



cook for the win



In the new cookbook *Small Victories*, **Julia Turshen's** delicious, simple recipes come annotated with the little kitchen wins that can make us all superstar cooks. Know how to boil water? Then you can make pasta, rice, and soba noodles, promises the food writer (and co-author of cookbooks by Mario Batali, Gwyneth Paltrow, and other stars of the food world). "The fun part of cooking is when you understand the principle of the tip or technique employed in the recipe," Turshen says. "Once you get that, there are endless opportunities to riff." Case in point: Learn how to roast red peppers—and then go on to make multiple amazing recipes.

BY MELANIE MANNARINO

ROASTED RED PEPPER AND PEAR SOUP

PREP 40 MIN // COOK 35 MIN
// SERVES 8

- 2 Tbsp unsalted butter
- 1 medium yellow onion, finely diced
- 3 medium garlic cloves, minced
- 2 medium carrots, finely diced
- 3 fresh thyme sprigs
- $\frac{3}{4}$ tsp kosher salt
- $\frac{1}{4}$ tsp freshly ground black pepper
- 4 medium red bell peppers, roasted and prepared per instructions on p. 94; roughly chopped
- 1 medium russet potato, peeled and roughly diced
- 2 medium semi-firm pears, peeled, cored, and roughly diced
- 6 c chicken or vegetable stock, preferably homemade (but canned is fine)
- 1 Tbsp chopped fresh Italian parsley for garnish

1 In a large pot, over medium heat, melt butter. Add onion, garlic, carrots, and thyme; sprinkle with a generous pinch salt and a few grinds black pepper. Cook, stirring until vegetables are softened but haven't taken on any color, about 15 minutes.

2 Add roasted peppers, potato, and pears to pot; season with salt and pepper. Pour in broth; increase heat to high and bring to a boil. Reduce heat to low; simmer until potatoes can be easily pierced with the tip of a paring knife, 15 to 20 minutes.

3 Remove and discard thyme stems. Puree soup in pot using an immersion blender—be sure to keep it submerged so hot soup doesn't splatter (or puree in small batches using a regular blender). Season to taste with salt and/or pepper (optional); garnish with parsley.

PERSERVING (1 CUP): 108 cal, 3 g total fat, 2 g sat fat, 683 mg sod, 19 g total carb, 8 g sugar, 4 g fib, 3 g prot.
SmartPoints value: 2

This recipe by Julia Turshen, originally published in *Small Victories*, has been modified for *Weight Watchers* with permission.

eat it up

cook like a chef



Turshen created this quick, bonus side dish just for us. Roast a double batch of peppers for both recipes!

ROASTED RED PEPPERS WITH CAPERS AND SHERRY VINAIGRETTE

PREP 20 MIN // COOK 15 MIN // SERVES 4

- 1 Tbsp sherry vinegar
- 1 Tbsp olive oil
- 1 tsp Dijon mustard
- 4 medium red bell peppers (roasted and prepared per instructions below), sliced
- 2 Tbsp capers, drained

1 Whisk together vinegar, oil, and mustard to make vinaigrette. Arrange peppers on a serving platter; sprinkle with capers and drizzle with vinaigrette. Serve at room temperature.

PER SERVING (1/4 CUP): 64 cal, 4 g total fat, 0 g sat fat, 132 mg sod, 8 g total carb, 5 g sugar, 3 g fib, 1 g prot.

SmartPoints value: 1

in Julia's kitchen

VEGETABLES MAKE A MEAL. "I rejoined Weight Watchers a year and a half ago," Turshen says. "Since then, I've increased the amount of fruits and vegetables in my cooking and eating. I love a huge bowl of food, but now instead of spaghetti and meatballs, I'll do a big bowl of arugula, a little olive oil, roasted vegetables, and the meatballs."

IF YOU CAN SLICE, YOU CAN EAT. "A lot of my favorites don't require cooking," Turshen admits. "Just slicing." Her favorite no-cook dishes: Sliced tomato sprinkled with salt and lemon juice, sliced celery with lemon and shaved Parmesan. Just make sure your knife is sharp. "It makes preparing anything easier and faster."

THERE'S ALWAYS SOMETHING FOR LUNCH. "Last Saturday, I had 10 minutes for lunch before I had to leave the house," Turshen says. "Takeout was tempting, but instead I made a quick meal of scrambled eggs with chopped kimchi, and sliced cucumber tossed with a mix of kimchi liquid and vegan mayonnaise. It was healthy and homemade, and I didn't have to resort to eating in the car."

HOW TO ROAST BELL PEPPERS

■ Fire up the broiler

Set oven rack 6 inches from broiler; preheat broiler to high. Line a baking sheet with foil. Put halved, cored, seeded, deribbed peppers skin side up on baking sheet; broil until skins blacken completely, rotating baking sheet a few times to broil evenly, 10 to 15 minutes.

■ Steam and peel the peppers

Immediately transfer peppers to a large bowl and cover tightly with plastic wrap to trap steam (and loosen skins). When peppers are cool enough to handle, 10 to 15 minutes, hold one under running water; rub off and discard charred skin with your fingers. Repeat with remaining peppers; slice or chop peppers as needed for recipe.

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