

# SPRING DINNER PLAN: WEEK 1



## THIS WEEK'S MENU

**Sunday:**

Arugula &  
Radish Salad  
with Feta  
Vinaigrette

**Monday:**

Crispy  
Glazed Tofu  
with Bok Choy

**Tuesday:**

Salisbury Steak  
with Sweet  
Paprika Sauce

**Wednesday:**

Black Bean  
Quesadillas

**Thursday:**

Seared Tuna  
Tataki Quinoa  
Bowl

**Friday:**

Scallion-Dill  
Potato Salad

**Saturday:**

Quick  
Shepherd's Pie



## Spring Dinner Plan: Sunday



**MAKE IT A MEAL:  
SERVE WITH  
GRILLED CHICKEN  
BREAST**

### **RADISH, WATERCRESS & ARUGULA SALAD WITH FETA VINAIGRETTE**

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

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

*Sweet, rich-flavored Marcona almonds and salty feta cheese balance the flavor of the peppery greens and radishes in this arugula salad recipe. Always skinned, most Marcona almonds have already been sautéed in oil and lightly salted when you get them. Look for them in specialty stores and online at tienda.com.*

- 1/4 cup finely crumbled feta cheese
- 3 tablespoons extra-virgin olive oil

- 2 tablespoons white-wine vinegar
- 1 tablespoon finely chopped shallot
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 3 cups baby arugula
- 3 cups watercress, any tough stems removed
- 2 cups halved and sliced radishes (from 2 bunches)
- 3 tablespoons chopped fresh tarragon
- 1/4 cup coarsely chopped almonds, preferably Marcona almonds

Whisk feta, oil, vinegar, shallot, salt and pepper in a large bowl until well combined. Add arugula, watercress, radishes and tarragon; toss to coat. Top with almonds just before

serving.

**SERVES 4:** ABOUT 1/4 CUPS EACH

**Calories** 191, **Fat** 17g (sat 3g), **Cholesterol** 8mg, **Carbs** 6g, **Total sugars** 2g (added 0g), **Protein** 5g, **Fiber** 2g, **Sodium** 344mg, **Potassium** 372mg.

**Nutrition bonus:** Vitamin C (37% daily value), Vitamin A (25% dv).

**Carbohydrate servings:** 1/2

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

# Spring Dinner Plan: Monday

## CRISPY GLAZED TOFU WITH BOK CHOY

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

**ACTIVE:** 35 MIN **TOTAL:** 35 MIN

*Pressing tofu helps extract liquid so it cooks up perfectly in this healthy Chinese tofu recipe. Look for plum sauce—a sweet-and-sour condiment—near other Chinese sauces in most supermarkets.*

- 1 14-ounce package extra-firm water-packed tofu, drained
- ¼ cup plum sauce
- 3 tablespoons ketchup
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon Shao Hsing rice wine (see *Tips*)
- 2 teaspoons canola oil plus 1 tablespoon, divided
- 3 scallions, trimmed and cut into 2-inch lengths
- 1 teaspoon minced garlic
- 1 teaspoon minced fresh ginger
- 4 baby bok choy, quartered lengthwise
- ¼ cup water
- 1 teaspoon toasted sesame seeds (see *Tips*)

1. Fold a kitchen towel in half and place on a cutting board. Cut tofu in half horizontally and set on the towel. Put another folded towel and a weight (such as a heavy skillet) on the tofu; let drain for 15 minutes.
2. Meanwhile, whisk plum sauce, ketchup, soy sauce and rice wine in a small bowl and place near the stove.
3. Cut the pressed tofu into ¾-inch cubes and place near the stove.
4. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add scallions, garlic and ginger; cook, stirring, for 30 seconds. Add bok choy and cook, turning, until bright green, 1 to 2 minutes. Add water, cover and steam until tender, about 2 minutes. Transfer everything to a plate. Wipe the pan dry.
5. Return the pan to medium-high heat, add the remaining 1 tablespoon oil and heat until shimmering. Add the tofu in a single layer. Cook, without stirring, until starting to brown, 2 to 3 minutes. Stir and continue



**MAKE IT A MEAL:  
SERVE WITH  
STEAMED BROWN  
JASMINE  
RICE**

cooking, stirring frequently, until brown on all sides, 6 to 8 minutes more. Add the sauce; cook, stirring, until the tofu is well coated, 1 to 2 minutes. Serve with the bok choy, sprinkled with sesame seeds.

**SERVES 4:** ½ CUP TOFU & 1¼ CUPS BOK CHOY EACH

**Calories** 209, **Fat** 11g (sat 1g), **Cholesterol** 0mg, **Carbs** 18g, **Total sugars** 5g (added 2g), **Protein** 12g, **Fiber** 3g, **Sodium** 557mg, **Potassium** 922mg.

**Nutrition bonus:** Vitamin A (148% daily value),

Vitamin C (79% dv), Calcium (38% dv), Potassium (26% dv), Folate (25% dv), Iron (23% dv), Magnesium (17% dv).

**Carbohydrate servings:** 1

**Exchanges:** 1 other carbohydrate, 1 vegetable, 1 lean meat, 1 fat

## TIPS

- Shao Hsing (or Shaoxing) is a seasoned rice wine used in Chinese cooking to flavor sauces, marinades and stir-fries.

Look for it in Asian specialty markets or with other Asian ingredients in large supermarkets. Dry sherry can be used as a substitute.

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



## Spring Dinner Plan: Tuesday

### SALISBURY STEAK WITH SWEET PAPRIKA SAUCE

- Heart Health  Diabetes
- Weight Loss  Gluten Free

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

*In this easy steak recipe made with ground beef, Salisbury steaks are matched with a creamy paprika and roasted red pepper sauce.*

- 2 tablespoons extra-virgin olive oil, divided
- 2 cups thinly sliced onions
- 2 teaspoons minced garlic
- 1½ tablespoons paprika, preferably sweet Hungarian, plus 2 teaspoons, divided
- ¼ cup diced jarred roasted red peppers or piquillo peppers
- 1 cup low-sodium chicken broth
- 1 tablespoon chopped fresh basil
- ⅓ cup reduced-fat sour cream
- ¾ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- 1 pound ground beef (85% lean or leaner)
- 2 teaspoons finely chopped shallot

**1.** Heat 1 tablespoon oil in a large saucepan over medium heat. Add onions, cover and cook, stirring, until the onions are quite soft and beginning to color, 6 to 10 minutes. Reduce heat to medium-low and add garlic and 1½ tablespoons paprika; cook, stirring, for 1 minute more.

**2.** Combine roasted peppers and broth in a mini food processor (or blender) and process until smooth. Add to the pan along with basil; stir, scraping up any browned bits. Increase heat to medium-high and bring to a boil. Cook until thickened and much of the liquid has evaporated, 5 to 7 minutes. Remove from heat and stir in sour cream and ¼ teaspoon each salt and pepper. Cover to keep warm.

**3.** Meanwhile, combine beef, shallot, the remaining 2 teaspoons paprika, ½ teaspoon salt and ¼ teaspoon pepper in a medium bowl. Gently mix with a fork until just incorporated (avoid overmixing). Form into 4 oval-shaped Salisbury steaks, ¾ to 1 inch thick.

**4.** Heat remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add



**MAKE IT A MEAL:  
SERVE WITH  
SMASHED NEW  
POTATOES  
& SAUTEED  
KALE**

steaks and cook until browned on the bottom, about 3 minutes. Turn over, reduce heat to medium and cook until browned on other side, about 3 minutes. Continue cooking, turning two more times until an instant-read thermometer inserted into the center registers 165°F, 2 to 3 minutes more per side. Serve the steaks with the sauce.

**SERVES 4:** 1 STEAK & ⅓ CUP SAUCE EACH

**Calories** 290, **Fat** 18g (sat 6g), **Cholesterol** 72mg, **Carbs** 14g, **Total sugars** 4g (added 0g), **Protein** 22g, **Fiber** 3g, **Sodium** 611mg,

**Potassium** 297mg.

**Nutrition bonus:** Vitamin A (44% daily value), Iron (17% dv).

**Carbohydrate servings:** 1

**Exchanges:** 2 vegetable, 2½ lean meat, 2 fat

# Spring Dinner Plan: Wednesday

## BLACK BEAN QUESADILLAS

Heart Health  Diabetes

Weight Loss  Gluten Free

**ACTIVE:** 15 MIN **TOTAL:** 15 MIN

*In a hurry? These satisfying quesadillas take just 15 minutes to make. We like them with black beans, but pinto beans work well too. If you like a little heat, be sure to use pepper Jack cheese in the filling.*

- 1 15-ounce can black beans, rinsed
- ½ cup shredded Monterey Jack cheese, preferably pepper Jack
- ½ cup prepared fresh salsa (see Tip), divided
- 4 8-inch whole-wheat tortillas
- 2 teaspoons canola oil, divided
- 1 ripe avocado, diced

**1.** Combine beans, cheese and ¼ cup salsa in a medium bowl. Place tortillas on a work surface. Spread ½ cup filling on half of each tortilla. Fold tortillas in half, pressing gently to flatten.

**2.** Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add 2 quesadillas and cook, turning once, until golden on both sides, 2 to 4 minutes total. Transfer to a cutting board and tent with foil to keep warm. Repeat with the remaining 1 teaspoon oil and quesadillas. Serve the quesadillas with avocado and the remaining salsa.

### SERVES 4

**Per serving:** 377 calories; 16 g fat (5 g sat, 8 g mono); 13 mg cholesterol; 46 g carbohydrate; 0 g added sugars; 13 g protein; 10 g fiber; 679 mg sodium; 581 mg potassium.

**Nutrition bonus:** Calcium (25% daily value), Folate (23% dv), Iron (19% dv), Potassium (17% dv).

**MAKE IT A MEAL:  
SERVE WITH  
A MIXED GREEN  
SALAD**



## TIPS

Look for prepared fresh salsa in the supermarket refrigerator section near other dips and spreads.



# Spring Dinner Plan: Thursday

## SEARED TUNA TATAKI QUINOA BOWL

- Heart Health  Diabetes
- Weight Loss  Gluten Free

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

*Tataki is a Japanese cooking technique where meat or fish is flash-seared, sliced, then given a quick, gingery marinade. Here we place naturally lean ahi tuna on top of a satisfying quinoa, vegetable and seaweed salad that's conveniently dressed with some of the flavor-packed tataki marinade.*

- 1 cup thinly sliced red onion
- ¼ cup reduced-sodium soy sauce
- 3 tablespoons lime juice
- 2 tablespoons mirin (see Tips)
- 1 tablespoon finely grated ginger
- 2 cups water
- 1 cup quinoa
- 1 pound ahi (yellowfin) tuna (see Tips)
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 3 tablespoons canola oil, divided
- 1⅓ cups matchstick-cut carrots
- 1⅓ cups matchstick-cut seeded cucumber
- 4 sheets toasted nori, snipped into ½-inch squares

1. Combine onion, soy sauce, lime juice, mirin and ginger in a 7-by-11-inch (or similar-size) baking dish. Set aside to marinate.
2. Bring water to a boil in a medium saucepan. Stir in quinoa. Reduce heat to a simmer, cover and cook until the grains are tender and reveal their spiraled germ, about 15 minutes. Remove from heat, uncover and fluff.
3. Meanwhile, season tuna on both sides with salt and pepper. Heat 1 tablespoon oil in a large skillet over high heat. Add tuna and sear for 1 minute on each side for medium-rare. Transfer to a cutting board and cut into ½-inch slices. Remove the onions from the marinade with a slotted spoon and reserve; transfer the sliced tuna to the marinade. Gently toss to coat and let sit 5 minutes. Use tongs to transfer the tuna back to the cutting board and cut into cubes.
4. Add the remaining 2 tablespoons oil to the marinade; stir 3 tablespoons of the mixture into the quinoa. Divide the quinoa among 4 shallow bowls and top with equal



portions of the tuna, reserved onions, carrot, cucumber and nori. Drizzle with the remaining marinade and serve immediately.

### SERVES 4

**Calories** 431, **Fat** 14g (sat 1g), **Cholesterol** 44mg, **Carbs** 39g, **Total sugars** 8g (added 0g), **Protein** 36g, **Fiber** 5g, **Sodium** 757mg, **Potassium** 974mg.

**Nutrition bonus:** Vitamin A (93% daily value), Vitamin B12 (39% dv), Magnesium (36% dv), Potassium (28% dv), Folate (25% dv), Iron (19% dv), Vitamin C (15% dv).

## TIPS

- Mirin is a sweet, low-alcohol rice wine essential in Japanese cooking. Look for it in your supermarket with the Asian or gourmet ingredients. It will keep for several months in the refrigerator. An equal portion of sherry or white wine with a pinch of sugar can be used as a substitute.
- When choosing ahi (yellowfin) tuna, look for U.S.-caught fish (from the Atlantic or the Pacific)—it's most likely to be sustainably fished. For more information about choosing sustainable seafood, visit [seafoodwatch.org](http://seafoodwatch.org).



## Spring Dinner Plan: Friday

**MAKE IT A MEAL:  
SERVE WITH  
ROASTED PORK  
TENDERLOIN  
& ROASTED  
GREEN BEANS**



### SCALLION-DILL POTATO SALAD

Heart Health  Diabetes  
 Weight Loss  Gluten Free

**ACTIVE:** 25 MIN **TOTAL:** 40 MIN

**TO MAKE AHEAD:** Cover and refrigerate for up to 1 day.

*In this healthy potato salad recipe, yogurt replaces mayonnaise to create a creamy dressing spiked with scallions and dill.*

- 1½ pounds unpeeled red or yellow potatoes, halved or quartered
- ¾ cup nonfat plain yogurt

- 4 scallions, sliced
- 3 tablespoons minced fresh dill
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper

1. Bring 2 inches of water to a boil in a large pot fitted with a steamer basket. Add potatoes, cover and cook until tender, 12 to 15 minutes. Let cool to room temperature.
2. Combine yogurt, scallions, dill, salt and pepper in a large bowl. Add the cooled potatoes and toss to coat.

**SERVES 4:** ABOUT 1 CUP EACH

**Calories** 150, **Fat** 0g (sat 0g), **Cholesterol** 1mg, **Carbs** 32g, **Total sugars** 6g (added 0g), **Protein** 6g, **Fiber** 3g, **Sodium** 359mg, **Potassium** 939mg.  
**Nutrition bonus:** Vitamin C (30% daily value), Potassium (27% dv).



## Spring Dinner Plan: Saturday



### QUICK SHEPHERD'S PIE

- Heart Health  Diabetes
- Weight Loss  Gluten Free

**ACTIVE:** 35 MIN **TOTAL:** 35 MIN

*This re-imagining of the casserole classic calls for flavorful lean ground lamb, which isn't always easy to find. Ask your butcher to grind it for you or, to make your own, start with a lean cut, such as leg or loin, trimmed of any excess fat and cut into ¾-inch pieces. Pulse briefly in a food processor just until uniformly ground. If you like, use lean ground beef or turkey instead.*

- 1 pound Yukon Gold potatoes, cut into 1-inch chunks
- ¼ cup low-fat milk
- 2 tablespoons butter
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- 1 tablespoon extra-virgin olive oil

- 1 pound lean ground lamb
- 1 medium onion, finely chopped
- 2 cups chopped carrots
- 3 tablespoons all-purpose flour
- 1 tablespoon chopped fresh oregano
- 1 14-ounce can reduced-sodium chicken broth
- 1 cup frozen corn, thawed

1. Bring 2 inches of water to a boil in a large pot fitted with a steamer basket. Add potatoes and steam until tender, 10 to 12 minutes. Drain and return the potatoes to the pot. Add milk, butter and ¼ teaspoon each salt and pepper. Mash together to a chunky consistency. Cover to keep warm.
2. Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add lamb, onion, carrots and the remaining ¼ teaspoon each salt and pepper; cook, stirring, until the lamb

is no longer pink, 6 to 8 minutes. Sprinkle flour and oregano over the mix and cook, stirring, for 1 minute. Add broth and corn; bring to a simmer and cook, stirring, until thickened, 3 to 5 minutes more.

**3.** Ladle the lamb stew into 4 bowls and top with the potatoes.

**SERVES 4:** 1¼ CUPS STEW & ½ CUP POTATOES EACH

**Calories** 410, **Fat** 16g (sat 6g), **Cholesterol** 74mg, **Carbs** 43g, **Total sugars** 7g (added 0g), **Protein** 25g, **Fiber** 5g, **Sodium** 630mg, **Potassium** 1,167mg.

**Nutrition bonus:** Vitamin A (220 % daily value), Potassium (33% dv), Vitamin B12 (28% dv), Vitamin C (25% dv), Zinc (23% dv), Folate (19% dv), Magnesium (18% dv), Iron (17% dv)

**Carbohydrate servings:** 3

**Exchanges:** 2 starch, 1½ vegetable, 2½ lean meat, 2 fat



# SPRING DINNER PLAN: WEEK 2



## THIS WEEK'S MENU

**Sunday:**

Flat-Iron  
Steak Salad  
with Mustard-  
Anchovy  
Dressing

**Monday:**

Southwest  
Quinoa  
Cakes

**Tuesday:**

Quick  
Chicken  
Parmesan

**Wednesday:**

Salmon &  
Asparagus  
Farro Bowl

**Thursday:**

Tofu  
Stroganoff

**Friday:**

Roasted  
Radishes &  
Leeks with  
Thyme

**Saturday:**

Roasted  
Cabbage with  
Chive-Mustard  
Vinaigrette



# Spring Dinner Plan: Sunday

## FLAT-IRON STEAK SALAD WITH MUSTARD-ANCHOVY DRESSING

Heart Health  Diabetes

Weight Loss  Gluten Free

**ACTIVE:** 35 MIN **TOTAL:** 1½ HRS

**TO MAKE AHEAD:** Marinate steaks (Step 1), prepare dressing (Step 2) and refrigerate for up to 1 day. Let stand at room temperature for 40 minutes before cooking.

*Flat-iron steak is quite tender; cook this lean cut of steak to medium-rare for the best flavor.*

### STEAKS

- 3 tablespoons extra-virgin olive oil
- 1 tablespoon minced garlic
- 1 tablespoon finely chopped fresh thyme
- 2 teaspoons finely chopped fresh sage
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper
- 4 flat-iron steaks (¾ inch thick, about 1½ pounds total), trimmed, or 1 flank steak, cut crosswise into 4 equal pieces

### SALAD

- 3 tablespoons red-wine vinegar
- 1 tablespoon Dijon mustard
- 3 anchovy fillets or ½ teaspoons anchovy paste
- 1 clove garlic
- ½ teaspoon freshly ground pepper
- ¼ cup extra-virgin olive oil
- 12 cups frisée or curly endive, torn into pieces
- ½ cup crumbled blue cheese

- 1. To marinate steaks:** Combine 3 tablespoons oil, minced garlic, thyme, sage, salt and 1 teaspoon pepper in a gallon-size sealable plastic bag. Add steaks and turn the bag several times to coat them. Let the steaks marinate for 1 hour at room temperature or refrigerate for up to 1 day.
- 2. To prepare dressing:** Place vinegar, mustard, anchovy, garlic clove and ½ teaspoon pepper in a mini food processor (or blender) and process until smooth, scraping down the sides with a rubber spatula as needed. Add ¼ cup oil and process until creamy. Set aside for up to 1 hour or refrigerate for up to 1 day.
- 3. To cook steaks:** Heat a ridged grill pan over medium-high heat until hot or preheat



a grill to medium-high.

- 4.** Remove the steaks from the marinade. (Discard marinade.) Grill the steaks (two at a time, if using a grill pan) until browned on both sides and an instant-read thermometer inserted into the center registers 125° to 130°F for medium-rare, 2 to 4 minutes per side. Transfer to a clean cutting board.
- 5. To finish the salad:** Toss frisée (or endive) with the dressing in a large bowl. Divide among 6 plates. Slice the steak diagonally across the grain into ¼-inch-thick slices. Top the salads with the steak and sprinkle with blue cheese.

**SERVES 6:** 2 CUPS SALAD, 3 OZ. STEAK & 1 GENEROUS TBSP. CHEESE EACH

**Calories** 363, **Fat** 26g (sat 7g), **Cholesterol** 79mg, **Carbs** 4g, **Total sugars** 0g (added 0g), **Protein** 28g, **Fiber** 3g, **Sodium** 589mg, **Potassium** 635mg.

**Nutrition bonus:** Vitamin A (46% daily value), Folate (39% dv), Zinc (35% dv), Vitamin B12 (28% dv), Potassium (18% dv).

**Carbohydrate servings:** 0

**Exchanges:** ½ vegetable, 3½ lean meat, ½ high-fat meat, 3 fat



# Spring Dinner Plan: Monday

## SOUTHWEST QUINOA CAKES

Heart Health  Diabetes

Weight Loss  Gluten Free

**ACTIVE:** 35 MIN **TOTAL:** 1 HR

**TO MAKE AHEAD:** Cover and refrigerate the salsa (Step 5) for up to 3 days; bring to room temperature before serving.

**EQUIPMENT:** Nonstick muffin tin with 12 (½-cup) cups

*This healthy quinoa cake recipe is packed with protein from the black beans, eggs, cottage cheese and quinoa. We like to serve the quinoa cakes with a mouthwatering and incredibly easy blender salsa; if you don't like the heat, leave out the chipotle pepper. We like the look of red quinoa, but any color quinoa will work just as well.*

- 2 cups water
- 1 cup quinoa, preferably red quinoa
- 4 large eggs, lightly beaten
- 1 cup canned black beans, rinsed
- ¾ cup reduced-fat cottage cheese
- ¼ cup sliced scallions
- 2 tablespoons all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon salt, plus a pinch, divided
- 1 cup shredded pepper Jack cheese
- 1 14-ounce can fire-roasted diced tomatoes
- 1 clove garlic
- 1 small chipotle pepper in adobo sauce (see Tip)
- ¼ cup chopped fresh cilantro
- 1 avocado, chopped

1. Preheat oven to 375°F. Coat a 12-cup nonstick muffin tin with cooking spray.
2. Bring water to a boil in a medium saucepan. Stir in quinoa. Reduce to a simmer, cover and cook until the grains are tender and reveal their spiraled germ, about 15 minutes. Transfer to a large bowl and let cool for about 10 minutes.
3. Add eggs, beans, cottage cheese, scallions, flour, baking powder and ¼ teaspoon salt to the quinoa and stir until well combined. Divide the mixture among the muffin cups (about ¼ cup each). Top each quinoa cake with about 1 tablespoon cheese.
4. Bake the cakes until puffed and a little brown on top, about 20 minutes. Let cool



**MAKE IT A MEAL:**  
SERVE WITH  
ROASTED  
ZUCCHINI TOSSED  
WITH CILANTRO  
AND A SQUEEZE  
OF LIME

## TIP

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

in the pan for 5 minutes. Gently loosen and remove with a paring knife.

5. Meanwhile, place tomatoes, garlic, chipotle pepper and a pinch of salt in a blender and puree until smooth. Transfer to a small bowl and stir in cilantro.

6. Serve the cakes with the salsa and avocado.

**SERVES 6:** 2 CAKES & ¼ CUP SALSA EACH

**Calories** 365, **Fat** 17g (sat 6g), **Cholesterol** 140mg, **Carbs** 35g, **Total sugars** 6g (added 0g), **Protein** 19g, **Fiber** 7g, **Sodium** 662mg,

**Potassium** 515mg.

**Nutrition bonus:** Folate (32% daily value), Calcium (28% dv), Vitamin C (27% dv), Iron (20% dv), Magnesium (19% dv), Vitamin A (17% dv).

**Carbohydrate servings:** 2

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

# Spring Dinner Plan: Tuesday

## QUICK CHICKEN PARMESAN

Heart Health  Diabetes

Weight Loss  Gluten Free

**ACTIVE:** 35 MIN **TOTAL:** 35 MIN

*Ooey-goey cheese, crispy breadcrumbs and plenty of sauce are the hallmarks of any good chicken Parmesan recipe, and this one-skillet version of chicken parm is no exception.*

- 2 8-ounce boneless, skinless chicken breasts, trimmed
- $\frac{3}{4}$  teaspoon salt, divided
- $\frac{1}{2}$  teaspoon freshly ground pepper, divided
- $\frac{1}{2}$  cup coarse dry breadcrumbs, preferably whole-wheat (see Tip)
- 3 tablespoons extra-virgin olive oil, divided
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 1 28-ounce can no-salt-added crushed tomatoes
- 1 teaspoon Italian seasoning
- 1 cup shredded part-skim mozzarella cheese
- $\frac{1}{4}$  cup chopped fresh basil or parsley

**1.** Cut each chicken breast in half on the diagonal to make 4 roughly equal portions. Place between pieces of plastic wrap and pound with the smooth side of a meat mallet or a heavy saucepan to an even  $\frac{1}{4}$ -inch thickness. Sprinkle the chicken with  $\frac{1}{4}$  teaspoon each salt and pepper. Combine breadcrumbs and 1 tablespoon oil in a small bowl; set aside.

**2.** Position rack in upper third of oven; pre-heat broiler to high.

**3.** Heat 1 tablespoon oil in a large, oven-proof skillet over medium-high heat. Add half the chicken and cook until golden, 2 to 3 minutes per side. Transfer to a plate. Reduce the heat to medium and repeat with the remaining 1 tablespoon oil and chicken. Transfer the chicken to the plate.

**4.** Add onion and garlic to the pan and cook, stirring, until beginning to soften, 2 to 3 minutes. Remove the pan from the heat. Pour in crushed tomatoes; add Italian seasoning and the remaining  $\frac{1}{2}$  teaspoon salt and  $\frac{1}{4}$  teaspoon pepper. Return the pan to medium heat and cook, stirring, until the



**MAKE IT A MEAL:  
SERVE OVER  
WHOLE-WHEAT  
PASTA  
WITH A CAESAR  
SALAD**

onions are tender, 2 to 3 minutes. Return the chicken and any accumulated juices to the pan. Turn to coat with the sauce.

**5.** Sprinkle about  $\frac{1}{4}$  cup of cheese over each piece of chicken, then top with the reserved breadcrumb mixture. Broil until the cheese is melted, about 1 minute. (Watch carefully to prevent burning.) Serve the chicken with the sauce, sprinkled with basil (or parsley).

**SERVES 4:** 3 OUNCES CHICKEN &  $\frac{2}{3}$  CUP SAUCE EACH

**Calories** 386, **Fat** 19g (sat 5g), **Cholesterol**

78mg, **Carbs** 20g, **Total sugars** 6g (added 0g),

**Protein** 34g, **Fiber** 4g,

**Sodium** 708mg,

**Potassium** 660mg.

**Nutrition bonus:** Vitamin

C (37% daily value),

Calcium (30% dv), Iron &

Potassium (19% dv).

**Carbohydrate servings:** 1

**Exchanges:**  $\frac{1}{2}$  starch,

2 vegetable, 3 lean meat,

1 medium-fat meat, 2 fat

## TIP

To make coarse dry breadcrumbs, spread crumbs on a baking sheet and bake at 250°F until dry, 10 to 15 minutes. One slice of bread makes about  $\frac{1}{2}$  cup fresh breadcrumbs or about  $\frac{1}{3}$  cup dry breadcrumbs. For store-bought coarse dry breadcrumbs we like Ian's brand, labeled Panko breadcrumbs.



# Spring Dinner Plan: Wednesday

## SALMON & ASPARAGUS FARRO BOWL

- Heart Health
- Diabetes
- Weight Loss
- Gluten Free

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

*In this farro and salmon recipe, salmon is poached in a miso-infused broth with bites of tender asparagus and sautéed leeks. If you use farro that's labeled "pearled," a faster-cooking farro, to make this recipe, start with a full cup of grains and reduce the cooking time to 15 minutes. To clean the leeks, trim off the green tops and white roots and split lengthwise. Place in a large bowl of water and swish around to release any sand or soil. Repeat until no grit remains.*

- 3 cups water
  - $\frac{3}{4}$  cup farro
  - 1 tablespoon extra-virgin olive oil
  - 2 cups halved and thinly sliced leeks, white and light green parts only
  - 1 bunch asparagus, trimmed and cut into 1-inch pieces
  - 2 cloves garlic, minced
  - 2 cups low-sodium chicken broth or "no-chicken" broth
  - 3 tablespoons white miso (see Tip)
  - $\frac{1}{4}$  pounds wild Alaskan salmon fillet, skinned and cut into 1-inch pieces
  - 3 tablespoons very thinly sliced fresh basil
  - $\frac{1}{4}$  teaspoon pepper
1. Combine water and farro in a medium saucepan and bring to a boil over high heat. Reduce heat to medium-low, cover and cook until tender and chewy, about 30 minutes. Drain.
  2. About 15 minutes after you start the farro, heat oil in a large saucepan over medium heat. Add leeks and cook, stirring often, until beginning to soften, about 2 minutes. Add asparagus and garlic; cook, stirring, until the asparagus is bright green, about 2 minutes. Add broth and miso; increase heat to high and bring to a boil. Reduce heat to medium and gently stir in salmon. Simmer for 3 minutes. Remove from heat and stir in basil and pepper.
  3. Divide the farro among 4 deep bowls and top with the salmon stew.

**SERVES 4:**  $\frac{1}{2}$  CUPS STEW &  $\frac{1}{2}$  CUP FARRO EACH



### TIP

Look for mild-flavored white (sweet) miso, made with soy and rice, near tofu at well-stocked supermarkets. It will keep in the refrigerator for at least a year.

**Calories** 407, **Fat** 11g (sat 2g), **Cholesterol** 66mg, **Carbs** 40g, **Total sugars** 4g (added 0g), **Protein** 37g, **Fiber** 5g, **Sodium** 432mg, **Potassium** 847mg.

**Nutrition bonus:** Vitamin B12 (102% daily value), Folate & Vitamin A (32% dv), Potassium (24% dv), Vitamin C (20% dv), Iron (18% dv), Magnesium (16% dv), Omega-3s.

**Carbohydrate servings:** 2 $\frac{1}{2}$

**Exchanges:** 2 starch, 1 $\frac{1}{2}$  vegetable, 4 lean meat,  $\frac{1}{2}$  fat

# Spring Dinner Plan: Thursday

## TOFU STROGANOFF

- Heart Health  Diabetes
- Weight Loss  Gluten Free

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

*In this healthy tofu recipe, seared strips of tofu stand in for meat for a vegetarian version of beef stroganoff. We make the sauce rich and savory with mushroom broth and a touch of sherry, and keep the fat in check with reduced-fat sour cream.*

- 1 14-ounce package extra-firm water-packed tofu, drained
- 1 teaspoon paprika
- ½ teaspoon salt, divided
- ½ teaspoon ground white pepper, divided
- 8 ounces whole-wheat egg noodles (6 cups dry)
- 3 tablespoons extra-virgin olive oil, divided
- 5 tablespoons dry sherry, divided
- 1 large onion, halved and sliced
- 10 ounces baby bella or button mushrooms, quartered
- 1 tablespoon chopped fresh thyme or ½ teaspoon dried
- 3 tablespoons all-purpose flour
- 2 cups mushroom or vegetable broth
- ½ cup reduced-fat sour cream

1. Cut tofu block in half crosswise. Cut each piece in thirds horizontally, then cut each stack crosswise again into 6 pieces. (You will have 36 strips, 2 inches by ½ inch. See illustration, above.) Pat the tofu dry with paper towels and sprinkle on all sides with paprika and ¼ teaspoon each salt and white pepper.
2. Bring a large saucepan of water to a boil. Add noodles and cook according to package directions. Drain and keep covered.
3. Meanwhile, heat 2 tablespoons oil in a large nonstick skillet over medium-high heat. Cook the tofu in a single layer, gently stirring every few minutes, until golden brown on all sides, 7 to 9 minutes total. Add 2 tablespoons sherry and cook, stirring, until evaporated, 30 seconds to 1 minute. Transfer the tofu to a plate with a slotted spoon.
4. Add the remaining 1 tablespoon oil to the pan. Add onion, mushrooms, thyme and the remaining ¼ teaspoon each salt and white



**MAKE IT A MEAL:**  
SERVE WITH  
WHOLE-WHEAT  
EGG NOODLES  
& SAUTÉED  
BROCCOLINI

pepper; cook, stirring frequently, until the mushrooms release their liquid and start to brown, 6 to 8 minutes. Sprinkle with flour and cook, stirring, for 1 minute. Stir in broth and the remaining 3 tablespoons sherry; bring to a simmer. Cook, stirring, until thickened, 3 to 5 minutes more. Stir the tofu into the sauce. Remove from heat and stir in sour cream. Serve the tofu stroganoff over the noodles.

**SERVES 4:** ABOUT 1 ¾ CUPS EACH

**Calories** 487, **Fat** 19g (sat 5g), **Cholesterol** 12mg, **Carbs** 53g, **Total sugars** 6g (added 0g), **Protein** 20g, **Fiber** 7g, **Sodium** 618mg, **Potassium** 572mg. **Nutrition bonus:** Calcium (25% daily value), Potassium (16% dv).



## Spring Dinner Plan: Friday



MAKE IT  
A MEAL:  
SERVE WITH  
PAN-SEARED  
PACIFIC COD

### ROASTED RADISHES & LEEKS WITH THYME

- Heart Health
- Diabetes
- Weight Loss
- Gluten Free

**ACTIVE:** 20 MIN **TOTAL:** 30 MIN

*Radishes become sweet and tender when roasted in a hot oven in this easy radish recipe. If the roasting doesn't mellow the bite of the radish enough, stir in a sprinkle of sugar or honey along with the butter and thyme.*

- 2 bunches radishes (about 1 pound), halved if small, quartered if large

- 1 tablespoon extra-virgin olive oil
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 large leek, white and light green part only, halved and thinly sliced
- 1 tablespoon butter
- 1 teaspoon finely chopped fresh thyme or ¼ teaspoon dried

1. Preheat oven to 450°F.
2. Combine radishes, oil, salt and pepper in a large roasting pan.
3. Roast for 10 minutes. Stir in leek. Con-

tinue roasting until the radishes are lightly browned and tender, 10 to 15 minutes more. Stir in butter and thyme; serve warm.

**SERVES 4:** ABOUT ⅓ CUP EACH

**Calories** 89, **Fat** 7g (sat 2g), **Cholesterol** 8mg, **Carbs** 7g, **Total sugars** 3g (added 0g), **Protein** 1g, **Fiber** 2g, **Sodium** 340mg, **Potassium** 308mg.

**Nutrition bonus:** Vitamin C (33% daily value).

**Carbohydrate servings:** ½

**Exchanges:** 1½ vegetable, 1 fat

## Spring Dinner Plan: Saturday



**MAKE IT  
A MEAL:  
SERVE WITH  
ROAST  
CHICKEN**

### ROASTED CABBAGE WITH CHIVE-MUSTARD VINAIGRETTE

Heart Health  Diabetes  
 Weight Loss  Gluten Free

**ACTIVE:** 10 MIN **TOTAL:** 30 MIN

*In this roasted cabbage recipe, cabbage wedges are roasted at a high temperature, creating an amazing texture and sweet flavor. Serve the roasted cabbage wedges drizzled with the chive-mustard vinaigrette as a side dish for roast poultry, meat or fish, or alone with crusty bread.*

#### CABBAGE

- ½ medium green cabbage (1-1½ pounds), outer leaves removed
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

#### VINAIGRETTE

- 2 teaspoons Dijon mustard
- 2 teaspoons white balsamic or white-wine vinegar
- 1 teaspoon lemon juice
- ¼ teaspoon freshly ground pepper
- ⅛ teaspoon salt
- 3 tablespoons minced fresh chives
- 2 tablespoons extra-virgin olive oil

1. Preheat oven to 450°F. Coat a large baking sheet with cooking spray.
2. **To prepare cabbage:** Cut cabbage half into four wedges and cut out any thick core, leaving the wedges as intact as possible. Drizzle the cut sides with 1 tablespoon oil and sprinkle with ¼ teaspoon each salt and pepper. Place the wedges flat-side down on the prepared baking sheet.
3. Roast the cabbage for 12 minutes. Carefully flip over (it's OK if it falls apart a little)

and roast until browned on both sides, about 8 minutes more.

**4. To prepare vinaigrette:** Combine mustard, vinegar, lemon juice, pepper and ⅛ teaspoon salt in a small bowl. Add chives and oil; stir until well combined.

**5.** Transfer the cabbage to a serving plate (or plates) and drizzle with the vinaigrette while still hot. Serve hot or room temperature.

**SERVES 4:** 1 WEDGE EACH

**Calories** 125, **Fat** 11g (sat 2g), **Cholesterol** 0mg, **Carbs** 7g, **Total sugars** 4g (added 0g), **Protein** 2g, **Fiber** 3g, **Sodium** 271mg, **Potassium** 205mg.

**Nutrition bonus:** Vitamin C (72% daily value).

**Carbohydrate servings:** ½

**Exchanges:** 1½ vegetable, 2 fat



# SPRING DINNER PLAN: WEEK 3



## THIS WEEK'S MENU

**Sunday:**

Asparagus-  
Mushroom  
Mini Lasagnas

**Monday:**

Seared Chicken  
with Lemon-  
Herb Cream  
Sauces

**Tuesday:**

Ham & Swiss  
Quiche

**Wednesday:**

Kale Salad with  
Spiced Tofu &  
Chickpeas

**Thursday:**

Chicken &  
Snap Pea Stir-  
Fry over Angel  
Hair Pasta

**Friday:**

Salt & Pepper  
Shrimp

**Saturday:**

Creole Chuck  
Steak Etouffée

## Spring Dinner Plan: Sunday

### ASPARAGUS-MUSHROOM MINI LASAGNAS

- Heart Health  Diabetes
- Weight Loss  Gluten Free

**ACTIVE:** 1 HR **TOTAL:** 1 HR 25 MIN

**EQUIPMENT:** Nonstick muffin tin with 12 (½-cup) cups

*Although not conventional, wonton wrappers are the perfect stand-in for noodles in this muffin-tin mini lasagna recipe. Once you get the hang of making this healthy vegetarian lasagna recipe in your muffin tin, experiment with different fillings to suit your fancy.*

Canola or olive oil cooking spray

- 1 cup low-fat milk
- 1 tablespoon all-purpose flour
- ¾ cup grated Asiago cheese
- ⅛-¼ teaspoon white or black pepper
- 1 tablespoon extra-virgin olive oil
- 1 large shallot, finely chopped
- 2 cups chopped baby bella mushrooms
- ¼ teaspoon salt
- 2 cups thinly sliced asparagus (from 1 bunch)
- 24 wonton wrappers
- 1 cup part-skim ricotta cheese
- ¼ cup prepared pesto

1. Preheat oven to 375°F. Coat a 12-cup nonstick muffin tin with cooking spray.
2. Whisk milk and flour in a small saucepan. Bring to a boil over medium-high heat, whisking constantly, until bubbling and thickened enough to coat the back of a spoon, about 3 minutes. Remove from heat and whisk in Asiago and pepper to taste.
3. Heat oil in a large skillet over medium-high heat. Add shallot, mushrooms and salt and cook, stirring occasionally, until the mushrooms release their liquid, 3 to 5 minutes. Add asparagus and cook, stirring, until just beginning to soften, about 3 minutes.
4. Place a wonton wrapper into the bottom and partway up the sides of each muffin cup. Combine ricotta and pesto in a medium bowl. Spoon about 2 teaspoons of the ricotta mixture into each muffin cup. Spread about 2 teaspoons of the Asiago sauce over the ricotta and top with about 1 tablespoon of the vegetable mixture. Place another wonton wrapper over the filling, pressing



down gently to form a “cup.” The corners of the wrappers will stick up, forming 4 little points. Repeat with another layer of the ricotta mixture, Asiago sauce and vegetables. Coat the tops with cooking spray.

5. Bake the mini lasagnas until the tips of the wonton wrappers are golden brown and the filling is bubbling, 18 to 20 minutes. Let cool in the pan for 5 minutes. Loosen and remove with a paring knife. Serve warm.

**SERVES 6:** 2 LASAGNAS EACH

**Calories** 325, **Fat** 17g (sat 7g), **Cholesterol** 34mg, **Carbs** 29g, **Total sugars** 4g (added 0g), **Protein** 16g, **Fiber** 2g, **Sodium** 573mg, **Potassium** 374mg.  
**Nutrition bonus:** Calcium (36% daily value), Folate (26% dv), Vitamin A (19% dv).  
**Carbohydrate servings:** 2  
**Exchanges:** ½ starch, 1 vegetable, 1 medium-fat meat, ½ fat



# Spring Dinner Plan: Monday

## SEARED CHICKEN WITH LEMON-HERB CREAM SAUCE

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

**ACTIVE:** 10 MIN **TOTAL:** 25 MIN

**TO MAKE AHEAD:** Cover and refrigerate for up to 2 days.

*In this healthy chicken recipe, chicken breasts are quickly pan-seared and then topped with a lemon-herb cream sauce. The healthy cream sauce recipe uses yogurt and actually contains no cream at all. The cream sauce also pairs well with seasoned pan-seared cod or salmon.*

- 2 teaspoons extra-virgin olive oil plus 1 tablespoon, divided
- 2 8-ounce boneless, skinless chicken breasts
- $\frac{3}{4}$  cup nonfat plain yogurt
- 2 tablespoons minced preserved lemon (see Tip) or 2 teaspoons lemon zest
- 1 tablespoon finely chopped fresh oregano
- 1 tablespoon finely chopped fresh parsley
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon freshly ground pepper

**1.** Heat 2 teaspoons oil in a medium nonstick skillet over medium heat. Add chicken and cook, turning once or twice, until browned and cooked through, 8 to 10 minutes per side.

**2.** Whisk the remaining 1 tablespoon oil, yogurt, lemon (or zest), oregano, parsley, salt and pepper in a small bowl. Serve the chicken with the sauce.

**SERVES 4:** 3 OZ. CHICKEN & 2 TBSP. SAUCE EACH

**Calories** 202, **Fat** 9g (sat 2g), **Cholesterol** 64mg, **Carbs** 4g, **Total sugars** 4g (added 0g), **Protein** 26g, **Fiber** 0g, **Sodium** 236mg, **Potassium** 320mg.

**Carbohydrate servings:** 0

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

**MAKE IT A MEAL:  
SERVE WITH  
GRILLED  
ASPARAGUS  
& FARRO**



## TIP

Preserved lemons are lemons that have been soaked in a salt-lemon mixture for at least 30 days. Their salty sourness is a signature flavor in Moroccan dishes. Find them at specialty-food stores or online at [mustaphas.com](http://mustaphas.com).

# Spring Dinner Plan: Tuesday

## HAM & SWISS QUICHE

Heart Health  Diabetes

Weight Loss  Gluten Free

**ACTIVE:** 1 HR **TOTAL:** 2 HRS

**TO MAKE AHEAD:** Cover and refrigerate caramelized onions (Step 4) for up to 3 days.

*Filled with ham, red bell pepper, caramelized onions and Swiss cheese, this healthy quiche with a whole-grain crust is perfect for breakfast or brunch, or served with a light salad for lunch. The quiche can be made ahead and can be served warm or at room temperature.*

### CRUST

- ¾ cup white whole-wheat flour
- ¾ cup all-purpose flour
- ¼ teaspoon salt
- 2 tablespoons cold butter
- 2 tablespoons sour cream
- 2 tablespoons extra-virgin olive oil
- 2-3 tablespoons ice water

### FILLING

- 2 teaspoons extra-virgin olive oil
- 2 cups diced onions
- ⅛ teaspoon salt plus ¼ teaspoon, divided
- 2 tablespoons water
- 1 cup finely diced red bell pepper
- ⅓ cup finely diced ham steak
- 1 teaspoon chopped fresh thyme
- ½ cup shredded Swiss cheese
- 4 large eggs
- 2 large egg whites
- ¾ cup low-fat milk
- ¼ cup sour cream
- ¼ teaspoon freshly ground pepper

**1. To prepare crust:** Whisk whole-wheat flour and all-purpose flour with salt in a medium bowl. Cut butter into small pieces; using your fingers, quickly rub the butter into the dry ingredients until smaller but still visible.

**2.** Add sour cream and oil; toss with a fork to combine with the dry ingredients. Sprinkle 2 tablespoons of ice water over the mixture. Toss with a fork until evenly moist; if the mixture seems dry, add up to 1 more tablespoon water. Knead the dough in the bowl a few times—the mixture may still be a little crumbly—then firmly press into a disk. Cover the bowl with plastic wrap and refrigerate for at least 1 hour.

**3. To prepare filling & bake quiche:** Preheat oven to 375°F. Coat a 9-inch pie pan with cooking spray.



MAKE IT A MEAL:

SERVE WITH  
A BABY  
SPINACH  
SALAD

**4.** Heat oil in a medium skillet over high heat. Add onions and ⅛ teaspoon salt; cook, stirring frequently, until the onions start to brown, 3 to 5 minutes. Add water, reduce heat to low and cook, stirring frequently, until the onions are golden brown and very soft, about 15 minutes. Remove from heat and let cool while you roll out the crust.

**5.** Place the dough on a sheet of parchment or wax paper and roll into a 12- to 13-inch circle, dusting the top with a little flour, as needed. (If chilled more than 1 hour, let the dough stand at room temperature for 5 minutes before rolling.) Place the prepared pie pan upside down in the center of the dough. Holding one hand on top of the pan and the other hand underneath the paper, flip pan and dough over so the dough is lining the pan. Remove the paper and patch any tears in the dough. Trim the crust so it evenly overhangs the edge by about 1 inch, then tuck the edges under at the rim and crimp with your fingers or a fork.

**6.** Spread the caramelized onions in the bottom of the crust. Layer bell pepper and ham over the onions and sprinkle with thyme. Top with cheese. Whisk eggs, egg whites, milk, sour cream, pepper and the remaining ¼ teaspoon salt in a medium bowl. Pour the mixture into the crust.

**7.** Bake the quiche until puffed and firm when touched in the center, 40 to 50 minutes. Let cool on a wire rack for 15 minutes.

### SERVES 8

**Calories** 271, **Fat** 14g (sat 6g), **Cholesterol** 116mg, **Carbs** 24g, **Total sugars** 4g (added 0g), **Protein** 12g, **Fiber** 3g, **Sodium** 354mg, **Potassium** 251mg.

**Nutrition bonus:** Vitamin C (49% daily value), Vitamin A (19% dv), Iron (16% dv).

**Carbohydrate servings:** 1½

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



# Spring Dinner Plan: Wednesday

## KALE SALAD WITH SPICED TOFU & CHICKPEAS

Heart Health  Diabetes  
 Weight Loss  Gluten Free

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

**TO MAKE AHEAD:** Cover and refrigerate roasted tofu & chickpeas for up to 2 days.

*To top this zesty raw kale salad recipe, we toss diced tofu and chickpeas with a flavorful Moroccan-inspired spice mixture before roasting. The hot oven turns the outside of the tofu crisp and the inside pleasantly chewy.*

- 3½ teaspoons paprika
- 3½ teaspoons ground cumin
- 2 teaspoons garlic powder
- 1 teaspoon freshly ground pepper
- ¾ teaspoon salt
- 5 tablespoons lemon juice, divided
- 4 tablespoons extra-virgin olive oil, divided
- 1 14-ounce package extra-firm water-packed tofu, drained
- 1 15-ounce can chickpeas, rinsed
- 14 cups torn kale (from 1 large bunch) or baby kale
- 1 medium yellow or orange bell pepper, cut into 2-inch strips
- ½ English cucumber, halved and sliced

- 1.** Position rack in lower third of oven; pre-heat to 450°F. Coat a large baking sheet with cooking spray.
- 2.** Combine paprika, cumin, garlic powder, pepper and salt in a large bowl. Measure out 2½ teaspoons and set aside. Add 2 tablespoons lemon juice and 1 tablespoon oil to the remaining spice mixture. Cut tofu into ¾-inch cubes and pat dry. Add the tofu and chickpeas to the spice mixture in the large bowl and stir to combine; let stand for 10 minutes.
- 3.** Spread the tofu and chickpeas on the prepared baking sheet in a single layer. Roast on the lower rack, stirring once half-way through, until golden brown, about 20 minutes total.
- 4.** Meanwhile, return the reserved 2½ teaspoons spice mixture to the large bowl and whisk in the remaining 3 tablespoons each lemon juice and oil. Add kale and, with clean hands, massage the greens until they are reduced in volume by almost half, 1 to 2 min-



**MAKE IT A MEAL:**  
**SERVE WITH**  
**TOASTED**  
**PITA BREAD**

utes. Add bell pepper and cucumber and toss to combine.

**5.** Serve the salad topped with the roasted tofu and chickpeas.

**SERVES 4:** 2¼ CUPS SALAD & ¾ CUP TOFU MIXTURE EACH

**Calories** 443, **Fat** 22g (sat 3g), **Cholesterol** 0mg, **Carbs** 48g, **Total sugars** 3g (added 0g), **Protein** 24g, **Fiber** 11g, **Sodium** 699mg, **Potassium** 1,657mg.

**Nutrition bonus:** Vitamin C (580% daily value), Vitamin A (491% dv), Calcium (61% dv), Magnesium & Potassium (47% dv), Iron (41% dv), Folate (40% dv), Zinc (22% dv).

## Spring Dinner Plan: Thursday

### CHICKEN & SNAP PEA STIR-FRY OVER ANGEL HAIR PASTA

Heart Health  Diabetes  
 Weight Loss  Gluten Free

**ACTIVE:** 35 MIN **TOTAL:** 35 MIN

*This chicken stir-fry recipe highlights golden-brown cubes of chicken breast with the sweet flavors of sliced fennel, crispy snap peas and tarragon. Use a cast-iron skillet or carbon-steel wok for stir-frying to guarantee a beautiful sear on the chicken and vegetables. Serve this over whole-grain angel hair pasta for an easy, healthy dinner.*

- 8 ounces whole-wheat angel hair pasta
- 1 pound boneless, skinless chicken breasts, trimmed
- $\frac{3}{4}$  teaspoon salt, divided
- $\frac{1}{2}$  teaspoon freshly ground pepper, divided
- $\frac{1}{4}$  cup all-purpose flour
- 3 tablespoons extra-virgin olive oil, divided
- 1 medium bulb fennel, cored and sliced
- $\frac{1}{4}$  cup thinly sliced garlic
- 1 pint cherry tomatoes, halved
- 2 cups snap peas, trimmed
- $\frac{1}{3}$  cup white wine
- 4 teaspoons chopped fresh tarragon

1. Bring a large pot of water to a boil. Add pasta and cook until just tender, about 4 minutes. Reserve  $\frac{1}{4}$  cup of the pasta water, then drain and keep the pasta warm.
2. Meanwhile, cut chicken into 1-inch cubes and sprinkle with  $\frac{1}{4}$  teaspoon each salt and pepper. Place flour in a shallow dish. Add chicken and toss to coat.
3. Heat 1 tablespoon oil in a large cast-iron skillet or flat-bottom carbon-steel wok over medium-high heat until shimmering. Add the chicken and cook, stirring, until browned and just cooked through, 4 to 5 minutes. Transfer to a plate.
4. Add the remaining 2 tablespoons oil, fennel and garlic to the pan; cook, stirring, until the vegetables just start to soften, 1 to 2 minutes. Add tomatoes, snap peas, wine, the reserved pasta water and the remaining  $\frac{1}{2}$  teaspoon salt and  $\frac{1}{4}$  teaspoon pepper. Continue to cook, stirring, until the tomatoes start to burst, about 3 minutes.



5. Return the chicken to the pan along with tarragon; cook, stirring, until the liquid is slightly thickened, about 2 minutes more. Serve the chicken and vegetables over the pasta.

**SERVES 4:**  $\frac{1}{4}$  CUPS CHICKEN & VEGETABLES,  
1 CUP PASTA EACH

**Calories** 517, **Fat** 14g (sat 2g), **Cholesterol** 63mg, **Carbs** 62g, **Total sugars** 6g (added 0g), **Protein** 35g, **Fiber** 11g, **Sodium** 534mg, **Potassium** 869mg.

**Nutrition bonus:** Vitamin C (65% daily value), Magnesium (34% dv), Iron (26% dv), Potassium (25% dv), Folate (23% dv), Vitamin A (21% dv), Zinc (17% dv).



# Spring Dinner Plan: Friday

## SALT & PEPPER SHRIMP

Heart Health  Diabetes

Weight Loss  Gluten Free

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

*Rice flour is the “secret ingredient” in this dish and is used to make the flavorful coating for the shrimp. But if you can’t find it, cornstarch makes a fine substitute. Top with a sprinkle of chopped scallions, if you like.*

- 2 tablespoons lime juice
- 2 teaspoons reduced-sodium soy sauce
- 2 teaspoons toasted sesame oil
- ½ teaspoon sugar
- 3 cups thinly sliced cabbage, preferably napa (about ¼ head)
- 1 small red or orange bell pepper, very thinly sliced
- 2 tablespoons rice flour (see *Tips*) or cornstarch
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground pepper
- ½ teaspoon five-spice powder (see *Tips*)
- 10 ounces raw shrimp (21-25 per pound), peeled and deveined
- 1 tablespoon canola oil
- 1 jalapeño or serrano pepper, seeded and minced

**1.** Whisk lime juice, soy sauce, sesame oil and sugar in a large bowl until the sugar is dissolved. Add cabbage and bell pepper; toss to combine.

**2.** Combine rice flour (or cornstarch), salt, pepper and five-spice powder in a medium bowl. Add shrimp and toss to coat. Heat oil in a large nonstick skillet over medium-high heat. Add the shrimp and cook, stirring often, until they are pink and curled, 3 to 4 minutes. Add jalapeño and cook until the shrimp are cooked through, about 1 minute more. Serve the slaw topped with the shrimp.

### SERVES 2

**Per serving:** 347 calories; 15 g fat (2 g sat, 7 g mono); 230 mg cholesterol; 20 g carbohydrate; 34 g protein; 3 g fiber; 558 mg sodium; 408 mg potassium.



**MAKE IT A MEAL:  
SERVE WITH  
RICE NOODLES  
OR BROWN RICE**

## TIPS

- Rice flour is made from finely milled white rice. It is often used in Asian cooking for desserts and to thicken sauces. Look for it in Asian markets or the natural-foods section of your supermarket.

- Often a blend of cinnamon, cloves, fennel seed, star anise and Szechuan peppercorns, five-spice powder was originally considered a cure-all miracle blend encompassing the five elements (sour, bitter, sweet, pungent, salty). Look for it in the supermarket spice section.

**Nutrition bonus:** Vitamin C (190% daily value), Vitamin A (60% dv), Iron (25% dv).

**Carbohydrate servings:** 1

**Exchanges:** 2 vegetable, ½ other carbohydrates, 4 very lean meat, 3 fat

# Spring Dinner Plan: Saturday

## CREOLE CHUCK STEAK ÉTOUFFÉE

- Heart Health  Diabetes
- Weight Loss  Gluten Free

**ACTIVE:** 1 HOUR **TOTAL:** 2¾ HOURS

**TO MAKE AHEAD:** Wrap and refrigerate rubbed steaks (Step 2) for up to 1 day. Let stand at room temperature for 40 minutes before proceeding with Step 3.

*In this steak étouffée recipe, boneless chuck is slowly cooked in a flavorful liquid full of aromatic vegetables, spicy sausage and broth. This beef étouffée recipe calls for a 2½-pound piece of chuck, but if chuck steaks are available at your market, purchase eight 4- to 5-ounce steaks instead of cutting your own from the roast.*

- 2½ pounds boneless chuck, trimmed
  - 2 teaspoons finely chopped fresh thyme or 1 teaspoon dried
  - 2 teaspoons finely chopped fresh rosemary
  - 2 teaspoons Hungarian or smoked paprika
  - 1 teaspoon salt
  - ½ teaspoon freshly ground pepper
  - 2 tablespoons extra-virgin olive oil, divided
  - 4 ounces andouille sausage (see Tip), diced
  - 1½ cups finely chopped onion
  - 1 cup finely chopped celery
  - ½ cup finely chopped carrot
  - 1 cup finely chopped red bell pepper
  - 1 tablespoon chopped garlic
  - 1 cup red wine
  - 1 14-ounce can diced roasted tomatoes
  - 2 cups low-sodium beef or chicken broth
  - 3 bay leaves
  - 1 cup thinly sliced scallions, divided
1. Cut roast crosswise into four 1½- to 2-inch-thick steaks. Cut each steak in half with the grain to make 8 smaller steaks (4 to 5 ounces each).
  2. Combine thyme, rosemary, paprika, salt and pepper in a small bowl. Rub all over the steaks.
  3. Heat 1 tablespoon oil in a shallow large pot or high-sided skillet over medium-high heat. Add the steaks and cook until nicely browned on the bottom, 3 to 5 minutes. Flip and cook until browned on the other side, 3 to 5 minutes. Transfer to a plate.
  4. Add the remaining 1 tablespoon oil to the pan,



**MAKE IT A MEAL:**  
SERVE WITH  
WILTED COLLARD  
GREENS  
& GRITS

## TIPS

Andouille sausage is a smoky, mildly spicy pork sausage commonly used in Cajun cooking. Look for it near other smoked sausages in large supermarkets or specialty food stores

reduce heat to medium and add sausage. Cook, stirring, until beginning to color, 2 to 5 minutes. Stir in onion, celery and carrot; cover and cook, stirring occasionally, until softened, 8 to 10 minutes. Stir in bell pepper and garlic; cover and cook until the pepper is softened, 3 to 5 minutes more. Uncover and add wine. Bring to a boil, stirring to scrape up any browned bits, and cook until the wine is reduced by half, about 3 minutes. Stir in tomatoes, broth and bay leaves.

5. Return the steaks and any accumulated juices to the pan, submerging them in the sauce. Bring to a boil. Reduce heat to maintain a simmer, cover and cook, turning the steaks every 30 minutes, until the meat is fork-tender, about 1½ hours.
6. Transfer the meat to a plate. Stir half the scallions into the sauce and bring to a boil.

Boil, uncovered, until the sauce is intensified but not too thick, 5 to 10 minutes. Discard bay leaves. Return the meat to the sauce. Sprinkle with the remaining scallions.

**SERVES 8:** ABOUT 3 OZ. STEAK & ⅓ CUP SAUCE EACH

**Calories** 302, **Fat** 11g (sat 3g), **Cholesterol** 92mg, **Carbs** 11g, **Total sugars** 5g (added 0g), **Protein** 32g, **Fiber** 2g, **Sodium** 564mg, **Potassium** 494mg.

**Nutrition bonus:** Vitamin C (63% daily value), Vitamin A (52% dv), Vitamin B12 (33% dv), Zinc (44% dv), Iron (18% dv).

**Carbohydrate servings:** 1

**Exchanges:** 2 vegetable, ½ other carbohydrates, 4 very lean meat, 3 fat



# SPRING DINNER PLAN: WEEK 4



## THIS WEEK'S MENU

**Sunday:**  
Mexican  
Vegetarian  
Quiche

**Monday:**  
Sausage,  
Cabbage &  
Root Vegetable  
Soup

**Tuesday:**  
Napa Cabbage  
& Pork Stir-Fry  
with Peanuts

**Wednesday:**  
Salmon with  
Pepita-Lime  
Butter

**Thursday:**  
African Sweet  
Potato &  
Chicken Stew

**Friday:**  
Quick  
Fettuccine  
Alfredo

**Saturday:**  
Korean-Style  
Beef & Cabbage  
Tacos

# Spring Dinner Plan: Sunday

## MEXICAN VEGETARIAN QUICHE

Heart Health  Diabetes

Weight Loss  Gluten Free

**ACTIVE:** 1 HR **TOTAL:** 2 HRS

**TO MAKE AHEAD:** Cover and refrigerate caramelized onions (Step 4) for up to 3 days.

*This healthy quiche recipe is perfect for entertaining—the quiche can be made ahead and is just as flavorful served warm or at room temperature.*

### CRUST

- ¾ cup white whole-wheat flour
- ¾ cup all-purpose flour
- ¼ teaspoon salt
- 2 tablespoons cold butter
- 2 tablespoons sour cream
- 2 tablespoons extra-virgin olive oil
- 2-3 tablespoons ice water

### FILLING

- 2 teaspoons extra-virgin olive oil
- 2 cups diced onions
- ⅛ teaspoon salt plus ¼ teaspoon, divided
- 2 tablespoons water
- ¾ cup corn
- ½ cup quartered cherry tomatoes
- ⅓ cup chopped pickled jalapeños
- ½ cup shredded Jack cheese
- 4 large eggs
- 2 large egg whites
- ¾ cup low-fat milk
- ¼ cup sour cream
- ¼ teaspoon freshly ground pepper

**1. To prepare crust:** Whisk whole-wheat flour and all-purpose flour with salt in a medium bowl. Cut butter into small pieces; using your fingers, quickly rub the butter into the dry ingredients until smaller but still visible.

**2.** Add sour cream and oil; toss with a fork to combine with the dry ingredients. Sprinkle 2 tablespoons of ice water over the mixture. Toss with a fork until evenly moist; if the mixture seems dry, add up to 1 more tablespoon water. Knead the dough in the bowl a few times—the mixture may still be a little crumbly—then firmly press into a disk. Cover the bowl with plastic wrap and refrigerate for at least 1 hour.

**3. To prepare quiche:** Preheat oven to 375°F. Coat a 9-inch pie pan with cooking spray.

**4.** Heat oil in a medium skillet over high heat. Add onions and ⅛ teaspoon salt; cook,



stirring frequently, until the onions start to brown, 3 to 5 minutes. Add water, reduce heat to low and cook, stirring frequently, until the onions are golden brown and very soft, about 15 minutes. Remove from heat and let cool while you roll out the crust.

**5.** Place the dough on a sheet of parchment or wax paper and roll into a 12- to 13-inch circle, dusting the top with a little flour, as needed. (If chilled more than 1 hour, let the dough stand at room temperature for 5 minutes before rolling.) Place the prepared pie pan upside down in the center of the dough. Holding one hand on top of the pan and the other hand underneath the paper, flip pan and dough over so the dough is lining the pan. Remove the paper and patch any tears in the dough. Trim the crust so it evenly overhangs the edge by about 1 inch, then tuck the edges under at the rim and crimp with your fingers or a fork.

**6.** Spread the caramelized onions in the bottom of the crust. Layer corn, tomatoes and jalapeños over the onions. Top with cheese. Whisk eggs, egg whites, milk, sour cream, pepper and the remaining ¼ teaspoon salt in a medium bowl. Pour the mixture into the crust.

**7.** Bake the quiche until puffed and firm when touched in the center, 40 to 50 minutes. Let cool on a wire rack for 15 minutes. To serve, cut into 8 pieces.

### SERVES 8

**Calories** 273, **Fat** 14g (sat 6g), **Cholesterol** 113mg, **Carbs** 26g, **Total sugars** 5g (added 0g), **Protein** 11g, **Fiber** 3g, **Sodium** 333mg, **Potassium** 265mg.

**Nutrition bonus:** Vitamin C (24% daily value), Iron (16% dv).

**Carbohydrate servings:** 2

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



# Spring Dinner Plan: Monday

## SAUSAGE, CABBAGE & ROOT VEGETABLE SOUP

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

**ACTIVE:** 55 MIN **TOTAL:** 2 HRS

**TO MAKE AHEAD:** Cover and refrigerate for up to 3 days.

*In this French-style healthy soup recipe, sausage, cabbage and root vegetables simmer together to make a comforting and healthy meal. Serve the soup piping hot with grated Parmesan cheese on the side. Like most soups, the flavors are even better if it's made a day ahead.*

- 2 tablespoons extra-virgin olive oil, divided
- 1 pound Italian turkey sausage (mild or spicy), casings removed
- 1 cup chopped onion
- 3 cloves garlic, thinly sliced
- 1/8 teaspoon salt
- Freshly ground pepper to taste
- 2 medium carrots, diced (1/2 inch)
- 2 small turnips, peeled and diced (1/2 inch)
- 1 medium celery root, peeled and diced (1/2 inch)
- 1 large Yukon Gold potato, peeled and diced (1/2 inch)
- 10 cups very thinly sliced green cabbage (about 1/2 medium head)
- 8 cups low-sodium chicken or vegetable broth
- 3/4 cup dry white wine
- 1 cup chopped fresh tomato
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon chopped fresh thyme
- 1/2 cup grated Parmesan cheese

1. Heat 1 tablespoon oil in a large soup pot over medium-high heat. Add sausage and cook, stirring frequently, until well browned, about 10 minutes. Remove with a slotted spoon to a paper towel to drain.
2. Reduce heat to medium and add the remaining 1 tablespoon oil, onion, garlic, salt and pepper; cook, stirring, until starting to soften, 2 to 3 minutes. Add carrots, turnips, celery root and potato and cook, stirring once or twice, until starting to get tender, 4 to 5 minutes. Add cabbage; cook until starting to wilt, about 2 minutes. Return the



**MAKE IT A MEAL:  
SERVE WITH  
BAGUETTE**

sausage to the pot and stir in broth, wine, tomato, rosemary and thyme. Increase heat to high and bring to a boil. Reduce heat to maintain a simmer, cover and cook for 1 hour.

3. Uncover and simmer for 15 minutes to reduce the broth and intensify the flavor of the soup. Taste and add more pepper if desired. Serve topped with Parmesan.

**SERVES 8:** ABOUT 1 1/4 CUPS EACH

**Calories** 315, **Fat** 11g (sat 3g), **Cholesterol** 47mg, **Carbs** 31g, **Total sugars** 8g (added 0g), **Protein** 21g, **Fiber** 6g, **Sodium** 650mg, **Potassium** 1,086mg.

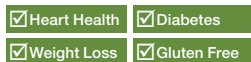
**Nutrition bonus:** Vitamin C (90% daily value), Vitamin A (59% dv), Potassium (31% dv), Zinc (19% dv), Vitamin B12 (18% dv), Calcium (17% dv), Folate & Magnesium (16% dv), Iron (15% dv).

**Carbohydrate servings:** 2

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

## Spring Dinner Plan: Tuesday

### NAPA CABBAGE & PORK STIR-FRY WITH PEANUTS



**ACTIVE:** 35 MIN **TOTAL:** 1 HR 5 MIN

*This quick and healthy pork stir-fry recipe is a great combination of textures and flavors. The only thing you need to leave time for is chilling the pork before slicing it.*

- 1 pound pork tenderloin, trimmed
- ¼ cup reduced-sodium soy sauce
- ¼ cup rice vinegar
- ¼ cup Chinese rice wine or dry sherry
- 2 tablespoons chopped fresh ginger, divided
- 1 clove garlic, finely chopped
- ½ teaspoon Chinese five-spice powder (see Tip)
- Pinch of sugar
- 3 teaspoons cornstarch, divided
- 3 tablespoons canola or peanut oil, divided
- 6 cups sliced napa cabbage (½-inch crosswise strips)
- ½ cup unsalted peanuts
- ½ cup chopped fresh scallions for garnish

- 1.** To make the pork easier to slice thinly, place it, unwrapped, on a plate in the freezer until firm and almost frozen, 30 to 45 minutes.
- 2.** Meanwhile, combine soy sauce, vinegar, rice wine (or sherry), 1 tablespoon ginger, garlic, five-spice powder, sugar and 1 teaspoon cornstarch in a bowl and place it near the stove.
- 3.** Using a large, sharp knife, thinly slice the pork crosswise on the diagonal and spread out in a single layer on your cutting board. Sprinkle with 1 teaspoon cornstarch, turn the slices over and sprinkle with the remaining 1 teaspoon cornstarch.
- 4.** Heat 2 tablespoons oil in a wok or a large heavy skillet, such as cast iron, over high heat until shimmering. Add the pork in a single layer; cook without stirring until it starts to brown, 1 to 2 minutes. Then cook, stirring, until just cooked through, 2 to 3 minutes. Remove to a clean plate.
- 5.** Add the remaining 1 tablespoon oil to the pan and heat until shimmering. Add the



**MAKE IT A MEAL:  
SERVE WITH  
BROWN RICE**

remaining 1 tablespoon ginger, cabbage and peanuts and cook without stirring for 30 seconds. Then cook, stirring, for about 1 minute. Stir the sauce and add to the pan along with the pork. Bring to a boil and cook, stirring, until the sauce is thickened, 1 to 2 minutes. Serve sprinkled with scallions.

**SERVES 4:** ABOUT 1 CUP EACH

**Calories** 383, **Fat** 22g (sat 3g), **Cholesterol** 74mg, **Carbs** 13g, **Total sugars** 1g (added 0g), **Protein** 31g, **Fiber** 4g, **Sodium** 608mg, **Potassium** 906mg.

**Carbohydrate servings:** 1  
**Exchanges:** 1 vegetable,  
3½ lean meat, 4 fat

### TIP

Chinese five-spice powder is available in well-stocked supermarkets and Asian markets. All blends contain cinnamon, fennel seed, cloves and star anise; some versions are made with white pepper, some with Szechuan pepper.



## Spring Dinner Plan: Wednesday

### SALMON WITH PEPITA-LIME BUTTER

- Heart Health  Diabetes
- Weight Loss  Gluten Free

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

*Lime juice, chili powder and pepitas give this salmon Mexican flair.*

- 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.

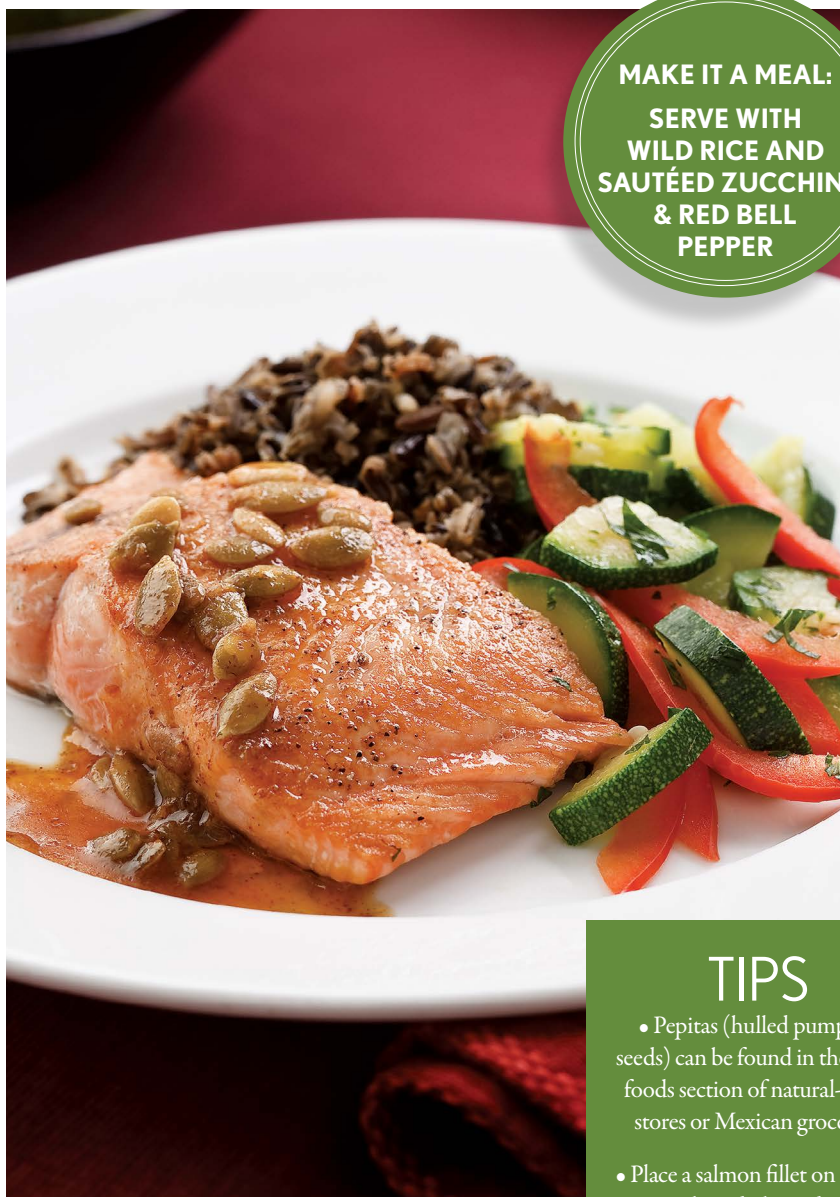
#### SERVES 4

**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



**MAKE IT A MEAL:**  
**SERVE WITH**  
**WILD RICE AND**  
**SAUTÉED ZUCCHINI**  
**& RED BELL**  
**PEPPER**

### TIPS

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

# Spring Dinner Plan: Thursday

## AFRICAN SWEET POTATO & CHICKEN STEW

- Heart Health
- Diabetes
- Weight Loss
- Gluten Free

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

*In this African peanut and chicken stew recipe, nutrient-rich sweet potatoes and no-salt-added tomatoes keep this creamy stew healthy. To complete the bowl, the flavorful chicken stew is served over whole-wheat couscous seasoned with lime juice and chopped fresh cilantro.*

- 1 pound boneless, skinless chicken thighs, trimmed
- 2 teaspoons ground coriander, divided
- $\frac{3}{4}$  teaspoon salt, divided
- 2 tablespoons extra-virgin olive oil, divided
- 1 large onion, halved and sliced
- 1 tablespoon grated fresh ginger
- 1 large sweet potato (about 1 pound), peeled and cubed ( $\frac{1}{2}$ -inch)
- 1 28-ounce can no-salt-added whole tomatoes (see Tip), chopped (juice reserved)
- $\frac{1}{4}$  cup smooth natural peanut butter
- 2 tablespoons lime juice, divided
- $\frac{1}{4}$  teaspoon cayenne pepper or  $\frac{1}{2}$  teaspoon crushed red pepper
- $\frac{1}{2}$  cups water
- 1 cup whole-wheat couscous
- 1 cup chopped cilantro

1. Cut chicken into bite-size pieces and sprinkle with 1 teaspoon coriander and  $\frac{1}{2}$  teaspoon salt. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the chicken and cook, stirring, until browned on all sides, about 4 minutes. Transfer to a plate.
2. Add the remaining 1 tablespoon oil, onion and ginger to the pan and cook, stirring, until lightly browned, 3 to 5 minutes. Add sweet potato, tomatoes and their juice, peanut butter, 1 tablespoon lime juice, cayenne (or crushed red pepper) and the remaining 1 teaspoon coriander and  $\frac{1}{4}$  teaspoon salt. Bring to a boil. Reduce heat to maintain a simmer, cover and cook, stirring occasionally, until the sweet potato is tender, 14 to 16 minutes. Return the chicken and any accumulated juice to the pan and cook until



### TIP

Sodium amounts vary widely among brands of plum and crushed. And although it can be hard to find any labeled “no-salt-added,” for the best tomato flavor we use brands that have little or no added sodium. Compare nutrition labels and choose one that has 190 mg sodium or less per  $\frac{1}{2}$ -cup serving.

heated through, about 2 minutes more.

3. Meanwhile, bring water to a boil in a medium saucepan. Stir in couscous and the remaining 1 tablespoon lime juice. Cover, remove from the heat and let stand for 5 minutes. Fluff with a fork; stir in cilantro. Serve the stew over the couscous.

**SERVES 4:** 1  $\frac{3}{4}$  CUPS STEW & 1 CUP COUSCOUS EACH

**Calories** 612, **Fat** 24g (sat 4g), **Cholesterol** 76mg, **Carbs** 68g, **Total sugars** 13g (added 0g), **Protein** 35g, **Fiber** 12g, **Sodium** 465mg, **Potassium** 948mg.  
**Nutrition bonus:** Vitamin A (277% daily value), Vitamin C (64% dv), Iron (30% dv), **Potassium** (27% dv), Zinc (18% dv), Magnesium (16% dv).



# Spring Dinner Plan: Friday

## QUICK FETTUCCINE ALFREDO

Heart Health  Diabetes

Weight Loss  Gluten Free

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

*In this healthy fettuccine Alfredo recipe, the sauce for this classic pasta dish gets a make-over, using yogurt. Although we like to toss this creamy pasta sauce with fettuccine, any whole-wheat pasta can be used.*

- 8 ounces whole-wheat fettuccine
- 1 tablespoon butter
- 1 clove garlic, minced
- $\frac{3}{4}$  cup nonfat plain Greek yogurt
- $\frac{3}{4}$  cup shredded Parmesan cheese, divided
- 1 tablespoon chopped fresh parsley
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon freshly ground pepper
- $\frac{1}{8}$  teaspoon ground nutmeg

1. Cook pasta in a pot of boiling water according to package directions. Drain, reserving  $\frac{1}{2}$  cup of the cooking water.
2. Melt butter in a large saucepan over medium heat. Add garlic and cook for 1 minute. Stir in the reserved pasta water and remove from heat. Whisk in yogurt,  $\frac{1}{2}$  cup Parmesan, parsley, salt, pepper and nutmeg. Add the fettuccine and combine well. Serve topped with the remaining  $\frac{1}{4}$  cup Parmesan.

**SERVES 4:** 1 CUP EACH

**Calories** 312, **Fat** 8g (sat 5g), **Cholesterol** 21mg, **Carbs** 45g, **Total sugars** 4g (added 0g), **Protein** 18g, **Fiber** 7g, **Sodium** 421mg, **Potassium** 207mg.

**Nutrition bonus:** Calcium (26% daily value), Magnesium (24% dv).

**Carbohydrate servings:** 3

**Exchanges:** 3 starch, 1 lean meat,  $\frac{1}{2}$  fat

**MAKE IT A MEAL:  
SERVE WITH  
A MIXED  
GREEN SALAD**



# Spring Dinner Plan: Saturday

## KOREAN-STYLE BEEF & CABBAGE TACOS

- Heart Health  Diabetes
- Weight Loss  Gluten Free

**ACTIVE:** 1½ HRS **TOTAL:** 1½ HRS (PLUS 2-24 HRS PICKLING & MARINATING TIME)

**TO MAKE AHEAD:** Pickle cabbage & marinate steak (Steps 1 & 2) up to 1 day ahead. Prepare rice (Step 3) & cabbage filling (Step 5) up to 2 hours ahead.

*This Korean-flavored steak tacos recipe uses cabbage in three ways: a crisp cabbage leaf acts as the shell, sautéed cabbage is part of the filling and pickled cabbage tops off the tacos. You can prepare most of the ingredients ahead, so all you have to do is assemble the steak tacos when you're ready to serve.*

### PICKLED NAPA CABBAGE

- 4 cups sliced napa cabbage (sliced crosswise)
- ¾ cup rice vinegar
- ½ cup water
- 1 tablespoon minced fresh ginger
- ½ teaspoon coarsely ground pepper
- ¼ teaspoon crushed red pepper
- Pinch of salt

### STEAK & MARINADE

- ¼ cup reduced-sodium soy sauce
- ¼ cup rice vinegar
- 1 tablespoon toasted sesame oil
- 2 scallions, finely chopped
- 1½ tablespoons minced fresh ginger
- 1½ tablespoons sugar
- 2 cloves garlic, minced
- 1-2 teaspoons chile paste, such as sambal oelek
- 1 pound skirt steak or flank steak, trimmed

### FILLING & CABBAGE SHELLS

- 1 cup water
- ½ cup brown basmati rice
- ¼ teaspoon canola oil plus 1½ tablespoons, divided
- 1 medium red cabbage
- 1 large onion, halved and thinly sliced
- 2 cloves garlic, minced
- ¼ teaspoon freshly ground pepper
- Pinch of salt
- 1 tablespoon minced fresh ginger

**1. To prepare pickled cabbage:** Place napa



cabbage in a large bowl. Combine ¾ cup rice vinegar, ½ cup water, 1 tablespoon ginger, ½ teaspoon pepper, crushed red pepper and salt in a medium saucepan; bring to a boil over high heat and cook until the salt is dissolved, 30 seconds to 1 minute. Let cool for 2 minutes. Pour over the cabbage and stir well. Cover and refrigerate, stirring occasionally, for least 2 hours and up to 1 day.

**2. To marinate steak:** Combine soy sauce, ¼ cup vinegar, sesame oil, scallions, 1½ tablespoons ginger, sugar, garlic and chile paste to taste in a shallow glass dish. Add steak, cover and marinate in the refrigerator, turning once or twice, for at least 1 hour and up to 1 day.

**3. To prepare filling & cabbage shells:** Combine 1 cup water, rice and ¼ teaspoon canola oil in a medium saucepan. Bring to a boil over high heat. Stir well, reduce heat to maintain the barest simmer, cover and cook until the water is absorbed and the rice is tender, 40 to 50 minutes. Set aside, covered.

**4.** Remove the outermost leaves from red cabbage, cut the head in half through the core and remove the core from each half. Peel leaves from each half and select 8 good-looking ones to use for the taco shells. Thinly slice enough of the remaining cabbage to get 4 cups.

**5.** Heat the remaining 1½ tablespoons canola oil in a large skillet over medium heat. Add onion, 2 cloves minced garlic, ¼ teaspoon pepper and a pinch of salt; cook, stir-

ring frequently, until softened and starting to brown, about 5 minutes. Add the sliced red cabbage and 1 tablespoon ginger and cook, stirring occasionally, until the cabbage starts to wilt, about 5 minutes more. Set aside.

**6.** When you're ready to cook the steak, preheat a grill to medium-high. (Or position an oven rack 3 to 4 inches from the heat source and preheat broiler to high.)

**7.** Remove the steak from the marinade; reserve the marinade. Grill (or broil), turning once, 6 to 7 minutes for medium-rare skirt steak or 9 to 12 minutes for medium-rare flank steak. Transfer to a clean cutting board, tent with foil and let rest for 5 minutes.

**8.** Add the marinade to the red cabbage mixture in the skillet and bring to a boil over medium-high heat. Cook, stirring, until the liquid is almost evaporated, about 4 minutes.

**9.** To serve, divide the rice and the red cabbage mixture among the cabbage shells. Very thinly slice the steak against the grain and divide among the tacos. Top each with about 2 tablespoons drained pickled cabbage.

### SERVES 4: 2 TACOS EACH

**Calories** 450, **Fat** 19g (sat 5g), **Cholesterol** 74mg, **Carbs** 40g, **Total sugars** 11g (added 5g), **Protein** 30g, **Fiber** 6g, **Sodium** 728mg, **Potassium** 1,038mg.

**Nutrition bonus:** Vitamin C (139% daily value), Vitamin B12 (71% dv), Zinc (45% dv), Vitamin A (42% dv), Potassium (30% dv), Iron (26% dv), Magnesium (24% dv), Folate (22% dv).



# About EatingWell

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- 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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