



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Traditions on the Menu

When you think of a St. Patrick's Day meal, you probably picture things like corned beef and cabbage, Colcannon, and Irish soda bread. Cabbage took the place of potatoes during the Great Potato Famine in Europe during the 1850s. Immigrants to the US from Europe turned to beef brisket cuts because bacon and pork were too expensive. Keeping in the mindset of lowering food costs, plan a menu for the week featuring sale items and that uses up all the leftovers. Repurpose any extra Corned Beef from St. Patrick's Day into a new meal entirely.

Corned Beef with Apple-Onion Sauté

Ingredients:

- 1 Corned Beef Brisket Boneless with seasoning packet (2 ½ - 3 ½ pounds)
- 1 large onion, coarsely chopped
- 5 cloves garlic, coarsely chopped
- 2 cups apple cider or apple juice, divided
- 3 Tbsps. butter, divided
- 2 medium onions, cut into thin wedges
- 3 medium apples, cut into 1/4-inch-thick slices



- 1 Tbsp. brown sugar
- 1/2 tsp. dried thyme leaves



Directions:

1. Heat oven to 350°F. Place Corned Beef Brisket in roasting pan; place coarsely chopped onion and garlic around brisket. Sprinkle contents of seasoning packet over brisket. Add 1 ½ cups cider (or juice); cover tightly with aluminum foil. Braise in 350°F oven 2 ½ - 3 ½ hours or until brisket is fork tender.
2. Meanwhile, prepare Apple-Onion Sauté. Melt 2 Tbsps. butter in large nonstick skillet over medium heat. Add onion wedges; cook 13-15 minutes or until onions are lightly brown, stirring occasionally. Add apples, remaining butter, remaining ½ cup of cider (or juice), brown sugar and thyme; cook and stir 6-8 minutes or until apples are crisp-tender.
3. Carve brisket diagonally across the grain into thin slices. Serve with Apple-Onion Sauté.

Corned Beef Hash

Ingredients:

- 12 oz. cooked Corned Beef, cut into 1/4-inch pieces
- 1-2 Tbsps. vegetable oil
- 4 cups cubed potatoes (red-skinned, baking or sweet potatoes)
- 2 medium leeks, thinly sliced
- 1/2 tsp. garlic salt
- Fried or poached eggs (optional)



Directions:

1. Heat 1 Tbsp. oil in large nonstick skillet over medium heat until hot. Stir in potatoes, leeks and garlic salt. Cover and cook 12-16 minutes or until potatoes and leeks are tender, stirring occasionally. Remove cover and continue to cook 3-5 minutes or until potatoes begin to brown, stirring occasionally and adding remaining oil to prevent sticking, if needed.
2. Add Corned Beef to skillet. Continue to cook 2-3 minutes or until beef is heated through. Serve hash with fried or poached egg, if desired.

Recipes (adapted) and images courtesy of Beefitswhatsfordinner.com.