



Best Winter Diet Recipes

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Mini Shepherd's Pies

Makes: 4 servings

Active time: 30 minutes

Total: 40 minutes

Equipment: Four 10-ounce broiler-safe ramekins

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☐ Gluten Free

In EatingWell's take on Shepherd's Pie, we replace the potato topping with convenient, delicious frozen squash puree. And they're baked in individual ramekins to guarantee perfectly sized servings and help you get it on the table fast.

- 2** teaspoons extra-virgin olive oil
- ½** cup chopped onion
- 12** ounces 93%-lean ground beef
- 2** tablespoons all-purpose flour
- 1** tablespoon tomato paste
- 1** cup reduced-sodium beef broth
- 6** 1 ounces baby spinach, chopped
- ¾** teaspoon salt, divided
- ½** teaspoon garlic powder, divided
- 2** 12-ounce packages frozen winter squash puree, thawed
- ⅓** cup finely shredded Parmesan cheese

- 1.** Position rack in upper third of oven; preheat broiler.
- 2.** Heat oil in a large skillet over medium-high heat. Add onion and cook, stirring, until begin-

ning to soften, about 2 minutes. Reduce heat to medium, stir in beef, flour and tomato paste, and cook, stirring, until the beef is mostly browned, about 3 minutes. Add broth, scraping up any browned bits with a wooden spoon. Bring to a boil and cook, stirring occasionally, until the broth is the consistency of thick gravy, about 4 minutes. Stir in spinach, ¼ teaspoon salt and ¼ teaspoon garlic powder; cook until the spinach is just wilted, about 1 minute. Remove from the heat.

3. Place squash in a fine-mesh sieve and gently press on it to extract excess liquid. Transfer to a bowl. Stir in the remaining ½ teaspoon salt and ¼ teaspoon garlic powder. Divide the meat mixture among four 10-ounce broiler-safe ramekins. Top each with about ½ cup of the squash. Place the ramekins on a baking sheet.

4. Broil until heated through and bubbling around the edges, about 10 minutes. Sprinkle with cheese and broil until it is just melted, about 3 minutes more.

Per serving: 336 calories; 13 g fat (5 g sat, 3 g mono); 70 mg cholesterol; 26 g carbohydrate; 0 g added sugars; 29 g protein; 5 g fiber; 708 mg sodium; 421 mg potassium.

Nutrition bonus: Vitamin A (175% daily value), Vitamin C (50% dv), Zinc (33% dv), Calcium (15% dv).

Carbohydrate servings: 1½

Exchanges: 1 starch, 1 vegetable, 2 lean meat, ½ fat



Quick Roast Chicken & Root Vegetables

Makes: 4 servings

Active time: 45 minutes

Total: 45 minutes

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Roasted chicken in 45 minutes? No problem. This technique of starting bone-in chicken breasts on the stovetop and finishing them in a hot oven with vegetables gets a hearty dinner on the table in a hurry. While everything roasts, you still have time to make a quick pan sauce with shallot and Dijon mustard. Serve with a spinach salad.

- 1 pound turnips, peeled and cut into ½-inch chunks
- 1 pound baby potatoes, quartered
- 2 tablespoons extra-virgin olive oil, divided
- 1 tablespoon chopped fresh marjoram or 1 teaspoon dried
- ¾ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- ¼ cup all-purpose flour
- 1 cup reduced-sodium chicken broth
- 2 bone-in chicken breasts (12 ounces each), skin and fat removed, cut in half crosswise
- 1 large shallot, chopped
- 1 tablespoon Dijon mustard
- 2 teaspoons red- or white-wine vinegar

1. Preheat oven to 500°F.
2. Toss turnips, potatoes, 1 tablespoon oil, marjoram, ½ teaspoon salt and ¼ teaspoon pepper together in a medium bowl. Spread in

an even layer on a large baking sheet. Roast for 15 minutes.

3. Meanwhile, place flour in a shallow dish. Transfer 2 teaspoons of the flour to a small bowl and whisk in broth; set aside. Season chicken with the remaining ¼ teaspoon salt and ¼ teaspoon pepper. Dredge the chicken in the flour, shaking off excess. (Discard any leftover flour.)

4. Heat the remaining 1 tablespoon oil in a large skillet over medium heat. Add the chicken, skinned-side down, and cook until well browned on the bottom, about 5 minutes. Remove from the heat.

5. After the vegetables have been roasting for 15 minutes, stir them and place one piece of chicken, skinned-side up, in each corner of the baking sheet. (Set the skillet aside.) Return the vegetables and chicken to the oven and roast until the chicken is cooked through and the vegetables are tender, about 20 minutes more.

6. When the chicken and vegetables have about 10 minutes left, return the skillet to medium heat. Add shallot and cook, stirring, until fragrant, about 1 minute. Whisk the reserved broth mixture again, add to the pan and bring to a boil. Cook, stirring occasionally, until reduced by about half, about 8 minutes. Stir in mustard and vinegar. Serve the chicken and vegetables with the sauce.

Per serving: 333 calories; 10 g fat (2 g sat, 6 g mono); 72 mg cholesterol; 29 g carbohydrate; 31 g protein; 4 g fiber; 770 mg sodium; 1,033 mg potassium.

Nutrition bonus: Vitamin C (58% daily value), Potassium (30% dv), Magnesium (16% dv).

Carbohydrate servings: 2

Exchanges: 1 starch, 1½ vegetable, 3½ lean meat, 1½ fat



Sesame-Orange Shrimp

Makes: 4 servings

Active time: 30 minutes

Total: 30 minutes

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

These shrimp are super-easy to make—just coat them in a simple batter, cook them in a little oil and toss with a tangy sesame-orange sauce. The staff at EatingWell simply could not get enough of these delicious shrimp while we were developing this recipe. Serve with: Brown basmati rice and steamed snow peas tossed with a little toasted sesame oil.

- 3** tablespoons sesame seeds (white, black or a mix)
- 2** large egg whites
- ¼** cup cornstarch
- ¼** teaspoon salt
- ¼** teaspoon freshly ground pepper
- 1** pound peeled and deveined raw shrimp (21-25 per pound)
- 2** tablespoons canola oil, divided
- ¾** cup orange juice
- ¼** cup dry sherry (see Note)
- 2** tablespoons reduced-sodium soy sauce
- 1** teaspoon sugar
- 1** scallion, thinly sliced

1. Whisk sesame seeds, egg whites, cornstarch, salt and pepper in a large bowl. Add shrimp and toss to coat.

2. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add half the shrimp and cook until golden, 1 to 2 minutes per side. Transfer to a paper towel-lined plate to drain. Repeat with the remaining 1 tablespoon oil and the rest of the shrimp.

3. Add orange juice, sherry, soy sauce and sugar to the pan. Bring to a boil and cook, stirring occasionally, until slightly thickened and reduced by half, 4 to 6 minutes. Return the shrimp to the pan and stir to coat with the sauce. Serve immediately, with scallion sprinkled on top.

Per serving: 232 calories; 10 g fat (1 g sat, 5 g mono); 168 mg cholesterol; 12 g carbohydrate; 21 g protein; 1 g fiber; 488 mg sodium; 327 mg potassium.

Nutrition bonus: Vitamin C (43% daily value), Iron (20% dv).

Carbohydrate servings: 1

Exchanges: 1 starch, 2½ lean meat

Note: Sherry is a type of fortified wine originally from southern Spain. Don't use the "cooking sherry" sold in many supermarkets—it can be surprisingly high in sodium. Instead, get dry sherry that's sold with other fortified wines at your wine or liquor store.



Hot Chile Grilled Cheese

Makes: 4 servings

Active time: 30 minutes

Total: 30 minutes

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This deconstructed version of a chile relleno turned sandwich packs some heat and an ooey-goopy filling. We like the flavor of sourdough, but any kind of bread will work well.

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

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

of 4 slices of bread. Top with a heaping tablespoon of the cheese mixture. Place 2 pepper halves over the cheese. Cover with the remaining slices of bread.

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

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

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

Carbohydrate servings: 4

Exchanges: $3\frac{1}{2}$ starch, 1 vegetable, 1 medium-fat meat

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

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



Quick Pork & Chile Stew

Makes: 4 servings, about 1½ cups each

Active time: 25 minutes

Total: 40 minutes

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The potatoes in this quick, Tex-Mex-style pork stew are cooked until they are falling apart to add body to the stew. Poblano peppers vary in heat: if you want a stew without any heat, use 2 small green bell peppers in place of the poblanos. Serve with: Warm corn tortillas or cheese quesadillas.

- 4** teaspoons extra-virgin olive oil, divided
- 1** pound pork tenderloin, trimmed and cut into 1-inch cubes
- 1** medium onion, halved and sliced
- 2** poblano peppers, diced
- 2** cloves garlic, minced
- 1** medium russet potato, peeled and cut into ½-inch pieces
- 1** 14-ounce can reduced-sodium chicken broth
- 1½** teaspoons ground cumin
- 1** teaspoon dried oregano
- ½** teaspoon salt

⅓ teaspoon cayenne (optional)

1 tablespoon lime juice

- 1.** Heat 2 teaspoons oil in a large saucepan over medium heat. Add pork; cook, stirring, until no longer pink on the outside, about 4 minutes. Transfer with any juice to a bowl.
- 2.** Add the remaining 2 teaspoons oil, onion and poblanos to the pan. Cook, stirring, until softened, about 3 minutes. Add garlic and cook 1 minute more. Add potato, broth, cumin, oregano, salt and cayenne (if using); bring to a simmer over medium heat. Reduce heat to maintain a low simmer and cook, partially covered and stirring occasionally, until the potato is tender, about 10 minutes. Return the pork and any juice to the pan and cook, partially covered, until the pork is cooked through and the potatoes are fall-apart tender, about 5 minutes more. Stir in lime juice before serving.

Per serving: 266 calories; 8 g fat (2 g sat, 5 g mono); 74 mg cholesterol; 22 g carbohydrate; 0 g added sugars; 27 g protein; 4 g fiber; 589 mg sodium; 947 mg potassium.

Nutrition bonus: Vitamin C (100% daily value), Potassium (27% dv), Zinc (17% dv), Iron (15% dv).

Carbohydrate servings: 1½

Exchanges: 1 starch, 1 vegetable, 3 lean meat



Wine & Tomato Braised Chicken

Makes: 10 servings

Active time: 45 minutes

Slow-cooker time: 3¾-6¾ hours

To make ahead: Prepare Steps 1 & 2, cover and refrigerate bacon and sauce separately for up to 1 day. To finish, bring the sauce to a simmer and continue with Step 3. The cooked chicken and sauce can be refrigerated for up to 3 days.

Equipment: 4-quart or larger slow cooker

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Here chicken thighs cook in a simple herb-infused tomato-and-wine sauce. The bone-in thighs give it plenty of hearty flavor, and since you cook them without the skin, it keeps the dish healthy. There's plenty of sauce, so serve it over pappardelle or brown rice. Steamed broccoli or sautéed broccoli rabe tossed with olive oil and a splash of lemon juice complete the meal.

- 4 slices bacon
- 1 large onion, thinly sliced
- 4 cloves garlic, minced
- 1 teaspoon dried thyme
- 1 teaspoon fennel seeds
- 1 teaspoon freshly ground pepper
- 1 bay leaf
- 1 cup dry white wine (see *Tip*)
- 1 28-ounce can whole tomatoes, with juice, coarsely chopped
- 1 teaspoon salt

- 10 bone-in chicken thighs (about 3 ¾ pounds), skin removed, trimmed
- ¼ cup finely chopped fresh parsley

1. Cook bacon in a large skillet over medium heat until crisp, about 4 minutes. Transfer to paper towels to drain. Crumble when cool.
2. Drain off all but 2 tablespoons fat from the pan. Add onion and cook over medium heat, stirring, until softened, 3 to 6 minutes. Add garlic, thyme, fennel seeds, pepper and bay leaf and cook, stirring, for 1 minute. Add wine, bring to a boil and boil for 2 minutes, scraping up any browned bits. Add tomatoes and their juice and salt; stir well.
3. Place chicken thighs in a 4-quart (or larger) slow cooker. Sprinkle the bacon over the chicken. Pour the tomato mixture over the chicken. Cover and cook until the chicken is very tender, about 3 hours on High or 6 hours on Low. Remove the bay leaf. Serve sprinkled with parsley.

Per serving: 260 calories; 13 g fat (4 g sat, 5 g mono); 88 mg cholesterol; 6 g carbohydrate; 0 g added sugars; 25 g protein; 1 g fiber; 492 mg sodium; 392 mg potassium.

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

Carbohydrate servings: ½

Exchanges: 1 vegetable, 3 lean meat, 1 fat

Tip: If you prefer, substitute 1 cup reduced-sodium chicken broth mixed with 1 tablespoon fresh lemon juice for the wine.



Chicken Coconut Curry

Makes: 6 servings, about 1½ cups each

Active time: 50 minutes

Total: 1 hour

☐ Heart Health ☒ Diabetes ☐ Weight Loss ☒ Gluten Free

At once comforting and exotic-tasting, this rich chicken coconut curry stew will warm you on chilly winter evenings. Chunks of potato, lean chicken and loads of veggies make it a meal in a bowl. Enjoy with a fruity white wine like Gewurztraminer or Chenin Blanc to tame the heat. Using “lite” coconut milk instead of full-fat in this healthy curried coconut chicken stew recipe trims roughly two-thirds the fat and calories without sacrificing flavor.

- 1½ pounds boneless, skinless chicken breast, cut into bite-size cubes**
- 6 teaspoons curry powder, divided**
- ¾ teaspoon salt, divided**
- 2 tablespoons coconut oil or canola oil, divided**
- 1 large yellow onion, chopped**
- 1 tablespoon chopped garlic**
- 1 14-ounce can “lite” coconut milk**
- 1 14-ounce can reduced-sodium chicken broth**
- 4 cups 1-inch chunks Yukon Gold potatoes (about 3 medium)**
- 1 cup sliced carrots**
- ½ cup chopped celery**
- ¾ cup frozen peas**
- ¼ cup chopped fresh cilantro**
- 1 tablespoon packed brown sugar**

1. Place chicken in a medium bowl. Sprinkle with 1 teaspoon curry powder and ¼ teaspoon salt; toss to coat. Heat 1 tablespoon oil in a large Dutch oven over medium-high heat. Add chicken and cook, stirring once or twice, until mostly browned, 6 to 8 minutes. Transfer to a plate.

2. Heat the remaining 1 tablespoon oil in the pot and add onion and garlic. Cook, stirring often, until the onion is starting to soften, 2 to 4 minutes. Stir in the remaining 5 teaspoons curry powder and cook, stirring, until fragrant but not browned, 30 seconds to 1 minute. Add coconut milk, broth, potatoes, carrots, celery and the remaining ½ teaspoon salt and bring to a boil over high heat, stirring often. Reduce heat to medium-low to maintain a gentle simmer and cook, stirring occasionally, until the potatoes and carrots are tender, 10 to 12 minutes.

3. Return the chicken to the pot and add peas. Increase heat to high and continue cooking until the chicken is cooked through, 4 to 5 minutes more. Remove from the heat and stir in cilantro and brown sugar.

Per serving: 346 calories; 12 g fat (8 g sat, 1 g mono); 63 mg cholesterol; 31 g carbohydrate; 2 g added sugars; 29 g protein; 5 g fiber; 574 mg sodium; 934 mg potassium. **Nutrition bonus:** Vitamin A (77% daily value), Vitamin C (29% dv), Potassium (27% dv), Iron & Magnesium (16% dv).

Carbohydrate servings: 2

Exchanges: 1½ starch, 1 vegetable, 3½ lean meat, 1 fat



White Turkey Chili

Makes: 6 servings, about 1½ cups each

Active time: 40 minutes

Total: 1½ hours

To make ahead: Cover and refrigerate for up to 3 days or freeze for up to 3 months.

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☐ Gluten Free

This healthy white turkey chili recipe is gorgeous, with flecks of green from zucchini, oregano and green chiles. To keep the saturated fat low, we use one pound of ground turkey and add whole-grain bulgur to boost the volume and fiber in this chili recipe. After all the ingredients are added to the pot, we like to slowly simmer our chili for close to an hour to develop the best flavor, but if you're in a hurry, reduce the liquid by half and simmer for 20 to 25 minutes.

3 tablespoons extra-virgin olive oil or canola oil

1 pound 93%-lean ground turkey

1 large onion, diced

4 cloves garlic, minced

2 medium zucchini, diced (about 3 ½ cups)

½ cup bulgur

2 tablespoons dried oregano

4 teaspoons ground cumin

½ teaspoon ground coriander

½ teaspoon white pepper

¼ teaspoon salt

2 15-ounce cans no-salt-added white beans, rinsed

2 4-ounce cans green chiles, mild or hot

4 cups reduced-sodium chicken broth

1. Heat oil in a Dutch oven over medium-high heat. Add ground turkey, onion and garlic. Cook, stirring and breaking up the meat with a wooden spoon, until the meat is no longer pink, 3 to 5 minutes.
2. Add zucchini and cook, stirring occasionally, until the zucchini is starting to soften, 5 to 7 minutes.
3. Add bulgur, oregano, cumin, coriander, white pepper and salt and cook, stirring, until aromatic, 30 seconds to 1 minute.
4. Stir in white beans and chiles, then pour in broth; bring to a boil.
5. Reduce heat to a simmer, partially cover the pot and cook, stirring occasionally, until the liquid is reduced and thickened and the bulgur is tender, about 50 minutes.

Per serving: 356 calories; 14 g fat (2 g sat, 5 g mono); 43 mg cholesterol; 35 g carbohydrate; 0 g added sugars; 26 g protein; 10 g fiber; 722 mg sodium; 898 mg potassium. **Nutrition bonus:** Vitamin C (48% daily value), Iron (28% dv), Potassium (26% dv), Magnesium (25% dv), Zinc (15% dv).

Carbohydrate servings: 2

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

About EatingWell

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





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

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

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

About EatingWell health tags

A recipe checked...

-  **Heart Health** has limited saturated fat.
-  **Diabetes** is low in calories and meets limits for Carbohydrate Servings.
-  **Weight Loss** has reduced calories (and limited saturated fat).
-  **Gluten Free** does not contain wheat, rye, barley or oats.
(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)

Photography by Ken Burris (pages 2-7); Carin Krasner (page 8); Erica Allen (page 9).

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