



EatingWell 500- Calorie Dinners Recipes

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Pork & Bok Choy Stir-Fry

Makes: 4 servings

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

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

In this zippy pork stir-fry we cut the bok choy into long, thin strips to mimic the long noodles. We like Japanese soba noodles because they are made with buckwheat, which gives them a nutty flavor and a boost of fiber. You can also use mild-flavored rice noodles or whole-wheat spaghetti. Serve with sliced cucumbers dressed with rice-wine vinegar.

- 8 ounces soba or rice noodles**
- $\frac{3}{4}$ –1 pound pork tenderloin, trimmed**
- $\frac{1}{3}$ cup water**
- $\frac{1}{4}$ cup Shao Hsing rice wine or dry sherry (see *Tips*)**
- 2 tablespoons reduced-sodium soy sauce**
- 2 teaspoons cornstarch**
- 1 tablespoon peanut oil or canola oil**
- 1 medium onion, thinly sliced**
- 1 pound bok choy (about 1 medium head), trimmed and cut into long, thin strips**
- 1 tablespoon chopped garlic**
- 1 tablespoon chile-garlic sauce (see *Tips*)**

1. Bring a large saucepan of water to a boil. Add noodles and cook according to package directions. Drain, rinse with cold water and set aside.

2. Meanwhile, slice pork into thin rounds; cut each round into matchsticks. Whisk water, rice wine (or sherry), soy sauce and cornstarch in a small bowl.

3. Heat oil in a Dutch oven over medium heat. Add onion and cook, stirring occasionally, until beginning to soften, 2 to 3 minutes. Add bok choy and cook, stirring occasionally, until beginning to soften, about 5 minutes. Add the pork, garlic and chile-garlic sauce; cook, stirring, until the pork is just cooked through, 2 to 3 minutes.

4. Whisk the cornstarch mixture again, add it to the pan and bring to a boil. Cook, stirring, until the sauce has thickened, 2 to 4 minutes. Serve the pork and vegetables over the noodles.

Per serving: 374 calories; 6 g fat (1 g sat, 2 g mono); 55 mg cholesterol; 51 g carbohydrate; 0 g added sugars; 29 g protein; 2 g fiber; 775 mg sodium; 975 mg potassium.

Nutrition bonus: Vitamin A (94% daily value), Vitamin C (55% dv), Potassium (28% dv), Magnesium (23% dv), Iron (21% dv), Folate (20% dv), Zinc (19% dv).

Carbohydrate servings: $3\frac{1}{2}$

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

Tips:

Shao Hsing (or Shaoxing) is a seasoned rice wine available in the Asian or wine section of some supermarkets and in Asian food markets. We prefer dry sherry, sold with other fortified wines in your wine or liquor store, instead of higher-sodium “cooking” sherry.

Chile-garlic sauce (also labeled chili-garlic sauce or paste) is a blend of ground chiles, garlic and vinegar. It can be found in the Asian section of large supermarkets and will keep for up to 1 year in the refrigerator.

Paprika-Spiced Stuffed Peppers

Makes: 6 servings, 1 pepper & ½ cup sauce each

Active time: 1 hour

Total: 2 hours 10 minutes

To make ahead: Prepare peppers and stuffing (Steps 2-3), omit egg; refrigerate separately up to 1 day. Add egg to filling before stuffing peppers.

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Plenty of paprika lends a lightly pungent flavor and vibrant red color to the creamy sauce and the pork, beef and rice filling in this Hungarian-inspired stuffed peppers recipe.

Peppers & Stuffing

- 6 medium red bell peppers
- 1 tablespoon extra-virgin olive oil
- 2 cups finely chopped onion
- 1 tablespoon minced garlic
- 3 tablespoons paprika, preferably sweet Hungarian
- 2½ cups cooked long-grain or instant brown rice
- 1 large egg, lightly beaten
- 1 tablespoon chopped fresh marjoram
- ¾ teaspoon salt
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- ½ teaspoon freshly ground pepper
- 12 ounces lean ground beef
- 12 ounces lean ground pork (see *Tip*)

Sauce

- 1 14-ounce can diced tomatoes
- 1 cup reduced-sodium chicken broth
- 1 cup finely chopped leeks, white and light green parts only
- 1 tablespoon paprika, preferably sweet Hungarian
- ¼ teaspoon salt
- Freshly ground pepper to taste
- 1 cup reduced-fat sour cream

1. Preheat oven to 350°F.

2. Cut tops off peppers and remove seeds. If the peppers don't stand on their own, remove a thin slice off the bottoms; set the peppers aside. Finely chop the tops.

3. **To prepare stuffing & stuff peppers:** Heat oil in a medium skillet over medium heat and add onion. Cook, stirring, for 5 minutes. Add chopped pepper tops. Cook, stirring, 3 minutes more. Add garlic and 3 tablespoons paprika; cook, stirring, 1 minute more. Transfer the mixture to a medium bowl. Let cool for 5 minutes. Stir in rice, egg, marjoram, ¾ teaspoon salt, coriander, cumin and pepper. Add beef and pork and gently knead the mixture until well blended. Mound about 1 cup of the stuffing into each pepper.

4. **To prepare sauce:** Drain tomatoes and combine with broth, leeks and 1 tablespoon paprika in a Dutch oven. Bring to a simmer over medium-high heat; simmer for 5 minutes. Season with ¼ teaspoon salt and pepper. Place the stuffed peppers in the pot and cover with a lid or foil.

5. Bake the peppers until tender and an instant-read thermometer inserted into the stuffing registers 150°F, 50 minutes to 1 hour. Uncover and continue baking for 10 minutes more. Transfer the peppers to a warm serving platter; tent with foil to keep warm. Using caution (the handles will be hot), place the pot on a burner over medium-high heat. Simmer the sauce until reduced by about half, 4 to 8 minutes. Remove from heat and whisk in sour cream. Serve the peppers with the sauce.

Per serving: 430 calories; 17 g fat (7 g sat, 6 g mono); 114 mg cholesterol; 40 g carbohydrate; 0 g added sugars; 30 g protein; 7 g fiber; 692 mg sodium; 900 mg potassium.

Nutrition bonus: Vitamin C (270% daily value), Vitamin A (132% dv).

Carbohydrate servings: 2½

Exchanges: 3 medium-fat meat, 3 vegetable, 1 starch, 1 fat

Tip: If you have a hard time finding a lean option for ground pork, it's easy to make your own in a food processor. Choose a lean cut, such as loin or tenderloin. Cut into pieces and then pulse in a food processor until uniformly ground (being careful not to overprocess, turning the meat into mush). Or ask your butcher to grind it for you.





Kale, Sausage & Lentil Skillet Supper

Makes: 4 servings, about 1½ cups each

Active time: 30 minutes **Total:** 1¼ hours

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Cooking the lentils in red wine adds rich, earthy flavor to this one-dish skillet supper. We prefer French green lentils in this dish—they're smaller, cook faster and hold their shape better than brown lentils. Look for them in well-stocked supermarkets or natural-foods stores.

- 3 teaspoons extra-virgin olive oil, divided
- 1 12-ounce package cooked chicken sausage
- 1 large onion, thinly sliced
- 2 tablespoons chopped garlic
- Pinch of crushed red pepper, or to taste
- 2½ cups water
- 1½ cups red wine
- 1 cup lentils, preferably French green
- 12 cups chopped kale leaves, tough stems removed
- 1 teaspoon chopped fresh sage
- ¼ teaspoon salt
- Freshly ground pepper to taste

1. Heat 1 teaspoon oil in a large skillet over medium heat. Add sausages and cook until browned on all sides, 4 to 5 minutes total. Transfer to a clean cutting board.

2. Add the remaining 2 teaspoons oil and onion to the pan and cook until browned, 4 to 5 minutes. Add garlic and crushed red pepper and cook, stirring, until fragrant, about 15 seconds. Add water and wine, increase heat to high and bring to a boil, scraping up any browned bits. Add lentils, reduce heat to maintain a simmer, and cook, partially covered, for 40 minutes.

3. Add kale, sage and salt and cook, covered, stirring occasionally, until the lentils and kale are tender, about 10 minutes more. Slice the sausage and stir into the pan along with pepper. Cover and cook until heated through, about 2 minutes.

Per serving: 500 calories; 11 g fat (1 g sat, 3 g mono); 60 mg cholesterol; 58 g carbohydrate; 0 g added sugars; 32 g protein; 16 g fiber; 665 mg sodium; 1,597 mg potassium.

Nutrition bonus: Vitamin A (620% daily value), Vitamin C (410% dv), Folate (79% dv), Potassium (46% dv), Magnesium (34% dv).

Carbohydrate servings: 3

Exchanges: 2 starch, 4 vegetable, 3 lean meat, 1 fat

Chicken & White Bean Salad

Makes: 4 servings, about 2 cups each

Active time: 25 minutes **Total:** 25 minutes

To make ahead: Prepare through Step 2 (omitting basil), cover and refrigerate for up to 2 days. Stir in chopped basil just before serving.

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Zucchini and celery give this chicken-and-bean salad a nice crunch. We like serving it over a bed of slightly bitter escarole and radicchio, but any type of salad greens will work. (*Recipe by Nancy Baggett for EatingWell.*)

Vinaigrette

- 1 medium clove garlic
- ¼ teaspoon salt
- 5 tablespoons extra-virgin olive oil
- 6 tablespoons fresh orange juice, plus more to taste
- ¼ cup white-wine vinegar or red-wine vinegar
- 1 tablespoon Dijon mustard

Salad

- 1 15-ounce can cannellini or other white beans, rinsed and drained
- 2½ cups diced cooked chicken breast (see *Tips*)
- 2 cups diced zucchini and/or summer squash (about 2 small)
- 1½ cups diced celery
- ¼ cup finely diced ricotta salata, halloumi (see *Tips*) or feta cheese
- ⅓ cup chopped, well-drained, oil-packed sun-dried tomatoes (optional)
- 1 cup coarsely chopped fresh basil, plus whole basil leaves for garnish
- Salt & freshly ground pepper to taste (optional)
- 2 cups torn escarole or romaine lettuce
- 2 cups torn radicchio leaves

1. To prepare vinaigrette: Peel the garlic and smash with the side of a chef's knife. Using a fork, mash the garlic with ¼ teaspoon salt in a small bowl to form a coarse paste. Whisk in 5 tablespoons oil. Add 6 tablespoons orange juice, vinegar and mustard; whisk until well blended. Taste and whisk in up to 4 tablespoons more juice to mellow the flavor; season with more salt, if desired. Set aside at room temperature.

2. To prepare salad: Combine beans, chicken, zucchini (and/or summer squash), celery, cheese and sun-dried tomatoes (if using) in a large bowl until well blended. Add chopped basil and ¾ cup vinaigrette; toss until combined. Taste and season with salt and/or pepper, if desired.

3. Toss the remaining vinaigrette with escarole (or romaine) and radicchio in a medium bowl. Serve the salad on the greens, garnished with fresh basil leaves.

Per serving: 428 calories; 23 g fat (5 g sat, 15 g mono); 79 mg cholesterol; 24 g carbohydrate; 0 g added sugars; 34 g protein; 8 g fiber; 667 mg sodium; 648 mg potassium.

Nutrition bonus: Vitamin C (47% daily value), Vitamin A (30% dv), Folate (21% dv), Potassium (18% dv).

Carbohydrate servings: 1

Exchanges: 1 starch, 2 vegetable, 4 lean meat, 3 fat

Tips:

To poach chicken breasts, place about 1 pound boneless, skinless chicken breasts in a medium skillet or saucepan. Add lightly salted water to cover and bring to a boil. Cover, reduce heat and simmer gently until chicken is cooked through and no longer pink in the middle, 10 to 15 minutes.

Ricotta salata and halloumi are both firm, salted cheeses that can be found at large supermarkets and cheese shops.





Sauerkraut & Sausage Casserole

Makes: 6 servings, about 1½ cups each

Active time: 40 minutes **Total:** 1¼ hours

To make ahead: Prepare Step 2 and let cool; cover and refrigerate for up to 2 days. Let stand at room temperature; continue with Step 3 and preheat oven.

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One bite of this hearty sausage casserole recipe—full of sauerkraut, apples and kielbasa—and you'll be transported to a tiny pub in the Alsace region of northern France. Serve with extra mustard if you like.

- 4 teaspoons extra-virgin olive oil, divided
- 1 large onion, sliced
- 1½ teaspoons caraway or fennel seeds
- 1 large sweet-tart apple, such as Braeburn, chopped
- 1 cup dry white wine
- 10 ounces turkey kielbasa, cut into ½-inch slices
- 2½ cups drained sauerkraut, rinsed
- 3 tablespoons cider vinegar
- 1 tablespoon spicy brown mustard
- ¼ teaspoon freshly ground pepper
- 2 large Yukon Gold potatoes (about 1½ pounds), thinly sliced
- 1 tablespoon butter, melted
- ¼ teaspoon salt

1. Preheat oven to 400°F.

2. Heat 2 teaspoons oil in a large skillet over medium heat. Add onion and cook, stirring, until beginning to brown, about 5 minutes. Stir in caraway (or fennel) seeds and cook until fragrant, about 30 seconds. Add apple and wine; increase heat to medium-high and cook, stirring, until most of the wine has evaporated, about 5 minutes. Stir in sausage, sauerkraut, vinegar, mustard and pepper. Transfer to a 9-by-13-inch (or similar 3-quart) baking dish.

3. Toss potato slices with the remaining 2 teaspoons oil, butter and salt in a bowl until coated. Cover the sauerkraut mixture with tightly overlapping potato slices.

4. Bake the casserole until the potato edges start to get crispy, 50 minutes to 1 hour. Cool for 10 minutes before serving.

Per serving: 273 calories; 7 g fat (3 g sat, 3 g mono); 26 mg cholesterol; 36 g carbohydrate; 0 g added sugars; 9 g protein; 5 g fiber; 675 mg sodium; 694 mg potassium.

Nutrition bonus: Vitamin C (55% daily value), Potassium (20% dv).

Carbohydrate servings: 2½

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

Seared Steaks with Caramelized Onions & Gorgonzola

Makes: 4 servings

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

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In our humble opinion, steak is best topped with sweet caramelized onions and salty Gorgonzola cheese. We recommend seeking out good-quality Gorgonzola for the best flavor, but any will work. Serve with garlic mashed potatoes and steamed carrots.

- 2** tablespoons canola oil, divided
- 2** large onions, sliced (about 4 cups)
- 1** tablespoon brown sugar
- ½** cup reduced-sodium beef broth
- 1** tablespoon balsamic vinegar
- ½** teaspoon salt, divided
- ¼** teaspoon freshly ground pepper
- 1** pound beef tenderloin (filet mignon) or sirloin steak, 1-1¼ inches thick, trimmed and cut into 4 steaks
- ¼** cup crumbled Gorgonzola or blue cheese

1. Heat 1 tablespoon oil in a large skillet over medium heat. Add onions and brown sugar and cook, stirring often, until the onions are very tender and golden brown, about 15 minutes. Add broth, vinegar and ¼ teaspoon salt and cook, stirring, until the liquid has almost evaporated, 3 to 4 minutes more. Transfer the onions to a bowl; cover to keep warm. Clean and dry the pan.

2. Sprinkle the remaining ¼ teaspoon salt and pepper on both sides of each steak. Heat the remaining 1 tablespoon oil in the pan over medium-high heat. Add the steaks and cook until browned, 3 to 5 minutes. Turn them over and top with cheese. Reduce heat to medium-low, cover and cook until the cheese is melted and the steaks are cooked to desired doneness, 3 to 5 minutes for medium-rare. Serve the steaks with the caramelized onions.

Per serving: 306 calories; 16 g fat (5 g sat, 7 g mono); 83 mg cholesterol; 11 g carbohydrate; 3 g added sugars; 28 g protein; 2 g fiber; 508 mg sodium; 522 mg potassium.

Nutrition bonus: Zinc (40% daily value), Potassium (16% dv), Iron (15% dv).

Carbohydrate servings: 1

Exchanges: 1 vegetable, 5 lean meat, 1 fat





Sesame-Honey Tempeh & Quinoa Bowl

Makes: 4 servings, ½ cup each quinoa and slaw & ¾ cup tempeh

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

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Here we toss tempeh with a honey-sesame sauce and serve it over quinoa and shredded carrots for a satisfying vegetarian meal. Serve with sesame breadsticks.

Quinoa & Carrot Slaw

- 1½ cups water
- ¾ cup quinoa, rinsed
- 2 cups grated carrots (about 3 large)
- 2 tablespoons rice vinegar
- 2 tablespoons sesame seeds, toasted (see Tips)
- 1 tablespoon sesame oil
- 1 tablespoon reduced-sodium soy sauce

Sesame-Honey Tempeh

- 2 tablespoons sesame oil
- 2 8-ounce packages tempeh (see Tips), crumbled into bite-size pieces
- 3 tablespoons honey
- 3 tablespoons reduced-sodium soy sauce
- 2 tablespoons water
- 1 teaspoon cornstarch
- 2 scallions, sliced

1. To prepare quinoa: Bring 1½ cups water to a boil in a small saucepan. Add quinoa and return to a boil. Reduce to a low simmer, cover and cook until the water is absorbed, 10 to 14 minutes. Uncover and let stand.

2. To prepare carrot slaw: Meanwhile, combine carrots, rice vinegar, sesame seeds, 1 tablespoon oil and 1 tablespoon soy sauce in a medium bowl. Set aside.

3. To prepare tempeh: Heat 2 tablespoons oil in a large nonstick skillet over medium heat. Add tempeh and cook, stirring frequently, until beginning to brown, 7 to 9 minutes.

4. Combine honey, 3 tablespoons soy sauce, 2 tablespoons water and cornstarch in a small bowl. Add to the pan and cook, stirring, until the sauce has thickened and coats the tempeh, about 1 minute.

5. Divide the quinoa among 4 bowls and top each with ½ cup carrot slaw and ¾ cup tempeh mixture. Sprinkle with scallions.

Per serving: 536 calories; 27 g fat (5 g sat, 9 g mono); 0 mg cholesterol; 53 g carbohydrate; 13 g added sugars; 28 g protein; 5 g fiber; 588 mg sodium; 899 mg potassium.

Nutrition bonus: Vitamin A (182% daily value), Magnesium (46% dv), Iron (32% dv), Folate (27% dv), Potassium (26% dv), Calcium (21% dv), Zinc (19% dv).

Tips:

To toast seeds, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Look for tempeh near refrigerated tofu in natural-foods stores and many large supermarkets.

Vegetarian Quinoa & Squash Casserole

Makes: 6 servings, about 1½ cups each

Active time: 30 minutes

Total: 1 hour 20 minutes

To make ahead: Prepare through Step 2, transfer to a 3-quart baking dish; top with squash mixture (Step 3), cover and refrigerate for up to 2 days. Let stand at room temperature while oven preheats. Bake, covered, until bubbling at the edges and heated through, about 45 minutes.

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An aromatic mixture of garlic, paprika, cumin, coriander, allspice and cayenne flavors this vegetarian quinoa and squash casserole recipe. Frozen squash is a super-easy topping.

- 3 tablespoons extra-virgin olive oil, divided
- 1 large onion, diced
- 1 tablespoon minced garlic
- 1 tablespoon paprika
- 2½ teaspoons ground cumin, divided
 - 1 teaspoon ground coriander
 - ¼ teaspoon cayenne pepper, or to taste
 - ¼ teaspoon ground allspice
- 2 15-ounce cans chickpeas, rinsed
- 1 28-ounce can diced tomatoes
- 2 cups frozen chopped spinach
- 1 cup quinoa or whole-wheat couscous
- ½ cup golden raisins
- 1 cup water
- ½ teaspoon salt, divided
- 2 10- to 12-ounce boxes frozen pureed squash, thawed
- ⅓ cup finely chopped fresh cilantro

1. Preheat oven to 450°F.

2. Heat 2 tablespoons oil in a large ovenproof skillet over medium heat. Add onion and cook, stirring occasionally, until tender and browned, 9 to 11 minutes. Add garlic, paprika, 2 teaspoons cumin, coriander, cayenne and allspice and cook for 30 seconds. Stir in chickpeas, tomatoes, spinach, quinoa (or couscous), raisins, water and ¼ teaspoon salt. Cook, stirring, for 5 minutes. Remove from heat.

3. If thawed squash is watery, place in a fine-mesh sieve and gently press to extract excess liquid. Transfer to a medium bowl and stir in the remaining 1 tablespoon oil, ½ teaspoon cumin and ¼ teaspoon salt. Spread the squash evenly over the chickpea mixture.

4. Cover the pan and bake until steaming hot, about 45 minutes for quinoa (15 minutes for couscous). Let cool for 5 minutes. Serve sprinkled with cilantro.

Per serving: 438 calories; 11 g fat (1 g sat, 6 g mono); 0 mg cholesterol; 76 g carbohydrate; 0 g added sugars; 15 g protein; 14 g fiber; 741 mg sodium; 1,088 mg potassium.

Nutrition bonus: Vitamin A (204% daily value), Folate (57% dv), Magnesium & Vitamin C (40% dv), Iron (39% dv).

Carbohydrate servings: 4½

Exchanges: 3 starch, 2 vegetable, ½ fruit, 1 lean meat, 1 fat



About EatingWell

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

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

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

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

About EatingWell health tags

A recipe checked...



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.)