



EatingWell Healthier Casseroles Recipes

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Broccoli, Beef & Potato Hotdish

Makes: 8 servings

Active time: 45 minutes

Total: 1 hour 40 minutes

To make ahead: Prepare through Step 6; refrigerate for up to 1 day or freeze for up to 1 month (defrost in the refrigerator for 2 days before baking). Let stand at room temperature for 30 minutes before baking (Step 7).

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This easy casserole, full of ground beef, roasted broccoli and topped with hash browns, was inspired by the classic Minnesota Tater Tot hotdish. Roasting the broccoli before adding it to the casserole gives the whole dish a much more complex and exciting flavor, but it's by no means necessary. If you want to keep it simple, skip roasting the broccoli (Step 2) and use 6 cups frozen broccoli, thawed, in its place (omit 1 tablespoon oil, as well).

- 1½ pounds broccoli, cut into 1-inch florets (about 6 cups)
- 2 tablespoons canola oil, divided
- 1½ pounds 95%-lean ground beef
- 1 large onion, chopped
- 2 tablespoons Worcestershire sauce
- 1 teaspoon garlic powder
- 1¼ teaspoons salt, divided
- 4 cups low-fat milk
- ⅓ cup cornstarch
- 2 cups shredded sharp Cheddar cheese, preferably orange
- ¼ teaspoon ground turmeric
- 4 cups frozen hash-brown or pre-cooked shredded potatoes (*see Tip*)
- 1 large egg, lightly beaten
- ½ teaspoon freshly ground pepper
- Canola or olive oil cooking spray
- ¼ teaspoon Hungarian paprika, preferably hot

1. Preheat oven to 450°F.
2. Toss broccoli with 1 tablespoon oil in a large bowl. Spread out on a baking sheet and roast, stirring once halfway through, until just soft and browned in spots, about 15 minutes.

3. Meanwhile, heat the remaining 1 tablespoon oil in a large skillet over medium heat. Add beef and onion and cook, breaking up the beef with a wooden spoon, until the beef is browned and the onion is softened, 10 to 12 minutes. Stir in Worcestershire, garlic powder and ¼ teaspoon salt. Set aside.

4. Whisk milk and cornstarch in a large saucepan. Bring to a boil over medium-high heat, whisking often, until bubbling and thickened enough to coat the back of a spoon, 6 to 8 minutes total. Remove from the heat and stir in Cheddar, ¾ teaspoon salt and turmeric until the cheese is melted.

5. Spread the beef mixture in a 9-by-13-inch (or similar 3-quart) baking dish. Top with the broccoli and pour the cheese sauce evenly over the top.

6. Combine potatoes, egg, pepper and the remaining ¼ teaspoon salt in a medium bowl. Sprinkle evenly over the casserole. Coat the top with cooking spray.

7. Bake the casserole until it is bubbling and the potatoes are beginning to brown, about 40 minutes. Sprinkle with paprika. Let stand for 10 minutes before serving.

Per serving: 411 calories; 19 g fat (10 g sat, 8 g mono); 115 mg cholesterol; 26 g carbohydrate; 0 g added sugars; 34 g protein; 4 g fiber; 737 mg sodium; 861 mg potassium.

Nutrition bonus: Vitamin C (140% daily value), Vitamin A (63% dv), Calcium (42% dv), Zinc (41% dv), Potassium (25% dv), Folate & Iron (20% dv), Magnesium (16% dv).

Carbohydrate servings: 2

Exchanges: 1 starch, ½ low-fat milk, 1 vegetable, 3 medium-fat meat, 1 fat

Tip: Precooked shredded potatoes can be found in the dairy section of most supermarkets or near other fresh prepared vegetables in the refrigerated produce section. To make your own, halve 1 pound unpeeled baking potatoes; cook in lightly salted boiling water until slightly tender but still firm in the center, 7 to 10 minutes. Let cool on a clean cutting board. Shred using the large holes of a box grater.

Chili Cornbread Casserole

Makes: 8 servings

Active time: 1 hour **Total:** 1½ hours

To make ahead: Prepare chili (Step 1); cover and refrigerate for up to 3 days or freeze for up to 3 months; defrost chili (if frozen) and continue with the recipe, baking the casserole for 50 minutes. Or prepare and bake the casserole as directed; let cool for 1 hour; cover and refrigerate for up to 3 days; let stand at room temperature for 30 minutes, then reheat at 350°F for 50 minutes.

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Here's a fun way to serve chili and cornbread together. Don't let the ingredient list intimidate you—this casserole is easy to make and a real crowd pleaser.

Chili

- 1 tablespoon canola oil
- 1 large onion, chopped
- 1 green bell pepper, chopped
- 3 cloves garlic, minced
- 1 pound 95%-lean ground beef
- 2 15-ounce cans kidney beans, rinsed
- 1 28-ounce can crushed tomatoes, undrained
- 3 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 teaspoon sweet paprika
- ¼ teaspoon cayenne pepper (optional)

Cornbread

- 1¼ cups cornmeal
- ¾ cup whole-wheat flour
- 2 tablespoons sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 large egg, lightly beaten
- 1¼ cups low-fat milk
- 2 tablespoons canola oil
- ½ cup chopped fresh cilantro
- 1½ cups shredded extra-sharp Cheddar cheese

1. To prepare chili: Heat oil in a Dutch oven over medium heat. Add onion and cook until beginning to soften, about 4 minutes. Add bell pepper and garlic and cook for 1 minute. Add beef and cook, breaking it up with a wooden spoon, until browned, 4 to 5 minutes. Stir in beans, tomatoes and their juice, chili powder, cumin, paprika and cayenne (if using). Bring to a boil; reduce heat to maintain a simmer, cover and cook until slightly thickened, about 20 minutes.

2. Preheat oven to 350°F. Coat a 9-by-13-inch (or similar 3-quart) baking dish with cooking spray.

3. To prepare cornbread: Whisk cornmeal, flour, sugar, baking powder, baking soda and salt in a large bowl. Whisk egg, milk and oil in a medium bowl. Add the wet ingredients to the dry ingredients along with cilantro and stir until just combined. Transfer the chili to the prepared baking dish and sprinkle with cheese. Spread the cornbread batter evenly over the chili.

4. Bake the casserole until the top springs back when touched lightly, 20 to 25 minutes. Let stand for 10 minutes before serving.

Per serving: 494 calories; 18 g fat (7 g sat, 7 g mono); 86 mg cholesterol; 56 g carbohydrate; 3 g added sugars; 30 g protein; 13 g fiber; 799 mg sodium; 1,046 mg potassium.

Nutrition bonus: Vitamin A (44% daily value), Vitamin C (43% dv), Zinc (36% dv), Iron (34% dv), Calcium (31% dv), Magnesium & Potassium (30% dv), Folate (22% dv).





Skillet Tuna Noodle Casserole

Makes: 6 servings, about 1½ cups each

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

To make ahead: Prepare through Step 3, spoon into an 8-inch-square glass baking dish, cover with foil and refrigerate for up to 1 day. Sprinkle with breadcrumbs and cheese (Step 4) and bake, covered, at 350°F for 50 minutes. Uncover and cook until browned and bubbly, about 15 minutes more.

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Known as Tuna-Pea Wiggle to some, this family-friendly tuna noodle casserole tends to be made with canned soup and whole milk, which means high fat and sodium. We remedy this by making our own creamy mushroom sauce with nonfat milk thickened with a bit of flour. Look for whole-wheat egg noodles—they have more fiber than regular egg noodles (but this dish will work well and taste great with either).

8 ounces whole-wheat egg noodles

1 tablespoon extra-virgin olive oil

1 medium onion, finely chopped

8 ounces mushrooms, sliced

½ teaspoon salt

½ cup dry white wine

6 tablespoons all-purpose flour

3 cups nonfat milk

½ teaspoon freshly ground pepper

12 ounces canned chunk light tuna, drained (see Note)

1 cup frozen peas, thawed

1 cup finely grated Parmesan cheese, divided

½ cup coarse dry whole-wheat breadcrumbs (see Tip)

1. Bring a large pot of water to a boil. Cook noodles until just tender, 6 to 8 minutes or according to package directions. Drain and rinse.

2. Position rack in upper third of oven and preheat broiler.

3. Meanwhile, heat oil in a large ovenproof skillet over medium-high heat. Add onion, mushrooms and salt and cook, stirring often,

until the onion is softened but not browned, about 5 minutes. Add wine and cook until evaporated, 4 to 5 minutes. Sprinkle flour over the vegetables; stir to coat. Add milk and pepper and bring to a simmer, stirring constantly. Stir in tuna, peas and ½ cup Parmesan until evenly incorporated. Then, stir in the noodles (the pan will be very full). Remove from the heat.

4. Sprinkle the casserole with breadcrumbs and the remaining ½ cup Parmesan. Broil until bubbly and lightly browned on top, 3 to 4 minutes.

Per serving: 406 calories; 8 g fat (3 g sat, 3 g mono); 53 mg cholesterol; 47 g carbohydrate; 0 g added sugars; 32 g protein; 5 g fiber; 684 mg sodium; 593 mg potassium.

Nutrition bonus: Calcium (30% daily value), Potassium (17% dv), Iron, Vitamin A & Vitamin C (15% dv), good source of omega-3s.

Carbohydrate servings: 3

Exchanges: 2½ starch, ½ nonfat milk, 3 lean meat

Note: Chunk light tuna, which comes from the smaller skipjack or yellowfin, has less mercury than canned white albacore tuna. The FDA/EPA advises that women who are or might become pregnant, nursing mothers and young children consume no more than 6 ounces of albacore a week; up to 12 ounces of canned light tuna is considered safe.

Tip: To make fresh breadcrumbs, trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse crumbs form. One slice of bread makes about ½ cup fresh crumbs. For dry breadcrumbs, spread the fresh crumbs on a baking sheet and bake at 250°F until crispy, about 15 minutes. One slice of fresh bread makes about ⅓ cup dry crumbs. Or use prepared coarse dry breadcrumbs. We like Ian's brand labeled "Panko breadcrumbs." Find them in the natural-foods section of large supermarkets.

Stovetop Chicken & Broccoli Casserole

Makes: 6 servings

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

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We trimmed 9 grams of fat and almost 100 calories in this makeover of cheesy chicken-and-broccoli casserole. All the raw ingredients are layered in a skillet, then simmered for a quick weeknight dinner.

- 8 ounces whole-wheat egg noodles**
- 1 14-ounce can reduced-sodium chicken broth**
- 1 pound boneless, skinless chicken breasts, trimmed, cut into ¾-inch pieces**
- 1 14- to 16-ounce package frozen broccoli florets, thawed and chopped, if desired**
- 1½ cups skim milk**
- ½ cup reduced-fat mayonnaise**
- 3 tablespoons all-purpose flour**
- 1½ teaspoons dry mustard**
- ½ teaspoon garlic powder**
- ¼ teaspoon salt**
- ¼ teaspoon freshly ground pepper**
- 1½ cups shredded Colby-Jack or Cheddar cheese**

1. Place noodles in a large skillet. Pour broth over the noodles. Layer chicken, then broccoli over the noodles.

2. Whisk milk, mayonnaise, flour, dry mustard, garlic powder, salt and pepper in a medium bowl. Pour over the broccoli.

3. Bring to a simmer over medium-high heat. Reduce heat to maintain a simmer, cover and cook, stirring once or twice, until the noodles and chicken are cooked through, 15 to 18 minutes.

4. Meanwhile, position rack in upper third of oven; preheat broiler.

5. When the casserole is done, sprinkle cheese on top and broil until lightly browned, about 3 minutes.

Per serving: 446 calories; 15 g fat (7 g sat, 4 g mono); 75 mg cholesterol; 41 g carbohydrate; 1 g added sugars; 33 g protein; 6 g fiber; 662 mg sodium; 424 mg potassium.

Nutrition bonus: Vitamin C (45% daily value), Calcium (30% dv), Vitamin A (23% dv), Folate (16% dv).





Chicken Potpie with Biscuits

Makes: 6 servings

Active time: 30 minutes **Total:** 1 hour 20 minutes

To make ahead: Prepare through Step 3; cool, cover and refrigerate for up to 2 days or freeze for up to 3 months. Let stand uncovered at room temperature while oven preheats. (If frozen, thaw overnight in the refrigerator before baking.) Bake until bubbling and golden, 50 to 55 minutes.

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In this lightened-up recipe for chicken potpie, creamy chicken stew is topped with flaky biscuits for quintessential comfort food. Our recipe for chicken potpie takes advantage of convenient frozen mixed vegetables to keep it quick.

Filling

- 2 teaspoons canola oil
- 1 small onion, chopped
- 1 16-ounce bag frozen mixed vegetables, thawed
- $\frac{1}{2}$ cup all-purpose flour
- 1 teaspoon dried thyme
- 1 14-ounce can reduced-sodium chicken broth
- $\frac{3}{4}$ cup nonfat milk
- 3 cups chopped cooked chicken breast (see *Tip*)
- $\frac{1}{3}$ cup chopped flat-leaf parsley
- $\frac{1}{2}$ teaspoon freshly ground pepper
- $\frac{1}{4}$ teaspoon salt

Biscuits

- $\frac{1}{4}$ cups whole-wheat or white whole-wheat flour
- 1 cup all-purpose flour
- 1 tablespoon baking powder
- $\frac{1}{2}$ teaspoons sugar
- $\frac{1}{4}$ teaspoon salt
- 4 tablespoons cold unsalted butter, cubed
- 5 tablespoons canola oil
- $\frac{3}{4}$ cup nonfat milk

1. To prepare filling: Heat oil in a large skillet over medium heat. Add onion; cook, stirring occasionally, until tender, 3 to 5 minutes. Add vegetables; cook, stirring, until hot, 2 to 3 minutes. Sprinkle with flour and thyme; stir to coat. Add broth and milk and stir until thickened, 4 to 6 minutes. Stir in chicken, parsley, pepper and salt. Transfer to a 9-by-13 inch (or 3-quart) baking dish.

2. Preheat oven to 350°F.

3. To prepare biscuits: Whisk whole-wheat flour, all-purpose flour, baking powder, sugar and salt in a large bowl. Add butter and rub together with your fingertips until the mixture begins to look like cornmeal. Drizzle with oil and toss to coat. Drizzle with milk and mix together. Turn dough out onto a lightly floured surface and knead a few times. Roll or pat the dough into a 10-by-6-inch rectangle, then cut into 6 biscuits. (Or use a cookie cutter, if you prefer.) Place biscuits on top of the filling with equal space in between (they'll only partially cover the top).

4. Bake the potpie until it is bubbling around the edges and the biscuits are light brown, 38 to 40 minutes. Let cool for 10 minutes before serving.

Per serving: 584 calories; 25 g fat (7 g sat, 11 g mono); 81 mg cholesterol; 59 g carbohydrate; 1 g added sugars; 34 g protein; 7 g fiber; 708 mg sodium; 658 mg potassium.

Nutrition bonus: Vitamin A (91% daily value), Calcium & Folate (27% dv).

Tip: If you don't have leftover chicken, you can quickly cook chicken by poaching it. Place boneless, skinless chicken breasts in a skillet or saucepan. Add lightly salted water to cover and bring to a boil. Cover, reduce heat to a simmer and cook until no longer pink in the middle, 10 to 20 minutes, depending on size. (1 pound raw boneless, skinless chicken breasts = about $2\frac{1}{2}$ cups chopped or shredded cooked chicken.)

Chilaquiles Casserole

Makes: 10 servings

Active time: 20 minutes

Total: 45 minutes

To make ahead: Prepare through Step 3 and refrigerate for up to 1 day.

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Our version of this enchilada-style chilaquiles casserole is packed with nutritious beans and vegetables. Canned prepared enchilada sauce has great flavor and keeps the prep time quick. It can vary in heat level so find one that suits your taste. If you want to eliminate the heat altogether, try a green enchilada sauce (which is often milder than red) or substitute two 8-ounce cans of plain tomato sauce.

- 1 tablespoon canola oil
- 1 medium onion, diced
- 1 medium zucchini, grated
- 1 19-ounce can black beans, rinsed
- 1 14-ounce can diced tomatoes, drained
- 1½ cups corn, frozen (thawed) or fresh
- 1 teaspoon ground cumin
- ½ teaspoon salt
- 12 corn tortillas, quartered
- 1 19-ounce can mild red or green enchilada sauce
- 1¼ cups shredded reduced-fat Cheddar cheese

1. Preheat oven to 400°F. Lightly coat a 9-by-13-inch baking pan with cooking spray.

2. Heat oil in a large nonstick skillet over medium-high heat. Add onion and cook, stirring often, until starting to brown, about 5 minutes. Stir in zucchini, beans, tomatoes, corn, cumin and salt and cook, stirring occasionally, until the vegetables are heated through, about 3 minutes.

3. Scatter half the tortilla pieces in the pan. Top with half the vegetable mixture, half the enchilada sauce and half the cheese. Repeat with one more layer of tortillas, vegetables, sauce and cheese. Cover with foil.

4. Bake the casserole for 15 minutes. Remove the foil and continue baking until the casserole is bubbling around the edges and the cheese is melted, about 10 minutes more.

Per serving: 243 calories; 10 g fat (5 g sat, 4 g mono); 23 mg cholesterol; 30 g carbohydrate; 0 g added sugars; 9 g protein; 5 g fiber; 338 mg sodium; 267 mg potassium.

Nutrition bonus: Vitamin C (23% daily value).

Carbohydrate servings: 1½

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





Mac & Cheese

Makes: 4 servings, about 1½ cups each

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

To make ahead: Cover and refrigerate cream sauce (Steps 1 & 2) for up to 1 week or freeze for up to 3 months. Defrost overnight in the refrigerator or using the defrost setting on your microwave.

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This healthy, homemade macaroni and cheese recipe is topped with plenty of golden breadcrumbs. If you want to add a little flair to this healthy macaroni and cheese, use aged Gruyère instead of Cheddar and add extra ingredients like peas, chopped cooked mushrooms or chopped ham. This recipe makes more Cream Sauce without the Cream than you'll need for the macaroni and cheese. Refrigerate or freeze the extra sauce and use it in place of heavy cream in any sauce or soup that calls for cream.

Cream Sauce without the Cream

- 1 tablespoon extra-virgin olive oil
- 1 cup finely chopped onion
- $\frac{2}{3}$ cup long- or medium-grain white rice
- 5 cups reduced-sodium chicken broth or "no-chicken" broth (see *Variation*)
- 1 cup dry white wine
- $\frac{1}{4}$ teaspoon salt, or more to taste
- Freshly ground pepper, preferably white

Mac & Cheese

- 8 ounces (2 cups) whole-wheat elbow noodles or other small pasta
- $2\frac{1}{2}$ cups Cream Sauce without the Cream
- 1 cup shredded sharp Cheddar or Gruyère cheese
- Freshly ground pepper to taste
- Hot sauce to taste
- $\frac{3}{4}$ cup fresh whole-wheat breadcrumbs (see *Tip*, page 4)
- $\frac{1}{4}$ cup freshly grated Parmesan cheese
- 2 tablespoons finely chopped parsley
- 1 tablespoon extra-virgin olive oil

1. To prepare cream sauce: Heat 1 tablespoon oil in a large saucepan over medium heat. Add onion and cook, stirring, until soft but not browned, about 5 minutes. Add rice and cook, stirring, for 2 minutes more. Add broth and wine and bring to a boil. Cover and simmer until the rice is very soft and the liquid is greatly reduced, about 25 minutes. Cool slightly.

2. Transfer the mixture to a blender and puree, in batches if necessary, until smooth. (Alternatively, puree in the pot with an immersion blender.) The consistency should be similar to a pourable sauce; add more broth or water as needed. Season with $\frac{1}{4}$ teaspoon salt and pepper, preferably white pepper.

3. To prepare mac & cheese: Preheat oven to 375°F. Coat a 6-cup (or similar-size) baking dish with cooking spray.

4. Bring a large pot of water to a boil. Add pasta and cook 3 to 4 minutes less than the package directions. Drain and transfer to the prepared baking dish.

5. Combine $2\frac{1}{2}$ cups of the Cream Sauce and Cheddar (or Gruyère) in a medium saucepan. Stir over medium heat until melted. Season with pepper and hot sauce. Pour the sauce over the pasta and gently stir to combine. Combine breadcrumbs, Parmesan, parsley and 1 tablespoon oil in a small bowl and sprinkle over the casserole.

6. Bake until the top is golden and the sauce is bubbling, about 30 minutes.

Per serving: 511 calories; 17 g fat (8 g sat, 7 g mono); 34 mg cholesterol; 64 g carbohydrate; 1 g added sugars; 23 g protein; 6 g fiber; 712 mg sodium; 328 mg potassium.

Nutrition bonus: Calcium (32% daily value), Magnesium (22% dv), Zinc (21% dv), Iron (18% dv).

Variation: To make the sauce vegetarian, we like to use chicken-flavored vegetarian broth over regular vegetable broth for its hearty, rich flavor and pale yellow color. Look for "no-chicken" broth in the natural-foods section of well-stocked supermarkets.

Healthy Green Bean Casserole

Makes: 8 servings, about 1 cup each

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

To make ahead: Roast green beans (Step 2) up to 30 minutes ahead. Prepare the sauce (Step 3), cover and refrigerate for up to 1 day; gently reheat until steaming before combining with the green beans.

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Typical green bean casseroles bathe ingredients in a heavy cream sauce and top them with buttered breadcrumbs or cheese. Our healthier version saves about 160 calories and 12 grams of saturated fat compared to a traditional recipe.

- 2½ pound green beans, trimmed and cut into 1- to 2-inch pieces (about 8 cups)**
- 2-3 tablespoons extra-virgin olive oil, divided**
- 1 medium onion, thinly sliced**
- 3 tablespoons all-purpose flour**
- ¾ teaspoon salt**
- ¼ teaspoon white or black pepper**
- 2½ cups low-fat milk**
- 1½ cups fresh whole-wheat breadcrumbs (see Tips) or ½ cup shredded or crumbled cheese**

- 1.** Position racks in upper and lower third of oven; preheat to 425°F.
- 2.** Toss green beans in a large bowl with 1 tablespoon oil until well coated. Divide between 2 baking sheets and spread in an even layer. Roast, stirring once and rotating the pans top to bottom about halfway through, until tender and beginning to brown, 20 to 25 minutes.
- 3.** Meanwhile, heat 1 tablespoon oil in a large saucepan over medium heat. Add onion and cook, stirring frequently, until very soft and golden brown, 5 to 8 minutes. Add flour, salt and pepper; cook, stirring, for 1 minute more. Add milk and continue to stir, scraping up

any browned bits. Cook, stirring, until the sauce bubbles and thickens enough to coat the back of a spoon, about 4 minutes. Remove from the heat. (See *Tips*)

4. When the green beans are done, remove from the oven. Preheat the broiler.

5. Transfer half the green beans to a 2-quart, broiler-safe baking dish. Spread half the sauce over the green beans. Add the remaining green beans and top with the remaining sauce.

6. Combine breadcrumbs and the remaining 1 tablespoon oil in a small bowl (skip this step if you are topping with cheese).

7. Sprinkle the breadcrumb mixture (or cheese) over the gratin. Place under the broiler and broil, watching closely, until the gratin is bubbling and beginning to brown on top, 1 to 5 minutes, depending on your broiler. Let stand for 10 minutes before serving.

Per serving: 170 calories; 7 g fat (1 g sat, 4 g mono); 4 mg cholesterol; 23 g carbohydrate; 0 g added sugars; 7 g protein; 5 g fiber; 303 mg sodium; 367 mg potassium. **Nutrition bonus:** Vitamin C (25% daily value), Vitamin A (23% dv), Calcium & Folate (17% dv).

Carbohydrate servings: 1½

Exchanges: ½ starch, 1½ vegetable, 1 fat

Tips:

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. One slice of bread makes about ½ cup fresh breadcrumbs.

To add extra flavor to the cream sauce, at the end of Step 3 stir in 1 tablespoon chopped fresh herbs, such as thyme, sage or parsley. Or make it cheesy by stirring in ½ cup shredded or crumbled cheese, such as Gruyère, Swiss, Cheddar or blue cheese.



About EatingWell

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

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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.)