





Coq au Vin

Prep: 30 minutes Cook: 3 to 5 hours Serves: 8

6 medium carrots, cut into ½-inch chunks

8 oz. sliced baby bella

2 dried bay leaves 1/4 cup all-purpose flour 1/2 tsp. dried thyme

thighs (about 3 lb. total), skin removed

Salt and pepper

Tbsp. plus 1 tsp. olive oil

3 Tbsp. tomato paste

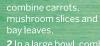
cups dry red wine

oz. peeled pearl onions (about 1¾ cups)

cups baby arugula, for serving, optional

mushrooms

8 bone-in chicken



flour and thyme. Season chicken with salt and pepper. Add chicken to bowl with flour mixture and toss until evenly warm 2 tsp. oil over medium-high heat. Add half of chicken and cook, turning once, until golden per side. Transfer to slow cooker. Repeat with remaining oil and chicken.

wine to skillet and cook, stirring and scraping up steadily, about 1 minute.
Pour over chicken. Scatter cook on low until meat is tender, 3 to 5 hours.

**4** Remove and discard bay leaves. With a slotted spoon, transfer chicken and vegetables to shallow bowls. Carefully pour sauce from slow cooker into a fat separator. Pour skimmed sauce over chicken; discard fat. Top with baby arugula, if

SERVING SIZE: 1 thigh, JERVING SIZE: I thigh, 1/2 cup cooked vegetables, about 1/4 cup sauce 327 Calories 9g Fat (2g Sat.), 162mg Chol., 2g Fiber, 35g Pro., 14g Carb., 528mg Sod., 5g Sugar, 2mg Iron, 52mg Calcium

MEDITERRANEAN

**MEATBALLS** 

## Mediterranean Meatballs

- 1/4 cup whole-wheat panko bread crumbs2 lb. lean (94%) ground sirloin
- scallions, finely chopped (1/4 cup) cup finely chopped mint leaves, plus 2 sprigs
- large egg, lightly beaten

- tsp. cayenne Salt and pepper
- 28-oz. can fire-roasted crushed
- tomatoes, with juice 10 whole-wheat pitas, halved, optional
- 5 mini Persian cucumbers, sliced, for serving

crumbs, sirloin, scallions, chopped mint, egg, oil, half of garlic, 1 tsp. cumin, cayenne, 2 tsp. salt and ½ tsp. pepper. Use your fingers to combine well Form into 40 11/4- to 11/2 inch meatballs. (You may cover and refrigerate meatballs overnight at this point if you'd like.)

2 In a slow cooker, stir tomatoes, mint sprigs, remaining garlic, remaining cumin, ½ tsp. salt and ¼ tsp. pepper, Gently stir in meatballs. Cover and cook on low until meatballs are cooked through, 3 to 4 hours. Remove and discard mint sprigs. Skim oil from top of sauce.

**3** Divide meatballs and sauce among pitas, if desired; stuff with cucumbers.

SERVING SIZE: 4 meatballs, 3 Thsp. sauce, ½ cucumbel 182 Calories, ½ Fat (2g Sat.), 67mg Chol., 3g Fiber, 21g Pro., 9g Carb., 822mg Sod., 4g Sugar, 3mg Iron, 57mg Calcium



## Mushroom-Barley Risotto

Prep: 15 minutes Cook: 2½ to 3 hours Serves: 8

- 1 oz. dried porcini
- large leek, white and pale green parts only
   lb. white mushrooms
- cups pearl barley,
  - cups low-sodium vegetable broth
  - 2 thyme sprigs
- Salt and pepper cup fresh flat-leaf parsley, finely chopped

1 In a bowl, mix porcinis and 1 cup boiling water; let stand 10 minutes.

2 Halve leek lengthwise; thinly slice crosswise. Wash and dry leek, Slice 4 white mushrooms, Trim and quarter remaining ones. Add leek, quartered mushrooms, barley, broth

and thyme to a slow cooker.

3 Lift porcinis out of water.
Rinse, rubbing to remove grit, and drain; add to slow cooker. Strain soaking liquid into slow cooker; stir. Cover and cook on high until barley is tender, 2½ to 3 hours.

**4** Remove and discard thyme sprigs. Season with salt and pepper. Stir in half of parsley. Divide risotto among bowls. Scatter reserved mushrooms and remaining parsley on top. Serve immediately.

SERVING SIZE: 11/8 cups 174 Calories, 1g Fat (0g Sat.), Omg Chol., 8g Fiber, 6g Pro., 36g Carb., 154mg Sod., 3g Sugar, 2mg Iron, 37mg Calcium

- Salt and pepper
  21/2 lb. trimmed beef
  stew meat, cut into
  11/2-inch cubes
  - quartered lengthwise
- lb. red potatoes (about 2 large), cut into 1-inch cubes
- medium carrots, cut into 2-inch chunks
- large ribs celery, cut into 2-inch lengths
- mushrooms, trimmed and quartered
- 14.5-oz. can diced tomatoes, with juice
- cup low-sodium chicken broth
- tsp. Worcestershire
- cup chopped fresh flat-leaf parsley

1 In a slow cooker, combine cornstarch, rosemary and ¼ tsp. each salt and pepper. Add beef and toss to coat. Stir in shallots, potatoes, carrots, celery, mushrooms, tomatoes, chicken broth and Worcestershire sauce.
Cover and cook on low
until meat and vegetables
are tender, 5 to 6 hours.

2 Using a slotted spoon,
transfer beef and
vegetables to bowls.
Carefully pour sauce from

Carefully pour sauce from slow cooker into a fat separator. Pour skimmed sauce over meat; discard fat. Sprinkle with parsley

SERVING SIZE: 1½ cups beef and vegetable mixture, ¼ cup sauce 302 Calories, 7g Fat (3g Sat), 91mg Chol., 5g Fiber, 35g Pro. 26g Carb., 290mg Sod., 8g Sugar, 5mg Iron, 78mg Calcium

## not a morning person?

The slow cooker can still work for you—simply prepare all the ingredients the night before. Package vegetables together, stir liquid mixtures and coat meats with their seasonings before wrapping tightly and refrigerating. In the morning, all you have to do is drop the prepped ingredients into the slow cooker, cover and set it, and go.

SCAN, SHOP AND SAVE THE RECIPES. SEE PAGE 6.



