



# **EatingWell** **Classic** **Italian** **Recipes** **Made Healthy**

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## Lasagna with Slow-Roasted Tomato Sauce

**Makes:** 10 servings

**Active time:** 1 hour **Total:** 4 hours

**To make ahead:** Cover and refrigerate the sauce (Steps 1-3) for up to 3 days or freeze for up to 3 months.

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Slow-roasting the tomatoes gives the tomato sauce for this lasagna recipe an intense depth of flavor—which is then enhanced by the umami in onions, Parmesan and spinach. The lasagna noodles are layered into the lasagna uncooked; the moisture from the fresh spinach cooks them perfectly as the lasagna bakes in the oven.

### Sauce

- 3 pounds plum tomatoes, halved lengthwise
- 2 tablespoons extra-virgin olive oil, divided
- 2 teaspoons dried basil, divided
- 1¼ teaspoons dried oregano, divided
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 1 cup water
- 1 6-ounce can tomato paste
- ½ teaspoon salt
- ⅛ teaspoon freshly ground pepper

### Lasagna

- 1 15- to 16-ounce container part-skim ricotta cheese
- 1½ cups reduced-fat shredded mozzarella, divided
- ½ cup grated Parmesan cheese, divided
- ½ teaspoon salt
- ¼ teaspoon dried oregano
- ⅛ teaspoon freshly ground pepper
- 9 lasagna noodles (uncooked), preferably whole-wheat
- 10 ounces baby spinach

**1. To prepare sauce:** Preheat oven to 300°F. Coat a baking sheet with cooking spray.

**2. Combine tomatoes,** 1 tablespoon oil, 1 teaspoon basil and 1 teaspoon oregano in a large bowl. Arrange the seasoned tomato

halves, cut-side up, on the prepared baking sheet. Bake in the center of the oven until the tomatoes are very soft, 2 hours. Let cool 15 minutes. Transfer the tomatoes to a work surface and coarsely chop.

**3. Heat the remaining 1 tablespoon oil** in a medium saucepan over medium-high heat. Add onion, garlic, the remaining 1 teaspoon basil and ¼ teaspoon oregano; cook, stirring occasionally, until beginning to soften, 2 to 3 minutes. Add the roasted tomatoes, water and tomato paste, stirring until the tomato paste is incorporated. Bring to a boil; reduce heat to medium-low, cover and simmer, stirring occasionally, for 10 minutes. Remove from the heat and stir in salt and pepper.

**4. To prepare lasagna:** Meanwhile, combine ricotta, ¾ cup mozzarella, ¼ cup Parmesan, salt, oregano and pepper in a bowl.

**5. Increase oven temperature to 350°.** Coat a 9-by-13-inch baking dish with cooking spray.

**6. Spread 2 cups of the tomato sauce** in the prepared baking dish. Top with 3 lasagna noodles. Top the noodles with half the spinach. Dollop half of the ricotta mixture over the spinach, then spread 1 cup of tomato sauce over the ricotta. Repeat the layers as you layer; the pan will be very full. Place the remaining 3 noodles on top and spread with the remaining tomato sauce. Sprinkle with the remaining ¾ cup mozzarella and ¼ cup Parmesan. Cover with foil that has been coated with cooking spray.

**7. Bake the lasagna for 50 minutes.** Uncover and bake until the cheese browns slightly, about 10 minutes more. Let stand for 10 minutes before serving.

**Per serving:** 275 calories; 11 g fat (5 g sat, 4 g mono); 28 mg cholesterol; 29 g carbohydrate; 0 g added sugars; 17 g protein; 6 g fiber; 618 mg sodium; 812 mg potassium.

**Nutrition bonus:** Vitamin A (85% daily value), Vitamin C (50% dv), Calcium (35% dv), Potassium (24% dv), Folate (22% dv), Iron & Magnesium (15% dv).

**Carbohydrate Servings:** 1½

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





## Quick Chicken Cacciatore

**Makes:** 4 servings

**Active time:** 40 minutes

**Total:** 40 minutes

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This version of the classic Italian recipe, chicken cacciatore, is done in half the time of most traditional versions, but is still full of rich flavor thanks to plenty of mushrooms, tomatoes and herbs.

- ¼ cup all-purpose flour**
- 2 8-ounce boneless, skinless chicken breasts**
- ¼ teaspoon salt, divided**
- ¼ teaspoon freshly ground pepper**
- 2 tablespoons extra-virgin olive oil, divided**
- 8 ounces mushrooms, quartered**
- 1 small onion, sliced**
- 2 teaspoons chopped fresh rosemary or ¾ teaspoon dried, plus more for garnish**
- ½ cup dry white wine**
- 1 14-ounce can no-salt-added diced tomatoes, drained**
- 1 cup reduced-sodium chicken broth**
- ¾ cup sliced jarred roasted red peppers, rinsed**
- ¼ cup quartered Kalamata olives**

**1.** Place flour in a shallow bowl. Cut each chicken breast in half on the diagonal to make 4 roughly equal portions; sprinkle with ½ teaspoon salt and pepper. Dredge the chicken in the flour and transfer to a plate. Reserve 2 tablespoons of the flour.

**2.** Heat 1 tablespoon oil in a large skillet over medium heat. Add the chicken and cook until browned on both sides, about 2 minutes per side. Transfer to a plate.

**3.** Add the remaining 1 tablespoon oil to the pan. Add mushrooms, onion, rosemary and the remaining ½ teaspoon salt and cook, stirring frequently, until the onion is soft and golden brown, about 5 minutes. Sprinkle the vegetables with the reserved flour and cook, stirring, until coated. Add wine to the pan and cook, stirring, for 1 minute. Add drained tomatoes, broth, roasted red peppers and olives; bring to a lively simmer over medium-low heat.

**4.** Return the chicken to the pan and continue cooking, stirring once or twice, until the liquid has thickened slightly and the chicken is cooked through, about 10 minutes. Serve the chicken with the sauce, garnished with rosemary, if desired.

**Per serving:** 341 calories; 12 g fat (2 g sat, 8 g mono); 63 mg cholesterol; 21 g carbohydrate; 0 g added sugars; 28 g protein; 2 g fiber; 720 mg sodium; 479 mg potassium.

**Nutrition bonus:** Vitamin C (27% daily value), Vitamin A (21% dv).

**Carbohydrate Servings:** 1½

**Exchanges:** ½ starch, 1½ vegetable, 3 lean meat, 2 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

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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)

**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.

**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:** 3

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

**Stovetop Variation:** Make the sauce (Step 2) in a large Dutch oven 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.



**Tip:** To make your own fresh breadcrumbs, trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse crumbs form. To make fine breadcrumbs, process until very fine. To make dry breadcrumbs, spread coarse or fine breadcrumbs on a baking sheet and bake

at 250°F until dry, about 10 to 15 minutes. One slice of bread makes about ½ cup fresh breadcrumbs or about ⅓ cup dry breadcrumbs. For store-bought coarse dry breadcrumbs we like Ian's brand, labeled "Panko breadcrumbs." Find them at well-stocked supermarkets.

## Shrimp & Pea Risotto

**Makes:** 6 main-dish servings, about 1¼ cups each

**Active time:** 45 minutes

**Total:** 45 minutes

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This Spanish-inspired main-dish risotto is studded with plenty of shrimp and peas. If you happen to have fresh shelled peas on hand, feel free to use them in place of the frozen peas.

- 5 cups seafood stock or bottled clam juice (see *Tips*)
- 2 tablespoons extra-virgin olive oil
- 1 cup chopped shallots or onion
- 2 cloves garlic, minced
- ¼ teaspoon crumbled saffron threads (see *Tips*)
- 1½ cups arborio, carnaroli or other Italian “risotto” rice
- ¼ teaspoon salt
- 1 cup dry white wine
- 1 pound peeled and deveined raw shrimp (21-25 count, see *Tips*), chopped
- 1 cup frozen peas, thawed
- 1 cup finely shredded Parmigiano-Reggiano cheese, divided
- 2 tablespoons chopped rinsed preserved lemon peel (optional)
- 1 tablespoon lemon juice
- Freshly ground pepper to taste

1. Bring stock (or clam juice) to a simmer in a medium saucepan over medium-high heat. Reduce the heat so it remains steaming, but is not simmering.

2. Heat oil in a Dutch oven over medium-low heat. Add shallots (or onion) and cook, stirring occasionally, until softened, about 2 minutes. Add garlic and saffron and cook, stirring, until fragrant, about 30 seconds. Add rice and salt and stir to coat.

3. Stir ½ cup of the hot liquid and a generous splash of wine into the rice. Cook, stirring frequently, until the liquid has been absorbed. Continue to cook on medium-low, adding hot liquid in ½-cup increments followed by a splash of wine, and stirring frequently after each addition, until most of the liquid is absorbed. With your last addition, stir in shrimp and peas. Stir until the liquid is absorbed and the shrimp is just cooked through, about 4 minutes. The risotto is done when you’ve used all the hot liquid and wine and the rice is creamy and just tender, 25 to 35 minutes total.

4. Remove from the heat; stir in ¾ cup cheese, preserved lemon (if using), lemon juice and pepper. Serve sprinkled with the remaining ¼ cup cheese.

**Per serving:** 417 calories; 10 g fat (3 g sat, 5 g mono); 125 mg cholesterol; 46 g carbohydrate; 0 g added sugars; 27 g protein; 2 g fiber; 864 mg sodium; 353 mg potassium.

**Nutrition bonus:** Calcium (23% daily value), Vitamin A (21% dv), Iron (17% dv), Vitamin C (15% dv).

**Carbohydrate Servings:** 3

**Exchanges:** 2½ starch, 1 vegetable, 3 lean meat, 1 fat.

### Tips:

**Bottled clam juice can be very high in sodium. We like Bar Harbor brand, which has 120 mg sodium per 2-ounce serving. Look for it in the canned-fish section or the seafood department of your supermarket.**

**The dried stigma from *Crocus sativus*, saffron adds flavor and golden color to a variety of Middle Eastern, African and European foods. Find it in the spice section of supermarkets, gourmet shops or at [tienda.com](http://tienda.com). It will keep in an airtight container for several years.**



Both wild-caught and farm-raised shrimp can damage the surrounding ecosystems when not managed properly. Look for shrimp certified by an independent agency, such as Wild American Shrimp or Marine Stewardship Council. If you can't find certified shrimp, choose wild-caught shrimp from North America—it's more likely to be sustainably caught. Shrimp is

usually sold by the number needed to make one pound. For example, “21-25 count” means there will be 21 to 25 shrimp in a pound. Size names, such as “large” or “extra large,” are not standardized. In recipes calling for a specific count, order by the count (or number) per pound to be sure you're getting the size you want.



## Pepperoni & Pepper Pizza

**Makes:** 5 servings

**Active time:** 35 minutes **Total:** 2 hours

**To make ahead:** Prepare through Step 2, cover the bowl with plastic wrap and refrigerate for up to 1 day. Or tightly wrap the unrisen dough in oiled plastic wrap and freeze for up to 3 months. Defrost the dough in the refrigerator overnight. Let refrigerated (or previously frozen) dough stand at room temperature for 1 hour before using.

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Using mini pepperoni slices (or chopping regular-sized slices) allows you to use less pepperoni, but still get plenty of flavor on this pepperoni and pepper pizza. Use green or yellow pepper instead of red, or swap out the pepper for your favorite veggie instead. No time to make homemade dough? Look for whole-wheat pizza-dough balls at your supermarket. Check the ingredient list to make sure the dough doesn't contain any hydrogenated oils.

### Thin-Crust Whole-Wheat Pizza Dough

**¾ cup plus 1 tablespoon lukewarm water (105-115°F)**

**1 package active dry yeast (2¼ teaspoons)**

**1 teaspoon sugar**

**1 cup whole-wheat pastry flour (see Tips)**

**1 cup bread flour or all-purpose flour**

**½ teaspoon salt**

**1 tablespoon extra-virgin olive oil**

**2 tablespoons fine cornmeal**  
All-purpose flour for dusting

### Toppings

**½ cup prepared pizza or marinara sauce**

**⅓ cup mini pepperoni slices or chopped pepperoni**

**1 red bell pepper, chopped**

**1 cup shredded part-skim mozzarella cheese**

**1. To prepare dough:** Stir water, yeast and sugar in a large bowl; let stand until the yeast has dissolved, about 5 minutes. Stir in whole-wheat flour, bread flour (or all-purpose flour) and salt until the dough begins to come together.

**2.** Turn the dough out onto a lightly floured work surface. Knead until smooth and elastic, about 10 minutes. (Alternatively, mix the dough in a food processor or in a stand mixer with a dough hook. Process or mix until it forms a ball. Continue to process until the dough is smooth and elastic, about 1 minute more in a food processor or 4 to 5 minutes more on low speed in a stand mixer.) Place the dough in an oiled bowl and turn to coat.

**3.** Cover with a clean kitchen towel; set aside in a warm, draft-free place until doubled in size, about 1 hour.

**4.** Position rack in lower third of oven; pre-heat to 450°F. Brush oil over a large baking sheet. Sprinkle the baking sheet with cornmeal to coat evenly.

**5. To prepare toppings & assemble pizza:** Sprinkle flour over work surface. Roll out the dough to the size of the baking sheet (see Tips) and transfer to the baking sheet. Cover the dough with sauce. Scatter with pepperoni and pepper and sprinkle with cheese. Bake until the crust is crispy and the cheese is melted and starting to brown, 15 to 20 minutes.

**Per serving:** 364 calories; 12 g fat (4 g sat, 5 g mono); 21 mg cholesterol; 47 g carbohydrate; 1 g added sugars; 15 g protein; 5 g fiber; 525 mg sodium; 237 mg potassium.

**Nutrition bonus:** Vitamin C (55% daily value), Folate (36% dv), Vitamin A (21% dv), Calcium (19% dv).

**Carbohydrate Servings:** 3

**Exchanges:** 3 starch, 1 high-fat meat, ½ fat

### Tips:

**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. Find it at large**



**supermarkets and natural-foods stores. Store in an airtight container in the freezer.**

**No time to make your own dough? Look for balls of prepared whole-wheat pizza dough at your supermarket, fresh or frozen and without any hydrogenated oils.**

### To Roll Out Pizza Dough:

Turn out onto a lightly floured surface. Dust with flour; dimple with your fingertips to shape into a thick, flattened circle. Then use a rolling pin to roll into the desired shape. If your dough “resists” being rolled out, let it rest for about 15 minutes, then try rolling it out again.



## Ravioli & Vegetable Soup

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

**Active time:** 25 minutes

**Total:** 25 minutes

**To make ahead:** Cover and refrigerate for up to 3 days. Thin with broth before reheating, if desired.

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Fresh or frozen ravioli cook in minutes and turn this light vegetable soup into a main course. Look for whole-wheat or whole-grain ravioli in the refrigerated or frozen section of the supermarket. Tortellini can be used instead of ravioli as well. *(Recipe by Nancy Baggett for EatingWell.)*

- 1 tablespoon extra-virgin olive oil
- 2 cups frozen bell pepper and onion mix, thawed and diced
- 2 cloves garlic, minced
- ¼ teaspoon crushed red pepper, or to taste (optional)
- 1 28-ounce can crushed tomatoes, preferably fire-roasted
- 1 14-ounce can vegetable broth or reduced-sodium chicken broth
- 1½ cups hot water
- 1 teaspoon dried basil or marjoram
- 1 6- to 9-ounce package fresh or frozen cheese (or meat) ravioli, preferably whole-wheat
- 2 cups diced zucchini (about 2 medium)
- Freshly ground pepper to taste

Heat oil in a large saucepan or Dutch oven over medium heat. Add pepper-onion mix, garlic and crushed red pepper (if using) and cook, stirring, for 1 minute. Add tomatoes, broth, water and basil (or marjoram); bring to a rolling boil over high heat. Add ravioli and cook for 3 minutes less than the package directions. Add zucchini; return to a boil. Cook until the zucchini is crisp-tender, about 3 minutes. Season with pepper.

**Per serving:** 263 calories; 9 g fat (3 g sat, 3 g mono); 28 mg cholesterol; 38 g carbohydrate; 0 g added sugars; 11 g protein; 7 g fiber; 749 mg sodium; 760 mg potassium.

**Nutrition bonus:** Vitamin C (60% daily value), Vitamin A (41% dv), Iron & Potassium (22% dv), Calcium (16% dv).

**Carbohydrate Servings:** 2

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

## Chicken Piccata with Pasta & Mushrooms

**Makes:** 4 servings

**Active time:** 40 minutes

**Total:** 40 minutes

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

Our chicken piccata, served over whole-wheat pasta, has a rich lemon-caper sauce that's made with extra-virgin olive oil and just a touch of butter for flavor. If you like, you can use a mild fish like tilapia or even shrimp instead of chicken breast.

- 6 ounces whole-wheat angel hair pasta
- ⅓ cup all-purpose flour, divided
- 2 cups reduced-sodium chicken broth
- ½ teaspoon salt, divided
- ¼ teaspoon freshly ground pepper
- 4 chicken cutlets (¾-1 pound total), trimmed
- 3 teaspoons extra-virgin olive oil, divided
- 1 10-ounce package mushrooms, sliced
- 3 large cloves garlic, minced
- ½ cup white wine
- 2 tablespoons lemon juice
- ¼ cup chopped fresh parsley
- 2 tablespoons capers, rinsed
- 2 teaspoons butter

1. Bring a large pot of water to a boil. Add pasta and cook until just tender, 4 to 6 minutes or according to package directions. Drain and rinse.

2. Meanwhile, whisk 5 teaspoons flour and broth in a small bowl until smooth. Place the remaining flour in a shallow dish. Season chicken with ¼ teaspoon salt and pepper and dredge both sides in the flour. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add the chicken and cook until browned and no longer pink in the middle, 2 to 3 minutes per side. Transfer to a plate; cover and keep warm.



3. Heat the remaining 1 teaspoon oil in the pan over medium-high heat. Add mushrooms and cook, stirring, until they release their juices and begin to brown, about 5 minutes. Transfer to a plate. Add garlic and wine to the pan and cook until reduced by half, 1 to 2 minutes. Stir in the reserved broth-flour mixture, lemon juice and the remaining ¼ teaspoon salt. Bring to a simmer and cook, stirring, until the sauce is thickened, about 5 minutes.

4. Stir in parsley, capers, butter and the reserved mushrooms. Measure out ½ cup of the mushroom sauce. Toss the pasta in the pan with the remaining sauce. Serve the pasta topped with the chicken and the reserved sauce.

**Per serving:** 397 calories; 9 g fat (3 g sat, 3 g mono); 54 mg cholesterol; 45 g carbohydrate; 0 g added sugars; 28 g protein; 5 g fiber; 544 mg sodium; 609 mg potassium.

**Nutrition bonus:** Vitamin C (18% daily value), Potassium (17% dv), Iron (16% dv).

**Carbohydrate Servings:** 3

**Exchanges:** 2½ starch, ½ vegetable, 3½ lean meat





## Corn & Broccoli Calzones

**Makes:** 6 calzones

**Active time:** 30 minutes **Total:** 45 minutes

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These calzones are stuffed with a summery combination of corn and broccoli, but you can use whatever you have in your fridge. Part-skim ricotta and mozzarella make our pizza pockets lower in saturated fat. Plus a whole-wheat crust adds a nutty flavor and extra fiber. Serve with your favorite marinara sauce for dipping.

- 1½ cups chopped broccoli florets
- 1½ cups fresh corn kernels  
(about 3 ears; see *Tips*)
- 1 cup shredded part-skim mozzarella cheese
- ¾ cup part-skim ricotta cheese
- 4 scallions, thinly sliced
- ¼ cup chopped fresh basil
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- All-purpose flour for dusting
- 20 ounces prepared whole-wheat pizza dough (see *Tips*), thawed if frozen
- 2 teaspoons canola oil

1. Position racks in upper and lower thirds of oven; preheat to 475°F. Coat 2 baking sheets with cooking spray.
2. Combine broccoli, corn, mozzarella, ricotta, scallions, basil, garlic powder, salt and pepper in a large bowl.

3. On a lightly floured surface, divide dough into 6 pieces. Roll each piece into an 8-inch circle. Place a generous ¾ cup filling on one half of each circle, leaving a 1-inch border of dough. Brush the border with water and fold the top half over the filling. Fold the edges over and crimp with a fork to seal. Make several small slits in the top to vent steam; brush each calzone with oil. Transfer the calzones to the prepared baking sheets.

4. Bake the calzones, switching the pans halfway through, until browned on top, about 15 minutes. Let cool slightly before serving.

**Per calzone:** 350 calories; 7 g fat (3 g sat, 3 g mono); 21 mg cholesterol; 50 g carbohydrate; 17 g protein; 4 g fiber; 509 mg sodium; 250 mg potassium.

**Nutrition bonus:** Vitamin C (35% daily value), Calcium (25% dv), Vitamin A (20% dv).

**Carbohydrate servings:** 3

**Exchanges:** 3 starch, 1 medium-fat protein

### Tips:

To remove corn kernels from the cob, stand an uncooked ear of corn on its stem end in a shallow bowl and slice the kernels off with a sharp, thin-bladed knife. This technique produces whole kernels that are good for adding to salads and salsas. If you want to use the corn kernels for soups, fritters or puddings, you can add another step to the process. After cutting the kernels off, reverse the knife and, using the dull side, press it down the length of the ear to push out the rest of the corn and its milk.

Look for balls of whole-wheat pizza dough at your supermarket, fresh or frozen and without any hydrogenated oils.



## Fettuccine Alfredo

**Makes:** 6 servings

**Active time:** 35 minutes

**Total:** 50 minutes

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Here, we blend garlic-infused low-fat milk, reduced-fat cream cheese and Parmesan cheese for a low-fat Alfredo sauce to replace traditional versions made with copious amounts of butter and heavy cream. With plenty of fiber from whole-wheat pasta and only 6 grams of fat per serving, you can put Alfredo back into your pasta repertoire.

**2 cups low-fat milk**

**8 large cloves garlic, peeled**

**½ teaspoon salt**

**Freshly ground pepper to taste**

**Pinch of ground nutmeg**

**1 pound whole-wheat fettuccine**

**2 tablespoons reduced-fat cream cheese (Neufchâtel)**

**¾ cup freshly grated Parmesan cheese, divided**

**3 tablespoons chopped fresh parsley**

**1.** Put a large pot of water on to boil.

**2.** Combine milk and garlic in a heavy medium saucepan; bring to a simmer over low heat. Simmer gently until the garlic is tender and the milk has reduced to 1½ cups, 15 to 25 minutes. Let cool slightly.

**3.** Puree milk and garlic in a blender until smooth. (Use caution when blending hot liquids.) Return to the pan and season with salt, pepper and nutmeg. Keep the sauce warm.

**4.** Meanwhile, cook fettuccine until just tender, 8 to 10 minutes or according to package directions. Drain and transfer to a warmed large bowl.

**5.** Whisk cream cheese and ½ cup Parmesan into the sauce. Add to the fettuccine and toss well. Sprinkle with parsley. Serve immediately, passing the remaining ¼ cup Parmesan separately.

**Per serving:** 361 calories; 6 g fat (3 g sat, 2 g mono); 17 mg cholesterol; 63 g carbohydrate; 19 g protein; 10 g fiber; 413 mg sodium; 210 mg potassium.

**Nutrition bonus:** Magnesium (28% daily value), Calcium (26% dv).

**Carbohydrate Servings:** 3½

**Exchanges:** 4 starch, ½ low-fat milk, ½ fat





## Minestrone with Endive & Pepperoni

**Makes:** 6 servings, about 1½ cups each

**Active time:** 30 minutes

**Total:** 30 minutes

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Considering that this minestrone soup incorporates mostly frozen vegetables, it is remarkably savory and aromatic. Look for frozen soup or stew vegetables with potatoes, carrots, celery and onion in the mix to give the soup the best flavor. Although pepperoni isn't traditionally part of minestrone soup, you'll find it's a great shortcut to add spicy, complex flavor. *(Recipe by Nancy Baggett for EatingWell.)*

- 1 tablespoon extra-virgin olive oil
- ½ cup chopped fresh or frozen (thawed) bell peppers, any color
- 5 cups reduced-sodium beef broth
- 1½ teaspoons dried oregano
- 1 teaspoon dried thyme
- ⅔ cup whole-wheat elbow noodles or other small pasta
- 1 pound frozen mixed soup (or stew) vegetables (including potatoes, carrots, celery, onion), thawed, chopped
- 1 cup frozen baby lima beans, thawed
- 1 15-ounce can diced tomatoes with garlic and onion
- ½ cup diced pepperoni
- 3 cups lightly packed coarsely chopped curly endive or chard, tough stems removed
- Freshly ground pepper to taste
- Freshly grated Parmesan cheese for garnish

1. Heat oil in a large saucepan or Dutch oven over medium-high heat. Add bell peppers and cook, stirring, for 3 minutes. Add broth, oregano and thyme; bring to a rolling boil over high heat. Add pasta and cook for 3 minutes less than the package directions.

2. Add mixed soup (or stew) vegetables and lima beans. Bring to a boil over medium-high heat; boil until the vegetables are almost tender, about 3 minutes. Stir in tomatoes, pepperoni and endive (or chard); return to a boil. Adjust the heat and simmer until the endive (or chard) is just tender, about 5 minutes. Season with pepper and garnish with Parmesan, if desired.

**Per serving:** 213 calories; 7 g fat (2 g sat, 3 g mono); 14 mg cholesterol; 28 g carbohydrate; 0 g added sugars; 9 g protein; 5 g fiber; 721 mg sodium; 352 mg potassium.

**Nutrition bonus:** Vitamin C (50% daily value), Vitamin A (30% dv).

**Carbohydrate Servings:** 1½

**Exchanges:** 1½ starch, 1 vegetable, ½ lean meat, ½ fat.



## Ribollita Soup

**Makes:** 8 servings, about 1¾ cups each

**Active time:** 1 hour

**Total:** 1¼ hours

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Ribollita, a traditional hearty Tuscan soup, typically uses day-old bread to add body and thicken the broth. This ribollita recipe uses a bean mash, which keeps the soup gluten-free and adds fiber. Garnish with extra-virgin olive oil or pepper and grated Parmesan.

- 1 14-ounce can whole peeled plum tomatoes
- 2 15-ounce cans cannellini beans, rinsed, divided
- 3 tablespoons extra-virgin olive oil, divided
- 1 medium leek, halved lengthwise and sliced (see *Tip*), white and light green parts only
- ¼ cup thinly sliced garlic
- ½ teaspoon freshly ground pepper, divided
- 1 cup diced carrots
- 1 cup diced celery
- 1 cup diced zucchini
- ¼ teaspoon salt, divided
- 1 bunch kale or Swiss chard, trimmed and cut into 2-inch-wide slices
- ¼ head Savoy or green cabbage, cut into 1-inch cubes
- 2 cups diced russet potatoes
- 3 cups vegetable broth
- 2 cups water
- ½ teaspoon dried thyme
- 1 bay leaf
- ⅛ teaspoon celery seed
- Crushed red pepper to taste

1. Drain canned tomatoes, reserving the liquid. Dice the tomatoes. Using a potato masher, mash half the beans into a paste (add a bit of broth, if desired, to make mashing the beans easier). Set the tomatoes and beans aside.

2. Heat 2 tablespoons oil in a Dutch oven over medium heat. Add leek and garlic; cook, stirring, until translucent and tender, 2 to 3 minutes. Do not brown. Season with ⅛ teaspoon pepper. Stir in carrots, celery and zucchini and the remaining 1 tablespoon oil; cook, stirring, until nearly tender, 3 to 5 minutes. Season with ⅛ teaspoon each salt and pepper.

3. When the carrots and celery are nearly tender, stir in kale (or chard) and cabbage. Cover and cook, stirring occasionally, until wilted, 4 to 6 minutes. Add potatoes, broth, water, the diced tomatoes and juice, the bean puree and whole beans, thyme and bay leaf. Bring to a simmer over medium heat. Season with celery seed, crushed red pepper and the remaining ¼ teaspoon pepper and ⅛ teaspoon salt. Cover and cook, stirring occasionally and reducing the heat as necessary to maintain a gentle simmer, until all the vegetables are tender, 15 to 20 minutes.

**Per serving:** 180 calories; 4 g fat (1 g sat, 3 g mono); 0 mg cholesterol; 33 g carbohydrate; 0 g added sugars; 8 g protein; 9 g fiber; 551 mg sodium; 512 mg potassium.

**Nutrition bonus:** Vitamin A (133% daily value), Vitamin C (75% dv).

**Carbohydrate Servings:** 1½

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

**Tip:** To clean leeks, trim and discard green tops and white roots. Split leeks lengthwise and place in plenty of water. Swish the leeks in the water to release any sand or soil. Drain. Repeat until no grit remains.







## Spinach & Sun-Dried Tomato Stuffed Pizza

**Makes:** 6 servings

**Active time:** 20 minutes **Total:** 40 minutes

✓ Heart Health ✓ Diabetes ✓ Weight Loss □ Gluten Free

This stuffed pizza is filled with crumbled tofu, spinach, sun-dried tomatoes, cheese and fresh basil. It's easy to make stuffed pizza at home. Just roll the crust thin, spread filling over half and fold closed. To use fresh spinach, cook 10 ounces until just wilted; finely chop and squeeze dry. Serve with marinara sauce for dipping and mixed green salad.

**Cooking spray, preferably canola or olive oil**

- 1 14-ounce package firm water-packed tofu, drained
- 1 10-ounce package frozen chopped spinach, thawed and squeezed dry
- ½ cup chopped soft or reconstituted sun-dried tomatoes (see *Tip*)
- ½ cup finely shredded Parmesan cheese
- ½ cup shredded part-skim mozzarella cheese

- ¼ cup chopped fresh basil
- ½ teaspoon onion powder
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 pound prepared pizza dough, preferably whole-wheat

1. Position rack in lower third of oven; pre-heat to 475°F. Coat a large baking sheet with cooking spray.
2. Finely crumble tofu; pat dry. Place in a large bowl and use your hands to combine with spinach, tomatoes, Parmesan, mozzarella, basil, onion powder, salt and pepper.
3. Roll out dough on a lightly floured surface to about the length of the prepared baking sheet and twice as wide (approximately 16 by 18 inches). Transfer the dough to the baking sheet, allowing the extra width to hang over on one side onto a clean surface. Spread the filling on the dough in the pan, leaving a 1-inch border. Fold the overhanging dough over the filling. Fold the edges closed and crimp with a fork to seal. Make several small slits in the top to vent steam; lightly coat the top with cooking spray.
4. Bake the stuffed pizza until well browned on top, 18 to 20 minutes. Let cool slightly before cutting.

**Per serving:** 291 calories; 7 g fat (3 g sat, 2 g mono); 10 mg cholesterol; 36 g carbohydrate; 1 g added sugars; 18 g protein; 4 g fiber; 607 mg sodium; 419 mg potassium.

**Nutrition bonus:** Vitamin A (119% daily value), Calcium (37% dv), Magnesium (20% dv), Folate (19% dv).

**Carbohydrate Servings:** 2½

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

**Tip:** For this recipe, look for soft sun-dried tomatoes (not packed in oil). If you can only find tomatoes that are very dry (and hard), soak in boiling water for about 20 minutes, drain, chop and then add to the pizza filling.

## Grilled Eggplant Parmesan Sandwich

**Makes:** 4 servings

**Active time:** 45 minutes **Total:** 45 minutes

✓ Heart Health ✓ Diabetes ✓ Weight Loss □ Gluten Free

Our healthier eggplant Parmesan sandwich uses tender, smoky grilled eggplant instead of fried, so it has a fraction of the fat and calories. To make these sandwiches a cinch to prepare, make sure to have all your ingredients ready before you head out to the grill.

- 1 large eggplant (1¼–1½ pounds), cut into 12¼-inch-thick rounds
- Canola or olive oil cooking spray
- ¼ teaspoon salt
- 3 tablespoons finely shredded Parmesan or Asiago cheese
- ½ cup shredded part-skim mozzarella cheese
- 4 small pieces focaccia bread or rustic Italian bread
- 2 teaspoons extra-virgin olive oil
- 5 ounces baby spinach
- 1 cup crushed tomatoes, preferably fire-roasted
- 3 tablespoons chopped fresh basil, divided

1. Preheat grill to medium-high.
2. Place eggplant rounds on a baking sheet and sprinkle with salt. Coat both sides lightly with cooking spray. Combine Parmesan (or Asiago) and mozzarella in a small bowl. Brush both sides of focaccia (or bread) with oil.
3. Place spinach in a large microwave-safe bowl. Cover with plastic wrap and punch several holes in the wrap. Microwave on High until wilted, 2 to 3 minutes. Combine tomatoes and 2 tablespoons basil in a small microwave-safe bowl. Cover and microwave until bubbling, about 2 minutes.
4. Place all your ingredients on the baking sheet with the eggplant and take it to the grill. Grill the eggplant slices until brown and soft on both sides, 2 to 3 minutes per side. Grill the bread until toasted, about 1 minute per



side. Return the eggplant and bread to the baking sheet. Reduce grill heat to medium.

5. Place 1 eggplant round on top of each slice of bread. Layer 1 tablespoon tomatoes, 1 tablespoon wilted spinach and 1 tablespoon cheese on each slice of eggplant. Repeat with the remaining eggplant, sauce, spinach and cheese. Sprinkle each stack with some of the remaining basil. Place the baking sheet on the grill, close the lid and grill until the eggplant stack is hot and the cheese is melted, 5 to 7 minutes.

**Per serving:** 291 calories; 8 g fat (2 g sat, 3 g mono); 12 mg cholesterol; 48 g carbohydrate; 12 g protein; 9 g fiber; 756 mg sodium; 526 mg potassium.

**Nutrition bonus:** Vitamin A (38% daily value), Vitamin C (23% dv), Calcium (22% dv), Potassium (15% dv).

**Carbohydrate Servings:** 2½

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



## Spaghetti Genovese

**Makes:** 5 servings, about 1⅓ cups each

**Active time:** 30 minutes **Total:** 30 minutes

☒ Heart Health
 ☒ Diabetes
 ☒ Weight Loss
 ☐ Gluten Free

Traditionally, this Italian pasta recipe combines pasta and pesto with potatoes and green beans. In our recipe for Spaghetti Genovese we give pesto a nutritional boost by adding spinach and toss it all together with fiber-rich whole-wheat pasta for a warm, comforting weeknight meal. Serve with escarole and radicchio salad.

**2 tablespoons curry powder,**  
**preferably Madras**

**½ teaspoon salt**

**¼ teaspoon freshly ground pepper**

**1 14-ounce package extra-firm or**  
**firm water-packed tofu**

**4 teaspoons canola oil, divided**

**1 large delicata squash (about 1**  
**pound), halved, seeded and**  
**cut into 1-inch cubes**

**1 medium onion, halved and sliced**

**2 teaspoons grated fresh ginger**

**1 14-ounce can “lite” coconut milk**

**1 teaspoon light brown sugar**

**8 cups coarsely chopped kale**  
**or chard, tough stems removed**

**1 tablespoon lime juice, plus more**  
**to taste**

**1.** Bring a large pot of water to a boil over medium-high heat. Add spinach and cook just until wilted, about 45 seconds. Use a slotted spoon or fine sieve to transfer the spinach to a blender. Return the water to a boil and add spaghetti and potatoes. Cook, stirring once or twice, until almost tender, 6 to 7 minutes. Add green beans and cook until tender, 3 to 4 minutes more.

**2.** When the spaghetti and vegetables are almost done, carefully scoop out 1 cup of the cooking liquid from the pot. Pour ½ cup of the liquid into the blender and add pesto, pepper and salt. Blend until smooth, stopping to scrape down the sides as necessary.

**3.** Drain the spaghetti and vegetables and return to the pot; stir in the pesto mixture. Cook over medium heat, stirring gently, until the sauce is thickened and the pasta is hot, 1 to 2 minutes. Add more of the cooking liquid, as desired, for a thinner sauce.

**Per serving:** 333 calories; 12 g fat (3 g sat, 7 g mono); 8 mg cholesterol; 47 g carbohydrate; 0 g added sugars; 14 g protein; 10 g fiber; 438 mg sodium; 455 mg potassium.

**Nutrition bonus:** Vitamin A (37% daily value), Magnesium (27% dv), Calcium (25% dv), Vitamin C (22% dv), Iron (21% dv), Folate (20% dv).

**Carbohydrate Servings:** 3

**Exchanges:** 2½ starch, 1½ vegetable, 2 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](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!

## About EatingWell health tags

A recipe checked...



has limited saturated fat.



is low in calories and meets limits for Carbohydrate Servings.



has reduced calories (and limited saturated fat).



does not contain wheat, rye, barley or oats.

(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)