



St. Patrick's Day is one of the most globally celebrated national holidays. And it may surprise you to learn that it's also one of the healthiest.

Aside from beer and whiskey, which have their own health benefits when consumed in moderation—as I often report—a traditional St. Paddy's Day meal contains virtually every nutrient you need to live a long and healthy life.

So without further ado, here's one of my favorite recipes to help celebrate the Irish—and your health—today, on St. Patrick's Day. Enjoy!

Baked Corned Beef and Cabbage Hash

Great recipe for leftovers. Serves 8.

Ingredients:

- 1 wedge leftover cooked cabbage
- ¼ tsp. kosher salt (2 ¼ tsp if using fresh cabbage)
- ¼ tsp. black pepper (preferably freshly ground)
- 2 tbsp. extra virgin olive oil
- 1 medium onion
- 8 oz. leftover corned beef
- 1 clove garlic
- ½ c. chopped fresh flat-leaf parsley
- 1 c. heavy cream
- 1 tbsp. Dijon mustard
- 1 lb. unskinned russet potatoes
- 6 oz. Gruyère cheese

Directions:

Heat oven to 375°F. If using fresh cabbage, bring a small pot of water to a boil. Add 2 tsp. salt and cook for 5 minutes; drain the squeeze out any extra moisture.

Heat the oil in a large skillet over medium heat. Add the onion and

¼ tsp. each of salt and pepper. Cook covered, stirring occasionally, until tender, about 8 to 10 minutes.

Add the corned beef and garlic and cook, stirring occasionally for 4 minutes.

Remove from heat and fold in the cabbage and parsley.

Coat a deep 8×8 in. square baking dish with olive oil. In a bowl, whisk together the heavy cream and mustard.

Lay a third of the potatoes in the baking dish, slightly overlapping them. Top with a third of the corned beef and cabbage mixture (about 1 c.) and sprinkle with a third of the cheese (about 1/3 c.). Repeat once.

Top with a layer of potatoes and cabbage mix. Pour the cream mixture into the dish.

Cover the baking dish with foil, place on a rimmed baking sheet, and bake for 45 minutes.

Uncover, sprinkle in the remaining cheese, and bake until the potatoes are tender and the top is a golden brown, about 20 to 30 minutes more. Let cool for 10 minutes before serving.



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