



QUICK TIPS

The **EASIEST WAY TO CHOP CHIVES** for the smoked salmon appetizer is to snip the chives with scissors. Even better is a

tool made for the job, like Henckels' "Twin" deluxe kitchen shears (\$30 at cutleryandmore.com)./ When shopping for fish for the seared tuna with

olive vinaigrette, look for steaks labeled **AHI TUNA** (also known as yellowfin) that are pink or deep red. Avoid steaks that are brown-toned.

EASY PARTY APPETIZER

SMOKED SALMON WITH BLACK PEPPER POTATO CHIPS AND LEMON CRÈME FRAÎCHE

PREP 5 minutes TOTAL 5 minutes

4 SERVINGS Black pepper potato chips (use kettle-cooked, which are sturdier) are a surprising and delicious base for this starter.

CALORIES 109 FAT 7 g FIBER 0

- ¼ cup crème fraîche or sour cream
- 1½ teaspoons finely grated lemon peel
- 16 large black pepper or salt-and-pepper potato chips**
- 1 4-ounce package thinly sliced smoked salmon, cut into 16 pieces**
- Chopped fresh chives**

Stir crème fraîche and lemon peel in small bowl. Arrange potato chips on plate. Divide salmon among chips. Spoon rounded ½ teaspoon lemon crème fraîche atop salmon on each chip and sprinkle with chives.

SEARED TUNA WITH OLIVE-TAPENADE VINAIGRETTE AND ARUGULA

PREP 30 minutes TOTAL 30 minutes

4 SERVINGS Mixed-olive tapenade is available in the refrigerated deli section of many supermarkets. Use a version that is chopped, not smooth.

CALORIES 661 FAT 36 g FIBER 4 g

- ½ cup chopped mixed-olive tapenade
- ½ cup chopped red onion
- ½ cup chopped fresh basil
- 5 tablespoons extra-virgin olive oil plus additional for brushing**
- ¼ cup white balsamic vinegar
- 2 teaspoons finely grated lemon peel**
- 8 ½-inch-thick diagonal baguette slices**
- 4 6-ounce ahi tuna steaks (each about ¾ to 1 inch thick)**
- 4 cups (packed) baby arugula**

Mix tapenade, onion, basil, 5 tablespoons oil, vinegar, and lemon peel in medium bowl; season with salt and pepper.

Brush baguette slices and tuna on both sides with oil. Sprinkle tuna with salt and pepper. Heat large nonstick skillet over medium-high heat. Add baguette slices; toast until golden, 3 to 4 minutes per side. Transfer to plate. Add tuna to same skillet; cook to desired doneness, 1 to 2 minutes per side for medium-rare.

Divide arugula among 4 plates. Cut tuna into slices; arrange atop arugula. Spoon tapenade vinaigrette over tuna. Place 2 baguette slices alongside each and serve.

PAPPARDELLE WITH LAMB RAGÙ

PREP 50 minutes TOTAL 50 minutes

4 SERVINGS

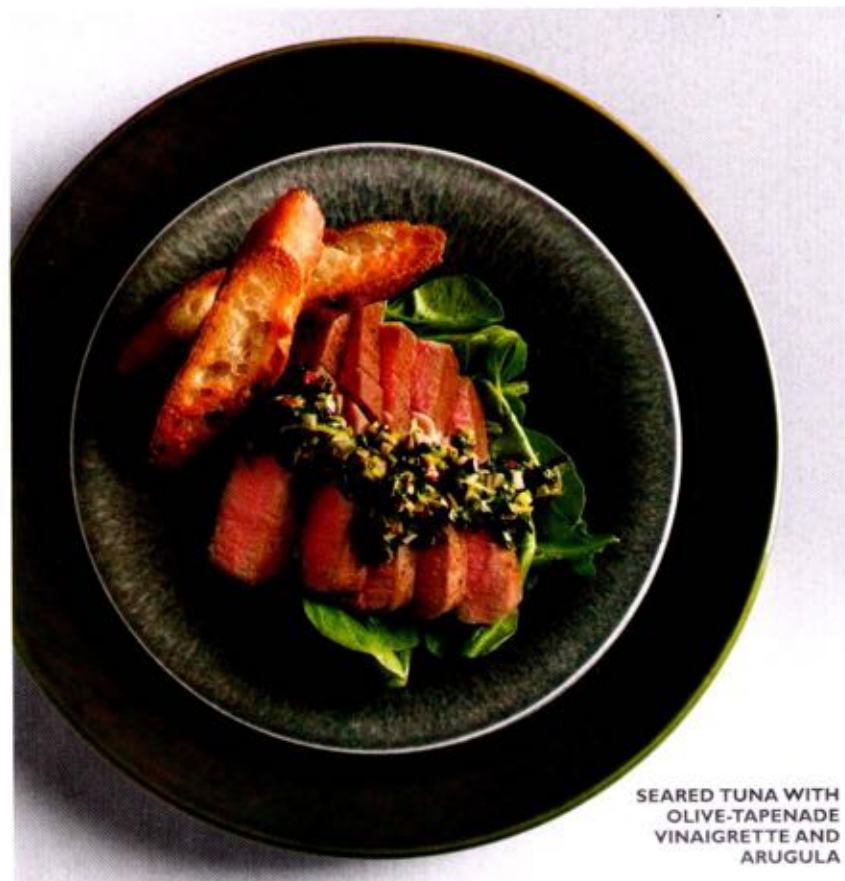
CALORIES 723 FAT 31 g FIBER 10 g

- 2 tablespoons olive oil**
- 2 pounds round-bone lamb shoulder chops, cut into ½-inch cubes**
- 2 tablespoons all purpose flour**
- 3 cups chopped leeks (about 3 medium; white and pale green parts only)**
- 1½ cups dry red wine**
- 2 cups low-salt chicken broth**
- 2 teaspoons dried oregano**
- 1 8-ounce package frozen artichoke hearts, thawed**
- 2 cups frozen peas with pearl onions, thawed**
- 1 8.8- to 9-ounce package pappardelle or other wide egg noodles**
- ¼ cup chopped fresh Italian parsley**

Heat oil in large skillet over medium-high heat. Sprinkle lamb with salt, pepper, and flour. Add lamb to skillet and sauté until browned, about 5 minutes. Add leeks; sauté until soft, about 3 minutes. Add wine and boil until slightly thickened, scraping up browned bits, about 3 minutes. Add broth and oregano; bring to boil, reduce heat to medium-low, and simmer uncovered until lamb is tender, stirring often, about 20 minutes. Add artichokes and peas with onions. Simmer until heated through, about 4 minutes.

Meanwhile, cook pasta in large pot of boiling salted water until tender. Drain.

Place pasta in large bowl. Spoon ragù over and sprinkle with parsley. **P. 57**



SEARED TUNA WITH OLIVE-TAPENADE VINAIGRETTE AND ARUGULA