



10 Best Diet Recipes

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EatingWell
WHERE GOOD TASTE MEETS GOOD HEALTH



Lemon & Dill Chicken

Makes: 4 servings

Active time: 30 minutes

Total: 30 minutes

Heart Health Diabetes Weight Loss Gluten Free

Fresh lemon and dill create a quick Greek-inspired pan sauce for simple sautéed chicken breasts. Serve with roasted broccoli and whole-wheat orzo.

- 4 boneless, skinless chicken breasts (1-1¼ pounds)**
- Salt & freshly ground pepper to taste**
- 3 teaspoons extra-virgin olive or canola oil, divided**
- ¼ cup finely chopped onion**
- 3 cloves garlic, minced**
- 1 cup reduced-sodium chicken broth**
- 2 teaspoons flour**
- 2 tablespoons chopped fresh dill, divided**
- 1 tablespoon lemon juice**

1. Season chicken breasts on both sides with salt and pepper. Heat 1½ teaspoons oil in a

large heavy skillet over medium-high heat. Add the chicken and sear until well browned on both sides, about 3 minutes per side. Transfer chicken to a plate and tent with foil.

2. Reduce heat to medium. Add the remaining 1½ teaspoons oil to the pan. Add onion and garlic and cook, stirring, for 1 minute. Whisk broth, flour, 1 tablespoon dill and lemon juice in a measuring cup and add to pan. Cook, whisking, until slightly thickened, about 3 minutes.

3. Return the chicken and any accumulated juices to the pan; reduce heat to low and simmer until the chicken is cooked through, about 4 minutes. Transfer the chicken to a warmed platter. Season sauce with salt and pepper and spoon over the chicken. Garnish with the remaining 1 tablespoon chopped fresh dill.

Per serving: 170 calories; 6 g fat (1 g sat, 4 g mono); 63 mg cholesterol; 3 g carbohydrate; 0 g added sugars; 24 g protein; 0 g fiber; 339 mg sodium; 272 mg potassium.

Carbohydrate Servings: 0

Exchanges: 4 lean meat, 1 fat



Creamy Hamburger Noodle Casserole

Makes: 6 servings

Active time: 30 minutes

Total: 1 hour 25 minutes

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The EatingWell Test Kitchen takes lean ground beef and combines it with whole-grain bulgur, egg noodles and a creamy tomato sauce in a baked casserole topped with Cheddar. With less fat and calories than the original skillet meal, this dish is sure to become a new family favorite.

- 2 bunches scallions, trimmed**
- 8 ounces 90%-lean ground beef**
- 1½ teaspoons canola oil**
- ½ cup bulgur (see Tip)**
- 2 cloves garlic, minced**
- 2 8-ounce cans tomato sauce**
- ½ cup water**
- ¼ teaspoon salt, divided**
- Freshly ground pepper to taste**
- 6 ounces no-yolk whole-wheat egg noodles**
- 1 cup low-fat cottage cheese**
- 1 cup reduced-fat sour cream**
- ¼ cup shredded extra-sharp Cheddar cheese**

1. Preheat oven to 350°F. Coat a 2-quart baking dish with cooking spray. Put a large pot of water on to boil.
2. Separate white and green parts of scallions; thinly slice and reserve separately.
3. Cook beef in a large skillet over medium-high heat, breaking up clumps with a wooden spoon, until no longer pink, 3 to 5 minutes. Transfer to a plate lined with paper towels.
4. Wipe out the pan, add oil and reduce heat to

medium-low. Add bulgur, garlic and the reserved scallion whites. Cook, stirring, until the scallions soften, 5 to 7 minutes. Add tomato sauce, water and the beef; bring to a simmer. Cover and simmer gently until the bulgur is tender and the sauce is thickened, 15 to 20 minutes. Season with ⅛ teaspoon salt and pepper.

5. Meanwhile, cook noodles until just tender, 6 to 8 minutes or according to package directions. Drain and rinse under cold water.

6. Puree cottage cheese in a food processor until smooth. Transfer to a medium bowl; fold in sour cream and the reserved scallion greens. Season with the remaining ⅛ teaspoon salt and pepper.

7. Spread half the noodles in the prepared pan. Top with half the cottage cheese mixture and half the meat sauce. Repeat with the remaining noodles, cottage cheese and sauce. Sprinkle Cheddar over the top.

8. Bake the casserole until bubbly, 30 to 40 minutes. Let stand for 10 minutes before serving.
Per serving: 377 calories; 14 g fat (7 g sat, 4 g mono); 52 mg cholesterol; 41 g carbohydrate; 0 g added sugars; 22 g protein; 5 g fiber; 757 mg sodium; 631 mg potassium.

Nutrition bonus: Calcium, Iron & Vitamin C (20% daily value), Magnesium (17% dv), Vitamin A (15% dv).

Carbohydrate servings: 2½

Exchanges: 2 starch, 1 vegetable, ½ lean meat, 1½ medium-fat meat, 1 fat

Tip: Bulgur is made by parboiling, drying and coarsely grinding or cracking wheat berries. It simply needs a quick soak in hot water for most uses. Look for it in the natural-foods section of large supermarkets, near other grains, or online at kalustyans.com.



Mozzarella-Stuffed Turkey Burgers

Makes: 4 servings

Active time: 50 minutes

Total: 50 minutes

To make ahead: Cover and refrigerate the marinara sauce (Step 1) for up to 5 days.

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These tasty turkey burgers, served on toasted focaccia and dressed with marinara sauce, are reminiscent of a sausage pizza. Shredded mozzarella combined with fresh basil melts beautifully inside these gems.

Marinara Sauce

- 2 teaspoons extra-virgin olive oil
- 1 small onion, finely chopped
- 4 cloves garlic, minced
- 2 cups chopped plum tomatoes, with juices
- 6 oil-packed sun-dried tomatoes, drained and finely chopped
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 2 tablespoons chopped fresh basil

Burgers

- 1 pound 93%-lean ground turkey
- ¼ cup finely chopped scallions
- 2 teaspoons minced garlic
- 2 teaspoons Worcestershire sauce
- 1 teaspoon freshly grated lemon zest
- ½ teaspoon dried oregano
- ½ teaspoon freshly ground pepper
- ¼ teaspoon salt
- ½ cup shredded part-skim mozzarella cheese, divided
- 2 tablespoons finely chopped fresh basil
- 2 teaspoons extra-virgin olive oil
- 4 4-inch-square slices focaccia bread (about 2 ounces each), toasted

1. To prepare marinara: Heat 2 teaspoons oil in a medium saucepan over medium heat. Add

onion and garlic, cover and cook, stirring frequently, until translucent, 5 to 7 minutes. Stir in fresh tomatoes and any juices, sun-dried tomatoes, ½ teaspoon salt and ½ teaspoon pepper. Bring to a simmer and cook, stirring occasionally, until the tomatoes have broken down, 8 to 10 minutes. Stir in basil and remove from the heat. Transfer to a food processor and pulse to form a coarse-textured sauce. Return to the pan and set aside.

2. To prepare burgers: Place turkey, scallions, garlic, Worcestershire sauce, lemon zest, oregano, ½ teaspoon pepper and ¼ teaspoon salt in a large bowl. Gently combine, without overmixing, until evenly incorporated. Form into 8 thin patties about 4 inches wide and ¾ inch thick.

3. Combine ¼ cup cheese and basil and place an equal amount in the center of 4 patties. Cover with the remaining patties and crimp the edges closed.

4. Heat 2 teaspoons oil in a large nonstick skillet over medium heat (see Grilling Variation). Add burgers and cook, turning once, until an instant-read thermometer inserted in the center registers 165°F, 8 to 10 minutes total.

5. Warm the marinara on the stove. To assemble the burgers, spread 3 tablespoons of marinara on each toasted focaccia, top with a burger, about 3 more tablespoons of marinara and 1 tablespoon of the remaining cheese.

Per serving: 299 calories; 15 g fat (4 g sat, 5 g mono); 74 mg cholesterol; 14 g carbohydrate; 0 g added sugars; 28 g protein; 2 g fiber; 706 mg sodium; 382 mg potassium.

Nutrition bonus: Vitamin C (35% daily value), Vitamin A (20% dv), Calcium & Iron (15% dv).

Carbohydrate servings: 1

Exchanges: ½ starch, 1 vegetable, 3½ lean meat, 1 fat

Grilling Variation: To grill the turkey burgers, preheat a grill to medium-high. Oil the grill rack. Grill the patties, turning once, until an instant-read thermometer inserted in the center registers 165°F, 8 to 10 minutes total.



Chicken & Spinach Soup with Fresh Pesto

Makes: 5 servings, about 1½ cups each

Active time: 30 minutes

Total: 30 minutes

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This fragrant, Italian-flavored soup takes advantage of quick-cooking ingredients—boneless, skinless chicken breast, bagged baby spinach and canned beans. It features a simple homemade basil pesto swirled in at the end to add a fresh herb flavor. If you are very pressed for time, you can substitute 3 to 4 tablespoons of a store-bought basil pesto.

(Recipe by Nancy Baggett for EatingWell.)

- 2 teaspoons plus 1 tablespoon extra-virgin olive oil, divided**
- ½ cup chopped carrot or diced red bell pepper**
- 1 large boneless, skinless chicken breast (about 8 ounces), cut into quarters**
- 1 large clove garlic, minced**
- 5 cups reduced-sodium chicken broth**
- 1½ teaspoons dried marjoram**
- 6 ounces baby spinach, coarsely chopped**
- 1 15-ounce can cannellini beans or great northern beans, rinsed**
- ¼ cup grated Parmesan cheese**
- ⅓ cup lightly packed fresh basil leaves**
- Freshly ground pepper to taste**
- ¾ cup plain or herbed multigrain croutons for garnish (optional)**

1. Heat 2 teaspoons oil in a large saucepan or Dutch oven over medium-high heat. Add carrot (or bell pepper) and chicken; cook, turning the chicken and stirring frequently, until the chicken begins to brown, 3 to 4 minutes. Add garlic and cook, stirring, for 1 minute more. Stir in broth and marjoram; bring to a boil over high heat. Reduce the heat and simmer, stirring occasionally, until the chicken is cooked through, about 5 minutes.

2. With a slotted spoon, transfer the chicken pieces to a clean cutting board to cool. Add spinach and beans to the pot and bring to a gentle boil. Cook for 5 minutes to blend the flavors.

3. Combine the remaining 1 tablespoon oil, Parmesan and basil in a food processor (a mini processor works well). Process until a coarse paste forms, adding a little water and scraping down the sides as necessary.

4. Cut the chicken into bite-size pieces. Stir the chicken and pesto into the pot. Season with pepper. Heat until hot. Garnish with croutons, if desired.

Per serving: 204 calories; 8 g fat (2 g sat, 4 g mono); 29 mg cholesterol; 16 g carbohydrate; 0 g added sugars; 18 g protein; 6 g fiber; 691 mg sodium; 529 mg potassium.

Nutrition bonus: Vitamin A (110% daily value), Folate & Vitamin C (20% dv).

Carbohydrate servings: ½

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



Hot Chile Grilled Cheese

Makes: 4 servings

Active time: 30 minutes

Total: 30 minutes

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This deconstructed version of a chile relleno turned sandwich packs some heat and an ooey-goey filling. We like the flavor of sourdough, but any kind of bread will work well. Serve with: Coleslaw and sliced pineapple.

- 4 poblano peppers (see Tip)**
- 1 14-ounce can pinto beans, preferably low-sodium, rinsed**
- 3 tablespoons prepared salsa**
- 1/8 teaspoon salt**
- 1/2 cup shredded Monterey Jack or Cheddar cheese**
- 2 tablespoons low-fat plain yogurt**
- 3 scallions, sliced**
- 2 tablespoons chopped fresh cilantro**
- 8 slices sourdough bread**

1. Place peppers in a microwave-safe bowl, cover with plastic wrap and microwave on High until soft, 3 to 4 minutes. Let stand, covered, until cool enough to handle.
2. Meanwhile, combine beans, salsa and salt in a medium bowl. Mash the beans with a fork until they begin to form a paste (some can remain whole). Combine cheese, yogurt, scallions and cilantro in a small bowl.
3. When the peppers are cool enough to handle, slice each one in half lengthwise and remove the stem and seeds.
4. Heat a panini maker to high. (*No panini maker? See Stovetop Variation.*)

5. Spread 1/3 cup of the bean mixture on each of 4 slices of bread. Top with a heaping tablespoon of the cheese mixture. Place 2 pepper halves over the cheese. Cover with the remaining slices of bread.

6. Grill the sandwiches in the panini maker until golden brown, about 4 minutes. Cut in half and serve immediately.

Per serving: 415 calories; 6 g fat (3 g sat, 1 g mono); 13 mg cholesterol; 70 g carbohydrate; 0 g added sugars; 19 g protein; 9 g fiber; 761 mg sodium; 307 mg potassium.

Nutrition bonus: Vitamin C (163% daily value), Folate (39% dv), Iron (20% dv).

Carbohydrate servings: 4

Exchanges: 3 1/2 starch, 1 vegetable, 1 medium fat meat

Tip: Dark green poblano peppers, smaller than a bell pepper but larger than a jalapeño, can be fiery or relatively mild; there's no way to tell until you taste them. Find them near other fresh peppers at most large supermarkets.

Stovetop Variation: Place four 15-ounce cans and a medium skillet (not nonstick) by the stove. Heat 1 teaspoon canola oil in a large nonstick skillet over medium heat. Place 2 sandwiches in the pan. Place the medium skillet on top of the sandwiches, then weight it down with the cans. Cook the sandwiches until golden on one side, about 2 minutes. Reduce the heat to medium-low, flip the sandwiches, replace the top skillet and cans, and cook until the second side is golden, 1 to 3 minutes more. Repeat with another 1 teaspoon oil and the remaining 2 sandwiches.



Chicken & White Bean Salad

Makes: 4 servings, about 2 cups each

Active time: 25 minutes

Total: 25 minutes

To make ahead: Prepare through Step 2 (omitting basil), cover and refrigerate for up to 2 days. Stir in chopped basil just before serving.

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Zucchini and celery give this chicken-and-bean salad a nice crunch. We like serving it over a bed of slightly bitter escarole and radicchio, but any type of salad greens will work.
Recipe by Nancy Baggett for EatingWell.

Vinaigrette

- 1 medium clove garlic
- ¼ teaspoon salt
- 5 tablespoons extra-virgin olive oil
- 6 tablespoons fresh orange juice, plus more to taste
- ¼ cup white-wine vinegar or red-wine vinegar
- 1 tablespoon Dijon mustard

Salad

- 1 15-ounce can cannellini or other white beans, rinsed and drained
- 2½ cups diced cooked chicken breast (see Tip)
- 2 cups diced zucchini and/or summer squash (about 2 small)
- 1½ cups diced celery
- ¼ cup finely diced ricotta salata, halloumi (see Tip) or feta cheese
- ⅓ cup chopped, well-drained, oil-packed sun-dried tomatoes (optional)
- 1 cup coarsely chopped fresh basil, plus whole basil leaves for garnish
- Salt & freshly ground pepper to taste (optional)
- 2 cups torn escarole or romaine lettuce
- 2 cups torn radicchio leaves

1. To prepare vinaigrette: Peel the garlic and smash with the side of a chef's knife. Using a fork, mash the garlic with ¼ teaspoon salt in a small bowl to form a coarse paste. Whisk in 5 tablespoons oil. Add 6 tablespoons orange juice, vinegar and mustard; whisk until well blended. Taste and whisk in up to 4 tablespoons more juice to mellow the flavor; season with more salt, if desired. Set aside at room temperature.

2. To prepare salad: Combine beans, chicken, zucchini (and/or summer squash), celery, cheese and sun-dried tomatoes (if using) in a large bowl until well blended. Add chopped basil and ¾ cup vinaigrette; toss until combined. Taste and season with salt and/or pepper, if desired.

3. Toss the remaining vinaigrette with escarole (or romaine) and radicchio in a medium bowl. Serve the salad on the greens, garnished with fresh basil leaves.

Per serving: 428 calories; 23 g fat (5 g sat, 15 g mono); 79 mg cholesterol; 24 g carbohydrate; 0 g added sugars; 34 g protein; 8 g fiber; 667 mg sodium; 648 mg potassium.

Nutrition bonus: Vitamin C (47% daily value), Vitamin A (30% dv), Folate (21% dv), Potassium (18% dv).

Carbohydrate servings: 1

Exchanges: 1 starch, 2 vegetable, 4 lean meat, 3 fat

Tips:

To poach chicken breasts, place about 1 pound boneless, skinless chicken breasts in a medium skillet or saucepan. Add lightly salted water to cover and bring to a boil. Cover, reduce heat and simmer gently until chicken is cooked through and no longer pink in the middle, 10 to 15 minutes.

Ricotta salata and halloumi are both firm, salted cheeses that can be found at large supermarkets and cheese shops.



Creamy Garlic Pasta with Shrimp & Vegetables

Makes: 4 servings, about 2 cups each

Active time: 30 minutes

Total: 30 minutes

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Toss a garlicky, Middle Eastern-inspired yogurt sauce with pasta, shrimp, asparagus, peas and red bell pepper for a fresh, satisfying summer meal. Serve with: Slices of cucumber and tomato tossed with lemon juice and olive oil.

- 6 ounces whole-wheat spaghetti
- 12 ounces peeled and deveined raw shrimp (see *Tip*), cut into 1-inch pieces
- 1 bunch asparagus, trimmed and thinly sliced
- 1 large red bell pepper, thinly sliced
- 1 cup fresh or frozen peas
- 3 cloves garlic, chopped
- 1¼ teaspoons kosher salt
- 1½ cups nonfat or low-fat plain yogurt
- ¼ cup chopped flat-leaf parsley
- 3 tablespoons lemon juice
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon freshly ground pepper
- ¼ cup toasted pine nuts (see *Tip*; optional)

1. Bring a large pot of water to a boil. Add

spaghetti and cook 2 minutes less than package directions. Add shrimp, asparagus, bell pepper and peas and cook until the pasta is tender and the shrimp are cooked, 2 to 4 minutes more. Drain well.

2. Mash garlic and salt in a large bowl until a paste forms. Whisk in yogurt, parsley, lemon juice, oil and pepper. Add the pasta mixture and toss to coat. Serve sprinkled with pine nuts (if using).

Per serving: 385 calories; 6 g fat (1 g sat, 3 g mono); 168 mg cholesterol; 53 g carbohydrate; 0 g added sugars; 34 g protein; 10 g fiber; 658 mg sodium; 887 mg potassium.

Nutrition bonus: Vitamin C (130% daily value), Vitamin A (71% dv), Folate (60% dv), Iron & Magnesium (35% dv), Calcium & Zinc (28% dv), Potassium (25% dv).

Carbohydrate servings: 3

Exchanges: 2½ starch, 1 vegetable, ½ low-fat milk, 3 lean meat

Tips:

Look for shrimp certified by an independent agency, such as Wild American Shrimp or Marine Stewardship Council. If you can't find certified shrimp, choose wild-caught shrimp from North America—it's more likely to be sustainably caught.

To toast pine nuts, place in a small dry skillet and cook over medium-low heat, stirring, until fragrant, 2 to 4 minutes.



Orange-Tomato Couscous with Chicken

Makes: 6 servings, about 1 chicken thigh & 1 cup couscous each

Active time: 45 minutes

Total: 45 minutes

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This cinnamon- and cumin-spiked couscous with chicken takes its inspiration from Morocco. It's made mostly with pantry staples—all you have to pick up is some chicken thighs, a bunch of cilantro and an orange. The orange slices become tender after cooking—you can eat them skin and all. For a variation, substitute diced, boneless leg of lamb for the chicken. Serve with steamed green beans or a spinach salad.

- 6 boneless, skinless chicken thighs (about 1½ pounds), trimmed**
- ¼ teaspoon salt**
- ¼ teaspoon freshly ground pepper**
- 1¼ teaspoons ground cinnamon, divided**
- 1¼ teaspoons ground cumin, divided**
- 2 tablespoons extra-virgin olive oil, divided**
- 1 medium onion, thinly sliced**
- 1 14-ounce can diced tomatoes, with juice**
- 1 15-ounce can chickpeas, rinsed**
- 1 cup reduced-sodium chicken broth**
- 4 tablespoons chopped fresh cilantro, divided**
- 1 orange, scrubbed, halved and cut into ¼-inch slices**
- 1 cup whole-wheat couscous**

- 1.** Pat chicken thighs dry with a paper towel. Season with salt, pepper, ¼ teaspoon cinnamon and ¼ teaspoon cumin.
 - 2.** Heat 1 tablespoon oil in a Dutch oven over medium heat. Add the chicken thighs and cook until browned, 3 to 4 minutes per side. Transfer to a plate and set aside.
 - 3.** Add the remaining 1 tablespoon oil and onion to the pan. Cook, stirring occasionally, until the onion is softened, about 2 minutes. Add the remaining 1 teaspoon each cinnamon and cumin and cook, stirring constantly, for 30 seconds. Add tomatoes and their juice, chickpeas, broth, 2 tablespoons cilantro and orange slices; bring to a simmer, stirring with a wooden spoon to scrape up any browned bits. Return the chicken and any collected juice to the pan; cover and cook over medium-low heat until the chicken is cooked through, 5 to 10 minutes. Transfer the chicken to a clean plate.
 - 4.** Bring the cooking liquid back to a boil; stir in couscous and place the chicken thighs on top of the mixture. Remove from heat, cover and let stand for 5 minutes before serving. Garnish with the remaining cilantro.
- Per serving:** 417 calories; 14 g fat (3 g sat, 7 g mono); 74 mg cholesterol; 44 g carbohydrate; 0 g added sugars; 29 g protein; 8 g fiber; 458 mg sodium; 509 mg potassium.
- Nutrition bonus:** Vitamin C (37% daily value), Iron (20% dv), Zinc (18% dv).
- Carbohydrate servings:** 2½
- Exchanges:** 2½ starch, 1 vegetable, 3 lean meat, 1 fat



Seared Salmon with Braised Broccoli

Makes: 4 servings

Active time: 40 minutes

Total: 40 minutes

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Here we pair pan-seared salmon with braised broccoli and make it special with a quick, Italian-inspired topping of sautéed onions, pine nuts and raisins.

- 1¼ pounds wild Alaskan salmon fillet, skinned (see Tip) and cut into 4 portions**
- 1 tablespoon chopped fresh rosemary or 1 teaspoon dried, divided**
- 1 teaspoon salt, divided**
- 2 heads broccoli (1-1½ pounds), trimmed**
- 1½ tablespoons extra-virgin olive oil, divided**
- 1 small onion, diced**
- 3 tablespoons raisins**
- 2 tablespoons pine nuts**
- ½ cup water**

1. Season salmon with half the rosemary and ½ teaspoon salt at least 20 minutes and up to 1 hour before cooking. Cut the broccoli into florets with 2-inch-long stalks. Remove the tough outer layer of the stalk with a vegetable peeler. Cut the florets in half lengthwise.

2. Heat 1 tablespoon oil in a large wide saucepan over medium heat. Add onion and cook, stirring occasionally, until translucent, 3 to 4 minutes. Add raisins, pine nuts and the remaining rosemary; toss to coat with oil. Cook,

stirring, until the pine nuts are fragrant and beginning to brown, 3 to 5 minutes. Add the broccoli, season with the remaining ½ teaspoon salt and toss to combine. Add water and bring to a boil. Reduce heat to maintain a gentle simmer and cook, stirring occasionally, until the water has almost evaporated, 8 to 10 minutes.

3. Meanwhile, heat the remaining ½ tablespoon oil in a large nonstick skillet over medium-high heat. Add salmon, skinned-side up, and cook until golden brown, 3 to 5 minutes. Turn the salmon over, remove the pan from the heat and let stand until just cooked through, 3 to 5 minutes more.

4. To serve, divide the broccoli among 4 plates. Top with salmon and spoon raisins, pine nuts and any liquid remaining in the pan over the salmon.

Per serving: 311 calories; 14 g fat (2 g sat, 7 g mono); 66 mg cholesterol; 16 g carbohydrate; 0 g added sugars; 32 g protein; 5 g fiber; 699 mg sodium; 960 mg potassium.

Nutrition bonus: Vitamin C (129% daily value), Vitamin A (40% dv), Potassium (28% dv), Magnesium (20% dv), omega-3s.

Carbohydrate servings: 1

Exchanges: 1 vegetable, 4 lean meat

Tip: Wild-caught salmon from the Pacific (preferably Alaskan) is considered the best choice for the environment because it is more sustainably fished and has a larger, more stable population. Farmed salmon, including Atlantic, should be avoided, as it endangers the wild salmon population. For more information, visit Monterey Bay Aquarium Seafood Watch at seafoodwatch.org.



Veggistrone

Makes: 10 servings, 2 cups each

Active time: 1 hour

Total: 1¼ hours

To make ahead: Prepare through Step 2 and refrigerate for up to 5 days or freeze for up to 6 months; finish Step 3 just before serving.

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This vegetable-packed minestrone is inspired by a popular Weight Watchers vegetable soup recipe. It makes a big pot of soup, so keep some in the refrigerator for up to 5 days and freeze the rest in single-serve portions. That way you always have an easy, delicious vegetable soup to start your meal or to eat for lunch. Think of this vegetable minestrone recipe as a starting point for other healthy soup variations, too: toss in leftover chopped cooked chicken or whole-wheat pasta or brown rice to make it more satisfying.

- 2 tablespoons extra-virgin olive oil
- 2 cups chopped onions (2 medium)
- 2 cups chopped celery (4 medium stalks)
- 1 cup chopped green bell pepper (1 medium)
- 4 cloves garlic, minced
- 3 cups chopped cabbage
- 3 cups chopped cauliflower (about ½ medium)
- 2 cups chopped carrots (4 medium)
- 2 cups green beans, cut into 1-inch pieces, or frozen, thawed
- 8 cups low-sodium vegetable broth or chicken broth
- 2 cups water

- 1 15-ounce can tomato sauce
- 1 14-ounce can diced tomatoes
- 1 15-ounce can kidney or pinto beans, rinsed
- 1 bay leaf
- 4 cups chopped fresh spinach or one 10-ounce package frozen chopped spinach, thawed
- ½ cup thinly sliced fresh basil
- 10 tablespoons freshly grated Parmesan cheese

1. Heat oil in a large soup pot or Dutch oven (8-quart or larger) over medium heat. Add onions, celery, bell pepper and garlic; cook, stirring frequently, until softened, 13 to 15 minutes. Add cabbage, cauliflower, carrots and green beans; cook, stirring occasionally, until slightly softened, about 10 minutes more.
2. Add broth, water, tomato sauce, tomatoes, beans and bay leaf; cover and bring to a boil. Reduce heat and simmer, partially covered, until the vegetables are tender, 20 to 25 minutes. Stir in spinach and simmer for 10 minutes more.

3. Discard the bay leaf. Stir in basil. Top each portion with 1 tablespoon cheese.

Per serving: 169 calories; 5 g fat (1 g sat, 3 g mono); 4 mg cholesterol; 25 g carbohydrate; 0 g added sugars; 7 g protein; 8 g fiber; 641 mg sodium; 718 mg potassium.

Nutrition bonus: Vitamin A (123% daily value), Vitamin C (87% dv), Folate (23% dv), Potassium (21% dv), Calcium (16% dv).

Carbohydrate servings: 1½

Exchanges: ½ starch, 3 vegetable, ½ lean meat, 1 fat

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.

EatingWell reaches millions of consumers through the award-winning *EatingWell* Magazine, www.EatingWell.com, EatingWell cookbooks and licensing partners that trust EatingWell to provide healthy recipes, how-to instruction, diet and nutrition articles and custom healthy-eating solutions.

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.)

Photography by Ken Burris (pages 2-11); Peter Ardito (page 12).

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