Roasted Tomatillo Guacamole

FLOR MORENO, MOUNTAIN VIEW, CA

PREP AND COOK TIME: 30 minutes
MAKES: 1 1/2 cups
NOTES: The roasting step can also be done on a grill.

- 1 or 2 fresh Jalapeños, stems removed, and chiles halved and seeded
- 1/2 medium white onion, peeled
- 1 garlic clove, peeled
- 1 tomatillo, papery skin removed
- 1 avocado, peeled and cut into chunks
- At least 1 tablespoon lime juice
- 1/3 cup loosely packed cilantro leaves, chopped
- At least 1/2 teaspoon salt

1. In a large, unoiled frying pan over medium heat, pan-roast the Jalapeños, onion, garlic, and tomatillo on all sides, 20 to 25 minutes total.

2. In a blender, whirl the vegetables with 1/4 cup water until blended but still chunky. Add avocado and lime juice; pulse until blended. Add cilantro and salt, pulse to combine, and add more salt and/or lime juice to taste.

Per tablespoon: 16 Cal., 75% (12 Cal.) from fat; 0.2 g protein; 1.3 g fat (0.2 g sat.); 1.2 g carbo (0.3 g fiber); 50 mg sodium; 0 mg chol.

Red Pepper–Cauliflower Soup

PATRICIA SMITH, SAN FRANCISCO

PREP AND COOK TIME: 1 hour
MAKES: 6 servings

- 6 large red bell peppers, stemmed and cored, halved lengthwise, and pressed flat
- 1 tablespoon olive oil
- 4 shallots, peeled and chopped
- 1 teaspoon salt
- 1/4 teaspoon cayenne
- 1 quart fat-skimmed chicken broth
- 1 head cauliflower, cut into florets
- 1 teaspoon sugar
- Freshly ground pepper
- Extra-virgin olive oil, chopped fresh chives, and lemon wedges (optional)

1. Preheat broiler to high. Arrange bell peppers skin side up on baking sheet. Broil, watching carefully, until skins are blackened, about 10 minutes. Remove peppers from oven and let cool. Peel over a bowl to collect juices; set peppers and juices aside.

cayenne and cook, stirring until soft, 3 minutes. Add broth and cauliflower. Bring to a boil, then lower heat to a simmer. Cover and cook 20 minutes. Add peppers with juices and cook, covered, until cauliflower is tender, 10 minutes. Purée in batches in a blender and add sugar. Add pepper to taste.

3. Serve hot or cold, garnished with a drizzle of extra-virgin olive oil, some chives, and a squeeze of lemon juice if you like.

Per serving: 191 Cal., 66% (126 Cal.) from fat; 5.2 g protein; 14 g fat (2 g sat.); 16 g carbo (4.9 g fiber); 787 mg sodium; 0 mg chol.

Blueberry Yogurt Cake

ANGELA BAKER, VANCOUVER, WA

PREP AND COOK TIME: 55 minutes
MAKES: 6 generous servings

- 1/2 cup plus 2 tablespoons butter
- 1/2 cup granulated sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 1/4 cups all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon *each* baking soda and salt
- 1/2 cup plain low-fat yogurt
- 1 cup blueberries
- 1/2 cup light brown sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1 cup chopped walnuts

1. Preheat oven to 350°. In a large bowl, cream 1/2 cup butter with the granulated sugar until light and fluffy. Beat in eggs and vanilla.

2. In a medium bowl, sift together flour, baking powder, baking soda, and salt. Stir into butter mixture. Add yogurt and mix; gently stir in blueberries.

3. In a small bowl, stir together the brown sugar, cinnamon, nutmeg, and walnuts. Pour half the cake batter into a buttered and floured 8-inch square baking pan. Sprinkle with half the brown sugar mixture and top with the remaining batter.

4. Combine the remaining brown sugar mixture with 2 tablespoons butter and sprinkle over the top of the batter. Bake until toothpick inserted into center comes out clean, about 45 minutes.

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