

## **Myerberg Center - Easy Entertaining for the Holidays**

### **Israeli Couscous Salad with Winter Vegetables and Chickpeas**

<b><u>Roasted Veggies:</u></b>	<b><u>Salad:</u></b>	<b><u>Apple Cider Dressing:</u></b>
<ul style="list-style-type: none"><li>- 2-3 cups cubed butternut squash or carrot</li><li>- 1/2 red onion, thin sliced</li><li>- 1 (15 oz) can chickpeas</li><li>- 1- 2 tbsp EVOO</li><li>- ½ to 1 tbsp maple syrup</li><li>- ¼ tsp ground turmeric</li><li>- ¼ tsp coriander</li><li>- ¼ tsp dry thyme</li><li>- ¼-½ tsp garlic powder</li><li>- ½ tsp cumin</li><li>- Salt and black pepper</li></ul>	<ul style="list-style-type: none"><li>- 1 cup pearl couscous</li><li>- 1 ½ cups water</li><li>- ½ teaspoon kosher salt</li><li>- 1/2 bunch Tuscan kale, destemmed fine chopped</li><li>- Chopped Italian Parsley</li></ul>	<ul style="list-style-type: none"><li>- ¼ cup extra virgin olive oil</li><li>- 3 tbsp apple cider vinegar</li><li>- 2 tbsp maple syrup</li><li>- 1 clove garlic, grated</li><li>- 1 tsp Dijon mustard</li><li>- Salt and black pepper</li></ul> <b><u>Optional garnishes:</u></b> Dry cranberries, golden raisins, dates, pepitas, etc.

1. Preheat oven 425F. Line a large baking sheet with parchment paper.
2. **Roast vegetables:** Add butternut squash, chickpeas and red onion to baking sheet, drizzle with olive oil and maple syrup. Sprinkle vegetables with the spices. Toss the vegetables to well-coated with spices, then spread out on the sheet in a single layer. Roast 15-20 or until vegs are fork tender and chickpeas are crispy.
3. **Prepare couscous:** In a medium pot toast the couscous. Add warm water and salt and bring it to a boil. Stir couscous, then reduce heat to low, cover, and cook 8 to 10 minutes until all of the liquid is absorbed. Transfer to a large sieve and drain any excess liquid, then return back to the pot to keep warm.
4. **Make dressing:** In a medium bowl, add olive oil, vinegar, maple syrup, garlic, Dijon, and salt and combine.
5. **Transfer couscous:** Add kale and parsley to a large bowl and pour in half of dressing. Toss until dressing coats everything well.
6. **Assemble salad:** Add kale and couscous mixture to a large platter, top with the warm roasted vegetables, then garnish with optional garnishes. Divide into individual bowls and drizzle remaining dressing. Salad can be served warm or cold.

### **Sfogliatine Con Pere e Fontina**

1 pack of ready-made puff pastry  
1 medium-ripe pear, thinly sliced  
½ cup Fontina cheese, thinly sliced or shredded

1 egg yolk  
black pepper

1. Preheat oven to 400F degrees. Line a baking sheet with parchment paper.
2. Roll out the puff pastry and cut out 16 squares.
3. Place 1 slice of pear in the center of half of the 8 squares, add pepper. Overlap 1-2 slices of fontina. Brush the edges of the dough with a little beaten egg yolk.
4. Overlap another square of pastry on top of each and seal the edges well with a fork. Brush the surface of each puff pastry with the beaten egg yolk and bake in a hot oven about fifteen minutes. The Sfogliatine should be lightly golden. Serve hot.

### **Simply Caramelized Salmon Bites**

½ cup light brown sugar  
1 teaspoon fine salt  
black pepper

8 oz salmon, cut into 2-4 filets, with skin  
Extra virgin olive oil

1. Combine sugar, salt, and pepper in a shallow bowl. Dip and coat each filet in this mixture.
2. Heat a drizzle of olive oil in a skillet over medium heat. When hot, add the salmon, skin side down, sauté 5 minutes.
3. Flip each salmon filet carefully once and sauté another 2-3 minutes. Cook to your liking.
4. Preheat broiler to 450F degrees. Sprinkle tops of each filet with a teaspoon or two of additional sugar-salt mixture. Transfer pan from stovetop to oven. Let the salmon broil a few minutes, checking occasionally to make sure it's not burning. When the salmon is done cooking, remove from oven and cool for a few minutes.
5. Gently peel off the skin before eating if you like. Serve warm.