



# One-Pot Wonders

BY KATE SHERWOOD

How many pots does it take to make a delicious, warm-your-insides main dish for a chill January evening? You guessed it. Just throw together a salad and supper's on. 🍴

Got a question or suggestion? Write to [healthycook@cspinet.org](mailto:healthycook@cspinet.org).

## Creamy Tomato Risotto



- ¼ cup extra-virgin olive oil
- 1 onion, diced
- 2 carrots, peeled and diced
- 4 cups non-fat milk
- 8 cloves garlic, minced
- 1 cup hulled (whole-grain) barley
- 1 15 oz. can no-salt-added diced tomatoes
- 1 cup water, more as needed
- ½ cup dry vermouth
- Freshly ground black pepper, to taste
- ¾ tsp. salt
- ½ cup grated Parmesan cheese

Heat the oil in a large, deep skillet over medium heat. Sauté the onion and carrots until the onion begins to brown, about 5 minutes. Meanwhile, heat the milk in the microwave, 1 minute at a time, until hot but not boiling. Add the garlic to the skillet. Cook for 30 seconds. Stir in the barley.

Add the tomatoes and simmer until their juice is absorbed, about 5 minutes. Stir in the water and hot milk. Simmer, stirring frequently, until the liquid is absorbed, 20-25 minutes.

If all the liquid is absorbed and the barley still isn't done (done means it's slightly firm), add more water, ½ cup at a time, and continue to simmer. Once the barley is done, stir in the vermouth, pepper, and up to ¾ tsp. of salt. Serve with the Parmesan. Serves 6.

### PER SERVING (1½ cups)

Calories: 350  
Total Fat: 12 g  
Sat Fat: 2.5 g  
Protein: 14 g

Sodium: 530 mg  
Cholesterol: 10 mg  
Carbohydrates: 41 g  
Fiber: 7 g

## Quick Cassoulet



For the sausage, we used Wellshire Farms Turkey Andouille. You could also use a spicy smoked sausage like Spanish chorizo.

- 3 leeks, white and pale green parts
- 6 sprigs flat-leaf (Italian) parsley
- ¼ cup extra-virgin olive oil
- 5 oz. spicy sausage, diced
- 8 cloves garlic, minced
- 2 carrots, peeled and sliced
- 2 celery stalks, chopped
- 4 sprigs thyme
- 1 bay leaf
- 1 15 oz. can no-salt-added diced tomatoes
- 2 15 oz. cans no-salt-added navy beans, drained and rinsed
- 2 cups water
- Freshly ground black pepper, to taste
- ½ tsp. salt

Halve the leeks lengthwise, then cut crosswise into ½" pieces. Rinse well and spin or pat dry. Remove the leaves from the parsley stems and roughly chop the leaves. Set aside the leaves and stems separately.

In a large, heavy pot, heat the oil over medium heat. Cook the sausage and garlic until the sausage begins to brown, about 2 minutes. Remove the sausage and garlic with a slotted spoon to a bowl, leaving the oil in the pot. Add the leeks and cook, stirring occasionally, until they're softened, about 5 minutes. Stir in the carrots, celery, thyme, bay leaf, parsley stems, tomatoes, beans, and water. Simmer, partially covered, stirring occasionally, until the carrots are tender, about 20 minutes.

Discard the thyme sprigs, parsley stems, and bay leaf. Mash some of the beans in the pot with a potato masher or fork. Return the sausage and garlic to the pot. Season with pepper and up to ½ tsp. of salt. Garnish with the parsley leaves. Serves 6.

### PER SERVING (1½ cups)

Calories: 290  
Total Fat: 12 g  
Sat Fat: 2 g  
Protein: 12 g

Sodium: 500 mg  
Cholesterol: 10 mg  
Carbohydrates: 33 g  
Fiber: 10 g

## Skillet Ziti with Broccoli, Chicken, & Sun-Dried Tomatoes



For a vegetarian version, omit the chicken, use vegetable instead of chicken broth, and stir in a drained and rinsed 15 oz. can of no-salt-added white beans when you add the broccoli.

- 2 Tbs. extra-virgin olive oil
- 1 lb. boneless, skinless chicken breasts, cut into bite-size pieces
- 6 cloves garlic, minced
- ¼ tsp. red pepper flakes (optional)
- 6 scallions, chopped
- 8 oz. whole wheat ziti or penne
- 3½ cups non-fat milk, divided
- 1½ cups low-sodium chicken broth
- 1 lb. broccoli, cut into small florets
- ½ cup oil-packed sun-dried tomatoes, drained and chopped
- ½ cup grated Parmesan cheese
- Freshly ground black pepper, to taste
- ¾ tsp. salt

Heat the oil in a large non-stick skillet over medium-high heat until shimmering. Add the chicken and cook without stirring until browned, 2-3 minutes. Stir the chicken and continue to cook for 1 minute longer. Transfer the chicken to a bowl and set aside. (The chicken will not be fully cooked.)

Add the garlic, pepper flakes, and scallions to the skillet and cook, stirring, until fragrant, about 30 seconds. Add the ziti, 2½ cups of the milk, and the broth. Bring to a boil over high heat and cook, stirring frequently, until a thick sauce forms, about 12 minutes.

Stir in the broccoli, sun-dried tomatoes, and the remaining 1 cup of milk. Cover, reduce the heat to medium, and cook until the broccoli turns bright green and is almost tender, 3-5 minutes.

Uncover and stir in the Parmesan and chicken. Simmer, uncovered, until the chicken is cooked through, 1-2 minutes. Season with pepper and up to ¾ tsp. of salt. Serves 6.

### PER SERVING (1½ cups)

Calories: 390  
Total Fat: 11 g  
Sat Fat: 2.5 g  
Protein: 31 g

Sodium: 560 mg  
Cholesterol: 50 mg  
Carbohydrates: 43 g  
Fiber: 6 g

### Nutrition Action on the Net

To watch Kate prepare the Creamy Tomato Risotto, go to [nutritionaction.org/healthycook](http://nutritionaction.org/healthycook).

Skillet Ziti