food recipes

- 1. For a gas or charcoal grill, place peppers on the rack directly over medium heat. Cover and cook 12 minutes or until blackened and blistered, turning occasionally. Transfer to a bowl. Cover bowl with a plate or plastic wrap. Let peppers stand 20 minutes. Discard skins, seeds, and cores, and slice peppers thinly. Set aside.
- 2. Using a chef's knife, mince and mash garlic with ½ tsp. of the salt to a paste. Transfer to a large bowl. Add ¼ cup of the oil, 1 Tbsp. of the vinegar, ½ tsp. salt, and ½ tsp. pepper; whisk to combine. Halve zucchini lengthwise, then coat with marinade in bowl. Transfer zucchini to grill rack (do not wash bowl). Grill, covered, 8 to 10 minutes or until tender, turning occasionally. Transfer zucchini to serving platter.

 3. For chimichurri, in marinade bowl stir together reserved peppers, herbs, the remaining ½ cup oil, remaining 1 Tbsp. vinegar, and remaining ⅓ tsp. each salt and pepper. Spoon chimichurri over zucchini. Makes 6 main dish or 12 side dish servings.

 EACH SERVING 146 cal, 14 g fat, 197 mg sodium, 5 g carb, 2 g fiber, 2 g pro.

Tomato Pizza Rolls

"I love to bake bread, and I also love pizza,"
Ian says. "So wrapping the flavors of pizza
together in a neat little dough package brings in
the best of both."

PREP 45 min. RISE 1 hour BAKE 25 min. OVEN 425°F

- 2 cups warm water (105°F-115°F)
- 2 packages active dry yeast
- 6 cups bread flour or all-purpose flour
- 21/2 tsp. fine sea salt
- 1 large garlic clove
- 3 cups cherry tomatoes, halved and/or quartered
- 1/2 cup finely grated Parmesan cheese
- 1/4 cup extra-virgin olive oil
- 1 tsp. finely shredded lemon peel
- 1/2 tsp. finely ground black pepper
- 2 to 4 oz. thinly sliced prosciutto
- 1 cup basil leaves Olive oil Snipped fresh basil
- 1. In a large bowl combine water and yeast; let stand for 5 minutes. Add flour and 2 tsp. salt, stirring to combine. Turn out onto a lightly floured surface. Knead 6 to 8 minutes to make a moderately stiff dough that is smooth and elastic. Shape dough in a ball. Place in a lightly greased bowl; turn once to grease surface of dough. Cover with a kitchen towel; Let rise at warm room temperature 1 to 2 hours until doubled in size.
- 2. For sauce, while dough rises, mince and mash garlic with a large pinch of *salt* to a paste. Stir together with tomatoes, Parmesan, ½ cup oil, lemon peel, pepper, and remaining ½ tsp. salt.
- 3. Position racks in the upper and lower thirds of oven and preheat to 425°F.

- 4. Place raised dough on a well-floured work surface. Stretch or roll dough to a 22×14-inch rectangle. Scatter prosciutto and basil leaves on dough. Place tomato sauce along the lengthwise center of dough. Fold bottom third of dough over tomato sauce, then fold over top third of dough. Cut dough crosswise in 10 pieces. Transfer rolls cut sides up to two baking sheets, gently pressing dough to expose some of the filling. Space about 2 inches apart.
- 5. Bake rolls 25 to 35 minutes, switching baking sheet positions midway through baking time, until crust is golden and hollow-sounding. To serve, drizzle with olive oil and sprinkle with snipped fresh basil. Makes 10 servings.

EACH SERVING 409 cal, 12 g fat, 7 mg chol, 770 mg sodium, 60 g carb, 3 g fiber, 15 g pro.

Corn and Potato Salad

"The key to success for this potato salad is smashing the potatoes to break the skins," Ian says. "The potato flesh is like a flavor sponge; it sucks the olive oil and vinegar dressing right up." PREP 30 min. COOK 17 min. STAND 2 hr.

- 3 ears corn
- 2 lb. small waxy potatoes, such as Yukon gold or red bliss Kosher salt
- 1 medium red onion
- 3 Tbsp. apple cider vinegar Black pepper
- 1/4 cup extra-virgin olive oil
- 1/2 cup finely chopped fresh basil
- 1/2 cup finely chopped cilantro
- 1. Shuck corn, then place the ears in a large pot with the potatoes. Add water and 1 Tbsp. salt to cover by 2 inches; bring to boiling. Boil, covered, for 2 to 4 minutes until corn is tender. Remove corn. Continue to boil potatoes 15 to 20 minutes until very tender.

 2. While the potatoes cook, finely chop onion. In a
- 2. While the potatoes cook, finely chop onion. In a large bowl combine onion with the vinegar, 1 tsp. salt, and ½ tsp. pepper. Cut kernels from ears of corn and add to the onion in the bowl.
- 3. When potatoes are very tender, drain in a colander. Cool enough to handle. Place them on a board and press with hands or a potato masher to break up. Add them to the bowl with the onion and corn. Add the oil and gently stir to combine. Let the potato salad come to room temperature, then add the herbs and season with salt and pepper to taste. If desired, cover and chill up to 24 hours. Let stand at room temperature at least 1 hour. If needed, toss with additional olive oil and vinegar before serving. Makes 8 to 10 servings. EACH SERVING 174 cal, 7 g fat, 396 mg sodium, 26 g carb, 3 g fiber, 3 g pro.



FRESH DOUGH AT THE READY

The homemade pizza dough used for the pizza rolls, far left, is a versatile recipe that is great to have on hand. Keep it in the freezer for quick meals. Let the dough rise until doubled in size, then place it in a freezersafe container or bag. Freeze up to 3 months. Defrost in the fridge overnight or on the counter several hours before using. Use it to make quick cinnamon rolls or garlic breadsticks, or as the base for your favorite pizza toppings.