Green Beans & Caramelized Shiitakes

Total Time: 15 minutes

- 1½ lbs. green beans, trimmed
- ½ lb. shiitake mushrooms, caps sliced, stems discarded or saved for stock
- 3 Tbs. extra-virgin olive oil
- 3 cloves garlic, chopped
- 2 Tbs. balsamic vinegar
- 1½ Tbs. reduced-sodium soy sauce

Green beans have never tasted better. Shiitake stems are too woody and tough to eat, but you can save them for stock.

Steam the beans until tender, about 5 minutes. • In a large sauté pan over medium-high heat, sauté the mushrooms in 2 Tbs. of the oil until browned, about 5 minutes. • Push the mushrooms to one side and add the remaining 1 Tbs. of oil. Sauté the garlic in the oil for 30 seconds, then add the balsamic vinegar and soy sauce. Stir together with the mushrooms and sauté until all the sauce is absorbed, 1-2 minutes. • Toss the green beans with the mushrooms and heat through. • Serves 8.

Per Serving (¼ cup): Calories 90; Total Fat 6 g; Sat Fat 1 g; Protein 3 g; Carbs 8 g; Fiber 3 g; Sodium 110 mg

Apple & Walnut Salad

Total Time: 15 minutes

1 cup apple cider
2 Tbs. red wine vinegar
½ tsp. kosher salt
¼ cup minced red onion
2 tsp. Dijon mustard
3 Tbs. canola oil
10 oz. mixed salad greens
2 apples, cored and thinly sliced
½ cup chopped walnuts
4 oz. crumbled gorgonzola or goat cheese (optional)

We made this fall salad with Granny Smith and Braeburn apples, though you can also use pears. The salad is delicious with or without the cheese.

Boil the cider until reduced to ¼ cup (the consistency of syrup), 5-7 minutes. • In a large bowl, whisk the reduced cider with the vinegar, salt, onion, mustard, and oil. • Toss the salad greens with the dressing. Top with the apple, walnuts, and cheese. • Serves 8.

Per Serving (2 cups), without the cheese: Calories 160; Total Fat 12 g; Sat Fat 1 g; Protein 2 g; Carbs 13 g; Fiber 2 g; Sodium 160 mg

Pomegranate & Pumpkin Seed Tabouli

Total Time: 15 minutes

1½ cups bulgur
2 Tbs. extra-virgin olive oil
¼ cup lemon juice
½ tsp. kosher salt
1 cup flat-leaf parsley leaves, chopped
¼ cup mint leaves, chopped (optional)
3 scallions, thinly sliced
1 cup pomegranate seeds
½ cup toasted pumpkin seeds

This cool dish packs a big punch—crunchy, toasted pumpkin seeds, fresh herbs, and the sweet pop of pomegranate makes a tasty and beautiful dish. If you can’t find pomegranate seeds, you can substitute ½ cup of dried cranberries.

In a medium saucepan, bring 2 cups of water to a boil and stir in the bulgur. Cover and turn off the heat. Let the bulgur stand until the water is absorbed, about 8 minutes. Uncover and fluff with a fork, then allow the bulgur to cool. • In a large serving bowl, whisk together the oil, lemon juice, and salt. Mix in the parsley, mint, scallions, and pomegranate seeds. Mix in the bulgur and sprinkle with the pumpkin seeds. • Serves 8.

Per Serving (¾ cup): Calories 190; Total Fat 8 g; Sat Fat 1 g; Protein 6 g; Carbs 26 g; Fiber 7 g; Sodium 130 mg

Planning a dinner party to celebrate Food Day on October 24th? Here are a few dishes that will make your feast fabulous.

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