



Make-Ahead Dinners

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Tomato & Spinach Dinner Strata

Makes: 8 servings

Active time: 45 minutes | **Total:** 3¾ hours

To make ahead: Prepare through Step 5; refrigerate for up to 1 day.

☐ Heart Health ☒ Diabetes ☒ Weight Loss ☐ Gluten Free

This yummy lasagna-inspired casserole has cheese, vegetables, eggs and marinara sauce but uses sturdy whole-grain bread instead of noodles, which makes it even easier to make. Its hearty look hides the fact that it's made with all low-fat, healthful ingredients. Of course, it makes a great brunch entree as well—don't let the name fool you.

- 4 teaspoons extra-virgin olive oil, divided
- 1 medium onion, chopped
- 8 ounces mushrooms, thinly sliced
- ½ teaspoon freshly ground pepper, divided
- ¼ teaspoon salt
- 1 15-ounce container part-skim ricotta cheese
- 1 10-ounce package frozen chopped spinach, thawed and squeezed dry, or 1½ pounds fresh spinach, cooked, squeezed dry and chopped
- ⅛ teaspoon freshly grated nutmeg
- 2 cups prepared marinara sauce, divided
- 6 slices whole-grain sandwich bread, preferably day-old
- 1 cup shredded part-skim mozzarella cheese
- 3 large eggs
- 1 cup low-fat milk
- ¼ cup freshly grated Parmesan cheese
- 2 tablespoons chopped fresh parsley

1. Coat a 7-by-11-inch (or similar-size) baking dish with cooking spray.
2. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add onion and cook, stirring often, until softened but not browned, 5 to 8 minutes. Transfer to a bowl. Add the remaining 2 teaspoons oil to the pan; increase heat to medium-high. Add mushrooms and cook, stirring, until the moisture has evaporated, 4 to 5 minutes. Transfer to the bowl with the onions, add ¼ teaspoon pepper and salt and stir to combine.
3. Combine ricotta, spinach, nutmeg and the re-

maining ¼ teaspoon pepper in another bowl.

4. Spoon 1 cup marinara sauce into the prepared baking dish. Break each slice of bread into 4 roughly equal pieces; arrange half the bread on the sauce (the bread doesn't have to completely cover the sauce). Spoon the ricotta mixture over the bread. Arrange the remaining bread over the ricotta. Scatter the mushroom mixture over the bread. Top with mozzarella. Spoon the remaining marinara sauce over the top. The pan will be very full.
5. Whisk eggs and milk in a small bowl. Pour the mixture slowly over the casserole, poking the filling gently with the tip of a knife until the egg mixture is evenly distributed and the bread is saturated. Coat a piece of foil with cooking spray on one side and cover the casserole, sprayed-side down. Refrigerate for at least 2 hours or up to 1 day.
6. Preheat oven to 375°F. Bake the strata, uncovered, for 40 minutes. Sprinkle with Parmesan and bake until puffed and golden brown, 10 minutes more. Let stand for 10 minutes. Serve sprinkled with parsley.

Per serving: 317 calories; 15 g fat (6 g sat, 5 g mono); 99 mg cholesterol; 26 g carbohydrate; 1 g added sugars; 20 g protein; 5 g fiber; 683 mg sodium; 641 mg potassium.

Nutrition bonus: Vitamin A (104% daily value), Calcium (41% dv), Folate (26% dv), Magnesium (20% dv), Potassium & Zinc (18% dv).

Carbohydrate Servings: 2

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



Tuna-&-Tomato Mac & Cheese

Makes: 4 servings, about 1½ cups each

Active time: 25 minutes | **Total:** 45 minutes

To make ahead: Prepare through Step 5 (transfer to a baking dish, if desired, before topping with tomatoes), cool, cover and refrigerate for up to 1 day. Bake at 450°F until hot and bubbling, about 35 minutes.

☒ Heart Health ☐ Diabetes ☐ Weight Loss ☐ Gluten Free

Tuna mac & cheese takes a trip to the Southwest with spicy tomato and festive blue tortilla chips on top. Canned tomatoes with green chiles and ancho chile powder add a peppery kick, but if you like, you can keep it mellow by using a 14-ounce can of drained petite diced tomatoes and mild chili powder.

- 8 ounces (about 3 cups) whole-wheat rotini pasta**
- 2 tablespoons all-purpose flour**
- 1 cup nonfat milk, divided**
- ½ cup grated extra-sharp Cheddar cheese**
- ½ cup grated pepper Jack cheese**
- ¼ teaspoon ground ancho chile powder (see Notes)**
- ¼ teaspoon salt**
- ¼ teaspoon freshly ground pepper**
- 1½ cups reduced-fat cottage cheese, preferably low-sodium**
- 1 5- to 6-ounce can chunk light tuna, drained and flaked**
- 1 10-ounce can diced tomatoes with green chiles (see Notes), drained**
- ¼ cup crumbled tortilla chips, preferably blue corn**

1. Preheat oven to 450°F.
2. Cook pasta in a large saucepan of boiling water according to package directions. Drain and rinse.
3. Meanwhile, whisk flour and 2 tablespoons milk in a small bowl. Heat the remaining milk in a large ovenproof skillet over medium heat until steaming.
4. Gradually whisk a few tablespoons of the hot milk into the milk-flour mixture, then whisk this mixture back into the skillet. Cook over medium heat, stirring constantly, until the

sauce is smooth and slightly thickened, 1 minute. Remove from the heat and stir in Cheddar, pepper Jack, chile powder, salt and pepper.

5. Puree cottage cheese in a food processor or blender until very smooth, scraping down the sides as necessary. Stir into the sauce in the skillet. Add tuna and the pasta; stir well to coat with the sauce. Sprinkle drained tomatoes evenly over the top.

6. Bake until hot and bubbling, 20 to 25 minutes. Top with crumbled tortilla chips.

Per serving: 447 calories; 11 g fat (6 g sat, 3 g mono); 38 mg cholesterol; 55 g carbohydrate; 0 g added sugars; 34 g protein; 5 g fiber; 723 mg sodium; 395 mg potassium.

Nutrition bonus: Calcium (38% daily value), Magnesium (20% dv), Zinc (17% dv), Vitamin A (16% dv), Iron (15% dv).

Notes: 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.

We like to use flavorful Rotel brand diced tomatoes with green chiles—original or mild—in place of regular diced tomatoes in Southwest-inspired dishes. Find them near other diced tomatoes and/or in the Mexican-food section at most supermarkets.



Chicken Florentine Roll-Ups

Makes: 8 servings

Active time: 30 minutes | **Total:** 1 hour 5 minutes

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

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

Perfect for entertaining, these chicken cutlets are stuffed with spinach, sun-dried tomatoes, walnuts and just enough cream cheese to hold the filling together. Make a double batch and freeze half the roll-ups (individually wrapped in plastic), then just defrost and bake as you like. Serve topped with fresh diced tomatoes or marinara sauce and a sprinkling of chopped fresh basil.

- 1 10-ounce package frozen chopped spinach, thawed and squeezed dry**
- ½ cup reduced-fat cream cheese (Neufchâtel), at room temperature, or part-skim ricotta**
- ⅓ cup thinly sliced soft sun-dried tomatoes (see *Tips*)**
- ¼ cup finely chopped toasted walnuts (see *Tips*)**
- ¾ teaspoon salt, divided**
- ¾ teaspoon freshly ground pepper, divided**
- ⅛ teaspoon garlic powder**
- 8 4-ounce chicken cutlets (about 2 pounds total; see *Tips*)**
- ½ cup dry white wine**

40 minutes. Slice with a serrated knife and serve.

Per serving: 212 calories; 9 g fat (3 g sat, 2 g mono); 73 mg cholesterol; 5 g carbohydrate; 0 g added sugars; 26 g protein; 2 g fiber; 402 mg sodium; 424 mg potassium.

Nutrition bonus: Vitamin A (89% daily value), Magnesium (16% dv).

Carbohydrate Servings: 0

Exchanges: 1 vegetable, 3 lean meat, 1 fat

Tips: Look for soft sun-dried tomatoes (not packed in oil) 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.

To toast chopped nuts, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

If you can't find chicken cutlets for this recipe, you can start with regular boneless, skinless chicken breasts and pound them until they are thin. Start with four 10- to 12-ounce chicken breasts, remove each tender and cut each breast in half into 2 roughly equal portions for eight 4-ounce portions. Place the chicken between pieces of plastic wrap. Pound with a rolling pin, meat mallet or heavy skillet until flattened to an even thickness, about ½ inch.

- 1.** Preheat oven to 375°F. Coat a 9-by-13-inch (or similar-size 3-quart) baking dish with cooking spray.
- 2.** Mash spinach, cream cheese (or ricotta), sun-dried tomatoes, walnuts, ¼ teaspoon each salt and pepper and garlic powder with a fork in a medium bowl until well combined.
- 3.** Place chicken cutlets on a work surface. Sprinkle both sides with the remaining ½ teaspoon each salt and pepper. Place about 2 tablespoons of the spinach mixture in the center of each cutlet. Roll up the chicken around the filling and secure each roll-up with 2 toothpicks; place in the prepared pan. Pour wine around the roll-ups. Cover the pan with foil.
- 4.** Bake until an instant-read thermometer inserted into the thickest roll registers 165°F, 30 to



Chicken Waldorf Salad

Makes: 4 servings, about 1½ cups each

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

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

☒ Heart Health ☐ Diabetes ☐ Weight Loss ☒ Gluten Free

Leftover cooked chicken makes this chicken Waldorf salad, loaded with apples, grapes, celery and walnuts, a snap to assemble. If you use rotisserie chicken, keep in mind that it's salty and omit the salt in the dressing. Serve over watercress, with a chunk of whole-grain baguette.

- ⅓ cup low-fat mayonnaise
- ⅓ cup nonfat or low-fat plain yogurt
- 2 teaspoons lemon juice
- ¼ teaspoon salt
- 3 cups chopped cooked chicken breast (see *Tip*)
- 1 medium red apple, diced
- 1 cup halved red or green grapes
- 1 cup sliced celery
- ½ cup chopped walnuts, toasted if desired (see *Tips*, page 4), divided

Whisk mayonnaise, yogurt, lemon juice and salt in a large bowl. Add chicken, apple, grapes, celery and ¼ cup walnuts. Stir to coat well. Serve topped with the remaining ¼ cup walnuts.

Per serving: 356 calories; 16 g fat (2 g sat, 3 g mono); 78 mg cholesterol; 23 g carbohydrate; 1 g added sugars; 31 g protein; 3 g fiber; 408 mg sodium; 537 mg potassium.

Nutrition bonus: Magnesium, Potassium & Vitamin C (15% daily value).

Tip: If you want cooked chicken in a hurry, the easiest way to cook it is to poach it. Place boneless, skinless chicken breasts in a skillet or saucepan. Add lightly salted water (or chicken broth) to cover and bring to a boil. Cover, reduce heat to low and simmer gently until the chicken is cooked through and no longer pink in the middle, 10 to 15 minutes. (1 pound raw boneless, skinless chicken breasts = about 2½ cups chopped or shredded cooked chicken)



Zesty Shrimp & Black Bean Salad

Makes: 4 servings, about 1½ cups each

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

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

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

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

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

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

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

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

Carbohydrate Servings: 1

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

Tips:

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

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



EatingWell Meat Pie

Makes: 10 servings

Active time: 1¼ hours | **Total:** 2 hours 20 minutes

To make ahead: Prepare through Step 5 (omit egg wash), wrap unbaked and refrigerate for up to 1 day or freeze for up to 1 month. Brush with egg and let stand at room temperature while oven preheats. (If frozen, thaw overnight in the refrigerator before baking.) Bake for about 1 hour. | **Equipment:** 9-inch deep-dish pie pan

☐ Heart Health ☒ Diabetes ☒ Weight Loss ☐ Gluten Free

Traditionally meat pie recipes are made with mostly ground pork. This recipe for French-Canadian meat pie, or tourtière, is lightened up by using lean ground beef with a little ground pork for flavor and bulked up with plenty of shredded vegetables. You can make it even easier by using a store-bought crust.

Crust

- 1¼ cups whole-wheat pastry flour
- 1¼ cups all-purpose flour
- ½ teaspoon salt
- 4 tablespoons cold unsalted butter, cubed
- ¼ cup reduced-fat sour cream
- 3 tablespoons canola oil
- ½ cup ice water
- 1 large egg white, lightly beaten, for brushing

Filling

- 1 medium russet potato, peeled
- 2 medium carrots or parsnips, peeled
- 1 small onion
- 1½ pounds 95%-lean ground beef
- 8 ounces ground pork
- 1 cup nonfat milk
- ½ cup dried cranberries
- 2 teaspoons ground allspice
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper

1. To prepare crust: Combine whole-wheat flour, all-purpose flour and salt in a food processor and pulse to mix. Pulse in butter until the mixture resembles coarse meal. Pulse in sour cream and oil. With the motor running, add ice water and process just until the dough comes together. (Add more water, a teaspoon at a time, if necessary.) Divide the dough in half, shape into 2 disks, wrap in plastic and refrigerate while you prepare the filling.

2. To prepare filling: Clean the food processor and fit with the shredding disc. Cut potato, carrots (or parsnips) and onion into pieces that will fit through the tube. With

motor running, drop in the vegetables until they're all shredded.

3. Combine beef, pork, milk and the shredded vegetables in a high-sided skillet or Dutch oven. Cook over medium heat, mashing and stirring with a potato masher, until the meat is dry and all the liquid has evaporated (the masher helps you check for liquid), 40 to 50 minutes. If the bottom starts to brown or stick before the liquid has evaporated, reduce the heat and continue cooking and mashing until the liquid is gone. Stir in cranberries, allspice, salt and pepper.

4. Preheat oven to 375°F.

5. Roll one piece of dough on a lightly floured surface into a 12-inch circle. Transfer the dough to a 9-inch deep-dish pie pan. Scrape the filling into the crust and pat down gently. Roll the remaining dough into a 12-inch circle and cover the filling with it. Trim the crust so it overhangs evenly. Tuck the top crust under the bottom crust, sealing the two together and making a plump edge. Flute the edge with your fingers or crimp with a fork. Brush the top of the crust with egg white.

6. Bake the pie until the crust is golden, about 45 minutes. Let cool for 20 minutes before cutting.

Per serving: 386 calories; 15 g fat (6 g sat, 6 g mono); 89 mg cholesterol; 37 g carbohydrate; 4 g added sugars; 25 g protein; 3 g fiber; 445 mg sodium; 496 mg potassium.

Nutrition bonus: Vitamin A (46% daily value), Zinc (29% dv), Iron (16% dv).

Carbohydrate Servings: 2½

Exchanges: 2 starch, ½ vegetable, 2½ medium-fat meat, 2 fat



Quick Pasta Bolognese

Makes: 4 servings, 1 cup pasta & about 1 cup sauce each

Active time: 30 minutes | **Total:** 40 minutes

To make ahead: Refrigerate the sauce (Steps 1 & 3) for up to 3 days or freeze for up to 6 months.

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☐ Gluten Free

Who doesn't love pasta with a quick meat sauce? This crowd-pleasing healthy spaghetti Bolognese recipe is a boon for busy cooks—it's ready and on the table in just 40 minutes.

- 1 tablespoon extra-virgin olive oil
- 1 medium onion, finely chopped
- 2 medium carrots, finely chopped
- 2 medium stalks celery, finely chopped
- 3 cloves garlic, minced
- 8 ounces whole-wheat rigatoni or penne (about 3 cups)
- 8 ounces lean (93% or leaner) ground beef
- $\frac{1}{3}$ cup dry red wine
- 1 14-ounce can petite diced tomatoes
- 2 tablespoons tomato paste
- $\frac{1}{8}$ teaspoon ground nutmeg
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon freshly ground pepper

1. Heat oil in a large nonstick skillet over medium heat. Add onion, carrots, celery and garlic; cook, stirring occasionally, until just tender, 6 to 8 minutes.

2. Meanwhile, bring a large pot of water to a boil. Add pasta and cook according to package directions. Drain.

3. Add beef to the vegetables and cook, breaking up with a wooden spoon, until cooked through, 3 to 4 minutes. Increase heat to medium-high, add wine and cook until almost evaporated, 1 to 1½ minutes. Stir in tomatoes, tomato paste and nutmeg; reduce heat to medium-low, cover and simmer, stirring occasionally, for 10 minutes. Remove from the heat and stir in salt and pepper. Serve the pasta with the sauce.

Per serving: 414 calories; 10 g fat (3 g sat, 5 g mono); 43 mg cholesterol; 55 g carbohydrate; 0 g added sugars; 26 g protein; 7 g fiber; 522 mg sodium; 709 mg potassium.

Nutrition bonus: Vitamin A (118% daily value), Vitamin C (39% dv), Zinc (33% dv), Iron (24% dv), Potassium (21% dv), Magnesium (19% dv).

Carbohydrate Servings: 3½

Exchanges: 2½ starch, 2½ vegetable, 2 lean meat, ½ fat



Quinoa Veggie Burger

Makes: 8 burgers

Active time: 45 minutes | **Total:** 1½ hours

To make ahead: Individually wrap and freeze cooked burgers for up to 3 months. Defrost overnight in the refrigerator. Reheat in a skillet with a little oil.

☒ Heart Health
 ☒ Diabetes
 ☒ Weight Loss
 ☐ Gluten Free

This quinoa veggie burger recipe is a meat-lover's burger: toasted pecans, mushrooms, Cheddar cheese, fresh herbs and red quinoa pack this vegetarian burger full of delicious flavor. Red quinoa, which you can generally find in stores where white quinoa is sold, gives the quinoa veggie burgers the perfect color. If you can only find white quinoa, that's fine too. These quinoa veggie burger patties hold together well for freezing, making for a quick and easy meal. Defrost overnight in the refrigerator before cooking. Serve with your favorite burger garnishes. (Adapted from Quinoa Revolution by Patricia Green and Carolyn Hemming; Pintail Books, 2012.)

- 1 cup water
- ½ cup red quinoa
- 1 tablespoon canola oil
- 1 cup diced onion
- 2 cups finely chopped cremini or white button mushrooms
- 1 teaspoon minced garlic
- ¾ teaspoon dried marjoram
- ¼ teaspoon dried oregano
- 1 large egg
- ⅔ cup shredded reduced-fat Cheddar cheese
- ½ cup whole pecans, toasted and finely chopped (see Tip)
- ⅓ cup quick-cooking rolled oats
- 1 tablespoon reduced-sodium soy sauce
- 8 small whole-wheat burger buns, toasted if desired

1. Combine water and quinoa in a medium saucepan. Bring to a boil. Reduce to a simmer, cover and cook for 15 minutes. Remove from heat and let stand, covered, for 10 minutes. Fluff with a fork and set aside to cool.
2. Preheat oven to 350°F. Lightly grease a baking sheet or line with parchment paper.
3. Heat oil in a large saucepan over medium heat. Add onion and cook, stirring frequently, until starting to soften, about 5 minutes. Add mush-

rooms, garlic, marjoram and oregano; cook, stirring, until the mushrooms are tender, about 5 minutes. Let cool for about 5 minutes.

4. Beat egg in a medium bowl. Add the quinoa, mushroom mixture, cheese, pecans, oats and soy sauce; stir to combine. Scoop scant ½-cup portions of the mixture onto the baking sheet and shape into 8 patties, about 3 inches wide, leaving about 1 inch of space between each patty. (The mixture will be crumbly; patting it into burgers on the baking sheet makes it easier to work with. The burgers hold together very well once baked.)

5. Bake the burgers until crispy, 28 to 30 minutes. Serve on buns with your favorite garnishes.

Per serving (with bun): 280 calories; 12 g fat (2 g sat, 4 g mono); 29 mg cholesterol; 35 g carbohydrate; 4 g added sugars; 11 g protein; 6 g fiber; 320 mg sodium; 353 mg potassium.

Nutrition bonus: Magnesium (19% daily value), Calcium (16% dv), Zinc (15% dv).

Carbohydrate Servings: 2

Exchanges: 2 starch, ½ vegetable, ½ medium fat meat, 1½ fat

Tip: To toast whole nuts, spread on a baking sheet and bake at 350°F, stirring once, until fragrant, 7 to 9 minutes.

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.)

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