

# 4 TASTY— AND HEALTHY— DISHES FOR FALL

Local dietitians share quarantine-practiced recipes that work for both everyday meals and holiday entertaining.

Keep a culinary expert cooped up at home for a while, and you're apt to smell an enticing aroma coming from the kitchen. That's one of the happy results of our recent unhappy quarantine. So BERGEN checked in with four local dietitians, who know well enough what you should be eating and what you'll *enjoy* eating that they can figure out fabulous dishes that tick both boxes. Here, each nominates a healthy, tasty menu item to try this autumn — and explains how you can prepare it. Tasting is believing!

## BOMBAY SLOPPY JOES

Yields: 4 to 6 servings

"This dish provides an incredible immune boost for your body and an inviting aroma for your home. The leaner and healthier protein provision from turkey, nuts and seeds, combined with antioxidant-rich pistachios, ginger and raisins, is sure to give off a flavorful punch to fight off cold and virus season. Sweetening the deal is using honey as a sugar alternative."

—Wendy Bennett, registered dietitian, Apple Nutrition Consulting, Ramsey

### INGREDIENTS:

#### For the sauce:

- 2 Tbsp. vegetable oil
- 1 Tbsp. minced ginger
- 2 cloves garlic, minced
- ½ serrano chile, seeded and finely minced (save the other half for the turkey)
- 1 tsp. garam masala
- ½ tsp. paprika
- 1 (15 oz.) can tomato sauce
- 1 cup water

#### For the turkey:

- 3–4 Tbsp. vegetable oil
- small handful shelled pistachios, about ¼ cup
- small handful raisins, about ¼ cup
- 1 tsp. cumin seeds

- ½ large white onion, finely diced
- 1 red bell pepper, seeds and membrane removed, finely diced
- ½ serrano chile, seeds intact (do not chop, unless you like your dish spicy!)
- 1 lb. ground turkey
- ½ tsp. honey
- ¼ cup half-and-half
- small handful chopped cilantro
- 4–6 hamburger buns (alternative: you can serve this over rice or dip with tortilla chips, flatbread or naan)

### DIRECTIONS:

Begin by making the sauce: warm oil in a medium saucepan over medium heat until it shimmers. Add the ginger, garlic and serrano pepper. Sauté until the ginger and garlic brown a little. Add the garam masala and paprika and sauté for 30 seconds. Stir in the tomato sauce and water. Bring to a boil, then reduce the heat and simmer, uncovered, until thickened, about 15 minutes.

Meanwhile, for the turkey, warm 2 tablespoons of oil in a large skillet. When shimmering, add the pistachios and raisins. Cook until the raisins swell up and the pistachios toast slightly. Remove from the pan and set aside.

Return the pan to medium heat, add 1–2 more tablespoons of oil and warm until simmering. Add the cumin seeds, allow them to sizzle for about 10 seconds or until some of the sizzling subsides. Stir in the onions and bell pepper, sauté until softened and starting to brown. Add the serrano pepper. Sauté for another couple of minutes, seasoning with a bit of salt. Stir in the turkey, breaking up the bigger lumps. Cook until opaque, about five minutes.

Meanwhile, your sauce should be ready. Pour the sauce into the skillet with the turkey. Stir and bring to a boil, then lower the heat and simmer until the mixture has slightly thickened, about 10 minutes.

Once the turkey is cooked and the sauce has thickened, remove the serrano pepper. Add the honey, half-and-half, pistachios and raisins. Stir through and taste for seasoning. Before serving, garnish with cilantro. Toast the buns, fill with turkey mixture and serve.

\* Mise en place is very important for this recipe—be ready!





## CAULIFLOWER PIZZA

Yields: 4 servings

“One of my favorite recipes to make during the quarantine has been this cauliflower pizza. I enjoyed making my own crust from scratch because I had some extra time to make it and perfect it—and it is super healthy!”

—**Angela Langner**, registered dietitian nutritionist, Nutrition Center of Bergen County, Ridgewood

### INGREDIENTS:

- 1 head of cauliflower
- 2 eggs
- 1–2 Tbsp. basil
- 1–2 Tbsp. oregano
- 1–2 garlic cloves, finely minced
- 2 Tbsp. coconut flour
- ¼ cup grated Parmesan cheese
- ¼ cup grated mozzarella cheese
- salt and pepper, to taste

### DIRECTIONS:

Preheat oven to 500° F. Chop the head of a cauliflower in a food processor. Add to glass bowl and microwave on high for two minutes. Using a cheese cloth, squeeze all the excess water and moisture out of the cauliflower. Add the two eggs, coconut flour, basil, oregano, garlic, Parmesan cheese, mozzarella cheese and salt/pepper to the cauliflower. Mix everything together and form a ball of “dough.”

On a piece of parchment paper, mold the cauliflower “dough” into pizza crust. Bake for 7–10 minutes until golden brown. Add your choice of sauce, cheese and toppings. Bake at same temperature for an additional five minutes to melt the cheese and cook the toppings.



## DELICATA SQUASH WITH RED ONIONS AND POMEGRANATE SEEDS

Yields: 6-8 servings

“I love making this squash and try to have fun with it—it is one of my favorite side dishes because it is a nutritional powerhouse. It is low in carbs and calories and high in fiber, potassium, folate and vitamin A, not to mention delicious!”

—**Stephanie Greenspan**, registered dietitian nutritionist, Stephanie Greenspan Nutrition, Teaneck

### INGREDIENTS:

- 2 large delicata squash, cut in semi-circles
- 1 large red onion, cubed
- 3 cloves garlic, minced
- 2 Tbsp. avocado oil
- 1.5 Tbsp. silan (date syrup) or maple syrup
- ¾ tsp. salt
- ¼ tsp. pepper
- ¼ cup pomegranate seeds, for garnish

### DIRECTIONS:

Preheat oven to 425° F. Line a cookie sheet with parchment paper. Mix together all ingredients except the pomegranate seeds.

Place on prepared cookie sheet in a single layer. Roast in oven for 20–22 minutes (depending on how well done you prefer them). Remove from oven and allow to cool before garnishing with pomegranate seeds.

## MELOPITA (GREEK HONEY PIE)

Yields: 10 servings

“I love this recipe because it is a healthier take on a traditional Greek dessert (since I’m half Greek!), is relatively inexpensive to make as it only needs a handful of common ingredients, looks impressive and tastes delicious. I make this recipe pretty often because it’s so tasty, and it would make a great dessert option for the holidays too.”

—**Barbara Stavrou**, registered dietitian, ShopRite of Emerson, Emerson

### INGREDIENTS:

- 3 large eggs
- 2½ cups part skim ricotta cheese
- ½ cup plus 2 tsp. honey
- 1 Tbsp. whole grain corn flour
- 1 tsp. vanilla extract
- ½ tsp. ground cinnamon

### DIRECTIONS:

Preheat oven to 350° F. Spray a 9-inch round springform pan with cooking spray. In a large bowl, whisk eggs, cheese, ½ cup honey, corn flour, vanilla extract and ½ teaspoon salt until combined; transfer to prepared pan. Bake for 40 minutes or until golden brown.

Sprinkle your Melopita with cinnamon and drizzle with the remaining 2 teaspoons honey. Cut into 10 pieces; serve warm or at room temperature.

