



Preps in
5
minutes

White-Bean Soup With Winter Greens and Pancetta

Serves 6

In a 4-quart soup pot over medium-low heat, warm 1 Tbsp **olive oil**. Add 3 oz diced **pancetta** and cook, stirring often, until just beginning to crisp, about 4 minutes. Add ½ cup finely diced **onion**, 1 **carrot**, peeled and finely diced, 1 stalk **celery**, finely diced, and 1 tsp finely chopped **thyme**. Cook, stirring often, until tender, 7 to 10 minutes. Add 6 cups low-sodium **chicken broth** and bring to a boil over high heat. Reduce the heat to medium-low and simmer for 10 minutes. Drain and rinse 2 (15-oz) cans **white beans**. Mash half of the beans with a fork, then add beans to the pot. Mix in about 4 cups loosely packed **Swiss chard or kale leaves**, ribs removed and leaves chopped, and cook until wilted, about 4 minutes. Season to taste with **salt** and **pepper**.

Get the Kids in on the Action

Tearing the chard or kale leaves into strips will be fun for your little guys.

Add 1 cup **basmati or jasmine rice** and cook, stirring, for 1 minute. Add 1½ cups low-sodium **chicken broth** and bring to a boil over high heat. Cover, reduce the heat to low, and cook until all the broth is absorbed, about 15 minutes. Fluff the rice with a fork. Add ⅓ cup **pomegranate seeds**, ¼ cup finely diced **dried apricots**, ¼ cup chopped roasted and skinned **hazelnuts or pistachios**, and 1 Tbsp minced **Italian parsley**, and stir until combined. Season to taste with **salt** and **pepper**. Serve as a side dish to roast chicken or turkey breast.

Picky-Eater Pleaser Dish up your child's portion before adding the pomegranate seeds, dried apricots, and nuts.

Butternut Squash Risotto

Serves 6

In a medium saucepan, simmer 2 quarts **vegetable or chicken broth**. In another saucepan, melt 1 Tbsp **butter** with 1 Tbsp **olive oil**. Add ½ **onion**, finely diced (about 1 cup), and sauté until softened, 3 to 4 minutes. Add 1 clove **garlic**, minced, and cook 1 minute longer. Add 2 cups peeled and diced **butternut squash**, and 1½ cups **Arborio rice**. Stir until the edges of the rice kernels are translucent, about 3 minutes. Ladle in 1½ cups of the hot broth and cook, stirring, until most of the liquid is absorbed. Keep adding the remaining broth, 1 cup at a time, and continue stirring until the rice appears creamy and is tender to the bite, about 20 minutes. Mix in ½ cup grated **parmesan cheese**

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and 2 Tbsp butter. Cover and let stand for 5 minutes.

Picky-Eater Pleaser If your kiddo doesn't like his food to touch, prepare the risotto with just butter and cheese, then serve with a side of steamed squash.

Cauliflower Gratin

Serves 6

Steam 6 cups **cauliflower florets** until tender, 7 to 8 minutes. Set aside to cool. In a saucepan, warm 2 cups **milk**; set aside. Preheat oven to 400°F. In a medium saucepan, over low heat, combine 3 Tbsp **butter** and 2 Tbsp **flour**. Stir constantly to prevent browning for 1 to 2 minutes. Remove from heat and whisk in the warmed milk. Return the pan to medium heat and cook, whisking often, until slightly thickened, 5 to 7 minutes. Stir in ¼ tsp ground **nutmeg** and 1 cup grated **gruyère cheese** until melted. Season with **salt** and **pepper**. Mix ¼ cup **panko bread crumbs** and ¼ cup grated gruyère cheese with 1 Tbsp melted butter. Spread a third of the cheese sauce over the bottom of a buttered gratin dish. Arrange the cauliflower in an even layer in the pan, then top with remaining cheese sauce. Sprinkle with the bread-crumble mixture. Bake until lightly browned, about 15 minutes.

Picky-Eater Pleaser Simply substitute cheddar or American cheese and broccoli for a more kid-familiar taste.



Pomegranate Pilaf

Serves 4

In a saucepan over medium-low heat, melt 2 Tbsp **butter**. Add ¼ cup thinly sliced **green onions** and cook, stirring often, until tender, about 3 minutes.