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No regrets

Enjoy the holiday season without guilt—serve your guests these low-fat hors d'oeuvres **BY ADEENA SUSSMAN | PHOTOGRAPH BY ANNABELLE BREAKEY**

QUICK INDIAN PICKLES

HEALTH + Especially low in calories, they whet your appetite for the meal to come.

ENDIVE SPEARS WITH WHITE BEAN RADICCHIO SALAD

HEALTH + All three main ingredients are low in fat and high in fiber.

Recipes on page 102 »

SMOKY SALMON CHIVE SPREAD

HEALTH + Greek yogurt evokes the silkiness of mayo but without the fat; salmon is full of omega-3 fatty acids. Both are rich in protein and calcium.

BRUSSELS SPROUT AND PROSCIUTTO SKEWERS

HEALTH + Brussels sprouts are a good source of fiber and vitamin K. Prosciutto provides the smoky flavor of bacon with a lot less fat.

RED PEPPER AND WALNUT DIP

HEALTH + Red peppers lend a velvety texture, letting you “spend” your fat calories on heart-healthy nuts and a modest amount of oil.

Healthy living

Endive spears with white bean radicchio salad

MAKES 24 spears **TIME** 15 minutes
1 can (15 oz.) cannellini or Great Northern beans, rinsed and drained

$\frac{3}{4}$ cup finely chopped radicchio
About 1 tbsp. red wine vinegar
2 tbsp. each olive oil and chopped chives
 $\frac{1}{4}$ tsp. each salt and freshly ground pepper
3 large heads Belgian endive

1. Mix together beans, radicchio, 1 tbsp. vinegar, the oil, chives, salt, and pepper in a small bowl. Taste and add more vinegar if you like.
2. Trim base from endive heads and separate endive into 24 leaves, reserving smaller leaves for another use (like salad). Spoon bean mixture into base of each leaf.
Make ahead: Prepare through step 1 and chill, covered, up to 1 day.

PER SPEAR 21 CAL., 48% (10 CAL.) FROM FAT; 0.8 G PROTEIN; 1.1 G FAT (0.2 G SAT.); 2 G CARBO (0.8 G FIBER); 53 MG SODIUM; 0 MG CHOL.

Red pepper and walnut dip

MAKES $1\frac{1}{2}$ cups **TIME** 15 minutes
1 jar (15-oz.) roasted red peppers, rinsed, drained, and chopped

$\frac{1}{3}$ cup walnuts, toasted and chopped
 $\frac{1}{4}$ cup chopped flat-leaf parsley
2 tbsp. olive oil
1 tbsp. fresh lemon juice
1 tsp. finely grated lemon zest
 $\frac{1}{4}$ tsp. kosher salt
 $\frac{1}{2}$ tsp. each honey, ground cumin, freshly ground black pepper, and red chile flakes

Thinly sliced jicama or soft pita bread triangles
Put all ingredients except for jicama in a blender and pulse until as smooth as you like. Serve with jicama.
Make ahead: Chill, covered, up to 1 day.

PER $1\frac{1}{2}$ -Tbsp. SERVING 55 CAL., 55% (30 CAL.) FROM FAT; 1.1 G PROTEIN; 3.3 G FAT (0.4 G SAT.); 3.9 G CARBO (0.2 G FIBER); 209 MG SODIUM; 0 MG CHOL.

Brussels sprout and prosciutto skewers

MAKES 24 skewers **TIME** 30 minutes
1 tbsp. olive oil

1 tbsp. maple syrup
 $\frac{3}{4}$ tsp. salt
 $\frac{1}{4}$ tsp. freshly ground black pepper
24 small brussels sprouts ($\frac{3}{4}$ to 1 lb.)
4 oz. thinly sliced prosciutto
24 decorative toothpicks

1. Preheat oven to 450°. In a large bowl, whisk oil, syrup, salt, and pepper to blend. Trim brussels sprouts at base and remove any leathery outer leaves. Toss sprouts in oil mixture to coat well. Line a rimmed baking pan with foil and put sprouts in pan in a single layer.

2. Roast, tossing every 5 minutes, until sprouts are browned but tender-crisp, 10 to 12 minutes total. Remove from oven and let cool 10 minutes.

3. Meanwhile, cut each prosciutto slice into strips about 1 in. wide. Gently wrap each sprout lengthwise in a prosciutto strip. Insert a toothpick into the base of each sprout. Serve at room temperature.
Make ahead: Prepare through step 2 up to 1 day ahead; chill, covered. Bring to room temperature, then proceed.

PER 2-SKEWER SERVING 47 CAL., 43% (20 CAL.) FROM FAT; 3.7 G PROTEIN; 2.2 G FAT (0.5 G SAT.); 3.8 G CARBO (1.2 G FIBER); 410 MG SODIUM; 5 MG CHOL.

Smoky salmon chive spread

MAKES 2 cups **TIME** 15 minutes
2 cans (7.5 oz. each) salmon (preferably Alaskan king or sockeye), well drained
1 container (7 oz.) nonfat Greek yogurt
2 oz. hot-smoked salmon, finely chopped
 $\frac{1}{4}$ cup finely chopped red onion, plus slivers for garnish

3 tbsp. chopped chives
2 tsp. Dijon mustard
 $\frac{1}{2}$ tsp. freshly ground black pepper
Kosher salt

Seeded crisp lavash or other crackers
Remove bones and skin from salmon; break into chunks. In a medium bowl, mix yogurt, hot-smoked salmon, chopped onion, chives, mustard, and pepper with a fork until well combined. Gently stir in salmon, season to taste with salt, and top with slivered onion. Serve with lavash.
Make ahead: Chill, covered, up to 3 days (you may need to moisten with a bit more yogurt).

PER $1\frac{1}{2}$ -Tbsp. SERVING 39 CAL., 31% (12 CAL.) FROM FAT; 6.3 G PROTEIN; 1.4 G FAT (0.1 G SAT.); 0.9 G CARBO (0.1 G FIBER); 43 MG SODIUM; 1.5 MG CHOL.

Quick Indian pickles

MAKES 24 spears **TIME** 1 hour
1 tsp. vegetable oil
 $\frac{1}{2}$ tsp. each brown mustard seeds, black peppercorns, whole coriander seeds, and whole allspice

Snack strategically

Here's how to enjoy the season's party food—and be kind to your body too.

MAKE A PLAN before you dive in. Survey the table and focus on foods that appeal the most. **IF EVERYTHING LOOKS GOOD**, try it all—once (and in small portions). Allow yourself seconds of only your favorite.

STEER TOWARD vegetable- and protein-heavy snacks, like the ones in this article.

FILL UP on fiber-rich foods like the white bean salad and brussels sprouts on this page.

TAKE SIPS of water between bites to pace yourself.

LIMIT ALCOHOL to 1 glass of wine or 1 small cocktail. The more we drink, the easier it is to forget those good intentions.

1 tsp. cumin seeds
3 cardamom pods, split
2 small dried hot red chiles, broken in half
 $\frac{1}{4}$ tsp. ground turmeric
1 cup distilled white vinegar
 $\frac{1}{2}$ cup fresh lime juice
3 tbsp. packed light brown sugar
 $1\frac{1}{2}$ tbsp. kosher salt
4 garlic cloves, peeled and cut in half
1 piece (1 in.) fresh ginger, peeled, thickly sliced
6 Persian cucumbers, each cut into 4 spears, or 2 English cucumbers, each cut into thirds crosswise and then into 4 spears
1. Warm oil in a small saucepan over medium heat. Add mustard seeds and cook, covered, until they pop, about 2 minutes. All at once, add remaining spices except for turmeric and cook, stirring, until spices are very fragrant, about 1 minute. Add turmeric and stir just until sizzling. Carefully add $\frac{1}{2}$ cup water, the vinegar, lime juice, sugar, salt, garlic, and ginger. Bring to a boil over high heat, then reduce heat and simmer 2 minutes.
2. Pack cucumber spears into a deep bowl. Pour pickling liquid over them, weight with a small plate to keep submerged, and let cool to room temperature, about 40 minutes. Lift pickles out of brine to serve.
Make ahead: Chill, covered, up to 2 days (pickles will get more flavorful).

PER SPEAR 13 CAL., 12% (1.6 CAL.) FROM FAT; 0.3 G PROTEIN; 0.2 G FAT (0 G SAT.); 2.7 G CARBO (0.3 G FIBER); 181 MG SODIUM; 0 MG CHOL. ■