



10

TASTIEST RECIPES OF THE LAST TEN YEARS

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BEST APPETIZER

Roasted Eggplant & Feta Dip

Recipe by *Diane Kochilas*
October 2008 issue

Makes: 12 servings, about ¼ cup each
Active time: 40 minutes **Total:** 40 minutes
To make ahead: Cover and refrigerate for up to 2 days.

Heart Health Diabetes Weight Loss Gluten Free

This roasted eggplant and feta dip gets a kick from a fresh chile pepper and cayenne pepper. There are countless variations on this classic *meze* (appetizer) in Greece. Out-of-season eggplant or eggplant that has been heavily watered often has an abundance of seeds, which make the vegetable bitter. Be sure to taste the dip before you serve it; if it's a touch bitter, you can remedy that with a little sugar. Serve with toasted pita crisps or as a sandwich spread.

- 1 medium eggplant (about 1 pound)
- 2 tablespoons lemon juice
- ¼ cup extra-virgin olive oil
- ½ cup crumbled feta cheese, preferably Greek
- ½ cup finely chopped red onion
- 1 small red bell pepper, finely chopped
- 1 small chile pepper, such as jalapeño, seeded and minced (optional)
- 2 tablespoons chopped fresh basil
- 1 tablespoon finely chopped flat-leaf parsley
- ¼ teaspoon cayenne pepper, or to taste
- ¼ teaspoon salt
- Pinch of sugar (optional)

1. Position oven rack about 6 inches from the heat source; preheat broiler.
2. Line a baking pan with foil. Place eggplant in the pan and poke a few holes all over it to vent steam. Broil the eggplant, turning with tongs every 5 minutes, until the skin is charred and a knife inserted into the dense flesh near

the stem goes in easily, 14 to 18 minutes. Transfer to a cutting board until cool enough to handle.

3. Put lemon juice in a medium bowl. Cut the eggplant in half lengthwise and scrape the flesh into the bowl, tossing with the lemon juice to help prevent discoloring. Add oil and stir with a fork until the oil is absorbed. (It should be a little chunky.) Stir in feta, onion, bell pepper, chile pepper (if using), basil, parsley, cayenne and salt. Taste and add sugar if desired.

Per serving: 75 calories; 6 g fat (2 g sat, 4 g mono); 6 mg cholesterol; 4 g carbohydrate; 0 g added sugars; 2 g protein; 2 g fiber; 129 mg sodium; 121 mg potassium.

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

Carbohydrate servings: 0

Exchanges: ½ vegetable, 1 fat

BEST APPETIZER/DRINK

9 RUNNERS-UP

Chile Con Queso

Cucumber-Lemonade
Chiller

Grilled Mussels with Salsa Verde

Hibiscus-Pomegranate Iced Tea

Mini Brie & Apple Quiches

Roasted Beet Crostini

Scallop & Shrimp Dumplings

Serrano Ham with
Crusty Tomato Bread

Watermelon Agua Fresca

recipes at eatingwell.com





BEST SALAD

Melon, Tomato & Onion Salad with Goat Cheese

Recipe by Marie Simmons

August 2009 issue

Makes: 8 servings

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

Heart Health Diabetes Weight Loss Gluten Free

In this beautiful riff on the traditional tomato, mozzarella and basil salad, sweet melon slices are layered with tomato and cucumber and topped with crumbled goat cheese, crisp onion and fresh basil. Any variety of pale green- or orange-fleshed melon will work well. Compose the salad on a large platter for a crowd or make it more elegant by assembling it on individual plates. Either way it'll look gorgeous.

- 1 cup very thinly sliced sweet white onion, separated into rings
- 1 small firm ripe melon
- 2 large tomatoes, very thinly sliced
- 1 small cucumber, very thinly sliced
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground pepper
- 1 cup crumbled goat cheese
- ¼ cup extra-virgin olive oil
- 4 teaspoons balsamic vinegar
- ⅓ cup very thinly sliced fresh basil

1. Place onion rings in a medium bowl, add cold water to cover and a handful of ice cubes. Set aside for about 20 minutes. Drain and pat dry.
2. Meanwhile, cut melon in half lengthwise and scoop out the seeds. Remove the rind with a sharp knife. Place each melon half cut-side down and slice crosswise into ⅛-inch-thick slices.
3. Make the salad on a large platter or 8 individual salad plates. Begin by arranging a ring of melon slices around the edge. Top with a layer of overlapping tomato slices. Arrange a second ring of melon slices toward the center.

Top with the remaining tomato slices. Tuck cucumber slices between the layers of tomato and melon. Sprinkle with salt and pepper. Top with goat cheese and the onion rings. Drizzle with oil and vinegar. Sprinkle with basil.

Per serving: 194 calories; 12 g fat (4 g sat, 6 g mono); 11 mg cholesterol; 20 g carbohydrate; 0 g added sugars; 5 g protein; 2 g fiber; 175 mg sodium; 571 mg potassium.

Nutrition bonus: Vitamin C (62% daily value), Potassium (17% dv), Vitamin A (16% dv).

Carbohydrate servings: 1

Exchanges: 1 fruit, ½ lean meat, 1½ fat

BEST SALAD

9 RUNNERS-UP

Bean & Tomato Salad with Honey Vinaigrette

Bold Winter Greens Salad

EatingWell Power Salad

Fattoush

Grilled Halibut Salad Niçoise

Spring Chicken & Blue Cheese Salad

Thai Beef Salad

“Use a Spoon” Chopped Salad

Watercress & Sugar Snap Salad with Warm Sesame-Shallot Vinaigrette

recipes at eatingwell.com

BEST SEAFOOD

Indian Spiced Shrimp

Recipe by Raghavan Iyer
Winter 2004 issue

Makes: 4 servings, ¾ cup each

Active time: 15 minutes (if using peeled shrimp) **Total:** 45 minutes (including 30 minutes marinating time)

Heart Health Diabetes Weight Loss Gluten Free

The magic in this dish happens in the spice grinder, where all the layers of flavor are brought together before cooking even begins. Serve with brown basmati rice.

- 1 tablespoon yellow split peas
- 1 tablespoon coriander seeds
- 1 teaspoon cumin seeds
- ¼ teaspoon black peppercorns
- 1 dried red chile, such as Thai, cayenne or chile de arbol
- 2 tablespoons finely chopped fresh cilantro
- 1 teaspoon tamarind concentrate (see Tip) or 2 tablespoons lime juice
- ½ teaspoon salt
- 1 pound raw shrimp (16-20 per pound), peeled and deveined
- 1 tablespoon canola oil
- 1 teaspoon black or yellow mustard seeds
- ¼ cup minced shallots
- ½ cup water

1. Toast split peas, coriander, cumin, peppercorns and chile in a large skillet over medium heat, shaking the pan occasionally, until the peas turn reddish brown, the spices become fragrant and the chile blackens slightly, 2 to 3 minutes. Transfer to a plate to cool for 3 to 5 minutes. Grind in a spice grinder or mortar and pestle until the mixture is the texture of finely ground black pepper.

2. Combine cilantro, tamarind concentrate (or lime juice), salt and the spice blend in a medium bowl. Add shrimp and turn to coat.

Cover and refrigerate for 30 minutes. (Do not marinate for more than 2 hours or the acidity in the tamarind will affect the shrimp's texture.)

3. Heat oil in the pan over medium-high heat; add mustard seeds. When the seeds begin to pop, cover the skillet. As soon as the popping stops, add shallots and the shrimp in a single layer and cook until the undersides of the shrimp turn salmon-pink, 1 to 2 minutes. Turn the shrimp and cook until the other side is pink, 1 to 2 minutes. Add water and continue cooking for 1 minute. Serve immediately.

Per serving: 139 calories; 5 g fat (0 g sat, 3 g mono); 143 mg cholesterol; 7 g carbohydrate; 0 g added sugars; 17 g protein; 2 g fiber; 464 mg sodium; 201 mg potassium.

Carbohydrate serving: ½

Exchanges: 3½ very lean protein, 1 fat

BEST SEAFOOD

9 RUNNERS-UP

Curried Fish

Ginger-Steamed Fish with
Troy's Hana-Style Sauce

Grilled Shrimp Skewers over
White Bean Salad

Grilled Whole Trout with Lemon-
Tarragon Bean Salad

Korean Grilled Mackerel

Oven-Fried Fish & Chips

Salmon & Escarole with
Lemon-Tarragon Butter

Salmon Burgers with Green
Goddess Sauce

Sugar Snap Pea & Shrimp Curry

recipes at eatingwell.com

Tip: Tart tamarind fruit (or a concentrate of its pulp) is common in southern Indian cooking. Find it in Indian grocery stores and other ethnic markets. Keep it covered in the refrigerator for up to 1 year. Lime juice is an acceptable substitute.





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.

BEST POULTRY

Picnic Oven-Fried Chicken

Recipe by the EatingWell Test Kitchen

Summer 2003 issue

Makes: 4 servings

Active time: 20 minutes **Total:** 1 hour 35 minutes (including 30 minutes marinating time) **To make ahead:** Marinate the chicken for up to 8 hours.

Heart Health Diabetes Weight Loss Gluten Free

Great news—crunchy, flavorful fried chicken can be healthy. We marinate skinless chicken in buttermilk to keep it juicy. A light coating of flour, sesame seeds and spices, misted with olive oil, forms an appealing crust during baking. And with only 7 grams of fat per serving rather than the 20 in typical fried chicken—that is good news.

- ½ cup nonfat buttermilk (see Tip)
- 1 tablespoon Dijon mustard
- 2 cloves garlic, minced
- 1 teaspoon hot sauce
- 2½-3 pounds whole chicken legs, skin removed, trimmed and cut into thighs and drumsticks
- ½ cup whole-wheat flour
- 2 tablespoons sesame seeds
- 1½ teaspoons paprika
- 1 teaspoon dried thyme
- 1 teaspoon baking powder
- ⅛ teaspoon salt
- Freshly ground pepper to taste
- Olive oil cooking spray

1. Whisk buttermilk, mustard, garlic and hot sauce in a shallow glass dish until well blended. Add chicken and turn to coat. Cover and marinate in the refrigerator for at least 30 minutes or for up to 8 hours.
2. Preheat oven to 425°F. Line a baking sheet with foil. Set a wire rack on it and coat with cooking spray.

3. Combine flour, sesame seeds, paprika, thyme, baking powder, salt and pepper in a sealable bag. Tapping off excess marinade, place one or two pieces of chicken at a time in the bag and shake. Tap off excess flour; place the chicken on the prepared rack and coat with cooking spray.

4. Bake the chicken until golden brown and no longer pink in the center, 40 to 50 minutes.

Per serving: 224 calories; 7 g fat (2 g sat, 2 g mono); 130 mg cholesterol; 5 g carbohydrate; 0 g added sugars; 34 g protein; 1 g fiber; 237 mg sodium; 400 mg potassium.

Nutrition bonus: Zinc (24% daily value).

Carbohydrate servings: 0

Exchanges: ⅓ starch, 4 very lean protein, 1½ fat

BEST POULTRY

9 RUNNERS-UP

Barbecued Raspberry-Hoisin Chicken

Chicken Piccata with Pasta & Mushrooms

Creamy Tarragon Chicken Salad

Honey-Mustard Turkey Cutlets & Potatoes

Indian Wok-Seared Chicken & Vegetables

Mozzarella-Stuffed Turkey Burgers

Pecan-Crusted Turkey Tenderloin with Grilled Peach Salsa

Sautéed Chicken Breasts with Creamy Chive Sauce

Velvet Chicken with Bok Choy

recipes at eatingwell.com

Tip: To roast peppers, grill over medium-high heat, turning frequently, until the skin is blistered and blackened on all sides, about 10 minutes. Transfer to a bowl, cover with plastic wrap and let steam for 10 minutes to loosen the skins. Uncover and let cool.



BEST MEAT

“Fajita” Burgers

Recipe by Bruce Aidells

June 2008 issue

Makes: 4 servings

Active time: 50 minutes **Total:** 50 minutes

To make ahead: Cover and refrigerate the chipotle mayonnaise (Step 3) for up to 5 days.

Heart Health Diabetes Weight Loss Gluten Free

This spicy burger is slathered with chipotle mayonnaise and topped with roasted peppers and a delicious slaw.

- 1 pound 90%-lean ground beef
- ¾ cup chopped fresh cilantro, divided
- ½ cup finely chopped red onion
- ¼ cup chopped scallions
- 2 teaspoons minced garlic
- 1 tablespoon chili powder, preferably New Mexican
- 1 teaspoon ground cumin
- ½ teaspoon dried oregano, preferably Mexican
- ½ teaspoon freshly ground pepper
- ¼ teaspoon salt
- ⅓ cup reduced-fat mayonnaise
- 1 tablespoon lime juice
- 1 tablespoon chopped chipotle chile in adobo
- ½ cup shredded Monterey Jack cheese
- 4 French rolls, preferably whole-wheat, split and toasted
- 2 roasted Anaheim or poblano peppers (see Tip)
- 1 cup shredded green cabbage
- 4 slices tomato
- 4 thin slices red onion

1. Preheat grill to medium-high.
2. Place beef, ¼ cup cilantro, onion, scallions, garlic, chili powder, cumin, oregano, pepper and salt in a large bowl. Gently combine, without overmixing, until evenly incorporated. Form into 4 equal patties, about ½ inch thick and oval-shaped to match the rolls.

3. Combine the remaining ½ cup cilantro, mayonnaise, lime juice and chipotle in a small bowl.

4. Peel the roasted peppers, halve lengthwise and remove the seeds.

5. Oil the grill rack. Grill the burgers until an instant-read thermometer inserted in the center registers 165°F, about 6 minutes per side. Top with cheese and cook until it is melted, about 1 minute more.

6. Assemble the burgers on toasted rolls with the chipotle mayonnaise, half a roasted pepper, cabbage, tomato and onion.

Per serving: 434 calories; 20 g fat (7 g sat, 7 g mono); 87 mg cholesterol; 36 g carbohydrate; 3 g added sugars; 31 g protein; 6 g fiber; 662 mg sodium; 660 mg potassium.

Nutrition bonus: Vitamin C (75% daily value), Zinc (47% dv), Vitamin A (28% dv), Iron (26% dv), Calcium (20% dv), Magnesium & Potassium (19% dv).

Carbohydrate servings: 2

Exchanges: 2 starch, 3½ medium-fat meat

BEST MEAT

9 RUNNERS-UP

Asian “Salisbury” Steaks

Beef & Potato Salad with Smoky Chipotle

Filet Mignon with Madeira-Prune Sauce

Grilled Filet Mignon with Herb Butter & Texas Toasts

Hamburger Buddy

Middle Eastern Roast Lamb with Tahini Sauce

Rosa di Parma

Tomato-Herb Marinated Flank Steak

Turkish Pasta with Bison Sauce

recipes at eatingwell.com

BEST VEGETARIAN

Braised Summer Vegetables with Green Herb Sauce

Recipe by Deborah Madison

September 2005 issue

Makes: 6 servings, 2 cups vegetables each

Active time: 55 minutes **Total:** 1½ hours

To make ahead: Cover and refrigerate for up to 3 days. Reheat in the microwave or on the stovetop over low heat.

Heart Health Diabetes Weight Loss Gluten Free

This sophisticated dish of braised vegetables—carrots, potatoes, beans, tomatoes, bell pepper and squash—drizzled with a pesto-like sauce made from garden-fresh herbs was inspired by a summer stroll through the farmers' market. Feel free to mix up the produce based on what you have on hand, and make extra sauce since it freezes well and is perfect for tossing with pasta or swirling into soups. If they're available, try adding fresh fava or other shell beans to bump up the protein in this quintessentially summery dish.

Vegetable Braise

- 2 tablespoons extra-virgin olive oil
- 2 bay leaves
- 6 small onions, halved, or 2 large onions, cut into 2-inch pieces
- 7 large cloves garlic, peeled and halved
- 3 sprigs fresh thyme
- 6 fresh sage leaves
- 12 small or 3 large carrots, peeled and cut into 3-inch lengths
- 12 ounces small new potatoes, scrubbed and cut into 1½-inch wedges
- 8 ounces yellow wax beans or a mixture of beans, trimmed and cut in half
- 5 medium tomatoes, peeled (see Tip), seeded and quartered, juice reserved
- 1 large yellow or orange bell pepper, cut into strips
- 1 pound summer squash, cut into 2-inch pieces

- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper

Green Herb Sauce

- ⅓ cup packed fresh basil leaves
- ⅓ cup flat-leaf parsley leaves
- 2 tablespoons fresh marjoram leaves
- 1 small clove garlic
- 3 tablespoons extra-virgin olive oil
- 3 tablespoons water, or more if necessary
- 2 tablespoons capers, rinsed
- Pinch of salt

1. To prepare vegetable braise: Heat oil and bay leaves in a large Dutch oven over medium-low heat until fragrant, about 1 minute. Stir in onions, garlic, thyme and sage; cover and cook, without stirring, 3 minutes. Layer carrots, potatoes, beans, tomatoes, bell pepper and squash on top without stirring. Season with salt and pepper, and pour the reserved tomato juice over the vegetables. Cover and cook until the vegetables are tender and juicy, 40 to 60 minutes. After 30 minutes, if the pot seems dry, add a few tablespoons water.

2. To prepare green herb sauce: Puree basil, parsley, marjoram, garlic and oil in a food processor or blender. With the motor running, add water and process until the sauce is smooth and creamy. Transfer the sauce to a bowl, stir in capers and season with salt.

3. Remove the bay leaves and thyme sprigs from the vegetables. Serve drizzled with the green herb sauce.

Per serving: 250 calories; 13 g fat (2 g sat, 9 g mono); 0 mg cholesterol; 32 g carbohydrate; 0 g added sugars; 6 g protein; 7 g fiber; 352 mg sodium; 1,147 mg potassium.

Nutrition bonus: Vitamin C (178% daily value), Vitamin A (151% dv), Potassium (32% dv), Folate (24% dv), Magnesium (17% dv).

Tip: Make a small X in the bottom of each tomato and plunge into boiling water until the skins are slightly loosened, 30 seconds to 2 minutes. Transfer to a bowl of ice water for 1 minute. Peel with a paring knife, starting at the X.



BEST VEGETARIAN

9 RUNNERS-UP

Baked Mac & Cheese

Bean Bolognese

Bean Burgers with Spicy Guacamole

Cheese Enchiladas with Red Chile Sauce

Nasi Goreng

Saag Tofu

Skillet Gnocchi with Chard & White Beans

Skillet Tofu Parmigiana

Tomato-Corn Pie

recipes at eatingwell.com



BEST SLOW COOKER

Barbecue Pulled Chicken

Recipe by Bruce Weinstein & Mark Scarbrough
April 2008 issue

Makes: 8 servings

Active time: 25 minutes **Total:** 5½ hours

To make ahead: Cover and refrigerate for up to 3 days or freeze for up to 1 month.

Heart Health Diabetes Weight Loss Gluten Free

This fanciful reinterpretation of pulled pork uses chicken and lots of tomato sauce. Have sliced jalapeños, sliced red onions and some sour cream on hand for toppings.

- 1 8-ounce can reduced-sodium tomato sauce
- 1 4-ounce can chopped green chiles, drained
- 3 tablespoons cider vinegar
- 2 tablespoons honey
- 1 tablespoon sweet or smoked paprika
- 1 tablespoon tomato paste
- 1 tablespoon Worcestershire sauce
- 2 teaspoons dry mustard
- 1 teaspoon ground chipotle chile (see *Tip*)
- ½ teaspoon salt
- 2½ pounds boneless, skinless chicken thighs, trimmed of fat
- 1 small onion, finely chopped
- 1 clove garlic, minced

1. Stir tomato sauce, chiles, vinegar, honey, paprika, tomato paste, Worcestershire sauce, mustard, ground chipotle and salt in a 6-quart slow cooker until smooth. Add chicken, onion and garlic; stir to combine.
2. Put the lid on and cook on low until the chicken can be pulled apart, about 5 hours.
3. Transfer the chicken to a cutting board and shred with a fork. Return the chicken to the sauce, stir well and serve.

Per serving: 249 calories; 11 g fat (3 g sat, 4 g mono); 93 mg cholesterol; 10 g carbohydrate; 4 g added sugars; 26 g protein; 1 g fiber; 304 mg sodium; 430 mg potassium.

Nutrition bonus: Zinc (18% daily value), Vitamin A (16% dv).

Carbohydrate servings: ½

Exchanges: ½ other carb., 2½ lean meat

Tip: Chipotle chiles are dried, smoked jalapeños. Ground chipotle can be found in the spice section of most supermarkets or online at penzeys.com.

BEST SLOW COOKER

9 RUNNERS-UP

Black Bean-Mushroom Chili

Braised Pork with Salsa

Fragrant Shredded Beef Stew

Greek Chicken & Vegetable Ragout

Nonna's Spaghetti & Meatballs

Pulled Pork with Caramelized Onions

Slow-Cooker Picadillo

Slow-Cooker Stout & Chicken Stew

Slow-Cooker Vegetarian Lasagna

recipes at eatingwell.com

BEST POTLUCK

Sesame Chicken Cucumber Noodle Salad

Recipe by Ming Tsai

June 2011 issue

Makes: 12 servings, about 1½ cups each
Active time: 45 minutes **Total:** 45 minutes
To make ahead: Cover and refrigerate the salad for up to 1 day or prepare the dressing (Step 2), cover and refrigerate for up to 5 days; thin with a little water as needed.

Heart Health Diabetes Weight Loss Gluten Free

This sesame chicken and noodle salad couldn't be simpler to make. It's a refreshing dish to serve on a hot summer's night or bring it to your warm-weather potluck: just toss the salad with the dressing when you're ready to serve. (Recipe adapted from *Simply Ming One-Pot Meals* by Ming Tsai and Arthur Boehm; Kyle Books, 2010).

- 8 ounces Chinese egg noodles or other thin noodles or pasta, fresh or dried
- 1 cup creamy peanut butter
- ¾ cup rice vinegar
- 2 tablespoons toasted sesame oil
- 2 tablespoons Shaoxing wine or dry sherry
- 1 cup thinly sliced scallions
- ¼ cup chopped fresh cilantro (optional)
- 2 tablespoons naturally brewed reduced-sodium soy sauce
- 1 tablespoon Asian chile sauce, such as sambal oelek or Sriracha (see Tip)
- 2 heads baby romaine or 1 head regular romaine lettuce
- 1½ pounds cooked boneless, skinless chicken breasts, sliced crosswise into ¼-inch slices and chilled
- 2 medium red bell peppers, cut into ¼-inch dice
- 1 large English cucumber, peeled, seeded, halved lengthwise and cut into ¼-inch slices

Salt to taste

Freshly ground pepper to taste

Toasted sesame seeds for garnish

1. Fill a large bowl with water and add ice cubes. Cook noodles in boiling water until just tender, 2 to 4 minutes if fresh, about 6 minutes for dry (or according to package directions). Drain and transfer the noodles to the ice water. When the noodles are cold, drain well and transfer to a very large bowl. Set aside.
 2. Meanwhile, whisk peanut butter, vinegar, sesame oil and Shaoxing (or sherry) in a bowl until smooth. Add scallions, cilantro, if using, soy sauce and hot sauce, and stir to blend.
 3. If using baby romaine, half lengthwise, notch out the core, and cut crosswise into ½-inch pieces. If using regular romaine, remove the tougher outer leaves. Halve lengthwise, notch out the core, halve again, and cut crosswise into ½-inch pieces. You should have about 8 cups.
 4. Add the lettuce, chicken, bell peppers and cucumber to the noodles. Add three-fourths of the dressing and toss to coat. Season with salt and pepper. Add the remaining dressing if desired.
 5. Transfer the salad to a serving bowl. Serve garnished with sesame seeds.
- Per serving:** 242 calories; 11 g fat (2 g sat, 5 g mono); 34 mg cholesterol; 17 g carbohydrate; 0 g added sugars; 18 g protein; 3 g fiber; 312 mg sodium; 386 mg potassium.
- Nutrition bonus:** Vitamin A (69% daily value), Vitamin C (48% dv), Folate (19% dv).
- Carbohydrate Servings:** 1
- Exchanges:** 1 starch, 1 vegetable, 1½ lean meat, 2 fat

Tip: Sambal oelek, a spicy blend of chiles, brown sugar and salt, and Sriracha, a Thai chile sauce, can be found in the Asian section of many large supermarkets and at Asian markets.

BEST POTLUCK

9 RUNNERS-UP

Broccoli-Bacon Salad

Cheddar Cornmeal Biscuits with Chives

Chilled Maine Shrimp with Cabbage & Peanuts, Vietnamese-Style

Garden Pasta Salad

Lebanese Potato Salad

Provençal Summer Vegetables

Seven-Layer Salad

Tex-Mex Summer Squash Casserole

Three-Bean Salad

recipes at eatingwell.com





BEST COOKIES

Bev's Chocolate Chip Cookies

Recipe by Beverley Sharpe
Spring 2004 issue

Makes: about 2½ dozen cookies

Active time: 10 minutes **Total:** 35 minutes

To make ahead: The cookies will keep in an airtight container for up to 3 days or in the freezer for up to 2 months.

Heart Health Diabetes Weight Loss Gluten Free

EatingWell reader Beverley Sharpe developed these cookies in 2004 to keep her daughters eating right. She updated a favorite treat by cutting back on sugar and incorporating whole grains. To increase protein, she replaces the rolled oats with 1 cup almond meal.

- ¾ cup rolled oats
- 1 cup whole-wheat flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¼ cup butter, softened
- ¼ cup canola oil
- ⅓ cup granulated sugar
- ⅓ cup brown sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 1 cup chocolate chips

1. Preheat oven to 350°F. Coat 2 baking sheets with cooking spray.
2. Grind oats in a blender or food processor. Transfer to a medium bowl and stir in flour, baking soda and salt. Beat butter in a large bowl with an electric mixer until fluffy. Add oil, granulated sugar, brown sugar, egg and vanilla; beat until smooth and creamy. With the mixer running, add the dry ingredients, beating on low speed until just combined. Stir in chocolate chips.

3. Drop the dough by heaping teaspoonfuls, at least 1 inch apart, onto the prepared baking sheets. Bake cookies, 1 sheet at a time, until firm around the edges and golden on top, about 15 minutes. Cool the cookies for 2 minutes on the baking sheets, then transfer to wire racks to cool completely.

Per cookie: 99 calories; 5 g fat (2 g sat, 2 g mono); 10 mg cholesterol; 12 g carbohydrate; 8 g added sugars; 1 g protein; 1 g fiber; 64 mg sodium; 41 mg potassium.

Carbohydrate servings: 1

Exchanges: ⅓ starch, ⅓ other carbohydrate, 1 fat

BEST COOKIES

9 RUNNERS-UP

Almond & Honey-Butter Cookies

Double Peanut Butter Chocolate Chewies

Italian Hazelnut Cookies

Mom's Apple Squares

Nana's Creole Pecan Cake Bars

Nut-Free Chocolate Cherry Snack Bars

Outrageous Macarons

Rocky Road Brownies

Stone-Fruit Bars

recipes at eatingwell.com

BEST DESSERT

Pineapple-Coconut Layer Cake

Recipe by the EatingWell Test Kitchen

February 2008 issue

Makes: 16 servings

Active time: 1¼ hours **Total:** 2½ hours

Equipment: Two 9-inch round cake pans

Heart Health Diabetes Weight Loss Gluten Free

In this stunning dessert, two layers of coconut-flavored cake are filled with sweet pineapple curd and topped with coconut frosting, fresh pineapple and toasted coconut.

Cake

1½ cups cake flour

1 cup whole-wheat flour, preferably white whole-wheat

2 teaspoons baking powder

¼ teaspoon salt

¾ cup granulated sugar

½ cup honey

⅓ cup canola oil

3 tablespoons butter, melted

¾ cup nonfat buttermilk or milk

2 tablespoons coconut rum or dark rum

2 teaspoons coconut extract

3 large eggs, separated (reserve 2 yolks for pineapple curd)

Pineapple Curd

2 large egg yolks

1 6-ounce can pineapple juice (¾ cup)

¼ cup granulated sugar

5 teaspoons cornstarch

Frosting & Garnish

12 ounces reduced-fat cream cheese (Neufchâtel), at room temperature

⅓ cup confectioners' sugar, sifted

1 teaspoon coconut extract or rum

Pinch of salt

1½ cups finely diced fresh pineapple, divided

2 tablespoons toasted coconut

1. To prepare cake: Preheat oven to 350°F.

Coat two 9-inch cake pans with cooking spray. **2.** Sift cake flour, whole-wheat flour, baking powder and ¼ teaspoon salt into a medium bowl. Beat ¾ cup sugar, honey, oil and melted butter in a large bowl with an electric mixer on medium speed until well blended. Whisk buttermilk (or milk), rum and coconut extract in a small bowl. With the mixer on low speed, alternately mix the dry ingredients and the wet ingredients into the sugar mixture, starting and ending with dry ingredients and scraping the sides of the bowl as needed, until just combined.

3. Clean and dry the beaters. Beat 3 egg whites in a medium bowl with the electric mixer on medium-high until soft peaks form. Gently fold the whites into the batter in two additions until just combined. Divide the batter between the prepared pans, spreading to the edges.

4. Bake the cake until a toothpick inserted in the center comes out clean, 26 to 30 minutes. Cool in the pans on a wire rack for 10 minutes. Turn out and let cool to room temperature, about 1 hour.

5. To prepare curd: Whisk 2 egg yolks, pineapple juice, ¼ cup sugar and cornstarch in a small saucepan. Cook over medium-low heat, whisking constantly, until thick and beginning to bubble, 3 to 5 minutes. Let cool completely.

6. To prepare frosting & assemble cake: Beat cream cheese, confectioners' sugar, extract (or rum) and a pinch of salt in a medium bowl with an electric mixer until smooth and creamy.

7. Place one cake layer, top-side down, on a cake stand or plate. Spread evenly with the pineapple curd, stopping just short of the edge. Scatter ½ cup diced pineapple over the curd. Place the remaining layer, top-side up, on top. Spread the frosting over the top and sides. Decorate the top with the remaining 1 cup pineapple and toasted coconut.

Per serving: 318 calories; 13 g fat (5 g sat, 5 g mono); 45 mg cholesterol; 46 g carbohydrate; 24 g added sugars; 6 g protein; 1 g fiber; 203 mg sodium; 113 mg potassium.

Nutrition bonus: Vitamin C (15% daily value).



BEST DESSERT

9 RUNNERS-UP

Blueberry Cupcakes

Chilled Key Lime Mousse

Chocolate Tart with
Hazelnut Shortbread Crust

Dark Cherry Bundt Cake

Frozen Pineapple
Upside-Down Cake

Frozen Raspberry Pie

Raspberry-Almond
Crumb Tart

Strawberry-Rhubarb Pie

Strawberry Shortcake

recipes at eatingwell.com

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

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.)