

10-MINUTE MUFFIN FRITTATA

GLUTEN-FREE
MAKES 12

Nonstick cooking spray
6 large eggs
¼ cup (whole or 2%) milk
1 tablespoon fresh chives or
½ teaspoon dried chives
Salt and freshly ground
black pepper
½ cup grated mozzarella cheese
⅓ cup chopped ham or
crumbled cooked bacon
¼ cup minced yellow onion
¼ cup finely chopped spinach
or broccoli

I KNOW—of course you don't even have 10 minutes to make a frittata most mornings! The secret here: Make them ahead, then reheat and go all week. Or prepare the frittata mix the night before, then just give it a stir, pour into a muffin tin, and bake. These are also a way to sneak protein and vegetables into your kids before they head to school... Any extras make for a filling midmorning, afternoon, or after-school snack.

1. Preheat the oven to 375°F. Lightly grease a 12-cup muffin tin with nonstick spray.
2. In a large bowl, whisk together the eggs, milk, chives, and salt and pepper to taste. Stir in the mozzarella, ham, onion, and spinach.
3. Pour the egg mixture into the prepared muffin tin. Bake until the eggs are set in the middle, about 10 minutes.

Variation For a full-size frittata, use an 8-inch oven-safe skillet or pie dish. Coat all sides with nonstick spray, then pour in the egg mixture. Bake at 375°F until the middle is set, about 20 minutes.

EGG AVOCADO BOAT

GLUTEN-FREE
VEGETARIAN
SERVES 1

1 avocado, halved and pitted
2 medium eggs
1 teaspoon extra-virgin olive oil
Pinch of salt
Pinch of freshly ground
black pepper
1 tablespoon chopped fresh
chives or cilantro (optional)
Salsa, hot sauce, or freshly
grated Parmesan cheese
(optional)

I LOVE EGGS AND AVOCADO, and especially the combination of the two together. Notice that when you take the pit out of the center of an avocado, you have an indentation almost exactly the size of an egg yolk. This is such a protein- and omega-3-rich breakfast (or lunch), and it keeps me satiated for hours.

You do have to make this right before eating, but it takes no more than 15 minutes and is well worth it. Just sprinkle with a little hot sauce, fresh herbs, and/or any condiment of your choosing and serve with a side of whole-grain toast or tortillas to mop up the perfectly runny yolks.

1. Preheat the oven to 450°F.
2. Scoop out some of the avocado flesh from each half to make more room for the egg. Put the avocados side by side in a baking dish (if they are having trouble stabilizing, cut just a little off the back of the avocado so it sits flat). Gently break an egg into the center of each avocado. Drizzle with the olive oil and season with the salt and pepper.
3. Bake until the whites are fully cooked and the yolks look set but still a little runny, 10 to 12 minutes.
4. Remove from the oven and garnish with chopped chives and salsa, hot sauce, or Parmesan, if desired.

BREAKFAST QUINOA BOWL with Swiss Chard & Chicken Maple Sausage

SERVES 1

2 to 3 chicken maple breakfast
sausage links, cut into slices

1 tablespoon extra-virgin olive oil

¼ cup diced yellow onion

¼ cup chopped mushrooms

½ cup chopped Swiss chard
or kale leaves or prewashed
baby kale

1 cup cooked quinoa
(prepared according to the
package instructions)

Salt and freshly ground
black pepper

1 tablespoon chopped
fresh cilantro (optional)

Hot sauce (optional)

ANOTHER PERFECT BREAKFAST you can make in under 10 minutes, and it will keep you going all day! The key here is precooked quinoa. I usually make a pot of quinoa on weekends and then use it throughout the week in salads or mixed in with lots of protein and vegetables, like this breakfast bowl. You can even add a sunny-side-up egg for even more protein and omega-3 fats.

1. In a skillet, cook the chicken sausage over medium-high heat until browned and thoroughly cooked, 5 to 6 minutes. Remove from the pan and set aside.

2. In the same pan, heat the olive oil over medium-high heat. Add the onion and mushrooms and cook, stirring, until softened, about 2 minutes. Stir in the Swiss chard and cook, stirring, until it's wilted but still green, about 1 minute more.

3. Stir in the quinoa and cooked sausage, mixing with all the vegetables. Season with salt and pepper.

4. Sprinkle with cilantro and add a dash of hot sauce, if desired, and serve.



PICADINHO (Brazilian Ground Beef with Vegetables)

GLUTEN-FREE
SERVES 8

- 3 tablespoons extra-virgin olive oil
- 1 large white onion, chopped
- 2 garlic cloves, minced
- 2 pounds lean ground beef
- 1 (14-ounce) can diced tomatoes with juices
- ½ cup chopped fresh parsley
- 4 large eggs
- Pinch of red pepper flakes
- Salt and freshly ground black pepper
- 1 medium russet potato, peeled and cut into small cubes
- 2 celery stalks, chopped
- 1 red bell pepper, chopped
- 1 cup dry red wine
- 1 cup beef broth

Note: This recipe takes about 20 minutes to prep and 1½ hours to cook.

GROUND BEEF CAN BE SO BORING, but not when made this way. (And I'm happy when my kids are getting plenty of nutrients and veggies, but with no complaints!) Growing up, my mom would make this Brazilian classic pretty much once a week because it's so good, quick, and easy—not to mention, budget friendly. *Picadinho*—pronounced *pi-ca-DEE-nyo*—is like a Brazilian chili, typically served on top of white rice.

1. In a large skillet, heat the olive oil over medium heat. Add the onion and cook, stirring frequently so that they don't burn, until caramelized to a golden brown, about 10 minutes. Add the garlic in the last minute of cooking.
2. In a large bowl, stir together the ground beef, tomatoes with their juices, parsley, eggs, red pepper flakes, and a dash of salt and black pepper. Mix as if you were making a meat loaf.
3. Add the meat mixture to the skillet with the onion and garlic and cook over medium-high heat to brown the meat, breaking it up with a wooden spoon as it cooks, 5 to 7 minutes.
4. Stir in the potato, celery, bell pepper, wine, and broth. Cover and cook over medium-low heat for about 1 hour, stirring occasionally, until the liquid reduces and the potatoes are cooked. Season with salt and black pepper and serve.





BAHIAN COD FILLET with Coconut Milk, Peppers & Onions

GLUTEN FREE
SERVES 4 TO 6

- 4 fillets cod (about 1½ pounds)
- Juice of 1 lime
- Salt and freshly ground black pepper
- 2 tablespoons extra-virgin olive oil
- 1 cup thinly sliced yellow onion
- 2 garlic cloves, minced
- ½ red bell pepper, thinly sliced
- ½ green bell pepper, thinly sliced
- 2 tablespoons tomato paste
- 2 teaspoons sweet paprika
- ½ teaspoon ground turmeric
- 1 (14-ounce) can coconut milk
- Pinch of red pepper flakes (or more, if you prefer more heat)
- 1 cup chopped fresh cilantro

I MADE THIS DISH for the *TODAY* show. In its traditional form, it's called *moqueca* (pronounced *moh-KEH-kah*). It's a typical seafood stew from Bahia, along the northeast coastline of Brazil, where they like to cook with coconut milk and flavor foods with native fruits, like passion fruit and mango.

While *moqueca* is a little more complex, as it uses dende oil or palm oil, which may be harder to find (I did find it on Amazon), I simplified the recipe using only easy-to-find ingredients and just one type of fish (either cod or firm white halibut work best).

Serve the fish on a bed of white rice or my Coconut Rice (page 222).

1. Pat the fish dry with paper towels and put the fillets in a large glass bowl. Season with the lime juice and salt and black pepper to taste and set aside.
2. In a Dutch oven, heat the olive oil over medium heat. Add the onion and garlic and cook, stirring, until the onion begins to soften, 2 to 3 minutes.
3. Add the bell peppers, tomato paste, paprika, and turmeric, mixing well. Cook, stirring, until the bell peppers begin to soften, about 4 minutes.
4. Lay the fish fillets on top of the vegetables and pour in the coconut milk. Cover the pot and lower the heat to medium-low. Cook until the fish is just cooked through, about 15 minutes.
5. Season with salt and black pepper, a pinch (or more) of red pepper flakes, and the fresh cilantro right before serving.



GREEN PEA MASHED POTATOES with Pesto

GLUTEN-FREE
VEGETARIAN
SERVES 8 TO 10

2 pounds Yukon Gold potatoes
(about 4 medium)
1 (12-ounce) bag frozen peas
 $\frac{1}{2}$ cup buttermilk
Salt and freshly ground black pepper
 $\frac{1}{4}$ to $\frac{1}{2}$ cup Easy Pesto (page 161)

Note: You'll have a bit of extra pesto, which is always nice, particularly around the holidays. Spread it on leftover turkey sandwiches, swirl it into tomato soup, make pesto crostini, serve it as a veggie dip, or spoon it on top of a poached egg on toast—you get the ideal!

THIS IS A DELICIOUS WAY TO LIGHTEN UP your mashed potatoes while adding flavor and nutrition by swapping some potato with peas. I like to serve this especially during the holidays, as it adds a nice touch of color and is something different from boring white mashed potatoes.

1. Put the potatoes in a large pot and add water to cover. Bring to a boil and boil until they are thoroughly cooked (stick a fork into one if you are unsure—it should be tender), about 15 minutes. Using a slotted spoon and/or tongs, remove the potatoes, let cool slightly, then peel off the skins.
2. Briefly add the peas to same pot of boiling water until they are cooked, about 1 minute. Drain the peas in a colander and put both the potatoes and peas back into the pot.
3. In a small saucepan, warm the buttermilk over medium heat. When hot but not simmering (keep an eye on it), add to the pot with the peas and potatoes.
4. Using a potato masher, mash the potatoes, peas, and buttermilk together (many of the peas will remain intact) and season with salt and pepper.
5. Scoop the mashed potatoes and peas into a serving bowl.
6. Drizzle with $\frac{1}{4}$ cup (or more to taste) of the pesto in a swirling motion, then using a fork, swirl it throughout so it is lightly incorporated into the potato and pea mash. Serve.

LIGHTENED- UP SWEET POTATO GRATIN

VEGETARIAN
SERVES 8

Vegetable oil, for the baking dish

1 cup low-fat milk

½ cup half-and-half

1 tablespoon all-purpose flour

1 tablespoon unsalted butter

1 tablespoon fresh thyme leaves,
or 2 teaspoons dried

½ teaspoon ground nutmeg

Salt and freshly ground black pepper

¾ cup grated Gruyère cheese

½ cup freshly grated Parmesan cheese

4 medium sweet potatoes, peeled and
sliced very thinly (about ⅛ inch thick), like a
sweet potato chip (a mandoline helps)

½ cup Italian bread crumbs

I LOVE ANYTHING WITH POTATOES AND CHEESE, but we all know how bad that combination is for you, not to mention that there is usually a lot of heavy cream and butter involved as well. So I came up with this sweet potato gratin in an effort to re-create the classic scalloped potato casserole with a lighter touch. Perfect for any occasion, this casserole also makes for a great holiday side or adds just the dose of comfort food you need year-round.

1. Preheat the oven to 400°F. Lightly grease a 4-quart glass lasagna-style baking dish with vegetable oil.
2. In a saucepan, whisk together the milk, half-and-half, flour, butter, thyme, and nutmeg and season with salt and pepper. Heat over medium heat, allowing the milk mixture to thicken slightly, like a looser roux.
3. In a medium bowl, mix the Gruyère and Parmesan cheeses.
4. Arrange the potatoes in tight, thin layers in the prepared baking dish, pouring a bit of the cream mixture over each layer and sprinkling a couple of tablespoons of cheeses on top. Aim for five or six layers and reserve some of the cheese to top the last layer.
5. Top with the reserved cheese, sprinkle with the bread crumbs, and season with salt and pepper. Cover and bake for 30 minutes, then remove the cover and bake until the top browns and a knife inserted into the potatoes comes out easily, 10 to 15 minutes more. Serve.



SOUTHWESTERN QUINOA BLACK BEAN SALAD

GLUTEN-FREE
VEGETARIAN
SERVES 6 TO 8

- 2 cups cooked quinoa (prepared according to the package instructions)
- 2 (15-ounce) cans black beans, drained and rinsed
- 2 ears corn, roasted or grilled, or 2 cups frozen corn kernels, thawed
- ½ cup diced red bell pepper
- 3 green onions, thinly sliced
- ¼ cup chopped fresh cilantro, plus 1 tablespoon for garnish
- ¼ cup chopped fresh parsley
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 1 teaspoon Tajín chili lime spice (or make your own using ½ teaspoon chili powder, ¼ teaspoon garlic salt, and ¼ teaspoon grated lime zest)
- Salt and freshly ground black pepper
- 1 ripe avocado
- 1 cup chopped grilled chicken, for added protein (optional)

ONCE AGAIN, MY FAVORITE GRAIN, QUINOA, IS THE STAR OF THIS QUICKIE SIDE. There is very little in the way of cooking or prep here if you've made your quinoa ahead of time. To make it a meal, add shredded grilled chicken or beef and fresh avocado upon serving.

1. In a large bowl, toss together the quinoa, beans, corn, bell pepper, green onions, ¼ cup of the cilantro, and the parsley.
2. In a small bowl, whisk together the olive oil, lemon juice, Tajín spice, and salt and pepper to taste. Drizzle the vinaigrette over the salad and toss to distribute.
3. When ready to serve, test the seasoning and add more salt and pepper, if needed. Pit, peel, and dice the avocado and arrange it on top of the salad. Serve topped with chicken, if desired, and garnished with the remaining cilantro.

COCONUT CHICKEN CURRY SOUP

GLUTEN-FREE
SERVES 4 TO 6

- 2 tablespoons extra-virgin olive oil
- 1 small yellow onion, minced (about 1 cup)
- 2 tablespoons plus 2 teaspoons curry powder, or 1 tablespoon red curry paste
- 1 garlic clove, pressed
- 4 chicken breasts (about 1½ pounds), very thinly sliced
- 4 cups chicken broth
- 1 (15-ounce) can light coconut milk
- 2 tablespoons fresh lime juice, plus lime wedges for garnish
- 1 tablespoon dark brown sugar
- ¼ teaspoon ground turmeric
- 1 medium red bell pepper, thinly sliced
- 1 cup thinly sliced mushrooms
- Salt
- 2 green onions, thinly sliced into rings
- ¼ cup chopped fresh cilantro
- ¼ cup chopped fresh peanuts, for garnish (optional)

THAI FOOD IS A CUISINE I CRAVE, and this soup tops my Thai food list. It combines two of my favorite flavors when cooking, coconut and curry, and delivers a bit of a kick. It may seem exotic and therefore most might think difficult to make, but rest assured that this will take you no more than 30 minutes and is a really good first course or even lunch.

1. In a stockpot, heat the olive oil over medium heat. Add the onion and cook, stirring, until it softens but does not brown, reducing the heat if necessary, 3 to 5 minutes.
2. Stir in the curry and garlic, then add the chicken and cook lightly, stirring, for about 2 minutes.
3. Add the broth, coconut milk, lime juice, brown sugar, and turmeric and bring to a boil, allowing the chicken to cook further, about 5 minutes.
4. Stir in the bell pepper and mushrooms and simmer until the vegetables are cooked, 2 to 3 minutes more. Season with salt.
5. Ladle into bowls and top with green onions, cilantro, and chopped peanuts, if desired. Garnish with a slice of lime on the side.



Notes: If you are making your own crust, keep the ingredients well chilled. Also, try to serve the tarte soon after flipping it, as the juices will be flowing and will make the otherwise crispy crust soggy. • You can make the dough up to 2 days in advance. If more time is needed, it also freezes well; just allow enough time for thawing it fully before rolling and baking.

4. **Make the filling:** In a small saucepan, stir together the sugar, 1 tablespoon water, the lemon juice, and vanilla over medium heat. Stir gently until the mixture simmers and cook until it is the color of a light caramel, being careful not to let the syrup get too dark, about 5 minutes. Carefully stir in the butter (watch out, as it may spatter), and continue stirring until the sauce is smooth. Pour the caramel syrup into an 8- to 10-inch oven-safe skillet, pie dish, or cake form, tilting it to coat the bottom.
5. Arrange the strawberries, whole raspberries, and blackberries in a concentric pattern over the bottom of the dish. Fill in the gaps with the chopped raspberries.
6. When the dough is sufficiently chilled, roll it out into a circle that is about 1 inch larger in diameter than the skillet or dish.
7. Lay the dough on top of the fruit filling, then tuck the sides inside the pan or baking dish. Using a paring knife, cut four 1-inch slits across the top to release steam as it bakes.
8. Bake the tarte until it is lightly browned and the berries are bubbling, 25 to 30 minutes.
9. Remove the tarte from the oven and let cool for 15 to 20 minutes.
10. Take a large round plate and place it on top of the tarte tatin. Over the sink, hold the plate and tarte dish or pan together tightly and flip them over quickly. The idea is to keep the juices as much on the plate as possible and the berries in place, but don't stress too much—this is meant to be rustic! Serve right away.

LIGHTENED-UP COCONUT CREAM PIE

VEGETARIAN
SERVES 8 TO 10

CRUST

- 1 cup raw almonds
- 1 cup old-fashioned oats
- 5 tablespoons coconut oil, melted, plus more if needed
- 3 tablespoons honey
- 1 teaspoon pure vanilla extract
- ½ teaspoon ground cinnamon
- Pinch of salt

FILLING AND TOPPING

- 3 tablespoons honey
- 1 large egg
- 1 egg yolk
- 1 teaspoon pure vanilla extract
- Pinch of salt
- 3 tablespoons cornstarch
- 1½ cups light coconut milk
- ½ cup shredded unsweetened coconut (or sweetened, if you prefer), plus 3 tablespoons for topping
- 1 cup whipped topping (such as light Cool Whip or Truwhip)

IF YOU LOVE COCONUT AS MUCH AS I DO, this dessert is just heaven. It's very hard to lighten up this classic without sacrificing too much of its creamy texture and flavor. This recipe is a slightly better-for-you version, with a nutty crust and some lighter substitutions. However, let's be real: a little coconut cream pie goes a long way, so just lighten up your portions and enjoy! (Though my husband can and has eaten a whole pie practically by himself.)

1. **Make the crust:** Preheat the oven to 350°F.
2. In a food processor, combine the almonds and oats and process well into a flour.
3. Add the coconut oil, honey, vanilla, cinnamon, and salt. Pulse until it forms a dough. Scrape down the sides and add more coconut oil if it is too dry.
4. Press the dough into a pie dish, forming it like a graham cracker crust, until the bottom and sides are evenly covered.
5. Bake the crust for 12 to 15 minutes, until golden. Remove and let cool.
6. **Make the filling and topping:** In a bowl, whisk the honey, egg, egg yolk, vanilla, and salt. Whisk in the cornstarch.

recipe continues

7. In a saucepan, gently heat the coconut milk and ½ cup of the shredded coconut over medium-low heat until the milk is hot but not boiling. Add the egg mixture and cook, stirring continuously, until it has thickened to a custard consistency, about 4 minutes. Remove from the heat and let cool for about 30 minutes, stirring once or twice.

8. Pour the custard into the prepared piecrust and refrigerate until it is somewhat firm, like a pudding.

9. Preheat the oven to 350°F. Line a baking sheet with parchment paper.

10. Spread the remaining 3 tablespoons shredded coconut over the lined baking sheet and toast them in the oven. Check periodically and stir frequently to toast the coconut evenly, until golden, about 8 minutes.

11. When you are ready to serve, top the custard with the whipped topping and sprinkle with the toasted coconut.

TRES LECHES CUPCAKES

VEGETARIAN
SERVES 12

CAKE

Vegetable oil, for the cupcake pan(s)

5 large eggs, separated

1 cup granulated sugar

½ cup (1 stick) unsalted butter,
cut into pieces

1½ cups all-purpose flour

1 teaspoon baking powder

½ teaspoon salt

½ teaspoon pure vanilla extract

2 cups whole milk

1 (14-ounce) can full-fat sweetened
condensed milk

1 (12-ounce) can 2% evaporated milk

WHIPPED TOPPING

1 cup heavy cream

¼ cup powdered sugar

½ teaspoon pure vanilla extract

Ground cinnamon or shaved chocolate,
for garnish

Thinly sliced strawberries,
for garnish (optional)

THIS RECIPE IS INSPIRED by the classic Latin cake, which is one of my favorites. *Tres leches*, or “three milks,” is literally that: sweetened condensed milk, evaporated milk, and regular milk, making for a very moist and delicious cake. This can be made as a large cake, but making cupcakes means better portion control!

1. Preheat the oven to 350°F. Grease two 6-cup cupcake pans or one 12-cup pan with vegetable oil.

2. In a large bowl using a hand mixer, cream the egg yolks with ½ cup of the granulated sugar. Add the butter pieces and beat until evenly incorporated into the yolk mixture.

3. Gradually beat in the flour, then the baking powder, salt, and vanilla, mixing until a smooth batter forms.

4. In a separate bowl using a hand mixer with clean beaters, beat the egg whites with the remaining ½ cup granulated sugar until light and fluffy.

5. Gently fold the egg whites into the batter, a little at a time. This allows the cake to remain spongy and fluffy.

6. Pour the batter into the prepared cupcake pans and bake until the tops are golden and a toothpick inserted into the center of a cupcake comes out clean, about 25 minutes. Let cool in the pans on a wire rack for 5 minutes.

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