



# Low-Cholesterol Dinners

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**Tip:** To make your own breadcrumbs, trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse (or fine) crumbs form. To make dry breadcrumbs (coarse or fine), spread on a baking sheet and bake at 250°F until dry, 10 to 15 minutes. One slice of bread makes about ½ cup fresh breadcrumbs or ⅓ cup dry breadcrumbs.

## Cassoulet

**Makes:** 8 servings, about 1¼ cups each

**Active time:** 1 hour 5 minutes | **Total:** 4 hours 20 minutes

**To make ahead:** Prepare through Step 6 and freeze airtight for up to 3 months (or refrigerate for up to 3 days). Defrost overnight in the refrigerator and reheat on the stovetop or in the microwave. Prepare topping (Step 7) just before serving.

☒ Heart Health ☐ Diabetes ☐ Weight Loss ☐ Gluten Free

*Pork butt (or shoulder) is usually sold as a larger cut of meat, but if you ask at the butcher counter, it's easy to get a smaller piece for this recipe.*

- 1 pound dry small white beans (about 2 cups), rinsed
- 1 pound boneless, skinless chicken thighs, trimmed and cut into 1-inch pieces
- 8 ounces pork butt or shoulder, trimmed and cut into 1-inch pieces
- 1 teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- 3 tablespoons extra-virgin olive oil, divided
- 8 ounces turkey kielbasa, cut into 1-inch pieces
- 1 large onion, finely diced
- 2 stalks celery, finely diced
- 2 medium carrots, finely diced
- 1 tablespoon tomato paste
- 4 cloves garlic, chopped
- 1 tablespoon chopped fresh thyme or 1 teaspoon dried
- 1 tablespoon chopped fresh rosemary or 1 teaspoon dried
- 1 bay leaf
- 1 cup dry white wine
- 3½ cups water
- 2 cups fresh coarse breadcrumbs (see **Tip**), preferably whole wheat
- ½ cup chopped fresh parsley

1. Place beans in a large saucepan with enough cold water to cover them by 2 inches. Bring to a boil. Boil for 2 minutes. Remove from the heat, cover and let stand for 1 hour.
2. Preheat oven to 325°F.
3. Sprinkle chicken and pork with ½ teaspoon salt and ¼ teaspoon pepper. Heat 1 table-

spoon oil in a Dutch oven over medium heat. Add the chicken and cook, stirring occasionally, until browned, 6 to 8 minutes. Transfer to a plate. Add the pork and kielbasa. Cook, stirring occasionally, until browned, 6 to 8 minutes. Transfer to the plate.

4. Add 1 tablespoon oil, onion, celery and carrots to the pot; cook, stirring occasionally, until beginning to brown, about 5 minutes. Add tomato paste and cook, stirring, for 2 minutes. Stir in garlic, thyme, rosemary and bay leaf; cook for 30 seconds. Add wine and increase heat to high. Cook, stirring, until the wine is mostly evaporated, 4 to 6 minutes. Pour in water. Drain the beans and add to the pot; bring to a boil. Return the chicken, pork and kielbasa to the pot.

5. Cover the pot and bake until the beans are tender, 2 to 2¼ hours. Remove from the oven and season with the remaining ½ teaspoon salt and ¼ teaspoon pepper; let stand for 15 minutes.

6. Just before serving, make crispy breadcrumb topping. Heat the remaining 2 tablespoons oil in a medium skillet over medium heat. Add breadcrumbs and cook, stirring occasionally, until golden and crispy, about 5 minutes. Stir in parsley. Top each serving with about ¼ cup of the crispy breadcrumbs.

**Per serving:** 511 calories; 14 g fat (3 g sat, 7 g mono); 67 mg cholesterol; 57 g carbohydrate; 0 g added sugars; 35 g protein; 12 g fiber; 649 mg sodium; 1,063 mg potassium.

**Nutrition bonus:** Vitamin A (60% daily value), Iron (40% dv), Folate (32% dv), Potassium (30% dv).





## Chicken Sausage Calzone

**Makes:** 5 servings

**Active time:** 30 minutes **Total:** 45 minutes

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*A typical calzone packs almost 800 calories and 25 grams of saturated fat. In this healthier calzone recipe, we use lean chicken sausage to keep fat in check and add nutrient-rich spinach to bulk up the filling without adding calories. Serve with marinara sauce for dipping.*

- 2 tablespoons extra-virgin olive oil, divided
- 6 ounces Italian chicken sausage, sweet or hot, casings removed
- 4 cups baby spinach
- 1 cup shredded part-skim mozzarella cheese
- $\frac{2}{3}$  cup part-skim ricotta cheese
- 2 teaspoons Italian seasoning
- 1 teaspoon garlic powder
- $\frac{1}{4}$  teaspoon freshly ground pepper
- 1 pound prepared pizza dough, preferably whole-wheat

1. Preheat oven to 475°F. Coat a large baking sheet with cooking spray.
2. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add sausage and cook, breaking it into small pieces, until no longer pink, about 4 minutes. Add spinach and cook, stirring, until wilted, about 1 minute. Transfer the sausage and spinach to a large bowl; stir in mozzarella, ricotta, Italian seasoning, garlic powder and pepper.
3. On a lightly floured surface, roll dough into a 6-inch log and divide into 5 equal pieces. Pat and roll each piece into a 6-inch circle. Place  $\frac{1}{2}$  cup filling on one half of each circle, leaving a  $\frac{1}{2}$ -inch border. Fold the dough over the filling and crimp the edges with a fork to seal. Cut several small slits in the top to vent steam; brush the calzones with the remaining 1 tablespoon oil. Transfer the calzones to the prepared baking sheet.
4. Bake the calzones in the lower third of the oven until browned on top, about 15 minutes. Let cool slightly before serving.

**Per serving:** 415 calories; 20 g fat (6 g sat, 7 g mono); 48 mg cholesterol; 39 g carbohydrate; 1 g added sugars; 23 g protein; 2 g fiber; 667 mg sodium; 247 mg potassium.

**Nutrition bonus:** Vitamin A (45% daily value), Calcium (29% dv), Zinc (16% dv).

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

**Exchanges:** 2 starch, 1 lean meat,  $1\frac{1}{2}$  medium-fat meat, 1 fat



## General Tso's Chicken

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

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

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

*In this healthy version of a General Tso's Chicken recipe, we cut the fat and sodium in half from the original version by not frying the chicken and by using half as much soy sauce in this Chinese-takeout favorite. Serve with steamed baby bok choy or sautéed spinach and steamed brown rice.*

- 5 tablespoons cornstarch, divided
- 2 tablespoons reduced-sodium soy sauce, divided
- 2 tablespoons Chinese rice wine or dry sherry, divided
- 1 large egg white
- 1 pound boneless, skinless chicken thighs, cut into 1-inch pieces
- $\frac{3}{4}$  cup water
- 2 tablespoons hoisin sauce
- 1 tablespoon rice vinegar
- 3 tablespoons canola oil, divided
- 2 scallions, sliced
- 2 cloves garlic, minced
- 4 cups snow peas

1. Combine 4 tablespoons cornstarch, 1 tablespoon each soy sauce and rice wine (or sherry) and egg white in a bowl. Add chicken and stir to coat.
2. Combine the remaining 1 tablespoon each cornstarch, soy sauce and rice wine (or sherry), water, hoisin and rice vinegar in a small bowl. Set aside.
3. Heat 2 tablespoons oil in a wok or large cast-iron skillet over high heat. Add the chicken; cook without turning, breaking up stuck-together pieces, until golden on the bottom, 2 minutes. Stir; continue cooking until golden on all sides, 1 to 2 minutes more. Transfer to a plate.
4. Add the remaining 1 tablespoon oil, scallions and garlic. Cook, stirring, until fragrant, about 15 seconds. Add peas; cook, stirring often, until bright green, 2 to 3 minutes. Add the reserved sauce mixture; cook, stirring, until thick, about 1 minute. Return the chicken to the pan; cook, stirring, until heated through, about 1 minute more.

**Per serving:** 364 calories; 19 g fat (3 g sat, 10 g mono); 76 mg cholesterol; 20 g carbohydrate; 2 g added sugars; 25 g protein; 2 g fiber; 524 mg sodium; 346 mg potassium.

**Nutrition bonus:** Vitamin C (66% daily value), Iron, Vitamin A & Zinc (16% dv).

**Carbohydrate servings:** 1

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





### Chickpea & Chorizo Fideos

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

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

☒ Heart Health ☐ Diabetes ☐ Weight Loss ☐ Gluten Free

*This quick, one-pot version of fideos, a toasted pasta recipe served in Spain, gets a smoky flavor from delicious chorizo. If you can't find Spanish chorizo, pepperoni works well in its place. Serve with a green salad drizzled with sherry vinaigrette.*

**3** tablespoons extra-virgin olive oil, divided

**½** package whole-wheat angel hair pasta (7-8 ounces), broken into 2-inch pieces

**2** large cloves garlic, minced

**½** cup chopped Spanish chorizo or pepperoni (about 2 ounces)

**1** 14-ounce can petite diced tomatoes

**1½** cups water

**½** cup dry white wine

**1** 15-ounce can chickpeas, rinsed

**3** scallions (½ bunch), sliced

**1.** Heat 2 tablespoons oil in a Dutch oven over medium heat. Add pasta pieces and cook, stirring, until toasted and browned in spots, 2 to 3 minutes. Transfer to a bowl.

**2.** Add the remaining 1 tablespoon oil to the pan and heat over medium heat. Add garlic and chorizo (or pepperoni) and cook, stirring, until fragrant, about 1 minute. Add tomatoes, water, wine and the toasted pasta; bring to a boil. Reduce heat to a simmer and cook, stirring occasionally, until the pasta is tender and most of the liquid is absorbed, about 8 minutes. Stir in chickpeas and scallions and cook 1 minute more.

**Per serving:** 474 calories; 18 g fat (4 g sat, 11 g mono); 12 mg cholesterol; 62 g carbohydrate; 0 g added sugars; 16 g protein; 11 g fiber; 483 mg sodium; 546 mg potassium.

**Nutrition bonus:** Magnesium (29% daily value), Vitamin C (25% dv), Folate & Iron (24% dv), Zinc (18% dv), Potassium (16% dv).



## Vegetarian Tikka Masala

**Makes:** 5 servings, 1⅓ cups each

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

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☐ Gluten Free

*In this vegetarian tikka masala recipe, we combine crisp tofu pieces and vegetables in a spiced tomato sauce to make a healthy and flavorful dish. If you like spicy food, increase the amount of crushed red pepper. Serve with steamed brown rice for a healthier take on a classic takeout dish.*

- 3** tablespoons garam masala
- 1** teaspoon ground turmeric
- ¾** teaspoon salt
- ¼** teaspoon crushed red pepper (optional)
- 2** 14-ounce packages extra-firm or firm tofu
- 1** tablespoon canola oil plus 2 teaspoons, divided
- 1** large onion, halved and sliced
- 1** large red bell pepper, quartered and sliced
- 1** tablespoon minced fresh ginger
- 2** cloves garlic, minced
- 1** tablespoon flour
- 1** 28-ounce can diced tomatoes
- ⅓** cup half-and-half

- 1.** Combine garam masala, turmeric, salt and crushed red pepper (if using) in a small bowl. Cut tofu into 1-inch cubes and blot dry with paper towels. Toss the tofu in a medium bowl with 1 tablespoon of the spice mixture.
- 2.** Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the tofu and cook, stirring every 2 minutes, until browned, 8 to 10 minutes. Transfer to a plate.
- 3.** Add the remaining 2 teaspoons oil, onion, bell pepper, ginger and garlic and cook, stirring often, until starting to brown, 5 to 7 minutes. Add flour and the remaining spice mix; stir until fragrant and coated, about 1 minute. Add tomatoes, bring to a simmer and cook, stirring often, until the vegetables are tender, 3 to 5 minutes more.
- 4.** Return the tofu to the pan; cook, stirring, until heated through, about 2 minutes. Remove from heat and stir in half-and-half.

**Per serving:** 232 calories; 14 g fat (3 g sat, 5 g mono); 6 mg cholesterol; 17 g carbohydrate; 0 g added sugars; 16 g protein; 4 g fiber; 605 mg sodium; 690 mg potassium.

**Nutrition bonus:** Vitamin C (100% daily value), Calcium (40% dv), Iron (26% dv), Vitamin A (25% dv), Magnesium (22% dv), Potassium (20% dv), Folate (17% dv).

**Carbohydrate servings:** 1

**Exchanges:** 2 vegetable, 2 medium-fat meat, 1½ fat





## Cowboy Beef & Bean Chili

**Makes:** 6 servings, about 1 ½ cups each

**Active time:** 40 minutes | **Total:** 1 ½ hours

**To make ahead:** Cover and refrigerate for up to 3 days or freeze for up to 3 months.

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☐ Gluten Free

*Anything but dainty, this healthy cowboy beef and bean chili recipe is hearty with the addition of mushrooms and beer. To keep the saturated fat low, we use one pound of ground beef and add whole-grain bulgur to boost the volume and fiber in this chili recipe. After all the ingredients are added to the pot, we like to slowly simmer our chili for close to an hour to develop the best flavor, but if you're in a hurry, reduce the liquid by half and simmer for 20 to 25 minutes.*

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| 3 tablespoons extra virgin olive oil or canola oil | 1 tablespoon chili powder                          |
| 1 pound 90%-lean ground beef                       | 1 tablespoon paprika                               |
| 1 large onion, diced                               | 2 teaspoons ground cumin                           |
| 4 cloves garlic, minced                            | ½ teaspoon salt                                    |
| 8 ounces mushrooms, diced (about 3 cups)           | 2 15-ounce cans no-salt-added kidney beans, rinsed |
| ½ cup bulgur                                       | 3 cups reduced-sodium beef broth                   |
| 2 tablespoons Worcestershire sauce                 | 1 12-ounce bottle lager-style beer                 |
| 2 tablespoons ancho chile powder (see Tip)         | Red onion & avocado for garnish                    |

1. Heat oil in a Dutch oven over medium-high heat. Add ground beef, onion and garlic. Cook, stirring and breaking up the meat with a wooden spoon, until the meat is no longer pink, 3 to 5 minutes.
2. Add mushrooms and cook, stirring occasionally, until the mushrooms are starting to soften, 5 to 7 minutes.
3. Add bulgur, Worcestershire sauce, ancho chile powder, regular chili powder, paprika, cumin and salt and cook, stirring, until aromatic, 30 seconds to 1 minute.
4. Stir in kidney beans, then pour in broth and beer; bring to a boil.
5. Reduce heat to a simmer, partially cover the pot and cook, stirring occasionally, until the liquid is reduced and thickened and the bulgur is tender, about 50 minutes. Top with red onion and avocado, if desired.

**Per serving:** 393 calories; 14 g fat (4 g sat, 8 g mono); 49 mg cholesterol; 38 g carbohydrate; 0 g added sugars; 27 g protein; 15 g fiber; 593 mg sodium; 1,044 mg potassium.

**Nutrition bonus:** Zinc (37% daily value), Vitamin A (36% dv), Potassium (29% dv), (Iron 28% dv), Magnesium (21% dv).

**Carbohydrate servings:** 2

**Exchanges:** 1½ starch, ½ vegetable, 1 lean meat, 2 medium fat meat, 1½ fat

**Tip:** Ancho chile powder, made from dried poblano peppers, has a mild, sweet spicy flavor. Look for it in the spice section of well-stocked supermarkets. Other mildly spicy chili powder can be used in its place.



## Grilled Tuna Sandwich with Lemon-Chili Mayo

**Makes:** 4 servings

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

**To make ahead:** Wrap and refrigerate the sandwiches for up to 4 hours.

☒ Heart Health ☐ Diabetes ☐ Weight Loss ☐ Gluten Free

*Sturdy “country-style” bread works best for this healthy tuna sandwich recipe with watercress and chili-mayo. Eat the tuna sandwich warm, straight off the grill, or wrap it up and pack it in a cooler for a picnic dinner. Serve with grilled bell peppers drizzled with extra-virgin olive oil and vinegar and a glass of Sauvignon Blanc.*

**8 slices whole-wheat or sourdough bread**

**3 tablespoons canola oil**

**2 8-ounce tuna fillets, about 1 inch thick**

**½ teaspoon plus 1 tablespoon chili powder, divided**

**¼ teaspoon salt**

**½ cup low-fat mayonnaise**

**1 teaspoon freshly grated lemon zest**

**1 tablespoon lemon juice**

**3 cups watercress or baby arugula, tough stems removed**

1. Preheat grill to medium-high.
2. Lightly brush bread slices with oil. Brush tuna with the remaining oil and sprinkle with ½ teaspoon chili powder and salt.
3. Grill the tuna, turning once, until cooked through, 4 to 6 minutes per side. Transfer to a clean cutting board. Grill the bread, turning once, until beginning to brown, about 1 minute per side.
4. Combine mayonnaise, lemon zest, lemon juice and the remaining 1 tablespoon chili powder in a small bowl. Thinly slice the tuna with the grain.
5. To assemble the sandwiches, spread about 2 tablespoons of the lemon-chili mayonnaise over 4 slices of bread. Top with about ¾ cup watercress (or arugula), the tuna and the remaining slices of bread.

**Per serving:** 442 calories; 19 g fat (2 g sat, 9 g mono); 52 mg cholesterol; 32 g carbohydrate; 4 g added sugars; 36 g protein; 5 g fiber; 753 mg sodium; 781 mg potassium.

**Nutrition bonus:** Vitamin A (33% daily value), Magnesium (24% dv), Potassium (23% dv), Vitamin C (22% dv), Iron (16% dv).





## Mirin-Poached Salmon with Spring Salad

**Makes:** 4 servings, 3-4 oz. fish & ¾ cup salad each

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

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

*Poaching fish with a little flavorful liquid may be the easiest way to cook fish! This quick poached-fish recipe stars salmon, but tuna, mahi-mahi or cod work just as well. Look for pea sprouts, also called “pea shoots,” at farmers’ markets and in well-stocked supermarkets. Or use 1 more cup thinly sliced snap peas instead.*

- ⅓ cup water
- 3 tablespoons mirin (see *Tips*)
- 3 tablespoons reduced-sodium soy sauce
- 1 tablespoon white vinegar
- 2 tablespoons fresh ginger matchsticks (see *Tips*)
- 1-1¼ pounds salmon, tuna, mahi-mahi or cod, skinned if desired, cut into 4 portions (see *Tips*)
- ¼ teaspoon salt
- 1 cup radish matchsticks
- 1 cup thinly sliced snap peas
- 1 cup pea sprouts

1. Combine water, mirin, soy sauce, vinegar and ginger in a large skillet. Bring to a boil over medium-high heat. Cook for 4 minutes. Add fish; sprinkle with salt. Cover, reduce heat to medium and cook, turning once, just until opaque in the center, 4 to 8 minutes (depending on thickness).
2. Meanwhile, combine radishes, snap peas and pea sprouts in a medium bowl. When the fish is done, pour the braising liquid into the bowl and toss to coat. Serve the salad on the fish.

**Per serving:** 216 calories; 4 g fat (1 g sat, 2 g mono); 53 mg cholesterol; 15 g carbohydrate; 0 g added sugars; 27 g protein; 2 g fiber; 620 mg sodium; 666 mg potassium.

**Nutrition bonus:** Vitamin C (31% daily value), Potassium (19% dv), Folate (18% dv), Magnesium (15% dv).

**Carbohydrate servings:** 1

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

### Tips:

**Look for mirin**—a sweet, low-alcohol rice wine used in Japanese cooking—near other Asian ingredients in well-stocked supermarkets. Use it to add a touch of sweetness to sauces and marinades. Refrigerate for up to 6 months.

**To make “matchsticks” or “julienne”:** Slice ingredients crosswise into very thin slices. Make a stack of 2 to 3 slices at a time, then slice into fine matchsticks (about ⅛ inch wide).

**For information about choosing sustainable seafood, visit [seafoodwatch.org](http://seafoodwatch.org).**

# About EatingWell

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





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

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

## About EatingWell health tags

A recipe checked...

-  **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.)

*Photography by Erica Allen (p. 7), Peter Ardito (pp. 3-6, 9), Carin Krasner (p. 2), Bryan McCay (p. 8).*

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