

EVERYDAY

WITH RACHAEL RAY

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101

COOKING TIPS

YOU MUST KNOW

budget kitchen
makeover

FALL PARTY

SPECIAL

FUN DECORATING IDEAS
HALLOWEEN SNACKS
DIY TRICK-OR-TREAT BAGS

30-MINUTE MEALS

76
RECIPES
ANYONE CAN MAKE!



Spread the Love

Take a shortcut to three great dishes with store-bought hummus.

BY DAVID MCCANN | PHOTOGRAPHY BY KATE SEARS

Steak Stir-Fry with Tomato Hummus Sauce

4 SERVINGS

PREP TIME 20 min

COOK TIME 20 min

- One 16-ounce box orzo pasta
 ½ cup extra-virgin olive oil
 1 eggplant (about 12 ounces), cut into ½-inch cubes
 1 onion, thinly sliced
 ½ bunch broccoli rabe—stems cut into small pieces, leaves coarsely chopped
 Salt
 12 ounces sirloin steak, sliced into ¼-inch strips
 ½ cup beef broth
 1 tablespoon tomato paste
 ½ cup hummus

1. In a medium pot of boiling salted water, cook the orzo, stirring occasionally, until al dente, about 8 minutes. Drain; return to the pot. Stir in 2 tablespoons olive oil, cover and set aside.
2. In a large nonstick skillet, heat 2 tablespoons olive oil over high heat. Add the eggplant and cook for 1 minute. Add 2 tablespoons olive oil, the onion and broccoli >



Instant Gratification

Hummus Scrambled Eggs

Cook beaten eggs in butter until they begin to set; whisk in hummus.

Fish Fillets with Hummus

Brush fillets with hummus, pat with seasoned bread crumbs and bake.

Southeast Asian Hummus Soup

Heat chicken broth and coconut milk; whisk in hummus; add rotisserie chicken and cilantro.

Hummus-Topped Mushrooms

Sear portobello mushroom caps in olive oil, brush with hummus and broil.

Hummus Egg Salad

Combine chopped hard-boiled egg, celery and hummus. Season with salt and pepper.

rabe stems and cook for 2 minutes. Stir in the broccoli rabe leaves, cover and cook until wilted, about 4 minutes. Transfer the vegetables to a large bowl and season with salt.

3. Wipe out the skillet, add 1 tablespoon olive oil and heat over medium-high heat. Working in 2 batches, add the steak strips and fry for 1 minute; repeat with the remaining 1 tablespoon olive oil and steak strips. Return all the steak to the skillet and move to one side of the pan. On the other side of the pan, whisk together the beef broth and tomato paste and cook until the liquid is reduced by half, about 2 minutes. Remove from the heat and quickly whisk in the hummus to form a sauce. Stir the steak into the sauce, then stir in the reserved vegetables.

4. Place a mound of orzo on each plate and top with the steak stir-fry.

Hummus-Stuffed Chicken Breasts

4 SERVINGS

PREP TIME 40 min

COOK TIME 25 min

- One 10-ounce box frozen chopped spinach, thawed and wrung out
- $\frac{2}{3}$ cup hummus
- $\frac{1}{4}$ cup pine nuts, lightly toasted
- $\frac{1}{4}$ teaspoon ground nutmeg
- Salt and pepper
- 4 skinless, boneless chicken breasts, butterflied by your butcher and pounded $\frac{1}{4}$ inch thick
- $\frac{1}{2}$ cup flour
- 2 large eggs
- $1\frac{1}{2}$ cups panko (Japanese bread crumbs)
- 4 tablespoons butter

1. Preheat the oven to 350°. In a medium bowl, combine the spinach, hummus, pine nuts and nutmeg. Season with salt and pepper.

2. Season the chicken with salt and place one-quarter of the hummus mixture on the right side of each breast. Fold the left side over the mixture. Using toothpicks, close the open sides.

3. Place the flour in a wide shallow bowl and season with salt and pepper. Beat the eggs in another bowl and place the panko in a third bowl. Coat the stuffed chicken with the flour, shaking off any excess. Dip the chicken in the egg, then coat with the panko.

4. In a large skillet, heat the butter over medium-high heat until the foaming stops. Add the chicken and cook, turning once and adjusting the heat as necessary, until golden, 3 to 4 minutes per side. Transfer the chicken to a foil-lined baking sheet and bake for 10 minutes. Let rest for 5 minutes. Discard the toothpicks and slice each breast into pieces. ➤

tip

For a change:
Replace the chicken with pork medallions.



tip

Hot stuff: Use Cajun or other spicy peanuts in place of regular.



Hummus Sesame Noodles

4 SERVINGS

PREP TIME 15 min (plus cooling)

COOK TIME 5 min

- 1 pound angel-hair pasta
- $\frac{3}{4}$ cup hummus
- $\frac{1}{4}$ cup chicken broth
- 2 tablespoons soy sauce
- $\frac{1}{2}$ cup dry-roasted peanuts, crushed
- $\frac{1}{2}$ cup sesame seeds, toasted
- 15 snow peas (about 2 ounces), thinly sliced
- 3 scallions, thinly sliced

1. In a large pot of boiling salted water, cook the pasta until al dente, about 5 minutes. Drain, reserving 1 cup of the cooking water.
2. Meanwhile, in a large bowl, whisk together the hummus, chicken broth and soy sauce. Toss the hot pasta with the hummus mixture and let cool about 15 minutes.
3. Add enough of the reserved pasta water to loosen the noodles. Divide among 4 bowls; top each with peanuts, sesame seeds, snow peas and scallions. ➤

tip

Lighten up: Use milk in place of heavy cream.



Hummus Shiitake Mashed Potatoes

6 SERVINGS

PREP TIME 15 min

COOK TIME 25 min

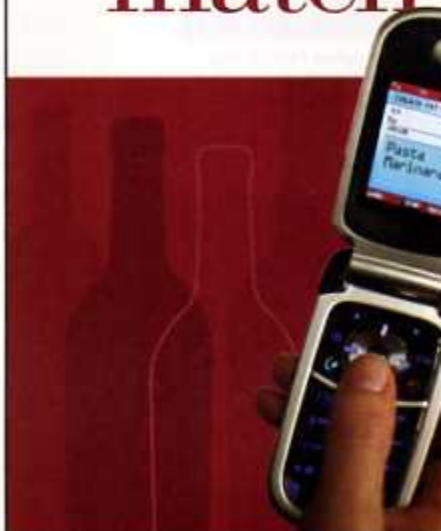
- 3 pounds small yellow-fleshed potatoes, such as Yukon gold, peeled and quartered
- 1 cup heavy cream
- Salt and pepper
- 2 tablespoons extra-virgin olive oil
- 12 ounces shiitake mushrooms, stemmed and thinly sliced
- ½ teaspoon paprika
- ½ cup hummus, at room temperature

1. In a medium pot, combine the potatoes and enough salted cold water to cover. Bring to a boil, then lower the heat and simmer until tender, 20 to 25 minutes; drain well. Return to the pan; add the cream, season with salt and pepper and mash until fluffy.
2. Meanwhile, in a large skillet, heat the olive oil over medium-high heat. Add the shiitakes and cook, stirring occasionally, until crisp at the edges, 5 minutes. Season with the paprika and salt and pepper to taste; set aside.
3. Fold the hummus into the potatoes. Stir in half of the shiitakes. Top with the remaining shiitakes. ■

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