Healthy Cooking Series – French Flare

Provencal-Style Edamame Sauté

Makes: 4 servings, about 1 1/2 cups each
Active Time: 35 minutes
Total Time: 35 minutes

INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 1 large bulb fennel, trimmed, cored and thinly sliced
- 2 tablespoons minced garlic
- 1/2 teaspoon herbes de Provence
- 3/4 cup dry white wine
- 1 10-ounce package frozen shelled edamame (about 2 cups), thawed
- 1 9-ounce package frozen artichoke hearts, thawed
- 1/4 cup vegetable broth, or reduced-sodium chicken broth
- 1 teaspoon freshly grated lemon zest
- 1/4 cup lemon juice
- 1/2 teaspoon salt
- 1/2 cup crumbled feta cheese
- 2 tablespoons chopped cured olives

PREPARATION

1. Heat oil in a large skillet over medium heat. Add fennel and cook, stirring, until starting to soften and brown, 3 to 5 minutes. Add garlic and herbes de Provence; cook, stirring, until fragrant, about 30 seconds. Add wine; increase heat to high and bring to a boil. Boil until the wine is almost evaporated, about 3 minutes. Stir in edamame, artichoke hearts and broth; cover and cook, stirring occasionally, until hot, about 5 minutes. Remove from the heat; stir in lemon zest, lemon juice and salt. Serve sprinkled with feta and olives.

TIPS & NOTES

- **Shopping Tip:** Herbes de Provence can be found in the specialty spice section. Make your own by mixing equal amounts of dried thyme, sage, rosemary, marjoram, summer savory and fennel seed.
Quick Coq au Vin

Makes: 4 servings, 1/2 breast & 3/4 cup sauce each
Active Time: 45 minutes
Total Time: 45 minutes

INGREDIENTS
- 1/4 cup all-purpose flour
- 2 bone-in chicken breasts (about 12 ounces each), skin removed, trimmed
- 1/2 teaspoon salt, divided
- 1/2 teaspoon freshly ground pepper, divided
- 1/4 cup water
- 2 tablespoons extra-virgin olive oil, divided
- 4 ounces mushrooms, quartered (about 1 1/2 cups)
- 2 large carrots, thinly sliced
- 1 small onion, halved and sliced
- 1 teaspoon crumbled dried rosemary
- 1 14-ounce can reduced-sodium chicken broth
- 1/2 cup dry red wine, preferably Zinfandel
- 1 tablespoon tomato paste
- 2 tablespoons chopped fresh parsley

PREPARATION
1. Place flour in a shallow dish. Cut each chicken breast in half on the diagonal to get 4 portions about equal in weight. (Two will be smaller but thicker, the other two larger but thinner.) Sprinkle the chicken with 1/4 teaspoon each salt and pepper and dredge in the flour. Whisk water with 2 tablespoons of the leftover flour in a small bowl; set aside.
2. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Reduce heat to medium and add the chicken. Cook, turning once or twice, until lightly browned on all sides, 5 to 7 minutes total. Transfer to a plate.
3. Add the remaining 1 tablespoon oil to the pan; reduce heat to medium-low. Add mushrooms, carrots, onion and rosemary and cook, stirring occasionally, until the vegetables are softened and browned in spots, about 5 minutes. Add broth, wine, tomato paste and the remaining 1/4 teaspoon each salt and pepper. Stir until the tomato paste is dissolved. Bring to a simmer.
4. Return the chicken and any accumulated juice to the pan. Cover; reduce the heat to maintain a simmer and cook, stirring once or twice, until an instant-read thermometer inserted into the thickest part of the breast registers 165°F, 15 to 20 minutes. Transfer the chicken to a serving plate.
5. Increase the heat under the sauce to medium-high. Stir the water-flour mixture; add it to the pan and cook, stirring, until the sauce is thickened, about 1 minute. Serve the chicken with the sauce, sprinkled with parsley.
Bouillabaisse with Spicy Rouille

Makes: 6 servings, about 1 1/3 cups each
Active Time: 1 1/4 hours
Total Time: 1 1/2 hours

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 2 leeks, white parts only, halved lengthwise, thinly sliced and thoroughly washed
- 1 stalk celery, diced
- 4 cloves garlic, minced
- 1/2 teaspoon fennel seed, crushed
- 4 plum tomatoes, diced
- 1/2 cup dry white wine
- 2 large red potatoes, cut in 1/2-inch dice
- 2 8-ounce bottles clam juice
- 1 cup water
- 2 4-inch strips orange peel, (see Tip)
- 2 bay leaves
- 1 pinch saffron, (see Tip)
- 8 ounces sea bass fillets, cut into thirds
- 8 ounces crab meat, (see Tip), halved
- 8 ounces smoked trout
- Spicy Rouille, (recipe follows)

PREPARATION

1. Heat oil in a Dutch oven over medium-high heat. Add leeks, celery, garlic and fennel seed and cook, stirring often, until the leeks are softened, 3 to 4 minutes. Add tomatoes and potatoes; cook, stirring often, until the tomatoes begin to break down, about 4 minutes. Add wine, increase heat to high, bring to a boil, and cook, stirring often, until reduced, 2 to 3 minutes. Add clam juice, water, orange peel, bay leaves and saffron and bring to a boil. Reduce heat and simmer, stirring occasionally, until the potatoes are just tender, about 15 minutes.

2. Carefully submerge sea bass in the soup, return to a simmer and cook for 2 minutes. Add the crab meat & smoked trout, submerge in the soup, and continue cooking until cooked through, about 3 minutes. Discard orange peel and bay leaves. Serve the soup with a spoonful of Spicy Rouille on top.
Spicy Rouille

Makes: 1/3 cup, for 6 servings

Active Time: 5 minutes

Total Time: 5 minutes

INGREDIENTS

- 1/4 cup chopped jarred roasted red peppers
- 3 tablespoons reduced-fat mayonnaise
- 2 teaspoons lemon juice
- 1 teaspoon minced garlic
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/4 teaspoon cayenne pepper
- 1 Pinch saffron,

PREPARATION

1. Combine red peppers, mayonnaise, lemon juice, garlic, salt, pepper, cayenne and saffron in a food processor; pulse, scraping down the sides as necessary, until smooth.