

FAST & HEALTHY WEEKNIGHT DINNERS



THIS WEEK'S MENU

Monday:
Black Bean
Croquettes
with Fresh
Salsa

Tuesday:
Chicken Piccata
with Pasta &
Mushrooms

Wednesday:
Caldo
Tlalpeño

Thursday:
Pear &
Blue Cheese
Flatbread

Friday:
Baked Cod
with Chorizo &
White Beans

Fast & Healthy Dinner Plan: Monday

BLACK BEAN CROQUETTES WITH FRESH SALSA

<input checked="" type="checkbox"/> Heart Health	<input checked="" type="checkbox"/> Diabetes
<input checked="" type="checkbox"/> Weight Loss	<input type="checkbox"/> Gluten Free

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

With just a couple pantry items and a few fresh vegetables you can whip up these croquettes with salsa on the side.

- 2 15-ounce cans black beans, rinsed
- 1 teaspoon ground cumin
- 1 cup frozen corn kernels, thawed
- ¼ cup plus ⅓ cup plain dry breadcrumbs, divided
- 2 cups finely chopped tomatoes
- 2 scallions, sliced
- ¼ cup chopped fresh cilantro
- 1 teaspoon chili powder, hot if desired, divided
- ¼ teaspoon salt
- 1 tablespoon extra-virgin olive oil
- 1 avocado, diced

1. Preheat oven to 425°F. Coat a baking sheet with cooking spray.
2. Mash black beans and cumin with a fork in a large bowl until no whole beans remain. Stir in corn and ¼ cup breadcrumbs. Combine tomatoes, scallions, cilantro, ½ teaspoon chili powder and salt in a medium bowl. Stir 1 cup of the tomato mixture into the black bean mixture.
3. Mix the remaining ⅓ cup breadcrumbs, oil and the remaining ½ teaspoon chili powder in a small bowl until the breadcrumbs are coated with oil. Divide the bean mixture into 8 scant ½-cup balls. Lightly press each bean ball into the breadcrumb mixture, turning to coat. Place on the prepared baking sheet.
4. Bake the croquettes until heated through and the breadcrumbs are golden brown, about 20 minutes. Stir avocado into the remaining tomato mixture. Serve the salsa with the croquettes.

SERVES 4: 2 CROQUETTES & ½ CUP SALSA EACH



Per serving: 405 calories; 12 g fat (2 g sat, 8 g mono); 0 mg cholesterol; 61 g carbohydrate; 0 g added sugars; 16 g protein; 16 g fiber; 438 mg sodium; 621 mg potassium.

Nutrition bonus: Folate (81% daily value), Vitamin C (35% dv), Iron & Vitamin A (25% dv), Potassium (18% dv).

Carbohydrate servings: 3½

Exchanges: 3½ starch, 1 vegetable, 2 lean-meat and 1 fat

MAKE IT A MEAL:
SERVE WITH
WARM CORN
TORTILLAS,
MEXICAN COLESLAW
(EATINGWELL.COM)
& LIME WEDGES

Fast & Healthy Dinner Plan: Tuesday

CHICKEN PICCATA WITH PASTA & MUSHROOMS

- ☒ Heart Health ☒ Diabetes
- ☒ Weight Loss ☐ Gluten Free

ACTIVE: 40 MIN **TOTAL:** 40 MIN

Our chicken piccata, served over whole-wheat pasta, has a rich lemon-caper sauce that's made with extra-virgin olive oil and just a touch of butter for flavor. If you like, you can use a mild fish like tilapia or even shrimp instead of chicken breast.

- 6 ounces whole-wheat angel hair pasta
- 1/3 cup all-purpose flour, divided
- 2 cups reduced-sodium chicken broth
- 1/2 teaspoon salt, divided
- 1/4 teaspoon freshly ground pepper
- 4 chicken cutlets (3/4-1 pound total), trimmed
- 3 teaspoons extra-virgin olive oil, divided
- 1 10-ounce package mushrooms, sliced
- 3 large cloves garlic, minced
- 1/2 cup white wine
- 2 tablespoons lemon juice
- 1/4 cup chopped fresh parsley
- 2 tablespoons capers, rinsed
- 2 teaspoons butter

1. Bring a large pot of water to a boil. Add pasta and cook until just tender, 4 to 6 minutes or according to package directions. Drain and rinse.

2. Meanwhile, whisk 5 teaspoons flour and broth in a small bowl until smooth. Place the remaining flour in a shallow dish. Season chicken with 1/4 teaspoon salt and pepper and dredge both sides in the flour. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add the chicken and cook until browned and no longer pink in the middle, 2 to 3 minutes per side. Transfer to a plate; cover and keep warm.

3. Heat the remaining 1 teaspoon oil in the pan over medium-high heat. Add mushrooms and cook, stirring, until they release their juices and begin to brown, about 5 minutes. Transfer to a plate. Add garlic and wine to the pan and cook until reduced by half, 1 to 2 minutes. Stir in the reserved broth-flour mixture, lemon juice and the remaining 1/4 teaspoon salt. Bring to a simmer



and cook, stirring, until the sauce is thickened, about 5 minutes.

4. Stir in parsley, capers, butter and the reserved mushrooms. Measure out 1/2 cup of the mushroom sauce. Toss the pasta in the pan with the remaining sauce. Serve the pasta topped with the chicken and the reserved sauce.

SERVES 4

Per serving: 394 calories; 9 g fat (2 g sat, 4 g mono); 52 mg cholesterol; 46 g carbohydrate; 0 g added sugars; 27 g protein; 4 g fiber; 670 mg sodium; 778 mg potassium.

Nutrition bonus: Potassium (22% daily value), Vitamin C (20% dv), Iron (16% dv)

Carbohydrate servings: 3

Exchanges: 2 1/2 starch, 1/2 vegetable, 3 1/2 lean meat

Fast & Healthy Dinner Plan: Wednesday

CALDO TLALPEÑO

✓ Heart Health ✓ Diabetes

✓ Weight Loss ✓ Gluten Free

ACTIVE: 30 MIN TOTAL: 40 MIN

Our recipe tester grew up eating this Mexican chicken soup in her hometown of El Paso, Texas. Although there are many variations, spicy chipotle chiles are always part of the broth.

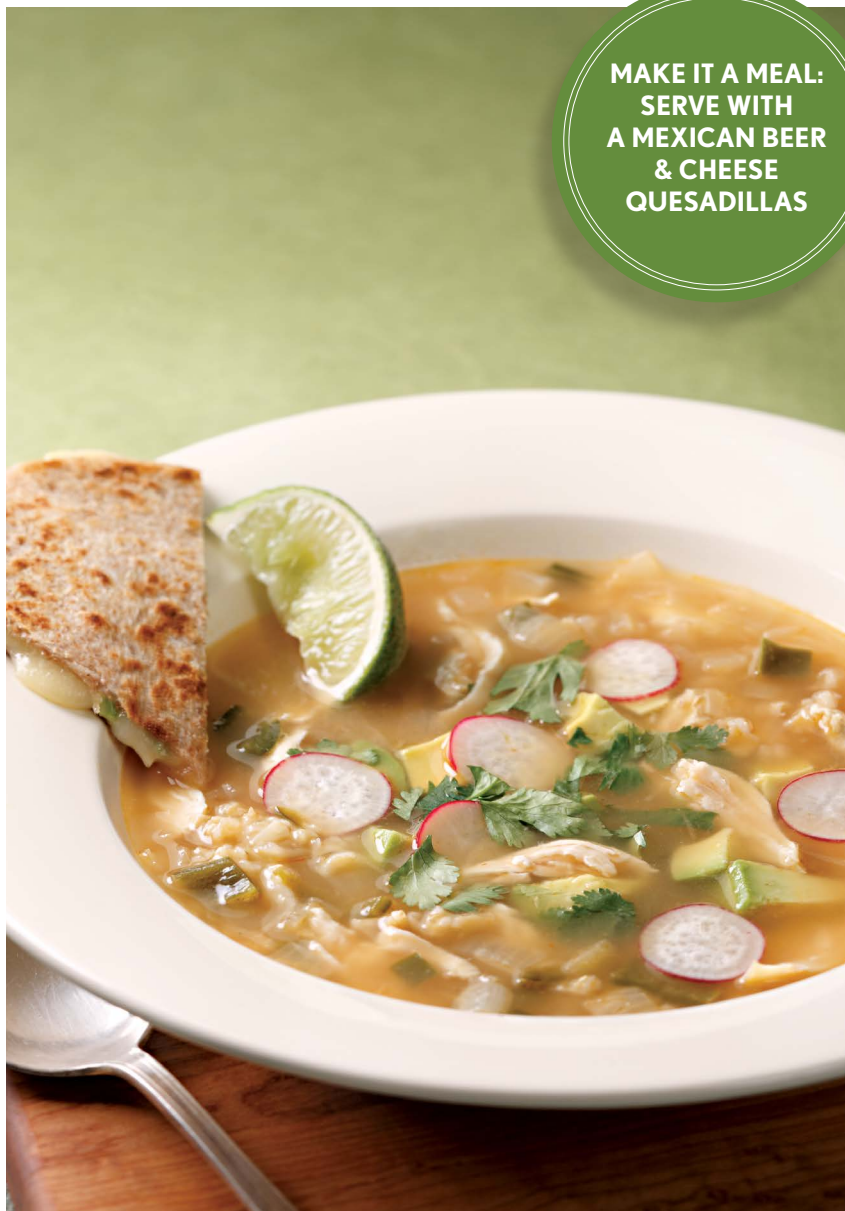
- 6 cups reduced-sodium chicken broth
- ½ cup water
- 1 head garlic, cloves separated and peeled
- 8 ounces boneless, skinless chicken breast, trimmed
- 2 teaspoons canola oil
- 1 medium onion, chopped
- 1 poblano or Anaheim chile pepper, chopped
- 1 canned chipotle pepper in adobo sauce (see Tip)
- 1 cup instant brown rice
- 4 radishes, sliced
- 1 small avocado, chopped
- ¼ cup chopped fresh cilantro
- 1 lime, quartered

1. Bring broth, water, garlic and chicken to a boil in a large saucepan over medium-high heat. Reduce heat to a simmer and cook, skimming any foam that rises to the top, until the garlic is tender and the chicken is cooked through, 12 to 15 minutes. Remove from the heat. Transfer the garlic with a slotted spoon to a blender and the chicken to a clean cutting board.

2. Meanwhile, heat oil in a medium skillet over medium heat. Add onion and poblano (or Anaheim) chile and cook, stirring, until beginning to brown, 8 to 10 minutes. Add to the broth.

3. Add ½ cup of the broth and chipotle pepper to the blender and process until smooth (use caution when pureeing hot liquids). Pour the mixture back into the broth in the pan. Stir in rice. Bring to a boil, reduce to a simmer and cook until the rice is tender, about 10 minutes.

4. Shred the chicken and divide among 4 bowls. Ladle the broth over the chicken and top with equal portions of radish, avocado and cilantro. Serve with a wedge of lime.



**MAKE IT A MEAL:
SERVE WITH
A MEXICAN BEER
& CHEESE
QUESADILLAS**

SERVES 4

Per serving: 283 calories; 10 g fat (1 g sat, 6 g mono); 31 mg cholesterol; 29 g carbohydrate; 0 g added sugars; 20 g protein; 5 g fiber; 884 mg sodium; 755 mg potassium.

Nutrition bonus: Vitamin C (60% daily value), Potassium (22% dv).

Carbohydrate servings: 1½

Exchanges: 1½ starch, 1 vegetable, 2 lean meat, 1½ fat

TIP

Chipotle peppers in adobo sauce are smoked jalapeños packed in a flavorful sauce. Look for the small cans with the Mexican foods in large supermarkets. Once opened, they'll keep 2 weeks in the refrigerator or 6 months in the freezer.

Fast & Healthy Dinner Plan: Thursday

PEAR & BLUE CHEESE FLATBREAD

<input checked="" type="checkbox"/> Heart Health	<input type="checkbox"/> Diabetes
<input type="checkbox"/> Weight Loss	<input type="checkbox"/> Gluten Free

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

The classic combination of pears, walnuts and blue cheese isn't just for salad. Toss the same ingredients onto purchased whole-wheat pizza dough and make your own gourmet flatbread at home. Any type of ripe, firm pear will work—red pears look great.

- 2 teaspoons extra-virgin olive oil
- 3 cups thinly sliced onions
- 20 ounces prepared whole-wheat pizza dough
- ⅓ cup chopped walnuts
- 2 teaspoons balsamic vinegar
- 2 teaspoons chopped fresh sage
- Freshly ground pepper to taste
- 2 ripe but firm pears, sliced
- ½ cup finely crumbled blue cheese

1. Place oven rack in the lowest position; preheat to 450°F. Coat a large baking sheet with cooking spray.
2. Heat oil in a large skillet over medium-high heat. Add onions and cook, stirring occasionally, until starting to brown, about 6 minutes. Reduce heat to low, cover and cook, stirring occasionally, until very soft and golden, 5 to 8 minutes more.
3. Meanwhile, roll out dough on a lightly floured surface to the size of the baking sheet. Transfer to the baking sheet. Bake until puffed and lightly crisped on the bottom, 8 to 10 minutes. Toast walnuts in a small dry skillet over medium-low heat, stirring, until lightly browned and fragrant, 2 to 3 minutes.
4. Stir vinegar, sage and pepper into the onions. Spread on the crust and top with pears, walnuts and cheese. Bake on the bottom rack until the crust is crispy and golden and the cheese is melted, 11 to 13 minutes. Slice and serve.

SERVES 6

Per serving: 361 calories; 9 g fat (3 g sat, 3 g mono); 8 mg cholesterol; 54 g carbohydrate; 0 g added sugars; 12 g protein; 5 g fiber; 410 mg sodium; 250 mg potassium.

Nutrition bonus: Vitamin A (15% daily value).



**MAKE IT A MEAL:
SERVE WITH
ARUGULA SALAD
WITH VINAIGRETTE**

Fast & Healthy Dinner Plan: Friday

BAKED COD WITH CHORIZO & WHITE BEANS

- ☒ Heart Health ☒ Diabetes
- ☒ Weight Loss ☒ Gluten Free

ACTIVE: 20 MIN TOTAL: 40 MIN

This recipe follows the Spanish and Portuguese tradition of pairing mild white fish with full-flavored cured sausage—just a bit gives the whole dish a rich, smoky flavor.

- 1 teaspoon extra-virgin olive oil
- 1 shallot, finely chopped
- 2 ounces Spanish chorizo (see *Tips*) or turkey kielbasa, diced
- 1 teaspoon chopped fresh thyme
- 1 pint grape tomatoes, halved
- ½ cup dry white wine, divided
- 1 15-ounce can great northern beans, rinsed
- ½ teaspoon salt, divided
- ¼ pounds cod, cut into 4 pieces (see *Tips*)
- Freshly ground pepper to taste

1. Preheat oven to 425°F. Coat a 9-by-13-inch baking dish with cooking spray.
2. Heat oil in a medium saucepan over medium-high heat. Add shallot, chorizo (or kielbasa) and thyme and cook, stirring, until fragrant, about 1 minute. Add tomatoes and ¼ cup wine. Cook, stirring occasionally, until the tomatoes are broken down and the wine is almost evaporated, 2 to 4 minutes. Stir in beans and ¼ teaspoon salt and remove from the heat.
3. Sprinkle fish with the remaining ¼ teaspoon salt and pepper; place in the prepared baking dish. Top each piece of fish with equal amounts of the tomato mixture (about ½ cup per fillet). Pour the remaining ¼ cup wine into the pan and cover the pan with foil. Bake until the fish is just cooked through, 15 to 20 minutes. Serve the fish with the sauce spooned over the top.

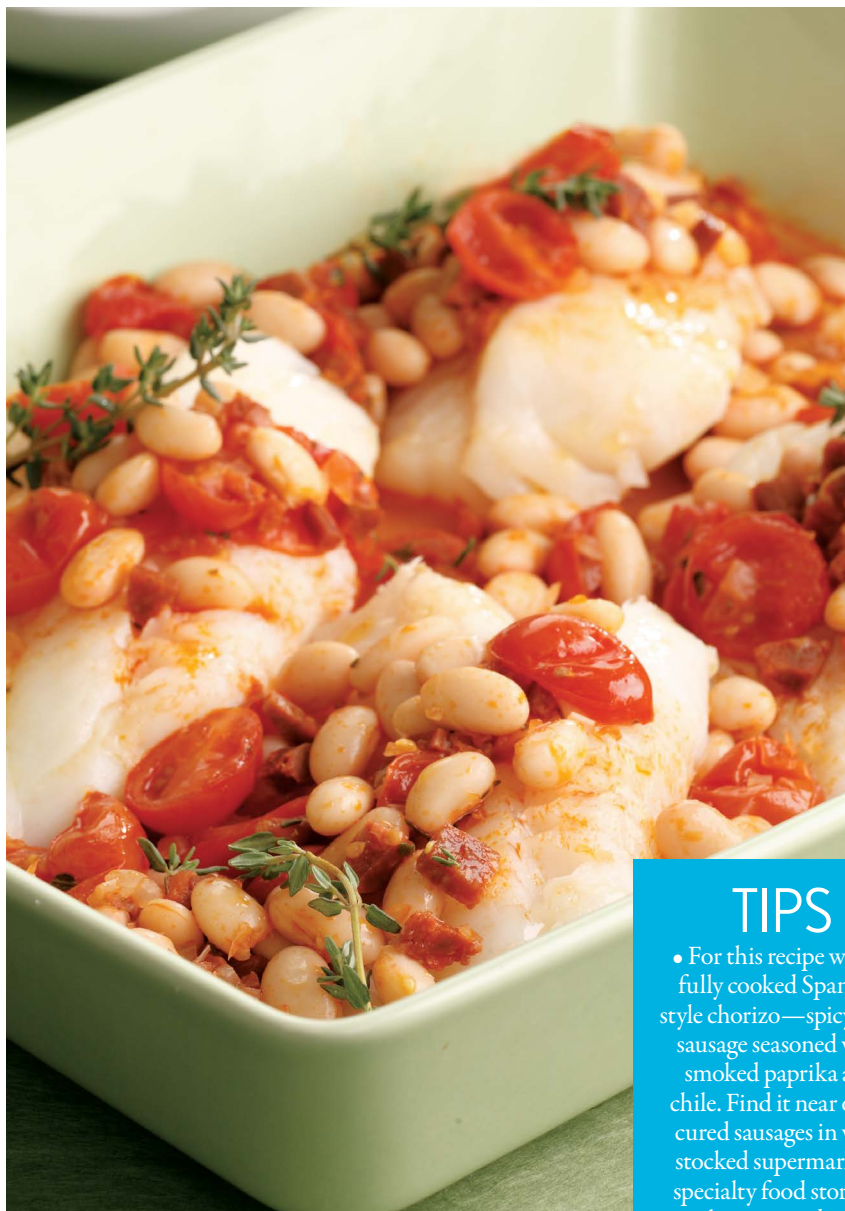
SERVES 4

Per serving: 293 calories; 8 g fat (2 g sat, 4 g mono); 66 mg cholesterol; 18 g carbohydrate; 0 g added sugars; 30 g protein; 6 g fiber; 567 mg sodium; 511 mg potassium.

Nutrition bonus: Folate & Vitamin C (20% daily value), Vitamin A (15% dv).

Carbohydrate servings: 1

Exchanges: 1 starch, 4 lean meat



MAKE IT A MEAL:
SERVE WITH
STEAMED GREEN
BEANS & ROASTED
POTATOES TOSSED
WITH THYME AND
COARSE SALT

TIPS

- For this recipe we use fully cooked Spanish-style chorizo—spicy pork sausage seasoned with smoked paprika and chile. Find it near other cured sausages in well-stocked supermarkets, specialty food stores or online at tienda.com.

- Overfishing and trawling have drastically reduced the number of cod in the U.S. and Canadian Atlantic Ocean and destroyed its sea floor. For sustainably fished cod, choose 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.

Fast & Healthy Dinner Plan: Shopping List

Shop For:

Produce

Fruit

- ☐ 1 large lemon
- ☐ 1 lime
- ☐ 2 ripe, firm pears

Vegetables

- ☐ 2 avocados
- ☐ 10-oz. package mushrooms
- ☐ 4 medium onion
- ☐ 1 poblano pepper
- ☐ 4 radishes
- ☐ 1 bunch scallions
- ☐ 1 shallot
- ☐ 2 large tomatoes
- ☐ 1 pint grape tomatoes

Fresh Herbs & Flavorings

- ☐ 1 bunch cilantro
- ☐ 2 heads garlic
- ☐ 1 bunch parsley
- ☐ 1 bunch sage

Canned & Bottled Goods

- ☐ Two 32-oz. boxes reduced-sodium chicken broth
- ☐ Two 15-ounce cans black beans
- ☐ 15-ounce can great northern beans
- ☐ 2 tablespoons capers
- ☐ 1 chipotle pepper in adobo

Dry Goods & Bread

- ☐ 6 oz. whole-wheat angel hair pasta
- ☐ 1 cup instant brown rice
- ☐ $\frac{2}{3}$ cup plain dry breadcrumbs

Nuts, Seeds & Dried Fruit

- ☐ $\frac{1}{3}$ cup walnuts

Refrigerator Items & Dairy

- ☐ 20 ounces prepared whole-wheat pizza dough
- ☐ $\frac{1}{2}$ cup blue cheese
- ☐ 2 teaspoons unsalted butter

Meat & Seafood

- ☐ 4 chicken cutlets (about $\frac{3}{4}$ -1 lb. each)
- ☐ 8 oz. boneless, skinless chicken breasts
- ☐ 2 oz. Spanish chorizo
- ☐ 1 $\frac{1}{4}$ lb. cod

Frozen

- ☐ 1 small bag frozen corn

Check Your Pantry For:

Oils, Vinegars & Condiments

- ☐ Canola oil
- ☐ Extra-virgin olive oil
- ☐ Balsamic vinegar

Flavorings

- ☐ Salt
- ☐ Black pepper
- ☐ Chili powder
- ☐ Ground cumin

Dry Goods

- ☐ All-purpose flour

Spirits

- ☐ White wine

About EatingWell

The EatingWell mission is to provide the inspiration and information people need to make healthy eating a way of life.

- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

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We hope you enjoy our recipes and feel informed and inspired to make healthy eating your way of life!

ABOUT EATINGWELL HEALTH TAGS

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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