

# Azuki Bean And Vegetable Salad In Pita Bread

Gourmet | September 1994

The azuki (Japanese red) beans called for in the following recipe are sometimes referred to as aduki or adzuki beans. To prevent sandwiches from getting soggy, the salad can be kept in resealable plastic bags and spooned into pita pockets just before serving.

Serves 6.

1/2 cup dried azuki beans\* or lentils, picked over and rinsed  
3 carrots, cut into 1/4-inch dice  
3 large broccoli stems, peeled and cut into 1/4-inch dice  
2 ribs celery, cut into 1/4-inch dice  
1 small red bell pepper, cut into 1/4-inch dice  
1/3 cup minced fresh parsley leaves  
2 large garlic cloves, minced  
1 cup coarsely grated provolone cheese (about 2 ounces)  
3 tablespoons white-wine vinegar  
1/2 cup extra-virgin olive oil  
6 pita loaves, halved crosswise  
\*available at natural foods stores and some specialty foods shops.

In a small saucepan combine beans with water to cover by 2 inches and simmer until tender, about 45 minutes for *azuki* beans or about 15 minutes for lentils. In a sieve drain beans and rinse. Drain beans well and transfer to a bowl.

In a large saucepan of boiling salted water blanch carrots 1 minute and add broccoli stems. Blanch carrot mixture 2 minutes and drain in sieve. Rinse vegetables under cold water until cool and drain well. Add blanched vegetables to beans with celery, bell pepper, parsley, garlic, and provolone.

In a small bowl whisk together vinegar and salt and pepper to taste.

Add oil in a stream, whisking, and whisk until emulsified. Pour dressing over bean mixture and toss well. Salad may be made 1 day ahead and chilled, covered.

Serve salad in pita halves.

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## Ginger Carrot Dip With Crudites

Gourmet | August 2007

Does the idea of kids wolfing down their vegetables seem utterly improbable? This faintly sweet, gingery dip, reminiscent of that addictive Japanese-restaurant salad dressing, is made mostly from carrots, so you'll be delighted by the compulsive dipping and crunching that's bound to ensue when you put it out.

Makes about 2 1/2 cups dip

Gina Marie Miraglia Eriquez

1/2 cup mayonnaise  
1 1/2 tablespoons seasoned rice vinegar  
1 tablespoon soy sauce  
1/4 teaspoon Asian sesame oil

5 medium carrots, coarsely chopped  
1/4 cup chopped peeled ginger  
2 scallions, coarsely chopped

Accompaniments: raw carrot, celery, and cucumber sticks; trimmed green beans and asparagus; broccoli and cauliflower florets; or any other vegetables in season

Purée all ingredients in a blender until almost smooth, about 2 minutes. Transfer to a bowl and chill, covered, at least 1 hour.

**Cooks' note:** Dip can be chilled up to 1 day.

## Farfalle Salad With Grilled Shrimp And Broccoli

Gourmet | October 1995

Serves 4.

1 pound large shrimp (about 24), shelled and deveined  
1 pound broccoli, cut into 1-inch flowerettes and stems cut into 1/4-inch slices  
1/2 pound farfalle (bow-tie pasta)  
a 28-ounce can peeled whole tomatoes, seeded, drained, reserving 1/4 cup juice, and chopped  
1/4 cup red-wine vinegar  
1 garlic clove, minced and mashed to a paste with 1/2 teaspoon salt  
1 teaspoon sugar  
1 tablespoon chopped fresh thyme leaves  
1 tablespoon chopped fresh parsley leaves  
freshly ground black pepper to taste  
1 tablespoon extra-virgin olive oil

Prepare grill.

In a bowl toss shrimp with salt to taste.

Thread shrimp on metal skewers and grill on an oiled rack set 5 to 6 inches over glowing coals until cooked through, about 3 minutes on each side. (Alternatively, shrimp may be cooked without skewers in a hot well-seasoned ridged grill pan over high heat.)

In a 6-quart kettle bring 5 quarts salted water to a boil and cook broccoli until crisp-tender, about 5 minutes. Transfer broccoli with a slotted spoon to a colander and rinse under cold water to stop cooking. Drain broccoli well and transfer to a bowl.

In same kettle of salted boiling water cook *farfalle* until just tender and drain in colander, rinsing under cold water to stop cooking.

In a large bowl stir together tomatoes with reserved juice, vinegar, garlic paste, sugar, thyme, and parsley. Add *farfalle*, broccoli, shrimp, pepper, and salt to taste and toss to coat. Just before serving add oil to salad and toss to coat. Salad may be made 2 hours ahead and chilled, covered.

Each Serving: About 370 calories, 5 grams fat (12% of calories from fat)

## Grilled Three-Potato Salad

Bon Appétit | July 2003

A charcoal grill will give the best flavor.

Makes 6 servings.

Jack McDavid

1 pound red-skinned sweet potatoes (yams), unpeeled, scrubbed  
1 pound small Yukon Gold potatoes, unpeeled, scrubbed  
1 pound small purple potatoes, unpeeled, scrubbed  
1/2 cup mayonnaise 1/4 cup fresh lemon juice 2 tablespoons Dijon mustard 2 teaspoons celery seeds 1/2 cup plus 1 tablespoon chopped green onions

Prepare barbecue (medium-high heat). Cut sweet potatoes into quarters. Arrange on large sheet of foil. Cover with more foil and seal edges to enclose. Wrap Yukon Gold potatoes in foil in single layer. Wrap purple potatoes in foil in single layer. Place foil packets on grill rack, 1 at a time, if necessary, and grill without turning until potatoes are tender, about 35 minutes. Remove from grill. Open foil packets and cool potatoes completely. Cut all potatoes into 3/4- to 1-inch pieces.

Whisk mayonnaise, lemon juice, mustard, and celery seeds in large bowl to blend. Add all potatoes and 1/2 cup green onions and toss to blend. Season generously with salt and pepper. (Can be prepared 6 hours ahead. Cover and refrigerate. Bring to room temperature before serving). Sprinkle salad with remaining 1 tablespoon green onions.

## Sweet-Hot Bbq Tater Fries

Bon Appétit | July 2006

Makes 4 to 6 servings.

Rick Browne

2 pounds sweet potatoes or yams, peeled, cut lengthwise into 1/2-inch-thick slices, each slice cut lengthwise into 1/2-inch-wide strips  
1/4 cup extra-virgin olive oil  
1 tablespoon chopped fresh rosemary  
1 tablespoon (packed) golden brown sugar  
1 teaspoon garlic powder  
1/4 teaspoon cayenne pepper  
Additional olive oil

Prepare barbecue (medium heat). Place potatoes in 13x9x2-inch baking dish. Add 1/4 cup oil, chopped fresh rosemary, brown sugar, garlic powder, and cayenne pepper to potatoes. Sprinkle potatoes with salt and pepper; toss to coat. Brush grill lightly with oil. Place potatoes on grill, spacing about 1 inch apart. Grill until potatoes are tender and slightly charred, turning occasionally, about 10 minutes total. Transfer potatoes to bowl, season to taste with salt and pepper, and serve.

## Carrot Salad With Lime And Cilantro

Gourmet | April 1999

This recipe can be prepared in 45 minutes or less.

Serves 4.

4 medium carrots  
1 tablespoon fresh lime juice  
1/8 teaspoon finely grated fresh lime zest

2 tablespoons finely chopped fresh cilantro leaves  
1 teaspoon vegetable oil  
Garnish: fresh cilantro sprigs

Finely shred carrots and in a bowl toss together with remaining ingredients and salt and pepper to taste. Serve salad garnished with cilantro.

Each serving about 42 calories and 1 gram fat.

## Cucumber And Celery Salad With Yogurt

Gourmet | November 1998

This recipe can be prepared in 45 minutes or less.

Serves 2.

Quick Kitchen

1/4 cup plain yogurt  
2 medium celery ribs  
1/2 English cucumber  
2 tablespoons chopped fresh flat-leafed parsley or cilantro leaves  
2 tablespoons fresh lemon juice  
1 teaspoon extra-virgin olive oil

In a cheesecloth-lined sieve or colander set over a bowl drain yogurt, covered and chilled, 20 minutes. Discard liquid.

Diagonally cut celery into thin slices. Seed cucumber and diagonally cut into thin slices. In bowl toss together celery, cucumber, yogurt, parsley or cilantro, lemon juice, oil, and salt and pepper to taste.