KITCHEN ALCHEMY

Sheet-Pan Squash and Chickpeas

4 servings · 15 min prep · 50-55 min total

Ingredients

1 medium butternut squash (about 2 lb), peeled and cut into 3/4-inch cubes; 1 red onion, cut into wedges; 2 cans chickpeas (15 oz each), drained and patted dry; 2 tbsp olive oil; 1 tsp ground cumin; 1/2 tsp smoked paprika; 3/4 tsp salt; black pepper; 2 tbsp lemon juice; chopped parsley, optional.

Method

Heat oven to 425 F. Place squash, onion, and chickpeas on a rimmed sheet pan. Toss with oil, cumin, paprika, salt, and pepper. Spread into one layer. Roast 25 minutes, stir, then roast 10 to 15 minutes more until squash is fork-tender and chickpeas are crisp at the edges. Finish with lemon and parsley.

MAKE IT WORK FOR YOUR KITCHEN

Cut squash evenly so pieces cook at the same rate. If the pan is crowded, use two pans. Serve with plain yogurt or tahini if appropriate for your household. Kitchen note: Roasting changes the squash from firm and mild to tender and sweet.

KITCHEN ALCHEMY

Carrot and White-Bean Soup

4 servings · 15 min prep · 50-55 min total

Ingredients

1 tbsp olive oil; 1 onion, diced; 1 lb carrots, sliced; 1 tsp ground coriander; 1/2 tsp cumin; 4 cups vegetable broth; 1 can white beans (15 oz), drained; 1/2 tsp salt to start; black pepper; 1 tbsp lemon juice.

Method

Heat oven to 425 F. Toss carrots with half the oil and roast on a sheet pan 25 to 30 minutes until tender and browned at the edges. Meanwhile, cook onion in remaining oil in a pot over medium for 6 minutes. Add coriander and cumin for 30 seconds. Add roasted carrots, broth, beans, and salt. Simmer 8 minutes. Blend carefully in batches, following blender safety instructions, or mash for a rustic texture. Finish with lemon and pepper.

MAKE IT WORK FOR YOUR KITCHEN

Add broth to thin after blending. If using an immersion blender, keep the blade submerged and turn it off before lifting. Refrigerate within two hours; use within 3 to 4 days. Kitchen note: Roasting first gives the soup deeper flavor without a long ingredient list.

KITCHEN ALCHEMY

Cider-Braised Cabbage and Apples

4 servings · 12 min prep · 35 min total

Ingredients

1 tbsp olive oil; 1 small yellow onion, sliced; 1/2 head green cabbage (about 1 lb), cored and sliced; 1 apple, thinly sliced; 1/2 cup apple cider; 1 tbsp apple-cider vinegar; 1/2 tsp caraway seed, optional; 1/2 tsp salt; black pepper.

Method

Warm oil in a large covered skillet over medium. Add onion and cook 4 minutes. Add cabbage, apple, cider, vinegar, caraway, salt, and pepper. Toss, cover, and cook 18 to 22 minutes, stirring every 5 minutes, until cabbage is tender but not mushy. Uncover and cook 2 to 3 minutes to reduce excess liquid. Taste and adjust vinegar and salt.

MAKE IT WORK FOR YOUR KITCHEN

If you do not have cider, use broth and add a little extra apple. Serve with beans, eggs, or a grain. Refrigerate leftovers within two hours; use within 3 to 4 days. Kitchen note: The covered simmer softens the cabbage; uncovering concentrates the finish.