



Tomato Salad-Topped  
Grilled Pizza



*Melissa d'Arabian's*

# Garden-fresh **MENU**

What to do with the season's last bumper crop of veggies? This Food Network star has a few juicy ideas  
Photographs by Ben Fink

Roasted Root Vegetable Salad  
with White Wine Vinaigrette



**A**t summer's end, when ripe produce takes center stage, Melissa d'Arabian uses the bounty to turn everyday dishes into something elegant. Four years in France taught this season-five winner of *Food Network Star* to "let beautiful ingredients drive a meal." And as always, d'Arabian, who hosts Cooking Channel's *Drop 5 lbs With Good Housekeeping* and Food Network's *Ten Dollar Dinners* (recipes here are from her cookbook with that name) proves that "a budget meal can also be an enticing one: delicious, fresh, exciting, and made without compromise."

## Tomato Salad-Topped Grilled Pizza

**Active time** 20 minutes

**Total time** 50 minutes

(includes standing)

**Makes** 4 main-dish servings

- 1 Tbsp. plus 1 tsp. olive oil
- 1 lb. fresh pizza dough
- 1 lg. ripe tomato, cored and chopped, or 1¼ c. halved cherry tomatoes
- 1 tsp. fresh lemon juice
- 6 fresh basil leaves, roughly torn
- Kosher salt
- 4 oz. fresh mozzarella cheese, thinly sliced and quartered
- 2 c. fresh arugula (or other baby greens or chopped lettuce)

1. Line very large cutting board with foil and rub with 1 tsp. oil to lightly grease surface. Place pizza dough on foil and turn to oil both sides. Cover with kitchen towel and let stand 30 minutes.
2. Meanwhile, prepare one side of outdoor grill for direct grilling on medium-high and other side for direct grilling on medium-low. (If using charcoal grill, bank most of coals to one side and leave a few hot coals on other side.)
3. In bowl, combine tomato, lemon juice, basil, remaining 1 tablespoon oil, and ¼ teaspoon salt. Toss and let stand.
4. Using rolling pin, roll dough into ⅙-in.-thick circle. Lift dough and foil; place on medium-high side of grill, dough side down, gently peeling off foil. Grill 1 to 2

minutes or until underside is browned and has grill marks. With grilling spatula, turn dough over onto medium-low side of grill. Place mozzarella on top of pizza; cover grill. (If using charcoal grill, open vent holes.) Grill 2 to 3 minutes or until mozzarella melts.

5. Transfer pizza to board; slice. Top with arugula. With slotted spoon, transfer tomato salad to pizza. Serve immediately.

**EACH SERVING** About 400 calories, 16 g protein, 55 g carbohydrate, 13 g total fat (4 g saturated), 1 g fiber, 22 mg cholesterol, 725 mg sodium.

## Roasted Root Vegetable Salad with White Wine Vinaigrette

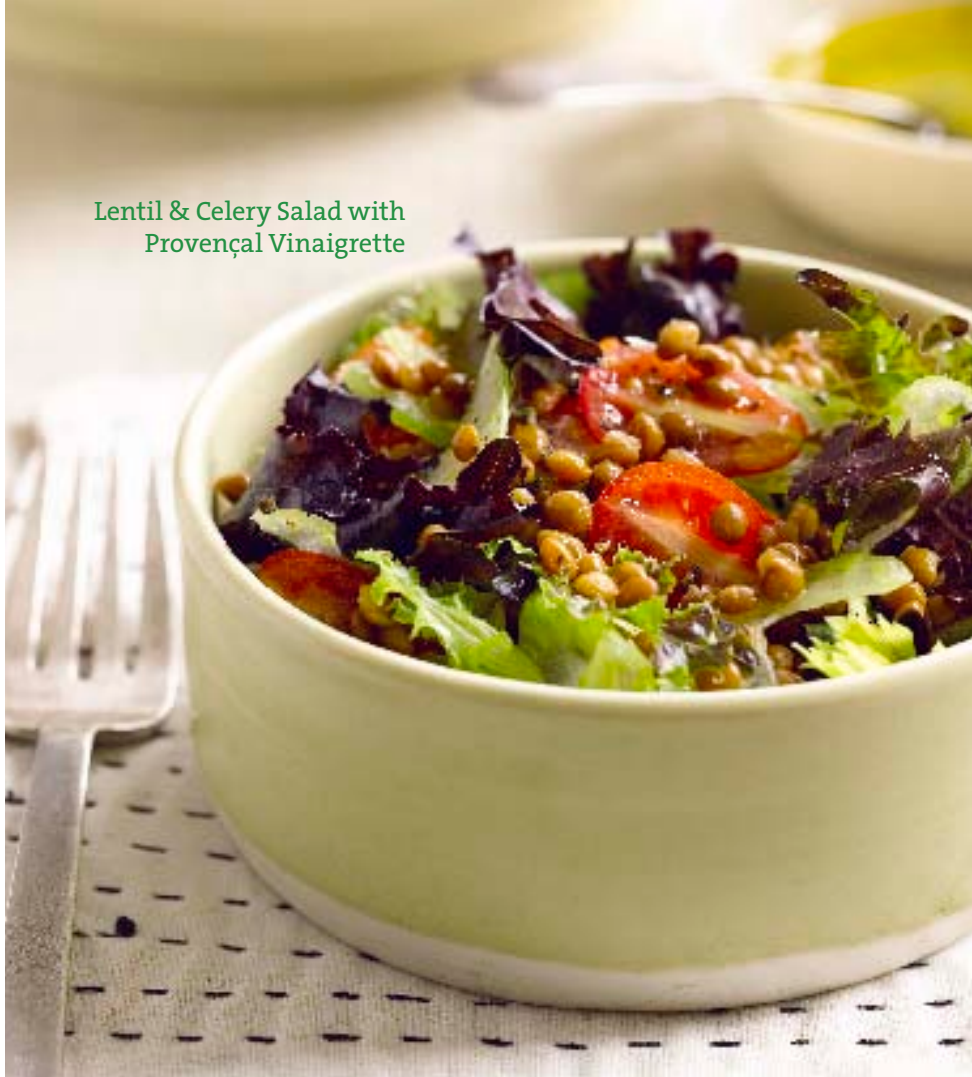
**Active time** 20 minutes

**Total time** 1 hour plus cooling

**Makes** 4 side-dish servings

- 2 med. beets, peeled and cut into 8 wedges
- 2 med. carrots, peeled, cut into quarters lengthwise, then cut into ½-in.-long pieces

## Lentil & Celery Salad with Provençal Vinaigrette



1 lg. parsnip, peeled, cut into quarters lengthwise, then cut into ½-in.-long pieces

3 Tbsp. olive oil  
Kosher salt and pepper

1½ Tbsp. white balsamic or white wine vinegar

1 Tbsp. finely chopped red onion or shallot

Pinch sugar

1 bag (5 oz.) arugula

1. Preheat oven to 400°F. Line jelly-roll pan with foil.

2. Place beets on one-third of prepared pan; place carrots and parsnip on remaining two-thirds of pan. Drizzle vegetables with 1 tablespoon oil and sprinkle with ¼ teaspoon salt. Gently toss vegetables with oil and salt, keeping carrots and parsnips separate from beets. Roast 35 to 40 minutes or until golden brown and tender, stirring once halfway through. Let cool completely.

3. In large bowl, stir together vinegar, onion, sugar, pinch of salt, and pinch of



## Kale & Crispy Bacon Salad

## Kale & Crispy Bacon Salad

**Active time** 15 minutes

**Total time** 25 minutes

**Makes** 4 side-dish servings

- 2 strips bacon
- 1 bunch kale, tough ribs and stems removed and discarded
- 2 Tbsp. fresh orange juice
- 2 Tbsp. fresh lemon juice
- Kosher salt and pepper
- 1 med. tomato, cored and chopped
- 2 green onions, finely chopped
- 2 Tbsp. olive oil

**1.** Heat 10-in. skillet on medium. Add bacon; cook 6 minutes or until browned and crisp, turning over once. Transfer to paper-towel-lined plate. Let cool, then chop into small pieces.

**2.** Stack 5 or 6 kale leaves and slice into thin strips. Transfer to large bowl. Repeat with remaining kale leaves.

**3.** To bowl with kale, add orange juice, lemon juice, and ½ teaspoon salt. With hands, massage juices and salt into kale. Let stand 5 minutes.

**4.** To kale, add tomatoes, green onions, oil, bacon, and ¼ teaspoon freshly ground black pepper. Toss until well combined.

**EACH SERVING** About 160 calories, 6 g protein, 17 g carbohydrate, 10 g total fat (2 g saturated), 3 g fiber, 4 mg cholesterol, 395 mg sodium.

freshly ground black pepper. Let stand 10 minutes. Whisk in remaining 2 tablespoons oil. Add arugula; toss until well coated. Transfer to large serving platter. Arrange vegetables on top of arugula.

**EACH SERVING** About 155 calories, 2 g protein, 15 g carbohydrate, 11 g total fat (2 g saturated), 3 g fiber, 0 mg cholesterol, 205 mg sodium.

## Lentil & Celery Salad with Provençal Vinaigrette

**Active time** 15 minutes

**Total time** 30 minutes

**Makes** 4 side-dish servings

- ¼ c. brown lentils
- 3 c. leafy greens, such as arugula, green or red leaf lettuce, romaine, or a blend of greens
- 2 stalks celery, very thinly sliced at an angle

2 Tbsp. finely chopped celery leaves

¾ c. grape tomatoes, cut into halves

1½ Tbsp. fresh lemon juice

½ tsp. Dijon mustard

⅓ tsp. herbes de Provence

Kosher salt and pepper

2 Tbsp. olive oil

**1.** Cook lentils as label directs. Drain well.

**2.** Meanwhile, in large bowl, toss greens, celery, celery leaves, and tomatoes until combined.

**3.** In small bowl, whisk lemon juice, mustard, herbes de Provence, and ⅓ teaspoon each salt and freshly ground black pepper. Continue whisking and drizzle in oil. Whisk until emulsified.

**4.** Scatter lentils over salad, top with dressing; gently toss. Serve immediately.

**EACH SERVING** About 115 calories, 4 g protein, 11 g carbohydrate, 7 g total fat (1 g saturated), 4 g fiber, 0 mg cholesterol, 195 mg sodium.

## Bulgur-Stuffed Veggies

**Active time** 50 minutes

**Total time** 1 hour 50 minutes

plus resting

**Makes** 4 main-dish servings

- 1 c. bulgur
- 1¼ c. chicken broth
- 1½ c. water
- 2 peppers, preferably 1 red, 1 yellow
- 2 zucchini, or 1 zucchini and 1 yellow squash
- 2 lg. tomatoes
- 2 Tbsp. olive oil
- 1 sm. onion (4 to 6 oz.), finely chopped
- 4 oz. mushrooms, trimmed and finely chopped
- 3 cloves garlic, finely minced or crushed with press
- Kosher salt and pepper



**Bulgur-Stuffed Veggies**

**2 tsp. fresh tarragon leaves, finely chopped**

**¼ c. freshly grated Parmesan cheese**

1. Preheat oven to 350°F.
2. Place bulgur in large heatproof bowl. In 2-quart saucepan, heat broth and water to boiling. Pour over bulgur. Cover bowl with plastic wrap and let stand 20 minutes or until bulgur is tender.
3. Meanwhile, slice off top thirds of peppers. Cut out stems, then finely chop flesh of tops. Set aside. Remove ribs and seeds from bottoms of peppers. Cut zucchini into halves crosswise. Finely chop half of zucchini. Slice remaining zucchini in half lengthwise. With teaspoon, scoop out and discard seeds to make 4 boats. Cut tomatoes into halves. With spoon, scoop out and discard seeds and pulp from tops and bottoms.
4. In 12-in. skillet, heat oil on medium. Add onion; cook 3 to 6 minutes or until translucent, stirring. Add chopped peppers, zucchini, mushrooms, garlic, ¾ teaspoon salt, and ¼ teaspoon freshly ground black pepper. Cook 10 minutes or until vegetables are tender, stirring. If there is a lot of liquid in pan or in bulgur, drain in fine-mesh sieve. Stir tarragon and bulgur into vegetable mixture.
5. Place peppers and tomatoes and

zucchini boats on cutting board. Season insides of vegetables with ¼ teaspoon each salt and black pepper. Stuff vegetables with bulgur mixture. Carefully transfer to 13" by 9" shallow baking dish. Cover with foil and bake 45 minutes. Uncover; sprinkle with Parmesan. Bake 10 minutes or until cheese is golden brown. Remove from oven; let rest 20 minutes. Serve warm or at room temperature.

**EACH SERVING** About 275 calories, 11 g protein, 42 g carbohydrate, 9 g total fat (2 g saturated), 10 g fiber, 4 mg cholesterol, 715 mg sodium.

## Quinoa Tabouli

**Active time** 40 minutes  
**Total time** 50 minutes plus standing  
**Makes** 4 side-dish servings

**½ c. quinoa**

**1¼ c. water**

**1 bunch fresh flat-leaf parsley (stems and leaves), finely chopped**

**½ bunch fresh cilantro (stems and leaves), finely chopped**

**2 ripe med. tomatoes, cut into halves, seeded, and finely chopped**

## Quinoa Tabouli



**3 green onions, finely chopped**

**2 Tbsp. finely chopped fresh mint leaves**

**1 lemon**

**3 Tbsp. olive oil**

**Kosher salt and pepper**

1. In fine-mesh sieve, rinse and drain quinoa. Transfer to microwave-safe large bowl and stir in water. Cover with vented plastic wrap and microwave on High 9 minutes. Let stand 2 minutes, then fluff with fork. If quinoa is not tender, microwave on High 1 minute longer. If necessary, drain excess liquid.
2. To same bowl, add parsley, cilantro, tomatoes, onions, and mint; toss well.
3. From lemon, grate peel and squeeze juice into small bowl. Whisk in oil, ½ teaspoon salt, and ¼ teaspoon freshly ground black pepper. Pour dressing over quinoa. Cover and let stand 1 hour. To serve, toss until well combined.

**EACH SERVING** About 195 calories, 5 g protein, 20 g carbohydrate, 12 g total fat (2 g saturated), 4 g fiber, 0 mg cholesterol, 260 mg sodium. ■



Look for Melissa d'Arabian's first-ever cookbook, *Ten Dollar Dinners* (Clarkson Potter, \$25), at [amazon.com](http://amazon.com).