



# Healthier Game-Day Recipes

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## Boneless Buffalo Wings

**Makes:** 8 servings (2 “wings,” ½ cup vegetables & 2 tablespoons dip each)

**Active time:** 30 minutes | **Total:** 40 minutes

**To make ahead:** The chicken can marinate (Step 1) for up to 1 hour.

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Even though boneless Buffalo wings are made with healthy white-meat chicken, they're usually deep-fried and drenched in hot sauce laced with butter. The solution: chicken tenders are dredged in seasoned whole-wheat flour and cornmeal, pan-fried in only a small amount of oil and then drizzled with a tangy hot pepper sauce. With a fraction of the fat, calories and sodium, these boneless wings are reason enough to throw a party.

### Spicy Blue Cheese Dip

⅔ cup reduced-fat sour cream

⅔ cup crumbled blue cheese

1 tablespoon distilled white vinegar

¼ teaspoon cayenne pepper

### Wings & Vegetables

3 tablespoons nonfat buttermilk  
(see *Tips*)

3 tablespoons hot sauce, such as  
Frank's RedHot, divided

3 tablespoons distilled white vinegar,  
divided

2 pounds chicken tenders (see *Tips*)

6 tablespoons whole-wheat flour

6 tablespoons cornmeal

½ teaspoon cayenne pepper

2 tablespoons canola oil, divided

2 cups carrot sticks

2 cups celery sticks

**1. To prepare dip:** Whisk sour cream, blue cheese, 1 tablespoon vinegar and ¼ teaspoon cayenne in a small bowl. Cover and refrigerate until ready to serve.

**2. To prepare wings:** Whisk buttermilk, 2 tablespoons hot sauce and 2 tablespoons vinegar in a large bowl until combined. Add chicken; toss to coat. Transfer to the refrigerator and let marinate for at least 10 minutes or up to 1 hour, stirring occasionally.

**3.** Meanwhile, whisk flour and cornmeal in a shallow dish. Whisk the remaining 1 tablespoon hot sauce and 1 tablespoon vinegar in a small bowl; set aside.

**4.** Remove the chicken from the marinade and roll in the flour mixture until evenly coated. (Discard remaining marinade and flour mixture.) Sprinkle both sides of the chicken with ½ teaspoon cayenne.

**5.** Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add half the chicken, placing each piece in a little oil. Cook until golden brown and cooked through, 3 to 4 minutes per side. Transfer to a serving platter. Repeat with the remaining 1 tablespoon oil and chicken, reducing the heat if necessary to prevent burning. Transfer to the platter. Drizzle the chicken with the reserved hot sauce mixture. Serve with carrots, celery and Spicy Blue Cheese Dip.

**Per serving:** 256 calories; 10 g fat (4 g sat, 4 g mono); 83 mg cholesterol; 12 g carbohydrate; 31 g protein; 2 g fiber; 353 mg sodium; 248 mg potassium.

**Nutrition bonus:** Vitamin A (120% daily value).

**Carbohydrate Servings:** 1

**Exchanges:** ½ starch, 1 vegetable, 3½ lean meat

### Tips:

**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.

Chicken tenders, virtually fat-free, are a strip of rib meat typically found attached to the underside of the chicken breast, but they can also be purchased separately. Four 1-ounce tenders will yield a 3-ounce cooked portion. Tenders are perfect for quick stir-fries, chicken satay or kid-friendly breaded “chicken fingers.”





## Philly Cheese Steak

**Makes:** 4 servings

**Active time:** 35 minutes | **Total:** 35 minutes

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Most of the good stuff in a Philly cheese steak, from thin-sliced steak to onions, peppers and mushrooms, is still here but we opt for slightly-less-gooney but more flavorful provolone cheese in place of Cheese Whiz. We adore spicy banana peppers as a topping, but omit them if you can do without the heat.

- 2 teaspoons extra-virgin olive oil
- 1 medium onion, sliced
- 8 ounces mushrooms, sliced
- 1 red or green bell pepper, sliced
- 2 tablespoons minced fresh oregano or 2 teaspoons dried
- ½ teaspoon freshly ground pepper
- 1 pound sirloin steak, trimmed and thinly sliced (*see Tip*)
- ¼ teaspoon salt
- 1 tablespoon all-purpose flour
- ½ cup sliced hot banana peppers (optional)
- ¼ cup reduced-sodium chicken broth
- 3 slices reduced-fat provolone cheese (about 3 ounces)
- 4 whole-wheat buns, split and toasted

1. Heat oil in a large nonstick skillet over medium-high heat. Add onion and cook, stirring often, until soft and beginning to brown, 2 to 3 minutes. Add mushrooms, bell pepper, oregano and pepper and cook, stirring often, until the vegetables are wilted and soft, about 7 minutes. Add steak and salt and cook, stirring, until the meat is just cooked through, about 4 minutes.

2. Reduce heat to low. Sprinkle the vegetables and meat with flour; stir to coat. Stir in banana peppers (if using) and broth; bring to a simmer. Remove from the heat; lay cheese slices on top of the vegetables and meat, cover and let stand until melted, 1 to 2 minutes.

3. Divide into 4 portions with a spatula, leaving the melted cheese layer on top. Scoop a portion onto each bun and serve immediately.

**Per serving:** 439 calories; 15 g fat (6 g sat, 6 g mono); 74 mg cholesterol; 31 g carbohydrate; 3 g added sugars; 45 g protein; 5 g fiber; 646 mg sodium; 884 mg potassium.

**Nutrition bonus:** Vitamin C (72% daily value), Zinc (55% dv), Calcium & Potassium (25% dv), Iron & Vitamin A (22% dv), Magnesium (21% dv), Folate (16% dv).

**Carbohydrate Servings:** 3

**Exchanges:** 2½ starch, 1 vegetable, 5½ lean meat

**Tip:** It is easiest to cut meat into thin slices if it is partially frozen. If you have time, freeze it for 20 minutes before slicing.



## Black Bean Nacho Pizza

**Makes:** 6 servings.

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

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Break out the napkins! This pie is an over-the-top, vegetarian concoction with black-bean spread, Jack cheese, tomatoes, scallions, olives and pickled jalapeños; it's part nacho, part pizza. For an even more decadent treat, serve with low-fat sour cream.

### Easy Whole-Wheat Pizza Dough

- $\frac{3}{4}$  cup plus 2 tablespoons lukewarm water (105-115°F)
- 1 package active dry yeast (2¼ teaspoons)
- 1 teaspoon sugar
- $\frac{1}{2}$  teaspoon salt
- 1 cup whole-wheat flour
- 1 cup bread flour or all-purpose flour, plus additional for dusting
- 2 tablespoons yellow cornmeal

### Topping

- 1 cup canned black beans, rinsed
- $\frac{1}{2}$  cup chopped jarred roasted red peppers
- 1 medium clove garlic, quartered
- 1 tablespoon chili powder
- $\frac{1}{4}$  teaspoon salt
- Yellow cornmeal, for dusting
- 1 cup shredded Monterey Jack cheese
- 2 medium plum tomatoes, diced
- 4 medium scallions, thinly sliced
- $\frac{1}{4}$  cup chopped pitted ripe black olives
- 2 tablespoons chopped pickled jalapeños

1. Stir water, yeast, sugar and salt 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 cornmeal 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 knead.)
3. Place the dough in an oiled bowl and turn

to coat. Cover with a clean kitchen towel and set aside in a warm, draft-free place until doubled in size, about 1 hour.

4. When you're ready to make your pizza, turn the dough out onto a lightly floured surface. Dust the top with flour; dimple with your fingertips to shape into a thick, flattened circle—don't worry if it's not perfectly symmetrical. Then use a rolling pin to roll into a circle about 14 inches in diameter.

5. Preheat grill to low. (For an oven variation, see below.)

6. Place beans, peppers, garlic, chili powder and salt in a food processor and process until smooth, scraping down the sides as needed.

7. Sprinkle cornmeal onto a pizza peel or large baking sheet. Roll out the dough (see Tip) and transfer it to the prepared peel or baking sheet, making sure the underside of the dough is completely coated with cornmeal.

8. Slide the crust onto the grill rack; close the lid. Cook until lightly browned, 3 to 4 minutes.

9. Using a large spatula, flip the crust. Spread the bean mixture on the crust, leaving a 1-inch border. Quickly layer on cheese, tomatoes, scallions, olives and pickled jalapeños.

10. Close the lid again and grill until the cheese has melted and the bottom of the crust has browned, about 8 minutes.

**Per serving:** 317 calories; 8 g fat (4 g sat, 2 g mono); 17 mg cholesterol; 46 g carbohydrate; 14 g protein; 6 g fiber; 692 mg sodium; 249 mg potassium.

**Nutrition bonus:** Folate (30% daily value), Vitamin A (22% dv), Calcium (19% dv), Iron (17% dv).

**Carbohydrate Servings:** 2½

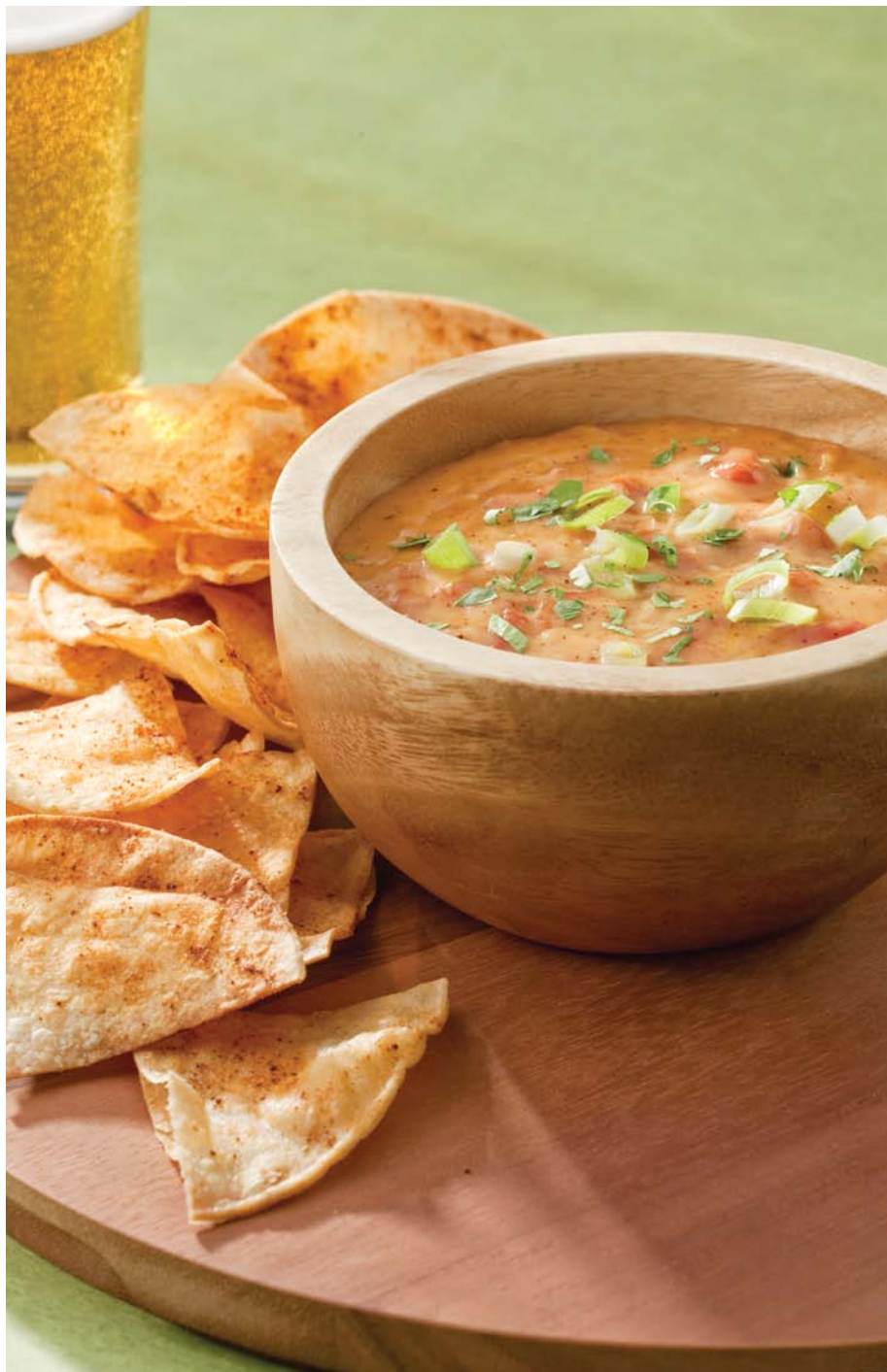
**Exchanges:** 2½ starch, 1 vegetable, 1 medium-fat meat

**Pizza in the oven:** Place a pizza stone on the lowest rack; preheat oven to 450°F for at least 20 minutes. Roll out the dough and place on a cornmeal-dusted pizza peel or inverted baking sheet, using enough cornmeal so that the dough slides easily. Slide the dough onto the preheated stone and cook until the bottom begins to



crisp, about 3 minutes. Remove the crust from the oven using a large spatula and place it uncooked-side down on the peel or baking sheet, making sure the underside of the crust is completely coated with

cornmeal. Quickly add the toppings and slide the pizza back onto the stone. Continue baking until the toppings are hot and the bottom of the crust has browned, 12 to 15 minutes.



## Chile Con Queso

**Makes:** 4 cups.

**Active time:** 20 minutes | **Total:** 20 minutes

**To make ahead:** Cover and refrigerate for up to 3 days. Slowly reheat on the stove over medium heat or on Medium in the microwave.

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Our healthier version of chile con queso will have ooey-gooey-cheese lovers celebrating. Now you can enjoy this Tex-Mex dip without all the fat and calories. We replaced some of the cheese with a low-fat white sauce and used sharp Cheddar plus a splash of beer to boost the flavor. Our version cuts the calories in half and reduces total fat and saturated fat by nearly 60 percent.

- 2 teaspoons extra-virgin olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- ½ cup pale ale or other light-colored beer
- 1½ cups low-fat milk, divided
- 3 tablespoons cornstarch
- 1¾ cups shredded sharp Cheddar, preferably orange
- 1 10-ounce can diced tomatoes with green chiles (see *Tip*), drained, or 1¼ cups drained petite-diced tomatoes
- 2 tablespoons lime juice
- 1 teaspoon salt
- 1 teaspoon chili powder
- Cayenne pepper to taste (optional)
- ¼ cup sliced scallions
- 2 tablespoons chopped fresh cilantro

1. Heat oil in a large saucepan over medium heat. Add onion and garlic and cook, stirring, until soft and beginning to brown, 4 to 5 minutes. Add beer and cook until reduced slightly, about 1 minute. Add 1 cup milk and bring to a simmer.

2. Meanwhile, whisk the remaining ½ cup milk and cornstarch in a small bowl. Add to the pan and cook, stirring vigorously, until bubbling and thickened, 1 to 2 minutes. Reduce heat to low, add cheese and cook, stirring, until melted. Stir in drained tomatoes, lime juice, salt, chili powder and cayenne (if using). Serve warm, garnished with scallions and cilantro.

**Per ¼-cup serving:** 84 calories; 5 g fat (3 g sat, 2 g mono); 14 mg cholesterol; 5 g carbohydrate; 0 g added sugars; 4 g protein; 0 g fiber; 307 mg sodium; 36 mg potassium.

**Tip:** We like the flavor of Rotel brand diced tomatoes with green chiles the best in this dip. Choose original or mild, depending on your spice preference.





## French Onion Dip

**Makes:** about 2½ cups

**Active time:** 50 minutes | **Total:** 1 hour 40 minutes

**To make ahead:** Cover and refrigerate the onion mixture (Step 1) for up to 3 days or freeze for up to 2 months. Cover and refrigerate the dip for up to 3 days.

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In our homemade version of French onion dip, we simmer chopped onions in broth and use reduced-fat sour cream and yogurt for the familiar rich and creamy flavor. All told, our version has 12 grams less fat and nearly 50 percent less sodium per serving than the original.

- 1 tablespoon extra-virgin olive oil
- 4 cups chopped onions
- ¾ teaspoon salt
- 1 14-ounce can reduced-sodium beef broth or 1¾ cups mushroom broth

- 2 teaspoons onion powder
- 2 tablespoons distilled white vinegar
- 1 cup reduced-fat sour cream
- ⅓ cup nonfat plain yogurt

1. Heat oil in a large skillet over medium-high heat. Add onions and salt; cook, stirring occasionally, until beginning to brown, 6 to 10 minutes. Add broth, scrape up any browned bits, and simmer until the liquid is almost evaporated, 10 to 20 minutes. Reduce heat to medium-low and cook until the onions are deep golden brown, 5 to 8 minutes more. Stir in onion powder, then stir in vinegar and cook until evaporated, 1 to 2 minutes. Remove from the heat and let cool for 20 minutes.
  2. Combine sour cream and yogurt in a medium bowl. Stir in the onion mixture. Chill for at least 30 minutes to blend flavors.
- Per ¼-cup serving:** 82 calories; 5 g fat (2 g sat, 2 g mono); 10 mg cholesterol; 8 g carbohydrate; 0 g added sugars; 3 g protein; 1 g fiber; 203 mg sodium; 163 mg potassium.



## Green Chile & Goat Cheese Dip

**Makes:** 3 cups

**Active time:** 20 minutes | **Total:** 40 minutes (plus 24 hours to drain ricotta)

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This creamy, cheesy dip is spiked with green chiles and smoky chipotle pepper. Be sure to drain the ricotta the day before you want to serve the dip. Serve with tortilla chips or crackers.

- 1 15-ounce container part-skim ricotta cheese, drained (see *Tip*)
- 8 ounces goat cheese, crumbled
- 2 4-ounce cans chopped green chiles
- 2 tablespoons toasted pepitas
- ¼-½ teaspoon ground chipotle pepper, or to taste

1. Preheat oven to 350°F.
2. Coat a glass pie pan with cooking spray. Mash together ricotta and goat cheese in a medium bowl. Drain chiles in a colander or sieve, pressing to remove as much liquid as possible. Stir into the cheese mixture. Spread evenly in the prepared pan. Sprinkle with pepitas and chipotle.

3. Bake until the dip is bubbling at the edges, about 30 minutes. Let cool for 5 minutes.

**Per 2-tablespoon serving:** 53 calories; 3 g fat (2 g sat, 1 g mono); 10 mg cholesterol; 1 g carbohydrate; 0 g added sugars; 4 g protein; 0 g fiber; 78 mg sodium; 35 mg potassium.

**Tip:** To drain ricotta, spoon into a sieve lined with a double layer of cheesecloth or a large coffee filter. Place over a bowl and drain in the refrigerator for 24 hours.



## Barbecue Portobello Quesadillas

**Makes:** 4 servings.

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

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This smoky mushroom-filled quesadilla is reminiscent of pulled pork. A touch of chipotle chile pepper adds extra heat. Serve with coleslaw and guacamole.

- ½ cup prepared barbecue sauce
- 1 tablespoon tomato paste
- 1 tablespoon cider vinegar
- 1 chipotle chile in adobo sauce (see *Tip*), minced, or ¼ teaspoon ground chipotle pepper
- 1 tablespoon plus 2 teaspoons canola oil, divided
- 1 pound portobello mushroom caps (about 5 medium), gills removed, diced
- 1 medium onion, finely diced
- 4 8- to 10-inch whole-wheat tortillas
- ¾ cup shredded Monterey Jack cheese

1. Combine barbecue sauce, tomato paste, vinegar and chipotle in a medium bowl.
2. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add mushrooms and cook, stirring occasionally, for 5 minutes. Add onion and cook, stirring, until the onion and mushrooms are beginning to brown, 5 to 7 minutes. Transfer the vegetables to the bowl with the barbecue sauce; stir to combine. Wipe out the pan.

3. Place tortillas on a work surface. Spread 3 tablespoons cheese on half of each tortilla and top with one-fourth (about ½ cup) of the filling. Fold tortillas in half, pressing gently to flatten.

4. Heat 1 teaspoon oil in the pan over medium heat. Add 2 quesadillas and cook, turning once, until golden on both sides, 3 to 4 minutes total. Transfer to a cutting board and tent with foil to keep warm. Repeat with the remaining 1 teaspoon oil and quesadillas. Cut each quesadilla into wedges and serve.

**Per serving:** 372 calories; 15 g fat (5 g sat, 6 g mono); 19 mg cholesterol; 46 g carbohydrate; 7 g added sugars; 12 g protein; 5 g fiber; 752 mg sodium; 674 mg potassium.

**Nutrition bonus:** Calcium (28% Daily Value), Potassium (19% dv)

**Tip:** Chipotle chiles in adobo sauce are smoked jalapeños packed in a flavorful sauce. Look for the small cans with the Mexican foods in large supermarkets. Once opened, they'll keep up to 2 weeks in the refrigerator or 6 months in the freezer. Ground chipotle, made from dried smoked jalapeños, can be found in the specialty-spice section of most supermarkets or online at [penzeys.com](http://penzeys.com).

## Jalapeño Poppers

**Makes:** 12-18 poppers

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

**To make ahead:** Cover and refrigerate the filling (Step 2) for up to 1 day.

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Spicy peppers get a cooldown from the creamy bean-and-cheese filling in our healthier version of jalapeño poppers.

**12-18 whole fresh jalapeño peppers (see *Tip*)**

- 1 cup nonfat refried beans
- 1 cup shredded Monterey Jack or extra-sharp Cheddar cheese
- 1 scallion, sliced
- 1 teaspoon salt, divided
- ¼ cup all-purpose flour
- 2 large eggs
- ½ cup fine cornmeal
- Olive oil or canola oil cooking spray

1. Make a small slit on one side of each pepper. Place the peppers in a large microwave-safe dish. Cover and microwave on High until just softened, about 5 minutes.

2. Meanwhile, combine refried beans, cheese, scallion and ½ teaspoon salt in a small bowl.

3. When the peppers are cool enough to handle, scrape out the seeds with a small spoon (a ¼-teaspoon measuring spoon works well). Fill each pepper with about 1 tablespoon of the bean filling, or until the pepper is full but not overstuffed (the amount will depend on the size of the pepper). Close the pepper around the filling.

4. Preheat oven to 450°F. Coat a large rimmed baking sheet with cooking spray.

5. Place flour in a shallow dish. Lightly beat eggs in another shallow dish. Combine cornmeal and the remaining ½ teaspoon salt in a third shallow dish. Roll each stuffed pepper in flour, shaking off any excess. Dip in egg and let any excess drip off. Then roll in the cornmeal mixture. Place the peppers on the prepared baking sheet. Generously coat all sides of each pepper with cooking spray.



6. Bake for 5 minutes. Turn each pepper over and continue baking until hot and the filling starts to ooze in a few spots, about 5 minutes more.

**Per popper:** 87 calories; 4 g fat (2 g sat, 1 g mono); 39 mg cholesterol; 8 g carbohydrate; 0 g added sugars; 5 g protein; 2 g fiber; 419 mg sodium; 119 mg potassium.

**Carbohydrate Servings:** ½

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

**Tip:** Touching hot peppers can “burn” your hands. Wear rubber gloves or wash your hands thoroughly after handling them.





## Onion Rings

**Makes:** 6 servings, 6-7 onion rings each

**Active time:** 40 minutes | **Total:** 1 hour

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Try any seasoning blend that you have on hand to add flavor to the breading or substitute 1 teaspoon salt instead. Seasoned whole-wheat breadcrumbs are available in some supermarkets and natural-foods stores. If you can find them, try them in place of the plain breadcrumbs and seasoning blend.

- 2 medium yellow onions
- ¾ cup all-purpose flour
- 2 teaspoons baking powder
- 3 large eggs
- 1½ cups fine dry breadcrumbs, preferably whole-wheat (see *Tip*)
- 1 tablespoon seasoning blend, such as Cajun, jerk or Old Bay
- Olive oil or canola oil cooking spray

1. Position racks in upper and lower thirds of oven; preheat to 450°F. Coat 2 large rimmed baking sheets with cooking spray.

2. Cut off both ends of each onion and peel. Slice into ½-inch-thick slices; separate into rings. (Discard the smallest rings or reserve for another use.) Place the rings in a medium bowl; cover with cold water.

3. Combine flour and baking powder in a shallow dish. Lightly beat eggs in another shallow dish. Combine breadcrumbs and seasoning in a third shallow dish. Working with one ring at time, remove from the water, letting any excess drip off. Coat in flour, shaking off any excess. Dip in egg and let any excess drip off. Then coat in the breadcrumb mixture, shaking off any excess. Place on the prepared baking sheets. Generously coat the onion rings with cooking spray.

4. Bake for 10 minutes. Turn each onion ring over and return to the oven, switching the positions of the baking sheets. Continue baking until brown and very crispy, 8 to 10 minutes more.

**Per serving:** 175 calories; 3 g fat (1 g sat, 1 g mono); 79 mg cholesterol; 29 g carbohydrate; 0 g added sugars; 7 g protein; 2 g fiber; 557 mg sodium; 136 mg potassium.

**Tip:** Look for fine dry whole-wheat breadcrumbs in the natural-foods section of large supermarkets or natural-foods stores. To make your own, trim crusts from firm sandwich bread. Tear the bread into pieces and process in a food processor until very fine. Spread on a baking sheet and bake at 250°F until dry, about 10 to 15 minutes. One slice of bread makes about ⅓ cup dry breadcrumbs.

## Roasted Garlic Guacamole with Help-Yourself Garnishes

**Makes:** 4 cups guacamole, for 16 servings

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

**To make ahead:** Cover and refrigerate the guacamole (Step 1) up to 1 day.

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Rick Bayless's new book is all about how to throw a great fiesta, or party, and a key part of any great fiesta is the food. "I like to welcome guests with this guacamole bar," he says. "I start off with a basic guacamole made with roasted garlic and set out bowls of toppings so everyone can customize each bite." (Recipe from *Fiesta at Rick's* by Rick Bayless; W.W. Norton and Company, July 2010.)

### Guacamole

- 6 large cloves garlic, unpeeled
- 6 ripe medium avocados
- ½ cup coarsely chopped fresh cilantro, loosely packed
- 2 tablespoons fresh lime juice, plus more if desired
- 1 teaspoon salt

### Garnishes

- ¾ cup Mexican queso fresco, queso añejo, salted pressed farmer's cheese, firm goat cheese, mild feta or Romano, finely crumbled or grated
- ¾ cup toasted pumpkin seeds (see *Tip*)
- ¾ cup sliced pickled jalapeños
- ½ cup crumbled crisp-fried bacon or ¾ cup coarsely crumbled chicharrón (Mexican crisp-fried pork rind)
- 1 16-ounce bag large, sturdy tortilla chips

1. **To prepare guacamole:** Place unpeeled garlic in a small dry skillet over medium heat; cook, turning occasionally, until soft and blackened in spots, 10 to 15 minutes. Cool, then slip off the skins; finely chop. Scoop avocado flesh into a large bowl. Add the garlic, cilantro and lime juice to taste. Coarsely mash everything together. Season with salt. Transfer to a serving bowl and place plastic wrap



directly on the surface of the guacamole. Refrigerate until ready to serve.

2. **To set up the guacamole bar:** Scoop garnishes into small serving bowls and put the chips in a large basket or bowl. Encourage guests to spoon a little guacamole on a chip and top with garnishes that appeal.

**Per ¼-cup serving:** 310 calories; 21 g fat (4 g sat, 10 g mono); 7 mg cholesterol; 28 g carbohydrate; 0 g added sugars; 7 g protein; 6 g fiber; 451 mg sodium; 505 mg potassium.

**Nutrition bonus:** Folate (16% daily value).

**Carbohydrate Servings:** 1½

**Exchanges:** 1 starch, 4 fat

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





## Spicy Pecan Popcorn Chicken

**Makes:** 4 servings

**Active time:** 25 minutes | **Total:** 40 minutes

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These spicy and crunchy pecan-crusted chicken nuggets are paired with a quick, creamy ranch dip. If you can't find coarse breadcrumbs, substitute Grape-Nuts cereal instead.

- Canola oil cooking spray
- $\frac{3}{4}$  cup coarse dry whole-wheat breadcrumbs (see *Tip*) or Grape-Nuts cereal
- $\frac{1}{2}$  cup pecan pieces
- 2 tablespoons chili powder
- $\frac{1}{4}$  teaspoon salt
- 1 egg white
- 1 tablespoon water
- 1 pound boneless, skinless chicken breast, cut into 1-inch cubes

- $\frac{1}{4}$  cup low-fat mayonnaise
- $\frac{1}{4}$  cup low-fat buttermilk or milk
- 1 teaspoon dried dill or 1 tablespoon fresh
- $\frac{1}{2}$  teaspoon garlic powder

1. Preheat oven to 450°F. Thoroughly coat a wire rack with cooking spray and set on a foil-lined baking sheet.
2. Combine breadcrumbs (or cereal), pecans, chili powder and salt in a food processor; process until the pecans are finely chopped and the chili powder is mixed throughout, about 1 minute. Transfer the mixture to a shallow dish.
3. Whisk egg white and water in a second shallow dish. Add chicken and turn to coat, then dredge in the pecan mixture, turning to coat evenly. Shake off excess. (Discard any remaining egg and pecan mixture.) Place the chicken on the prepared rack and thoroughly coat with cooking spray.
4. Bake the chicken until no longer pink in the center, about 15 minutes.
5. Meanwhile whisk mayonnaise, buttermilk (or milk), dill and garlic powder in a small bowl. Serve the chicken with the dip.

**Per serving:** 291 calories; 14 g fat (2 g sat, 6 g mono); 67 mg cholesterol; 16 g carbohydrate; 1 g added sugars; 27 g protein; 3 g fiber; 379 mg sodium; 339 mg potassium.

**Nutrition bonus:** Vitamin A (20% daily value).

**Carbohydrate Servings:** 1

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

**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 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  $\frac{1}{2}$  cup fresh breadcrumbs or about  $\frac{1}{3}$  cup dry breadcrumbs. For store-bought coarse dry breadcrumbs we like Ian's brand, labeled "Panko breadcrumbs." Find them at well-stocked supermarkets.

## Sweet-&-Sour Meatballs

**Makes:** 36 meatballs

**Active time:** 1 hour | **Total:** 1 hour

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

**Equipment:** 36 short skewers or toothpicks

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These bite-size sweet-and-sour meatballs, drizzled with a pineapple- and soy-based sauce, make a great appetizer. Shredded carrot and finely diced pineapple keep the meatballs moist, while fresh ginger and Chinese five-spice powder amp up the flavor.

- 1 20-ounce can pineapple chunks
- 3 tablespoons rice vinegar
- 2 tablespoons ketchup
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon brown sugar
- 2 teaspoons cornstarch
- $\frac{1}{4}$  teaspoon crushed red pepper
- 1 large egg
- 1 medium carrot, shredded
- $\frac{1}{4}$  cup finely chopped scallion whites
- 2 tablespoons minced fresh ginger
- $\frac{1}{2}$  teaspoons Chinese five-spice powder
- $\frac{3}{4}$  teaspoon salt
- 8 ounces ground turkey breast
- 8 ounces ground pork
- 2 teaspoons canola oil
- 1 large red bell pepper, cut into 1-inch pieces
- $\frac{1}{2}$  cup sliced scallion greens

1. Preheat oven to 450°F. Line a baking sheet with foil and coat with cooking spray.
2. Drain pineapple juice into a small bowl. Whisk in vinegar, ketchup, soy sauce, brown sugar, cornstarch and crushed red pepper. Set aside.
3. Finely chop enough pineapple to yield  $\frac{1}{2}$  cup. Press out excess moisture with paper towels. Reserve the remaining pineapple chunks for the sauce.
4. Lightly beat egg in a large bowl. Stir in carrot, scallion whites, ginger, five-spice powder,



salt and the finely chopped pineapple. Add turkey and pork; gently mix to combine (do not overmix). Using a scant 1 tablespoon each, make 36 small meatballs. Bake on the prepared baking sheet until just cooked through, about 15 minutes.

5. Heat oil in a large skillet over medium heat. Add bell pepper and cook for 1 minute. Whisk the reserved juice mixture and add to the pan. Bring to a boil and cook, stirring, for 1 minute. Stir in the remaining pineapple and the cooked meatballs.

6. To serve, thread a meatball and a piece of pineapple and/or pepper onto a small skewer or toothpick. Transfer to a platter, drizzle with sauce and sprinkle with scallion greens.

**Per skewer:** 37 calories; 1 g fat (0 g sat, 0 g mono); 12 mg cholesterol; 4 g carbohydrate; 1 g added sugars; 3 g protein; 0 g fiber; 101 mg sodium; 76 mg potassium.

**Carbohydrate Servings:** 0

**Exchanges:**  $\frac{1}{2}$  lean meat



## Buffalo Chicken Casserole

**Makes:** 8 servings

**Active time:** 45 minutes | **Total:** 1½ hours

**To make ahead:** In Step 2, cook the noodles 4 minutes less than package directions. Prepare through Step 4, cover and refrigerate for 1 day. Let stand at room temperature for 30 minutes, then bake at 400°F for 45 minutes.

☒ Heart Health ☐ Diabetes ☐ Weight Loss ☐ Gluten Free

We took the classic flavors of Buffalo wings—hot sauce, blue cheese, carrots and celery—and created a finger-licking-good casserole. Serve this dish during football season to a hungry crowd and it's sure to be a hit. We don't typically recommend ingredients by brand name, but in this case we make an exception for Frank's RedHot Sauce. It has the perfect balance of spice and tang for this casserole. Texas Pete and Crystal hot sauces are suitable alternatives if you can't find Frank's.

- 12 ounces whole-wheat elbow noodles**
- 2 tablespoons canola oil**
- 3 medium carrots, sliced**
- 3 medium stalks celery, sliced**
- 1 large onion, chopped**
- 1 tablespoon minced garlic**
- 2 pounds boneless, skinless chicken breast, trimmed and cut into 1-inch cubes**
- ⅓ cup cornstarch**
- 4 cups low-fat milk**
- ⅛ teaspoon salt**
- 5 tablespoons hot sauce, preferably Frank's RedHot**
- ¾ cup crumbled blue cheese (about 4 ounces)**

**1.** Preheat oven to 400°F.

**2.** Bring a Dutch oven of water to a boil. Cook noodles until barely tender, about 2 minutes less than package directions. Drain, rinse and set aside.

**3.** Heat oil in the pot over medium heat. Add carrots, celery, onion and garlic and cook until beginning to soften, about 5 minutes. Add chicken and cook until no longer pink on the outside, 5 to 7 minutes. Whisk cornstarch and milk in a medium bowl; add to the pot along with salt. Bring to a boil over medium-high heat, stirring often, until bubbling and thick enough to coat the back of a spoon, about 4 minutes. Remove from the heat and stir in hot sauce.

**4.** Spread the noodles in a 9-by-13-inch (or similar 3-quart) baking dish. Top with the chicken mixture; sprinkle with blue cheese.

**5.** Bake the casserole until it is bubbling, about 30 minutes. Let stand for 10 minutes before serving.

**Per serving:** 441 calories; 12 g fat (5 g sat, 5 g mono); 79 mg cholesterol; 47 g carbohydrate; 0 g added sugars; 37 g protein; 5 g fiber; 671 mg sodium; 619 mg potassium.

**Nutrition bonus:** Vitamin A (89% daily value), Calcium (28% dv), Magnesium (20% dv), Potassium (18% dv), Zinc (15% dv).

**Carbohydrate Servings:** 3

**Exchanges:** 2 starch, 1 vegetable, ½ low-fat milk, 3 lean meat, 1 fat



## Rocky Road Brownies

Makes 16 (2-inch) brownies

**Active time:** 20 minutes | **Total:** 3 hours  
(including cooling time)

**To make ahead:** Prepare through Step 3; refrigerate for up to 12 hours. Store brownies in an airtight container for up to 2 days.

☐ Heart Health ☐ Diabetes ☒ Weight Loss ☐ Gluten Free

These super-rich brownies made chocolatey with plenty of cocoa powder have less fat than other brownies, but stay extra gooey and good with marshmallows, nuts and chocolate chunks on top.

- 1 cup less 1 tablespoon all-purpose flour**
- ¼ teaspoon baking powder**
- ¼ teaspoon salt**
- 4½ tablespoons unsalted butter**
- ½ cup plus 1 tablespoon unsweetened cocoa powder, preferably natural (see Tip)**
- ¼ cups sugar**
  - 1 large egg**
  - 2 large egg whites**
  - 2 teaspoons vanilla extract**
  - 8 regular-size marshmallows**
- ⅔ cup coarsely chopped walnuts or pecans**
- ⅓ cup chopped bittersweet or semisweet chocolate or large chocolate chips**

1. Line the bottom and sides of an 8-inch-square baking pan with parchment paper or foil coated with cooking spray. (Leave enough of an overhang to be able to lift the brownies out of the pan later with the liner.) If you don't plan to let the batter rest at the end of Step 3 before baking, position a rack in center of oven and preheat to 350°F.

2. Thoroughly whisk flour, baking powder and salt in a small bowl.

3. Melt butter in a medium saucepan until sizzling. Remove from the heat and stir in cocoa, then sugar. (The mixture will look like a mass of very dark brown sugar.) Add egg, egg whites and vanilla. Stir briskly until smooth and glossy. Stir in the flour mixture until just incorporated. Then stir briskly for about 50 strokes. Scrape the batter into the prepared pan and spread it evenly. The batter will be very shallow in the pan. If you have time, cover the pan and refrigerate for a few hours or up to 12 hours. (This hydrates the cocoa powder and flour and brings all the flavors into sharper focus.) Remove from the refrigerator about 30 minutes before baking; pre-heat oven to 350°F.

4. Quarter marshmallows with an oiled knife. Distribute the pieces over the batter, pressing them in. Distribute nuts and chocolate (or chips) around the marshmallows.

5. Bake the brownies until the marshmallows are golden brown, 25 to 35 minutes. (If you can find a place to test for doneness where there is no melted chocolate or marshmallow, a toothpick should come out with some moist, gooey batter clinging to it. Brownies in a metal pan will bake faster than those in a glass pan; if you're unsure, bake a few minutes longer to make sure the brownies are done in the middle.) Let cool completely in the pan on a wire rack for about 2 hours. Lift the ends of the pan liner and transfer to a cutting board. Cut into 16 brownies.

**Per brownie:** 190 calories; 8 g fat (3 g sat, 2 g mono); 22 mg cholesterol; 29 g carbohydrate; 19 g added sugars; 3 g protein; 2 g fiber; 60 mg sodium; 89 mg potassium.

**Tip:** Cocoa powder comes in two styles: natural and Dutch-processed. Dutch-processed cocoa has been treated with alkali, or "Dutched," to neutralize the natural acidity of cocoa, while natural has not. For this recipe, we prefer the taste of natural cocoa powder, although either type can be used.



# 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.

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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.)