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## EatingWell Favorite

# 20-Minute Dinners

Broiled Salmon Burgers .....	2
Skillet Chicken with Cranberries & Apples .....	3
Cornmeal-Crusted Chicken Nuggets with Blackberry Mustard .....	3
Pork Chops au Poivre .....	5
Salmon with Pepita-Lime Butter .....	5
Scallops with Garlic-Parsley Butter .....	6
Gnocchi with Zucchini Ribbons & Parsley Brown Butter .....	7
Elise's Sesame Noodles .....	7
Smoky Maple-Mustard Salmon .....	8
Florentine Ravioli .....	9
Moo Shu Vegetables .....	9
Chili-Rubbed Steaks & Pan Salsa .....	10
Fettuccine with Shiitake Mushrooms & Basil .....	10
Sicilian Olive Chicken .....	11
Five-Spice Tilapia .....	11



**EatingWell**  
WHERE GOOD TASTE MEETS GOOD HEALTH

Elise's Sesame Noodles

RECIPE FROM



## Broiled Salmon Burgers

**Makes:** 6 to 8 servings

**Active time:** 20 minutes

**Total:** 20 minutes

### Mayonnaise

- 1 cup mayonnaise
- 1 tablespoon lemon juice
- 1 tablespoon pesto

### Burgers

- 1 large egg
- ½ cup pesto
- ¾ teaspoon salt
- ¾ teaspoon freshly ground black pepper
- 1 tablespoon lemon juice
- ¼ cup Panko unseasoned Japanese bread crumbs
- 2 pounds ground salmon (*see Tip*)
- 6-8 hamburger sliced buns
- 1 large tomato, thinly sliced

**1. To mix mayonnaise:** Combine mayonnaise, lemon juice and pesto in a small bowl. Mix thoroughly. Cover and place in a Sub-Zero refrigerator.

**2. To make burgers:** In a small bowl whisk together egg, ½ cup pesto, salt, pepper, 1 tablespoon lemon juice and bread crumbs. In a large bowl using hands or spatula, mix ground salmon with bread crumb mixture. Allow to stand for 5 minutes.



**3.** Portion the mixture into 6 to 8 equal-sized balls and flatten them to 3½ to 4 inches in diameter. Broil 5 minutes. Turn burgers over and broil on second side for 4 minutes. Remove pan from oven and place on heat-proof surface. Place buns on baking sheet, cut side up. Broil 2 minutes. Remove buns from oven. Place one burger on each bun. Place 1 or 2 slices tomato on each burger with 1 tablespoon or more of the mayonnaise. Top each with toasted bun.

**Tip:** To make ground salmon, use 2 pounds trimmed salmon, or 2½ pounds if not trimmed. Grind using a meat grinder (coarse grind) or pulse in a food processor with cutting blade. If making burgers ahead, refrigerate in Sub-Zero refrigerator and increase broiling time by 1 minute per side. This recipe will work equally well in a gas oven.





## Skillet Chicken with Cranberries & Apples

**Makes:** 4 servings, about 1¼ cups each

**Active time:** 20 minutes

**Total:** 20 minutes

**To make ahead:** Cover and refrigerate the sauce (Step 4) for up to 3 days.

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Celebrate the flavors of fall with chicken cooked in a fast apple-cranberry sauce. If you prefer a less tart flavor, try dried cranberries instead of fresh. Serve with quick-cooking wild rice and roasted Brussels sprouts.

- 1 pound chicken tenders, trimmed and cut in half on the diagonal
- ¾ teaspoon dried thyme, divided
- ¾ teaspoon salt, divided
- ¼ teaspoon freshly ground pepper
- 2 tablespoons canola oil, divided
- 2 crisp red apples, such as Braeburn, Fuji or Gala, thinly sliced
- 1 large red onion, quartered and sliced
- ¾ cup apple cider or apple juice, divided
- 1 cup cranberries, fresh or frozen (thawed)
- 1 tablespoon all-purpose flour

1. Sprinkle both sides of chicken tenders with ¼ teaspoon each thyme, salt and pepper. Heat 1 tablespoon oil in a large skillet over medium-high heat. Reduce heat to medium and add the chicken. Cook, stirring, until lightly browned on all sides, 3 to 4 minutes total. Transfer to a clean plate.

2. Add the remaining 1 tablespoon oil to the pan. Add apples, onion, 2 tablespoons cider (or juice) and the remaining ½ teaspoon each thyme and salt. Stir to combine. Cook, stirring often, until the apples and onion are softened, 3 to 4 minutes. Add cranberries and sprinkle flour over everything in the pan; cook, stirring, for 1 minute. Return the chicken to the pan and pour in the remaining cider (or juice). Cover and cook, stirring once or twice, until the sauce has thickened and the chicken is cooked through, about 3 minutes more.

**Per serving:** 287 calories; 10 g fat (1 g sat, 5 g mono); 63 mg cholesterol; 26 g carbohydrate; 0 g added sugars; 24 g protein; 4 g fiber; 496 mg sodium; 415 mg potassium.

**Nutrition bonus:** Vitamin C (18% daily value).

**Carbohydrate Servings:** 2

**Exchanges:** 1½ fruit, 1 vegetable, 3 lean meat, 1½ fat

## Cornmeal-Crusted Chicken Nuggets with Blackberry Mustard

**Makes:** 4 servings

**Active time:** 20 minutes

**Total:** 20 minutes

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Tossing chicken tenders with cornmeal gives these chicken nuggets great crunch without deep-frying. Blackberries (or raspberries, if you prefer) combined with whole-grain mustard make for a sweet-and-savory dipping sauce.

- 1 cup fresh blackberries or raspberries, finely chopped
- 1½ tablespoons whole-grain mustard
- 2 teaspoons honey
- 1 pound chicken tenders, cut in half crosswise (see Tip)
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 3 tablespoons cornmeal
- 1 tablespoon extra-virgin olive oil

1. Mash blackberries (or raspberries), mustard and honey in a small bowl until it looks like a chunky sauce.

2. Sprinkle chicken tenders with salt and pepper. Place cornmeal in a medium bowl, add the chicken and toss to coat (discard any leftover cornmeal).

3. Heat oil in a large nonstick skillet over medium-high heat. Reduce heat to medium and cook the chicken, turning once or twice, until browned and just cooked through, 6 to 8 minutes total (thinner nuggets will cook faster than thicker ones). Serve the chicken nuggets with the berry mustard.



**Per serving:** 184 calories; 5 g fat (1 g sat, 3 g mono); 67 mg cholesterol; 9 g carbohydrate; 3 g added sugars; 26 g protein; 2 g fiber; 452 mg sodium; 70 mg potassium.

**Carbohydrate Servings:** 1

**Exchanges:** 1 starch, 4 lean meat, 1 fat

**Tip:** Chicken tenders are the lean strips of rib meat typically found attached to the underside of chicken breasts. They can also be purchased separately. Four 1-ounce tenders will yield a 3-ounce cooked portion. Tenders are perfect for quick stir-fries, chicken satay or kid-friendly breaded “chicken nuggets.”

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## Pork Chops au Poivre

**Makes:** 4 servings

**Active time:** 20 minutes

**Total:** 20 minutes

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Turn your dining room into a French bistro when you dress up pepper-crusted pork chops with a rich, creamy brandy sauce. Serve with roasted sweet potato slices and green beans.

- 1 teaspoon coarsely ground black pepper
- ½ teaspoon salt, divided
- 4 4-ounce boneless pork chops, ½ inch thick, trimmed
- 3 tablespoons all-purpose flour
- 2 tablespoons extra-virgin olive oil
- 1 medium shallot, minced
- ½ cup brandy
- ¼ cup reduced-fat sour cream

1. Combine pepper and ¼ teaspoon salt in a small bowl. Pat the mixture onto both sides of each pork chop. Place flour in a shallow dish; dredge each chop in the flour, shaking off any excess.

2. Heat oil in a large skillet over medium-high heat. Add the chops, reduce heat to medium and cook until browned and just cooked through, 2 to 3 minutes per side. Transfer to a plate and tent with foil to keep warm.

3. Reduce heat to medium-low. Add shallot to the pan and cook, stirring, until softened, about 1 minute. Add brandy and cook, stirring and scraping up any browned bits, until most of the liquid has evaporated, 1 to 2 minutes. Remove from the heat; stir in sour cream and the remaining ¼ teaspoon salt. Serve the pork chops with the sauce.

**Per serving:** 299 calories; 15 g fat (4 g sat, 8 g mono); 72 mg cholesterol; 3 g carbohydrate; 0 g added sugars; 22 g protein; 0 g fiber; 342 mg sodium; 319 mg potassium.

**Carbohydrate Servings:** 0

**Exchanges:** 2 lean meat, 1½ fat



## Salmon with Pepita-Lime Butter

**Makes:** 4 servings

**Active time:** 20 minutes **Total:** 20 minutes

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Lime juice, chili powder and pepitas give this salmon Mexican flair. Serve with wild rice and steamed vegetables.

- 2 tablespoons unsalted pepitas (see *Tips*)
- 1 tablespoon butter
- ½ teaspoon freshly grated lime zest
- 2 tablespoons lime juice
- ¼ teaspoon chili powder
- 1 pound salmon fillet, skinned (see *Tips*) and cut into 4 portions
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper

1. Toast pepitas (see *Tips*). Place in a small bowl with butter, lime zest, lime juice and chili powder.

2. Generously coat a large nonstick skillet with cooking spray and place over medium heat. Sprinkle salmon with salt and pepper, add to the pan and cook until browned and just cooked through in the center, 2 to 4 minutes per side. Remove the pan from the heat. Transfer the salmon to a plate. Add the butter-lime mixture to the hot pan; stir until the butter is melted. Serve the salmon topped with the sauce.

**Per serving:** 259 calories; 17 g fat (5 g sat, 5 g mono); 74 mg cholesterol; 2 g carbohydrate; 0 g added sugars; 24 g protein; 0 g fiber; 360 mg sodium; 458 mg potassium.

**Nutrition bonus:** Omega-3s.

**Carbohydrate Servings:** 0

**Exchanges:** 3 lean meat, 1 fat



### Tips:

Pepitas (hulled pumpkin seeds) can be found in the bulk-foods section of natural-foods stores or Mexican groceries. To toast, place pepitas in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

To skin salmon, place a fillet on a clean cutting board, skin side down. Starting at the tail end, slip the blade of a long, sharp knife between the fish flesh and the skin, holding the skin down firmly with your other hand. Gently push the blade along at a 30° angle, separating the fillet from the skin without cutting through either.

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RECIPE FROM



## Scallops with Garlic-Parsley Butter

**Makes:** 4 servings

**Active time:** 20 minutes

**Total:** 20 minutes

The telltale sign of a beautifully cooked scallop? A gorgeous golden-brown exterior with a nearly opalescent, medium-rare center. The key to attaining perfectly seared scallops is using a high-quality pan and dry-packed scallops, which get a much better sear than those that have been preserved in liquid.

- 1½ pounds large scallops (about 16), preferably dry-packed**
- Kosher salt to taste**
- 2 tablespoons extra-virgin olive oil**
- 3 tablespoons unsalted butter**
- ¼ cup chopped fresh parsley**
- 2 garlic cloves, minced**
- 1 lemon, cut into wedges**

1. Use paper towels to pat the scallops dry. Remove any connective tissues and season with salt. Heat the oil in a large skillet or sauté pan over medium-high heat until it shimmers, 1 to 2 minutes, then add half of the scallops.

2. Sear the scallops without moving them until nicely browned and they easily release from the pan, about 2 minutes. Use tongs or a spatula to flip the scallops and cook the other side, just long enough to warm the scallop

through, 1½ to 2 minutes. Transfer to a paper towel-lined plate and repeat with the remaining scallops.

3. Use paper towels to wipe the pan, then reduce the heat to medium and add the butter. Once melted, add the parsley and garlic and cook, stirring, until the garlic is fragrant, 15 to 30 seconds. Transfer the scallops to a platter, pour the garlic-parsley butter over the scallops, and serve with lemon wedges.

### Variation: Chile-Lime Butter

Sear the scallops as instructed. Substitute 1 tablespoon Asian chile-garlic sauce and 2 teaspoons finely grated lime zest for the garlic and parsley. Substitute lime wedges for lemon wedges. Serve sprinkled with



**Tip:** To ensure the scallops cook evenly, place them, one at a time, in the pan starting at the 12 o'clock position. Then add more scallops to the pan in a clockwise direction, being sure not to overcrowd them. After the first scallop has the proper sear, flip each scallop in the same order that you placed them in the pan, and once they are cooked, remove them from the pan in the same order.





## Gnocchi with Zucchini Ribbons & Parsley Brown Butter

**Makes:** 4 servings, 1½ cups each

**Active time:** 20 minutes **Total:** 20 minutes

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For this recipe, convenient store-bought potato gnocchi are tossed with delicate ribbons of zucchini, shallots and cherry tomatoes that have all been sautéed in nutty browned butter.

- 1 pound fresh or frozen gnocchi
- 2 tablespoons butter
- 2 medium shallots, chopped
- 1 pound zucchini (about 3 small), very thinly sliced lengthwise (see *Tip*)
- 1 pint cherry tomatoes, halved
- ½ teaspoon salt
- ¼ teaspoon grated nutmeg
- Freshly ground pepper to taste
- ½ cup grated Parmesan cheese
- ½ cup chopped fresh parsley

1. Bring a large saucepan of water to a boil. Cook gnocchi until they float, 3 to 5 minutes or according to package directions. Drain.

2. Meanwhile, melt butter in a large skillet over medium-high heat. Cook until the butter is beginning to brown, about 2 minutes. Add shallots and zucchini and cook, stirring often, until softened, 2 to 3 minutes. Add tomatoes, salt, nutmeg and pepper and continue cooking, stirring often, until the tomatoes are just starting to break down, 1 to 2 minutes. Stir in Parmesan and parsley. Add the gnocchi and toss to coat. Serve immediately.

**Per serving:** 424 calories; 10 g fat (6 g sat, 0 g mono); 25 mg cholesterol; 66 g carbohydrate; 17 g protein; 5 g fiber; 753 mg sodium; 539 mg potassium.

**Nutrition bonus:** Vitamin C (75% daily value), Vitamin A (35% dv), Calcium (28% dv).

**Carbohydrate Servings:** 4½

**Exchanges:** 2½ starch, 2 vegetable, 1 medium-fat meat, 1 fat

**Tip:** To make “ribbon-thin” zucchini, slice lengthwise with a vegetable peeler or a mandoline slicer.

## Elise's Sesame Noodles

**Makes:** 8 servings, about 1½ cups each

**Active time:** 20 minutes **Total:** 20 minutes

**To make ahead:** Prepare through Step 2, up to 2 hours in advance.

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Whole-wheat pasta bolsters fiber and nutrients in this popular Asian noodle salad.

- 1 pound whole-wheat spaghetti
- ½ cup reduced-sodium soy sauce
- 2 tablespoons sesame oil
- 2 tablespoons canola oil
- 2 tablespoons rice-wine vinegar or lime juice
- 1½ teaspoons crushed red pepper
- 1 bunch scallions, sliced, divided
- ¼ cup chopped fresh cilantro, divided (optional)
- 4 cups snow peas, trimmed and sliced on the bias
- 1 medium red bell pepper, thinly sliced
- ½ cup toasted sesame seeds

1. Bring a large pot of water to a boil. Cook spaghetti until just tender, 9 to 11 minutes or according to package directions. Drain; rinse under cold water.

2. Meanwhile, whisk soy sauce, sesame oil, canola oil, vinegar (or lime juice), crushed red pepper, ¼ cup scallions and 2 tablespoons cilantro (if using). Add noodles, snow peas and bell pepper; toss to coat.

3. To serve, mix in sesame seeds and garnish with the remaining scallions and cilantro.



**Per serving:** 343 calories; 12 g fat (2 g sat, 6 g mono); 0 mg cholesterol; 51 g carbohydrate; 0 g added sugars; 12 g protein; 10 g fiber; 542 mg sodium; 336 mg potassium.

**Nutrition bonus:** Vitamin C (103% daily value), Vitamin A (40% dv), Magnesium (33% dv), Iron (26% dv), Folate (17% dv), Zinc (15% dv).

**Carbohydrate Servings:** 3

**Exchanges:** 3 starch, 1 vegetable, 2 fat

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## Smoky Maple-Mustard Salmon

**Makes:** 4 servings

**Active time:** 5 minutes

**Total:** 15 minutes

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It doesn't get much easier—or more delicious—than this speedy recipe for roast salmon topped with a smoky maple-mustard sauce. The sweetness of the maple balances the tangy mustard; smoked paprika or ground chipotle adds another layer of flavor. Ask at the fish counter to have the salmon cut into four 4-ounce fillets with the skin removed. Serve with roasted green beans and whole-wheat couscous tossed with pecans and chives.

- 3 tablespoons whole-grain or Dijon mustard
- 1 tablespoon pure maple syrup
- ¼ teaspoon smoked paprika or ground chipotle pepper (see *Tips*)
- ¼ teaspoon freshly ground pepper
- ⅛ teaspoon salt
- 4 4-ounce skinless center-cut wild-caught salmon fillets (see *Tips*)

1. Preheat oven to 450°F. Line a baking sheet with foil and coat with cooking spray.
2. Combine mustard, maple syrup, paprika (or chipotle), pepper and salt in a small bowl. Place salmon fillets on the prepared baking sheet. Spread the mustard mixture evenly on the salmon. Roast until just cooked through, 8 to 12 minutes.

**Per serving:** 148 calories; 4 g fat (1 g sat, 2 g mono); 53 mg cholesterol; 4 g carbohydrate; 3 g added sugars; 23 g protein; 0 g fiber; 276 mg sodium; 434 mg potassium.

**Nutrition bonus:** Omega-3s.

**Carbohydrate Servings:** 0

**Exchanges:** 3 lean meat

### Tips:

Smoked paprika is made from smoke-dried red peppers and adds earthy, smoky flavor. Look for different types of paprika at some large supermarkets or at [tienda.com](http://tienda.com) or [penzeys.com](http://penzeys.com).

Chipotle peppers are dried, smoked jalapeño peppers. Ground chipotle chile pepper can be found in the spice section of most supermarkets or online at [penzeys.com](http://penzeys.com).

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](http://seafoodwatch.org).

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## Florentine Ravioli

**Makes:** 4 servings, about 1½ cups each

**Active time:** 20 minutes

**Total:** 20 minutes

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The flavors of Italy are best expressed in simplicity: a dash of spices, a little oil and dinner's on the table in minutes—especially if you use frozen spinach and frozen pasta.

- 1 20-ounce package frozen cheese ravioli or tortellini (4 cups; *see Tip*)
- 6 teaspoons extra-virgin olive oil, divided
- 4 cloves garlic, minced
- ¼ teaspoon salt
- ½–¾ teaspoon crushed red pepper
- 1 16-ounce bag frozen chopped or whole-leaf spinach
- ½ cup water
- ¼ cup freshly grated Parmesan cheese

1. Bring a large pot of water to a boil; cook ravioli (or tortellini) according to package directions.



2. Meanwhile, heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add garlic and cook, stirring, until fragrant, about 30 seconds. Add salt, crushed red pepper to taste, spinach and water. Cook, stirring frequently, until the spinach has thawed, wilted and heated through, 5 to 7 minutes. Divide among 4 bowls, top with the pasta and drizzle 1 teaspoon of the remaining oil over each portion. Serve immediately with a sprinkle of Parmesan.

**Per serving:** 277 calories; 13 g fat (4 g sat, 7 g mono); 25 mg cholesterol; 28 g carbohydrate; 0 g added sugars; 14 g protein; 6 g fiber; 654 mg sodium; 706 mg potassium.

**Nutrition bonus:** Vitamin A (270% daily value), Vitamin C (50% dv), Folate (44% dv), Calcium (35% dv), Potassium (20% dv).

**Carbohydrate Servings:** 2

**Exchanges:** 1½ starch, 1 vegetable, 2½ fat

**Tip:** When buying frozen ravioli or tortellini, be sure to read the label—the fat content per serving can vary widely according to brand.

## Moo Shu Vegetables

**Makes:** 4 servings, about 1¼ cups each

**Active time:** 20 minutes

**Total:** 20 minutes

☒ Heart Health ☐ Diabetes ☒ Weight Loss ☒ Gluten Free

This vegetarian version of the classic Chinese stir-fry, Moo Shu, uses already-shredded vegetables to cut down on the prep time. Serve with warm whole-wheat tortillas, Asian hot sauce and extra hoisin if desired.

- 3 teaspoons toasted sesame oil, divided
- 4 large eggs, lightly beaten
- 2 teaspoons minced fresh ginger
- 2 cloves garlic, minced
- 1 12-ounce bag shredded mixed vegetables, such as “rainbow salad” or “broccoli slaw”
- 2 cups mung bean sprouts
- 1 bunch scallions, sliced, divided
- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon rice vinegar
- 2 tablespoons hoisin sauce (*see Tip*)

1. Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add eggs; cook, stirring gently, until set, 2 to 3 minutes. Remove to a plate.

2. Wipe out the pan and heat the remaining 2 teaspoons oil over medium heat. Add ginger and garlic and cook, stirring, until softened and fragrant, 1 minute. Add shredded vegetables, bean sprouts, half the sliced scallions, soy sauce and vinegar. Stir to combine. Cover and cook, stirring once or twice, until the vegetables are just tender, about 3 minutes. Add the reserved eggs and hoisin; cook, uncovered, stirring and breaking up the scrambled eggs, until heated through, 1 to 2 minutes. Stir in the remaining scallions and remove from the heat.



**Per serving:** 171 calories; 9 g fat (2 g sat, 4 g mono); 212 mg cholesterol; 14 g carbohydrate; 1 g added sugars; 11 g protein; 4 g fiber; 328 mg sodium; 226 mg potassium.

**Nutrition bonus:** Vitamin C (20% daily value), Folate (17% dv).

**Carbohydrate Servings:** 1

**Exchanges:** 2 vegetable, 1 medium fat meat, 1 fat

**Tip:** Hoisin sauce is a dark brown, thick, spicy-sweet sauce made from soybeans and a complex mix of spices. Look for it in the Asian section of your supermarket and in Asian markets.

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## Chili-Rubbed Steaks & Pan Salsa

**Makes:** 2 servings

**Active time:** 20 minutes

**Total:** 20 minutes

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Any cut of steak will work for this recipe, but we especially like the flavor and texture of rib-eye with these seasonings; look for steak that has been thinly cut.

**8 ounces ½-inch-thick steaks, such as rib-eye, trimmed of fat and cut into 2 portions**

**1 teaspoon chili powder**

**½ teaspoon kosher salt, divided**

**1 teaspoon extra-virgin olive oil**

**2 plum tomatoes, diced**

**2 teaspoons lime juice**

**1 tablespoon chopped fresh cilantro**

**1.** Sprinkle both sides of steak with chili powder and ¼ teaspoon salt. Heat oil in a medium skillet over medium-high heat. Add the steaks and cook, turning once, 1 to 2 minutes per side for medium-rare. Transfer the steaks to a plate, cover with foil and let rest while you make the salsa.

**2.** Add tomatoes, lime juice and the remaining ¼ teaspoon salt to the pan and cook, stirring often, until the tomatoes soften, about 3 minutes. Remove from heat, stir in cilantro and any accumulated juices from the steaks. Serve the steaks topped with the salsa.

**Per serving:** 174 calories; 9 g fat (3 g sat, 4 g mono); 60 mg cholesterol; 4 g carbohydrate; 0 g added sugars; 20 g protein; 1 g fiber; 336 mg sodium; 421 mg potassium.

**Nutrition bonus:** Zinc (27% daily value), Vitamin A (20% dv), Vitamin C (15% dv).

**Carbohydrate Servings:** 0

**Exchanges:** 1 vegetable, 3 lean meat

## Fettuccine with Shiitake Mushrooms & Basil

**Makes:** 4 servings, ½ cups each

**Active time:** 10 minutes

**Total:** 20 minutes

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In this fresh-tasting whole-wheat pasta recipe, lemon zest accents the basil beautifully.

**2 tablespoons extra-virgin olive oil**

**3 cloves garlic, minced**

**2 ounces shiitake mushrooms, stemmed and sliced (1½ cups)**

**2 teaspoons freshly grated lemon zest**

**2 tablespoons lemon juice**

**¼ teaspoon salt, or to taste**

**Freshly ground pepper to taste**

**8 ounces whole-wheat fettuccine or spaghetti**

**½ cup freshly grated Parmesan cheese (1 ounce)**

**½ cup chopped fresh basil, divided**

**1.** Bring a large pot of lightly salted water to a boil for cooking pasta.

**2.** Heat oil in large nonstick skillet over low heat. Add garlic and cook, stirring, until fragrant but not browned, about 1 minute. Add mushrooms and increase heat to medium-high; cook, stirring occasionally, until tender and lightly browned, 4 to 5 minutes. Stir in lemon zest, lemon juice, salt and pepper. Remove from the heat.

**3.** Meanwhile, cook pasta, stirring occasionally, until just tender, 9 to 11 minutes or according to package directions. Drain, reserving ½ cup cooking liquid.

**4.** Add the pasta, the reserved cooking liquid, Parmesan and ¼ cup basil to the mushrooms in the skillet; toss to coat well. Serve immediately, garnished with remaining basil.



**Per serving:** 311 calories; 11 g fat (3 g sat, 6 g mono); 9 mg cholesterol; 44 g carbohydrate; 0 g added sugars; 13 g protein; 8 g fiber; 307 mg sodium; 125 mg potassium.

**Nutrition bonus:** Fiber (28% daily value), Calcium (14% dv).

**Carbohydrate Servings:** 2½

**Exchanges:** 2½ starch, 1 lean meat, 1 fat

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## Sicilian Olive Chicken

**Makes:** 4 servings

**Active time:** 20 minutes **Total:** 20 minutes

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This saucy one-skillet chicken dish is full of tomatoes, spinach, olives and capers. Try Kalamata olives in place of the green Sicilians or a combination of both. Serve over whole-wheat egg noodles.

- 1 14-ounce can petite diced tomatoes with garlic and olive oil or other Italian-style seasoning
- 1½ cups frozen chopped spinach, thawed
- ⅓ cup halved Sicilian or other green olives
- 1 tablespoon capers, rinsed
- ¼ teaspoon crushed red pepper, or to taste
- 4 4-ounce chicken cutlets (see *Tip*)
- ¼ teaspoon freshly ground pepper
- 1 tablespoon extra-virgin olive oil

1. Combine tomatoes, spinach, olives, capers and crushed red pepper in a bowl. Sprinkle both sides of chicken with pepper.

2. Heat oil in a large skillet over medium-high heat. Cook the chicken until browned on one side, 2 to 4 minutes. Turn it over; top with the tomato mixture. Reduce heat to medium, cover and cook until cooked through, 3 to 5 minutes.

**Per serving:** 210 calories; 8 g fat (2 g sat, 5 g mono); 63 mg cholesterol; 8 g carbohydrate; 0 g added sugars; 26 g protein; 3 g fiber; 527 mg sodium; 401 mg potassium.

**Nutrition bonus:** Vitamin A (151% daily value), Vitamin C (32% dv), Folate (22% dv), Magnesium (17% dv).

**Carbohydrate Servings:** ½

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

**Tip:** If you can't find chicken cutlets for this recipe, you can make your own. Purchase four 5-ounce chicken breasts. Remove the tenders and trim the fat. Place the chicken between pieces of plastic wrap. Pound with a rolling pin, meat mallet or heavy skillet until flattened to about ½ inch thick.



## Five-Spice Tilapia

**Makes:** 4 servings

**Active time:** 15 minutes

**Total:** 15 minutes

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Chinese five-spice powder, soy sauce and brown sugar make a quick glaze for tilapia. You'll need a skillet that is 12 inches or larger to accommodate the pound of tilapia fillets—if you don't have one large enough, use 2 smaller skillets instead or cook them in two separate batches, using more oil as necessary.

- 1 pound tilapia fillets
- 1 teaspoon Chinese five-spice powder (see *Tip*)
- ¼ cup reduced-sodium soy sauce
- 3 tablespoons light brown sugar
- 1 tablespoon canola oil
- 3 scallions, thinly sliced

1. Sprinkle both sides of tilapia fillets with five-spice powder. Combine soy sauce and brown sugar in a small bowl.

2. Heat oil in a large nonstick skillet over medium-high heat. Add the tilapia and cook until the outer edges are opaque, about 2 minutes. Reduce heat to medium, turn the fish over, stir the soy mixture and pour into the pan. Bring the sauce to a boil and cook until the fish is cooked through and the sauce has thickened slightly, about 2 minutes more. Add scallions and remove from the heat. Serve the fish drizzled with the pan sauce.

**Per serving:** 180 calories; 6 g fat (1 g sat, 3 g mono); 57 mg cholesterol; 9 g carbohydrate; 9 g added sugars; 24 g protein; 0 g fiber; 596 mg sodium; 411 mg potassium.

**Carbohydrate Servings:** 1

**Exchanges:** 1 carbohydrate (other), 3 lean meat, 1 fat

**Tip:** Five-spice powder is a blend of cinnamon, cloves, fennel seed, star anise and Szechuan peppercorns. Look for it in the spice section at the market or with other Asian ingredients.



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- 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...



has limited saturated fat.



is low in calories and meets limits for Carbohydrate Servings.



has reduced calories (and limited saturated fat).



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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