



TRY *a little* TENDER NESS

HOW BEST
TO SAVOR
THE SPRING?

*gather its first
fragile greens
to flavor
these delicious
seasonal dishes*

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little gems

are like single-serving mini versions of romaine lettuce. Remove the outer leaves, and the sweet, crisp interior is great raw or grilled.



GRILLED LITTLE GEM LETTUCE
with buttermilk dressing and parmesan see recipe on p. 98



fava beans

To shell and peel them, split open the pods and remove the beans. Cook in boiling water 30 seconds, drain, and rinse under cold water. Squeeze each bean to remove the skin.



CHEESE RAVIOLI WITH FAVA BEANS
and prosciutto see recipe on p. 98



sweet peas

They pack a significant amount of vitamins C and K, magnesium, and fiber.



SWEET PEA CUPCAKES
with swiss meringue frosting see recipe on p. 99



sugar snap peas

These should be super crisp and, true to their name, give a good snap when broken in half.



BLISTERED SUGAR SNAP PEAS
with peanut sauce see recipe on p. 99

MORE HARBINGERS OF SPRING

Finding these three growing outside or for sale at farmers' markets is a sign of the season. Here's what to look for:



garlic scapes

Bright, pale green, they should snap like beans, and taste like garlicky scallions. Young and tender, they're great broiled or sautéed. Later in the season they're tough and are only appropriate for pesto.



fiddleheads

Grassy, earthy, and nutty tasting, these ferns should be tightly whorled and firm, not slimy. Blanch (boil briefly, shock in cold water, drain) before cooking—trim stem ends just before blanching.



ramps

They should have firm white bulbs with unblemished leaves, and a pungent, but never sour, aroma. Part of the onion family, their flavor is like a blend of onions and garlic.



leeks

This member of the onion family is fibrous raw but meltingly tender when cooked.



ONE-SKILLET TARRAGON-BRAISED LEEKS
with alaskan halibut see recipe on p. 99

FOOD STYLING BY
susan spungen

PROP STYLING BY
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recipe file

SOUP IT UP

Continued from p. 54



SILKY SPRING PEA SOUP WITH LEMON-HERB DRIZZLE

PREP 25 MIN // COOK 20 MIN // SERVES 8

Frozen baby peas lend a delicately sweet flavor and gorgeous hue to this bright springtime soup. Pureed silken tofu is the secret to its luxurious mouthfeel and extra-thick bisque-like texture.

SOUP

- Nonstick spray
- 2 c chopped leeks, white and light green parts only
- 1 c chopped yellow onion
- 1½ tsp kosher salt
- ¼ tsp black pepper
- 4 c canned fat-free chicken broth
- 3 (10-oz) packages frozen baby peas
- ½ c silken tofu
- ¼ c chopped mint
- ¼ c chopped parsley
- 1 Tbsp fresh lemon juice

LEMON-HERB DRIZZLE

- ¼ c silken tofu
- 2 Tbsp fresh lemon juice
- 1 Tbsp warm water
- ½ c packed fresh mint, chopped
- ½ c packed fresh parsley, chopped
- ⅓ c packed fresh chives, chopped
- ½ tsp kosher salt

GARNISH

- ½ c plain nonfat Greek yogurt
- 2 Tbsp chopped fresh mint or whole pea tendrils

1 Coat a large nonstick stockpot with nonstick spray; set over medium-low heat. Add leeks, onion, 1 tsp salt, and pinch pepper; cook, until soft, 10–12 minutes. Add broth and increase heat to high; bring to a boil. Add peas; cook until tender, 3–5 minutes.

2 Remove from heat, add tofu, mint, parsley, remaining ½ tsp salt, and the lemon juice; puree in pot using an immersion blender (or puree in batches in a blender).

3 To make Lemon-Herb Drizzle, combine all drizzle ingredients in a small food processor or blender; puree until smooth.

4 To serve, top soup with yogurt and drizzle with lemon-herb puree; garnish with mint leaves or pea tendrils.

PER SERVING (1 cup soup, 1 Tbsp yogurt, and 1 Tbsp Lemon-Herb Drizzle): 137 cal, 1 g total fat, 0 g sat fat, 906 mg sod, 22 g total carb, 8 g sugar, 6 g fib, 10 g prot. **SmartPoints value:** 0

SHRIMP AND VEGETABLE SOUP WITH LEMONGRASS AND LIME

PREP 30 MIN // COOK 18 MIN // SERVES 8

Make this like an egg drop soup by gently whisking in a beaten egg at the end of cooking.

- 1 tsp sesame oil
- 1 large onion, thinly sliced
- 8 oz mixed exotic mushrooms (such as shiitake, oyster, cremini), sliced

- 1 Tbsp minced garlic
- 1 Tbsp minced peeled fresh ginger
- 1 Tbsp lemongrass paste or minced lemongrass
- 2 tsp sambal oelek (hot chili paste)
- 2 large red bell peppers, chopped
- 4 c fat-free chicken broth
- 2 c water
- 1 (8-oz) can sliced water chestnuts, rinsed, drained, cut in half
- 2 c bok choy, thinly sliced
- 1 lb medium shrimp, peeled and deveined
- 1 Tbsp reduced-sodium soy sauce
- 2 Tbsp fresh lime juice
- 2 Tbsp fish sauce
- ½ c thinly sliced scallion
- 2 Tbsp chopped fresh cilantro, for garnish
- 1 lime, cut into 8 wedges

- 1 Heat oil in a large nonstick soup pot over medium-high heat. Add onion and mushrooms; cook, stirring frequently, until they begin to soften, 3–5 minutes. Add garlic, ginger, lemongrass, and sambal oelek; cook, stirring occasionally, about 1 minute.
- 2 Add red bell pepper, broth, water, and water chestnuts; bring to a boil over high heat. Reduce heat to medium-low; bring to a simmer. Add bok choy and shrimp; cook until shrimp are pink and cooked through, 4–5 minutes.
- 3 Stir in soy sauce, lime juice, and fish sauce; serve garnished with scallion, cilantro, and lime wedges.

- 1 Heat oil in a large nonstick soup pot over medium heat. Add onion, poblanos, and 1 tsp salt; cook, stirring frequently, until onion is soft, 7–10 minutes. Add garlic, red bell pepper, both chili powders, and cumin; cook, stirring occasionally, about 1 minute. Add broth and tomatoes; bring to a boil over high heat. Reduce heat to medium low and bring to a simmer; add chicken to pot. Cover and simmer until cooked through, 7–10 minutes.
- 2 Transfer chicken to a plate; let cool 2–3 minutes. Meanwhile, add beans and corn to pot; cook until heated through, 2–3 minutes.
- 3 Shred chicken with two forks; return to soup. Stir in lime juice and remaining ½ tsp salt, or to taste; serve topped with yogurt, cilantro, and scallions.

PER SERVING (1 cup): 99 cal, 1 g total fat, 0 g sat fat, 1,046 mg sod, 11 g total carb, 4 g sugar, 2 g fib, 11 g prot. **SmartPoints value:** 0

PER SERVING (1 cup soup, 2 Tbsp yogurt, 2 Tbsp garnish): 229 cal, 3 g total fat, 1 g sat fat, 1,009 mg sod, 29 g total carb, 7 g sugar, 7 g fib, 23 g prot. **SmartPoints value:** 0

ANCHO CHILE PULLED CHICKEN & BLACK BEAN SOUP

PREP 25 MIN // COOK 30 MIN // SERVES 8

You could also substitute red kidney beans and turkey breast in this recipe.

- 1 tsp olive oil
- 2 c chopped onion
- 2 poblano peppers, chopped
- 1½ tsp kosher salt
- 1 Tbsp minced garlic
- 1 medium red bell pepper, diced
- 2 tsp chili powder, or to taste
- 2 tsp ancho chile powder, or to taste
- 2 tsp ground cumin
- 4 c fat-free chicken broth
- 1 (15-oz) can diced tomatoes
- 1 lb skinless boneless chicken breasts
- 1 (15-oz) can black beans, rinsed and drained
- 2 c thawed frozen corn
- 1 Tbsp fresh lime juice
- 1 c plain nonfat Greek yogurt
- ½ c chopped fresh cilantro
- ½ c sliced scallions

- 1 Heat oil in a large soup pot over medium heat. Add onion, poblanos, and 1 tsp salt; cook, stirring frequently, until onion is soft, 7–10 minutes. Add garlic, red bell pepper, both chili powders, and cumin; cook, stirring occasionally, about 1 minute. Add broth and tomatoes; bring to a boil over high heat. Reduce heat to medium low and bring to a simmer; add chicken to pot. Cover and simmer until cooked through, 7–10 minutes.
- 2 Transfer chicken to a plate; let cool 2–3 minutes. Meanwhile, add beans and corn to pot; cook until heated through, 2–3 minutes.
- 3 Shred chicken with two forks; return to soup. Stir in lime juice and remaining ½ tsp salt, or to taste; serve topped with yogurt, cilantro, and scallions.

PER SERVING (1 cup soup, 2 Tbsp yogurt, 2 Tbsp garnish): 229 cal, 3 g total fat, 1 g sat fat, 1,009 mg sod, 29 g total carb, 7 g sugar, 7 g fib, 23 g prot. **SmartPoints value:** 0

PER SERVING (1 cup): 272 cal, 3 g total fat, 0 g sat fat, 1,081 mg sod, 50 g total carb, 7 g sugar, 10 g fib, 15 g prot. **SmartPoints value:** 0

PER SERVING (3 oz chicken, ¾ cup vegetables): 254 cal, 8 g total fat, 1 g sat fat, 799 mg sod, 19 g total carb, 8 g sugar, 3 g fib, 28 g prot. **SmartPoints value:** 3

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CURRIED FRENCH LENTIL AND BUTTERNUT SQUASH STEW

PREP 25 MIN // COOK 55 MIN // SERVES 8

Feel free to swap in any other winter squash and bitter greens that you like.

- ½ tsp olive oil
- 2 c chopped onions
- 2 tsp salt
- 1 Tbsp minced garlic
- 1 Tbsp minced peeled fresh ginger
- 2 tsp curry powder, or to taste
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground fennel
- ½ tsp ground cinnamon
- 4 c canned vegetable broth
- 2 c water
- 1½ c dried French lentils
- 4 c diced butternut squash
- 1 (15-oz) can chickpeas, rinsed and drained
- 10 oz baby spinach
- 2 Tbsp fresh lemon juice
- 2 Tbsp chopped fresh cilantro, for garnish
- 1 lemon, cut into 8 wedges

- 1 Heat oil in a large nonstick soup pot over medium heat. Add onion and 1 tsp salt; cook, stirring frequently, about 5 minutes. Stir in garlic, ginger, curry powder, cumin, coriander, fennel, and cinnamon; cook, stirring occasionally, about 1 minute. Add broth and water, bring to a boil over high heat. Reduce heat to medium-low and bring to a simmer; stir in lentils. Cover; cook until lentils are tender, 35–40 minutes.
- 2 Add squash; cook until fork-tender, about 5 minutes. Stir in chickpeas and spinach; cover and cook until spinach wilts, 2–3 minutes. Stir in lemon juice and remaining 1 tsp salt; serve garnished with cilantro and lemon wedges.

PER SERVING (1 cup): 272 cal, 3 g total fat, 0 g sat fat, 1,081 mg sod, 50 g total carb, 7 g sugar, 10 g fib, 15 g prot. **SmartPoints value:** 0

PER SERVING (3 oz chicken, ¾ cup vegetables): 254 cal, 8 g total fat, 1 g sat fat, 799 mg sod, 19 g total carb, 8 g sugar, 3 g fib, 28 g prot. **SmartPoints value:** 3

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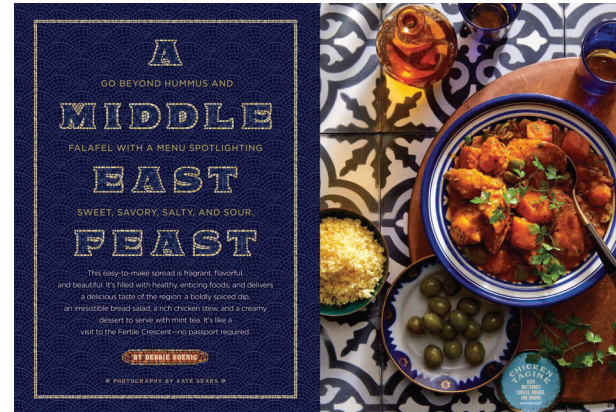
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A MIDDLE EAST FEAST

Continued from p. 60



CHICKEN TAGINE WITH BUTTERNUT SQUASH, ORANGE, AND ONIONS

PREP 25 MIN // COOK 30 MIN // SERVES 8

For a complete meal, serve the tagine with whole wheat couscous or rice.

- 2 Tbsp olive oil
- 2 lb skinless boneless chicken breasts, each cut into 3 pieces
- 2 tsp salt
- 2 medium yellow onions, finely chopped
- 1 tsp grated peeled fresh ginger
- 2 medium garlic cloves, minced
- 1 Tbsp ground cumin
- 2 tsp paprika
- 2 tsp ground turmeric
- ½ tsp ground cinnamon
- ¼ tsp cayenne
- 1½ c fat-free, reduced-sodium chicken broth
- ¼ c fresh orange juice
- 1 lb peeled butternut squash, cut into ½-inch chunks
- 1 large seedless orange, zested, then peeled and thinly sliced
- 24 pitted small green olives, quartered
- ¼ c raisins, briefly soaked in water, drained, coarsely chopped
- 2 Tbsp chopped flat-leaf parsley

- 1 Heat oil in a Dutch oven or heavy pot over medium-high heat. Sprinkle chicken with 1 tsp salt and cook for 2 minutes on each side, until lightly browned (don't overcrowd pan, cook in 2 batches if necessary); remove chicken to a plate.
- 2 Reduce heat to medium; add onion and cook until softened, stirring occasionally, 3–4 minutes. Add ginger, garlic, cumin, paprika, turmeric, cinnamon, cayenne, and remaining 1 tsp salt; cook, stirring, 1 minute. Pour in broth and orange juice; scrape bottom of pan with wooden spoon, releasing all the browned bits.
- 3 Add squash; bring to boil over high heat. Cover and reduce heat to medium-low; simmer 5 minutes. Stir in orange zest, orange slices, olives, raisins and reserved chicken (including any accumulated juices); simmer, stirring occasionally, until chicken is cooked and squash is tender, 10 minutes more. Stir in parsley.

PER SERVING (3 oz chicken, ¾ cup vegetables): 254 cal, 8 g total fat, 1 g sat fat, 799 mg sod, 19 g total carb, 8 g sugar, 3 g fib, 28 g prot. **SmartPoints value:** 3

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FATTOUSH SALAD

PREP 20 MIN // COOK 15 MIN // REST 15 MIN // SERVES 8

If you have time, allow the tossed salad to sit for 15–30 minutes before serving. This gives the toasted pita a chance to soften and absorb flavors.

- 2 (8-inch) whole wheat pitas
- Nonstick spray
- 8 small Campari tomatoes, quartered
- 4 Persian cucumbers, cut into half-moons
- 2 medium scallions, whites and greens only, chopped
- 1 head romaine lettuce, chopped
- ¼ c coarsely chopped fresh mint
- 2 small garlic cloves, mashed into a paste with ½ tsp salt
- 2 tsp ground sumac
- 2 tsp pomegranate molasses
- ¼ c fresh lemon juice
- ¼ c olive oil

- 1 Preheat oven to 400°F; line a baking sheet with foil.
- 2 Place pitas on prepared baking sheet; lightly coat both sides with nonstick spray. Bake until crisp, turning once, about 15 minutes. When cool enough to handle, break into bite-size pieces.
- 3 In large salad bowl, toss together tomatoes, cucumbers, scallions, lettuce, mint, and pita pieces.
- 4 Combine mashed garlic, sumac, molasses, lemon juice, and oil in small airtight container; shake well. Drizzle dressing over salad; toss well. For best results, let sit for 15–30 minutes before serving, then season to taste with salt and pepper, if desired.

PER SERVING (1½ cups): 162 cal, 10 g total fat, 1 g sat fat, 289 mg sod, 18 g total carb, 5 g sugar, 4 g fib, 4 g prot. **SmartPoints value:** 4

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MUHAMMARA DIP

PREP 15 MIN // SERVES 12

Pomegranate molasses is made with pomegranate juice that has been reduced, with or without sugar, to a thick syrup. To make your own at home, see our recipe on p. 65.

- 1 c water-packed roasted red peppers
- ¾ c fresh bread crumbs
- ½ c chopped walnuts
- 2 medium garlic cloves
- 2 Tbsp fresh lemon juice
- 2 tsp pomegranate molasses
- 1 tsp ground cumin
- ½ tsp red pepper flakes, or to taste
- ¼ tsp salt
- ¼ c olive oil

1 Place all ingredients, except oil, into bowl of food processor; pulse until chunky. 2 Turn on processor and pour oil through spout; stop as soon as oil is mixed in—you're looking for a not-quite-smooth texture. Serve at room temperature.

PER SERVING (2 Tbsp): 84 cal, 7 g total fat, 1 g sat fat, 128 mg sod, 6 g total carb, 2 g sugar, 0 g fib, 1 g prot. SmartPoints value: 2

BITTERSWEET CHOCOLATE-ORANGE MOUSSE WITH PISTACHIOS

PREP 30 MIN // CHILL 2 HR // SERVES 8

If you accidentally overwhisk the chocolate mixture and it turns grainy, simply remelt it over very low heat and whisk it again.

- ½ c refrigerated liquid egg whites
- ¼ c confectioners' sugar
- ¾ c bittersweet chocolate chips
- ½ c boiling water
- 1 (6-oz) container orange crème low-fat whipped or custard-style yogurt
- ½ tsp grated orange zest
- ¼ c pistachios, coarsely chopped

1 With electric mixer on low speed, beat egg whites and sugar in large bowl until sugar dissolves. Increase speed to medium-high; beat, scraping down sides of bowl once or twice, until stiff peaks form when beaters are lifted, about 10 minutes. 2 Put chocolate chips in medium bowl; pour boiling water over. Wait about 30 seconds, then stir until chocolate melts and mixture is smooth. Place bowl of chocolate over larger bowl filled with ice water; whisk constantly just until chocolate is thickened to consistency of soft pudding, 2–3 minutes. 3 Immediately remove bowl of whipped chocolate from ice water; gently fold in yogurt, zest, and a large spoonful of beaten whites to lighten mixture. Fold in remaining whites just until no longer visible. 4 Spoon ½ c mousse into each of 8 dessert glasses; refrigerate until set, about 2 hours or up to 6 hours. Keep chilled. To serve, top each with ½ Tbsp pistachios.

PER SERVING (½ cup mousse, ½ Tbsp pistachios): 159 cal, 8 g total fat, 5 g sat fat, 33 mg sod, 19 g total carb, 15 g sugar, 2 g fib, 5 g prot. SmartPoints value: 7

SPRING GREENS

Continued from p. 66



GRILLED LITTLE GEM LETTUCE WITH BUTTERMILK DRESSING AND PARMESAN

PREP 20 MIN // COOK 2 MIN // SERVES 8

A sturdy vegetable peeler comes in handy to thinly shave the cheese.

DRESSING

- 3 Tbsp fat-free buttermilk
- 3 Tbsp reduced-calorie mayonnaise
- 3 Tbsp plain nonfat Greek yogurt
- 1 medium scallion, chopped
- 1 Tbsp chopped fresh flat-leaf parsley
- 1 Tbsp fresh lemon juice
- 1 tsp Dijon mustard
- 1 medium garlic clove, very finely chopped
- ½ tsp kosher salt, or to taste
- ½ tsp black pepper, or to taste

SALAD

- 8 small heads Little Gem lettuce or small heads romaine
- 4 medium radishes, thinly sliced
- ½ c freshly shaved Parmigiano-Reggiano

1 In a small bowl or in the bowl of a mini-food processor, combine buttermilk, mayonnaise, and yogurt. Add scallion, parsley, lemon juice, mustard, and garlic; stir or pulse to combine. Season with salt and pepper; set aside.

2 Remove any wilted or torn outer leaves from lettuce. Using a chef's knife, halve each head of lettuce lengthwise; rinse heads well under cold running water, taking extra care to flush water between leaves to remove any soil. Place lettuce, cut side down on a clean kitchen towel; pat as dry as possible. (If there's any water remaining, the lettuce steams instead of charring on the grill.) 3 Heat a grill pan over high heat until very hot. Add halved lettuce, cut side down; grill until charred and lettuce wilts slightly, about 90 seconds. 4 Place 2 lettuce halves on each plate; spoon 1½ Tbsp dressing onto each plate. Scatter ¼ of radishes over each salad, top with 1 Tbsp cheese, and season with black pepper, if desired; serve immediately.

PER SERVING (1 salad): 153 cal, 5 g total fat, 1 g sat fat, 272 mg sod, 22 g total carb, 8 g sugar, 13 g fib, 11 g prot. SmartPoints value: 1

CHEESE RAVIOLI WITH FAVA BEANS AND PROSCIUTTO

PREP 20 MIN // COOK 10 MIN // SERVES 6

Rendering the prosciutto means cooking it until it releases some of its fat.

- 26 oz frozen large cheese ravioli
- 4 oz prosciutto, chopped
- 1 medium shallot, finely chopped
- 8½ oz shelled, steamed fava beans
- 3 medium garlic cloves, very finely chopped or grated on a Microplane
- 1 Tbsp finely grated lemon zest
- ¼ c chopped fresh parsley
- ½ tsp red pepper flakes, or to taste
- ¼ c canned chicken broth, warmed or at room temperature
- Pinch kosher salt, or to taste
- ½ tsp black pepper, or to taste

1 Cook ravioli according to package directions; drain, return to cooking pot, and set aside.

2 Meanwhile, heat a large nonstick skillet over medium heat. Add prosciutto; cook, stirring occasionally, until fat has rendered slightly, about 1 minute. Remove prosciutto from pan; set aside. Add shallot; cook, stirring frequently, until translucent, about 2 minutes. Add beans; cook, stirring until just warmed, about 2 minutes more. Add garlic, lemon zest, parsley, and red pepper flakes; stir to combine.

3 Stir warm fava bean mixture into pot with ravioli. Add broth; stir to coat and sprinkle with prosciutto. Season with additional salt and pepper, if desired; serve immediately.

PER SERVING (¼ ravioli and ½ cup fava mixture): 366 cal, 12 g total fat, 6 g sat fat, 948 mg sod, 42 g total carb, 9 g sugar, 5 g fib, 24 g prot. SmartPoints value: 10

SWEET PEA CUPCAKES WITH SWISS MERINGUE FROSTING

PREP 33 MIN // COOK 17 MIN // COOL 30 MIN // SERVES 12

Use sweet peas make a super-moist, supersweet dessert.

CUPCAKES

- Nonstick spray
- 1 c all-purpose flour
- 1 tsp baking powder
- ½ tsp fine sea salt
- 2 c fresh English peas (or one 10 oz bag frozen English peas)
- ¼ c unsweetened applesauce
- 1 Tbsp finely grated lemon zest
- 3 large eggs, separated
- ½ c granulated sugar

MERINGUE FROSTING

- 2 large egg whites
- ½ c granulated sugar
- ½ tsp cream of tartar

- ½ tsp vanilla extract
- Pinch fine sea salt
- Edible pansies, for garnish (optional)

1 Preheat oven to 350°F. Coat a 12-cup muffin tin with nonstick spray; set aside.

2 In a medium bowl, whisk together flour, baking powder, and salt; set aside. Place peas in a microwavable container; cook on High until just tender, about 3 minutes. Drain peas; rinse under cold running water. Drain again; transfer to the jar of a blender. Add applesauce, lemon zest, and egg yolks; puree mixture until completely smooth, about 90 seconds.

3 In a bowl of an electric mixer fitted with a whisk attachment, whisk egg whites on medium speed until soft peaks form. Increase speed to medium-high; gradually add sugar, whisking until stiff, glossy peaks form.

4 Pour pureed pea mixture over whipped whites; fold together as gently as possible with a wooden spoon. Sift reserved flour mixture over pea mixture; mix together as gently as possible. Evenly divide batter among muffin cups. Bake until cupcakes pull away from sides of pan, about 17 minutes; transfer to a wire rack to cool, about 30 minutes. 5 Meanwhile, make frosting: Place egg whites, sugar, and cream of tartar in a heatproof bowl; set over a saucepan of simmering water. Whisk constantly until sugar is dissolved and whites are warm to the touch, about 2 minutes. 6 Remove bowl from heat. Use an electric mixer fitted with the whisk attachment to beat the egg mixture, starting on low speed, gradually increasing to high, until stiff, glossy peaks form, 5–7 minutes. Add vanilla and pinch of salt; mix until combined. Decorate each cupcake with about 2 Tbsp frosting, using an offset spatula or a piping bag. Garnish with pansies, if desired.

PER SERVING (1 cupcake): 147 cal, 1 g total fat, 0 g sat fat, 183 mg sod, 29 g total carb, 19 g sugar, 2 g fib, 5 g prot. SmartPoints value: 5

BLISTERED SUGAR SNAP PEAS WITH PEANUT SAUCE

PREP 15 MIN // COOK 5 MIN // SERVES 4

Chile peppers bring a lot of heat—add none or a lot, according to your palate.

- 8 Tbsp powdered peanut butter
- 5 Tbsp hot water + 2 Tbsp room temperature water
- 1 Tbsp tamari
- 1 Tbsp fresh lime juice
- 1 tsp firmly packed dark brown sugar
- ½ tsp chopped peeled fresh ginger
- 1 tsp canola oil
- 1 lb sugar snap peas
- 1 sliced hot red chile pepper, or to taste
- ½ tsp coarse kosher salt, or to taste
- ¼ tsp black pepper, or to taste

1 In a small bowl or measuring cup, whisk together powdered peanut butter, hot water, tamari, lime juice, sugar, and ginger; set aside.

2 Heat a large skillet over high heat until very hot. Add oil; use a heatproof silicone brush to coat entire skillet with oil (or tilt pan to distribute). Add peas and chile pepper; season with salt and pepper. Cook without stirring, about 1 minute. Stir and continue cooking until peas are blistered and tender, 2 minutes more.

3 Transfer pea mixture to a shallow bowl or rimmed plate. Dilute half of reserved sauce with 2 Tbsp room temperature water; toss with peas. Drizzle remaining sauce over top.

PER SERVING (1 packed cup peas): 107 cal, 3 g total fat, 0 g sat fat, 580 mg sod, 17 g total carb, 5 g sugar, 6 g fib, 8 g prot. SmartPoints value: 2

ONE-SKILLET TARRAGON-BRAISED LEEKS WITH ALASKAN HALIBUT

PREP 25 MIN // COOK 30 MIN // SERVES 4

Here's a supersimple fish dish that celebrates leeks.

- 6 large leeks (about 3 lb)
- 2 Tbsp unsalted butter
- ½ tsp kosher salt, or to taste
- ¼ tsp black pepper, or to taste
- 6 sprigs fresh tarragon, leaves only, chopped, plus more for garnish
- 1½ lb skinless halibut fillets (four 6-oz pieces)
- Nonstick canola spray
- 4 very thin lemon slices

1 Using a chef's knife, trim off dark green leek tops; trim roots. Spilt leeks in half lengthwise; thinly slice into half circles. Place sliced leeks in a large bowl of cold water; swish leeks around and use your fingers to separate half circles to get rid of soil. Using your hands, transfer cleaned leeks from water to a second bowl; repeat as needed until no more soil remains.

2 Preheat oven to 350°F. Heat butter in a large round ovenproof casserole (about 6–7 qt, or in an 11- to 12-inch skillet) over medium heat. Add still damp leeks; season with ¼ tsp salt and ¼ tsp pepper. Cover and cook, stirring occasionally, until leeks are melted and tender, about 15 minutes; remove from heat. Add tarragon; stir to combine.

3 Season fish with remaining salt and pepper on both sides; arrange fillets on top of leeks and lightly coat fish with nonstick spray. Top each fillet with a thin slice of lemon; transfer to oven. Cook until fish is firm and cooked through, 12–18 minutes (depending on thickness). Garnish with additional tarragon; serve immediately.

PER SERVING (1 piece fish and 1 cup leek mixture): 305 cal, 9 g total fat, 4 g sat fat, 389 mg sod, 23 g total carb, 6 g sugar, 3 g fib, 34 g prot. SmartPoints value: 3