

Southern Living®

LIGHTENED-UP COMFORT FOODS

32 Tastier, healthier recipes your family will love



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“What’s your go-to meal when you get home from work?”

—Allison Creech
Raleigh, North Carolina

Katie Button of Asheville’s happening tapas bar Cúrate serves up the answer

EVERYDAY TECHNIQUE

Master these eggs and you have a fast and easy protein for topping greens, beans, toast, or pasta.



THE RECIPE

SAUTÉED GREENS WITH OLIVE OIL-FRIED EGGS

MAKES 2 SERVINGS

HANDS-ON TIME 20 MIN.

TOTAL TIME 30 MIN.,
NOT INCLUDING EGGS

Serve with crusty bread.

- 2 cups butternut squash cubes (1 small squash)
- 4 Tbsp. olive oil, divided
- 1 tsp. kosher salt, divided
- 1 medium-size onion,

- halved and thinly sliced
- 2 (5-oz.) packages mixed baby braising greens
- 1/4 cup blanched hazelnuts, toasted and chopped
- 2 Tbsp. dry sherry
- 1/4 cup crumbled goat cheese
- 2 Olive Oil-Fried Eggs

1. Preheat oven to 450°. Toss squash with 2 Tbsp. olive oil, and spread in a single layer on a baking sheet; sprinkle with 1/2 tsp. salt. Bake 20 minutes or until squash is soft and golden brown, stirring occasionally.

2. Meanwhile, sauté onion in remaining 2 Tbsp. hot oil in a large skillet over medium heat 10 minutes or until onion is

(about 1 cup oil for a 6-inch skillet). Heat oil over medium-high just until it begins to smoke. Reduce heat to medium. Break 1 egg into a ramekin or small bowl. Holding dish as close to surface as possible, carefully slip egg into oil. (Oil may splatter.) Spoon oil over egg for about 30 seconds or until white is cooked and crispy on edges. Remove egg from oil using a slotted spoon, dabbing with paper towels to absorb oil; transfer egg to a plate. Sprinkle with kosher salt to taste. Repeat with desired number of eggs. **HANDS-ON TIME** 5 min., **TOTAL TIME** 5 min. ●

tender. Add greens, next 2 ingredients, and squash, tossing to coat. Sprinkle with remaining 1/2 tsp. salt. Cook, stirring often, 2 minutes or just until greens begin to wilt. Sprinkle with goat cheese, and top with Olive Oil-Fried Eggs.

Note: We tested with Organic Girl I Heart Baby Kale for mixed baby greens.

OLIVE OIL-FRIED EGGS

The key here is to fry the eggs fast (listen for the sizzle) and baste the yolks with the hot oil until they're opaque.

Pour **light olive oil** to depth of 1/3 inch into a small nonstick skillet



PULL UP A CHAIR WITH KATIE

LIVES IN
Asheville, NC

LATEST ACHIEVEMENT
A Robb Report nomination for Top New Artist of the Next Generation

FIRST FOOD JOB
Helping my mother set up catering jobs when I was little

PERFECT DINNER GUEST
My husband, Felix, who shares my passion for food

MOST MEMORABLE SOUTHERN MEAL
At the beach in SC: pulled pork with tangy mustard sauce, local peaches, and boiled peanuts

FAVORITE PANTRY STAPLE
Olive oil from a friend's farm in Spain

GO-TO COCKTAIL
Negroni

FAVORITE SOUTHERN INDULGENCE
Homemade pimiento cheese