

5 PERFECTLY PORTIONED RECIPES



THIS WEEK'S MENU

Monday:
Individual
Brussels Sprout
& Potato
Frittatas

Tuesday:
Moroccan-
Style Stuffed
Peppers

Wednesday:
Cheddar-
Stuffed Mini
Meatloaves
with Chipotle
Glaze

Thursday:
Creamy
Chicken
Potpie

Friday:
Halibut
Packets with
Mushrooms
& Polenta

Perfect Portions Dinner Plan: Monday

INDIVIDUAL BRUSSELS SPROUT & POTATO FRITTATAS



ACTIVE: 25 MIN **TOTAL:** 45 MIN

EQUIPMENT: Four 10-ounce ovenproof ramekins

Brussels sprouts and preshredded potatoes make these oversized muffin-shaped frittatas hearty. They're as good served warm for dinner as they are at room temperature for lunch. Pair with a mixed green salad with cherry tomatoes and buttermilk dressing.

- 1 tablespoon extra-virgin olive oil
- 2 cups refrigerated preshredded potatoes
- 8 ounces Brussels sprouts, trimmed and thinly sliced (about 2 cups)
- ½ cup chopped onion
- 2 cloves garlic, minced
- 1 16-ounce container liquid egg substitute, such as Egg Beaters
- ⅓ cup grated Parmesan cheese
- ¼ cup low-fat milk
- 1 teaspoon dried thyme
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper

1. Preheat oven to 400°F. Coat four 10-ounce ovenproof ramekins with cooking spray and place on a baking sheet.

2. Heat oil in a large nonstick skillet over medium-high heat. Add potatoes, Brussels sprouts, onion and garlic and cook, stirring, until softened and beginning to brown, about 6 minutes. Divide the mixture among the prepared ramekins.

3. Whisk egg substitute, cheese, milk, thyme, salt and pepper in a medium bowl. Pour the egg mixture over the potato mixture and gently stir to combine.

4. Transfer the baking sheet to the oven. Bake until the eggs are set and an instant-read thermometer inserted in a frittata registers 160°F, about 25 minutes.

SERVES 4

Per serving: 209 calories; 6 g fat (2 g sat, 3 g mono); 7 mg cholesterol; 21 g carbohydrate; 0 g added sugars; 18 g protein; 3 g fiber; 666 mg sodium; 622 mg potassium.



Nutrition bonus: Vitamin C (75% daily value), Folate (28% dv), Vitamin A (24% dv), Iron (20% dv), Potassium (18% dv), Calcium (17% dv).

Carbohydrate servings: 1½

Exchanges: 1 starch, 1 vegetable, 1½ lean meat, 1 fat

Perfect Portions Dinner Plan: Tuesday

MOROCCAN-STYLE STUFFED PEPPERS

☒ Heart Health ☐ Diabetes
☐ Weight Loss ☒ Gluten Free

ACTIVE: 30 MIN **TOTAL:** 30 MIN

Aromatic savory-and-sweet stuffed peppers are a satisfying supper, thanks to lean beef, brown rice and bell pepper in each bite. Serve with rainbow chard sautéed with olive oil, garlic and parsley.

- 1 8- to 10-ounce bag microwavable brown rice or $1\frac{2}{3}$ cups cooked brown rice
- 4 medium-to-large bell peppers, tops cut off and seeded
- 1 pound lean (90% or leaner) ground beef
- 4 cloves garlic, minced
- $\frac{1}{2}$ cup currants
- 2 teaspoons ground cumin
- 1 teaspoon ground cinnamon
- $2\frac{1}{2}$ cups low-sodium vegetable juice, such as V8, divided
- $\frac{1}{4}$ cup chopped fresh mint, plus more for garnish
- 1 teaspoon freshly grated orange zest
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon freshly ground pepper

1. Heat rice according to package directions. (If using cooked rice, skip to Step 2.)

2. Place peppers upside-down in a microwave-safe round casserole dish just large enough to fit them. Add $\frac{1}{2}$ inch water to the dish and cover with a lid or inverted dinner plate. Microwave on High until the peppers are tender but still hold their shape, 3 to 6 minutes. Drain the water and turn the peppers right-side up.

3. Meanwhile, cook beef and garlic in a large nonstick skillet over medium-high heat, breaking up the beef with a wooden spoon, until no longer pink, 4 to 6 minutes. Stir in currants, cumin and cinnamon; cook for 1 minute. Stir in the rice and cook for 30 seconds more. Remove from the heat and stir in $\frac{1}{2}$ cup vegetable juice, cup mint, orange zest, salt and pepper.

4. Spoon the beef mixture into the peppers. Pour the remaining 2 cups vegetable juice into the dish and cover. Microwave on High



until the juice and filling are hot, 2 to 3 minutes. Serve the peppers with the sauce; garnish with mint, if desired.

SERVES 4

Per serving: 451 calories; 12 g fat (4 g sat, 4 g mono); 87 mg cholesterol; 48 g carbohydrate; 0 g added sugars; 36 g protein; 8 g fiber; 629 mg sodium; 1,410 mg potassium.

Nutrition bonus: Vitamin C (335% daily value), Vitamin A (105% dv), Zinc (51% dv), Potassium (41% dv), Iron (33% dv), Magnesium (22% dv), Folate (17% dv).

Perfect Portions Dinner Plan: Wednesday

CHEDDAR-STUFFED MINI MEATLOAVES WITH CHIPOTLE GLAZE

☐ Heart Health ☐ Diabetes
☐ Weight Loss ☐ Gluten Free

ACTIVE: 20 MIN **TOTAL:** 45 MIN

EQUIPMENT: 4 mini loaf pans or a baking sheet

Individual meatloaves not only take the guesswork out of portion size, they cook quicker than a large loaf. Look for ground chipotle in the spice section of the market—it gives the glaze a hit of smoke and spice. Serve with roasted broccoli and brown rice tossed with cilantro.

- 1 pound lean (90% or leaner) ground beef
- ½ cup chopped onion
- ⅓ cup fine, dry, whole-wheat breadcrumbs
- 1 large egg
- 6 tablespoons ketchup, preferably no-salt-added
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ½ cup shredded extra-sharp Cheddar cheese
- ⅛ teaspoon ground chipotle pepper

1. Preheat oven to 400°F. Coat four 8- to 12-ounce small baking dishes, such as mini loaf pans, with cooking spray and place on a rimmed baking sheet. (Alternatively, make freeform meatloaves and bake directly on the baking sheet.)

2. Combine beef, onion, breadcrumbs, egg, 2 tablespoons ketchup, chili powder, cumin, salt and pepper in a bowl; mix well. Divide the mixture into 4 even portions and place in the prepared baking dishes. Make a 1½-inch-deep indentation with your finger down the length of each meatloaf. Stuff each with 2 tablespoons cheese and pinch the edges closed to seal.

3. Combine the remaining 4 tablespoons ketchup and chipotle in a bowl; spread over each loaf.

4. Transfer the baking sheet to the oven. Bake until an instant-read thermometer inserted in the center of a loaf registers 165°F,



20 to 30 minutes.

SERVES 4

Per serving: 382 calories; 17 g fat (7 g sat, 6 g mono); 148 mg cholesterol; 18 g carbohydrate; 4 g added sugars; 37 g protein; 2 g fiber; 378 mg sodium; 467 mg potassium.

Nutrition bonus: Zinc (49% daily value), Iron (23% dv).

Perfect Portions Dinner Plan: Thursday

CREAMY CHICKEN POTPIE

☒ Heart Health ☒ Diabetes

☒ Weight Loss ☐ Gluten Free

ACTIVE: 25 MIN **TOTAL:** 45 MIN

TO MAKE AHEAD: Prepare through Step 3, wrap airtight and freeze for up to 3 months. Do not thaw before baking; bake at 400°F for 50 minutes to 1 hour.

EQUIPMENT: four 12-ounce ovenproof baking dishes

An irresistible crisp (but easy) phyllo crust tops these homey individual chicken potpies. Make a double batch and freeze extras to have on hand anytime. Serve with a butterhead lettuce salad with red onion and white-wine vinaigrette.

- 4 teaspoons extra-virgin olive oil, divided
- 1 pound boneless, skinless chicken breast, trimmed, cut into ½-inch cubes
- 1 cup sliced shallots
- 1 10- or 12-ounce bag frozen mixed vegetables (2-2½ cups), thawed
- ¼ teaspoon dried thyme
- 2 cups reduced-sodium chicken broth, divided
- ¼ cup cornstarch
- ¼ cup reduced-fat sour cream
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 6 sheets 9-by-14-inch phyllo dough, defrosted (follow package directions)
- Cooking spray (olive oil or canola oil)

1. Preheat oven to 425°F.

2. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add chicken; cook, stirring often, until it turns white, 2 to 3 minutes. Remove to a plate. Add the remaining 2 teaspoons oil and shallots, reduce heat to medium and cook, stirring, until slightly softened, 2 to 3 minutes. Stir in vegetables and thyme; cook, stirring occasionally, until hot, 2 to 4 minutes. Pour in 1 ¾ cups broth and bring to a boil. Whisk the remaining ¼ cup broth and cornstarch in a small bowl and add to the pan. Return to a boil and cook until thickened, about 1 minute. Off the heat, stir in the chicken, sour cream, salt and pepper. Divide the mixture among four 12-ounce ovenproof baking dishes.



3. Make 2 stacks of 3 sheets of phyllo each, coating each sheet lightly with cooking spray before stacking. Cut the stacks in half crosswise. Drape one half over each baking dish. Tuck in any overhanging edges.

4. Set the potpies on a baking sheet. Bake until the tops are golden and the filling bubbles, 18 to 20 minutes.

SERVES 4

Per serving: 382 calories; 11 g fat (3 g sat, 6 g mono); 69 mg cholesterol; 40 g carbohydrate; 0 g added sugars; 30 g protein; 4 g fiber; 660 mg sodium; 618 mg potassium.

Nutrition bonus: Vitamin A (83% daily value), Folate (21% dv), Vitamin C (19% dv), Iron & Potassium (18% dv).

Carbohydrate servings: 2½

Exchanges: 2 starch, 1½ vegetables, 3 lean meat, 1 fat

Perfect Portions Dinner Plan: Friday

HALIBUT PACKETS WITH MUSHROOMS & POLENTA

☒ Heart Health ☒ Diabetes
☒ Weight Loss ☐ Gluten Free

ACTIVE: 30 MIN **TOTAL:** 45 MIN

EQUIPMENT: Parchment paper or foil

Garlicky mushrooms spiked with bacon make a lovely garnish for halibut and polenta. We can't decide what we like best about this dish: the flavors, healthfulness, ease or the fact that there is so little cleanup! Serve with steamed green beans tossed with olive oil, whole-grain mustard and a squeeze of lemon.

- 1 tablespoon extra-virgin olive oil
- 4 slices center-cut bacon, chopped
- 1 cup sliced red onion
- 4 cloves garlic, minced
- 8 ounces sliced mixed mushrooms
- ¼ cup white wine, preferably Pinot Grigio
- 1 14- to 18-ounce tube prepared polenta, sliced into 8 rounds
- 4 5-ounce halibut or cod fillets (see *Tip*), skinned
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ¼ cup sliced fresh basil

1. Preheat oven to 450°F. Tear off 4 sheets of parchment paper or foil (about 12 by 24 inches each); if using foil, coat with cooking spray.
2. Heat oil in a large nonstick skillet over medium-high heat. Add bacon and cook until softened and starting to brown, 2 to 3 minutes. Add onion and garlic. Cook, stirring occasionally, for 2 minutes. Stir in mushrooms and cook until beginning to brown, 4 to 7 minutes. Add wine and scrape up any browned bits. Remove from the heat.
3. To make packets, set a sheet of parchment or foil with a long side closest to you. Fold in half from a short end, then open like a book. Place 2 slices of polenta on one side. Set a fillet on the polenta and sprinkle with salt and pepper. Divide the mushroom mixture among the packets, spooning it over the fish. Close the packets and seal the edges with small, tight folds.
4. Place the packets on a large baking sheet. Bake the packets until the fish is just cooked



TIP

Look for U.S. wild-caught Pacific halibut, U.S. Pacific cod or Atlantic cod from Iceland and the northeast Arctic. For more information, visit Monterey Bay Aquarium Seafood Watch at seafoodwatch.org

through, about 14 minutes. (Carefully open one packet to check for doneness—be cautious of the steam.) Set each packet on its own plate. Cut an X in the top with scissors and carefully fold open. Serve sprinkled with basil.

SERVES 4

Per serving: 276 calories; 8 g fat (2 g sat, 5 g mono); 76 mg cholesterol; 15 g carbohydrate; 0 g added sugars; 32 g protein; 1 g fiber; 569 mg sodium; 905 mg potassium.

Nutrition bonus: Potassium (26% daily value).

Carbohydrate servings: 1

Exchanges: ½ starch, 1 vegetable, 4 lean meat, 1 fat

Perfect Portions Dinner Plan: Shopping List

Shop For:

Produce

Fruit

- ☐ 1 orange

Vegetables

- ☐ 8 ounces Brussels sprouts
- ☐ 8 ounces sliced mixed mushrooms
- ☐ 2 small onion
- ☐ 1 large red onion
- ☐ 4 medium-large bell peppers
- ☐ 4 large shallots

Fresh Herbs & Flavorings

- ☐ 1 bunch basil
- ☐ 1 head garlic
- ☐ 1 bunch mint

Canned & Bottled Goods

- ☐ 2½ cups low-sodium vegetable juice (such as V-8)
- ☐ 2 cups reduced-sodium chicken broth
- ☐ 6 tablespoon no-salt-added ketchup

Dry Goods & Bread

- ☐ 8- to 10-oz. bag microwavable brown rice
- ☐ ½ cup fine, dry whole-wheat breadcrumbs

Nuts, Seeds & Dried Fruit

- ☐ ½ cup currants

Refrigerator Items & Dairy

- ☐ 2 cups refrigerated preshredded potatoes
- ☐ 14- to 18-oz. tube prepared polenta
- ☐ ¼ cup reduced-fat sour cream
- ☐ ½ cup shredded extra-sharp Cheddar cheese
- ☐ ½ cup Parmesan cheese
- ☐ 16-oz. container liquid egg substitute (such as Egg Beaters)

Meat & Seafood

- ☐ 1 lb. boneless, skinless chicken breast
- ☐ 2 lb. lean ground beef
- ☐ 4 slices center-cut bacon
- ☐ 4 5-oz. halibut or cod fillets

Frozen

- ☐ 10- to 12-oz. bag frozen mixed vegetables
- ☐ 6 (9-by-14-inch) sheets phyllo dough

Check Your Pantry For:

Oils, Vinegars & Condiments

- ☐ Extra-virgin olive oil
- ☐ Cooking spray

Flavorings

- ☐ Salt
- ☐ Pepper
- ☐ Cinnamon
- ☐ Chili powder
- ☐ Chipotle pepper
- ☐ Cumin
- ☐ Thyme

Dry Goods

- ☐ Cornstarch

Spirits

- ☐ White wine

Refrigerator Items

- ☐ Low-fat milk
- ☐ Eggs (1)

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A recipe checked...

☒ **Heart Health** has limited saturated fat.

☒ **Diabetes** is low in calories and meets limits for Carbohydrate Servings.

☒ **Weight Loss** has reduced calories (and limited saturated fat).

☒ **Gluten Free** does not contain wheat, rye, barley or oats. (Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked "Gluten Free," the serving suggestions that accompany it may contain gluten.)

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