

CLEAN
EATING

W E E K N I G H T S

7-DAY MEAL PLAN



THIS WEEK'S MENU

Sunday:
Spaghetti
Squash &
Meatballs

Monday:
Clementine
& Five-
Spice
Chicken

Tuesday:
Salmon
with
Toasted
Israeli
Couscous

Wednesday:
Quinoa
Veggie
Burger

Thursday:
Spaghetti
Genovese

Friday:
Margherita
Pizz'alad

Saturday:
Quinoa
Pilaf with
Seared
Scallops

Clean-Eating Dinner Plan: Sunday

SPAGHETTI SQUASH & MEATBALLS

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

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

This spaghetti squash and meatballs recipe reduces the carbohydrates and increases vegetable servings by skipping pasta and serving the Italian-seasoned turkey meatballs and quick, homemade marinara sauce over thin strands of cooked spaghetti squash instead. Cooking the squash first in the microwave and then in a skillet to cook off the extra moisture, gives the squash a more spaghetti-like texture.

- 1 3-pound spaghetti squash
- 2 tablespoons water
- 2 tablespoons extra-virgin olive oil, divided
- ½ cup chopped fresh parsley, divided
- ½ cup finely shredded Parmesan cheese, divided
- 1¼ teaspoons Italian seasoning, divided
- ½ teaspoon onion powder
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground pepper
- 1 pound 93%-lean ground turkey
- 4 large cloves garlic, minced
- 1 28-ounce can no-salt-added crushed tomatoes
- ¼-½ teaspoon crushed red pepper

1. Halve squash lengthwise and scoop out the seeds. Place facedown in a microwave-safe dish; add water. Microwave, uncovered, on High until the flesh can be easily scraped with a fork, 10 to 15 minutes.
2. Heat 1 tablespoon oil in a large skillet over medium-high heat. Scrape the squash flesh into the skillet and cook, stirring occasionally, until the moisture is evaporated and the squash is beginning to brown, 5 to 10 minutes. Stir in ¼ cup parsley. Remove from heat, cover and let stand.
3. Meanwhile, combine the remaining ¼ cup parsley, ¼ cup Parmesan, ½ teaspoon Italian seasoning, onion powder, ¼ teaspoon salt and pepper in a medium bowl. Add turkey; gently mix to combine (do not overmix). Using about 2 tablespoons each, form into 12 meatballs.
4. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat.



Add the meatballs, reduce heat to medium and cook, turning occasionally, until browned all over, 4 to 6 minutes. Push the meatballs to the side of the pan, add garlic and cook, stirring, for 1 minute. Add tomatoes, crushed red pepper to taste, the remaining ¾ teaspoon Italian seasoning and ¼ teaspoon salt; stir to coat the meatballs. Bring to a simmer, cover and cook, stirring occasionally, until the meatballs are cooked through, 10 to 12 minutes more.

5. Serve the sauce and meatballs over the squash, sprinkled with the remaining ¼ cup Parmesan.

SERVES 4: ¾ CUP SQUASH, ¾ CUP SAUCE & 3 MEATBALLS EACH

Per serving: Calories 409, Fat 18g (sat 5g), Cholesterol 74mg, Carbs 31g, Total sugars 14g (added 0g), Protein 32g, Fiber 8g, Sodium 581mg, Potassium 1,233mg.

Nutrition bonus: Vitamin C (55% daily value), Vitamin A (54% dv), Iron (39% dv), Potassium (35% dv), Calcium (20% dv)

Carbohydrate servings: 2

Exchanges: 1 starch, 2 vegetable, ½ lean meat, 3 medium-fat meat, 1½ fat

Clean-Eating Dinner Plan: Monday

CLEMENTINE & FIVE-SPICE CHICKEN



ACTIVE: 35 MIN **TOTAL:** 50 MIN

This chicken recipe gets intense, complex flavor from tangy clementines, five-spice powder and pungent Sichuan peppercorns. This dish is a marvel for entertaining: it takes just 35 minutes of prep and a handful of ingredients, but it looks and tastes super-special. Feel free to use mandarins, honey tangerines or oranges here instead of the clementines.

8-10 clementines, divided

Generous ¼ teaspoon Chinese five-spice powder (see *Tip*)

¼ teaspoon Sichuan peppercorns (see *Tips*), crushed (optional)

2 teaspoons canola oil, divided

4 large bone-in chicken thighs (about 2 pounds), skin removed, trimmed

1 teaspoon kosher salt

¼ cup small fresh cilantro leaves

1 tablespoon thinly sliced scallion greens

¼ teaspoon toasted sesame oil

1. Finely grate 1 teaspoon zest (see *Tips*) and squeeze 1 cup juice from 6 to 8 clementines. Combine the zest, juice, five-spice powder and peppercorns (if using) in a small bowl.

2. Heat oil in a large nonstick skillet over medium-high heat. Season chicken with salt. Cook the chicken, turning frequently, until brown on both sides, about 5 minutes. Pour in the juice mixture; bring to a simmer. Reduce the heat to maintain a simmer, cover and cook until the chicken is just cooked through, 16 to 18 minutes.

3. Meanwhile, peel 2 of the remaining clementines and slice into ¼-inch-thick rounds.

4. When the chicken is done, transfer to a plate and tent with foil to keep warm. Increase the heat to high and cook the sauce, stirring often, until thickened and reduced to ½ to ¾ cup, 2 to 4 minutes. Stir in the clementine slices, cilantro, scallion greens and sesame oil. Serve the chicken with the sauce.



TIP

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

SERVES 4

Per serving: 270 calories; 13 g fat (3 g sat, 5 g mono); 92 mg cholesterol; 11 g carbohydrate, 0 g added sugars, 26 g protein; 1 g fiber; 359 mg sodium; 387 mg potassium.

Nutrition bonus: Vitamin C (84% daily value), Zinc (18% dv).

Carbohydrate servings: 1

Exchanges: 1 fruit, 4 lean meat

Tips:

Most Asian markets carry the wonderfully pungent Sichuan peppercorns; they are most often found in clear bags rather than in jars. They don't look like regular black or white peppercorns—they have a beautiful reddish brown color and are cracked open as though they have exploded.

When we call for citrus zest (e.g., 1 teaspoon clementine zest) we are referring to the finely grated outer rind (not including the white pith) of the citrus fruit. Use a microplane grater or the smallest holes of a box grater to grate the zest.

Clean-Eating Dinner Plan: Tuesday

SALMON WITH TOASTED ISRAELI COUSCOUS

- Heart Health Diabetes
- Weight Loss Gluten Free

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

You need only one skillet for this meal of wild salmon fillets and Israeli couscous pilaf. For added fiber, look for Israeli couscous made with whole-wheat flour. Serve with roasted carrots and broccoli with cumin.

- 1 tablespoon extra-virgin olive oil
- 1 cup Israeli couscous (see Tip)
- ½ cup finely chopped red bell pepper
- ⅓ cup unsalted pistachios, coarsely chopped
- 1 large shallot, chopped
- ½ teaspoon salt, divided
- 1½ cups water
- 1 tablespoon chopped fresh parsley, plus more for garnish
- 1 tablespoon chopped fresh oregano, plus more for garnish
- ¼ pounds wild Alaskan salmon fillet, skinned and cut into 4 portions
- ¼ teaspoon freshly ground pepper
- 4 lemon wedges

1. Heat oil in a large nonstick skillet over medium heat. Add couscous, bell pepper, pistachios, shallot and ¼ teaspoon salt. Cook, stirring frequently, until the couscous is lightly toasted, about 5 minutes. Stir in water. Cover and cook, stirring occasionally, for 5 minutes. Stir in 1 tablespoon each parsley and oregano.

2. Sprinkle salmon with pepper and the remaining ¼ teaspoon salt. Place the salmon on top of the couscous, reduce the heat to medium-low, cover and cook until the salmon is cooked through and the water is absorbed, 5 to 7 minutes.

3. Serve garnished with herbs, if desired, and lemon wedges.



TIP

Look for Israeli couscous (sometimes called “pearl couscous” because of its larger granules) near other couscous or pasta in well-stocked supermarkets.

SERVES 4: ABOUT 4 OUNCES SALMON & ⅔ CUP COUSCOUS EACH

Per serving: 413 calories; 13 g fat (2 g sat, 7 g mono); 66 mg cholesterol; 36 g carbohydrate; 0 g added sugars; 35 g protein; 3 g fiber; 368 mg sodium; 767 mg potassium. **Nutrition bonus:** Vitamin C (54% daily value), Vitamin A (25% dv), Potassium (22% dv), Magnesium (16% dv).

Carbohydrate servings: 2½

Exchanges: 2 starch, 1 vegetable, 4 lean meat, 2 fat

Clean-Eating Dinner Plan: Wednesday

QUINOA VEGGIE BURGER

- Heart Health
- Diabetes
- Weight Loss
- Gluten Free

ACTIVE: 45 MIN **TOTAL:** 1½ HRS

TO MAKE AHEAD: Individually wrap and freeze cooked burgers for up to 3 months. Defrost overnight in the refrigerator. Reheat in a skillet with a little oil.

This is a meatless meat-lover's burger: full-flavored with toasted pecans, mushrooms, Cheddar, herbs and red quinoa. Red quinoa, which you can commonly find in stores where white quinoa is sold, gives the burgers the perfect color. If you can only find white, that's fine too. These patties hold together well for freezing, making for a quick and easy meal. (Adapted from Quinoa Revolution by Patricia Green and Carolyn Hemming.)

- 1 cup water
- ½ cup red quinoa
- 1 tablespoon canola oil
- 1 cup diced onion
- 2 cups finely chopped cremini or white button mushrooms
- 1 teaspoon minced garlic
- ¾ teaspoon dried marjoram
- ¼ teaspoon dried oregano
- 1 large egg
- ⅔ cup shredded reduced-fat Cheddar cheese
- ½ cup whole pecans, toasted and finely chopped (see Tip)
- ⅓ cup quick-cooking rolled oats
- 1 tablespoon reduced-sodium soy sauce
- 8 small whole-wheat burger buns, toasted if desired

1. Combine water and quinoa in a medium saucepan. Bring to a boil. Reduce to a simmer, cover and cook for 15 minutes. Remove from heat and let stand, covered, for 10 minutes. Fluff with a fork and set aside to cool.
2. Preheat oven to 350°F. Lightly grease a baking sheet or line with parchment paper.
3. Heat oil in a large saucepan over medium heat. Add onion and cook, stirring frequently, until starting to soften, about 5 minutes. Add mushrooms, garlic, marjoram and oregano; cook, stirring, until the mushrooms are tender, about 5 minutes. Let cool for about 5 minutes.



4. Beat egg in a medium bowl. Add the quinoa, mushroom mixture, cheese, pecans, oats and soy sauce; stir to combine. Scoop scant ½-cup portions of the mixture onto the baking sheet and shape into 8 patties, about 3 inches wide, leaving about 1 inch of space between each patty. (The mixture will be crumbly; patting it into burgers on the baking sheet makes it easier to work with. The burgers hold together very well once baked.)
5. Bake the burgers until crispy, 28 to 30 minutes. Serve on buns with your favorite garnishes.

SERVES 8

Per serving (with bun): 280 calories; 12 g fat (2 g sat, 4 g mono); 29 mg cholesterol; 35 g carbohydrate; 4 g added sugars; 11 g protein; 6 g fiber; 320 mg sodium; 353 mg potassium. **Nutrition bonus:** Magnesium (19% daily value), Calcium (16% dv), Zinc (15% dv). **Carbohydrate servings:** 2 **Exchanges:** 2 starch, ½ vegetable, ½ medium fat meat, 1½ fat

TIP

For the best flavor, toast nuts before adding to recipes. Spread whole nuts on a baking sheet and bake at 350°F, stirring once, until fragrant, 7 to 9 minutes.

Clean-Eating Dinner Plan: Thursday

SPAGHETTI GENOVESE

- Heart Health
- Diabetes
- Weight Loss
- Gluten Free

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

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 cups packed baby spinach
- 8 ounces whole-wheat spaghetti
- 1 cup thinly sliced new or baby potatoes (about 4 ounces)
- 1 pound green beans, trimmed and cut into 1-inch pieces
- ½ cup prepared pesto
- 1 teaspoon freshly ground pepper
- ½ teaspoon salt

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.

SERVES 5: ABOUT 1⅓ CUPS EACH

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

Clean-Eating Dinner Plan: Friday

MARGHERITA PIZZ'ALAD

- Heart Health
- Diabetes
- Weight Loss
- Gluten Free

ACTIVE: 50 MIN **TOTAL:** 2 HRS 5 MIN
(including making dough)

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

EQUIPMENT: Pizza stone

This Italian-flag-inspired Margherita pizza is topped with juicy tomatoes and slices of fresh mozzarella. What could make it better? Adding a salad of arugula, basil and parsley tossed with a tangy balsamic vinaigrette, of course.

WHOLE-GRAIN PIZZA DOUGH

- 2/3 cup lukewarm water
- 1 teaspoon instant or RapidRise yeast
- 1 teaspoon sugar
- 1 1/4 cups bread flour or all-purpose flour
- 3/4 cup white whole-wheat flour (see Tip) or all-purpose flour
- 1/2 teaspoon salt

TOPPING & SALAD

- 2 tablespoons extra-virgin olive oil, divided
- 1 tablespoon minced garlic
- 1 large tomato, very thinly sliced
- 5 thin slices fresh mozzarella cheese
- 1 tablespoon balsamic vinegar
- 1 teaspoon Dijon mustard
- 1/2 teaspoon sugar
- 2 cups arugula, trimmed if necessary
- 1 cup torn fresh basil
- 1/2 cup flat-leaf parsley
- 1/4 cup shredded Pecorino Romano cheese

1. To prepare pizza dough: Stir water, yeast and sugar in a large bowl; let stand until the yeast has dissolved, about 5 minutes. Stir in bread flour (or all-purpose flour), whole-wheat 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. Process until it forms a ball, then process for 1 minute to



TIPS

Try using white whole-wheat flour in place of all-purpose flour. It's made from a white variety of wheat, light in color and flavor but with the same nutritional properties as regular whole-wheat flour. Store it in the freezer.

knead.) Place the dough in an oiled bowl and turn to coat.

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

4. To bake pizza and prepare topping & salad: Position rack in lower third of oven, place a pizza stone on the rack and preheat oven to 500°F. Let the stone heat at 500° for 20 minutes.

5. Roll pizza dough on a lightly floured surface into a 12- to 14-inch circle (depending on the size of your stone). Transfer to a lightly floured pizza peel (or inverted baking sheet).

6. Combine 1 tablespoon oil and garlic in a small bowl and brush the dough with it. Top with tomato and mozzarella slices. Slide the pizza onto the hot stone. Bake until golden and crispy, about 10 minutes.

7. Meanwhile, whisk vinegar, mustard and

sugar in a large bowl. Whisk in the remaining 1 tablespoon oil. Add arugula, basil and parsley and toss to coat.

8. When the pizza is done, transfer to a large cutting board and let cool for 5 minutes. Mound the salad in the middle of the pizza, sprinkle with Pecorino Romano and serve immediately.

MAKES: ONE 12- TO 14-INCH PIZZA, FOR 5 SERVINGS

Per serving: 332 calories; 12 g fat (4 g sat, 6 g mono); 18 mg cholesterol; 44 g carbohydrate; 1 g added sugars; 13 g protein; 4 g fiber; 463 mg sodium; 264 mg potassium.

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

Carbohydrate servings: 2

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

Clean-Eating Dinner Plan: Saturday

QUINOA PILAF WITH SEARED SCALLOPS

- Heart Health Diabetes
- Weight Loss Gluten Free

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

Make whole grains the center of your dinner plate with this citrus-studded quinoa pilaf recipe topped with sweet seared sea scallops. Be sure to buy "dry" sea scallops (scallops that have not been treated with sodium tripolyphosphate, or STP). Scallops treated with STP ("wet" scallops) are higher in sodium, have a mushy texture and do not brown properly.

- 2 tablespoons extra-virgin olive oil, divided
- 3 scallions, sliced, greens and whites separated
- 1 cup quinoa
- 1 cup water
- 2 medium blood oranges or navel oranges
- ¼ cup toasted sliced almonds (see Tip), divided
- ¼ cup chopped fresh cilantro
- 1 teaspoon ground cumin, divided
- ½ teaspoon ground coriander, divided
- ¼ teaspoon salt
- 1 pound dry sea scallops

1. Heat 1 tablespoon oil in a large saucepan over medium-high heat. Add scallion whites; cook, stirring, until beginning to brown, about 1 minute. Add quinoa; cook, stirring until toasted and fragrant, about 1 minute more. Add water; bring to a boil. Reduce heat, cover and simmer until tender, 10 to 15 minutes. Let stand, covered, for 5 minutes.

2. Meanwhile, slice ends off oranges. With a sharp knife, remove the peel and white pith; discard. Working over a large bowl, cut the orange segments from their surrounding membranes. Squeeze juice from the membranes into the bowl before discarding them, if desired. Add the scallion greens, almonds, cilantro, ½ teaspoon cumin, ¼ teaspoon coriander and salt to the bowl; gently stir to combine.

3. Pat scallops dry and sprinkle both sides with the remaining ½ teaspoon cumin and ¼ teaspoon coriander. Heat the remaining 1 tablespoon oil in a large cast-iron or non-



TIPS

For the best flavor, toast chopped nuts or seeds: Heat a dry skillet over medium-low heat. Add nuts or seeds and cook, stirring constantly, until fragrant, 2 to 4 minutes.

stick skillet over medium-high heat. Add the scallops and cook until golden brown, 2 to 3 minutes per side. (To prevent overcooking, transfer the scallops to a plate as soon as they are done.)

4. Add the quinoa to the bowl with the orange mixture and gently stir to combine. Serve the scallops over the warm quinoa salad.

SERVES 4: ABOUT 3 SCALLOPS & ¾ CUP SALAD EACH

Calories 368, **Fat** 13g (sat 2g), **Cholesterol** 27mg, **Carbs** 41g, Total sugars 9g (added 0g), **Protein** 22g, **Fiber** 6g, **Sodium** 597mg, Potassium 668mg.

Nutrition bonus: Vitamin C (62% daily value), Magnesium (33% dv), Folate (32% dv), (B12 27% dv), Potassium (19% dv), Iron & Zinc (17% dv)

Carbohydrate servings: 2 ½

Exchanges: 2 starch, ½ fruit, 2 lean meat, 2 fat

Clean-Eating Dinner Plan: Shopping List

Shop For:

Produce

Fruit

- 8 clementines
- 1 lemon
- 2 medium blood oranges

Vegetables

- 2 cups arugula
- 1 red bell pepper
- 12 ounces cremini mushrooms
- 1 pound green beans
- 1 large white onion
- 4 ounces baby potatoes
- 1 bunch scallions
- 1 shallot
- 2 cups baby spinach
- 1 large tomato
- 1 3-pound spaghetti squash

Fresh Herbs & Flavorings

- 1 bunch basil
- 1 bunch cilantro
- 1 head garlic
- 1 bunch oregano
- 1 bunch parsley

Canned & Bottled Goods

- ½ cup pesto
- 1 28-ounce can no-salt added crushed tomatoes

Dry Goods & Bread

- 1 cup Israeli couscous
- ½ cup red quinoa
- 1 cup white quinoa
- ⅓ cup quick cooking oats
- 8 small whole-wheat hamburger buns
- 1 package instant dry yeast
- 1 ¼ cups bread flour
- ¾ cup white whole-wheat flour
- 8 ounces whole-wheat spaghetti

Nuts, Seeds & Dried Fruit

- ½ cup whole pecans
- ½ cup unsalted pistachios
- ¼ cup sliced almonds

Refrigerator Items & Dairy

- ¾ cup reduced-fat shredded Cheddar cheese
- 1 large ball fresh mozzarella cheese
- ¼ cup shredded Pecorino Romano cheese
- 1 large egg
- ½ cup shredded parmesan cheese

Meat & Seafood

- 4 large bone-in chicken thighs
- 1 ¼ pounds wild Alaskan salmon fillet
- 1 pound dry sea scallops
- 1 pound 93% lean ground turkey

Check Your Pantry For:

Oils, Vinegars & Condiments

- Canola oil
- Extra-virgin olive oil
- Toasted sesame oil
- Balsamic vinegar
- Reduced-sodium soy sauce
- Dijon mustard
- Rice vinegar

Flavorings

- Salt
- Kosher salt
- Black pepper
- Chinese five-spice powder
- Marjoram
- Oregano
- Italian seasoning
- Onion powder
- Cumin
- Coriander
- Crushed red pepper

Dry Goods

- Sugar

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.)

EatingWell®

Photography by Peter Ardito (pages 2, 3, 6, 8), Carin Krasner (page 2), Andrew Scrivani (page 4), Jim Westphalen (page 5)

©Eating Well, Inc. All rights reserved.