

You can make this soup without any dairy and it tastes just as creamy.

SUMMER CORN CHOWDER

I bought a farm in Indiana almost 30 years ago, and that's when I first started a little corn patch. The thing is, every stalk grows so many ears that I couldn't keep up! I mean, what do you do with all that corn? When I was a kid, my mother used to fry it, which was great, but what made it so great was that she'd fry it in a pound of bacon. I began looking for some slightly less artery-clogging alternatives—that's when we came up with the corn chowder idea. By pureeing half of the corn and keeping the rest of the kernels whole, we were able to get a good, chunky chowder without having to dilute the flavor or thicken it by adding cream.

INGREDIENTS:

1 tablespoon unsalted butter
2 medium carrots, peeled and cut into small dice
1 medium yellow onion, cut into small dice
3 cloves garlic, thinly sliced
1 1/2 teaspoons salt, plus more if needed
Kernels from 6 ears of corn, or 4 1/2 cups thawed frozen corn kernels
1 medium baking potato, peeled and cut into small dice
6 cups Great Chicken Stock (page 42), plus more if needed
2 sprigs fresh thyme
1 bay leaf
1/2 cup canned evaporated milk
1 teaspoon freshly ground black pepper

Garnishes

4 thick slices great-quality bacon, cut into small dice
1 small sweet potato, peeled and cut into small dice
2 cups fresh or thawed frozen corn kernels
1/2 teaspoon ground chipotle chile
2 canned pimientos, drained and cut into small dice
2 tablespoons thinly sliced fresh chives
1 tablespoon finely chopped fresh tarragon

DIRECTIONS:

In a large, heavy-bottom saucepan, melt the butter over medium-low heat. Add the carrots, onion, garlic, and salt and cook for about 10 minutes, until softened but not browned. Add the corn and cook for 5 minutes more (if using frozen corn, no need to cook). Add the potato, chicken stock, thyme, and bay leaf, increase the heat to high, and bring to a boil. Reduce the heat and simmer for 20 minutes.

Meanwhile, prepare the garnishes: Cook the bacon in a large skillet over medium-high heat until crisp, about 5 minutes. Remove from the pan with a slotted spoon and drain on a paper towel-lined plate. Add the sweet potato to the pan and cook until browned and cooked through, about 8 minutes. Add the corn and chipotle and cook for 2 minutes more. Place the bacon in a medium bowl, add the sweet potato, corn, and pimientos, and toss in the chives and tarragon. Remove from the heat and set aside while you finish the soup.

Remove the bay leaf and thyme from the soup. With a mesh strainer or large slotted spoon, remove half of the solids from the pan and place in a blender. Add the evaporated milk, hold down the lid with a towel to avoid escaping steam, and blend until smooth. Return the puree to the pan and simmer for 5 minutes more. Add the pepper, taste, and add more salt if needed. Ladle into bowls, garnish with the sweet potato mixture, and serve.

PREP TIME

30

MINUTES

COOK TIME

1 1/2

HOURS

SERVES

8

SMARTPOINTS

9

PER SERVING

CALORIES

279

PER SERVING





MASHED CAULI-POTATOES

Everybody always says that whipped cauliflower tastes just like mashed potatoes. Well, guess what? Whipped cauliflower tastes just like...whipped cauliflower. So I was just staring at my plate of cauliflower one day and I started thinking: What if instead of pureeing a head of cauliflower and trying to fake yourself out, you were to mix in a potato or two? It turns out the cauliflower takes on the flavor of the potato. Who'd have thunk it? People have eaten the cauliflower mashed potato combination at my house, never even realizing the cauliflower was there. It makes you feel like you've actually beaten the system!

INGREDIENTS:

- 1 medium head white or golden cauliflower
- Sea salt
- 2 medium Yukon gold potatoes, peeled and cut in half
- 1 tablespoon butter
- 1 teaspoon freshly ground black pepper
- 1 tablespoon finely chopped fresh rosemary
- 1 tablespoon finely chopped fresh chives

DIRECTIONS:

Remove the stem and outer leaves from the cauliflower and break the head into 8 to 10 sections. Fill a large saucepan with water and season generously with salt. Add the potatoes, turn the heat to high, and bring to a boil. Reduce the heat to maintain a strong simmer and cook for 10 to 15 minutes, until the potatoes are tender. Using a slotted spoon, transfer the potatoes from the water to a colander. Add the cauliflower to the water, return to a simmer, and cook for 7 to 10 minutes, until tender. Remove the cauliflower from the pot and add it to the potatoes. Drain the water and return the potatoes and cauliflower to the pot. Add the butter, pepper, and rosemary and mash using a potato masher to a coarse mashed-potato texture. Season with salt and serve garnished with the chives.

I love mashed potatoes, but if I eat too much, they don't love me back.

PREP TIME
10
MINUTES

COOK TIME
15
MINUTES

SERVES
6

SMARTPOINTS
2
PER SERVING

CALORIES
98
PER SERVING

MAYA'S SMOTHERED CHICKEN

My dear friend Maya Angelou made this when I visited her in North Carolina. Maya was an extraordinary cook. No matter what she made, it always felt like coming home to visit my grandmother, but this was my all-time favorite.

INGREDIENTS:

2 (3-pound) fryer chickens
 Juice of 2 lemons
 1/2 cup (1 stick) unsalted butter
 1/2 cup vegetable oil, plus more if needed
 1/2 teaspoon salt, plus more to taste
 1/2 teaspoon freshly ground black pepper, plus more to taste
 1 cup all-purpose flour
 2 medium onions, sliced
 1 pound button mushrooms, sliced
 1 clove garlic, minced
 2 cups Great Chicken Stock (page 42)

DIRECTIONS:

Wash and pat dry the chicken with paper towels. Cut up each one into pieces and put them in a large bowl. Add the lemon juice, then add water to cover. Refrigerate for 1 hour.

Melt the butter in the oil in a large skillet over high heat.

Drain the chicken, pat it dry with paper towels, and season with the salt and pepper. Place 3/4 cup of the flour in a shallow bowl. In batches, dredge the chicken pieces in the flour, shaking off any excess flour.

Working in batches, add the chicken pieces to the skillet and cook until the skin is browned and crisp, about 5 minutes on each side, removing the chicken from the skillet to a plate or baking sheet as it is finished and adding more oil if it starts to get low.

Measure out 1/4 cup of the fat from the pan and pour it into a large saucepan. Heat over medium heat, then add the remaining 1/4 cup flour and cook, stirring constantly, until a light brown roux is formed, about 5 minutes. Add the onions, mushrooms, and garlic and cook, stirring constantly and scraping the bottom of the pan as needed, until softened, about 10 minutes. Return the chicken to the pan and add the chicken stock. Increase the heat to high, bring to a simmer, then reduce the heat and simmer, stirring often to release any stuck bits from the bottom of the pan, for 25 minutes, or until the chicken is cooked through and the gravy has thickened enough to coat a spoon. Season with salt and pepper and serve.

PREP TIME
15
MINUTES

COOK TIME
50
MINUTES

SERVES
8

SMARTPOINTS
15
PER SERVING

CALORIES
536
PER SERVING



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This is the meal I remember most from childhood. My grandmother made it and served it over steaming rice when Sunday "company" came for dinner.

It's also pretty great alongside a bowl of turkey chili.

SKINNY CORNBREAD

I want to feel great. I want to look good. But I draw the line at giving up cornbread. Fortunately, I don't like it real thick. My cornbread is thin and crispy right around the rim. I like when the edges sort of crunch in your mouth and there's a little bit of corn and jalapeño in there.

INGREDIENTS:

Extra virgin olive oil cooking spray
1/4 cup diced yellow onion
1/2 cup fresh or thawed frozen corn kernels
2 tablespoons seeded and finely diced jalapeño chiles
1/2 cup all-purpose flour
2 teaspoons sugar
2 teaspoons baking powder
1/4 teaspoon baking soda
1/2 teaspoon fine sea salt
1 cup stone-ground yellow cornmeal
3/4 cup buttermilk
1 large egg, beaten
2 tablespoons grapeseed oil

DIRECTIONS:

Preheat the oven to 400°F. Coat a small nonstick skillet with cooking spray and heat over medium-high heat. Add the onion, corn, and jalapeños and cook until the corn is slightly charred, about 5 minutes. Transfer the vegetables to a bowl and set aside to cool to room temperature.

Sift the flour, sugar, baking powder, baking soda, and salt into a medium bowl. Add the cornmeal and whisk to blend the ingredients.

In a separate medium bowl, whisk together the buttermilk, egg, and oil. Pour the wet ingredients into the dry ingredients and stir with a wooden spoon to combine. Fold in the corn mixture.

Coat a 10-inch cast-iron skillet with cooking spray and pour the cornbread mixture into the pan. Level and smooth the top with a metal spatula. Place in the oven and bake for 15 minutes, or until lightly golden and the top center is just firm to the touch. Remove from the oven and set the skillet onto a cooling rack or trivet. Cool slightly, then slice and serve while still warm. The cornbread will keep, wrapped in plastic wrap, in the refrigerator for up to 1 week.

PREP TIME
15
MINUTES

COOK TIME
15
MINUTES

SERVES
8

SMARTPOINTS
5
PER SERVING

CALORIES
152
PER SERVING

If you have leftover cornbread it can be diced and dried in the oven for amazing croutons.



GOLDEN CAULIFLOWER COUSCOUS

This dish is pure cauliflower, but we chop it so fine that it has exactly the same texture as couscous. It's actually kind of hard to believe that it's not couscous. There's nothing wrong with couscous—but a cup of it is five points, and a cup of golden cauliflower couscous is only 2 points. I rest my case!

INGREDIENTS:

1 medium head golden cauliflower
 1 tablespoon extra virgin olive oil
 3 cloves garlic, minced
 1 teaspoon ground cumin
 1/8 teaspoon ground turmeric
 Zest and juice of 1 lemon, or to taste
 1 teaspoon fine sea salt, or to taste
 1/2 teaspoon freshly ground black pepper, or to taste
 1 tablespoon finely chopped red onion
 1 Fresno chile, finely chopped
 4 black olives, pitted and finely chopped
 4 dried apricots, finely chopped
 1/2 medium cucumber, peeled, seeded, and finely chopped
 1 large tomato, peeled and finely chopped
 1 medium orange bell pepper, cored, seeded, and finely chopped
 1/4 cup Marcona almonds, chopped
 Leaves of 1 small bunch fresh mint, chopped
 Leaves of 1 small bunch fresh cilantro, chopped
 Leaves of 1 small bunch fresh flat-leaf parsley, chopped

DIRECTIONS:

Remove the core and stems from the cauliflower and separate the florets. In two batches, pulse the cauliflower in a food processor until the granules are the size of couscous, placing each batch in a bowl as it's ready.

Heat the oil in a large nonstick sauté pan over medium heat. Add the garlic and cook for about 1 minute, until aromatic, then stir in the cumin and turmeric and cook, stirring, for about 1 minute, until aromatic. Add the cauliflower and cook, stirring occasionally, for about 5 minutes, until al dente. Transfer the cauliflower to a serving bowl and let cool. Stir in the lemon zest and juice, salt, and pepper, then stir in the onion, chile, olives, apricots, cucumber, tomato, bell pepper, and almonds. Stir in the mint, cilantro, and parsley, taste, and adjust the seasonings with more salt, pepper, and/or lemon juice if needed. Let sit for at least 30 minutes before serving so the flavors can marinate.

PREP TIME
10
MINUTES

COOK TIME
6
MINUTES

SERVES
6

SMARTPOINTS
2
PER SERVING

CALORIES
117
PER SERVING

Cauliflower is a multipurpose vegetable. We roast whole cauliflower, make cauliflower soup, puree cauliflower, and grill large cauliflower "steaks."



Sweeten the Deal

THREE DESSERTS FOR INSTANT BLISS

I usually reserve sweets for holidays and guests, but there are a few treats you'll never catch me turning down. Eating up the three desserts I'm sharing here won't eat up a lot of points. They're simple, old-fashioned, and just perfect with a cup of tea, a pretty plate, and a friend.

FRESH CHERRY CROSTATA

I know people ooh and ahh when a big gooey elaborate dessert is presented. But give me an unpretentious slice of crostata any day! The fresh cherries in this dish capture the essence of summer. This tart is so rustic and homey-looking, it feels like it should show up on Little House on the Prairie.

Crust

- 1 1/2 cups all-purpose flour
- 1/2 cup cornmeal
- 1 tablespoon granulated sugar
- 1/2 teaspoon salt
- 3/4 cup (1 1/2 sticks) cold unsalted butter, cut into 1/2-inch cubes
- 1/2 cup ice-cold water

Filling

- 3 pounds fresh sweet cherries, pitted
- 2 tablespoons granulated sugar
- 2 teaspoons cornstarch
- 1 tablespoon unsalted butter, melted
- 2 tablespoons raw sugar

In a medium bowl, whisk together the flour, cornmeal, sugar, and salt. Add the butter and, using your fingers, quickly incorporate it into the dry mixture until it feels like wet sand and has tiny pebbles of butter remaining. Add the water and mix just until the dough begins to come together. Gather up the dough, transfer it to a lightly floured work surface, and knead briefly until it forms a smooth mass. Pat the dough into a 3/4-inch-thick disk, wrap in plastic wrap, and refrigerate for at least 1 hour before rolling out. You can make the dough a day ahead.

Preheat the oven to 400°F and line a baking sheet with parchment paper. On a lightly floured surface, roll the dough out to a 15-inch round, then transfer to the prepared baking sheet.

Place the cherries in a large bowl. In a small bowl, whisk together the granulated sugar and cornstarch, then add to the cherries. Mix well with a large spoon or spatula. Arrange the cherries in a mound on top of the dough, leaving a 2-inch rim around the outside. Fold the edge of the dough up and over the fruit.

Brush the melted butter over the pastry crust, then sprinkle with the raw sugar. Place in the oven and bake for 40 minutes, or until the crostata is golden brown on top and bubbly inside. Cool on a wire rack for 10 minutes before slicing and serving.

MAKES 1 (10-INCH) CROSTATA | SERVES 8
13 SMARTPOINTS PER SERVING
418 CALORIES

SPICED APPLESAUCE MINICAKES

When you walk into a house that has something with apples, cinnamon, and cloves baking in the oven, you know you've come home! My grandmother used to make minicakes in a cast-iron skillet, so when Rosie, my chef at the time, started making them, I was just delighted.

- 1 1/2 cups all-purpose flour
- 2 teaspoons baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon ground cloves
- 1/2 cup wheat bran
- 1 1/4 cups unsweetened applesauce
- 1/4 cup brown sugar
- 2 large eggs
- 1/4 cup liquid coconut oil or melted unsalted butter
- 1/2 cup golden raisins

*You can substitute
currants, dried
blueberries, or
walnuts for the
golden raisins.*

Preheat the oven to 375°F and line a 12-hole cupcake pan with paper liners.

In a medium bowl, sift together the flour, baking soda, cinnamon, ginger, and cloves. Add the bran and whisk to combine.

In a large bowl, combine the applesauce, brown sugar, eggs, and coconut oil or melted butter and whisk until well blended. Add the dry ingredients to the wet mixture and stir with a rubber spatula or wooden spoon just until it comes together. Add the golden raisins and quickly mix to combine. Spoon the batter into the cupcake liners.

Place in the oven and bake for 20 minutes, or until a tester comes out clean and the tops are just firm to the touch. Remove the pan from the oven and set onto a cooling rack. Serve the minicakes warm or at room temperature with apple butter or jam and a cup of jasmine green tea. The minicakes will keep, wrapped in plastic wrap, at room temperature for up to 3 days or in the freezer for up to 1 month.

SERVES 12
6 SMARTPOINTS PER SERVING
147 CALORIES

LAVENDER SHORTBREAD

Crisp, delicate, and with a heavenly scent. (I love tiny bite-size pieces for myself but nice large pieces if giving as a gift.) We served these lovely cookies to President and Mrs. Obama when they appeared on the show together, and I'm pleased to report that the President, the First Lady, and the shortbread were all a hit!

- 2 cups all-purpose flour
- 1/2 cup white rice flour or cornstarch
- 3 tablespoons dried lavender flowers, crushed between your palms
- 1 cup (2 sticks) unsalted butter, at room temperature
- 2/3 cup sugar, plus more for dusting
- 1 vanilla bean, split and seeds scraped out
- Zest of 1 orange
- 1 teaspoon salt

Grease a 9 1/2 x 13-inch baking pan. In a large bowl, whisk together the all-purpose flour, rice flour, and lavender flowers and set aside.

In a stand mixer fitted with the paddle attachment or in a large bowl using a hand mixer, cream together the butter, sugar, vanilla seeds, orange zest, and salt until blended, about 1 minute. Turn the mixer to low speed and add the dry mixture a little at a time, beating just until the dough comes together. Using your hands, press the dough in an even layer into the baking pan. Place in the refrigerator for at least 1 hour or up to a day.

Preheat the oven to 350°F. Using a fork, prick the dough across the top (this prevents bubbles from forming). Bake for 15 minutes, remove the pan from the oven, and give the pan a good whack on the counter to get rid of any air pockets. Return the pan to the oven and bake for an additional 15 minutes, or until the shortbread is lightly golden and the center is firm to touch. Remove the pan from the oven, set on a cooling rack, and dust the top evenly with sugar. Cool the shortbread for 10 minutes, then cut into squares. Cool completely before serving. The shortbread will keep wrapped in plastic wrap for up to 1 week or in the freezer for up to 2 months.

MAKES 48 1X2-INCH RECTANGLES
3 SMARTPOINTS PER SERVING
71 CALORIES

*Be careful not to over-mix the dough
or you'll end up with tough shortbread
instead of delicate, flaky goodness.*

Be careful not to over-mix the dough or you'll end up with tough shortbread instead of delicate, flaky goodness.

CHAKALAKA

When the girls from my South African leadership academy are visiting—which is quite often—they ask for chakalaka. Once I figured out what it actually was, it became a regular part of my repertoire! Sometimes a little familiar food is a terrific way to stave off homesickness.

INGREDIENTS:

1 tablespoon extra virgin olive oil
 1 medium yellow onion, finely diced
 3 cloves garlic, minced
 ½ teaspoon minced fresh ginger
 2 teaspoons Madras curry powder
 1 teaspoon ground cayenne
 ½ teaspoon dried thyme
 ¼ teaspoon smoked paprika
 2 medium plum tomatoes, peeled, seeded, and diced
 4 cups thinly sliced cabbage
 2 jalapeño chiles, seeded and diced
 1 large carrot, grated
 1 medium red bell pepper, cored, seeded, and diced
 1½ cups cooked white beans
 2 tablespoons distilled white vinegar
 1 teaspoon fine sea salt
 ½ teaspoon freshly ground black pepper
 2 tablespoons chopped fresh flat-leaf parsley

DIRECTIONS:

Heat the oil in a large saucepan over medium heat. Add the onion and cook for 2 minutes, or until softened. Add the garlic and ginger and cook for 1 minute, or until aromatic. Add the curry powder, cayenne, thyme, and smoked paprika and cook for about 1 minute, until aromatic, adding a tiny bit of water if the mixture starts to stick to the bottom of the pan. Add the tomatoes, cabbage, chiles, carrot, and bell pepper, bring to a simmer, and simmer for about 5 minutes, stirring occasionally, until the vegetables begin to soften. Add the beans and vinegar and cook for an additional 2 to 3 minutes, until the beans are warmed through. Add the salt and pepper and stir in the parsley. Serve hot or warm, or refrigerate and serve cold.

PREP TIME
15
MINUTES

COOK TIME
15
MINUTES

SERVES
6

SMARTPOINTS
3
PER SERVING

CALORIES
137
PER SERVING

*This is an awesome
 accompaniment to fish,
 grilled meats, or poultry.*



BREAKFAST COOKIES

1 1/2 cups rolled oats
Cooking spray
2 small Gala apples, peeled, cored, and roughly chopped
4 medium ripe bananas, mashed
1/3 cup apple juice
1 1/4 cups walnuts, roughly chopped
3/4 cup dried apples, minced
1/2 cup raisins

1/2 cup plus 1 tablespoon oat flour
1 1/2 teaspoons ground ginger
1 teaspoon ground cinnamon
1/2 teaspoon ground cloves
1/2 teaspoon ground mace
1/2 teaspoon ground nutmeg
1/2 teaspoon baking powder
1/2 teaspoon salt

Preheat the oven to 350° and line a baking sheet with a silicone baking mat or parchment paper. Spread the rolled oats evenly on a baking sheet and bake for 15 to 20 minutes, until they are lightly colored and fragrant. Remove from the oven, transfer to a plate, and let cool to room temperature.

While the oats are cooling, coat a nonstick sauté pan with cooking spray. Heat the pan over medium-high heat, add the chopped apples, and cook for 3 minutes, or until they are tender. Scrape the apples into a large bowl and set aside for about 10 minutes to cool. Add the mashed bananas and apple juice to the cooked apples and stir with a wooden spoon to incorporate. In a separate bowl, combine the toasted oats, walnuts, dried apples, raisins, oat flour, ginger, cinnamon, cloves, mace, nutmeg, baking powder, and salt. Pour the wet ingredients into the dry ingredients and, using your hands or a large spoon, mix the dough together. Cover the bowl with plastic wrap and let the dough rest at room temperature for 10 minutes.

Using a 3/4-ounce ice cream scoop, portion 12 scoops of cookie dough onto the silicone mat. Cover the scooped portions of dough with plastic wrap and, using the flat bottom of a glass, press down on the scoops until they are 1/2 inch thick. Place the cookies in the oven and bake for 12 to 15 minutes, until golden brown. Remove the baking sheet from the oven and set on a cooling rack to cool completely. The cookies will keep, stored in a plastic container or plastic bag, for up to 1 week.

MAKES 30 COOKIES

3 SMARTPOINTS PER COOKIE | 85 CALORIES



OMELETTE

Extra virgin olive oil cooking spray
1/4 medium red bell pepper, cored, seeded, and finely diced
1/2 small scallion, thinly sliced
1 cup fresh spinach leaves, chopped
Sabatino truffle salt
Freshly ground black pepper
1 large egg
4 large egg whites
Sabatino Truffle Zest
1 slice reduced-fat pepper Jack cheese
1 tablespoon grated (on a Microplane) Parmesan cheese

Preheat the oven to 425°F.

Lightly coat a medium nonstick sauté pan with cooking spray and heat it over medium heat. Add the bell pepper and scallion and sauté until softened, about 5 minutes. Add the spinach and stir until wilted, about 1 minute. Season with truffle salt and pepper. Scrape the mixture onto a double layer of paper towels to absorb excess moisture.

In a small bowl, whisk together the egg and egg whites. Coat a medium nonstick ovenproof sauté pan with cooking spray and heat over medium-high heat. Pour the eggs into the pan and, using a silicone spatula, quickly stir the eggs around as if you were making scrambled eggs. As the eggs begin to come together, remove the pan from the heat and use your spatula to smooth the egg out to make an even layer. Season what will be the inside of the omelette with truffle salt, pepper, and Truffle Zest and place the Jack cheese on top. Press any excess moisture out of the vegetable mixture, then add it to the omelette in an even layer.

Place the open-face omelette in the oven and leave it just long enough for the cheese to melt and the eggs to set, 2 to 3 minutes. Remove the omelette from the oven and fold it: Hold the pan with the handle facing you and the opposite side tilting toward your plate. Using the spatula, lift the omelette and fold it onto itself, starting with the edge closest to the handle and continuing as the omelette makes its way onto the plate in a thin football shape. Sprinkle with the Parmesan and serve.

SERVES 1 | 6 SMARTPOINTS PER SERVING
258 CALORIES

ASPARAGUS AND GOAT CHEESE FRITTATA WITH SMOKED SALMON

Salt
1 bunch asparagus, woody ends snapped off and discarded
8 large eggs
1/2 cup whole milk
1 teaspoon Sabatino Truffle Zest
1 teaspoon Sabatino truffle salt
4 ounces soft goat cheese, at room temperature
2 teaspoons extra virgin olive oil
1 shallot, minced
1/2 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
2 tablespoons chopped fresh tarragon
1/4 cup 2% plain Greek yogurt
2 teaspoons Sabatino white truffle oil
Zest of 1 lemon
8 ounces thinly sliced smoked salmon
1/4 cup thinly sliced fresh chives

Preheat the oven to 350°F. Fill a large bowl with ice and water to make an ice-water bath. Fill a large saucepan with water and bring to a boil over high heat. Salt the water, then add the asparagus and boil until al dente, about 3 minutes, a little more or less depending on its thickness. Drain, then immediately transfer to the ice-water bath to stop the cooking. Leave for about a minute, until completely cooled, then drain again and pat dry with paper towels.

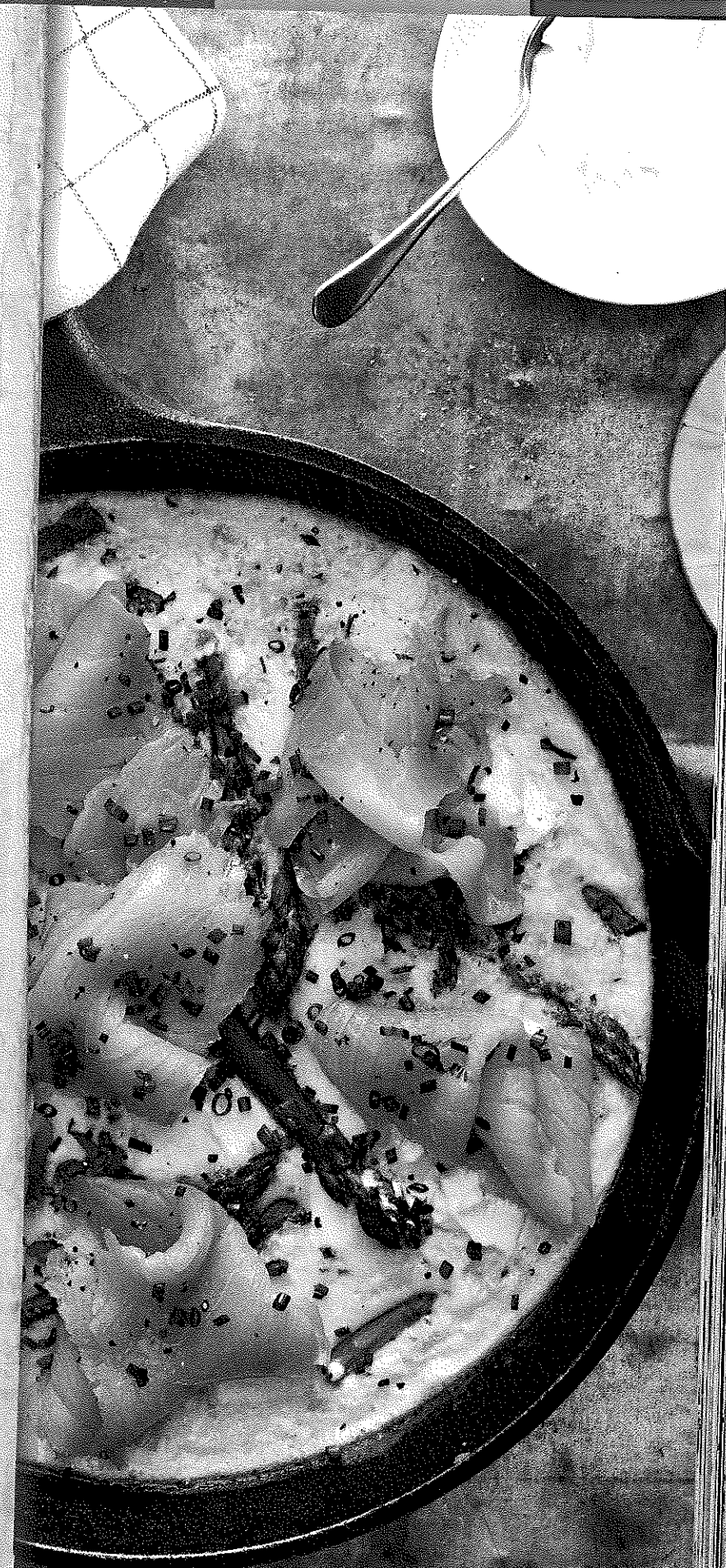
In a large bowl, whisk the eggs, then whisk in the milk, Truffle Zest, and 3/4 teaspoon of the truffle salt until the Truffle Zest is dissolved. Crumble in the goat cheese and whisk or stir until the goat cheese is fully mixed into the eggs with small crumbles showing.

In a 10-inch cast-iron or ovenproof nonstick skillet, heat the olive oil over medium-high heat. Add the shallot and cook for about 2 minutes, until softened but not browned. Add the asparagus, sea salt, 1/4 teaspoon black pepper, and the tarragon. Lower the heat to medium, pour the egg mixture into the pan, and cook without stirring until the edges begin to set, 5 to 7 minutes. Transfer the pan to the oven and bake until the egg is set and the frittata is puffy and golden on top, 12 to 15 minutes.

Meanwhile, in a small bowl, whisk together the yogurt, truffle oil, lemon zest, and the remaining 1/4 teaspoon truffle salt.

Remove the skillet from the oven and let rest for 5 minutes. Spread the yogurt mixture all over the frittata. Slice into wedges, arrange the smoked salmon on top, and sprinkle the wedges with chives.

SERVES 8 | 5 SMARTPOINTS PER SERVING
180 CALORIES





Potatoes are high in potassium, and the skin is the most nutritious part.

To make this over-the-top delicious I would sprinkle with lots of Truffle zest.

TWICE-BAKED POTATOES

This always reminds me of the baked potatoes I would get scouring the food court in Maryland, but as twice-baked potatoes go, here's one that's a whole lot healthier!

INGREDIENTS:	DIRECTIONS:
2 large baking potatoes, such as russet Salt 1 cup very small broccoli florets 2 tablespoons reduced-fat sour cream or cottage cheese 4 tablespoons grated cheddar cheese Kernels from 1 small ear corn (about 1/2 cup) 2 tablespoons chopped scallions 1/2 teaspoon freshly ground black pepper	Preheat the oven to 400°F. Scrub the potatoes, then poke them with a fork in a few places. Put them directly on an oven rack and bake for 45 minutes to 1 hour, until a fork pierces a potato without resistance. Remove the potatoes from the oven and increase the oven temperature to 425°F. Meanwhile, fill a medium saucepan with water, place over high heat, and bring to a boil. Salt the water, then add the broccoli and cook for about 45 seconds, until it is slightly softened but still crisp and bright green. Strain, then rinse with cold water. Pat dry with a paper towel and set aside. Cut the potatoes in half and scoop out the centers, leaving enough of the flesh to make a nice sturdy base to hold the filling. Put potato skins in a baking dish and put the flesh in a bowl. Mash the potato flesh with a fork or potato masher. Add the sour cream, 2 tablespoons of the cheese, the corn kernels, scallions, 1/2 teaspoon salt, and the pepper to the bowl with the potato flesh and gently mix to combine. Spoon the filling into the prepared potato skins and arrange the broccoli florets on top so they stand like little trees. Sprinkle with the remaining 2 tablespoons cheese, place in the oven, and bake for 15 minutes, or until the cheese is melted and bubbly. Note: The stuffed potatoes may be assembled a day ahead; store covered in the refrigerator. To heat them up, place them on a baking dish and bake for 20 minutes, or until heated through.

PREP TIME	COOK TIME	SERVES	SMARTPOINTS	CALORIES
75 MINUTES	1 HOUR	4	6 PER SERVING	205 PER SERVING