

HEALTHY HABITS

Hi all,

Trying again this week to 'resurrect' the Healthy Habits, after internet, computer and email list issues.

The Healthy Habits email won't likely be weekly, as time and ideas can be challenging. But know that YOUR health is almost always in my prayers - really!

Included this week is a seasonal recipe from Splendid Table online. They have some fun, weeknight recipes. Squash are just getting ready....and love this recipe's versatility. Use whatever type squash, whatever type potatoes, whatever type onion, dressing/no dressing, cheese/no cheese. Easy to make as a side dish, whole meal, or add other veggies (esp. root or fall veggies, such as golden beets, garlic, radish, cabbage wedges, kale or brussel sprouts. Also, easy to increase amounts for more people or leftovers!

So, a food idea this week.

Stay active.
Blessings,
Nancy

The Weeknight Kitchen®: September 14, 2016

This week's recipe for [Butternut and Sweet Leek Hash](#) from Anna Jones' new book, [A Modern Way to Cook](#), is exactly what we need with the weekend haul from the farm stand. Squash (any variety will do) and potatoes are quickly boiled (check out Anna's great idea to speed things up), then crisped in a hot pan. Once crunchy, you add gently sautéed leeks, snips of fresh herbs, top it with an egg or two, then drizzle on the leek and herb dressing. We served it with a vinegary salad of bitter fall arugula and red cabbage. It was a gorgeous fall meal.

Enjoy.

The Splendid Table

[Butternut and Sweet Leek Hash](#)

Anna Jones

Serves 2 (4 with eggs)



Ingredients

- 2 leeks
- 14 ounces/400 g new potatoes
- A few fresh chives
- 4 tablespoons crème fraîche or yogurt
- Sea salt and freshly ground pepper (optional)
- 4 free-range or organic eggs (optional)
- 1 tablespoon coconut or olive oil
- 1/2 medium butternut squash
- A few sprigs of parsley
- 1/2 lemon
- A crumble of Lancashire or cheddar cheese

Directions

Fill and boil a kettle of water and get your ingredients together. Put a large nonstick pan over medium heat.

Wash the leeks, then finely shred them and add them to the pan with a little of the coconut oil. Stir every couple of minutes.

While the leeks are cooking, cut the potatoes into 1-cm pieces and put them into a large saucepan. Pour over boiling water from the kettle and bring to a boil, then turn down the heat and simmer for 5 minutes.

Seed the squash and cut into pieces about the same size as the potatoes. Once the potatoes have had 5 minutes, add the squash to the pan of boiling water for a final 3 minutes of cooking. Once the potatoes and squash have had their time and have softened a little, drain them and leave in the colander to steam-dry a little.

Spoon 3 tablespoons of the leeks into a deep bowl. Turn the heat up under the leek pan, add a little more oil if necessary, then add the potatoes and squash and fry, turning every couple of minutes, but not too often—you want to allow each side enough time to build up a bit of a golden crust.

Chop the herbs and add them to the reserved 3 tablespoons of leeks. Add the crème fraîche or yogurt, the juice of half a lemon, and some salt and pepper, and blend well, using a handheld blender.

Keep turning the hash in the pan until it's all nicely golden. Now there are a couple of ways you can take it. Keep it like this—it's delicious as it is. Or crumble a little cheese over and allow it to melt in. Then crack the eggs into the pan, pop a lid on top, and allow to cook for 3 to 5 minutes, until the whites are set but the yolks are still runny.

Serve the hash with the leek-and-herb dressing scattered over. Stir it through before you eat.