

## port-soaked cherry and dark chocolate brownies

IF THERE'S ONE RECIPE IN THIS chocolate chapter you must try, it has to be these brownies! With the combined decadence of dark chocolate and port-soaked cherries, you can't go wrong with this sexy, smashing hit.

FWB: Cherries

Makes 20

1½ cups fresh cherries, pitted and coarsely chopped  
1 cup dried sweet cherries  
2 cups sweet port wine (red)  
½ cup unsalted butter, at room temperature  
2 large eggs, lightly beaten  
1 tablespoon vanilla extract  
½ cup all-purpose flour  
½ teaspoon baking soda  
1 cup sugar  
½ cup high-quality unsweetened cocoa powder  
½ cup buttermilk or sour cream  
1½ cups chopped premium dark chocolate

Save the reserved cherry liquid and reduce it in a medium saucepan over low heat. The sauce will thicken and become a sweet cherry-port reduction that you can pour over brownies, frozen yogurt, Cherry-Pistachio Clafoutis (page 215), or anything you please!

- 1 Completely cover and soak the fresh and dried cherries in the port wine for at least 3 hours (overnight is best). Drain and reserve liquid.
- 2 Preheat the oven to 350°F. Line the bottom of a 9-inch x 9-inch baking pan with parchment paper and coat it with cooking spray.
- 3 Melt the chocolate with the butter in a microwave or double boiler. Remove from heat and cool slightly. Add the eggs and vanilla. Whisk until smooth.
- 4 In a separate bowl, combine the flour, baking soda, sugar, cocoa powder, and dark chocolate. Slowly add the dry ingredients into the melted chocolate mixture, alternating with the buttermilk, stirring to incorporate after each addition. Mix until the batter is smooth and there are no lumps.
- 5 Gently fold in the port-soaked cherries, reserving a few to garnish and reserving any leftover liquid for another use. Stir to incorporate.
- 6 Pour the batter into the pan. Bake 40 minutes, or until a toothpick inserted in the center comes out clean. Serve garnished with the reserved cherries.

PER SERVING: 172 calories, 7 g fat (4 g saturated), 3 g protein, 2 g fiber, 17 g sugars, 42 mg sodium, 24 g carbohydrates

## pan-seared scallops in a creamy balsamic sauce

FULL OF VITAMIN B<sub>12</sub>, ZINC, SELENIUM, and lean protein, scallops may be nature's perfect mollusk. No heavy cream here, just a simple swap for evaporated milk that will keep you (and your skinny jeans) happy.

*FWB:* Arugula, hazelnuts

*Makes 6 servings*

3 tablespoons butter, divided  
2 shallots, thinly sliced, preferably on a mandoline  
2 garlic cloves, smashed  
¼ cup reduced-sodium soy sauce  
½ cup balsamic vinegar  
1 can (12 ounces) low-fat evaporated milk  
1 (16-ounce) package linguine  
1 pound scallops, cleaned, beards removed  
Sea salt to taste  
2 cups arugula  
¼ cup crushed hazelnuts (optional)

- 1 In a medium saucepan over medium heat, add 1 tablespoon of the butter and sweat the shallots for approximately 5 minutes. Add the garlic and continue to cook until brown, approximately 2 to 3 minutes.
- 2 Add the soy sauce and balsamic vinegar to the pan and simmer over medium heat for a few minutes. Turn off the heat. Add 1 tablespoon of butter and stir until fully emulsified. Using a fine sieve, strain the sauce, discarding the shallots and garlic. Set aside to cool.
- 3 In a small saucepan over medium heat, add the evaporated milk and reduce it by half. Remove from the heat. Cool slightly. While the evaporated milk is reducing, cook the linguine as directed on the package. Strain, shock with cold water, and set aside.
- 4 In a medium sauté pan or cast-iron skillet over medium-high heat, add the remaining tablespoon of butter and the scallops. Cook them in the hot pan for approximately 2 to 3 minutes on each side.
- 5 To finish the sauce, combine the reduced evaporated milk with the balsamic/soy sauce mixture. Whisk to combine, and season with sea salt.
- 6 Lightly toss the linguine in the balsamic sauce, and toss in the arugula. Top with the crushed hazelnuts, and finally, the pan-seared scallops.

---

PER SERVING: 485 calories, 8 g fat (5 g saturated), 28 g protein, 2 g fiber, 12 g sugars, 839 mg sodium, 70 g carbohydrates

## kale and fennel caesar

DOES YOUR MAN THINK HE'S TOO "manly" for salads? I've heard that a million times! Here's your answer. Loaded with tough kale, crunchy fennel, and protein-packed sardines, this bad boy is even topped with a creamy, hearty Caesar dressing. Trust me, your dude will ask for more (if you're willing to share!).

FWB: Kale, sardines

Makes 4 servings

### SALAD

- 1 bunch Lacinato/Italian kale or 4 cups kale
- 1 fennel bulb, trimmed
- ¼ cup toasted sunflower seeds
- 1 (3½-4-ounce) can sardines packed in olive oil, oil reserved

### CAESAR DRESSING

- 1 egg yolk
- 1 tablespoon balsamic vinegar
- 1 tablespoon roasted garlic
- 1 tablespoon lemon juice
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon reserved sardine oil from can
- ¼ teaspoon fresh black pepper
- ¼ teaspoon sea salt

### TO MAKE THE SALAD

Thinly slice the kale into ribbons. Cut the fennel bulb in half, then thinly slice it into half-moons, preferably on a mandoline.

### TO MAKE THE DRESSING

In a large salad bowl, combine the egg yolk, balsamic vinegar, roasted garlic, and lemon juice. Whisk well. Stream in the olive oil and reserved sardine oil, slowly whisking to emulsify the egg and oil. Add pepper and sea salt as needed.\*

### TO SERVE

Add the kale and fennel to the salad bowl and toss well to coat with the Caesar dressing. Add the sunflower seeds, plate up, and top with the sardines.

PER SERVING: 267 calories, 20 g fat (3 g saturated), 11 g protein, 4 g fiber, 1 g sugars, 256 mg sodium, 15 g carbohydrates

**KEEP IT SEXY:** Not a fan of sardines? Try anchovies, a salty, classic touch for the perfect Caesar. Or opt out of fish and add ¼ cup freshly grated Parmesan cheese. The cheese will give you that hit of Caesar you need without too many extra calories.

\*Sardines are mega-salty, so be aware when adding more salt.