

Autumn Panzanella



Ingredients

For the croutons

6 cups day-old bread cut into 1" cubes
4 cloves garlic, minced
1 teaspoon fresh rosemary, minced
3 tablespoons olive oil
Salt & freshly ground black pepper

For the salad

1 small red onion, thinly sliced
¼ cup golden raisins
¼ cup sherry vinegar
Salt & freshly ground black pepper
1 delicata squash, seeded & diced
½ pound Brussels sprouts, trimmed and halved
½ cup olive oil, divided
1 tablespoon maple syrup
½ teaspoon Dijon mustard
¼ cup pecans, toasted and chopped

Instructions

Preheat oven to 425° F.

Place red onion and raisins in a large mixing bowl with sherry vinegar and a pinch of salt. Stir and set aside for at least 10 minutes.

Toss bread cubes with garlic, rosemary, olive oil, a few grinds of black pepper and a pinch of salt. Spread bread mixture evenly on a sheet pan and toast in the oven, tossing frequently until golden brown and crispy, about 10-15 minutes.

While bread is toasting, toss delicata squash and Brussels sprouts on a sheet pan with 2 tablespoons of olive oil, salt and pepper. Spread in a single layer on a sheet pan and roast until vegetables are tender, about 15 minutes.

In to the red onion mixture, whisk maple syrup, Dijon mustard and remaining olive oil. Add croutons and roasted vegetables and pecans to the vinaigrette and toss to combine. Taste to adjust seasonings and serve.

Original recipe by Kip Hardy, MS RD

Breaded Beans with Romesco Sauce

Ingredients

Breaded beans

2 cans large lima or butter beans
2 tablespoon nutritional yeast
2 tablespoon whole wheat flour
½ teaspoon garlic powder
½ teaspoon onion powder
Salt & black pepper
2 - 3 tablespoons olive oil

Instructions

Preheat oven to 425°F.

Drain and rinse beans but do not dry them. Toss the beans with nutritional yeast, whole wheat flour, garlic powder, onion powder a generous pinch of salt and a few grinds of black pepper. The flour and seasonings should lightly coat the beans.

Spread the beans evenly on a sheet pan and drizzle with olive oil. Roast for 20-25 minutes until the beans are browned and crispy.

While the beans are cooking, combine all the romesco ingredients in a food processor or blender starting with ¼ cup olive oil and adding more if you want a more rich and creamy sauce. Taste to adjust seasoning.

Serve beans alongside romesco for dipping or mixing however you like. If there is leftover romesco it is great with any grilled or roasted vegetables or with chicken, fish or shrimp.

Original recipe by Kip Hardy, MS, RDN adapted from Justine Doiron at <https://justinesnacks.com/breaded-beans/>

Romesco sauce

1 roasted red bell pepper
¼ cup tomato paste
1 garlic clove
2 tablespoons sherry vinegar
¼ cup almonds or hazelnuts
½ cup fresh parsley
1 teaspoon smoked paprika
Salt, to taste
Freshly ground black pepper, to taste
¼ - ½ cup olive oil

