



# Best Winter Recipes

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**EatingWell**  
WHERE GOOD TASTE MEETS GOOD HEALTH



## Baked Tortellini

**Makes:** 6 servings

**Active time:** 25 minutes

**Total:** 45 minutes

**To make ahead:** Prepare through Step 4; cover and refrigerate for up to 2 days or freeze for up to 6 months. Thaw in the refrigerator before baking.

**Equipment:** 6 individual gratin dishes or a 1½-quart shallow baking dish

Heart Health  Diabetes  Weight Loss  Gluten Free

*Nutty-flavored fontina cheese gives this homey baked tortellini casserole a real taste twist and the cheesy breadcrumb topping makes it all but irresistible. You can easily double this recipe and make one for today and an extra to pop in the freezer for a heat-and-eat meal someday in the future.*

- 1 tablespoon extra-virgin olive oil
- 2 tablespoons all-purpose flour
- 2½ cups low-fat milk, heated
- ½ cup shredded fontina cheese, divided
- ½ teaspoon ground nutmeg
- ¼ teaspoon salt
- Freshly ground pepper to taste
- 1 pound fresh or frozen cheese tortellini, preferably whole-wheat
- ¼ cup fine dry breadcrumbs
- 2 tablespoons freshly grated Parmesan cheese

1. Preheat oven to 350°F. Coat 6 individual gratin dishes or a 1½-quart shallow baking dish with cooking spray. Put a large pot of water on to boil for cooking pasta.
2. Heat oil in a large saucepan over medium heat. Add flour and cook, whisking constantly, for 1 to 2 minutes. Add hot milk and bring to a simmer, whisking, until smooth and slightly thickened, 3 to 4 minutes. Remove from heat and add ¼ cup fontina and nutmeg, stirring to melt the cheese. Season with salt and pepper.
3. Meanwhile, cook tortellini until just tender, 6 to 8 minutes or according to package directions. Drain and rinse well.
4. Combine the tortellini with the cheese sauce and toss. Transfer to the prepared dishes or baking dish. Top with the remaining ¼ cup fontina. Combine breadcrumbs and Parmesan and sprinkle evenly over the tortellini.
5. Bake the tortellini until golden and bubbly, 15 to 25 minutes. Serve immediately.

**Per serving:** 366 calories; 12 g fat (6 g sat, 5 g mono); 49 mg cholesterol; 46 g carbohydrate; 0 g added sugars; 17 g protein; 2 g fiber; 738 mg sodium; 241 mg potassium.

**Nutrition Bonus:** Calcium (32% daily value), Folate (27% dv).

**Carbohydrate servings:** 3

**Exchanges:** 3 starch, ½ reduced-fat milk, 1 medium-fat meat



## Creamy Hamburger Noodle Casserole

**Makes:** 6 servings

**Active time:** 30 minutes

**Total:** 1 hour 25 minutes

Heart Health  Diabetes  Weight Loss  Gluten Free

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

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

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

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

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

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

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

8. Bake the casserole until bubbly, 30 to 40 minutes. Let stand for 10 minutes before serving.

**Per serving:** 377 calories; 14 g fat (7 g sat, 4 g mono); 52 mg cholesterol; 41 g carbohydrate; 0 g added sugars; 22 g protein; 5 g fiber; 757 mg sodium; 631 mg potassium.

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

**Carbohydrate servings:** 2½

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

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



## Chicken Potpie

**Makes:** 6 servings

**Active time:** 15 minutes

**Total:** 1 hour 5 minutes

Heart Health  Diabetes  Weight Loss  Gluten Free

*This chicken potpie is studded with peas, mushrooms, carrots and onions and topped with tender whole-wheat biscuits. The savory sauce gets a rich taste from reduced-fat sour cream, but with less fat and calories. And it ends up just as delicious and comforting as you expect.*

### Filling

**3** teaspoons canola oil, divided

**1** cup frozen pearl onions, thawed  
**1** cup peeled baby carrots  
**10** ounces cremini mushrooms, halved  
**2½** cups reduced-sodium chicken broth, divided  
**¼** cup cornstarch  
**2½** cups diced cooked chicken or turkey  
**1** cup frozen peas, thawed  
**¼** cup reduced-fat sour cream  
**¼** teaspoon salt  
**Freshly ground pepper to taste**

### Biscuit topping

**¾** cup whole-wheat pastry flour (see **Ingredient Note**)  
**¾** cup all-purpose flour  
**2** teaspoons sugar

**¼** teaspoons baking powder  
**½** teaspoon baking soda  
**½** teaspoon salt  
**1** teaspoon dried thyme  
**1½** tablespoons cold butter, cut into small pieces  
**1** cup nonfat buttermilk (see **Tip**)  
**1** tablespoon canola oil

**1. To prepare filling:** Heat 1 teaspoon oil in a large skillet or Dutch oven over medium-high heat. Add onions and carrots; cook, stirring, until golden brown and tender, about 7 minutes. Transfer to a bowl. Heat the remaining 2 teaspoons oil in the pan over medium-high heat. Add mushrooms and cook, stirring

often, until browned and their liquid has evaporated, 5 to 7 minutes. Return the onions and carrots to the pan. Add 2 cups broth and bring to a boil; reduce heat to a simmer. Mix cornstarch with the remaining ½ cup broth; add to the pan and cook, stirring, until the sauce thickens. Stir in chicken (or turkey), peas, sour cream, salt and pepper. Transfer the filling to a 2-quart baking dish.

**2. To prepare biscuit topping & bake potpie:** Preheat oven to 400°F. Whisk whole-wheat flour, all-purpose flour, sugar, baking powder, baking soda, salt and thyme in a large bowl. Using your fingertips or 2 knives, cut butter into the dry ingredients until crumbly. Add buttermilk and oil; stir until just combined. Drop the dough onto the filling in 6 even portions. Set the baking dish on a baking sheet.

**3. Bake the potpie** until the topping is golden and the filling is bubbling, 30 to 35 minutes. Let cool for 10 minutes before serving.

**Per serving:** 403 calories; 12 g fat (4 g sat, 4 g mono); 64 mg cholesterol; 46 g carbohydrate; 29 g protein; 4 g fiber; 667 mg sodium; 427 mg potassium.

**Nutrition bonus:** Vitamin A (70% daily value), Fiber (16% dv).

**Carbohydrate servings:** 2½

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

**Ingredient Note: Whole-wheat pastry flour** is milled from soft wheat. It contains less gluten than regular whole-wheat flour and helps ensure a tender result in delicate baked goods while providing the nutritional benefits of whole grains. Available in large supermarkets and in natural-foods stores. **Store in the freezer.**

**Tip: No buttermilk?** You can use buttermilk powder prepared according to package directions. Or make “sour milk”: mix 1 tablespoon lemon juice or vinegar to 1 cup milk.



## Hot Chile Grilled Cheese

**Makes:** 4 servings

**Active time:** 30 minutes

**Total:** 30 minutes

Heart Health  Diabetes  Weight Loss  Gluten Free

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

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

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

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

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

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

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

**Carbohydrate servings:** 4

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

**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.



### Sweet Potato & Black Bean Chili

**Makes:** 4 servings, about 2 cups each

**Active time:** 25 minutes

**Total:** 40 minutes

**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

*Make a double batch of this quick vegetarian chili, full of black beans and sweet potatoes, and eat it for lunch the next day or freeze the extras for another night. We love the smoky heat from the ground chipotle, but omit it if you prefer a mild chili. Serve with tortilla chips or cornbread and coleslaw.*

- 1 tablespoon plus 2 teaspoons extra-virgin olive oil
- 1 medium-large sweet potato, peeled and diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 4 teaspoons ground cumin
- ½ teaspoon ground chipotle chile (see Note)
- ¼ teaspoon salt
- 2½ cups water
- 2 15-ounce cans black beans, rinsed
- 1 14-ounce can diced tomatoes
- 4 teaspoons lime juice

½ cup chopped fresh cilantro

1. Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.
2. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.

**Per serving:** 307 calories; 8 g fat (1 g sat, 5 g mono); 0 mg cholesterol; 51 g carbohydrate; 0 g added sugars; 12 g protein; 14 g fiber; 494 mg sodium; 947 mg potassium.

**Nutrition bonus:** Vitamin A (213% daily value), Vitamin C (48% dv), Iron (32% dv), Folate (29% dv), Potassium (27% dv), Calcium (16% dv).

**Carbohydrate Servings:** 2½

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

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



## Slow-Cooker Stout & Chicken Stew

**Makes:** 8 servings, about 1 $\frac{1}{3}$  cups each

**Active time:** 45 minutes

**Slow-cooker time:** 4-8 hours

**To prep ahead:** Trim chicken, chop bacon; prep onion and garlic; defrost peas. Refrigerate in separate containers.

**Equipment:** 5- to 6-quart slow cooker

Heart Health  Diabetes  Weight Loss  Gluten Free

*Chicken thighs can take plenty of cooking without getting tough or drying out, which makes them perfect for the slow cooker. Here we braise them in Guinness stout along with hearty vegetables, with just the right amount of bacon for added savoriness.*

- 6 tablespoons plus  $\frac{1}{2}$  cup all-purpose flour, divided**
- 1 teaspoon salt, divided, plus more to taste**
- $\frac{1}{2}$  teaspoon freshly ground pepper, plus more to taste**
- 2 $\frac{1}{2}$  pounds boneless, skinless chicken thighs, trimmed**
- 4 teaspoons extra-virgin olive oil, divided**
- 3 pieces bacon, chopped**
- 1 $\frac{1}{3}$  cups Guinness beer or other stout (14-ounce can)**
- 1 pound whole baby carrots or large carrots cut into 1-inch pieces**
- 1 8-ounce package cremini or button mushrooms, halved if large**
- 2 cups chopped onion**
- 4 cloves garlic, minced**
- 1 $\frac{1}{2}$  teaspoons dried thyme**
- 1 cup reduced-sodium chicken broth**
- 2 cups frozen baby peas, thawed**

1. Combine 6 tablespoons flour with  $\frac{1}{2}$  teaspoon each salt and pepper in a shallow bowl. Dredge chicken thighs in the mixture to coat completely; transfer to a plate.
2. Heat 2 teaspoons oil in a large skillet over medium-high heat. Add half the chicken and cook until well browned, 2 to 4 minutes per side; transfer to a 5- to 6-quart slow cooker. Reduce heat to medium and repeat with the remaining 2 teaspoons oil and chicken thighs. Arrange the chicken in an even layer in the slow cooker.
3. Add bacon to the pan and cook, stirring often, for 2 minutes. Sprinkle the remaining  $\frac{1}{2}$  cup flour over the bacon and cook, stirring constantly, for 2 minutes more. Add stout and use a wooden spoon to scrape up any browned bits from the bottom of the pan. Pour the mixture over the chicken. Add carrots, mushrooms, onion, garlic and thyme, spreading in an even layer over the chicken. Pour broth over the top.
4. Cover and cook until the chicken is falling-apart tender, 4 hours on High or 7 to 8 hours on Low.
5. Stir in peas, cover and cook until the peas are heated through, 5 to 10 minutes more. Season with the remaining  $\frac{1}{2}$  teaspoon salt and pepper.

**Per serving:** 365 calories; 13 g fat (3 g sat, 6 g mono); 88 mg cholesterol; 28 g carbohydrate; 0 g added sugars; 30 g protein; 4 g fiber; 570 mg sodium; 650 mg potassium.

**Nutrition bonus:** Vitamin A (200% daily value), Folate & Zinc (23% dv), Vitamin C (22% dv), Potassium (19% dv), Iron (17% dv).

**Carbohydrate servings:** 2

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



## Nonna's Spaghetti & Meatballs

**Makes:** 8 servings, 1 cup pasta, ¾ cup sauce & 2 meatballs each

**Active time:** 45 minutes

**Slow-cooker time:** 4-8 hours

**To prep ahead:** Make meatballs and sauce (Steps 1 & 2); cover and refrigerate separately for up to 1 day. Reheat sauce to a simmer before adding to slow cooker.

**To make ahead:** Freeze cooked meatballs in sauce airtight for up to 3 months. Defrost before reheating.

**Equipment:** 6-quart slow cooker

Heart Health  Diabetes  Weight Loss  Gluten Free

*The meatballs and sauce are cooked in the slow cooker for this traditional Italian spaghetti and meatballs recipe. You could also serve the meatballs over creamy polenta or on a sandwich with melted provolone.*

### Meatballs

- 2 large eggs
- ½ cup dry whole-wheat breadcrumbs (see *Tip, page 12*)
- ½ cup finely chopped onion
- ½ cup grated Parmigiano-Reggiano cheese, plus more for serving
- ¼ cup minced fresh parsley
- 3 cloves garlic, minced
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- 8 ounces lean (90% or leaner) ground beef
- 8 ounces ground pork or Italian pork sausage
- 8 ounces ground veal

### Sauce & Spaghetti

- 1 tablespoon extra-virgin olive oil
- 1 cup finely chopped onion
- 3 cloves garlic, finely chopped
- 2 teaspoons Italian seasoning
- ¼ teaspoon crushed red pepper
- 1 cup dry red wine
- 1 28-ounce can crushed tomatoes

- 1 14-ounce can diced tomatoes
- 1 pound whole-wheat spaghetti
- 1 tablespoon finely chopped fresh oregano

**1. To prepare meatballs:** Lightly beat eggs in a large bowl. Stir in breadcrumbs, ½ cup onion, cheese, parsley, garlic, salt and pepper. Add beef, pork (or sausage) and veal; gently mix until combined (do not overmix). Using ¼ cup for each, make 16 meatballs and place in a 6-quart slow cooker. (*Or see Stovetop Variation.*)

**2. To prepare sauce & spaghetti:** Heat oil in a large skillet over medium heat. Add 1 cup onion and cook, stirring occasionally, until beginning to brown, 3 to 5 minutes. Add garlic, Italian seasoning and crushed red pepper; cook, stirring, for 30 seconds. Add wine and boil for 1 minute. Add crushed and diced tomatoes and bring to a simmer. Pour the sauce over the meatballs.

**3.** Put the lid on the slow cooker and cook on High for 4 hours or Low for 8 hours.

**4.** 30 minutes before you're ready to eat, bring a large pot of water to a boil. Cook the spaghetti until just tender, 8 to 10 minutes or according to package directions.

**5.** Spoon any fat off the sauce; add oregano. Serve the meatballs and sauce over the spaghetti with extra Parmesan, if desired.

**Per serving:** 475 calories; 11 g fat (4 g sat, 4 g mono); 108 mg cholesterol; 61 g carbohydrate; 0 g added sugars; 32 g protein; 11 g fiber; 704 mg sodium; 856 mg potassium.

**Nutrition bonus:** Vitamin C (35% daily value), Magnesium & Zinc (32% dv), Iron (29% dv), Potassium (25% dv), Vitamin A (24% dv).

**Carbohydrate servings:** 4

**Exchanges:** 3½ starch, 1 vegetable, 3 lean meat

**Stovetop Variation: Make the sauce (Step 2) in a large pot instead of a skillet, then gently add the meatballs to the simmering sauce. Cover and gently simmer until the meatballs are cooked through, about 1 hour.**



## Stovetop Chicken & Broccoli Casserole

**Makes:** 6 servings

**Active time:** 25 minutes

**Total:** 40 minutes

Heart Health  Diabetes  Weight Loss  Gluten Free

*We trimmed 9 grams of fat and almost 100 calories in this makeover of cheesy chicken-and-broccoli casserole. All the raw ingredients are layered in a skillet, then simmered for a quick weeknight dinner.*

- 8 ounces whole-wheat egg noodles**
- 1 14-ounce can reduced-sodium chicken broth**
- 1 pound boneless, skinless chicken breasts, trimmed, cut into ¾-inch pieces**
- 1 14- to 16-ounce package frozen broccoli florets, thawed and chopped, if desired**
- 1½ cups skim milk**
- ½ cup reduced-fat mayonnaise**
- 3 tablespoons all-purpose flour**
- 1½ teaspoons dry mustard**
- ½ teaspoon garlic powder**

- ¼ teaspoon salt**
- ¼ teaspoon freshly ground pepper**
- 1½ cups shredded Colby-Jack or Cheddar cheese**

- 1.** Place noodles in a large skillet. Pour broth over the noodles. Layer chicken, then broccoli over the noodles.
- 2.** Whisk milk, mayonnaise, flour, dry mustard, garlic powder, salt and pepper in a medium bowl. Pour over the broccoli.
- 3.** Bring to a simmer over medium-high heat. Reduce heat to maintain a simmer, cover and cook, stirring once or twice, until the noodles and chicken are cooked through, 15 to 18 minutes.
- 4.** Meanwhile, position rack in upper third of oven; preheat broiler.
- 5.** When the casserole is done, sprinkle cheese on top and broil until lightly browned, about 3 minutes.

**Per serving:** 446 calories; 15 g fat (7 g sat, 4 g mono); 75 mg cholesterol; 41 g carbohydrate; 1 g added sugars; 33 g protein; 6 g fiber; 662 mg sodium; 424 mg potassium.

**Nutrition bonus:** Vitamin C (45% daily value), Calcium (30% dv), Vitamin A (23% dv), Folate (16% dv).



## Creamy Mustard Chicken

**Makes:** 4 servings, 1 cutlet & 1 cup pasta with ¼ cup sauce each

**Active time:** 35 minutes

**Total:** 35 minutes

Heart Health  Diabetes  Weight Loss  Gluten Free

*In this healthy, creamy mustard chicken recipe, thin-sliced chicken breasts (sometimes labeled chicken cutlets) cook quickly and are delicious smothered in a velvety, light mustard sauce and garnished with fresh chopped sage. If you can't find chicken cutlets, cut boneless, skinless chicken breast into 4-ounce pieces and place between pieces of plastic wrap. Pound with a meat mallet, rolling pin or heavy skillet until flattened to about ½ inch thick.*

- ½ package whole-wheat angel hair pasta (7-8 ounces)
- 4 thin-sliced chicken breasts or cutlets (about 1 pound)
- ½ teaspoon garlic powder
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- ¼ cup all-purpose flour
- 3 tablespoons extra-virgin olive oil, divided
- 1 large shallot, finely chopped
- ½ cup dry white wine
- ½ cup water
- ¼ cup reduced-fat sour cream
- 2 tablespoons Dijon mustard

**2 tablespoons chopped fresh sage, plus more for garnish**

1. Bring a large saucepan of water to a boil. Add pasta and cook according to package instructions. Drain.
2. Meanwhile, sprinkle chicken with garlic powder and ¼ teaspoon each salt and pepper. Place flour in a shallow bowl and coat both sides of the chicken, shaking off any excess. Reserve 2 teaspoons flour; discard the rest.
3. Heat 2 tablespoons oil in a large skillet over medium-high heat. Cook the chicken, turning once, until golden brown and cooked through, 3 to 4 minutes per side. Transfer to a clean plate.
4. Reduce heat to medium and add the remaining 1 tablespoon oil to the pan. Add shallot and cook, stirring, until beginning to brown, 30 seconds to 1 minute. Add wine and cook, stirring occasionally, for 1 minute. Combine water with the reserved 2 teaspoons flour. Add to the pan and cook, stirring, until thickened, about 1 minute. Remove from the heat; stir in sour cream, mustard, 2 tablespoons sage and the remaining ¼ teaspoon each salt and pepper. Return the chicken to the pan and turn to coat with the sauce.
5. Top the pasta with half the sauce, the chicken and then the remaining sauce. Garnish with more sage, if desired.

**Per serving:** 447 calories; 16 g fat (3 g sat, 10 g mono); 69 mg cholesterol; 42 g carbohydrate; 0 g added sugars; 31 g protein; 6 g fiber; 456 mg sodium; 367 mg potassium.

**Nutrition bonus:** Magnesium (25% daily)

# 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](http://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!

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## 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 2-9); Peter Ardito (page 10).*

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