



# EatingWell Favorite **Gluten-Free Diet** Recipes

Paprika-Spiced Stuffed Peppers ..... 2

Pork Chops with Creamy Mushroom  
 Sauce ..... 3

Rice, Cheddar & Spinach Pie ..... 3

Sicilian Olive Chicken ..... 4

Tuna, Artichoke & Basil Stuffed Potatoes ..... 4

Sesame-Honey Tempeh & Quinoa Bowl..... 5

Vegetarian Taco Salad..... 5

Cheese-&Spinach-Stuffed Portobellos ..... 6

Pork Fajitas with Smoky Cherry Salsa ..... 7

Sweet Potato & Black Bean Chili..... 8

Indian-Spiced Chicken & Asparagus ..... 8

Delicata Squash & Tofu Curry..... 9

Seared Salmon with Braised Broccoli ..... 9

Zesty Shrimp & Black Bean Salad ..... 10

## 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.

Heart Health  Diabetes  Weight Loss  Gluten Free

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:** Depending on your supermarket, it might be hard to find a lean option for ground pork. But 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. Using lean pork or lamb instead of regular ground pork saves up to 164 calories and 5 grams of saturated fat per 3 ounces of cooked meat.

## Pork Chops with Creamy Mushroom Sauce

**Makes:** 4 servings, 1 pork chop & about ½ cup sauce each

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

Heart Health  Diabetes  Weight Loss  Gluten Free

These seared pork chops are topped with a rich and creamy mushroom sauce that gets flavored with fresh herbs.

- 4 bone-in pork chops, ½-¾ inch thick (about 2 pounds), trimmed**
- ½ teaspoon salt, divided**
- ½ teaspoon freshly ground pepper**
- 3 tablespoons extra-virgin olive oil, divided**
- ⅓ cup minced shallots**
- 8 ounces sliced mixed mushrooms, such as cremini, shiitake & oyster**
- ½ cup dry white wine**
- ⅓ cup half-and-half**
- ½ cup chopped fresh herbs, such as chives, tarragon and/or parsley**

1. Sprinkle pork chops with ¼ teaspoon salt and pepper. Heat 1 tablespoon oil in a large skillet, preferably cast iron, over medium-high heat. Reduce the heat to medium and add 2 pork chops. Cook, turning once, until cooked through, 5 to 7 minutes. Remove to a plate and tent with foil. Repeat with another 1 tablespoon oil and the remaining chops.

2. Add the remaining 1 tablespoon oil to the pan. Add shallots and mushrooms; cook, stirring frequently until the mushrooms are browned, 2 to 4 minutes. Add wine and the remaining ¼ teaspoon salt; cook, stirring up any browned bits, until the liquid is mostly evaporated, 1 to 3 minutes. Stir in half-and-half and herbs; cook until bubbling, about 1 minute more. Serve the chops with the mushroom sauce.

**Per serving:** 359 calories; 22 g fat (6 g sat, 12 g mono); 75 mg cholesterol; 6 g carbohydrate; 0 g added sugars; 29 g protein; 1 g fiber; 363 mg sodium; 643 mg potassium.

**Nutrition bonus:** Potassium (19% daily value), Zinc (18% dv).

**Carbohydrate Servings:** ½

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

## Rice, Cheddar & Spinach Pie

**Makes:** 6 servings

**Active time:** 15 minutes

**Total:** 45 minutes

Heart Health  Diabetes  Weight Loss  Gluten Free

This rice, spinach and Cheddar pie is a cinch to prepare—especially if you have leftover cooked rice. If you don't, follow package directions for 4 servings to get about 3 cups cooked rice. Serve with steamed artichokes

- 3 tablespoons extra-virgin olive oil**
- 1 small onion, finely chopped**
- 3 cloves garlic, minced**
- 1 10-ounce package frozen chopped spinach, thawed and squeezed dry**
- 3 cups cooked instant or quick-cooking brown rice**
- 1 cup diced extra-sharp Cheddar cheese**
- ½ teaspoon freshly ground pepper**
- ¼ teaspoon salt**
- 4 large eggs**
- ¼ cup nonfat milk**

1. Preheat oven to 425°F. Generously coat a 9-inch pie pan with cooking spray.

2. Heat oil in a large skillet over medium heat. Add onion and cook, stirring frequently, until beginning to brown, about 5 minutes. Add garlic and spinach; cook, stirring, 1 minute more. Transfer to a large bowl. Add rice, cheese, pepper and salt to the bowl and stir to combine.

3. Whisk eggs and milk in a medium bowl. Stir into the spinach-rice mixture. Transfer to the prepared pan and smooth the top with a spatula.

4. Bake the pie until lightly browned in spots, about 25 minutes. Let stand for 5 minutes before cutting into wedges.

**Per serving:** 340 calories; 18 g fat (6 g sat, 8 g mono); 144 mg cholesterol; 30 g carbohydrate; 0 g added sugars; 14 g protein; 3 g fiber; 309 mg sodium; 300 mg potassium.

**Nutrition bonus:** Vitamin A (119% daily value), Calcium & Folate (23% dv).

**Carbohydrate Servings:** 2

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





## Sicilian Olive Chicken

**Makes:** 4 servings

**Active time:** 20 minutes

**Total:** 20 minutes

Heart Health  Diabetes  Weight Loss  Gluten Free

This saucy one-skillet chicken dish is full of tomatoes, spinach, olives and capers. Try Kalamata olives in place of the green Sicilians or a combination of both. Serve over whole-wheat egg noodles with a mixed green salad on the side.

- 1 14-ounce can petite diced tomatoes with garlic and olive oil or other Italian-style seasoning
- 1½ cups frozen chopped spinach, thawed
- ⅓ cup halved Sicilian or other green olives
- 1 tablespoon capers, rinsed
- ¼ teaspoon crushed red pepper, or to taste
- 4 4-ounce chicken cutlets (see Tip)
- ¼ teaspoon freshly ground pepper
- 1 tablespoon extra-virgin olive oil

1. Combine tomatoes, spinach, olives, capers and crushed red pepper in a bowl. Sprinkle both sides of chicken with pepper.

2. Heat oil in a large skillet over medium-high heat. Cook the chicken until browned on one side, 2 to 4 minutes. Turn it over; top with the tomato mixture. Reduce heat to medium, cover and cook until cooked through, 3 to 5 minutes.

**Per serving:** 210 calories; 8 g fat (2 g sat, 5 g mono); 63 mg cholesterol; 8 g carbohydrate; 0 g added sugars; 26 g protein; 3 g fiber; 527 mg sodium; 401 mg potassium.

**Nutrition bonus:** Vitamin A (151% daily value), Vitamin C (32% dv), Folate (22% dv), Magnesium (17% dv).

**Carbohydrate Servings:** ½

**Exchanges:** 1½ vegetable, 3 lean meat, 1 fat

**Tip:** If you can't find chicken cutlets for this recipe, you can make your own. Purchase four 5-ounce chicken breasts. Remove the tenders and trim the fat. Place the chicken between pieces of plastic wrap. Pound with a rolling pin, meat mallet or heavy skillet until flattened to about ½ inch thick.

## Tuna, Artichoke & Basil Stuffed Potatoes

**Makes:** 4 servings

**Active time:** 40 minutes

**Total:** 40 minutes

Heart Health  Diabetes  Weight Loss  Gluten Free

These baked potatoes topped with canned tuna, artichoke hearts, provolone cheese and basil may seem unconventional, but the flavor combination is awesome.

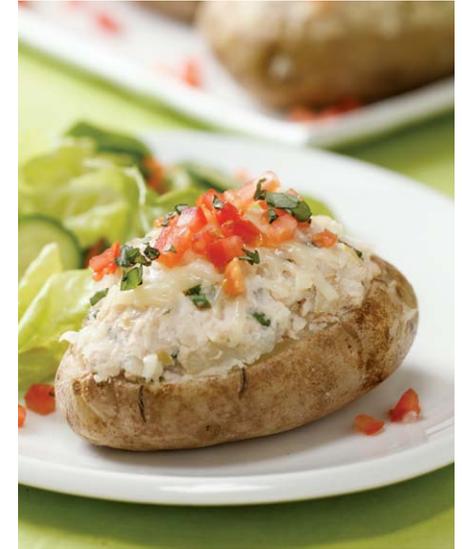
- 4 medium russet potatoes, scrubbed
- 2 5- to 6-ounce cans chunk light tuna (see Tip), drained
- ¾ cup nonfat plain Greek yogurt
- ½ cup plus 2 tablespoons chopped fresh basil, divided
- 1 6-ounce jar marinated artichoke hearts, drained and chopped (about ½ cup)
- 2 scallions, chopped
- 1 tablespoon capers, rinsed (optional)
- ¼ teaspoon salt
- ½ teaspoon freshly ground pepper
- ¾ cup shredded provolone cheese
- 1 plum tomato, finely chopped

1. Pierce potatoes all over with a fork. Microwave on Medium, turning once or twice, until soft, about 20 minutes. (Or use the “potato setting” on your microwave and cook according to manufacturer’s directions.)

2. Meanwhile, combine tuna, yogurt, ½ cup basil, artichoke hearts, scallions, capers (if using), salt and pepper in a large bowl.

3. When the potatoes are cool enough to handle, carefully cut off the top third. Scoop out the insides and add to the bowl with the tuna. Place the potato shells in a microwave-safe dish. Mash the potato and tuna mixture together with a fork or potato masher.

4. Evenly divide the tuna mixture among the potato shells. (They will be very well stuffed.) Top with cheese. Microwave on High until the filling is hot and the cheese is melted, 2 to 4 minutes. To serve, top each potato with a little tomato and some of the remaining 2 tablespoons basil.



**Per serving:** 344 calories; 8 g fat (4 g sat, 2 g mono); 27 mg cholesterol; 44 g carbohydrate; 0 g added sugars; 26 g protein; 6 g fiber; 614 mg sodium; 1,159 mg potassium.

**Nutrition bonus:** Vitamin C (55% daily value), Potassium (33% dv), Calcium (24% dv), Magnesium (19% dv), Iron (17% dv), Vitamin A (16% dv), Folate (15% dv).

**Carbohydrate Servings:** 2½

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

**Tip:** Chunk light tuna, like all fish and shellfish, contains some mercury. According to the FDA and EPA, women who are or might become pregnant, nursing mothers and young children should limit their consumption to 12 ounces a week of fish with lower mercury, including canned “light” tuna. Consumption of albacore tuna (which is labeled “white”) should be limited to no more than 6 ounces a week. If you’re looking for an environmentally sustainable canned tuna option, check the label—tuna that was caught by troll or pole-and-line is considered the best choice, according to Monterey Bay Aquarium’s Seafood Watch Program.



## Sesame-Honey Tempeh & Quinoa Bowl

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

**Active time:** 30 minutes

**Total:** 30 minutes

Heart Health  Diabetes  Weight Loss  Gluten Free

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

### 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 1 ½ 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).

**Carbohydrate Servings:** 3

**Exchanges:** 2 starch, 1 vegetables, 1 other carbohydrate, 3 medium-fat meat, 2 fat

### Tips:

**To toast sesame 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 Taco Salad

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

**Active time:** 40 minutes

**Total:** 40 minutes

**To make ahead:** Prepare through Step 1, cover and refrigerate for up to 3 days; reheat slightly before serving.

Heart Health  Diabetes  Weight Loss  Gluten Free

Nobody will miss the meat in this colorful, zesty vegetarian taco salad. The rice and bean mixture can be made ahead and the salad quickly assembled at mealtime. (Recipe by Nancy Baggett for EatingWell.)

- 2 tablespoons extra-virgin olive oil
- 1 large onion, chopped
- 1½ cups fresh corn kernels (see Tips) or frozen, thawed
- 4 large tomatoes
- 1½ cups cooked long-grain brown rice (see Tips)
- 1 15-ounce can black, kidney or pinto beans, rinsed
- 1 tablespoon chili powder
- 1½ teaspoons dried oregano, divided
- ¼ teaspoon salt
- ½ cup chopped fresh cilantro
- ⅓ cup prepared salsa
- 2 cups shredded iceberg or romaine lettuce
- 1 cup shredded pepper Jack cheese
- 2½ cups coarsely crumbled tortilla chips
- Lime wedges for garnish

**1.** Heat oil in a large nonstick skillet over medium heat. Add onion and corn; cook, stirring, until the onion begins to brown, about 5 minutes. Coarsely chop 1 tomato. Add it to the pan along with rice, beans, chili powder, 1 teaspoon oregano and ¼ teaspoon salt. Cook, stirring frequently, until the tomato cooks down, about 5 minutes. Let cool slightly.

**2.** Coarsely chop the remaining 3 tomatoes. Combine with cilantro, salsa and the remaining ½ teaspoon oregano in a medium bowl.

**3.** Toss lettuce in a large bowl with the bean mixture, half the fresh salsa and ⅔ cup



cheese. Serve sprinkled with tortilla chips and the remaining cheese, passing lime wedges and the remaining fresh salsa to the table.

**Per serving:** 395 calories; 17 g fat (5 g sat, 5 g mono); 20 mg cholesterol; 52 g carbohydrate; 0 g added sugars; 14 g protein; 9 g fiber; 459 mg sodium; 774 mg potassium.

**Nutrition bonus:** Vitamin A & Vitamin C (38% daily value), Calcium & Folate (23% dv), Potassium (22% dv), Magnesium (21% dv), Calcium (23% dv), Iron (15% dv).

**Carbohydrate Servings:** 3

**Exchanges:** 3½ starch, 1 vegetable, 1 lean meat, 2 fat

### Tips:

**To remove corn kernels from the cob, stand an ear of corn on its stem end and slice the kernels off with a sharp knife.**

**To cook rice, bring 1 cup water and ½ cup long-grain brown rice to a boil in a small saucepan. Reduce heat to low, cover, and simmer at the lowest bubble until the water is absorbed and the rice is tender, about 40 minutes. Remove from the heat and let stand, covered, for 10 minutes.**



## Cheese-&Spinach-Stuffed Portobellos

**Makes:** 4 servings

**Active time:** 20 minutes

**Total:** 40 minutes

Heart Health  Diabetes  Weight Loss  Gluten Free

Here we take the elements of a vegetarian lasagna filling—ricotta, spinach and Parmesan cheese—and nestle them into roasted portobello mushroom caps. The recipe works best with very large portobello caps; if you can only find smaller ones, buy one or two extra and divide the filling among all the caps. Serve with a tossed salad and a whole-wheat dinner roll or spaghetti tossed with marinara sauce.

**4 large portobello mushroom caps**

**¼ teaspoon salt**

**¼ teaspoon freshly ground pepper, divided**

**1 cup part-skim ricotta cheese**

**1 cup finely chopped fresh spinach**

**½ cup finely shredded Parmesan cheese, divided**

**2 tablespoons finely chopped kalamata olives**

**½ teaspoon Italian seasoning**

**¾ cup prepared marinara sauce**

**1.** Preheat oven to 450°F. Coat a rimmed baking sheet with cooking spray.

**2.** Place mushroom caps, gill-side up, on the prepared pan. Sprinkle with salt and ⅛ teaspoon pepper. Roast until tender, 20 to 25 minutes.

**3.** Meanwhile, mash ricotta, spinach, ¼ cup Parmesan, olives, Italian seasoning and the remaining ⅛ teaspoon pepper in a medium bowl. Place marinara sauce in a small bowl, cover and microwave on High until hot, 30 seconds to 1 ½ minutes.

**4.** When the mushrooms are tender, carefully pour out any liquid accumulated in the caps. Return the caps to the pan gill-side up. Spread 1 tablespoon marinara into each cap; cover the remaining sauce to keep warm. Mound a generous ⅓ cup ricotta filling into each cap and sprinkle with the remaining ¼ cup Parmesan. Bake until hot, about 10 minutes. Serve with the remaining marinara sauce.

**Per serving:** 216 calories; 12 g fat (5 g sat, 4 g mono); 29 mg cholesterol; 16 g carbohydrate; 0 g added sugars; 14 g protein; 3 g fiber; 683 mg sodium; 692 mg potassium.

**Nutrition bonus:** Calcium (31% daily value), Vitamin A (28% dv), Potassium (20% dv).

**Carbohydrate Servings:** 1

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

## Pork Fajitas with Smoky Cherry Salsa

**Makes:** 4 servings

**Active time:** 45 minutes

**Total:** 45 minutes

**To make ahead:** Marinate pork (Step 2) in the refrigerator, loosely covered, for up to 8 hours.

Heart Health  Diabetes  Weight Loss  Gluten Free

This pork fajitas recipe with grilled pork tenderloin, onions and peppers gets a sweet-smoky aroma and flavor when topped with chipotle-infused cherry salsa. Manchego cheese, though untraditional for fajitas, pairs nicely.

- 1 teaspoon plus a pinch of salt, divided
- 2 cloves garlic, minced
- Zest of 2 limes
- 6 teaspoons lime juice, divided
- 1¼ teaspoons ground chipotle pepper (see *Tips*), divided
- 1¼ pounds pork tenderloin, trimmed
- 1 medium white onion, thickly sliced crosswise
- 1 red or green bell pepper, quartered
- 1 cup chopped pitted sweet or sour fresh cherries (see *Tips*)
- ¼ cup finely chopped fresh cilantro
- ½ cup shredded Manchego or Cheddar cheese
- 8 6-inch corn tortillas, warmed (see *Tips*)

1. Preheat grill to medium-high.
2. Mash 1 teaspoon salt and garlic in a small bowl with a mortar and pestle or a spoon until a paste forms. Mix in lime zest, 2 teaspoons lime juice and 1 teaspoon ground chipotle. Rub the paste all over pork.
3. Oil the grill rack (see *Tips*). Grill the pork, turning occasionally, until an instant-read thermometer inserted in the thickest part reaches 145°F, 13 to 15 minutes. Grill onion and bell pepper, turning occasionally, until charred and tender, 8 to 10 minutes. Transfer the pork to a clean cutting board and let rest for 5 minutes.

4. Combine cherries, cilantro, the remaining 4 teaspoons lime juice, the remaining ¼ teaspoon chipotle and pinch of salt in a bowl. Finely chop one slice of grilled onion and stir into the salsa.

5. Thinly slice the remaining onion and pepper. Thinly slice the pork. Serve the pork and vegetables with the salsa and cheese on tortillas.

**Per serving:** 365 calories; 10 g fat (4 g sat, 3 g mono); 107 mg cholesterol; 33 g carbohydrate; 0 g added sugars; 37 g protein; 6 g fiber; 881 mg sodium; 883 mg potassium.

**Nutrition bonus:** Vitamin C (87% daily value), Vitamin A (38% dv), Zinc (27% dv), Potassium (25% dv), Magnesium (23% dv), Calcium (18% dv), Iron (15% dv).

**Carbohydrate Servings:** 2

**Exchanges:** 1½ starch, 1 vegetable, 4½ lean meat

### Tips:

Chipotle peppers are dried, smoked jalapeños. Look for ground chipotle in the spice section of most supermarkets or online at [penzeys.com](http://penzeys.com).

To pit fresh cherries, use a tool made for the job—a hand-held cherry pitter; it also works for olives! Or pry out the pit with the tip of a knife or vegetable peeler.

To warm corn tortillas, wrap a stack of tortillas in barely damp paper towels; microwave on High for 30 to 45 seconds. Or wrap stacks of 4 tortillas in foil; place in a 375°F oven for 10 to 15 minutes. Wrap tortillas in a clean towel to keep warm.

Oiling a grill rack before you grill foods helps ensure that the food won't stick. Oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)





## Sweet Potato & Black Bean Chili

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

**Active time:** 20 minutes

**Total:** 30 minutes

**To make ahead:** Cover and refrigerate for 2 days. Stir in cilantro just before serving.

Heart Health  Diabetes  Weight Loss  Gluten Free

This satisfying vegetarian chili for two is studded with black beans and sweet potatoes. Serve with some warmed corn tortillas and tossed salad with orange segments and avocado.

- 2 teaspoons extra-virgin olive oil
- 1 small onion, finely diced
- 1 small sweet potato, peeled and diced
- 2 cloves garlic, minced
- 1 tablespoon chili powder
- 2 teaspoons ground cumin

- ¼ teaspoon ground chipotle chile  
(see Tip)
- ⅛ teaspoon salt, or to taste
- 1½ cups water
- 1 15-ounce can black beans, rinsed
- 1 cup canned diced tomatoes
- 2 teaspoons lime juice
- 2 tablespoons chopped fresh cilantro

Heat oil in a large saucepan over medium-high heat. Add onion and potato and cook, stirring often, until the onion is slightly softened, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, until fragrant, about 30 seconds. Add water, bring to a simmer, cover, reduce heat to maintain a gentle simmer and cook until the potato is tender, 10 to 12 minutes. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat to maintain a simmer and cook until slightly reduced, about 4 minutes. Remove from the heat and stir in cilantro.

**Per serving:** 374 calories; 6 g fat (1 g sat, 4 g mono); 0 mg cholesterol; 67 g carbohydrate; 0 g added sugars; 14 g protein; 15 g fiber; 697 mg sodium; 603 mg potassium.

**Nutrition bonus:** Vitamin A (410% daily value), Vitamin C (45% dv), Iron (30% dv), Potassium (17% dv).

**Carbohydrate Servings:** 2½

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

**Tip:** Chipotle peppers are dried, smoked jalapeño peppers. Ground chipotle can be found in the specialty spice section of most supermarkets.

## Indian-Spiced Chicken & Asparagus

**Makes:** 4 servings, about 1 cup each

**Active time:** 40 minutes

**Total:** 40 minutes

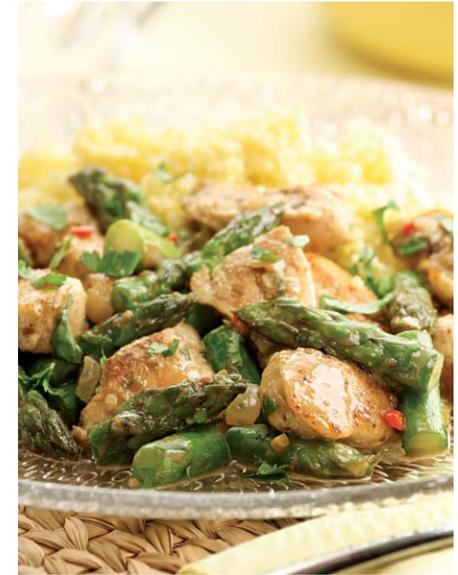
Heart Health  Diabetes  Weight Loss  Gluten Free

This easy chicken-and-asparagus sauté is boldly seasoned with aromatic cumin and fennel; the seeds are toasted in a skillet before grinding to bring out the most flavor. If you don't want to buy a whole jar of the spices, look for them in the bulk spice section in natural-foods stores and buy just what you need for this recipe. Serve over brown rice, millet or quinoa.

- 1½ teaspoons cumin seeds
- 1½ teaspoons fennel seeds
- 1 pound chicken tenders, cut into bite-size chunks
- ¾ teaspoon salt, divided
- 2 tablespoons canola oil, divided
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 1 small fresh chile, seeded and minced
- 1 tablespoon minced fresh ginger
- 1½ bunches asparagus (about 1½ pounds), woody ends trimmed, cut into 1-inch pieces
- ½ cup "lite" coconut milk (see Tip)
- ½ cup chopped fresh cilantro

1. Toast cumin and fennel seeds in a small dry skillet over medium heat until fragrant and beginning to brown, about 2 minutes. Finely grind in a spice grinder (such as a clean coffee grinder) or with a mortar and pestle.

2. Toss chicken with 1½ teaspoons of the spice mixture and ¼ teaspoon salt in a bowl. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the chicken and cook, stirring frequently, until browned, 3 to 4 minutes. Remove to a plate.



3. Reduce heat to medium and add the remaining 1 tablespoon oil, onion, garlic, chile and ginger; cook, stirring, until softened, 2 to 3 minutes. Add asparagus, sprinkle with the remaining spice mixture and cook, stirring, for 2 minutes. Stir in coconut milk and the remaining ½ teaspoon salt and simmer for 2 minutes more. Return the chicken and any accumulated juice to the pan and cook until the chicken is just cooked through and the asparagus is tender-crisp, about 2 minutes more. Serve sprinkled with cilantro.

**Per serving:** 249 calories; 12 g fat (3 g sat, 6 g mono); 63 mg cholesterol; 9 g carbohydrate; 0 g added sugars; 26 g protein; 3 g fiber; 514 mg sodium; 477 mg potassium.

**Nutrition bonus:** Folate (34% daily value), Vitamin A (21% dv), Vitamin C (20% dv).

**Carbohydrate Servings:** ½

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

**Tip:** Refrigerate leftover coconut milk for up to 1 week or freeze for up to 2 months. It will appear separated when thawed; simply mix until smooth.



## Delicata Squash & Tofu Curry

**Makes:** 4 servings, about 1½ cups each

**Active time:** 40 minutes

**Total:** 40 minutes

Heart Health  Diabetes  Weight Loss  Gluten Free

This easy tofu curry, made with pretty delicata squash and hearty greens, cooks up in one skillet. To speed up the prep, use bagged chopped kale. Delicata squash's thin skin is tender when it's cooked, so there's no need to peel—another time saver. Serve with quinoa or brown rice.

- 2 tablespoons curry powder, preferably Madras**
- ½ teaspoon salt**
- ¼ teaspoon freshly ground pepper**
- 1 14-ounce package extra-firm or firm water-packed tofu**
- 4 teaspoons canola oil, divided**
- 1 large delicata squash (about 1 pound), halved, seeded and cut into 1-inch cubes**
- 1 medium onion, halved and sliced**
- 2 teaspoons grated fresh ginger**
- 1 14-ounce can "lite" coconut milk**
- 1 teaspoon light brown sugar**

- 8 cups coarsely chopped kale or chard, tough stems removed**
- 1 tablespoon lime juice, plus more to taste**

1. Combine curry powder, salt and pepper in a small bowl. Blot tofu dry with a paper towel and cut into 1-inch cubes; toss the tofu in a medium bowl with 1 teaspoon of the spice mixture.
2. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add the tofu and cook, stirring every 2 minutes, until browned, 6 to 8 minutes total. Transfer to a plate.
3. Heat the remaining 2 teaspoons oil over medium-high heat. Add squash, onion, ginger and the remaining spice mixture; cook, stirring, until the vegetables are lightly browned, 4 to 5 minutes. Add coconut milk and brown sugar; bring to a boil. Add half the kale (or chard) and cook, stirring, until slightly wilted, about 1 minute. Stir in the rest of the greens and cook, stirring, for 1 minute. Return the tofu to the pan, cover and cook, stirring once or twice, until the squash and greens are tender, 3 to 5 minutes more. Remove from the heat and stir in lime juice.

**Per serving:** 316 calories; 18 g fat (6 g sat, 7 g mono); 0 mg cholesterol; 29 g carbohydrate; 1 g added sugars; 16 g protein; 8 g fiber; 363 mg sodium; 824 mg potassium.

**Nutrition bonus:** Vitamin A (599% daily value), Vitamin C (127% dv), Calcium (34% dv), Magnesium (30% dv), Iron (26% dv), Potassium (24% dv), Folate (16% dv).

**Carbohydrate Servings:** 1½

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

## Seared Salmon with Braised Broccoli

**Makes:** 4 servings

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

Heart Health  Diabetes  Weight Loss  Gluten Free

Here we pair pan-seared salmon with braised broccoli and make it special with a quick, Italian-inspired topping of sautéed onions, pine nuts and raisins.

- 1¼ pounds wild Alaskan salmon fillet, skinned (see Tip) and cut into 4 portions**
- 1 tablespoon chopped fresh rosemary or 1 teaspoon dried, divided**
- 1 teaspoon salt, divided**
- 2 heads broccoli (1-1½ pounds), trimmed**
- 1½ tablespoons extra-virgin olive oil, divided**
- 1 small onion, diced**
- 3 tablespoons raisins**
- 2 tablespoons pine nuts**
- ½ cup water**

1. Season salmon with half the rosemary and ½ teaspoon salt at least 20 minutes and up to 1 hour before cooking. Cut the broccoli into florets with 2-inch-long stalks. Remove the tough outer layer of the stalk with a vegetable peeler. Cut the florets in half lengthwise.

2. Heat 1 tablespoon oil in a large wide saucepan over medium heat. Add onion and cook, stirring occasionally, until translucent, 3 to 4 minutes. Add raisins, pine nuts and the remaining rosemary; toss to coat with oil. Cook, stirring, until the pine nuts are fragrant and beginning to brown, 3 to 5 minutes. Add the broccoli, season with the remaining ½ teaspoon salt and toss to combine. Add water and bring to a boil. Reduce heat to maintain a gentle simmer and cook, stirring occasionally, until the water has almost evaporated, 8 to 10 minutes.

3. Meanwhile, heat the remaining ½ tablespoon oil in a large nonstick skillet over medium-high heat. Add salmon, skinned-side up, and cook until golden brown, 3 to 5



minutes. Turn the salmon over, remove the pan from the heat and let stand until just cooked through, 3 to 5 minutes more.

4. To serve, divide the broccoli among 4 plates. Top with salmon and spoon raisins, pine nuts and any liquid remaining in the pan over the salmon.

**Per serving:** 311 calories; 14 g fat (2 g sat, 7 g mono); 66 mg cholesterol; 16 g carbohydrate; 0 g added sugars; 32 g protein; 5 g fiber; 699 mg sodium; 960 mg potassium.

**Nutrition bonus:** Vitamin C (129% daily value), Vitamin A (40% dv), Potassium (28% dv), Magnesium (20% dv), omega-3s.

**Carbohydrate Servings:** 1

**Exchanges:** 1 vegetable, 4 lean meat

**Tip:** Wild-caught salmon from the Pacific (preferably Alaskan) is considered the best choice for the environment because it is more sustainably fished and has a larger, more stable population. Farmed salmon, including Atlantic, should be avoided, as it endangers the wild salmon population. For more information, visit [Monterey Bay Aquarium Seafood Watch at seafoodwatch.org](http://MontereyBayAquariumSeafoodWatch.org).



## Zesty Shrimp & Black Bean Salad

**Makes:** 20 minutes **Total:** 20 minutes

**To make ahead:** Cover and refrigerate for up to 1 day.

Heart Health
  Diabetes
  Weight Loss
  Gluten Free

Loaded with fresh tomatoes, peppers and cilantro and seasoned with cumin and chile, this shrimp and black bean salad recipe has all the flavors of a great fresh salsa and is a quick and easy no-cook recipe. Serve with tortilla chips or fresh corn tortillas.

- ¼ cup cider vinegar
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon minced chipotle chile in adobo (see *Tips*), or more to taste
- 1 teaspoon ground cumin
- ¼ teaspoon salt
- 1 pound peeled and deveined cooked shrimp (see *Tips*), cut into ½-inch pieces
- 1 15-ounce can black beans, rinsed
- 1 cup quartered cherry tomatoes
- 1 large poblano pepper or bell pepper, chopped
- ¼ cup chopped scallions
- ¼ cup chopped fresh cilantro

Whisk vinegar, oil, chipotle, cumin and salt in a large bowl. Add shrimp, beans, tomatoes, poblano (or bell pepper), scallions and cilantro; toss to coat. Serve room temperature or cold.

**Per serving:** 273 calories; 12 g fat (2 g sat, 8 g mono); 143 mg cholesterol; 19 g carbohydrate; 0 g added sugars; 21 g protein; 6 g fiber; 410 mg sodium; 533 mg potassium.

**Nutrition bonus:** Vitamin C (55% daily value), Folate (20% dv), Potassium & Vitamin A (16% dv).

**Carbohydrate Servings:** 1

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

### Tips:

Peppers, chipotle, in adobo sauce: Chipotle chiles in adobo sauce are smoked jalapeños packed in a flavorful sauce. Look for the small cans with Mexican foods at large supermarkets. Once opened, they'll keep up to 2 weeks in the refrigerator or 6 months in the freezer.

For shrimp that have been raised or caught with sound environmental practices, look for fresh or frozen shrimp certified by an independent agency, such as the Marine Stewardship Council. If you can't find certified shrimp, choose wild-caught shrimp from North America—it's more likely to be sustainably caught. To peel, grasp the legs and hold onto the tail while you twist off the shell. To devein, use a paring knife to make a slit along the length of the shrimp. Remove the dark digestive tract (or "vein") with the knife tip.

# About EatingWell

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

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

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

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

## About EatingWell health tags

A recipe checked...

 **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.)