

1.

To start, pick a menu and decide which elements you will provide.

2.

Make a list of all the components you'd like other people to bring. Include any relevant recipe links.

3.

Send out a sign-up sheet via Google Sheets or [SignUpGenius.com](https://www.signupgenius.com) so guests can choose which elements they'll contribute.

4.

When everyone arrives, assemble all the contributions into a buffet and let each guest build their own meal.

Pot-lucks for Plan-ners

Recipes by the
**EatingWell
Test Kitchen**

Photography by
Eric Wolfinger
Styling by Nora Singley

Leave the mishmash of casserole dishes and the tables full of identical salads to the amateurs. With this method, you keep all the laid-back easy entertaining vibes without any of the guesswork. The concept is simple: Pick a menu theme, plan to provide a few of the elements, then have your guests bring the rest (and maybe dessert too!). These plans for a niçoise salad spread, ramen night and a loaded baked potato bar let you take off your apron and put on your party shoes.



Niçoise Salad Spread

A mix of vibrant, fresh ingredients and savory cooked toppings makes for seriously satisfying salads.

RECIPES BY ADAM DOLGE

THE RECIPES

Parmesan Vinaigrette
Olive Tapenade
Marinated Mushrooms
Garlic-Herb Chicken Cutlets
Garlic-Herb Tuna

THE ADD-ONS

16 cups mixed lettuces
1 lb. steamed new potatoes
12 oz. steamed green beans
1 pint cherry tomatoes
8 hard-boiled eggs

Garlic-Herb Chicken Cutlets & Garlic-Herb Tuna

ACTIVE: 30 min TOTAL: 45 min

Here we marinate the chicken and tuna in reverse: they rest in a white-wine pan sauce after cooking to more deeply infuse the meat with juicy, tangy flavor.

- 1 pound chicken cutlets (see page 100)
- 1 pound tuna steak (1¼-1½ inches thick)
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon salt
- 1 teaspoon ground pepper
- 3 tablespoons extra-virgin olive oil, divided
- 2 cloves garlic, thinly sliced
- ¼ cup dry white wine
- 1 tablespoon butter
- 1 lemon, sliced, plus wedges for serving

1. Pat chicken and tuna dry with paper towels. Sprinkle with oregano, thyme, salt and pepper. Heat ½ tablespoons oil in a large nonstick skillet over medium heat. Add the chicken; cook, flipping once, until browned and an instant-read thermometer inserted in the thickest part registers 165°F, 6 to 8 minutes. Transfer to a plate.

2. Heat the remaining 1½ tablespoons oil in the pan. Add the tuna; cook, flipping once, until browned and an instant-read thermometer inserted in the thickest part registers 125°F for medium-rare, 6 to 8 minutes. Transfer to a plate.

3. Add garlic and wine to the pan; cook, stirring, for 1 minute. Stir in butter and cook until melted. Spoon the butter mixture over the chicken and tuna and top with lemon slices. Let stand at room temperature for 15 minutes. Thinly slice the chicken and tuna against the grain and serve with lemon wedges.

SERVES 8: 1½ oz. chicken each
Cal 102 Fat 5g (sat 1g) Chol 43mg Carbs 0g
Total sugars 0g (added 0g) Protein 13g Fiber 0g
Sodium 171mg Potassium 197mg.

SERVES 8: 1½ oz. tuna each
Cal 96 Fat 4g (sat 1g) Chol 24mg Carbs 0g
Total sugars 0g (added 0g) Protein 14g Fiber 0g
Sodium 171mg Potassium 257mg.

Marinated Mushrooms

ACTIVE: 25 min TOTAL: 25 min

TO MAKE AHEAD: Refrigerate for up to 4 days. Bring to room temperature before serving. You may be tempted to throw all of the mushrooms in the pan at once, but cooking them in batches allows them to brown (not steam) and develop more flavor.

- 6 tablespoons extra-virgin olive oil, divided
- 1 pound cremini mushrooms, quartered, divided
- 2 cloves garlic, thinly sliced, divided
- 2 tablespoons red-wine vinegar, divided
- 1 teaspoon dried oregano, divided
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- ¼ teaspoon crushed red pepper

1. Heat 2 tablespoons oil in a large skillet over medium-high heat. Add half the mushrooms and cook, stirring occasionally, until tender and lightly browned, 6 to 8 minutes. Add half the garlic, 1 tablespoon vinegar and ½ teaspoon oregano and cook, scraping up any browned bits, until the garlic is fragrant, 30 to 60 seconds. Transfer to a medium bowl. Add 2 tablespoons oil to the pan and repeat with the remaining mushrooms, garlic, 1 tablespoon vinegar and ½ teaspoon oregano. Transfer to the bowl.

2. Add the remaining 2 tablespoons oil, salt, pepper and crushed red pepper to the bowl and toss to coat

SERVES 8: ¼ cup each
Cal 109 Fat 11g (sat 1g) Chol 0mg Carbs 3g
Total sugars 1g (added 0g) Protein 1g Fiber 0g
Sodium 149mg Potassium 262mg.

Parmesan Vinaigrette

ACTIVE: 10 min TOTAL: 10 min

TO MAKE AHEAD: Refrigerate for up to 4 days. Bring to room temperature before serving. This simple dressing is perfectly balanced thanks to zip from lemon juice and mustard, umami from Parmesan cheese and fresh flair from chives. Break out the good olive oil for the most flavor.

Whisk ½ cup each **lemon juice**, minced **shallot** and grated **Parmesan cheese**, 2 Tbsp. minced **fresh chives**, 4 tsp. **Dijon mustard** and ½ tsp. each **salt** and **ground pepper** in a medium bowl. Slowly whisk in 1 cup **extra-virgin olive oil**.
SERVES 16: 2 Tbsp. each
Cal 143 Fat 15g (sat 2g) Chol 2mg Carbs 2g
Total sugars 0g (added 0g) Protein 1g Fiber 0g
Sodium 148mg Potassium 34mg.

Olive Tapenade

ACTIVE: 10 min TOTAL: 10 min

TO MAKE AHEAD: Refrigerate for up to 1 week. Bring to room temperature before serving. Head to the olive bar at your grocery store to get a mix of brined and oil-cured olives for more complex flavor. Moroccan (Beldi), Kalamata, Niçoise and Castelvetrano make a nice combo.

Finely chop 1 cup **mixed pitted olives**, ¼ cup rinsed **roasted red peppers**, 1 clove **garlic** and ½ tsp. **anchovy paste** together on a cutting board. Transfer to a medium bowl and stir in 2 Tbsp. **extra-virgin olive oil**, 1 Tbsp. **lemon juice** and ¼ tsp. **ground pepper**.

SERVES 8: 2 Tbsp. each
Cal 81 Fat 7g (sat 1g) Chol 1mg Carbs 3g
Total sugars 0g (added 0g) Protein 1g Fiber 0g
Sodium 297mg Potassium 4mg.



Scan with your phone's camera for this menu with recipe links.

Ramen Night

A build-your-own-ramen concept is endlessly versatile, especially if you have guests who eat plant-based.

RECIPES BY
BREANA KILLEEN

Vegan Ramen Broth

ACTIVE: 20 min TOTAL: 12 hrs

(including overnight refrigeration)

TO MAKE AHEAD: Refrigerate for up to 3 days or freeze for up to 3 months.

This vegan broth gets its depth from seaweed, mushrooms and charred onion, garlic and ginger.

- 1 medium yellow onion, unpeeled, halved
- 1 large shallot, unpeeled, halved
- 1 head garlic, cloves separated, unpeeled
- 2 ounces fresh ginger
- 4 leaves green cabbage
- 1 medium carrot, cut into 2-inch pieces
- 6 scallions, cut into 2-inch pieces
- 2 pieces kombu (¼ ounce)
- 1 ounce dried shiitake mushrooms
- 12 cups water

1. Cook onion, shallot, garlic cloves and ginger in a large cast-iron pan over high heat, turning occasionally, until the vegetables are lightly charred on all sides, 8 to 10 minutes. Transfer the vegetables to a large pot and add cabbage, carrot, scallions, kombu, mushrooms and water. Cover and bring to a boil over high heat. Reduce heat to maintain a simmer and cook, covered, for 1 hour.

2. Remove from heat, uncover and let stand, stirring occasionally, until the pot is cool to the touch, about 1½ hours. Refrigerate overnight.

3. Using tongs and a slotted spoon, remove most of the solids from the broth. Strain the remaining broth into a large saucepan. Bring to a simmer and serve hot.

SERVES 8: 1 cup each

Cal 5 Fat 0g (sat 0g) Chol 0mg Carbs 1g
Total sugars 0g (added 0g) Protein 0g Fiber 0g
Sodium 6mg Potassium 29mg.

Spicy Shoyu-Miso Tare

ACTIVE: 5 min TOTAL: 5 min

TO MAKE AHEAD: Refrigerate for up to 2 months.

Tare (pronounced TAH-REH) is the concentrated flavor base for ramen. In addition to adding saltiness, this version adds a touch of sweetness from the mirin, umami from the miso and spiciness from the Sriracha. Add the tare to the bottom of your bowl, then stir in hot broth.

Whisk ¼ cup reduced-sodium tamari (or soy sauce), 2 Tbsp. each mirin, sake and white miso and 1 Tbsp. Sriracha in a small bowl until smooth.

MAKES: ⅔ cup (2 tsp. per serving)

Cal 16 Fat 0g (sat 0g) Chol 0mg Carbs 2g
Total sugars 1g (added 1g) Protein 1g Fiber 0g
Sodium 260mg Potassium 4mg.

Scallion-Ginger Sauce

ACTIVE: 10 min TOTAL: 25 min

TO MAKE AHEAD: Refrigerate for up to 5 days.

This sauce is traditionally served with Cantonese salt-baked chicken, but it's also a delicious condiment for everything from steamed fish to these ramen bowls.

Combine 4 sliced scallions, 1½ Tbsp. minced fresh ginger, ½ tsp. salt and a pinch of crushed red pepper in a heatproof medium bowl. Set next to the stove. Heat ¼ cup grape-seed oil (or canola oil) in small saucepan over medium heat until it shimmers, about 1 minute. Carefully pour over the scallion mixture. Stir to submerge the scallions and ginger in the oil. Let stand for 15 minutes before serving.

MAKES: ½ cup (1 tsp. per serving)

Cal 21 Fat 2g (sat 0g) Chol 0mg Carbs 0g
Total sugars 0g (added 0g) Protein 0g Fiber 0g
Sodium 49mg Potassium 9mg.

THE RECIPES

Vegan Ramen Broth
Spicy Shoyu-Miso Tare
Scallion-Ginger Sauce
Five-Spice Duck Breasts

THE ADD-ONS

1 lb. dried ramen noodles, cooked
8 cups roasted cauliflower and/or broccolini
1 lb. seasoned baked tofu
16-oz. jar kimchi
7-oz. jar fried shallots
8 soft-boiled eggs

Five-Spice Duck Breasts

ACTIVE: 30 min TOTAL: 1½ hrs

TO MAKE AHEAD: Marinate duck (Step 1) overnight.

Inspired by the flavors of Peking duck, here marinated duck breasts get lacquered with a soy-honey glaze before slicing.

- 1 tablespoon reduced-sodium soy sauce plus 1 teaspoon, divided
- 1 tablespoon Shaoxing rice wine
- ¾ teaspoon five-spice powder
- ½ teaspoon grated fresh ginger
- 2½ pounds boneless duck breasts
- 1 tablespoon honey
- ½ teaspoon salt
- 1½ teaspoons hoisin sauce
- 1½ teaspoons plum sauce

1. Combine 1 tablespoon soy sauce, rice wine, five-spice powder and ginger in a small bowl. Pat duck dry and trim the skin from the sides, leaving skin (and fat) just on top. Place the duck in a shallow glass baking dish and baste with the sauce mixture. Cover and refrigerate for at least 1 hour or overnight.

2. Preheat oven to 425°F. Combine the remaining 1 teaspoon soy sauce and honey in a small bowl and place next to the stove.

3. Using the tip of a sharp paring knife, score the duck skin in a crosshatch pattern (see page 100). Sprinkle both sides of the duck with salt. Place, skin-side down, in a large cast-iron or ovenproof skillet over medium heat. Cook, undisturbed, until some of the fat is rendered and the skin is golden brown, about 8 minutes. Transfer the duck to a clean plate and carefully pour out the fat from the pan. Return the duck to the pan, skin-side up, and brush with the honey mixture. Transfer the pan to the oven.

4. Roast the duck until an instant-read thermometer registers 150°F, 10 to 15 minutes. Transfer to a clean cutting board. Combine hoisin and plum sauces; brush over the duck and let rest for 5 minutes before slicing.

SERVES 8: 3 oz. each

Cal 303 Fat 15g (sat 4g) Chol 193mg Carbs 4g
Total sugars 2g (added 2g) Protein 35g Fiber 0g
Sodium 376mg Potassium 11mg.



Scan with your phone's camera for this menu with recipe links.

Stuffed Potato Bar

Load 'em up! Baked potatoes have a steakhouse-side feel, but pile them high with pulled pork and other toppings and they become a satisfying meal.

RECIPES BY
DEVON O'BRIEN

THE RECIPES

Baked russet and/or sweet potatoes
Cheesy Broccoli
Pulled Pork with Carolina-Style BBQ Sauce

THE ADD-ONS

4 cups shredded Brussels sprouts
2 cups diced onion
2 cups shredded cheese
8-oz. container sour cream
1 bunch chopped chives
16-oz. jar corn relish

Baked Potatoes

Pierce 8 medium russet and/or sweet potatoes all over with a fork. Bake at 425°F until soft, about 45 minutes. Transfer to a cutting board and let cool slightly. Holding each potato with a kitchen towel to protect your hands, make a lengthwise cut to open it, but don't cut all the way through. Pinch the ends to expose the flesh.

Cheesy Broccoli

ACTIVE: 20 min TOTAL: 20 min
Broccoli smothered in a Cheddar sauce makes an ideal baked potato topping, but we couldn't stop eating it as a side all on its own—so by all means.

- 12 cups broccoli florets (about 1½ pounds)
- 1 tablespoon butter
- 2 cloves garlic, grated
- 2 tablespoons all-purpose flour
- 1½ cups low-fat milk
- 1 teaspoon Dijon mustard
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 1½ cups shredded sharp Cheddar cheese

1. Bring 1 inch of water to a boil in a large pot fitted with a steamer basket. Add broccoli, cover and steam until tender, 6 to 10 minutes. Drain.
2. Meanwhile, heat butter in a medium saucepan over medium heat. Add garlic and cook, stirring, until fragrant, about 30 seconds. Add flour and whisk until combined with the butter, about 30 seconds. Slowly whisk in milk, mustard, salt and pepper. Cook, whisking frequently, until thickened, 3 to 5 minutes.
3. Remove from heat and stir in cheese until smooth. Stir in the broccoli.

SERVES 8: ¾ cup each

Cal 157 Fat 9g (sat 5g) Chol 27mg Carbs 10g
Total sugars 4g (added 0g) Protein 10g Fiber 3g
Sodium 348mg Potassium 440mg.

Pulled Pork with Carolina-Style BBQ Sauce

ACTIVE: 30 min TOTAL: 2½ hrs
TO MAKE AHEAD: Refrigerate for up to 3 days.
The pork's vinegar-based sauce brightens up earthy baked potatoes.

- 2 tablespoons brown sugar, divided
- 1 tablespoon smoked paprika
- 1¼ teaspoons kosher salt, divided
- 1 teaspoon chili powder
- ½ teaspoon garlic powder
- ¾ teaspoon ground pepper, divided
- 3 pounds pork shoulder, trimmed and cut into 2- to 3-inch chunks
- ½ cup cider vinegar
- ½ teaspoon crushed red pepper

1. Preheat oven to 325°F.
2. Combine 1 tablespoon brown sugar, paprika, 1 teaspoon salt, chili powder, garlic powder and ½ teaspoon pepper in a small bowl. Rub the mixture all over pork and transfer to a roasting pan. Roast until the pork is very tender and an instant-read thermometer inserted in a thick chunk registers at least 180°F, 2 to 2½ hours.
3. Transfer the pork to a clean cutting board; let rest for 15 minutes. Shred the pork and transfer to a large bowl.
4. Meanwhile, combine vinegar and crushed red pepper with the remaining 1 tablespoon brown sugar and ¼ teaspoon each salt and pepper in a small saucepan. Bring to a boil over high heat, stirring frequently. Remove from heat. Add the sauce to the bowl and toss to coat the pork.

SERVES 8: 3 oz. each

Cal 250 Fat 13g (sat 5g) Chol 98mg Carbs 5g
Total sugars 4g (added 3g) Protein 26g Fiber 1g
Sodium 371mg Potassium 362mg.



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