



## **EatingWell Favorite**

# **Heart-Healthy**

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## Spaghetti Genovese

**Makes:** 5 servings, about  $\frac{2}{3}$  cups each

**Active time:** 30 minutes

**Total:** 30 minutes

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☐ Gluten Free

Traditionally, this Italian pasta recipe combines pasta and pesto with potatoes and green beans. In our recipe for Spaghetti Genovese we give pesto a nutritional boost by adding spinach and toss it all together with fiber-rich whole-wheat pasta for a warm, comforting weeknight meal. Serve with escarole and radicchio salad.

- 2 cups packed baby spinach**
- 8 ounces whole-wheat spaghetti**
- 1 cup thinly sliced new or baby potatoes (about 4 ounces)**
- 1 pound green beans, trimmed and cut into 1-inch pieces**
- $\frac{1}{2}$  cup prepared pesto**
- 1 teaspoon freshly ground pepper**
- $\frac{1}{2}$  teaspoon salt**

**1.** Bring a large pot of water to a boil over medium-high heat. Add spinach and cook just until wilted, about 45 seconds. Use a slotted spoon or fine sieve to transfer the spinach to a blender. Return the water to a boil and add spaghetti and potatoes. Cook, stirring once or twice, until almost tender, 6 to 7 minutes. Add green beans and cook until tender, 3 to 4 minutes more.

**2.** When the spaghetti and vegetables are almost done, carefully scoop out 1 cup of the cooking liquid from the pot. Pour  $\frac{1}{2}$  cup of the liquid into the blender and add pesto, pepper and salt. Blend until smooth, stopping to scrape down the sides as necessary.

**3.** Drain the spaghetti and vegetables and return to the pot; stir in the pesto mixture. Cook over medium heat, stirring gently, until the sauce is thickened and the pasta is hot, 1 to 2 minutes. Add more of the cooking liquid, as desired, for a thinner sauce.

**Per serving:** 333 calories; 12 g fat (3 g sat, 7 g mono); 8 mg cholesterol; 47 g carbohydrate; 0 g added sugars; 14 g protein; 10 g fiber; 438 mg sodium; 455 mg potassium.

**Nutrition bonus:** Vitamin A (37% daily value), Magnesium (27% dv), Calcium (25% dv), Vitamin C (22% dv), Iron (21% dv), Folate (20% dv).

**Carbohydrate Servings:** 3

**Exchanges:**  $2\frac{1}{2}$  starch,  $1\frac{1}{2}$  vegetable, 2 fat







## Pink Salmon Cakes with Cilantro Pesto

**Makes:** 4 servings, 1 cake & about 3 tablespoons pesto each

**Active time:** 35 minutes

**Total:** 35 minutes

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

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Canned wild salmon is the base for these fast, delicious salmon cakes. Serve them over mixed greens or with sautéed bell peppers and a piece of toasty focaccia.

### Salmon Cakes

**2** 6- to 7-ounce cans boneless, skinless wild Alaskan salmon, drained

**1** lemon

**¼** cup dry breadcrumbs, preferably whole-wheat (see *Tip*)

**2** tablespoons low-fat mayonnaise

**1** tablespoon chopped fresh cilantro

**¼** teaspoon ground mace or nutmeg

**1** tablespoon butter

### Pesto

**¼** cup canola oil

**¼** cup slivered almonds

**1** clove garlic, peeled

**4** cups loosely packed cilantro leaves and tender stems

**¼** teaspoon salt

**1. To prepare salmon cakes:** Flake salmon into a bowl, removing any small bones or skin. Cut lemon in half; juice one half and cut the other half into 4 wedges. Add the lemon juice, breadcrumbs, mayonnaise, chopped cilantro and mace (or nutmeg) to the bowl. Mix gently with your fingers until well combined. Form into 4 patties 1 inch thick (use a scant ½ cup for each). Let sit for about 5 minutes to let the breadcrumbs absorb the flavor.

**2. To prepare pesto:** Meanwhile, place oil, almonds and garlic in a blender and pulse to combine. With the blender on medium speed, begin to add cilantro, a handful at a time. Continue, scraping down the sides, until all the leaves are pureed and you have a thick paste. Season with salt and set aside.

**3.** Heat butter in a large nonstick skillet over medium heat until foaming. Add the salmon cakes and cook, gently turning halfway through, until golden on both sides, 5 to 6 minutes total. Adjust the heat and reshape the cakes as necessary.

**4.** Serve the salmon cakes with the pesto and a wedge of lemon.

**Per serving:** 302 calories; 22 g fat (3 g sat, 12 g mono); 33 mg cholesterol; 8 g carbohydrate; 0 g added sugars; 18 g protein; 1 g fiber; 469 mg sodium; 146 mg potassium.

**Nutrition bonus:** Vitamin C (24% daily value), omega-3s.

**Carbohydrate Servings:** ½

**Exchanges:** ½ starch, 2 lean meat, 3 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 fine breadcrumbs, process until very fine. 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 ½ cup fresh breadcrumbs or about ⅓ cup dry breadcrumbs. For store-bought coarse dry breadcrumbs we like Ian's brand, labeled "Panko breadcrumbs." Find them at well-stocked supermarkets.



## Orange-Tomato Couscous with Chicken

**Makes:** 6 servings, about 1 chicken thigh & 1 cup couscous each

**Active time:** 45 minutes

**Total:** 45 minutes

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This cinnamon- and cumin-spiked couscous with chicken takes its inspiration from Morocco. It's made mostly with pantry staples—all you have to pick up is some chicken thighs, a bunch of cilantro and an orange. The orange slices become tender after cooking—you can eat them skin and all.

- 6 boneless, skinless chicken thighs (about 1½ pounds), trimmed
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1¼ teaspoons ground cinnamon, divided
- 1¼ teaspoons ground cumin, divided
- 2 tablespoons extra-virgin olive oil, divided
- 1 medium onion, thinly sliced

- 1 14-ounce can diced tomatoes, with juice
- 1 15-ounce can chickpeas, rinsed
- 1 cup reduced-sodium chicken broth
- 4 tablespoons chopped fresh cilantro, divided
- 1 orange, scrubbed, halved and cut into ¼-inch slices
- 1 cup whole-wheat couscous

1. Pat chicken thighs dry with a paper towel. Season with salt, pepper, ¼ teaspoon cinnamon and ¼ teaspoon cumin.
2. Heat 1 tablespoon oil in a Dutch oven over medium heat. Add the chicken thighs and cook until browned, 3 to 4 minutes per side. Transfer to a plate and set aside.
3. Add the remaining 1 tablespoon oil and onion to the pan. Cook, stirring occasionally, until the onion is softened, about 2 minutes. Add the remaining 1 teaspoon each cinnamon and cumin and cook, stirring constantly, for 30 seconds. Add tomatoes and their juice, chickpeas, broth, 2 tablespoons cilantro and orange slices; bring to a simmer, stirring with a wooden spoon to scrape up any browned bits. Return the chicken and any collected juice to the pan; cover and cook over medium-low heat until the chicken is cooked through, 5 to 10 minutes. Transfer the chicken to a clean plate.
4. Bring the cooking liquid back to a boil; stir in couscous and place the chicken thighs on top of the mixture. Remove from heat, cover and let stand for 5 minutes before serving. Garnish with the remaining cilantro.

**Per serving:** 417 calories; 14 g fat (3 g sat, 7 g mono); 74 mg cholesterol; 44 g carbohydrate; 0 g added sugars; 29 g protein; 8 g fiber; 458 mg sodium; 509 mg potassium.

**Nutrition bonus:** Vitamin C (37% daily value), Iron (20% dv), Zinc (18% dv).

**Carbohydrate Servings:** 2½

**Exchanges:** 2½ starch, 1 vegetable, 3 lean meat, 1 fat

## Grilled Steak with Pepper Relish

**Makes:** 4 servings

**Active time:** 35 minutes

**Total:** 35 minutes

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Here, we toss colorful bell peppers in a balsamic-herb vinaigrette and grill them in a foil packet at the same time as the steak. Serve with corn on the cob.

- 3 small red, yellow and/or orange bell peppers, sliced
- 1 small onion, halved and sliced
- 2 tablespoons balsamic vinegar
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon capers, rinsed
- 1 tablespoon finely chopped fresh thyme or 1 teaspoon dried, divided
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- 1 pound sirloin steak or strip steak (1-1¼ inches thick), trimmed and cut into 4 portions
- 1 teaspoon garlic powder

1. Preheat grill to medium.
2. Combine bell peppers, onion, vinegar, oil, capers, 2 teaspoons fresh thyme (or ¾ teaspoon dried) and ¼ teaspoon each salt and pepper in a large bowl.
3. Stack two 30-inch-long pieces of foil. Arrange the pepper mixture on one half and fold the foil. Tightly seal the packet by crimping and folding the edges together.
4. Sprinkle both sides of steak with garlic powder, the remaining thyme and ¼ teaspoon each salt and pepper.
5. Oil the grill rack (see *Tip*). Place the steak and foil packet on the grill. Grill the steak about 4 minutes per side for medium-rare, 5 minutes per side for medium. Grill the packet until the vegetables are tender, 10 to 12 minutes. Let the steak rest for 5 minutes. Serve the steak with the peppers.



**Per serving:** 202 calories; 8 g fat (2 g sat, 4 g mono); 42 mg cholesterol; 7 g carbohydrate; 0 g added sugars; 23 g protein; 2 g fiber; 365 mg sodium; 454 mg potassium.

**Nutrition bonus:** Vitamin C (122% daily value), Vitamin A (35% dv), Zinc (29% dv).

**Carbohydrate Servings:** ½

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

**Tip:** To oil a grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)





## Creamy Garlic Pasta with Shrimp & Vegetables

**Makes:** 4 servings, about 2 cups each

**Active time:** 30 minutes

**Total:** 30 minutes

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Toss a garlicky, Middle Eastern-inspired yogurt sauce with pasta, shrimp, asparagus, peas and red bell pepper for a fresh, satisfying summer meal. Serve with slices of cucumber and tomato tossed with lemon juice and olive oil.

- 6 ounces whole-wheat spaghetti
- 12 ounces peeled and deveined raw shrimp (see *Tips*), cut into 1-inch pieces
- 1 bunch asparagus, trimmed and thinly sliced
- 1 large red bell pepper, thinly sliced
- 1 cup fresh or frozen peas
- 3 cloves garlic, chopped
- 1¼ teaspoons kosher salt

- 1½ cups nonfat or low-fat plain yogurt
  - ¼ cup chopped flat-leaf parsley
  - 3 tablespoons lemon juice
  - 1 tablespoon extra-virgin olive oil
  - ½ teaspoon freshly ground pepper
  - ¼ cup toasted pine nuts
- (see *Tips*; optional)

1. Bring a large pot of water to a boil. Add spaghetti and cook 2 minutes less than package directions. Add shrimp, asparagus, bell pepper and peas and cook until the pasta is tender and the shrimp are cooked, 2 to 4 minutes more. Drain well.

2. Mash garlic and salt in a large bowl until a paste forms. Whisk in yogurt, parsley, lemon juice, oil and pepper. Add the pasta mixture and toss to coat. Serve sprinkled with pine nuts (if using).

**Per serving:** 385 calories; 6 g fat (1 g sat, 3 g mono); 168 mg cholesterol; 53 g carbohydrate; 0 g added sugars; 34 g protein; 10 g fiber; 658 mg sodium; 887 mg potassium.

**Nutrition bonus:** Vitamin C (130% daily value), Vitamin A (71% dv), Folate (60% dv), Iron & Magnesium (35% dv), Calcium & Zinc (28% dv), Potassium (25% dv).

**Carbohydrate Servings:** 3

**Exchanges:** 2½ starch, 1 vegetable, ½ low-fat milk, 3 lean meat

### Tips:

**Both wild-caught and farm-raised shrimp can damage the surrounding ecosystems when not managed properly. Look for shrimp certified by an independent agency. If you can't find certified shrimp, choose wild-caught shrimp from North America—it's more likely to be sustainably caught.**

**To toast pine nuts, place in a small dry skillet and cook over medium-low heat, stirring, until fragrant, 2 to 4 minutes.**

## Almond-Crusted Pork with Honey-Mustard Dipping Sauce

**Makes:** 4 servings

**Active time:** 25 minutes

**Total:** 40 minutes

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Sliced almonds add a delectable, almost-like-fried-chicken crunch to the breading for these tender pieces of pork. We slice the pork thinly to keep the cooking time quick. The resulting pork “fingers” are great dipped in this surprisingly simple, delicious honey, soy and mustard sauce.

- 1 cup coarse dry breadcrumbs, preferably whole-wheat (see *Tip*)
- ½ cup sliced almonds
- 1 teaspoon garlic powder
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground pepper
- 1 large egg white, beaten
- 1 pound pork tenderloin, trimmed and cut diagonally into ½-inch-thick slices

### Dipping Sauce

- ¼ cup honey
- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons Dijon mustard

1. Preheat oven to 425°F. Set a wire rack on a baking sheet and coat it with cooking spray.
2. Place breadcrumbs, almonds, garlic powder, salt and pepper in a food processor; pulse until the almonds are coarsely chopped. Transfer the mixture to a shallow dish.
3. Place egg white in another shallow dish. Dip both sides of each pork slice in egg white, then evenly coat with the almond mixture. (Discard any remaining egg white and almond mixture.) Place the pork on the prepared rack and coat on both sides with cooking spray.
4. Bake the pork until golden brown and no longer pink in the center, 16 to 18 minutes.



5. Meanwhile, whisk honey, soy sauce and mustard in a small bowl. Serve the pork with the honey-mustard sauce.

**Per serving:** 299 calories; 7 g fat (1 g sat, 4 g mono); 74 mg cholesterol; 30 g carbohydrate; 16 g added sugars; 29 g protein; 3 g fiber; 561 mg sodium; 562 mg potassium.

**Nutrition bonus:** Potassium & Zinc (16% daily value).

**Carbohydrate Servings:** 2

**Exchanges:** 1 starch, 1 other carbohydrate, 3 lean meat

**Tip:** We like Ian's brand of coarse dry whole-wheat breadcrumbs, labeled “Panko breadcrumbs.” Find them in the natural-foods section of large supermarkets. To make your own breadcrumbs, trim crusts from firm sandwich bread. Tear the bread into pieces and process in a food processor until coarse crumbs form. Spread the breadcrumbs on a baking sheet and bake at 250°F until dry and crispy, about 15 minutes. One slice of bread makes about ⅓ cup dry whole-wheat breadcrumbs.

## Chicken, Mushroom & Wild Rice Casserole

**Makes:** 8 servings

**Active time:** 1 hour

**Total:** 1¼ hours

**To make ahead:** Prepare through Step 5; cover and refrigerate for up to 2 days or freeze for up to 1 month (defrost in the refrigerator for 2 days before baking). Let stand at room temperature for 30 minutes, then bake at 350°F for about 1 hour.

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In Minnesota, chicken, mushrooms and wild rice are often bound together in a casserole with cream of mushroom soup. We forgo the sodium-rich canned soup and make a light, creamy sauce that gets depth of flavor from dry sherry and Parmesan cheese. If you already have cooked chicken, use 4 cups and skip Step 2.

- 2 cups water
- ½ cup wild rice
- 2 pounds boneless, skinless chicken breasts, trimmed
- 2 tablespoons extra-virgin olive oil
- 2 leeks, chopped and rinsed
- 1½ pounds mushrooms, sliced
- 1 cup dry sherry (see *Tip*)
- ¼ cup all-purpose flour
- 2 cups low-fat milk
- ½ cup grated Parmesan cheese
- ½ cup reduced-fat sour cream
- ½ cup chopped flat-leaf parsley
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- 2 cups frozen French-cut green beans
- ½ cup sliced almonds

1. Combine water and rice in a small heavy saucepan; bring to a boil. Cover, reduce heat to maintain a simmer, and cook until tender, 35 to 40 minutes. Drain.

2. Meanwhile, place chicken in a large skillet or saucepan. Add lightly salted water to cover and bring to a boil. Cover, reduce heat

and simmer gently until the chicken is cooked through and no longer pink in the middle, 10 to 15 minutes. Transfer to a clean cutting board and let cool.

3. Heat oil in a Dutch oven or large high-sided skillet over medium heat. Add leeks and cook, stirring occasionally, until just starting to brown, 4 to 5 minutes. Add mushrooms and cook, stirring occasionally, until their liquid has been released and has evaporated, 12 to 14 minutes. Add sherry, increase heat to high and cook until most of the liquid has evaporated, 5 to 7 minutes. Sprinkle the vegetables with flour and stir to coat. Add milk; bring to a simmer and cook for 1 minute, stirring. Stir in Parmesan, sour cream, parsley, salt and pepper. Remove from the heat.

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

5. Cut the chicken into bite-size pieces. Spread the rice in an even layer in the prepared baking dish. Top with the chicken, then green beans. Pour the sauce over the top and spread evenly. Sprinkle with almonds.

6. Bake the casserole until it is bubbling and the almonds are golden brown, about 30 minutes. Let stand for 10 minutes before serving.

**Per serving:** 371 calories; 13 g fat (4 g sat, 7 g mono); 76 mg cholesterol; 25 g carbohydrate; 0 g added sugars; 34 g protein; 4 g fiber; 469 mg sodium; 796 mg potassium.

**Nutrition bonus:** Potassium (23% daily value), Calcium & Magnesium (21% dv), Vitamin A (20% dv), Folate (18% dv), Zinc (17% dv), Iron & Vitamin C (16% dv).

**Carbohydrate Servings:** 1½

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

**Tip:** Sherry is a type of fortified wine originally from southern Spain. “Cooking sherry” sold in many supermarkets can be high in sodium. Instead, get dry sherry that’s sold with other fortified wines at your wine or liquor store.







## Skillet Gnocchi with Chard & White Beans

**Makes:** 6 servings

**Active time:** 30 minute

**Total:** 30 minutes

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In this one-skillet supper, we toss dark leafy greens, diced tomatoes and white beans with gnocchi and top it all with gooey mozzarella.

- 1 tablespoon plus 1 teaspoon extra-virgin olive oil, divided
- 1 16-ounce package shelf-stable gnocchi (see *Tip*)
- 1 medium yellow onion, thinly sliced
- 4 cloves garlic, minced
- ½ cup water
- 6 cups chopped chard leaves (about 1 small bunch) or spinach
- 1 15-ounce can diced tomatoes with Italian seasonings
- 1 15-ounce can white beans, rinsed
- ¼ teaspoon freshly ground pepper
- ½ cup shredded part-skim mozzarella cheese
- ¼ cup finely shredded Parmesan cheese

1. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add gnocchi and cook, stirring often, until plumped and starting to brown, 5 to 7 minutes. Transfer to a bowl.

2. Add the remaining 1 teaspoon oil and onion to the pan and cook, stirring, over medium heat, for 2 minutes. Stir in garlic and water. Cover and cook until the onion is soft, 4 to 6 minutes. Add chard (or spinach) and cook, stirring, until starting to wilt, 1 to 2 minutes. Stir in tomatoes, beans and pepper and bring to a simmer. Stir in the gnocchi and sprinkle with mozzarella and Parmesan. Cover and cook until the cheese is melted and the sauce is bubbling, about 3 minutes.

**Per serving:** 325 calories; 7 g fat (2 g sat, 3 g mono); 8 mg cholesterol; 55 g carbohydrate; 0 g added sugars; 14 g protein; 6 g fiber; 616 mg sodium; 360 mg potassium.

**Nutrition bonus:** Vitamin A (50% daily value), Vitamin C (40% dv), Calcium & Iron (19% dv).

**Carbohydrate Servings:** 3

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

**Tip:** Look for shelf-stable gnocchi near other pasta in the Italian section of most supermarkets.

## Steak Diane

**Makes:** 4 servings

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

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A brandied mixed mushroom sauce tops seared strip steak in our healthy version of the classic dish Steak Diane. Serve with garlic mashed potatoes and steamed green beans.

- 1 pound boneless strip steak, such as top loin or New York, ¾ to 1 inch thick, trimmed and cut into 4 portions
- ¼ teaspoon freshly ground pepper, plus more to taste
- ⅛ teaspoon salt
- 1 tablespoon extra-virgin olive oil
- 3 cups sliced mixed mushrooms, such as shiitake, oyster and cremini
- ½ cup brandy
- 1 15-ounce can reduced-sodium beef broth
- 1 teaspoon butter, softened
- 1 teaspoon all-purpose flour
- 2 teaspoons Dijon mustard
- 1 tablespoon chopped fresh chives

1. Season steaks on both sides with ¼ teaspoon pepper and salt. Heat oil in a large skillet over medium-high heat. Reduce heat to medium, add the steaks and cook 3 to 5 minutes per side for medium. Transfer to a plate and tent with foil to keep warm.

2. Add mushrooms to the pan and cook, stirring, until golden brown and beginning to release their juices, about 3 minutes. Add brandy and cook, stirring, until almost evaporated, about 1 minute. Add broth, bring to a boil and cook until reduced by half, 8 to 10 minutes.



3. Meanwhile, combine butter and flour in a small bowl to form a paste. When the pan sauce is reduced by half, whisk in mustard, then gradually whisk in the butter-flour paste a few bits at a time and cook until the sauce thickens, about 1 minute. Reduce heat to medium-low. Return the steak to the pan along with any accumulated juices. Turn to coat with the sauce and cook until heated through, about 1 minute. Top the steak with the sauce and sprinkle with chives.

**Per serving:** 284 calories; 11 g fat (3 g sat, 5 g mono); 52 mg cholesterol; 5 g carbohydrate; 0 g added sugars; 25 g protein; 1 g fiber; 187 mg sodium; 508 mg potassium.

**Nutrition bonus:** Zinc (30% daily value), Potassium (15% dv).

**Carbohydrate Servings:** 0

**Exchanges:** 3 medium fat meat



## Mozzarella-Stuffed Turkey Burgers

**Makes:** 4 servings

**Active time:** 50 minutes

**Total:** 50 minutes

**To make ahead:** Cover and refrigerate the marinara sauce (Step 1) for up to 5 days.

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These tasty turkey burgers, served on toasted focaccia and dressed with marinara sauce, are reminiscent of a sausage pizza.

### Marinara Sauce

- 2 teaspoons extra-virgin olive oil
- 1 small onion, finely chopped
- 4 cloves garlic, minced
- 2 cups chopped plum tomatoes, with juices
- 6 oil-packed sun-dried tomatoes, drained and finely chopped
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 2 tablespoons chopped fresh basil

### Burgers

- 1 pound 93%-lean ground turkey
- ¼ cup finely chopped scallions
- 2 teaspoons minced garlic
- 2 teaspoons Worcestershire sauce
- 1 teaspoon freshly grated lemon zest
- ½ teaspoon dried oregano
- ½ teaspoon freshly ground pepper
- ¼ teaspoon salt
- ½ cup shredded part-skim mozzarella cheese, divided
- 2 tablespoons finely chopped fresh basil
- 2 teaspoons extra-virgin olive oil
- 4 4-inch-square slices focaccia bread (about 2 ounces each), toasted

**1. To prepare marinara:** Heat 2 teaspoons oil in a medium saucepan over medium heat. Add onion and garlic, cover and cook, stirring frequently, until translucent, 5 to 7 minutes. Stir in fresh tomatoes and any juices, sun-

dried tomatoes, ½ teaspoon salt and ½ teaspoon pepper. Bring to a simmer and cook, stirring occasionally, until the tomatoes have broken down, 8 to 10 minutes. Stir in basil and remove from the heat. Transfer to a food processor and pulse to form a coarse-textured sauce. Return to the pan and set aside.

**2. To prepare burgers:** Place turkey, scallions, garlic, Worcestershire sauce, lemon zest, oregano, ½ teaspoon pepper and ¼ teaspoon salt in a large bowl. Gently combine, without overmixing, until evenly incorporated. Form into 8 thin patties about 4 inches wide and ¾ inch thick.

**3.** Combine ¼ cup cheese and basil and place an equal amount in the center of 4 patties. Cover with the remaining patties and crimp the edges closed.

**4.** Heat 2 teaspoons oil in a large nonstick skillet over medium heat (*see Grilling Variation*). Add burgers and cook, turning once, until an instant-read thermometer inserted in the center registers 165°F, 8 to 10 minutes total.

**5.** Warm the marinara on the stove. To assemble the burgers, spread 3 tablespoons of marinara on each toasted focaccia, top with a burger, about 3 more tablespoons of marinara and 1 tablespoon of the remaining cheese.

**Per serving:** 299 calories; 15 g fat (4 g sat, 5 g mono); 74 mg cholesterol; 14 g carbohydrate; 0 g added sugars; 28 g protein; 2 g fiber; 706 mg sodium; 392 mg potassium.

**Nutrition bonus:** Vitamin C (36% daily value), Vitamin A (22% dv), Iron (17% dv), Calcium (16% dv).

**Carbohydrate Servings:** 1

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

**Grilling Variation:** To grill the turkey burgers or lamb patties, preheat a grill to medium-high. Oil the grill rack. Grill the patties, turning once, until an instant-read thermometer inserted in the center registers 165°F, 8 to 10 minutes total.





## Inside-Out Lasagna

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

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

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Here we take basic lasagna ingredients—ricotta cheese, pasta and tomatoes—and skip the layering and long baking time to make a super-quick and satisfying meal for the whole family. To cut down on prep time, look for presliced mushrooms. For meat lovers, brown some crumbled turkey sausage along with the onions and garlic. Serve with: Steamed broccoli and whole-grain baguette.

- 8 ounces whole-wheat rotini or fusilli
- 1 tablespoon extra-virgin olive oil
- 1 small onion, chopped
- 3 cloves garlic, sliced
- 8 ounces sliced white mushrooms (about 3½ cups)
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 14-ounce can diced tomatoes with Italian herbs
- 8 cups baby spinach

½ teaspoon crushed red pepper (optional)

¾ cup part-skim ricotta cheese

1. Bring a large pot of water to a boil. Add pasta; cook until just tender, 8 to 10 minutes or according to package directions. Drain and transfer to a large bowl.
2. Meanwhile, heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring, until soft and beginning to brown, about 3 minutes. Add mushrooms, salt and pepper and cook, stirring, until the mushrooms release their liquid, 4 to 6 minutes.
3. Add tomatoes, spinach and crushed red pepper (if using). Increase heat to medium-high; cook, stirring once halfway through, until the spinach is wilted, about 4 minutes.
4. Toss the sauce with the pasta and divide among 4 bowls. Dollop each serving with 3 tablespoons of ricotta.

**Per serving:** 364 calories; 9 g fat (3 g sat, 4 g mono); 14 mg cholesterol; 55 g carbohydrate; 0 g added sugars; 16 g protein; 7 g fiber; 588 mg sodium; 788 mg potassium.

**Nutrition bonus:** Vitamin A (95% daily value), Vitamin C (52% dv), Folate (25% dv), Potassium (23% dv), Calcium (22% dv), Iron (20% dv).

**Carbohydrate Servings:** 3

**Exchanges:** 3 starch, 2 vegetables, 1 lean meat, 1 fat

## Poached Cod & Asparagus

**Makes:** 4 servings

**Active time:** 25 minutes

**Total:** 25 minutes

✓ Heart Health ✓ Diabetes ✓ Weight Loss ✓ Gluten Free

In this recipe, we poach the cod right on top of the asparagus. The result is perfectly cooked cod and tender-crisp asparagus. The sauce is our take on *beurre blanc*—a traditional French sauce made with wine and lots of butter. Ours uses a little cornstarch for thickening and a judicious amount of butter for flavor.

- 1 lemon, divided
- 1 cup dry white wine
- 2 teaspoons cornstarch
- 1 tablespoon thinly sliced shallot
- 1 bay leaf
- 5 whole black peppercorns
- 1¼ pounds cod (see *Tip*), cut into 4 equal portions
- ½ teaspoon salt, divided
- ¼ teaspoon ground white or black pepper
- 4 sprigs fresh tarragon
- 1½ bunches asparagus (about 1½ pounds), trimmed
- ½ cup water
- 2 tablespoons butter

1. Juice half the lemon into a small saucepan; reserve the other half. Whisk in wine and cornstarch until combined. Add shallot, bay leaf and peppercorns. Bring to a boil. Reduce heat to maintain a simmer and cook, stirring occasionally, until thickened and reduced by about half, 10 to 12 minutes.

2. Meanwhile, sprinkle cod with ¼ teaspoon salt and pepper. Place a tarragon sprig on each portion. Thinly slice the remaining lemon half and lay the slices over the tarragon.

3. Place asparagus in an even layer in a large skillet. Add ½ cup water. Place the cod on top of the asparagus. Bring to a boil over medium heat. Cover and cook until the



asparagus is tender and the fish is cooked through, 4 to 5 minutes.

4. Strain the reduced sauce through a sieve into a bowl. Return it to the pan. Over low heat, swirl butter into the sauce 1 tablespoon at a time until melted. Stir in the remaining ¼ teaspoon salt and remove from the heat.

5. Serve the fish and asparagus topped with the sauce.

**Per serving:** 228 calories; 7 g fat (4 g sat, 2 g mono); 61 mg cholesterol; 7 g carbohydrate; 0 g added sugars; 25 g protein; 2 g fiber; 395 mg sodium; 747 mg potassium.

**Nutrition bonus:** Folate (34% dv), Vitamin C (22% dv), Potassium & Vitamin A (21% dv).

**Carbohydrate Servings:** ½

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

**Tip:** Overfishing and trawling have drastically reduced the number of cod in the U.S. and Canadian Atlantic Ocean and destroyed its sea floor. For sustainably fished cod, choose U.S. Pacific cod or Atlantic cod from Iceland and the northeast Arctic. For more information, visit Monterey Bay Aquarium Seafood Watch at [seafoodwatch.org](http://seafoodwatch.org).



## Quick Chicken Cacciatore

**Makes:** 4 servings

**Active time:** 40 minutes

**Total:** 40 minutes

✓ Heart Health ✓ Diabetes ✓ Weight Loss ✓ Gluten Free

This version of the classic Italian recipe is done in half the time of most traditional versions, but is still full of rich flavor thanks to plenty of mushrooms, tomatoes and herbs.

- ¼ cup all-purpose flour
- 2 8-ounce boneless, skinless chicken breasts
- ¼ teaspoon salt, divided
- ¼ teaspoon freshly ground pepper
- 2 tablespoons extra-virgin olive oil, divided
- 8 ounces mushrooms, quartered
- 1 small onion, sliced
- 2 teaspoons chopped fresh rosemary or ¾ teaspoon dried, plus more for garnish

- ½ cup dry white wine
- 1 14-ounce can no-salt-added diced tomatoes, drained
- 1 cup reduced-sodium chicken broth
- ¾ cup sliced jarred roasted red peppers, rinsed
- ¼ cup quartered Kalamata olives

1. Place flour in a shallow bowl. Cut each chicken breast in half on the diagonal to make 4 roughly equal portions; sprinkle with ½ teaspoon salt and pepper. Dredge the chicken in the flour and transfer to a plate. Reserve 2 tablespoons of the flour.
2. Heat 1 tablespoon oil in a large skillet over medium heat. Add the chicken and cook until browned on both sides, about 2 minutes per side. Transfer to a plate.
3. Add the remaining 1 tablespoon oil to the pan. Add mushrooms, onion, rosemary and the remaining ½ teaspoon salt and cook, stirring frequently, until the onion is soft and golden brown, about 5 minutes. Sprinkle the vegetables with the reserved flour and cook, stirring, until coated. Add wine to the pan and cook, stirring, for 1 minute. Add drained tomatoes, broth, roasted red peppers and olives; bring to a lively simmer over medium-low heat.
4. Return the chicken to the pan and continue cooking, stirring once or twice, until the liquid has thickened slightly and the chicken is cooked through, about 10 minutes. Serve the chicken with the sauce, garnished with rosemary, if desired.

**Per serving:** 341 calories; 12 g fat (2 g sat, 8 g mono); 63 mg cholesterol; 21 g carbohydrate; 0 g added sugars; 28 g protein; 2 g fiber; 720 mg sodium; 479 mg potassium.

**Nutrition bonus:** Vitamin C (27% daily value), Vitamin A (21% dv).

**Carbohydrate Servings:** 1½

**Exchanges:** ½ starch, 1½ vegetable, 3 lean meat, 2 fat

## Spanish Tortilla

**Makes:** 6 servings

**Active time:** 25 minutes

**Total:** 40 minutes

**To make ahead:** Store airtight in the refrigerator for up to 1 day.

✓ Heart Health ✓ Diabetes ✓ Weight Loss ✓ Gluten Free

Don't confuse this with the flour or corn tortillas you use to make wraps. A Spanish *tortilla* is a potato-and-egg omelet found on numerous menus throughout Spain. Traditionally these are cooked in heaps of olive oil. Our version uses less oil, so it's lower in calories, and if you use precooked diced potatoes, it's faster too.

- 3 teaspoons extra-virgin olive oil, divided
- 1 small onion, thinly sliced
- 1 cup precooked diced red potatoes (see Tip)
- 1 tablespoon chopped fresh thyme
- ½ teaspoon smoked paprika
- 6 large eggs
- 4 large egg whites
- ½ cup shredded Manchego or Jack cheese
- 3 cups baby spinach, roughly chopped
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper

1. Heat 2 teaspoons oil in a medium nonstick skillet over medium heat. Add onion and cook, stirring, until translucent, 3 to 4 minutes. Add potatoes, thyme and paprika and cook for 2 minutes more.
2. Lightly whisk eggs and egg whites in a large bowl. Gently stir the potato mixture into the eggs along with cheese, spinach, salt and pepper until combined. Wipe the pan clean; add the remaining 1 teaspoon oil and heat over medium heat. Pour in the egg mixture, cover and cook until the edges are set and the bottom is browned, 4 to 5 minutes (it will still be moist in the center).



3. To flip the tortilla, run a spatula gently around the edges to loosen them. Invert a large plate over the pan and turn out the tortilla onto it. Slide the tortilla back into the pan and continue cooking until completely set in the middle, 3 to 6 minutes. Serve warm or cold.

**Per serving:** 178 calories; 9 g fat (3 g sat, 4 g mono); 217 mg cholesterol; 11 g carbohydrate; 0 g added sugars; 12 g protein; 2 g fiber; 433 mg sodium; 210 mg potassium.

**Nutrition bonus:** Vitamin A (35% daily value), Selenium (29% dv), Vitamin C (15% dv).

**Carbohydrate serving:** 1

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

**Tip:** Look for precooked diced potatoes in the refrigerated section of most super-market produce departments.



# 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...



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.)