COZY FOOD

BY KATE SHERWOOD

Looking for an antidote to shorter days and nippler temperatures? You couldn’t do any better than these three dishes.

Got a question or suggestion? Write to Kate at healthycook@cspinet.org.

Baked Tilapia

Total Time: 40 minutes

1 lb. Yukon gold potatoes, peeled and thinly sliced
1 onion, thinly sliced
¾ tsp. kosher salt, divided
4 tilapia filets, about 1 lb.
1 15 oz. can no-salt-added diced tomatoes
½ cup white wine
¼ cup extra-virgin olive oil
1 tsp. herbes de Provence

Herbes de Provence is a magical combination of basil, fennel seed, thyme, lavender, and other herbs that makes this dish taste like sunshine in Saint-Tropez. Look for it in the spice aisle.

Preheat the oven to 450º F. • In a 13” x 9” baking dish, arrange half the potatoes in a single layer. Top with all of the onions. Sprinkle with ¼ tsp. of salt. Lay the fish filets in the dish, overlapping the thinner parts of the filets. Pour the tomatoes and wine over the fish and season with ¼ tsp. of salt. Arrange the remaining potato slices on top of the fish. Drizzle with the oil and season with ¼ tsp. of salt and the herbes de Provence. • Bake for 10 minutes. Reduce the oven to 200º F and bake for another 10 minutes. • Serves 4.

Per Serving (2 cups): Calories 380; Total Fat 16 g; Sat Fat 2.5 g
Protein 26 g; Carbs 28 g; Fiber 4 g; Sodium 440 mg

Hunter’s Chicken

Total Time: 30 minutes

1 lb. boneless, skinless chicken breast or thighs
4 Tbs. extra-virgin olive oil, divided
1 onion, diced
1 lb. cremini mushrooms, diced
2 Tbs. tomato paste
½ cup dry vermouth
1 15 oz. can no-salt-added diced tomatoes
½ tsp. dried thyme
Freshly ground black pepper
½ tsp. kosher salt

You can use dry white wine instead of vermouth.

In a large, deep skillet, sauté the chicken in 1 Tbs. of the oil until browned, about 3 minutes per side. Remove and set aside. • Sauté the onion and the mushrooms in the remaining 3 Tbs. of oil until they start to brown, 8-10 minutes. • Stir in the tomato paste and cook for 2 minutes. Add the vermouth, diced tomatoes, and thyme. Simmer until the sauce thickens, about 10 minutes. • Chop the chicken and return it and any juices to the skillet to gently cook through. Season with pepper and up to ½ tsp. of salt. • Serves 4.

Per Serving (1½ cups), made with chicken breast: Calories 370; Total Fat 17 g
Sat Fat 2.5 g; Protein 29 g; Carbs 19 g; Fiber 3 g; Sodium 400 mg

Cannellini Beans & Chorizo

Total Time: 20 minutes

½ lb. chicken chorizo sausage, casing removed
3 Tbs. extra-virgin olive oil
5 cloves garlic, minced
2 bell peppers, chopped
1 15 oz. can no-salt-added cannellini beans
Freshly ground black pepper

Chorizo is a Spanish sausage that is flavored with paprika and comes either fresh or smoked. For this recipe I prefer the fresh sausage. You can use Italian chicken or turkey sausage instead—just add 1 Tbs. of paprika while sautéing the sausage.

Sauté the sausage in the oil, breaking it up into small pieces, until lightly browned, about 3 minutes. Stir in the garlic and cook for another minute. Remove the sausage and garlic with a slotted spoon and set aside. • Sauté the peppers until they start to brown, 2-3 minutes. Stir in the beans with their liquid and heat through. • Stir the sausage into the peppers and beans. Season with plenty of black pepper. • Serves 4.

Per Serving (1⅓ cups): Calories 300; Total Fat 16 g; Sat Fat 2.5 g
Protein 17 g; Carbs 28 g; Fiber 6 g; Sodium 370 mg