

As the editor in chief and host of *Naturally*, Danny Seo, Danny Seo's creative ideas have made him America's leading authority on modern, eco-friendly living. In his latest book, he takes healthy cooking to a whole new level, proving it's possible to transform good-for-you ingredients into absolutely delicious dinners.



“Danny Seo is living proof that you can save the world without sacrificing style.”

—ELLE

“And where people once solved their entertaining quandaries by asking, ‘What would Nigella do?’ They now turn to Danny Seo.”

—VOGUE

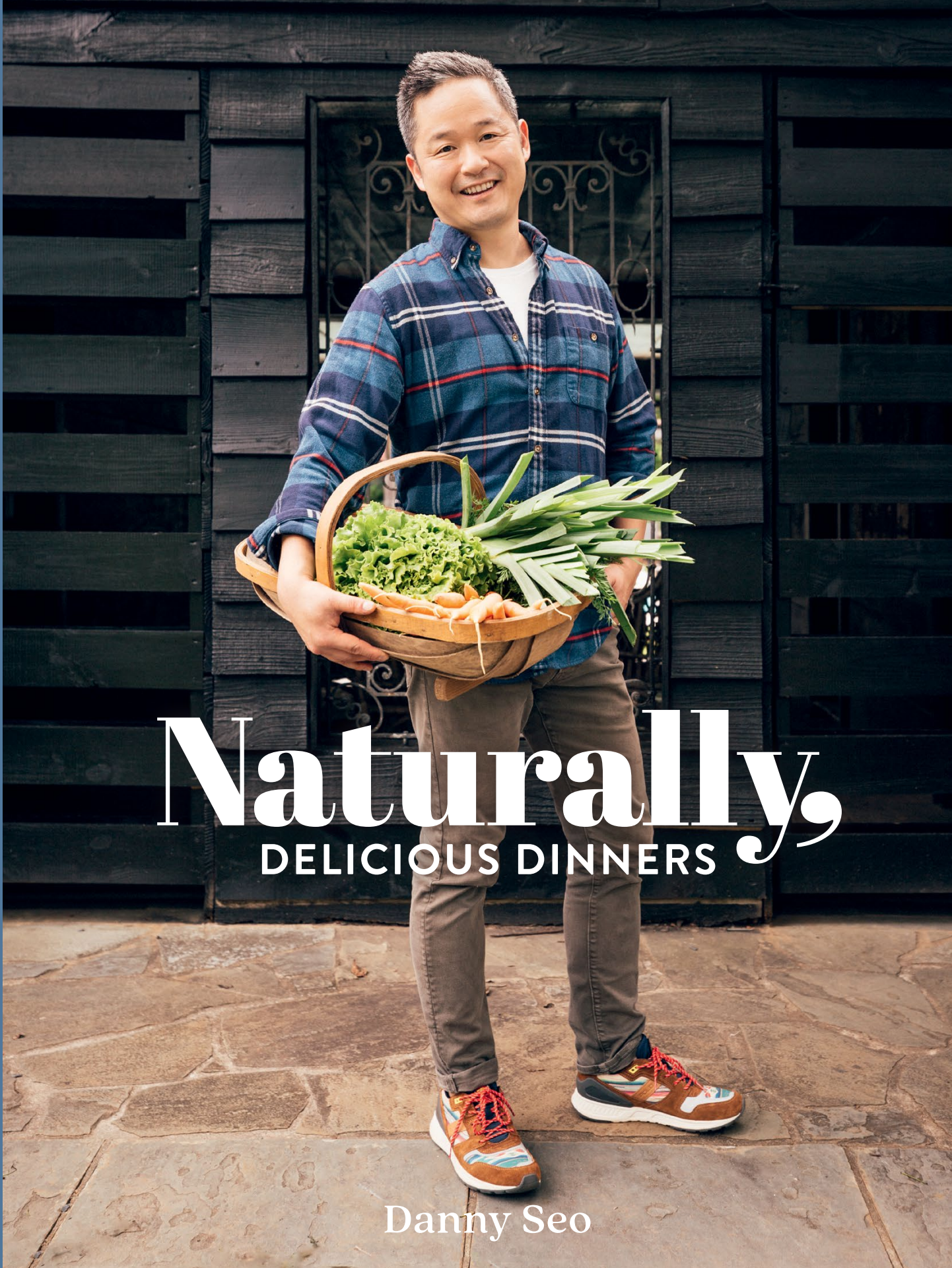
“Danny Seo turns love of environment into a lifestyle.”

—USA TODAY

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Naturally, DELICIOUS DINNERS Danny Seo



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Cauliflower Pizza Crust with Carrot-Top Pesto and Rainbow Carrots

MAKES 1 MEDIUM
PIZZA

Okay, this is not traditional pizza dough in any sense: It's a cauliflower crust pizza that's free of any gluten. But if you've ever made a cauliflower crust pizza recipe at home and were disappointed with how soggy or flimsy the crust turned out, please give this one a try. We worked hard to perfect the cauliflower crust "dough" into one that binds well, has a crunch, and can hold up to whatever toppings you slather on top.



GATHER

HONEY-FENNEL ROASTED CARROTS

- 1 bunch rainbow carrots, greens reserved
- 1 teaspoon fennel seeds
- 1 tablespoon raw honey
- 2 tablespoons olive oil
- ½ teaspoon sea salt

CARROT-TOP PESTO

- Reserved carrot tops, rinsed
- 1 cup Greek yogurt
- 2 tablespoons miso
- 2 cloves garlic
- ¼ teaspoon sea salt
- 2 tablespoons olive oil

CAULIFLOWER PIZZA CRUST

- 3 tablespoons olive oil, more to grease baking tray
- 1 large yellow onion, diced (about 3 cups)
- 1½ teaspoons sea salt
- 1 head cauliflower, "riced" in a food processor or using the large side of a box grater (or 4 cups fresh/frozen cauliflower "rice")
- 2 sprigs oregano
- ¼ teaspoon red chili flakes
- 1 organic egg

MAKE IT

FOR THE CARROTS

Preheat oven to 400°F.

Cut carrots in half lengthwise.

Slightly chop fennel seeds with sharp knife.

Toss carrots with fennel, honey, oil, and salt and spread onto baking tray. Roast for 20–25 minutes, or until carrots are golden and softened.

FOR THE PESTO

Bring a small pot of water to a boil.

Add carrot tops to boiling water for 10 seconds or until wilted. Drain and cool under cold running water. Squeeze out liquid well and finely chop (approximately 1 cup).

Add greens, yogurt, miso, garlic, and salt to a blender and purée until smooth. Transfer to bowl and stir in olive oil.

FOR THE CRUST

Preheat oven to 400°F. Warm olive oil in a large pan.

Warm olive oil in a large pan over medium heat. Add onion to the pan, along with the salt. Cook for 5–7 minutes or until softened. Add cauliflower and cook for 10 minutes, stirring frequently, or until moisture evaporates.

Remove stems and chop oregano (2 teaspoons). Add to cauliflower mixture along with chili flakes. Transfer mixture into shallow pan and cool for 15 minutes.

While the mixture cools, line a baking tray with parchment paper and grease with olive oil.

Beat egg and fold into cauliflower mixture to form dough (about 2½ cups).

Spread dough into a thin 12-inch circle. Transfer to prepared baking tray.

Bake crust for 30–40 minutes until firm and golden. (Note: if crust is not firm enough to handle, reduce heat to 275°F. Bake for another 15 minutes.)

Top cauliflower crust with pesto and honey-fennel roasted carrots, cut into slices, and serve warm.

Autumnal Chickpea and Blistered Corn Chowder

SERVES 4 TO 6

There are two good reasons to blister and char corn on your cooktop or in your broiler: it brings out a new flavor dimension and it looks pretty cool, too. When you cook corn this way, its natural sugars caramelize.



GATHER

- 3 ears corn, husks removed
- ½ cup olive oil
- 3 (15.5-ounce) cans chickpeas (approximately 6 cups), drained and rinsed
- 2 red onions, diced (approximately 3 cups)
- 1 teaspoon sea salt
- 2 tablespoons Old Bay seasoning, more for garnish
- 3 tablespoons apple cider vinegar
- 4 cups vegetable stock
- 1 cup rolled oats
- 4 cups cold filtered water
- 4 scallions, sliced

MAKE IT

Place corn over open gas flame (alternatively broil corn in oven). Cook for 2 minutes per side or until blistered.

Cool slightly and use a sharp knife to shave corn kernels off cob (approximately 3 cups).

Heat medium to large Dutch oven over medium heat for 2 minutes. Add olive oil and chickpeas and cook for 5 minutes, stirring occasionally.

Stir in diced onions. Cook for 5 minutes or until onions soften, stirring occasionally. Fold in blistered corn, reserving ½ cup for garnish. Add salt, Old Bay seasoning, and vinegar and cook for additional minute. Add stock and bring to a simmer. Cook covered for 20 minutes.

Briefly rinse oats in colander. Add to blender along with filtered water. Blend for 20 seconds on high speed. Strain through fine mesh bag or cheesecloth.

Add oat “milk” to soup. Bring soup to a boil, stirring frequently for 2 minutes or until thickened.

Ladle hot soup into bowls. Top with reserved blistered corn, sliced scallions, and additional Old Bay seasoning.



Penne and Acorn Squash with Parsnip Yogurt “Alfredo”

SERVES 4

The addition of nutmeg adds a spicy warmth that brings out the tangy notes of the protein-rich yogurt.

GATHER

ACORN SQUASH RINGS

- 1 acorn squash
- 1 small bunch sage
- ½ teaspoon sea salt
- 2 tablespoons olive oil, more for garnish

PARSNIP YOGURT

“ALFREDO”

- 3 medium parsnips (approximately 1 pound)
- 1 pound organic penne pasta
- 1½ cups plain yogurt
- ¼ teaspoon ground nutmeg, more for garnish
- 3 cloves garlic
- ¼ cup nutritional yeast
- 2½ teaspoons sea salt, more for water
- ¼ teaspoon freshly ground black pepper, for garnish

MAKE IT

FOR THE RINGS

Preheat oven to 400°F. Line a baking tray with parchment paper. Set a large pot of well-salted water to boil.

Remove stems and seeds and slice acorn squash into ½-inch rings.

Remove stems from sage. Mince sage leaves (approximately 2 tablespoons) and toss with squash rings, salt, and olive oil.

Arrange squash rings in a single layer on the prepared tray and bake for 15 minutes or until golden and tender.

FOR THE “ALFREDO”

Peel and roughly chop parsnips. Add parsnips to a medium pot, fill halfway with water, and bring to a boil. Cook for 8–10 minutes, or until tender.

When the large pot of water begins to boil, cook the penne for 8–10 minutes, or as specified on the package, until slightly al dente.

Add yogurt, nutmeg, garlic, nutritional yeast, and salt to a blender. Blend until smooth.

To serve, toss hot pasta with the sauce and garnish with acorn squash rings, additional nutmeg, ground pepper, and olive oil.

Balsamic Beet and Pumpkin Seed “Ricotta” Risotto

SERVES 4 TO 6

Yes, the “ricotta” in this recipe is in quotes for good reason, it’s made from tofu! This delicious nondairy “cheese” is packed with protein and just as good as the real thing.

GATHER

PUMPKIN SEED “RICOTTA”

- 1 cup shelled pumpkin seeds
- 4 cloves garlic, smashed
- 2 tablespoons olive oil
- ½ block firm tofu, rinsed, crumbled, and excess water removed
- 1 lemon, zested and juiced
- 2 tablespoons white miso
- 1 teaspoon sea salt

BALSAMIC BEETS

- 2 red beets, peeled and cut into bite-size pieces
- 2 tablespoons balsamic vinegar
- 2 tablespoons olive oil
- 2 teaspoons sea salt

RISOTTO

- 3 shallots, diced (approximately 1¼ cups)
- ¼ cup white wine vinegar
- 2 tablespoons olive oil
- 2 teaspoons sea salt
- 2 tablespoons white miso
- 2 cups jasmine rice
- 4 cups organic bone broth, or stock of choice
- 1 cup baby arugula, or greens of choice

MAKE IT

FOR THE “RICOTTA”

Add pumpkin seeds to a medium to large Dutch oven. Cook over medium heat for 2 minutes, or until they start to pop.

Transfer ¾ cup pumpkin seeds into food processor, reserving remaining ¼ cup for garnish. Pulse into a powder.

Add the garlic and olive oil to the Dutch oven over medium heat. Sizzle briefly until fragrant.

Add garlic mixture, tofu, lemon zest, lemon juice, miso, and salt to the food processor. Process until thick and smooth, adding a splash of water if mixture is too thick. Refrigerate until needed.



FOR THE BEETS

Preheat oven to 400°F and line a baking tray with parchment paper.

Arrange beets in a pile on the middle of the parchment paper. Drizzle with vinegar, olive oil, and salt.

Fold parchment paper in half. Working in one direction, fold the edges tightly inwards to completely seal in the beets into a parcel.

Bake for 25 minutes then remove from the oven. Allow beets to continue steaming for 5 minutes before opening the parcel.

FOR THE RISOTTO

While the beets cook, make the risotto. Wipe out the Dutch oven.

Add shallots to the Dutch oven along with vinegar, olive oil, salt, miso, and rice.

Bring mixture to a simmer and cook for 5 minutes, stirring frequently. Add stock and return to a simmer. Cover and place Dutch oven in the oven. Cook for 20 minutes.

Remove from oven and keep covered for 10 minutes to allow rice to steam.

Stir in half of pumpkin seed “ricotta.”

Top with beets, remaining pumpkin seed “ricotta,” toasted pumpkin seeds, and greens.

Tofu and Pineapple Pie

SERVES 8

Yes, you can use tofu to make dessert. The trick is to use the right one. In this case, it's silken tofu, which is the softest of all tofu and easily falls apart. Because of this, it's ideal for anything where you want a smooth, creamy consistency. This tropical dream is not only tasty—it's vegan and packed with protein.

GATHER

- 8 ounces silken tofu
- 1½ cups raw cashews
- 1¼ cups frozen pineapple
- ¼ cup coconut cream
- 2 tablespoons maple syrup
- 4 dates, pitted
- 2 teaspoons ground turmeric
- 1 (9-inch) prebaked pie shell
- Fresh fruit, for garnish (optional)
- Toasted coconut, for garnish (optional)

MAKE IT

Put the tofu, cashews, pineapple, coconut cream, maple syrup, dates, and turmeric in a high-speed blender and process on high for 1 minute or until smooth and slightly thickened.

Using a spatula, transfer the cream mixture to the pie shell and spread evenly.

If there is extra filling, you can chill it in a glass and eat with fruit.

Chill pie in the freezer for about 4 hours or until firm.

Let the pie soften at room temperature for 15 minutes before serving.

If desired, garnish with a few slices of fresh fruit and toasted coconut.

