



— AMERICA'S —  
**TEST KITCHEN**

# DINNER

*illustrated*

175 MEALS READY IN  
1 HOUR OR LESS

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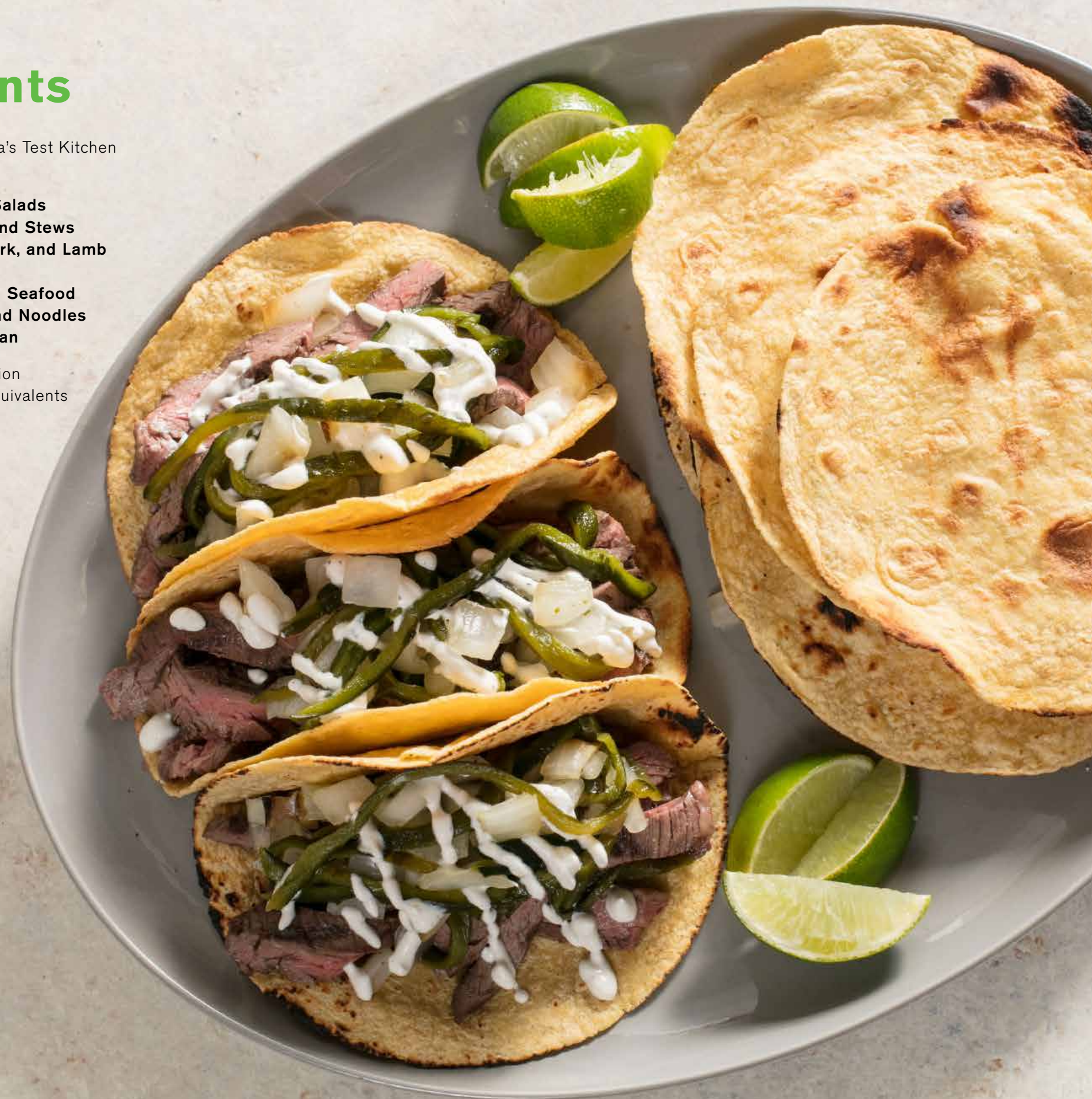
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# About this book

This innovative cookbook from America's most trusted test kitchen is your new answer to the question, "what's for dinner?" *Dinner Illustrated* takes a modern approach to weeknight meals, with a revolutionary layout that makes it easy to open to any page and jump right into cooking one of our simple, globally inspired dinners. Each recipe is a fully illustrated road map to producing a satisfying, fresh meal in an hour or less. No advance prep required; just gather the ingredients, pick up your knife, and follow the step-by-step photos until dinner is ready. Along the way you'll pick up a helpful technique or two and learn about new flavors to expand your culinary imagination. You'll also become a faster cook, since we show you exactly when to prep each ingredient during the cooking process for maximum efficiency.

- Cook smarter with our friendly recipes; they're just as easy to use as your favorite meal kits but without all the wasteful packaging.
- Get more variety into your meal planning. The 175 complete meals in this book offer an appealing mix of flavors and cuisines.
- Side dishes are built right into the recipes, so no more meal planning required. And the instructions tell you what to do when so everything is ready as quickly as possible—and all at the same time.
- Each recipe is broken down into 6 beautifully photographed steps, plus a photo of the finished meal, so you can see exactly what you're in for before you start cooking.
- Every recipe is written from the cook's perspective. No jargon or figuring out what to do next. There's less wasted downtime, less chance of skipping an ingredient, and less fuss between you and dinner.
- Nutritional information is included for every meal, so you can choose the recipes that best fit your diet. We also list all the gluten-free, vegetarian, and vegan recipes.

# Parmesan Chicken with Wilted Radicchio Salad

serves 4; total time 1 hour

## notes for the cook

With its crisp coating and juicy, tender meat, Parmesan chicken is a surefire crowd-pleaser. A vegetable-heavy side dish brightens up the meal.

Use the large holes of a box grater to shred the Parmesan. Don't use preshredded cheese; most of it has bland flavor and a stiff, fibrous texture.

Shred a little extra Parmesan to sprinkle on the chicken before serving, if desired.

Use tongs to dredge and dip the chicken to avoid battering your hands.

The first batch of cutlets can be kept warm in a 200-degree oven while you cook the second batch.

½ cup all-purpose flour  
2 large eggs  
3 ounces Parmesan cheese  
1 cup panko bread crumbs  
6 (4-ounce) chicken cutlets, ½ inch thick  
Salt and pepper  
1 fennel bulb  
12 ounces cherry tomatoes  
½ head radicchio (5 ounces)  
1 small shallot  
1 tablespoon white wine vinegar  
½ teaspoon Dijon mustard  
10 tablespoons extra-virgin olive oil  
2 ounces (2 cups) baby arugula



**1 Dredge Chicken** Spread flour in shallow dish. Beat eggs in second shallow dish. Shred Parmesan cheese (1 cup) and combine with panko in third shallow dish. Trim cutlets, pat dry with paper towels, and season with salt and pepper. Working with 1 cutlet at a time, dredge in flour, dip in egg, then coat with panko mixture, pressing gently to adhere. Transfer to large plate.



**2 Prep Vegetables** Cut off stalks from fennel and discard. Cut bulb in half through core, remove core, and slice fennel thin. Slice cherry tomatoes in half. Remove core from radicchio then slice leaves thin.



**4 Pan-Fry Chicken** Place wire rack in rimmed baking sheet and line rack with paper towels. Heat 3 tablespoons oil in 12-inch nonstick skillet over medium heat until shimmering. Add 3 cutlets and cook until chicken is tender, golden brown, and crisp, about 4 minutes per side. Transfer cutlets to prepared rack and tent with aluminum foil. Wipe out skillet and repeat with additional 3 tablespoons oil and remaining 3 cutlets.



**3 Make Vinaigrette** Mince shallot and transfer to large bowl. Whisk in vinegar, mustard, ¼ teaspoon salt, and pinch pepper. Whisking constantly, slowly drizzle in 3 tablespoons oil until emulsified.



**5 Sauté Fennel** Wipe out skillet with paper towels. Heat remaining 1 tablespoon oil in now-empty skillet over medium heat until shimmering. Add fennel and cook until softened and just beginning to brown, about 5 minutes; transfer to bowl with vinaigrette.



**6 Finish Dish** Add tomatoes to now-empty skillet and cook until softened, about 2 minutes; transfer to bowl with vinaigrette. Add radicchio and arugula to bowl with vinaigrette and gently toss to combine. Season with salt and pepper to taste, and serve with chicken.

# Crispy Skillet Turkey Burgers with Tomato-Feta Salad

serves 4; total time 45 minutes

## notes for the cook:

A little bit of cheese goes a long way in helping turkey burgers stay moist. Mixing Monterey Jack in with the lean meat creates juicy pockets of fat, and the cheese creates a crunchy, golden crust around the edges of the burger as it cooks.

An easy salad of bright, juicy cherry tomatoes, tangy feta, and aromatic oregano is a perfect complement to the crispy, hearty burgers, and a spoonful of lemon-oregano mayonnaise over the burger ties the whole dish together.

Be sure to use 93 percent lean ground turkey in this recipe, not 99 percent fat-free ground turkey breast, or the burgers will be tough.

- 1 garlic clove
- Fresh oregano
- 1 lemon
- 12 ounces cherry tomatoes
- 1 small red onion
- 3 tablespoons extra-virgin olive oil
- Salt and pepper
- 6 tablespoons mayonnaise
- 2 ounces Monterey Jack cheese
- 1 pound ground turkey
- 1 cup panko bread crumbs
- 2 ounces feta cheese
- 4 hamburger buns
- 1 ounce (1 cup) baby arugula



**1 Prep Salad and Sauce Ingredients** Mince garlic. Mince 1 tablespoon oregano. Grate  $\frac{3}{4}$  teaspoon lemon zest and squeeze 2 tablespoons juice. Cut tomatoes in half and slice onion thin.

**2 Make Dressing and Assemble Salad** Whisk 2 tablespoons oil, garlic,  $1\frac{1}{2}$  teaspoons oregano,  $\frac{1}{2}$  teaspoon lemon zest, 1 tablespoon lemon juice,  $\frac{1}{4}$  teaspoon salt, and  $\frac{1}{4}$  teaspoon pepper together in medium bowl until combined. Add tomatoes and half of sliced onion to dressing.

**3 Make Lemon-Oregano Mayonnaise** Whisk 3 tablespoons mayonnaise, remaining  $1\frac{1}{2}$  teaspoons oregano, remaining  $\frac{1}{4}$  teaspoon lemon zest, remaining 1 tablespoon lemon juice, and  $\frac{1}{8}$  teaspoon pepper together in small bowl; set aside.



**4 Form Burgers** Grate Monterey Jack ( $\frac{1}{2}$  cup). Combine turkey, panko, remaining 3 tablespoons mayonnaise, Monterey Jack,  $\frac{1}{4}$  teaspoon salt, and  $\frac{1}{4}$  teaspoon pepper in bowl. Knead until combined. Using your hands, pat turkey mixture into four  $\frac{3}{4}$ -inch-thick patties, about 4 inches in diameter. Using thumb, make 1-inch-wide by  $\frac{1}{4}$ -inch-deep depression in center of each patty. Season patties with salt and pepper.



**5 Cook Burgers** Heat remaining 1 tablespoon oil in 12-inch nonstick skillet over medium heat until shimmering. Add patties and cook until well browned and meat registers 160 degrees, 5 to 7 minutes per side.



**6 Finish Dish** Crumble feta over top of salad and toss to combine. Season with salt and pepper to taste; set aside. Place burgers on buns, spread with layer of lemon-oregano mayo, and top with remaining onion, and arugula. Serve with tomato-feta salad.

# Grilled Beef Skewers with Arugula Salad and Heirloom Tomatoes

serves 4 to 6; total time 45 minutes

## notes for the cook

Richly marbled steak tips have great beefy flavor and tender texture. Grilling them on skewers and pairing them with a super simple salad plus a tomato side dish makes for a quick, fresh dinner.

We prefer the bright flavor of heirloom tomatoes here, but any ripe in-season tomatoes can be substituted.

Parmesan cheese can be shaved with a vegetable peeler.

You will need four 12-inch metal skewers for this recipe.

Sirloin steak tips, also known as flap meat, can be sold as whole steaks, cubes, and strips. To ensure uniform pieces, we prefer to buy whole steaks and cut them ourselves.

- 4 garlic cloves
- 2 pounds sirloin steak tips
- ½ cup balsamic vinegar
- 2 tablespoons Dijon mustard
- Salt and pepper
- ½ teaspoon red pepper flakes
- 6 tablespoons extra-virgin olive oil
- 1 red onion
- 1 lemon
- 1 ounce Parmesan cheese
- 2 large heirloom tomatoes
- 8 ounces (8 cups) arugula



**1 Heat Grill and Prep Steak** Turn all burners to high, cover, and heat grill until hot, about 15 minutes. Leave all burners on high. While grill heats, mince garlic. Trim steak and cut into 1-inch pieces.



**2 Make Marinade and Marinate Steak** Whisk vinegar, Dijon, pepper flakes, garlic, ½ teaspoon salt, and ½ teaspoon pepper together in large bowl. Whisking constantly, slowly drizzle in ¼ cup oil until incorporated. Transfer ½ cup vinegar mixture to small saucepan. Add steak to remaining vinegar mixture, toss to coat, and let marinate for 10 minutes.



**3 Make Basting Sauce and Thread Skewers** While steak marinates, cook reserved ½ cup vinegar mixture over medium heat until slightly thickened, about 2 minutes; set aside basting sauce. Peel onion, then cut onion through root end into 8 equal wedges. Working with 1 skewer at a time, thread 1 onion wedge, followed by a quarter of marinated steak, then thread 1 onion wedge. Repeat with remaining 3 skewers, onions, and steak.



**4 Prep Salad and Tomatoes** Squeeze 2 tablespoons lemon juice. Whisk lemon juice, ¼ teaspoon salt, and ⅛ teaspoon pepper with remaining 2 tablespoons oil in large bowl. Shave Parmesan. Core tomatoes and slice thin.



**5 Grill Steak and Onion** Grill skewers, covered, turning every 2 minutes and basting with sauce until well charred on all sides and meat registers 125 degrees (for medium-rare), 10 to 12 minutes. Transfer to platter, tent loosely with aluminum foil, and let rest for 5 to 10 minutes.



**6 Finish Dish** While skewers rest, toss arugula with dressing in bowl and sprinkle with Parmesan. Arrange tomatoes on platter then drizzle with extra oil and season with salt and pepper. Remove steak and onions from skewers and season with salt and pepper to taste. Serve.

# Roasted Pork Tenderloin with Green Beans and Potatoes

serves 4; total time 1 hour

## notes for the cook

To create a satisfying one-pan meal of roasted pork and vegetables, we paired quick-cooking pork tenderloin with crisp-tender green beans and fingerling potatoes, all on a single baking sheet.

Brushing a layer of sweet-savory hoisin sauce over the meat gave it a flavor boost and an appealing caramelized sheen.

An easy garlic-chive butter, melted over the resting pork and tossed with the vegetables, made for a rich, flavorful finish.

Buy tenderloins that are of equal size and weight so they cook at the same rate.

A rasp-style grater makes quick work of turning the garlic into a paste.

- 1 pound green beans
- 1 ½ pounds fingerling potatoes
- 4 tablespoons unsalted butter
- 3 tablespoons extra-virgin olive oil
- Salt and pepper
- 2 (12- to 16-ounce) pork tenderloins
- ¼ cup hoisin sauce
- Fresh chives
- 1 garlic clove



**1 Heat Oven and Prep Vegetables** Adjust oven rack to lower-middle position and heat oven to 450 degrees. Trim green beans. Cut potatoes in half lengthwise. Cut butter into 4 pieces and let soften at room temperature.

**2 Arrange Vegetables for Oven** Toss green beans with 1 tablespoon oil, ¼ teaspoon salt, and ¼ teaspoon pepper in bowl. Arrange beans crosswise down center of rimmed baking sheet, leaving room on both sides for potatoes. Toss potatoes with remaining 2 tablespoons oil, ¼ teaspoon salt, and ¼ teaspoon pepper in now-empty bowl. Place potatoes, cut side down, on either side of green beans.

**3 Prep Pork** Trim pork and pat dry with paper towels. Brush thoroughly with hoisin sauce and season with pepper. Lay tenderloins lengthwise, without touching, on top of green beans. Roast until pork registers 145 degrees, 20 to 25 minutes.

**4 Make Compound Butter** While pork cooks, mince 2 tablespoons chives. Mince garlic to paste. Mash softened butter, chives, garlic, ¼ teaspoon salt, and ¼ teaspoon pepper together in bowl.

**5 Remove Pork from Oven and Continue to Roast Vegetables** Remove sheet from oven and transfer tenderloins to cutting board. Dot each tenderloin with 1 tablespoon chive butter, tent loosely with aluminum foil, and let rest while vegetables finish cooking. Gently stir vegetables on sheet to combine and continue to roast until tender and golden, 5 to 10 minutes longer.

**6 Finish Dish** Remove sheet from oven, add remaining 2 tablespoons butter to vegetables, and toss to coat. Cut pork into ½-inch-thick slices and serve with vegetables.

# Spicy Korean-Style Pork Tacos with Red Cabbage Slaw

serves 4 to 6; total time 45 minutes

## notes for the cook

These tacos get bold salt, spicy, savory flavor from the Korean chile paste *gochujang*.

A light, fresh slaw made from cabbage, snow peas, and scallions is the perfect complement to the saucy, meaty pork.

Country-style ribs usually requires a long cooking to tenderize the meat. To speed up the process, we chopped the ribs into smaller pieces and simmered them in sauce.

You can find *gochujang* in Asian markets and some well-stocked supermarkets.

You can use a chef's knife or the shredding disk on a food processor to prepare the cabbage.

- 1 small head red cabbage
- 4 ounces snow peas
- 5 scallions
- 4 garlic cloves
- Fresh ginger
- 1½ pounds boneless country-style pork ribs
- Salt and pepper
- 1 cup chicken broth
- 1 teaspoon cornstarch
- 2 tablespoons vegetable oil
- 3 tablespoons *gochujang*
- 2 tablespoons rice vinegar
- 1 teaspoon sugar
- 12 (6-inch) corn tortillas



**1 Prep Vegetables** Quarter and core cabbage, then slice 3 cups thin. Remove strings from snow peas and halve lengthwise. Separate white and light green parts of scallions from greens. Slice white and light green parts thin. Slice greens thin on the bias. Mince garlic. Peel and grate 1 tablespoon ginger.



**2 Prep Pork** Trim pork and cut crosswise into ¼-inch-thick slices. Pat dry with paper towels and season with salt and pepper.



**3 Build Sauce** Whisk 2 tablespoons broth and cornstarch together in small bowl; set aside. Heat 1 tablespoon oil in 12-inch nonstick skillet over medium heat until shimmering. Add scallion whites and cook until softened, about 2 minutes. Add garlic and ginger and cook until fragrant, about 30 seconds. Stir in *gochujang* and remaining broth, bring to simmer, and cook, stirring occasionally, until sauce has reduced to glaze, 5 to 7 minutes.



**4 Cook Pork** Whisk reserved cornstarch mixture to recombine and whisk into sauce. Cook until slightly thickened, about 30 seconds. Add pork to skillet, stir to coat, and cook, stirring occasionally, until pork is cooked through, 5 to 7 minutes. Remove from heat and cover to keep warm.



**5 Make Slaw** Whisk vinegar, sugar, ½ teaspoon salt, and ⅛ teaspoon pepper together in large bowl until sugar has dissolved. Whisking constantly, slowly drizzle in remaining 1 tablespoon oil until incorporated. Add cabbage, snow peas, and ¼ cup scallion greens to bowl and toss well. Season with salt and pepper to taste.



**6 Finish Dish** Place tortillas on plate, cover with a damp dish towel, and microwave for 60 to 90 seconds until warm. Sprinkle taco filling with remaining scallion greens. Serve with warm tortillas and slaw.

# Spicy Lamb with Lentils and Yogurt

serves 4; total time 1 hour

## notes for the cook:

This simple skillet recipe combines earthy lentils with warm-spiced ground lamb for a hearty but not fussy meal. Cilantro and tomatoes add freshness, while Greek yogurt, stirred in at the end, thickens the sauce and brings the dish together.

We created a full-flavored fond by sautéing our aromatics and then deglazing the pan to dissolve all that complex flavor into the dish.

Adding a tiny amount of baking soda helps tenderize the ground lamb by raising its pH.

Note that you will need  $\frac{3}{4}$  cup cilantro; choose your herbs accordingly.

We preferred how small green *lentilles du Puy*, or French lentils, held their shape; we do not recommend substituting other types.

- 1 pound ground lamb
- $\frac{1}{4}$  teaspoon baking soda
- Salt and pepper
- 1 cup lentilles du Puy
- 1 onion
- 2 tomatoes
- 3 cloves garlic
- Fresh ginger
- 1 tablespoon tomato paste
- 2 teaspoons garam masala
- 1 teaspoon red pepper flakes
- Fresh cilantro
- 1 tablespoon vegetable oil
- 2 naan breads
- $\frac{3}{4}$  cup plain Greek yogurt



**1 Season Lamb** Toss lamb with baking soda, 2 tablespoons water, and  $\frac{1}{2}$  teaspoon salt in bowl until thoroughly combined; set aside for 20 minutes.



**2 Cook Lentils** While lamb sits, pick over lentils and rinse. Bring lentils, 4 cups water, and 1 teaspoon salt to boil in medium saucepan over high heat. Reduce heat to low and cook until lentils are just tender, 18 to 22 minutes. Drain well.



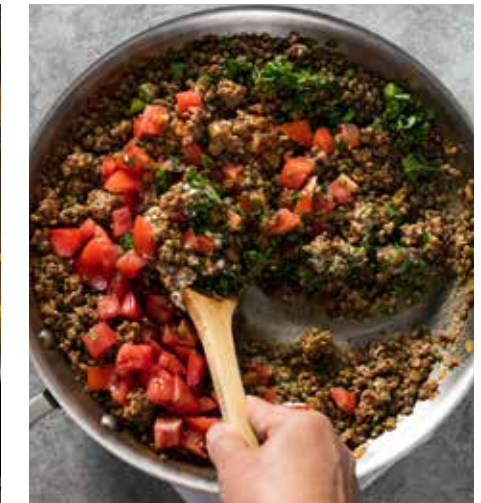
**3 Prep Vegetables** While lentils cook, chop onion. Core tomatoes and cut into  $\frac{1}{2}$ -inch pieces. Mince garlic. Peel and grate 1 teaspoon ginger. Combine tomato paste, garam masala, pepper flakes, garlic, and ginger in small bowl. Chop  $\frac{3}{4}$  cup cilantro.



**4 Cook Aromatics** Adjust oven rack to middle position and heat oven to 400 degrees. Heat oil in 12-inch skillet over medium heat until shimmering. Add onion and  $\frac{1}{4}$  teaspoon salt and cook until softened and lightly browned, 5 to 7 minutes. Stir in garlic mixture and cook, stirring constantly until bottom of skillet is dark brown, 1 to 2 minutes.



**5 Cook Lamb and Finish Lentils** Add 1 cup water and bring to boil, scraping up any browned bits. Reduce heat to medium-low, add lamb in 2-inch chunks to skillet and bring to gentle simmer. Cover and cook until lamb is cooked through, 10 to 12 minutes, stirring and breaking up meat chunks with 2 forks halfway through. Uncover skillet, increase heat to medium, stir in drained lentils, and cook until liquid is mostly absorbed, 3 to 5 minutes.



**6 Finish Dish** While lamb cooks, place naan on rimmed baking sheet and bake until warmed through, about 5 minutes. Off heat, stir chopped tomatoes,  $\frac{1}{2}$  cup chopped cilantro, and 2 tablespoons yogurt into lentils and season with salt and pepper to taste. Sprinkle with remaining  $\frac{1}{4}$  cup cilantro. Serve with naan and remaining yogurt.



# Blackened Snapper with Sautéed Spinach and Black Rice

serves 4; total time 1 hour

## notes for the cook

To get all the deep flavor of blackened fish without a smoky mess in the kitchen, we cook our snapper under the broiler.

Try to purchase snapper fillets that are equal in size for even cooking.

Garlicky sautéed spinach and nutty black rice complement the spiced fish while a simple yogurt sauce provides a cooling contrast.

If you don't have a microwave-safe bowl large enough to accommodate the entire amount of spinach, cook it in 2 batches. Reduce the water to 2 tablespoons per batch and cook each for about 1½ minutes.

- 1½ cups black rice
- Salt and pepper
- 1 lemon
- ½ cup plain yogurt
- 3 tablespoons extra-virgin olive oil
- 1½ teaspoons smoked paprika
- ½ teaspoon ground coriander
- ½ teaspoon ground fennel
- ¼ teaspoon cayenne pepper
- ⅛ teaspoon cloves
- 18 ounces (18 cups) baby spinach
- 2 garlic cloves
- 4 (6- to 8-ounce) skin-on red snapper fillets, ¾ to 1 inch thick



**1 Cook Rice** Bring 4 quarts water to boil in Dutch oven over medium-high heat. Add rice and 1 teaspoon salt and cook until rice is tender, 20 to 25 minutes. Drain rice, transfer to bowl and season to taste with salt and pepper; cover to keep warm.



**2 Make Sauce and Spice Rub** Meanwhile, grate 2 teaspoons lemon zest and squeeze 1 teaspoon juice. Stir yogurt and lemon zest and juice together in bowl and season with salt and pepper to taste; set aside for serving. Microwave 1 tablespoon oil, paprika, coriander, fennel, cayenne, cloves, ½ teaspoon salt, and ¼ teaspoon pepper in small bowl until fragrant, about 30 seconds; let cool slightly.



**3 Parcook Spinach** Microwave spinach and ¼ cup water in large bowl, covered, until spinach is wilted and decreased in volume by half, 3 to 4 minutes. Remove bowl from microwave and keep covered for 1 minute. Carefully remove plate and transfer spinach to colander. Using back of rubber spatula, gently press spinach against colander to release excess liquid. Slice garlic thin.



**4 Prep Red Snapper** Adjust oven rack 4 inches from broiler element and heat broiler. Pat red snapper dry with paper towels and brush flesh side evenly with spice mixture.



**5 Cook Red Snapper** Line rimmed baking sheet with aluminum foil and spray with vegetable oil spray. Arrange fish, skin-side down, on prepared baking sheet and broil on upper-middle rack until fish is dark brown and edges flake when gently pressed, 6 to 8 minutes. Remove fish from oven and tent with aluminum foil.



**6 Sauté Spinach and Finish Dish** Heat remaining 2 tablespoons oil 12-inch skillet over medium heat until shimmering. Stir in garlic and cook until fragrant, about 30 seconds. Add spinach and toss to coat. Season with ¼ teaspoon salt and continue stirring with tongs until spinach is uniformly wilted and glossy green, about 2 minutes. Season with salt and pepper to taste. Serve with snapper, rice, and yogurt sauce.

# Lemony Shrimp with Orzo, Feta, and Olives

serves 4; total time 45 minutes or 1 hour?

## notes for the cook

Tossing shrimp with a simple combination of salt, pepper, and lemon zest before cooking infuses them with clean citrus flavor.

Cooking the orzo pilaf-style with sauteed onion and garlic gives it extra flavor and creates a creamy consistency that pairs well with the rich shrimp.

Kalamata olives are a perfect briny counterpoint to the toasty orzo and lemony shrimp, and a judicious amount of feta cheese gives the dish some tang and just enough richness.

You will need a 12-inch nonstick skillet with a tight fitting lid for this recipe.

- 1 lemon
- 1 onion
- 2 garlic cloves
- 1 cup pitted Kalamata olives
- 4 ounces feta cheese, crumbled (1 cup)
- Fresh parsley
- 1½ pounds extra-large shrimp (21 to 25 per pound)
- Salt and pepper
- 2 tablespoons extra-virgin olive oil
- 2 cups orzo
- 4 cups chicken broth



**1 Prep Aromatics and Vegetables** Grate 1 tablespoon lemon zest and squeeze 1 tablespoon lemon juice. Chop onion fine. Mince garlic. Chop olives coarse. Crumble feta (1 cup). Chop 2 tablespoons parsley.



**2 Prep Shrimp** Peel and devein shrimp. Pat shrimp dry with paper towels then toss with lemon zest, ½ teaspoon salt, and ½ teaspoon pepper in bowl; set aside.



**3 Cook Aromatics** Heat 1 tablespoon oil in 12-inch nonstick skillet over medium-high heat until just smoking. Add onion and cook until softened, about 4 minutes. Stir in garlic and cook until fragrant, about 30 seconds.



**4 Cook Orzo** Stir in orzo and cook, stirring frequently, until orzo is coated with oil and lightly browned, about 4 minutes. Add broth, bring to boil, and cook, uncovered, until orzo is al dente, about 6 minutes.



**5 Finish Orzo** Stir in lemon juice, olives, and ½ cup feta. Season with salt and pepper to taste.



**6 Add Shrimp and Finish Dish** Reduce heat to medium-low, nestle shrimp into orzo, cover, and cook until shrimp are pink and cooked through, about 5 minutes. Sprinkle with remaining ½ cup feta and parsley and drizzle with extra oil to taste. Serve.

# Beet and Carrot Noodle Salad with Pan-Seared Chicken

serves 4; total time 1 hour

## notes for the cook

This colorful dish uses homemade beet and carrot noodles for the appeal of pasta salad with the freshness of raw vegetables.

You will need a spiralizer to make the beet and carrot noodles; if you don't have one, look for pre-cut vegetable noodles in the produce section of your supermarket.

Generously sized vegetables spiralize more easily, so use beets that are at least 1½ inches in diameter and carrots that are at least ¾ inch across at the thinnest end and 1½ inches across at the thickest end.

Our favorite trick for peeling ginger: Use the edge of a spoon to scrape the skin.

You can use smooth or chunky peanut butter in the dressing for this recipe.

- 5 scallions
- 2 limes
- Fresh ginger
- 2 garlic cloves
- ¼ cup peanut butter
- 3 tablespoons tahini
- 1 tablespoon soy sauce
- 1 tablespoon honey
- ½ teaspoon toasted sesame oil
- Salt and pepper
- 1 pound beets
- 1 pound carrots
- 4 (3 to 4-ounce) chicken cutlets, ½ inch thick
- 1 tablespoon vegetable oil
- Fresh cilantro



**1 Prep Ingredients** Squeeze 2 tablespoons lime juice from 1 lime and cut remaining lime into wedges. Peel and grate 1 tablespoon ginger. Mince garlic. Slice scallions thin on bias.



**2 Make Dressing** Whisk peanut butter, tahini, soy sauce, honey, toasted sesame oil, lime juice, ginger, garlic, and ½ teaspoon salt in large bowl until well combined. Whisking constantly, add hot water, 1 tablespoon at a time (up to 6 tablespoons), until dressing has consistency of heavy cream.



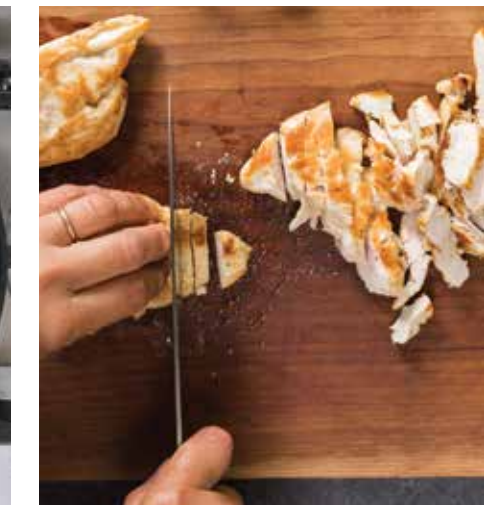
**3 Prep and Spiralize Vegetables** Trim and peel beets and carrots. Using spiralizer, cut into ⅛-inch-thick noodles, cutting noodles into 6- to 8-inch lengths with kitchen shears as you spiralize (about every 2 to 3 revolutions).



**4 Dress Salad** Add beet and carrot noodles and scallions to dressing and toss well to combine.



**5 Cook Chicken** Trim chicken, pat dry with paper towels, and season with salt and pepper. Heat vegetable oil in 12-inch nonstick skillet over medium-high heat until just smoking. Add chicken and cook until golden brown on first side, about 3 minutes. Flip chicken and continue to cook until golden brown on second side, about 3 minutes. Transfer chicken to cutting board, tent with aluminum foil, and let rest for 5 minutes.



**6 Finish Salad** While chicken is resting, pick ¼ cup cilantro leaves. Divide noodles among individual serving dishes. Slice chicken thin and arrange over salads. Sprinkle with cilantro and serve with lime wedges.

# Salmon, Avocado, Grapefruit, and Watercress Salad

serves 4; total time 45 minutes

## notes for the cook

Peppery watercress balances the sweetness of the grapefruit and the richness of the avocado and salmon in this light, bright dinner salad.

If you buy bunched watercress, be sure to wash it thoroughly. You'll also need to trim the tough stems. It's fine to leave some thinner stems near the leaves intact.

Starting the salmon on a preheated baking sheet creates an initial blast of heat that firms up the exterior. The fish then gently cooks through in a low oven.

The doneness notes in step 2 are for farmed salmon; if you're using leaner wild-caught salmon, cook it until the center of the fillet registers 120 degrees for best results.

- 2 (8-ounce) skin-on salmon fillets
- 3 tablespoons plus 1 teaspoon extra-virgin olive oil
- Salt and pepper
- 2 red grapefruits
- 1 small shallot
- 1 teaspoon white wine vinegar
- 1 teaspoon Dijon mustard
- ¼ cup skinned hazelnuts
- 4 ounces (4 cups) watercress
- 1 ripe avocado
- Fresh mint



**1 Season Salmon** Adjust oven rack to lowest position, place aluminum foil-lined rimmed baking sheet on rack, and heat oven to 500 degrees. Pat salmon dry with paper towels, rub with 1 teaspoon oil, and season with salt and pepper.



**2 Roast Salmon** Reduce oven to 275 degrees. Carefully place salmon, skin side down, on prepared sheet. Roast until center is still translucent when checked with tip of paring knife and registers 125 degrees (for medium-rare), 9 to 13 minutes. Let salmon cool to room temperature, about 20 minutes.



**3 Prep Grapefruits** While salmon cools, cut away peel and pith from grapefruits. Holding fruit over bowl, use paring knife to slice between membranes to release segments. Measure out 2 tablespoons grapefruit juice and transfer to separate bowl.



**4 Make Dressing** Mince shallot. Whisk vinegar, mustard, shallot, and ½ teaspoon salt into grapefruit juice. Whisking constantly, slowly drizzle in remaining 3 tablespoons oil until incorporated.



**5 Toast Nuts and Prep Salad**  
**Ingredients** Toast hazelnuts in 10-inch skillet over medium heat, shaking pan occasionally, until golden and fragrant, 3 to 8 minutes; transfer to small bowl to cool, then chop cooled nuts. Tear watercress into bite-size pieces. Halve and pit avocado, then cut into ¼-inch-thick slices. Coarsely chop ¼ cup mint.



**6 Flake Salmon and Finish Salad** Arrange watercress in even layer on platter. Flake salmon into large 2-inch pieces. Arrange salmon pieces, grapefruit segments, and avocado on top of watercress. Drizzle dressing over top, then sprinkle with mint and hazelnuts. Serve.

# Rioja-Style Potatoes with Chorizo and Peas

serves 4; total time 1 hour

## notes for the cook

This light, brothy stew gets its characteristic robust flavor from the chorizo sausage: a hard, cured, usually smoked pork sausage seasoned with paprika, garlic, and salt that is typical of the Rioja region of Spain.

Other varieties of hard, cured sausage (such as linguiça) can be substituted for the Spanish chorizo; we do not recommend using fresh chorizo. In this recipe, we particularly like the sweet (*dulce*) version.

To wash sliced leeks, put them in a bowl of cold water and rub the pieces together until the layers separate. Let the grit settle for 1 minute, then lift the leeks from the water and transfer them to a colander to drain.

If you prefer a milder dish, omit the red pepper flakes.

- 1 leek
- 1 red bell pepper
- 4 garlic cloves
- 8 ounces sweet Spanish-style chorizo sausage
- 2 tablespoons extra-virgin olive oil
- Salt and pepper
- 1½ pounds Yukon Gold potatoes
- 1 teaspoon smoked sweet paprika
- ¼ teaspoon red pepper flakes
- 1 cup dry white wine
- 2 cups chicken broth
- Fresh parsley
- 1 loaf crusty bread
- 1¼ cups frozen peas



**1 Prep Vegetables and Chorizo** Cut dark green leaves from leek and discard. Trim ends and halve leek lengthwise, then slice thin and wash thoroughly. Stem and seed bell pepper, then chop into ½-inch pieces. Mince garlic. Slice chorizo in half lengthwise, then slice crosswise ½ inch thick.

**2 Sauté Vegetables** Heat oil in Dutch oven over medium heat until shimmering. Stir in leek, bell pepper, and ¼ teaspoon salt. Cover, reduce heat to medium-low, and cook, stirring occasionally, until vegetables are softened, 5 to 7 minutes.

**3 Sauté Aromatics** While vegetables soften, peel potatoes and cut into ¾-inch pieces. Stir paprika, pepper flakes, garlic, and chorizo into pot and cook, uncovered, stirring frequently, until chorizo is softened and fragrant, about 2 minutes. Stir potatoes into chorizo mixture and cook over medium heat until edges are translucent, 2 to 4 minutes.

**4 Cook Potatoes** Stir in wine, scraping up any browned bits, and cook, stirring occasionally, until wine is reduced by half, about 2 minutes. Stir in broth and bring to simmer over high heat. Reduce heat to medium-low, cover, and simmer vigorously, stirring occasionally and adjusting heat as needed, until potatoes are tender, about 20 minutes.

**5 Mince Parsley and Slice Bread** While stew cooks, mince 2 tablespoons parsley. Slice bread.

**6 Finish Dish** Off heat, stir in peas and parsley. Cover pot and let sit until peas are heated through, about 2 minutes. Season with salt and pepper to taste. Adjust consistency as needed with hot water. Serve with bread, drizzling stew with extra oil to taste.



# The Better, Smarter Answer to “What’s for Dinner?”

- A go-to guide for busy weeknight cooks who want more variety and help planning complete meals.
- Fully-illustrated design walks you through every dish, with beautiful photos of key steps and the finished meal.
- Innovative prep-as-you-go approach spells out exactly when and how to prepare each ingredient during cooking for maximum ease and efficiency.
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- Detailed nutritional information provided for every recipe.

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