

MEATBALLS IN TOMATO BROTH

These delicious turkey meatballs at home. The quick cooking of the spices results in meatballs that have wonderful texture and flavor. If you can, use ground turkey that is 75 percent lean. You can vary the vegetables in the broth depending on what you have on hand. These meatballs can be made a day ahead and are perfect for a healthy meal. Pluffy Brown Rice. Use $\frac{1}{2}$ cup in the meatballs and use the rest for

Pluffy Brown Rice

1 beaten

turkey

ely diced

iced

scallions

ely chopped fresh

regano

ground

cumin

on page 223 and keep warm.

key, carrot, celery, scallions, cilantro, onion, black pepper, in a mixing bowl; mix well. Form 16 meatballs and place in a. Set aside.

For the broth

Olive oil and canola oil in a spray bottle, or 1 teaspoon olive oil

1 medium onion, diced

1 medium carrot, diced

$3\frac{1}{2}$ cups Chicken Stock (page 20)

$\frac{1}{2}$ cup canned tomato puree

1 cup corn kernels

2 medium zucchini, diced

2 tablespoons chopped fresh dill or parsley for garnish

Lemon and lime wedges for garnish

A few drops of commercial chili sauce optional, for serving

GRILLED QUAIL WITH SPRING VEGETABLE ORZO

When it is properly grilled, good quality quail—or any other poultry—needs only a simple seasoning of salt, pepper and fresh herbs. Ask your butcher to butterfly the quail so that they will be flat on the grill rack for even cooking. Or try butterflying them yourself: simply cut the backbone side of the quail with a sharp knife and open the bird so that it is one flat piece of meat. To keep the small birds succulent, cook them to medium doneness.

For the orzo

Vegetable oil in a spray bottle, or 1 teaspoon vegetable oil

1 small carrot, minced

1 medium yellow squash, minced

4 ounces green peas (about $\frac{1}{2}$ cup), cooked

1 cup orzo (Greek "long grain" pasta)

3 tablespoons finely chopped parsley

2 teaspoons olive oil

1 teaspoon lemon juice

1 teaspoon kosher salt
 $\frac{1}{2}$ cup Chicken Stock (page 200)

For the quail

4 quail, boned and butterflied

1 teaspoon kosher salt, optional

1 teaspoon freshly ground black pepper

1 teaspoon finely chopped fresh thyme

1 bunch watercress, washed well and patted dry, for garnish

To make the orzo, spray or grease a nonstick pan with vegetable oil, set it over medium-high heat, and add the carrots and squash; sauté, stirring, for 2 to 3 minutes, or until the vegetables begin to soften. Add the peas and cook for 1 to 2 minutes, or until heated through. Remove from the heat and keep warm.

Bring a small pot of lightly salted water to a boil, and add the orzo; simmer for 8 minutes, or until the orzo is al dente. Drain through a fine-mesh sieve and transfer to a bowl. Stir in the cooked vegetables, parsley, olive oil, lemon juice and salt; mix well. Add the stock to prevent the orzo from sticking and keep warm until ready to serve.

When you are ready to cook the quail, preheat a grill, stovetop grill or broiler. Spray or brush the quail with vegetable oil, salt, black pepper and thyme. Place the quail

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Hussin A.Rothana



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