

Recipe Packet: Light and Healthy Cooking – Terri's Favorites

Butternut Squash Soup

Serves 8

2 pounds butternut squash, about 1 medium squash
3 tablespoons extra virgin olive oil
1 small red onion, peeled and diced
1 small red apple, peeled, cored and diced
1 bay leaf
1 cinnamon stick
4 cups low-sodium chicken or vegetable stock
½ cup heavy cream
2 teaspoons kosher salt
½ teaspoon freshly ground black pepper
1 teaspoon sherry vinegar, to taste
1 tablespoon minced chives, for garnish

Preheat oven to 400°F. Split the butternut squash lengthwise and use a spoon to scoop out the seeds. Rub the cut surfaces with oil and place cut-side down on a foil-lined sheet pan. Roast in the center of the oven for about 30 minutes – or until the squash is easily pierced with a paring knife. Remove from the oven when tender and set aside until cool enough to handle.

In a medium stockpot, sauté the onion and apple in 3 tablespoons of olive oil for about 7 minutes on medium flame. Do not let them caramelize. Add the bay leaf and cinnamon stick. Scoop out the roasted squash pulp and add to the stockpot. Pour enough stock to cover all of the ingredients and add the cream. Bring the soup to a boil, and then reduce heat to simmer and add the salt and pepper. Simmer soup until the apple is soft and tender, about 20 minutes.

Remove the bay leaf and cinnamon stick and discard. Puree the soup in a food processor or blender in batches until smooth. Taste and add the sherry vinegar to taste. Add salt and pepper as needed. Serve with a pinch of minced chives.

Carrot and Fennel Salad

Serves 4 to 6

¼ cup red wine vinegar
2 tablespoons honey
pinch of cayenne pepper
2 tablespoons extra virgin olive oil
1 head fennel, cored and grated or cut into fine julienne
2 carrots, peeled and grated or cut into fine julienne
¼ cup dried cranberries
Kosher salt and pepper to taste

In a mixing bowl, whisk together the red wine vinegar, cayenne pepper, honey and olive oil. Season with salt and pepper to taste.

Place the fennel, carrots and cranberries in another bowl and toss with half the dressing. Let stand refrigerated for 4 hours – so the fennel can drain its water. Just before serving, pour off the water and discard. Toss in the remaining half of the dressing, season to taste and serve.

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Chicken Breast Provencal en Papillote

Serves 6

1 cup olive oil

6 chicken half-breasts (boneless, skinless)

½ cup grape tomatoes, halved

¼ cup Kalamata olives, pitted and halved

1 small shallot, finely minced

½ cup flat-leaf parsley, minced

Kosher salt and finely ground black pepper

Preheat oven to 400°F. Salt and pepper the chicken breasts on both sides. Cover with plastic wrap and set aside.

In a small bowl, mix together 2 tablespoons of olive oil, the tomatoes, olives, shallot and parsley. Season with salt and pepper. Set aside.

For each piece of chicken, take a 16 ½ “ X 24 1/2 “ sheet of parchment paper fold it in half. Cut a half-heart shape away from the fold. Open the parchment to reveal a heart shape. Place a chicken portion on one half of the heart. Top the chicken with two tablespoons of the aromatic mixture. To close the parchment package, fold the second side of the parchment heart over the chicken. Fold the bottom edge over the top and work your way, edge over edge, folding and twisting until the package is sealed. Place the package on a baking sheet and bake until the paper is puffed up and golden brown, about 20 minutes.

To serve, slice an “X” over the top of the package, taking care not to let the steam from inside burn you! Serve immediately.