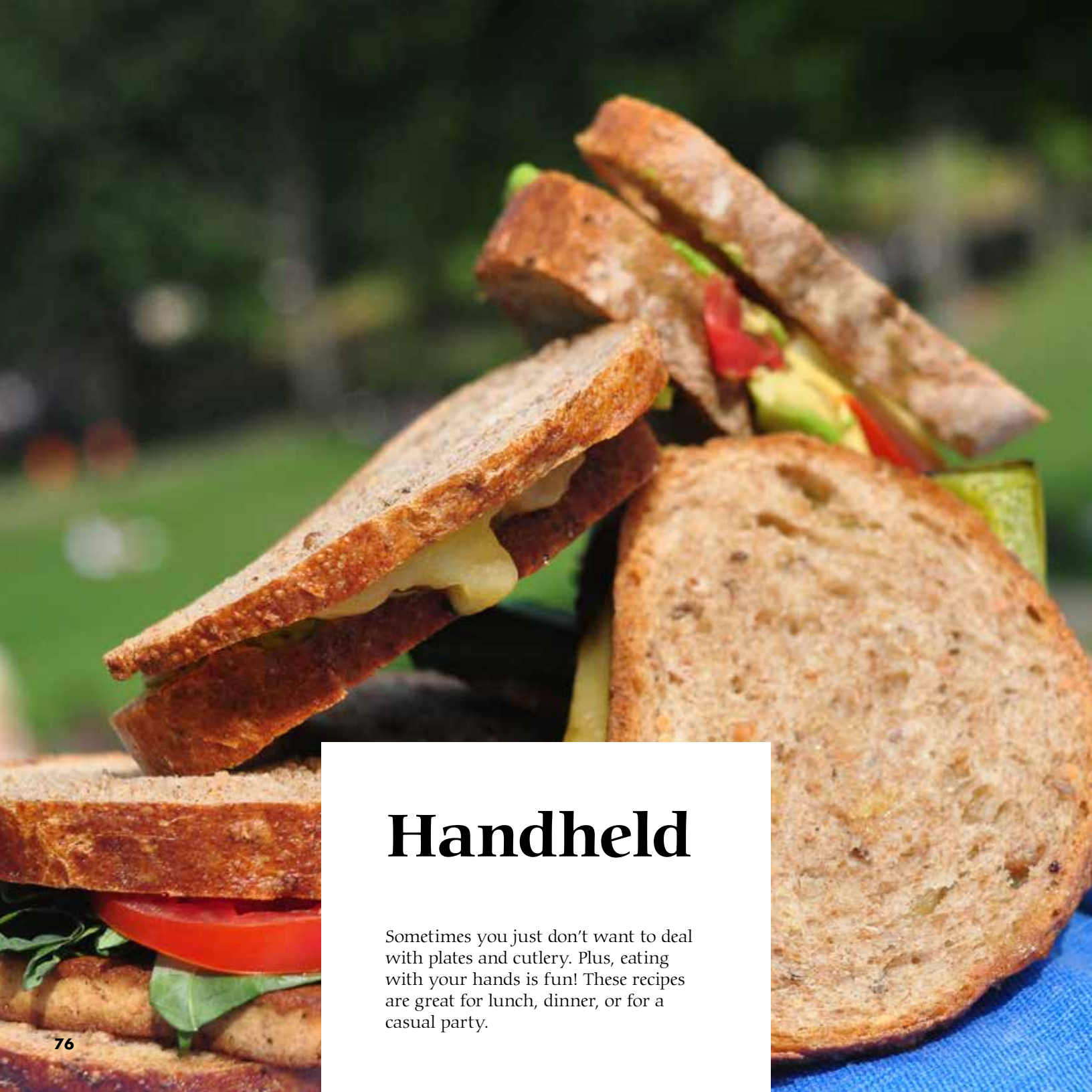
Broil (or barbecue) for 2 to 5 minutes, depending on how powerful your broiler is. Turn the corn over to make sure it cooks evenly. The zucchini should start to blacken in some spots. This is good! Broil for another 2 to 5 minutes, until the vegetables are lightly charred.

Mix the dressing in a large bowl. Taste it and adjust.

Chop the zucchini into bite-sized pieces and slice the corn kernels from the cob. Transfer the vegetables into the bowl with the dressing. Add the crumbled cotija or feta and mix. Sprinkle popcorn (p. 74) over top, then dust with a little extra chili powder, salt, and pepper.



\$5.50 TOTAL
\$2.75 / SERVING



Handheld

Sometimes you just don't want to deal with plates and cutlery. Plus, eating with your hands is fun! These recipes are great for lunch, dinner, or for a casual party.

This is one of my favorite ways to use roasted cauliflower other than eating it straight. It's a delicious change from the usual vegetable taco offerings. Just look at all those crunchy bits!

roasted cauliflower (p. 58)
6 tortillas
½ cup cheese, grated
½ cup salsa (p. 163) or sauce of choice

Warm up the tortillas in the microwave for 20 to 30 seconds, or put them in a warm oven covered with a towel while you prepare everything else.

Place two to three tortillas on each plate and fill with a generous serving of cauliflower.

Sprinkle the grated cheese over top and drizzle with salsa or sauce of your choice. Enjoy!

Cauliflower Tacos

FOR TWO TO THREE



\$6 TOTAL
\$2 - \$3 / SERVING



\$9 TOTAL
\$2.25 / PIZZA

Potato Leek Pizza

MAKES FOUR PIZZAS

Obviously you should just make all kinds of pizza. Seriously, do it. Make it a Thursday-night tradition and an excuse to use up leftovers. *This* pizza, for one, is a fun variation that confounds expectations—proof that, indeed, anything is good on pizza!

pizza dough (p. 139)
2 tbsp olive oil
1 Russet potato or 3 small potatoes, sliced into thin circles
3 leeks, sliced into circles
salt and pepper
1 lb fresh mozzarella, shredded

Turn the oven to 500 °F.

Put a large pan on medium heat and add 1 tablespoon of olive oil. Once the oil is hot, add the potato slices evenly to the pan, making sure each slice is touching the bottom. (If you slice them thin enough, they'll turn out almost like little chips.)

Let them cook until they start to crinkle around the edges and turn brown. Flip them over and brown the other side, then move them to a bowl. Sprinkle with salt and pepper, then toss with your hands (after they cool down!) to make sure they're evenly coated.

Heat up another tablespoon of oil in the same pan, then toss in the leek slices, stirring occasionally until they're soft, about 5 minutes. Toss them with the potato slices and add a bit more salt and pepper.

Clear a space on the counter and sprinkle with flour. Divide your dough into 4 equal pieces. One at a time, stretch the doughs into crusts. You can use a rolling pin or just slowly use your fingers and hands. I like to make mine really thin and big, but it's up to you how thick to make it.

Once the crust is the desired shape and thickness, dust the back of a cookie sheet with flour or cornmeal to keep the crust from sticking, then place it the dough on the sheet.

Now layer it with $\frac{1}{4}$ of the potato and leek mixture and $\frac{1}{4}$ of the shredded mozzarella. Bake for 5 to 8 minutes. If it's your first time, simply keep an eye on the oven to see when the pizza's done. The crust should be light brown and the cheese melted.

Repeat the process until you've baked all your pizzas. If your oven is big enough, you can of course do more than one pizza at a time.

Broccoli Rabe and Mozzarella Calzones

MAKES FOUR CALZONES

Calzones are pizza in a slightly different form—a form that lets you get stuff in more filling without weighing down the crust. Broccoli rabe is great, but you can use any bitter green, or even broccoli or cauliflower. You'll love these crusty pockets full of oozy goodness!

pizza dough (p. 139)
1 tbsp olive oil
1 large bunch broccoli rabe, chopped
4 cloves garlic, finely chopped
1 tsp chili flakes
2 anchovies, finely chopped (optional)
salt and pepper
2 cups grated mozzarella cheese

Turn the oven to 500 °F (or as hot as your oven gets). Sprinkle a small amount of flour or cornmeal over a baking sheet and set aside.

Place a large pan on medium heat and add the olive oil. Once the oil is hot, add the tough stem ends of the broccoli rabe and cook for 2 minutes. Next, add the rest of the broccoli rabe, including the leafy parts, along with the garlic, chili flakes, and anchovies. Give the ingredients a stir and let it cook for about 5 minutes, stirring occasionally. Add salt and pepper to taste. The broccoli rabe is done when the stems are tender. Set the filling aside.

Divide the pizza dough into 4 equal pieces. Sprinkle flour over the countertop and place one of the four pieces of dough on it. Using your hands or a rolling pin, roll out the dough as you would for pizza (p. 79).

Roll the dough out quite thin. Pile $\frac{1}{4}$ of your broccoli rabe mixture and $\frac{1}{2}$ cup of mozzarella onto one side of the circle, leaving a lip around the edge.

Gather up the half of the dough that isn't weighed down with filling and fold it over top. Pinch the edges of the dough together to create a half-moon shape. Place it carefully on the prepared baking sheet and repeat until you have four calzones.

Bake for 6 to 8 minutes or until the calzones are golden-brown on the outside. Be careful when you bite into them—they'll be hot!



\$6 TOTAL
\$1.50 / CALZONE



\$7.20 TOTAL
\$0.60 / EMPANADA

Broccoli, Egg, and Cheddar Empanadas

MAKES TWELVE

In case you can't tell by now, I am partial to tasty dough stuffed with something even tastier. Every culture has its own version, so when you think about it that way, having empanadas, dumplings, perogies, and calzones in one book isn't that crazy—right? My friend Barb felt the same way, so I created this recipe for her.

2 cups all-purpose
or whole-wheat flour
½ cup cornmeal
½ tsp salt
¼ cup butter
1 egg
½ cup cold water

FILLING

4 cups broccoli with stems,
chopped
1 cup water
9 eggs
2 cloves garlic, finely chopped
½ tsp chili flakes
salt and pepper
1 cup sharp cheddar, grated

Mix the flour, cornmeal, and salt in a large bowl. The cornmeal isn't traditional in empanadas—I just like the extra crunch it gives. You can substitute more flour for the cornmeal if you like.

Place the butter in the freezer for 10 minutes, then grate it directly into the flour mixture. Wash and dry your hands, then use them to gently squish the butter into the flour until it looks like bread crumbs.

Make a crater in the flour mixture. Crack the egg into it along with the water. Mix with your hands until it comes together into a smooth ball. If you're using whole-wheat flour and the dough seems dry, add another tablespoon of water. Cover with plastic wrap or a moist towel.

Put the broccoli and water in a pan over medium heat. Cover it with a lid. Cook for 5 to 7 minutes, until the water is gone and the broccoli is tender.

Meanwhile, crack 8 of the eggs into a bowl, saving the last one for an egg wash later. Mix the eggs with the garlic, chili flakes, salt, and pepper.

Once the broccoli is tender, pour the eggs into the pan. Stir until just scrambled, about 2 minutes. Turn off the heat, add the cheese, and stir.

Heat the oven to 400 °F. Lightly oil or butter two baking sheets.

Divide the dough into 12 equal pieces and roll each into a ball. Dust your counter lightly with flour, then use a rolling pin to flatten each ball into a thin circle, a little bigger than a DVD. Place some filling on one side of the circle, then fold over the other side to form a half moon. Pinch the edges and place the empanada on a baking sheet. Repeat!

If you own a pastry brush, an egg wash will make the empanadas shinier. Since it doesn't affect the taste, only how the empanadas look, this step is very optional. In a small bowl, beat an egg with a fork. Brush the tops of the empanadas with the egg wash.

Bake for 20 minutes, until they turn golden brown.

Potato and Kale Rolls with Raita

FOR FOUR

These are a great meal to make when you have leftover roti and raita. The filling comes together in minutes and could be anything, but potatoes and greens are tasty and filling.

8 roti (p. 138)
2 large or 4 medium potatoes, chopped
1 bunch kale or spinach, chopped with stems removed
1 tbsp ghee or butter
1 tsp cumin seeds
½ cup onion, finely chopped
3 cloves garlic, finely chopped
1 tbsp ginger, finely grated
1 tsp turmeric powder
1 tsp coriander powder
1 tsp cayenne powder
raita (p. 164)
fresh cilantro

Put a skillet on medium heat and add the ghee or butter. (Ghee, which is traditional in Indian cooking, is just butter with the milk solids removed, and it can withstand higher temperatures than butter without burning.)

Once the butter is hot, add the cumin seeds and let them sizzle for 5 seconds before adding the diced onion. Let the onion cook for 2 minutes, stirring occasionally.

In a small bowl, mix the garlic, ginger, turmeric, coriander, cayenne powder, salt, and 1 tablespoon of water.

Add the spices to the onion mixture and mix, cooking for another 2 minutes. It will smell strongly aromatic. This step is important because the spices become toasted and release their flavor.

Next, add the potatoes. Stir to coat them with the onions and spices. Add about a cup of water and cover the pan with a lid. Let it cook for about 10 minutes, checking occasionally to stir and make sure nothing is burning. Add more water as needed. You want the final mixture to be only a bit moist, but the water helps everything cook evenly.

Test the potatoes with a fork: if you can easily pierce them, they're ready. Once they are, add the kale and stir until the kale is wilted. Taste and add more salt if needed.

To assemble the rolls, scoop ⅓ of the mixture into the center of a roti, distributing it in an even line. Roll it up.

Serve two roti per person with cilantro and a generous dollop of raita, either over the top or on the side.

\$5.25 TOTAL
\$0.66 / ROLL



IDEAS

Leftovers

Leftovers are convenient, but can seem unappealing, limp, and cold after sitting in the fridge for a couple of days. That's why the sandwich, the wrap, and the taco are your friend. Here are just a few ideas for how to give leftovers a makeover very quickly for a whole new meal!

TOMATO SCRAMBLED EGGS WRAP (P. 15)

Throw the tomato eggs into a wrap and add some roasted potatoes or rice for bulk.

JACKET SWEET POTATOES SPREAD (P. 57)

Mash up leftover baked sweet potatoes, then spread them in a bacon sandwich for a sweet counterpoint.

TOAST TOPPINGS ON ANYTHING (P. 69-73)

Any of the toast toppings would work in a wrap, as a calzone filling, or as a pizza topping.

CAULIFLOWER TACOS (P. 77)

Tacos are the perfect re-use of roasted cauliflower.

CHANA MASALA WRAP (P. 93)

Sounds strange, but spread some herbed mayo on the wrap and then pile in the chana masala.

BLACK-EYED PEAS AND COLLARDS WRAP (P. 94)

Fold the black-eyed peas and collards into a wrap with a little hot sauce or some tzatziki.

VEGETABLE JAMBALAYA BURRITO (P. 97)

Add some salsa or any leftover beans.

CAULIFLOWER CHEESE SANDWICH (P. 113)

Add some crunchy greens and mustard. Yum!

ROASTED VEGETABLES SANDWICH (P. 122)

Add some extra spices or sauces to liven up the vegetables and grill the bread for some crunch.

ROASTED POTATOES AND CHILIES (P. 125)

This dish is great in a taco—just add a little salsa and grated cheese. I like green salsa here.

TILAPIA TACO (P. 126)

For a makeshift fish taco, chop up some crunchy cabbage and cilantro.