



EatingWell Favorite Lunch Recipes

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Tomato & Provolone Sandwiches

Makes: 4 servings

Active time: 15 minutes **Total:** 15 minutes

Heart Health Diabetes Weight Loss Gluten Free

There's something magical about a simple bread-and-tomato sandwich, but this one is even better topped with melted provolone cheese and tarragon-garlic mayo.

- 1 small clove garlic, finely chopped
- ¼ cup low-fat mayonnaise
- 2 tablespoons chopped fresh tarragon or basil or 1 teaspoon dried
- 1 tablespoon lemon juice
- ¼ teaspoon freshly ground pepper
- Pinch of salt
- 8 slices whole-grain country bread
- 4 slices provolone cheese (about 4 ounces)
- 2 large or 3 medium tomatoes (about 1½ pounds), sliced ½ inch thick

1. Position rack in upper third of oven; preheat broiler.

2. Mash garlic on a cutting board with the side of a chef's knife or a spoon until a paste forms. Transfer to a small bowl and combine with mayonnaise, tarragon (or basil), lemon juice, pepper and salt.

3. Place bread on a large baking sheet and broil until lightly toasted, 1 to 2 minutes. Turn the bread over and divide cheese among 4 of the pieces. Continue broiling until the cheese is melted, 1 to 2 minutes.

4. Assemble sandwiches with tomato and the garlic-herb mayonnaise. Top with the melted cheese bread.

Per serving: 389 calories; 20 g fat (7 g sat, 9 g mono); 23 mg cholesterol; 36 g carbohydrate; 4 g added sugars; 17 g protein; 6 g fiber; 677 mg sodium; 427 mg potassium.

Nutrition bonus: Calcium (30% daily value), Vitamin C (23% dv), Vitamin A (21% dv), Magnesium (18% dv), Folate (17% dv), Zinc (15% dv).

Carbohydrate Servings: 2

Exchanges: 2 starch, 1 vegetable, 1 high-fat meat, 2½ fat

Salmon Salad Sandwich

Makes: 4 sandwiches

Active time: 15 minutes **Total:** 15 minutes

Heart Health Diabetes Weight Loss Gluten Free

Salmon salad served on tangy pumpernickel bread makes for an easy dinner—a double batch will give you lunch the next day.

- 2 6- to 7-ounce cans boneless, skinless wild Alaskan salmon, drained
- ¼ cup minced red onion
- 2 tablespoons lemon juice
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon freshly ground pepper
- 4 tablespoons reduced-fat cream cheese (Neufchâtel)
- 8 slices pumpernickel bread, toasted
- 8 slices tomato
- 2 large leaves romaine lettuce, cut in half

Combine salmon, onion, lemon juice, oil and pepper in a medium bowl. Spread 1 tablespoon cream cheese on each of 4 slices of bread. Spread ½ cup salmon salad over the cream cheese. Top with 2 tomato slices, a piece of lettuce and another slice of bread.

Per serving: 283 calories; 9 g fat (3 g sat, 4 g mono); 34 mg cholesterol; 29 g carbohydrate; 0 g added sugars; 22 g protein; 4 g fiber; 645 mg sodium; 277 mg potassium.

Nutrition bonus: Vitamin A (21% daily value), Folate (21% dv), Iron & Vitamin C (17% dv), source of omega-3s.

Carbohydrate Servings: 2

Exchanges: 2 starch, ½ vegetable, 2 lean meat, 1 fat



Southwestern Cheese Panini

Makes: 4 servings

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

Heart Health Diabetes Weight Loss Gluten Free

Lots of colorful vegetables and salsa make this cheesy panini prettier than any grilled cheese you've ever seen. The small amount of Cheddar cheese in this sandwich goes a long way because it is shredded and sharp. Serve with a mixed salad and you've got a delightful lunch or light supper. If you happen to have a panini maker, go ahead and skip Step 3 and grill the panini according to the manufacturer's directions.

- 4 ounces shredded sharp Cheddar cheese
- 1 cup shredded zucchini
- ½ cup shredded carrot
- ¼ cup finely chopped red onion
- ¼ cup prepared salsa
- 1 tablespoon chopped pickled jalapeño pepper (optional)
- 8 slices whole-wheat bread
- 2 teaspoons canola oil

1. Have four 15-ounce cans and a medium skillet (not nonstick) ready by the stove.
2. Combine Cheddar, zucchini, carrot, onion, salsa and jalapeño (if using) in a medium bowl. Divide among 4 slices of bread and top with the remaining bread.

3. Heat 1 teaspoon canola oil in a large nonstick skillet over medium heat. Place 2 panini in the pan. Place the medium skillet on top of the panini, then weigh it down with the cans. Cook the panini until golden on one side, about 2 minutes. Reduce the heat to medium-low, flip the panini, replace the top skillet and cans, and cook until the second side is golden, 1 to 3 minutes more. Repeat with another 1 teaspoon oil and the remaining panini.

Per serving: 331 calories; 14 g fat (5 g sat, 2 g mono); 30 mg cholesterol; 37 g carbohydrate; 4 g added sugars; 16 g protein; 5 g fiber; 560 mg sodium; 183 mg potassium.

Nutrition bonus: Vitamin A (54% daily value), Calcium (30% dv).

Carbohydrate Servings: 2

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

Turkey, Corn & Sun-Dried Tomato Wraps

Makes: 4 servings

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

Heart Health Diabetes Weight Loss Gluten Free

Fresh corn kernels, tomatoes and lettuce fill these hearty turkey wraps. This wrap is great for picnics or when you need to have dinner on the run. Add some crumbled feta or shredded Cheddar for another layer of flavor. Serve with carrot sticks, sliced bell pepper or other crunchy vegetables plus your favorite creamy dressing.

- 1 cup corn kernels, fresh (see *Tips*) or frozen (thawed)
- ½ cup chopped fresh tomato
- ¼ cup chopped soft sun-dried tomatoes (see *Tips*)
- 2 tablespoons canola oil
- 1 tablespoon red-wine vinegar or cider vinegar
- 8 thin slices low-sodium deli turkey (about 8 ounces)
- 4 8-inch whole-wheat tortillas
- 2 cups chopped romaine lettuce

1. Combine corn, tomato, sun-dried tomatoes, oil and vinegar in a medium bowl.
2. Divide turkey among tortillas. Top with equal portions of the corn salad and lettuce. Roll up. Serve the wraps cut in half, if desired.

Per serving: 321 calories; 12 g fat (1 g sat, 5 g mono); 35 mg cholesterol; 35 g carbohydrate; 0 g added sugars; 19 g protein; 4 g fiber; 682 mg sodium; 325 mg potassium.

Nutrition bonus: Vitamin A (47% daily value).

Carbohydrate Servings: 2

Exchanges: 1½ starch, 1 vegetable, 3 lean meat, 2 fat

Tips:

To remove corn kernels from the cob, stand an ear of corn on one end and slice the kernels off with a sharp knife. One ear will yield about ½ cup kernels.

Look for soft sun-dried tomatoes (not oil-packed) in the produce section of most supermarkets. If you can only find dry (and hard) sun-dried tomatoes, soak them in boiling water for about 20 minutes before using.





Buffalo Chicken Wrap

Makes: 4 servings

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

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Moms and Dads like wraps because they're neat and compact—so beware: ours is messy and spicy. This fiery combination of buffalo chicken in a modern wrap is guaranteed to drip. Get out the big napkins and have a ball!

2 tablespoons hot pepper sauce, such as Frank's RedHot

3 tablespoons white vinegar, divided

¼ teaspoon cayenne pepper

2 teaspoons extra-virgin olive oil

1 pound chicken tenders

2 tablespoons reduced-fat mayonnaise

2 tablespoons nonfat plain yogurt

Freshly ground pepper to taste

¼ cup crumbled blue cheese

4 8-inch whole-wheat tortillas

1 cup shredded romaine lettuce

1 cup sliced celery

1 large tomato, diced

1. Whisk hot pepper sauce, 2 tablespoons vinegar and cayenne pepper in a medium bowl.

2. Heat oil in a large nonstick skillet over medium-high heat. Add chicken tenders; cook until cooked through and no longer pink in the middle, 3 to 4 minutes per side. Add to the bowl with the hot sauce; toss to coat well.

3. Whisk mayonnaise, yogurt, pepper and the remaining 1 tablespoon vinegar in a small bowl. Stir in blue cheese.

4. To assemble wraps: Lay a tortilla on a work surface or plate. Spread with 1 tablespoon blue cheese sauce and top with one-fourth of the chicken, lettuce, celery and tomato. Drizzle with some of the hot sauce remaining in the bowl and roll into a wrap sandwich. Repeat with the remaining tortillas.

Per serving: 303 calories; 8 g fat (2 g sat, 2 g mono); 71 mg cholesterol; 28 g carbohydrate; 1 g added sugars; 30 g protein; 3 g fiber; 729 mg sodium; 282 mg potassium.

Nutrition bonus: Vitamin A (37% daily value), Vitamin C (16% dv).

Carbohydrate Servings: 2

Exchanges: 1½ starch, 1 vegetable, 3 lean meat, ½ fat

Chicken & White Bean Salad

Makes: 4 servings, about 2 cups each

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

To make ahead: Prepare through Step 2 (omitting basil), cover and refrigerate for up to 2 days. Stir in chopped basil just before serving.

Heart Health Diabetes Weight Loss Gluten Free

Zucchini and celery give this chicken-and-bean salad a nice crunch. We like serving it over a bed of slightly bitter escarole and radicchio, but any type of salad greens will work. (Recipe by Nancy Baggett for EatingWell.)

Vinaigrette

- 1 medium clove garlic
- ¼ teaspoon salt
- 5 tablespoons extra-virgin olive oil
- 6 tablespoons fresh orange juice, plus more to taste
- ¼ cup white-wine vinegar or red-wine vinegar
- 1 tablespoon Dijon mustard

Salad

- 1 15-ounce can cannellini or other white beans, rinsed and drained
- 2½ cups diced cooked chicken breast (see Tips)
- 2 cups diced zucchini and/or summer squash (about 2 small)
- 1½ cups diced celery
- ¼ cup finely diced ricotta salata, halloumi (see Tips) or feta cheese
- ⅓ cup chopped, well-drained, oil-packed sun-dried tomatoes (optional)
- 1 cup coarsely chopped fresh basil, plus whole basil leaves for garnish
- Salt & freshly ground pepper to taste (optional)
- 2 cups torn escarole or romaine lettuce
- 2 cups torn radicchio leaves

1. To prepare vinaigrette: Peel the garlic and smash with the side of a chef's knife. Using a fork, mash the garlic with ¼ teaspoon salt in a small bowl to form a coarse paste. Whisk in 5 tablespoons oil. Add 6 tablespoons orange juice, vinegar and mustard; whisk until well blended. Taste and whisk in up to 4 tablespoons more juice to mellow the flavor; season with more salt, if desired. Set aside at room temperature.

2. To prepare salad: Combine beans, chicken, zucchini (and/or summer squash), celery, cheese and sun-dried tomatoes (if using) in a large bowl until well blended. Add chopped basil and ¼ cup vinaigrette; toss until combined. Taste and season with salt and/or pepper, if desired.

3. Toss the remaining vinaigrette with escarole (or romaine) and radicchio in a medium bowl. Serve the salad on the greens, garnished with fresh basil leaves.

Per serving: 428 calories; 23 g fat (5 g sat, 15 g mono); 79 mg cholesterol; 24 g carbohydrate; 0 g added sugars; 34 g protein; 8 g fiber; 665 mg sodium; 648 mg potassium.

Nutrition bonus: Vitamin C (47% daily value), Vitamin A (30% dv), Folate (21% dv), Potassium (18% dv).

Carbohydrate Servings: 1

Exchanges: 1 starch, 2 vegetable, 4 lean meat, 3 fat

Tips:

To poach chicken breasts, place about 1 pound boneless, skinless chicken breasts in a medium skillet or saucepan. Add lightly salted water to cover and bring to a boil. Cover, reduce heat and simmer gently until chicken is cooked through and no longer pink in the middle, 10 to 15 minutes.

Ricotta salata and halloumi are both firm, salted cheeses that can be found at large supermarkets and cheese shops.





The EatingWell Cobb Salad

Makes: 4 servings

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

Heart Health Diabetes Weight Loss Gluten Free

This Cobb salad is true to the original with all the good stuff—chicken, eggs, bacon, avocado and a tangy dressing. But we cut the saturated fat in half and doubled the amount of healthy monounsaturated fat. We've left the blue cheese optional, but the salad is so nutritious you might just want to go ahead and indulge yourself with a little bit anyway.

- 3 tablespoons white-wine vinegar
- 2 tablespoons finely minced shallot
- 1 tablespoon Dijon mustard
- 1 teaspoon freshly ground pepper
- ¼ teaspoon salt
- 3 tablespoons extra-virgin olive oil
- 10 cups mixed salad greens
- 8 ounces shredded cooked chicken breast (about 1 large breast half; *see Tips*)
- 2 large eggs, hard-boiled (*see Tips*), peeled and chopped

- 2 medium tomatoes, diced
- 1 large cucumber, seeded and sliced
- 1 avocado, diced
- 2 slices cooked bacon, crumbled
- ½ cup crumbled blue cheese (optional)

1. Whisk vinegar, shallot, mustard, pepper and salt in a small bowl to combine. Whisk in oil until combined. Place salad greens in a large bowl. Add half of the dressing and toss to coat.
2. Divide the greens among 4 plates. Arrange equal portions of chicken, egg, tomatoes, cucumber, avocado, bacon and blue cheese (if using) on top of the lettuce. Drizzle the salads with the remaining dressing.

Per serving: 352 calories; 24 g fat (4 g sat, 15 g mono); 134 mg cholesterol; 18 g carbohydrate; 0 g added sugars; 21 g protein; 8 g fiber; 444 mg sodium; 788 mg potassium.

Nutrition bonus: Vitamin A (92% daily value), Vitamin C (65% dv), Folate (57% dv), Potassium (35% dv), Magnesium (21% dv), Iron (17% dv).

Carbohydrate Servings: 1

Exchanges: 2 vegetable, 3 lean meat, 3 fat

Tips:

To poach chicken breasts, see Tips on page 5. To shred the chicken, use two forks to pull it apart into long shreds.

To hard-boil eggs, place in a single layer in a saucepan; cover with water. Bring to a simmer over medium-high heat. Reduce heat to low and cook at the barest simmer for 10 minutes. Remove from heat, pour out hot water and fill the pan with a mixture of cold water and ice cubes; let stand until the eggs are completely cooled.

Tuscan-Style Tuna Salad

Makes: 4 servings, 1 cup each

Active time: 10 minutes **Total:** 10 minutes

To make ahead: Cover and refrigerate for up to 2 days.

Heart Health Diabetes Weight Loss Gluten Free

This streamlined version of a northern Italian idea is perfect for a summer evening: no-fuss, no-cook and big taste. You can even make it ahead and store it, covered, in the refrigerator for several days. If you do, use it as a wrap filling for the next day's lunch.

- 2 6-ounce cans chunk light tuna, drained (*see Tips*)
- 1 15-ounce can small white beans, such as cannellini or great northern, rinsed (*see Tips*)
- 10 cherry tomatoes, quartered
- 4 scallions, trimmed and sliced
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- ¼ teaspoon salt
- Freshly ground pepper to taste

Combine tuna, beans, tomatoes, scallions, oil, lemon juice, salt and pepper in a medium bowl. Stir gently. Refrigerate until ready to serve.

Per serving: 199 calories; 9 g fat (1 g sat, 6 g mono); 17 mg cholesterol; 20 g carbohydrate; 0 g added sugars; 16 g protein; 6 g fiber; 555 mg sodium; 549 mg potassium.

Nutrition bonus: Folate (26% daily value), Vitamin C (18% dv), Potassium (16% dv).

Carbohydrate Servings: 1

Exchanges: 1 starch, 1 vegetable, 3½ very lean meat, 1 fat



Tips:

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.

When you use canned beans in a recipe, be sure to rinse them first in a colander under cold running water, as their canning liquid often contains a fair amount of sodium.



Black Bean Soup

Makes: 4 servings, about 1¼ cups each

Active time: 15 minutes **Total:** 25 minutes

To make ahead: Cover and refrigerate for up to 3 days. Garnish with sour cream and cilantro, if desired, just before serving.

Heart Health Diabetes Weight Loss Gluten Free

This is a zippy Southwestern-flavored black bean soup. We make it with canned beans so it comes together in minutes. If you have leftovers, pack them up in individual serving containers for lunch the next day.

- 1 tablespoon canola oil
- 1 small onion, chopped
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 2 15-ounce cans black beans, rinsed
- 3 cups water
- ½ cup prepared salsa
- ¼ teaspoon salt
- 1 tablespoon lime juice
- 4 tablespoons reduced-fat sour cream (optional)
- 2 tablespoons chopped fresh cilantro (optional)

1. Heat oil in a large saucepan over medium heat. Add onion and cook, stirring, until beginning to soften, 2 to 3 minutes. Add chili powder and cumin and cook, stirring, 1 minute more. Add beans, water, salsa and salt. Bring to a boil; reduce heat and simmer for 10 minutes. Remove from the heat and stir in lime juice.

2. Transfer half the soup to a blender and puree (use caution when pureeing hot liquids). Stir the puree back into the saucepan. Serve garnished with sour cream and cilantro, if desired.

Per serving: 207 calories; 4 g fat (0 g sat, 2 g mono); 0 mg cholesterol; 34 g carbohydrate; 0 g added sugars; 10 g protein; 10 g fiber; 438 mg sodium; 588 mg potassium.

Nutrition bonus: Folate (24% daily value), Iron (19% dv), Potassium (17% dv), Vitamin C (15% dv).

Carbohydrate Servings: 2

Exchanges: 1½ starch, 1 vegetable, 1 lean meat

Quick Beef & Barley Soup

Makes: 4 servings, about 1½ cups each

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

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

Quick-cooking barley and sirloin help get this beef-and-barley soup on the table in a snap—and it doubles easily. If leftovers get too thick in the fridge, add a little broth when you reheat it. Serve with crusty bread and a glass of malbec.

8 ounces sirloin steak, trimmed and cut into bite-size pieces

½ teaspoon freshly ground pepper, divided

4 teaspoons extra-virgin olive oil, divided

1 medium onion, chopped

1 large stalk celery, sliced

1 large carrot, sliced

2 tablespoons tomato paste

1 tablespoon chopped fresh thyme

¾ cup quick-cooking barley

4 cups reduced-sodium beef broth

1 cup water

¼ teaspoon salt

1-2 teaspoons red-wine vinegar

1. Sprinkle steak with ¼ teaspoon pepper. Heat 2 teaspoons oil in a Dutch oven over medium heat. Add the steak and cook, stirring often, until browned on all sides, about 2 minutes. Transfer to a bowl.

2. Add the remaining 2 teaspoons oil, onion and celery to the pot and cook, stirring, until beginning to soften, about 2 minutes. Add carrot and cook, stirring, for 2 minutes more. Add tomato paste and thyme and cook, stirring, until the vegetables are coated with the tomato paste and are beginning to brown, 1 to 2 minutes.

3. Add barley, broth, water, salt and the remaining ¼ teaspoon pepper; bring to a simmer. Reduce heat to maintain a simmer; cook until the barley is tender, about 15 minutes. Return the beef and any accumulated juice to the pot and heat through, 1 to 2 minutes. Remove from the heat; stir in vinegar to taste.

Per serving: 250 calories; 8 g fat (2 g sat, 5 g mono); 35 mg cholesterol; 29 g carbohydrate; 0 g added sugars; 17 g protein; 5 g fiber; 701 mg sodium; 573 mg potassium.

Nutrition bonus: Vitamin A (65% daily value), Potassium (16% dv), Zinc (15% dv).

Carbohydrate Servings: 2

Exchanges: 1½ starch, 1 vegetable, 1 lean meat





Curried Chicken Pitas

Makes: 4 servings

Active time: 15 minutes **Total:** 15 minutes

To make ahead: Cover and refrigerate the salad (Step 1) for up to 2 days.

Heart Health Diabetes Weight Loss Gluten Free

Cranberries and pear are sweet counterpoints in this tangy curried chicken salad. Toasted sliced almonds add a nutty crunch.

- 6 tablespoons nonfat plain yogurt
- ¼ cup low-fat mayonnaise
- 1 tablespoon curry powder
- 2 cups cooked, cubed chicken breast (see *Tip*, page 5)
- 1 ripe but firm pear, diced
- 1 stalk celery, finely diced
- ½ cup dried cranberries
- ¼ cup sliced or slivered almonds, toasted (see *Tip*)
- 4 4- to 5-inch whole-wheat pita breads, cut in half
- 2 cups sprouts

1. Combine yogurt, mayonnaise and curry powder in a large bowl. Add chicken, pear, celery, cranberries and almonds; toss to combine.
2. Fill each pita half with ½ cup chicken salad and ¼ cup sprouts.

Per serving: 351 calories; 9 g fat (2 g sat, 4 g mono); 61 mg cholesterol; 42 g carbohydrate; 10 g added sugars; 27 g protein; 6 g fiber; 349 mg sodium; 440 mg potassium.

Nutrition bonus: Magnesium (18% daily value).

Carbohydrate Servings: 2½

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

Tip: To toast sliced or slivered almonds: Place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Parmesan Spinach Cakes

Makes: 4 servings, 2 spinach cakes each

Active time: 15 minutes **Total:** 40 minutes

Equipment: Muffin pan with 12 (½-cup) muffin cups

Heart Health Diabetes Weight Loss Gluten Free

If you like spinach-cheese pie, try these simple but elegant-looking little spinach cakes.

- 12 ounces fresh spinach
- ½ cup part-skim ricotta cheese or low-fat cottage cheese
- ½ cup finely shredded Parmesan cheese, plus more for garnish
- 2 large eggs, beaten
- 1 clove garlic, minced
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

1. Preheat oven to 400°F.
2. Pulse spinach in three batches in a food processor until finely chopped. Transfer to a

medium bowl. Add ricotta (or cottage cheese), Parmesan, eggs, garlic, salt and pepper; stir to combine.

3. Coat 8 cups of the muffin pan with cooking spray. Divide the spinach mixture among the 8 cups (they will be very full).

4. Bake the spinach cakes until set, about 20 minutes. Let stand in the pan for 5 minutes. Loosen the edges with a knife and turn out onto a clean cutting board or large plate. Serve warm, sprinkled with more Parmesan, if desired.

Per serving: 141 calories; 8 g fat (4 g sat, 3 g mono); 110 mg cholesterol; 6 g carbohydrate; 0 g added sugars; 13 g protein; 2 g fiber; 457 mg sodium; 562 mg potassium.

Nutrition bonus: Vitamin A (166% daily value), Folate (45% dv), Vitamin C (40% dv), Calcium (31% dv), Magnesium (20% dv), Iron (17% dv), Potassium (16% dv).

Carbohydrate Servings: ½

Exchanges: 1 vegetable, 1½ medium-fat meat



Italian Vegetable Hoagies

Makes: 4 servings

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

Heart Health Diabetes Weight Loss Gluten Free

This delightfully easy, and somewhat messy, sandwich packs a punch with sweet balsamic vinegar, artichoke hearts, red onion, provolone cheese and zesty pepperoncini. We love it for dinner as well as lunch. If you're packing the hoagies to take along, keep the ingredients separate and assemble right before eating to avoid soggy bread. Serve with tomato and cucumber salad.

¼ cup thinly sliced red onion, separated into rings

- 1 14-ounce can artichoke hearts, rinsed and coarsely chopped**
- 1 medium tomato, seeded and diced**
- 2 tablespoons balsamic vinegar**
- 1 tablespoon extra-virgin olive oil**
- 1 teaspoon dried oregano**
- 1 16- to 20-inch-long baguette, preferably whole-grain**
- 2 slices provolone cheese (about 2 ounces), halved**

- 2 cups shredded romaine lettuce**
- ¼ cup sliced pepperoncini (optional)**

1. Place onion rings in a small bowl and add cold water to cover. Set aside while you prepare the remaining ingredients.

2. Combine artichoke hearts, tomato, vinegar, oil and oregano in a medium bowl. Cut baguette into 4 equal lengths. Split each piece horizontally and pull out about half of the soft bread from each side. Drain the onions and pat dry.

3. To assemble sandwiches, divide provolone among the bottom pieces of baguette. Spread on the artichoke mixture and top with the onion, lettuce and pepperoncini, if using. Cover with the baguette tops. Serve immediately.

Per serving: 266 calories; 8 g fat (3 g sat, 4 g mono); 10 mg cholesterol; 40 g carbohydrate; 0 g added sugars; 14 g protein; 8 g fiber; 622 mg sodium; 207 mg potassium.

Nutrition bonus: Vitamin A (53% daily value), Vitamin C (22% dv).

Carbohydrate Servings: 2½

Exchanges: 2 starch, 1 vegetable, ½ medium-fat meat, 1 fat



White Chili

Makes: 6 servings, 1⅓ cups each

Active time: 10 minutes **Total:** 45 minutes

Heart Health Diabetes Weight Loss Gluten Free

This fragrant “white” chili is an unusual, delicious alternative to traditional tomato-based chilis. Serve with lime wedges and a dollop of sour cream or a sprinkling of cheese.

- 1 tablespoon canola oil**
- 1½ cups chopped onion**
- 2 4-ounce cans chopped green chiles**
- 1 teaspoon dried oregano**
- 1 teaspoon ground cumin**
- ⅛-¼ teaspoon cayenne pepper**
- 3 15-ounce cans great northern beans, rinsed**
- 4 cups reduced-sodium chicken broth**
- 4 cups diced cooked skinless turkey or chicken**
- 2 tablespoons cider vinegar**

Heat oil in a large pot or Dutch oven over medium-high heat. Add onion; cook, stirring occasionally, until softened, about 5 minutes. Stir in chiles, oregano, cumin and cayenne. Cook, stirring occasionally, for 5 minutes. Stir in beans and broth; bring to a simmer. Cook, stirring occasionally, for 20 minutes. Add turkey (or chicken) and vinegar; cook for 5 minutes more. Serve.

Per serving: 446 calories; 6 g fat (1 g sat, 2 g mono); 64 mg cholesterol; 51 g carbohydrate; 0 g added sugars; 46 g protein; 11 g fiber; 492 mg sodium; 1,234 mg potassium.

Nutrition bonus: Folate (48% daily value), Magnesium & Potassium (35% dv), Vitamin C (33% dv), Iron (29% dv), Zinc (23% dv).

Carbohydrate Servings: 3

Exchanges: 3 starch, 1 vegetable, 5 lean meat

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, 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.)