GOOD TO KNOW
The **QUICK COQ AU VIN** is a **STREAMLINED** twist on the labor-intensive French classic. Instead of the chicken being browned in bacon fat and then braised in broth, Cognac, and wine while onions and mushrooms are cooked separately and the liquid then thickened, our **SKILLET VERSION** takes just 45 minutes from start to finish. What's more, it captures all the savory **RICHNESS** of the original.

MEATLESS MAIN COURSE

BULGUR, GARBANZO BEAN, AND CUCUMBER SALAD

PREP 20 minutes **TOTAL** 35 minutes
6 MAIN-COURSE SERVINGS For a photo of this recipe, turn to page 137. Bulgur can be found at natural foods stores.
CALORIES 458 **FAT** 16 g **FIBER** 15 g

- **2 cups whole grain quick-cooking bulgur (11 to 12 ounces)**
- **2 15- to 16-ounce cans garbanzo beans (chickpeas), drained**
- **2 ½-pint containers small red and/or yellow cherry tomatoes**
- **1 cup diced unpeeled English hothouse cucumber**
- **1 cup diced roasted red peppers from jar**
- **⅔ cup (packed) chopped fresh dill**
- **¼ cup white balsamic vinegar**
- **1 tablespoon ground cumin**
- **6 tablespoons olive oil**

Cook bulgur in large saucepan of boiling salted water until just tender, 10 to 12 minutes. Drain. Rinse with cold water to cool; drain well. Transfer to large bowl. Add garbanzos and next 4 ingredients.

Whisk vinegar and cumin in small bowl. Whisk in oil. Season dressing with salt and pepper; pour over bulgur to coat salad. Season with salt and pepper.

QUICK COQ AU VIN

PREP 45 minutes **TOTAL** 45 minutes
4 SERVINGS For a photo of this recipe, turn to page 137.
CALORIES 372 **FAT** 10 g **FIBER** 0.7 g

- **4 bacon slices, coarsely chopped**
- **4 skinless boneless chicken breast halves**
- **3 tablespoons chopped fresh Italian parsley, divided**
- **8 ounces large crimini (baby bella) mushrooms, halved**
- **8 large shallots, peeled, halved through root end**
- **2 garlic cloves, pressed**
- **1½ cups dry red wine (such as Syrah)**
- **1½ cups low-salt chicken broth, divided**
- **4 teaspoons all purpose flour**

Preheat oven to 300°F. Sauté bacon in large nonstick skillet over medium-high heat until crisp. Using slotted spoon, transfer to bowl.

Sprinkle chicken with salt, pepper, and 1 tablespoon parsley. Add to drippings in skillet. Sauté until cooked through, about 6 minutes per side; transfer to pie dish (reserve skillet). Place in oven to keep warm.

Add mushrooms and shallots to skillet; sprinkle lightly with salt and pepper. Sauté until brown, about 4 minutes. Add garlic; toss 10 seconds. Add wine, 1¼ cups broth, bacon, and 1 tablespoon parsley. Bring to boil, stirring occasionally. Boil 10 minutes.

Meanwhile, place flour in small cup. Add ¼ cup broth, stirring until smooth.

Add flour mixture to sauce. Cook until sauce thickens, 3 to 4 minutes. Season sauce to taste with salt and pepper.

Arrange chicken on platter; stir juices from pie dish into sauce and spoon over chicken. Sprinkle with 1 tablespoon parsley.

FIGS WITH HONEY-ORANGE MASCARPONE AND PISTACHIO BRITTLE

PREP 30 minutes **TOTAL** 40 minutes
6 SERVINGS Fresh figs should look plump and unbruised; ripe ones will give when pressed gently. Loosely covered and stored in a single layer, they'll keep for a few days in the fridge.
CALORIES 335 **FAT** 22 g **FIBER** 4 g

- **¼ cup sugar**
- **Pinch of coarse kosher salt**
- **¼ cup unsalted pistachios, toasted**
- **½ cup mascarpone cheese**
- **2 tablespoons heavy whipping cream**
- **2 tablespoons orange blossom honey**
- **1 teaspoon finely grated orange peel**
- **12 fresh black Mission figs or other figs, stemmed, halved lengthwise**

Line baking sheet with foil. Stir sugar and 1 tablespoon water in small skillet over medium-low heat until sugar dissolves. Increase heat to medium-high; boil until syrup turns deep amber, occasionally swirling skillet and brushing down sides with wet pastry brush, about 5 minutes. Remove from heat; add salt and nuts. Stir to coat and transfer to prepared sheet. Cool.

Stir mascarpone, cream, honey, and orange peel in small bowl. Coarsely chop brittle. Arrange figs on plate. Spoon 1 teaspoonful mascarpone mixture atop cut side of each fig; garnish with brittle.

CAPPUCCINO CHEESECAKE BARS

PREP 30 minutes **TOTAL** 3 hours (includes chilling time)
MAKES 15 To serve cleanly cut cheesecake bars, dip a sharp knife into a tall glass of hot water. Wipe the knife dry with a thick kitchen towel, then cut the bars in the pan. Repeat dipping the knife and wiping it every few cuts. (This works for slicing cheesecake, too.)
CALORIES 261 **FAT** 20 g **FIBER** 0.1 g

- **9 whole graham crackers, broken up**
- **¼ cup plus ⅔ cup sugar**
- **¼ cup (½ stick) chilled unsalted butter, diced**
- **6½ teaspoons instant espresso powder, divided**
- **1 tablespoon plus 1 cup chilled heavy whipping cream**
- **1 teaspoon vanilla extract**
- **2 8-ounce packages Philadelphia-brand cream cheese, room temperature**
- **1 large egg**

Preheat oven to 350°F. Butter 11x7x1½-inch metal baking pan. Grind graham crackers with ¼ cup sugar in processor to small crumbs. Add ¼ cup butter and 1½ teaspoons espresso powder. Blend until crumbs are moist and stick together. Transfer ½ cup crumb mixture to pie dish for crumb topping. Press remaining mixture onto bottom of prepared metal baking pan. Bake crumbs in pan and pie dish until golden, 10 minutes. Cool 10 minutes. Maintain oven temperature.

Meanwhile, stir remaining 5 teaspoons espresso powder, 1 tablespoon cream, and vanilla in small bowl until coffee dissolves. Beat cream cheese in large bowl until smooth. Add ⅔ cup sugar and beat to blend. Beat in coffee mixture, then egg.

Spread filling evenly over crust in metal baking pan. Bake until set, about 25 minutes. Chill uncovered until cold and firm, at least 2 hours and up to 1 day.

Beat 1 cup cream in medium bowl until firm peaks form. Cut cheesecake lengthwise into 3 strips; cut each strip into 5 bars. Transfer bars to platter. Dollop whipped cream atop each bar. Sprinkle with crisp crumb mixture from pie dish. ■

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