

PANTRY

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Add onion, garlic and cloves, if using. Sauté for about 2 minutes. Add lentils and carrot, and sauté. Cook until the onions are translucent, stirring occasionally, about 5 minutes. Add red chili flakes.

Season with salt, and cook for another couple of more minutes.

Add stock and cover the pot with a lid. Cook soup for 15 to 20 minutes. Turn heat off and add lemon juice. Stir well. Remove the black cloves before serving.

If you have a can of fried onions, sprinkle some on top before serving.

Serves 6.

— Arthi Subramaniam

HOMEMADE FLATBREADS

For a more savory finish, brush the flatbreads with olive oil or melted butter, either plain or mixed with minced garlic or chopped fresh rosemary. Serve with your favorite dip, rice dish, curry or soup.

- 3½ tablespoons butter
- ¾ cup milk
- 2 cups all-purpose flour, plus more for board
- ½ teaspoon salt
- ½ tablespoon olive oil

In a bowl, combine butter and milk and heat until butter is just melted, on stove or in microwave.

In large bowl, combine butter mixture with flour and salt.

Sprinkle work surface with flour. Then knead dough for a few minutes until it is smooth. Add extra flour if the dough is too sticky.

Wrap with plastic wrap and rest dough at room temperature for 30 minutes or so.

Cut dough into 6 pieces and roll into balls. Then roll out into about 1/4-inch thick rounds on a floured surface.

Heat oil in a nonstick pan over medium heat. Place 1 flatbread in the pan, cook for around 1 to 1½ minutes. It should bubble up. Flip and cook the other side, pressing down if it puffs up. There should be a smallish golden brown spots on both sides.

Stack the cooked bread and keep wrapped with a tea towel; the moisture helps soften the surface, making them even more pliable. Continue to cook with remaining pieces.

Makes 6 flatbreads.

— Compiled from various websites



Darrell Sapp/Pittsburgh Post-Gazette-TNS

Peanut butter and jelly pinwheels.

TOMATO RICE WITH CHICKPEAS

A can of crushed tomatoes could be replaced with two 14.5-ounce cans of diced tomatoes, but increase the amount of water to 3½ cups.

- 2 cups long-grain rice
- 3 tablespoons neutral oil
- 1 large onion, finely chopped
- 3 large garlic cloves, smashed and chopped
- 1½ teaspoons crushed chili pepper flakes or 2 small green chilies
- 1½ teaspoons ground cinnamon or 2 small cinnamon sticks
- 1 (15.5-ounce) garbanzo beans, drained
- 1 (28-ounce) can crushed tomatoes
- Salt to taste
- 1½ cups water
- ½ cup cilantro, optional
- 6 hard-boiled eggs, cut in half

Wash the rice at least 3 to 4 times in cold water, drain well and set it aside.

In a Dutch oven or large pot, add oil over medium heat. Add onion, garlic, chili pepper flakes or green chilies. Stir for 3 minutes. Add ground cinnamon or cinnamon sticks, and stir for 2 minutes.

Add garbanzo beans and stir for 1 more minute.

Add crushed tomatoes and salt to taste.

Add rice and water. Taste and add more salt if needed.

Cover the pot with a lid, and reduce heat to medium-low.

Stir rice after 15 minutes and again after 5 minutes. Turn the heat off once all the water is absorbed by the rice and beans. Keep the lid on for 5 minutes.

Transfer rice into a serving bowl or platter. Remove the cinnamon sticks. Sprinkle with cilantro, if using.

Gently mix 6 halved eggs into rice and place 6 on top.

Serves 6.

— Arthi Subramaniam

MARCELLA HAZEN'S RED SAUCE

This might be the easiest, and best tomato sauce on earth, and it only requires three ingredients. If you like a little spice, add a pinch or two of crushed red pepper flakes.

For a less chunky sauce, give it a whirl in the blender. For a creamier sauce, add a glug or two of whole milk or heavy cream.

- 2 cups tomatoes, in addition to their juices (for example, a 28-ounce can of San Marzano whole peeled tomatoes)
- 5 tablespoons butter
- 1 onion, peeled and cut in half
- Salt

Combine the tomatoes, their juices, butter and onion halves in a saucepan. Add a pinch or two of salt.

Place over medium heat and bring to a simmer. Cook, uncovered, for about 45 minutes. Stir occasionally, mashing any large pieces of tomato with a spoon. Add salt as needed.

Discard the onion before tossing the sauce with pasta.

This recipe makes enough sauce for a pound of pasta.

— Marcella Hazen

TUNA CASSEROLE WITH ELBOW MACARONI

This recipe includes Parmesan cheese and crushed potato chip topping to make it even more yummy for kids. If you don't have potato chips, substitute panko bread-crumbs or crushed cornflakes. I used elbow noodles but you could use egg noodles, bow ties or even spaghetti. Peas give the dish some color but people can be finicky about them, so they're optional.

- 8 ounces (about 2 cups) medium egg noodles or

- elbows, cooked and drained
- 1 can condensed mushroom soup
- ½ cup milk or chicken broth
- 2 cans (about 5 ounces each) tuna in water, drained
- 1 cup frozen green peas
- ½ cup grated Parmesan cheese
- 2 tablespoons butter, divided
- ½ small onion, finely chopped (about ¼ cup)
- 1 celery stalk, finely diced (about ¼ cup)
- Coarse salt and freshly ground black pepper
- ½ teaspoon dried thyme
- Large handful of potato chips, crushed
- Smoked paprika, for topping (optional)

Preheat oven to 350 degrees and position rack in the middle position.

Coat a 13-by-9-inch casserole dish with cooking spray.

Cook the noodles in salted water until al dente according to package directions. Drain and rinse the noodles in cold water to stop them from cooking.

Pour the noodles into a large bowl and add soup, milk or broth, tuna, peas and cheese. Toss to combine.

In large skillet over medium-high heat, melt 1 tablespoon butter. Add onion and celery and cook until softened, about 3 minutes. Season with salt and pepper.

Add thyme and continue to cook until onion and celery are translucent, about 2 more minutes.

Pour the vegetables over the tuna-noodle mixture in the bowl and mix to combine. Immediately pour into the prepared casserole dish.

Sprinkle crushed potato chips evenly over the casserole. Melt remaining 1 tablespoon butter in microwave, and drizzle on top. Sprinkle with smoked paprika, if desired.

Bake, uncovered, until the casserole is bubbly and top is golden, about 30 minutes. Serve piping hot.

Serves 4 to 6.

— Gretchen McKay

PEANUT BUTTER AND JELLY PINWHEELS

Forget the P&J sandwich; treat the kids to a P&J pinwheel instead. Anything goes in these pinwheels and so substitute peanut butter with almond or cashew butter and use any fruit spread you might have.

- 3 tablespoons butter
- 1 bag (10 ounces) marshmallows or 4 cups miniature marshmallows
- 7 cups crushed honey-nut frosted comflakes or plain comflakes
- ½ cup crunchy or creamy peanut butter
- ½ cup raspberry or strawberry preserves

Line a 15-by-10-by-1-inch baking pan with parchment paper, leaving 1-inch paper overhanging short sides of the pan; spray with cooking spray.

In a large bowl, microwave butter uncovered on high for about 45 minutes or until melted. Add marshmallows; toss to coat. Microwave 1 to 1½ minutes longer. Stir until marshmallows are completely melted and mixture is well mixed.

Add cereal; stir until well mixed. Spoon into baking pan, pressing gently with hands lightly moistened with water.

Transfer parchment paper with cereal mixture onto work surface. Spread peanut butter over cereal mixture.

Then spread raspberry or strawberry preserves.

Tightly roll up cereal mixture, starting with a long end, peeling away paper as you roll.

Place roll on a cutting board. Using a serrated knife, cut roll crosswise into ¾-inch slices.

Makes 12 to 14 pinwheels.

— "Betty Crocker Cookies: Irresistibly Easy Recipes for Any Occasion" by Betty Crocker Kitchens (Houghton Mifflin Harcourt; September 2019)

NACHO SALAD

This salad is very accommodating and so you can use any type of greens or onion you have on hand.

- ½ pound bag tortilla chips
- 1 (5-ounce) bag baby arugula or any type of greens
- 1 small onion, finely chopped
- 2 (15.5-ounce) cans pinto or cannellini beans, washed and drained
- 1½ teaspoons ground cumin
- Salt, divided
- 1 cup chunky salsa
- 1 (14.5-ounce) can diced tomatoes
- 1 cup cheddar cheese, grated
- ½ cup cilantro, optional
- Sour cream, optional

In a large salad bowl, add the tortilla chips. Then layer with arugula or

whatever else greens you are using and onion.

In a bowl, add pinto or cannellini beans, cumin and salt, to taste. Mash the beans, making sure it is chunky and has bits of beans.

Spoon the beans in small mounds on top of the onion.

In a small bowl, combine salsa and diced tomatoes. Stir and add salt if needed. Spread salsa over the beans. Finish the salad by sprinkling cheese and cilantro, if using, on top.

Serve with sour cream, if desired. Serves 6.

— Arthi Subramaniam

PINEAPPLE BARBECUE SAUCE

Canned pineapple isn't only for dessert. Paired with ketchup and mustard, it makes a spicy-sweet barbecue sauce. Serve with shredded rotisserie chicken breast, roasted chicken thighs, pulled pork or slather it on top of a burger. If it's too sweet, add a little more vinegar and a pinch or two of red pepper flakes.

- 1 cup ketchup
- ½ tablespoon mustard
- 1 cup canned cubed pineapple
- 1 clove garlic, minced
- 2 tablespoons Worcestershire sauce
- 2 tablespoons cider vinegar
- ½ teaspoon salt
- 1 tablespoon maple syrup or honey
- Pinch of red pepper flakes, optional
- 1/3 cup water

Mix all ingredients together in a blender. Pour mixture into a small sauce pan and bring to a boil. Reduce heat to a simmer, and cook until it is slightly reduced and dark in color.

Sauce can be stored in the refrigerator for up to 4 days.

— Gretchen McKay

BURGERS

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Per serving: 391 calories (31% from fat), 13.4 g fat (3.5 g saturated, 4.8 g monounsaturated), 137 mg cholesterol, 45.6 g protein, 19.4 g carbohydrates, 3.7 g fiber, 364 mg sodium.

SALAD

Recipe by Linda Gassenheimer

- 4 cups washed, ready-to-eat lettuce

- 1 large tomato cut into small wedges
- 4 tablespoons reduced-fat vinaigrette dressing

Place lettuce and tomato wedges in a bowl and add dressing. Toss to coat salad with the dressing. Yield 2 servings.

Per serving: 54 calories (40% from fat), 2.4 g fat (0.2 g saturated, 0.7 g monounsaturated), 2 mg cholesterol, 2.1 g protein, 8 g carbohydrates, 3.1 g fiber, 21 mg sodium.

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