

The Washington Post

The All American Thanksgiving table

By Bonnie S. Benwick

Washington Post Staff Writer

Tuesday, November 16, 2010; 11:59 AM

If you're looking for a way to enliven the holiday table yet keep things traditional, you need only include more of the Americas: North, Central, South. A rich, dark mole from Mexico can envelop or accompany turkey; a shrimp and avocado salad from Chile can provide a cool, creamy way to start the meal. Dishes that represent the Southwestern United States and Canada will broaden Thanksgiving's autumnal palette and can even initiate discussion about the origins of perennial ingredients. Our inspiration for this year's menu comes from Fernando and Marlene Divina, who collaborated on their cookbook, "Foods of the Americas: Native Recipes and Traditions," with the Smithsonian National Museum of the American Indian and helped develop the museum's Mitsitam Cafe. The couple own the Terrace Kitchen restaurant in Lake Oswego, Ore., where Fernando is executive chef. Marlene is of Cree and Assiniboine descent. In addition to honoring native peoples of the Western Hemisphere, their recipes represent a contemporary cross-section of American society. Add some of these flavors, and your own celebration will, too.

Recipes Follow Below:

[Baked Pumpkin With Corn and Apple Pudding](#)

[Chilean-Style Avocado and Shrimp Salad](#)

[Concord Grape Dumplings](#)

[Guatemalan Potato and Fresh Green Bean Salad](#)

[Maple Syrup Tarts](#)

[Pickled Mushrooms](#)

[Turkey With Oaxacan Mole](#)

Baked Pumpkin With Corn and Apple Pudding

The Washington Post, November 17, 2010

Course: Dessert

Features: Make-Ahead Recipes

Summary:

This festive autumn dessert was a perennial favorite among the people of the southwestern United States long before pies and leavened breads were introduced to the New World.

The small pumpkins with a slightly sweet filling can be served as a Thanksgiving side dish or for dessert, with a scoop of ice cream. Choose sugar pumpkins no more than 5 inches in diameter, with decent-size stems.

MAKE AHEAD: The pumpkins can be prepped and refrigerated (in resealable plastic food storage bags) a day in advance. The filling can be prepared and refrigerated in an airtight container a day in advance.

8 servings

Ingredients:

1 cup cornmeal

1 1/2 cups pine nuts
Eight small sugar pumpkins (4 or 5 inches in diameter; see headnote)
6 tart green apples, coarsely chopped
1 cup apple cider or apple juice
1 cup milk
2 cups mixed dried fruits, such as apricots, peaches, plums, cherries and cranberries
1 cup pure maple syrup or honey
1/2 teaspoon ground mace
1/2 teaspoon ground allspice
1 teaspoon ground cinnamon

Directions:

Preheat the oven to 450 degrees. Spread the cornmeal on a baking sheet and bake for 8 to 10 minutes to dry it out and toast it slightly. Remove from the oven; reduce the heat to 350 degrees.

Spread the pine nuts on a baking sheet and bake for 10 to 12 minutes, until toasted. Keep the oven temperature at 350 degrees.

Use a large, sharp knife to cut off the top of each small pumpkin, creating a kind of lid (at least 2 inches down from the stem). Reserve the tops.

Scrape out the seeds and reserve for another use, if desired. Set the pumpkins in 1 or 2 baking dishes.

Combine the apples, cider and milk in a saucepan over high heat. Bring to a boil, then reduce the heat to medium. Cook for about 10 minutes, until the apples are quite tender. Pass the mixture through a fine-mesh strainer and return the liquid to the saucepan. Transfer the apples (the solids in the strainer) to a blender and process until smooth.

Return the apple puree to the saucepan over medium-high heat. Add the toasted cornmeal, dried fruit, syrup or honey, mace, allspice, cinnamon and three-quarters of the pine nuts; mix well. Once the mixture starts to bubble at the edges, cook for 5 to 7 minutes, stirring often, to form a thickened pudding.

Distribute the pudding evenly among the pumpkins. Scatter the remaining pine nuts on top. If desired, place the pumpkin tops on each pumpkin. Add about an inch of water to the baking dish(es). Bake for 45 to 60 minutes or until the pumpkins are fork-tender. The puddings may tremble when removed from the oven, but they should set when cooled slightly before serving.

Serve warm.

Recipe Source:

Adapted from "Foods of the Americas: Native Recipes and Traditions," by Fernando and Marlene Divina (Smithsonian Institution, 2004).

530 calories, 19g fat, 2g saturated fat, n/a cholesterol, 60mg sodium, 91g carbohydrates, 8g dietary fiber, 61g sugar, 8g protein.

Tested by Bonnie S. Benwick for The Washington Post.

E-mail the Food Section at food@washpost.com with recipe questions.

© 2010 The Washington Post Company

Chilean-Style Avocado and Shrimp Salad

The Washington Post, November 17, 2010

Course: Salad

Features: Fast

Summary:

This classic New World salad seems as contemporary today as it must have when it was first developed. Regional cooks through the Americas have added their own personal touches, and, although the addition of mayonnaise is purely European, this combination is now an American tradition.

The recipe doubles easily and makes an unusual first course or side dish for the holiday.

MAKE AHEAD: The dressing can be assembled and refrigerated up to 2 days in advance. Assemble the salad just before serving.

8 servings

Ingredients:*For the shrimp*

4 cups water
2 bay leaves
1 teaspoon ground allspice
1 lemon, cut into 8 wedges
1 teaspoon sea or kosher salt
16 medium (31-to-40-count) raw shrimp, peeled and deveined

For the dressing

2 anchovy fillets, soaked in a little milk to remove some of the salt
1 tablespoon minced flat-leaf parsley
2/3 cup low-fat mayonnaise
1 lemon
Pinch freshly ground black pepper
Pinch crushed red pepper flakes

For assembly

4 ripe avocados
2 cups shredded green cabbage

Directions:

For the shrimp: Combine the water, bay leaves, allspice, lemon and salt in a saucepan over high heat. Bring to a boil, then decrease the heat to medium-low and add the shrimp. Cook for 7 to 10 minutes, until the shrimp are curled and just pink; do not overcook. Drain, and allow to cool completely.

For the sauce: Rinse the anchovy fillets, pat dry with paper towels, then mince. Combine the anchovies, parsley and mayonnaise in a medium bowl. Place a strainer over the bowl and juice the lemon over the contents. Add the pepper and crushed red pepper flakes, and whisk to blend completely.

To assemble the salad, cut the avocados in half lengthwise and remove the pits. Use a large spoon to scoop out the avocado flesh. Cut it into 1/2-inch pieces and place in a mixing bowl, then add the cooled shrimp. Fold in the sauce to coat evenly.

Arrange a bed of shredded cabbage in a wide, shallow serving bowl, then top with a mound of the shrimp and avocado salad.

Serve immediately.

Recipe Source:

Adapted from "Foods of the Americas: Native Recipes and Traditions," by Fernando and Marlene Divina (Smithsonian Institution, 2004).

230 calories, 20g fat, 3g saturated fat, 25mg cholesterol, 200mg sodium, 11g carbohydrates, 6g dietary fiber, 2g sugar, 5g protein.

Tested by Monica Norton for The Washington Post.

E-mail the Food Section at food@washpost.com with recipe questions.

© 2010 The Washington Post Company

Concord Grape Dumplings

The Washington Post, November 17, 2010

- **Course:** Dessert
- **Features:** Make-Ahead Recipes

Summary:

Grape dumplings are a favorite among the Choctaw and Cherokee Indians. Modern cooks may use fresh cultivated Concord grapes and juice to replace the wild grapes that traditionally were used, although wild grapes can still be found in parts of the southeastern United States.

You may choose to cook a few whole grapes along with the dumplings, but keep in mind that they have seeds. Pass a discreet discard bowl at the table.

If you can't find Concord grapes, make the sauce with 5 1/2 cups of Concord grape juice but no whole grapes. Then use seedless red grapes for the optional garnish.

Serve the dumplings warm with a scoop of ice cream, a dollop of whipped cream or a drizzle of heavy cream.

MAKE AHEAD: The dessert can be made a day or two in advance, cooled and refrigerated. Reheat in a large saute pan over low heat until warmed through.

8 servings

Ingredients:

For the dumplings

- 2 cups flour, plus more for rolling out the dough
- 4 teaspoons baking powder
- 1 tablespoon sugar
- 1/4 teaspoon sea salt or kosher salt
- 5 1/2 tablespoons unsalted butter
- 3/4 cup whole or 2 percent milk

For the sauce

- 4 cups Concord grapes, plus a few for optional garnish (see headnote)
- 4 cups Concord grape juice
- 1/2 cup sugar, or to taste

Directions:

To prepare the dumplings, combine the flour, baking powder, sugar and salt in a bowl and mix well with a fork. Cut the butter into the flour mixture with the tines of the fork to resemble coarse meal. Stir the milk into the dough. Use your hands to form the dough into a smooth ball.

Lightly flour a work surface and pat the dough into a disk. Sprinkle the dough with a thin coat of flour. Lightly flour a rolling pin and roll out the dough to a thickness of about 1/4 inch. Cut the dough into sixteen 2-inch squares, using all of the dough.

To make the sauce and cook the dumplings, combine the grapes and 2 cups of the grape juice in a wide and shallow heavy-bottomed pot with a tight-fitting lid over medium-high heat. Bring to a boil; cook (uncovered) for about 10 minutes, then use a potato masher to help break down any grapes that have not burst.

Strain through a fine-mesh strainer into a bowl, discarding the solids. Return the grape juice mixture to the pot and add the remaining 2 cups of grape juice and the sugar, stirring to make sure the sugar has dissolved.

Reduce the heat to medium and cook for 10 minutes, then taste and add sugar or water as needed.

Working in batches to keep from overcrowding the pan, place the dumplings in the juice mixture. Cover and cook for 10 to 12 minutes or until the dumplings have plumped slightly and are cooked through.

Divide the dumplings and slightly thickened juice among individual dishes. Garnish with a few grapes, if desired. Serve warm.

Recipe Source:

Adapted from "Foods of the Americas: Native Recipes and Traditions," by Fernando and Marlene Divina (Smithsonian Institution, 2004).

360 calories, 9g fat, 5g saturated fat, 25mg cholesterol, 340mg sodium, 66g carbohydrates, 1g dietary fiber, 40g sugar, 5g protein.

Tested by Mickey Douglas and Bonnie S. Benwick for The Washington Post.

E-mail the Food Section at food@washpost.com with recipe questions.

© 2010 The Washington Post Company

Guatemalan Potato and Fresh Green Bean Salad

The Washington Post, November 17, 2010

- **Course:** Side Dish
- **Features:** Make-Ahead Recipes, Healthy

Summary:

This is a typical Mayan recipe that has changed little (save in the use of modern appliances) over time. The ageless flavors of pumpkin seeds, tomatillos, potatoes and beans meld seamlessly and produce a nutritionally balanced and delicious salad.

MAKE AHEAD: The dressing, potatoes and green beans can be prepped and refrigerated separately a day in advance.

6 to 8 servings

Ingredients:

- 1 pound small new potatoes, scrubbed but not peeled
- 1 teaspoon sea or kosher salt
- 2 3/4 cups green beans, stemmed and cut into bite-size pieces
- 1 cup pumpkin or squash seeds
- 2 to 3 small tomatillos, husked
- 2 medium cloves garlic
- Pinch freshly ground black pepper

Directions:

Preheat the oven to 350 degrees. Combine ice and water in a mixing bowl.

Combine the potatoes and salt in a large saucepan with enough water to cover. Cook over medium-high heat for 12 to 15 minutes, until the potatoes are fork tender. Remove with a slotted spoon, reserving the water in the saucepan. Allow the potatoes to cool completely, then cut into quarters or halves.

Return the water to a boil over medium-high heat. Add the beans and cook just until the water resumes a low boil. Remove with a slotted spoon, reserving the cooking water. Cool the beans quickly in the ice-water bath, then drain and blot dry.

Spread the pumpkin or squash seeds on a baking sheet and place in the oven. Toast for about 10 minutes, until lightly browned. Cool completely.

Combine the tomatillos and garlic in a dry cast-iron skillet over medium-high heat. Cook, stirring often, for about 5 minutes, until they are browned and the tomatillos have softened slightly.

Place the cooled seeds in a molcajete (a Mexican basalt mortar), food processor or blender, and grind to a coarse paste. Add the tomatillos and garlic and process until smooth. Gradually add 2 to 2 1/2 cups of the reserved cooking water to make a dressing thick enough to generously coat the potatoes and beans.

To assemble the salad, combine the potatoes and beans in a serving bowl and sprinkle them with the black pepper. Add the dressing and toss to coat evenly.

Serve immediately.

Recipe Source:

Adapted from "Foods of the Americas: Native Recipes and Traditions," by Fernando and Marlene Divina (Smithsonian Institution, 2004).

150 calories, 8g fat, 2g saturated fat, n/a cholesterol, 300mg sodium, 16g carbohydrates, 3g dietary fiber, 1g sugar, 6g protein.

Tested by Danielle Newman for The Washington Post.

E-mail the Food Section at food@washpost.com with recipe questions.

© 2010 The Washington Post Company

Maple Syrup Tarts

The Washington Post, November 17, 2010

- **Course:** Dessert
- **Features:** Holiday (Thanksgiving)

Summary:

Cree, Assiniboine and Anishinabe people of central Canada have prepared this dessert in pie form for centuries. It is quite sweet and very rich. Small tart shells provide a good one-bite serving of the whole-wheat tart shells and filling.

MAKE AHEAD: The filling can be made and refrigerated 2 days in advance. The crust dough can be refrigerated overnight. Before sealing and storing, press a piece of plastic wrap directly on the surface to prevent a skin from forming. The tart shells can be made a day in advance and kept, covered, at room temperature.

Makes 12 mini tarts (or one 9-inch pie)

Ingredients:

For the crust

- 1 cup whole-wheat flour, plus more for dusting
- 1/4 teaspoon salt
- 1/4 cup vegetable shortening
- 1 1/2 to 2 tablespoons ice water

For the filling

- 1/4 cup unbleached all-purpose flour
- 1 large egg
- 1/2 cup milk or water
- 1 cup pure maple syrup
- 2 tablespoons unsalted butter, at room temperature
- 12 small pecan halves, toasted, (see NOTE)

Directions:

For the crust: Stir together the flour and salt in a mixing bowl. Add the shortening; use a pastry cutter or 2 forks to combine the mixture until a coarse meal forms. Sprinkle 1 1/2 tablespoons of the water over the mixture and work it in with your hands. Add water as necessary to form a firm, almost crumbly dough. Pat the dough into a disk and smooth the sides. Wrap in wax paper and refrigerate for at least 20 minutes or overnight.

Preheat the oven to 400 degrees. Have a mini tart pan at hand and a 2-inch round cookie cutter.

Remove the dough from the refrigerator and leave at room temperature for 5 minutes. Lightly flour a work surface.

Sprinkle some flour over the dough and dust a rolling pin with flour. Roll out the dough to a thickness of no more than 1/4 inch. Use the cookie cutter to cut out 12 small rounds of dough. Press a round into each mini tart well; if the dough cracks or develops a small hole, do not worry; use dough scraps to press and patch as needed.

Bake for 5 to 7 minutes, until lightly browned. Remove from the oven and allow to cool completely before filling.

For the filling: Place the flour in a heavy saucepan.

Whisk the egg in a medium bowl, then whisk in the milk and syrup. Add to the flour, using a wooden spoon to combine well.

Place the pan over medium heat and cook for 10 to 12 minutes, stirring constantly, until the mixture is thickened and smooth. Remove from the heat and stir in the butter. Let cool.

Divide the filling among the tart shells, filling them to the top. (Using a pastry bag fitted with a large star tip creates the design shown in the accompanying photo.) Top each tart with a small pecan half, if desired. (You might have a little filling left over; refrigerate or freeze for another use.)

Refrigerate for at least 4 hours or overnight. Bring to room temperature before serving.

NOTE: Toast the pecan halves in a small dry skillet over medium-low heat for 3 to 4 minutes, until fragrant. Cool completely.

VARIATION: To make a 9-inch pie, roll out the dough to a circle 11 inches in diameter to drape into a 9-inch pie plate. Bake the crust for 7 to 10 minutes, until lightly browned and firm. Cool completely before filling with all of the cooled filling. Cover and refrigerate for 4 hours; bring to room temperature before serving.

Recipe Source:

Adapted from "Foods of the Americas: Native Recipes and Traditions," by Fernando and Marlene Divina (Smithsonian Institution, 2004).

170 calories, 7g fat, 3g saturated fat, 20mg cholesterol, 60mg sodium, 24g carbohydrates, 1g dietary fiber, 13g sugar, 2g protein.

Tested by Sarah Meyer Walsh and Bonnie S. Benwick for The Washington Post.

E-mail the Food Section at food@washpost.com with recipe questions.

© 2010 The Washington Post Company

Pickled Mushrooms

The Washington Post, November 17, 2010

- **Course:** Condiment
- **Features:** Make-Ahead Recipes

Summary:

Mushrooms are a traditional food throughout the Americas, but it was native Mexicans who perfected the art of preserving them through pickling. These mushrooms provide a bright counterpoint to braised, pit-cooked or grilled meats. A version of this recipe in Diana Kennedy's "The Art of Mexican Cooking" inspired chef Fernando Divina of the Terrace Kitchen in Lake Oswego, Ore., to develop his own method.

MAKE AHEAD: The mushrooms need to marinate for 2 to 3 days before serving. They can be refrigerated in an airtight container for 2 to 3 months.

Makes 4 to 5 cups (8 to 10 servings)

Ingredients:

- 1 teaspoon dried Mexican oregano or marjoram
- 2 tablespoons corn oil
- 1/2 medium white onion, cut in half, then into very thin slices
- 1 pound mushrooms, stemmed, used whole or cut into 1/3-inch slices
- 3 sprigs thyme
- 3 bay leaves
- 3 medium cloves garlic, cut into thin slices if desired
- 4 serrano peppers, seeded and ribs removed if desired, cut in half lengthwise and then cut into slivers
- 1 cup apple cider vinegar
- 3/4 teaspoon sugar
- Pinch sea salt or kosher salt
- Pinch freshly ground black pepper

Directions:

Heat a small saute pan over medium heat. Add the oregano and toast for 3 to 5 minutes, stirring constantly.

Heat the oil in a large saute pan over medium-high heat. Add the onion and cook for 2 to 3 minutes, until softened; do not let the onion brown. Add the oregano, mushrooms, thyme and bay leaves. Cover tightly and cook for about 12 minutes, until the mushrooms begin to soften. Add the garlic and serrano peppers; cook for 3 minutes, then add the vinegar, sugar, salt and pepper. Bring to a boil and cook for 2 minutes. Remove from the heat and allow to cool completely.

Cover and refrigerate for 2 to 3 days before serving. Discard the bay leaves.

Bring the mushrooms to room temperature before serving.

Recipe Source:

Adapted from "Foods of the Americas: Native Recipes and Traditions," by Fernando and Marlene Divina (Smithsonian Institution, 2004).

45 calories, 3g fat, n/a saturated fat, n/a cholesterol, 35mg sodium, 3g carbohydrates, n/a dietary fiber, 2g sugar, 2g protein.

Tested by Bonnie S. Benwick for The Washington Post.

Turkey With Oaxacan Mole

The Washington Post, November 17, 2010

• **Course:** Main Course

Summary:

Moles are a signature dish of the Oaxacan region of Mexico. They are time-consuming but worth it for their rich flavor. The recipe calls for a mixture of dried peppers, including mulato and guajillo, which are fairly sweet and a little fruity.

This preparation takes away the pressure of producing a whole bronzed bird and frees up the oven for other Thanksgiving dishes. Leftovers make great tortilla filling and go well with Pickled Mushrooms (see related recipe).

MAKE AHEAD: The mole can be prepared and refrigerated up to 5 days in advance, or earlier if frozen. The turkey can be prepared up to 3 days in advance. It is best to combine the mole and turkey no more than a few hours before serving.

8 to 10 servings

Ingredients:

For the bird

- 10-to-12-pound fresh turkey, cut into 12 pieces (giblet packet removed and reserved for another use)
- 1 large white onion, cut into thin slices
- 3 or 4 medium cloves garlic
- 1 bay leaf
- 1 tablespoon salt

For the sauce

- 1 pound ripe tomatoes, cored and cut in half
- 4 dried whole pasilla peppers
- 4 dried whole mulato peppers (see headnote; may substitute ancho chili peppers for more heat)
- 12 to 16 dried whole guajillo peppers (see headnote)
- 1/4 cup unsalted raw peanuts
- 1/3 cup blanched almonds
- 1/4 cup white sesame seeds
- 3 tablespoons dried Mexican oregano or marjoram
- 2 whole cloves
- 4 whole allspice berries
- 1-inch piece cinnamon stick
- 1/2 cup corn oil
- 1 large white onion, finely chopped
- 6 or 7 cloves garlic, minced (2 tablespoons)
- 1 heaping tablespoon raisins
- 2 ripe plantains, cut crosswise into 1/4-inch slices
- 1 large corn tortilla, broken into pieces
- 2 slices white bread, cut into cubes (slices 1/2 inch thick)
- 2 ounces Mexican chocolate, coarsely chopped or shaved
- 1/2 teaspoon sea or kosher salt, or more to taste

Directions:

For the bird: Combine the turkey pieces, onion, garlic (to taste), bay leaf and salt in a large pot with a tight-fitting lid. Cover the

contents with cold water and place the pot over high heat. Bring to a full boil, then immediately reduce the heat to medium-low. Cover and cook for 1 to 1 1/2 hours, until the turkey is fork-tender. While the turkey cooks, uncover the pot and skim off any impurities from the surface as needed.

While the turkey is cooking, make the mole: Position the top oven rack 4 to 6 inches from the broiler element. Line a rimmed baking sheet with aluminum foil.

Place the tomatoes cut side down on the sheet and broil for several minutes, until blistered and blackened. Let cool, then puree in a food processor or blender until smooth.

Move the oven rack to the middle position and reduce the oven temperature to 350 degrees. Have a separate rimmed baking sheet at hand.

Arrange the pasilla, mulato and guajillo peppers evenly on the baking sheet. Bake for 7 to 10 minutes, until they have softened.

Boil a kettle of water.

Transfer the peppers to a cutting board, leaving the oven temperature at 350. When the peppers are cool enough to handle, discard the stems; scrape out the seeds and reserve them. Place the softened peppers in a large saucepan and cover with the just-boiled water. Let them steep for 15 to 20 minutes.

Meanwhile, spread the peanuts and almonds on the same baking sheet. Toast in the oven for 10 to 15 minutes, stirring a few times, until golden brown.

Place a heavy saute pan over high heat. Add the reserved pepper seeds and toast for 5 to 7 minutes, shaking the pan to promote even toasting, until they turn black. Transfer to a bowl and cover with cool water. Soak for 5 minutes, then pour into a fine-mesh strainer to drain.

Drain the peppers, then transfer them to a food processor along with the drained seeds. Process until smooth; if necessary, add a little of the cooking water from the turkey (or, if you're making the mole in advance, use chicken broth). Strain the mixture through a fine-mesh strainer; reserve.

Combine the sesame seeds, oregano or marjoram, cloves, allspice berries and cinnamon in a dry saute pan over medium-high heat. Cook for 5 to 7 minutes, until toasted. Transfer to a dedicated spice grinder and grind to a fine powder.

Heat the oil in a large, heavy skillet or saute pan over medium-high heat. Add the onion and garlic; cook for 5 to 7 minutes, stirring often, until they are softened but not browned. Add the reserved tomato puree and cook for about 5 minutes, stirring often, then add the peanuts, almonds, spice powder, raisins and plantains. Reduce the heat to medium and cook for about 15 minutes, stirring often. Transfer in small batches to the blender or food processor and puree until smooth and thick, using broth from cooking the turkey to thin the mixture as needed.

Return the puree to the saute pan over medium heat. Add the pepper puree, tortilla pieces, bread, chocolate, salt and 4 to 5 cups of the turkey cooking liquid (or, if making the mole in advance, use chicken broth). Cook uncovered for about 30 minutes to form a thick, pourable sauce. Remove from the heat and let cool slightly.

Use an immersion (stick) blender to puree until smooth. The finished sauce should be thick enough to coat the pieces of turkey. Taste, and add salt as needed. Return the sauce to a large saute pan over medium heat.

If desired, discard the cooked skin of the turkey pieces. Use a slotted spoon to transfer the turkey pieces to the sauce in the pan. Warm through for about 15 minutes, adjusting the consistency of the sauce by increasing the heat to medium-high to thicken if or by adding liquid from the turkey pot to thin it. Transfer the turkey to a warmed serving platter and pass the remaining mole in a gravy boat at the table.

Recipe Source:

Adapted from a Diana Kennedy recipe by Fernando Divina, executive chef at the Terrace Kitchen in Lake Oswego, Ore.

670 calories, 30g fat, 6g saturated fat, 155mg cholesterol, 310mg sodium, 35g carbohydrates, 7g dietary fiber, 13g sugar, 66g protein.

Tested by Bonnie S. Benwick for The Washington Post.

E-mail the Food Section at food@washpost.com with recipe questions.

© 2010 The Washington Post Company