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## Individual Brussels Sprout & Potato Frittatas

**Makes:** 4 servings

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

**Equipment:** Four 10-ounce ovenproof ramekins

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Brussels sprouts and preshredded potatoes make these oversized muffin-shaped frittatas hearty. Pair with a mixed green salad with cherry tomatoes and buttermilk dressing.

- 1 tablespoon extra-virgin olive oil
- 2 cups refrigerated preshredded potatoes
- 8 ounces Brussels sprouts, trimmed and thinly sliced (about 2 cups)
- ½ cup chopped onion
- 2 cloves garlic, minced
- 1 16-ounce container liquid egg substitute, such as Egg Beaters
- ⅓ cup grated Parmesan cheese
- ¼ cup low-fat milk
- 1 teaspoon dried thyme
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper

1. Preheat oven to 400°F. Coat four 10-ounce ovenproof ramekins with cooking spray and place on a baking sheet.

2. Heat oil in a large nonstick skillet over medium-high heat. Add potatoes, Brussels sprouts, onion and garlic and cook, stirring, until softened and beginning to brown, about 6 minutes. Divide the mixture among the prepared ramekins.

3. Whisk egg substitute, cheese, milk, thyme, salt and pepper in a medium bowl. Pour the egg mixture over the potato mixture and gently stir to combine.

4. Transfer the baking sheet to the oven. Bake until the eggs are set and an instant-read thermometer inserted in a frittata registers 160°F, about 25 minutes.

**Per serving:** 209 calories; 6 g fat (2 g sat, 3 g mono); 7 mg cholesterol; 21 g carbohydrate; 0 g added sugars; 18 g protein; 3 g fiber; 666 mg sodium; 622 mg potassium.

**Nutrition bonus:** Vitamin C (75% daily value), Folate (28% dv), Vitamin A (24% dv), Iron (20% dv), Potassium (18% dv), Calcium (17% dv).

**Carbohydrate servings:** ½

**Exchanges:** 1 starch, 1 vegetable, 1½ lean meat, 1 fat

## Slow-Cooker Vegetarian Lasagna

**Makes:** 8 servings

**Active time:** 30 minutes **Slow-cooker time:** 2 hours on High or 4 hours on Low

**Equipment:** 6-quart (or larger) slow cooker

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Sure, the slow cooker's great for stews and soups, but it also happens to make a mean lasagna! In this ingenious slow-cooker recipe, all you have to do is chop your veggies, then layer the ingredients (raw) into the crock pot.

- 1 large egg
- 1 15- to 16-ounce container part-skim ricotta
- 1 5-ounce package baby spinach, coarsely chopped
- 3 large or 4 small portobello mushroom caps, gills removed (see *Tip*), halved and thinly sliced
- 1 small zucchini, quartered lengthwise and thinly sliced
- 1 28-ounce can crushed tomatoes
- 1 28-ounce can diced tomatoes
- 3 cloves garlic, minced
- Pinch of crushed red pepper (optional)
- 15 whole-wheat lasagna noodles (about 12 ounces), uncooked
- 3 cups shredded part-skim mozzarella, divided

1. Combine egg, ricotta, spinach, mushrooms and zucchini in a large bowl.

2. Combine crushed and diced tomatoes and their juice, garlic and crushed red pepper (if using) in a medium bowl.

3. Generously coat a 6-quart or larger slow cooker with cooking spray. Spread 1 ½ cups of the tomato mixture in the slow cooker. Arrange 5 noodles over the sauce, overlapping them slightly and breaking into pieces to cover as much of the sauce as possible. Spread half of the ricotta-vegetable mixture over the noodles and firmly pat down, then spoon on 1½ cups sauce and sprinkle with 1 cup mozzarella. Repeat the layering one



more time, starting with noodles. Top with a third layer of noodles. Evenly spread the remaining tomato sauce over the noodles. Set aside the remaining 1 cup mozzarella in the refrigerator.

4. Put the lid on the slow cooker and cook on High for 2 hours or on Low for 4 hours. Turn off the slow cooker, sprinkle the reserved mozzarella on the lasagna, cover and let stand for 10 minutes to melt the cheese.

**Per serving:** 414 calories; 14 g fat (8 g sat, 4 g mono); 63 mg cholesterol; 48 g carbohydrate; 0 g added sugars; 28 g protein; 7 g fiber; 641 mg sodium; 829 mg potassium.

**Nutrition bonus:** Calcium & Vitamin A (56% daily value), Vitamin C (38% dv), Iron & Magnesium (26% dv), Zinc (25% dv), Potassium (24% dv), Folate (18% dv).

**Carbohydrate servings:** 3

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

**Tip:** The dark gills found on the underside of a portobello mushroom cap are edible, but can turn a dish an unappealing gray color. If you like, gently scrape the gills off with a spoon.





## Sweet Potato Fritters with Smoky Pinto Beans

**Makes:** 4 servings, 2 fritters & ½ cup beans each

**Active time:** 35 minutes **Total:** 45 minutes

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These easy sweet potato fritters have a crispy crust and a tender middle. The beans are flavored with smoked paprika, but sweet or hot would work well too. To give it a Mexican-inspired twist, use chili powder instead.

- 1 large sweet potato (about 1 pound)
- 3 tablespoons canola oil, divided
- 1 medium onion, chopped
- 2 large poblano peppers or small green bell peppers, chopped
- 1 15-ounce can pinto beans, rinsed
- 1¼ teaspoons smoked paprika (see Tip), divided
- ¾ teaspoon salt, divided
- ¾ cup fine yellow cornmeal
- ¼ cup all-purpose flour
- ¾ teaspoon baking powder
- 1 large egg, lightly beaten
- ¼ cup water
- 4 lime wedges for garnish

1. Preheat oven to 425°F. Coat a baking sheet with cooking spray.

2. Prick sweet potato in several places with a fork. Microwave on High until just cooked through, 7 to 10 minutes. (Alternatively, place in a baking dish and bake at 425°F until tender all the way to the center, about 1 hour.) Set aside to cool.

3. Meanwhile, heat 1 tablespoon oil in a large saucepan over medium heat. Add onion and peppers and cook, stirring occasionally, until softened, 4 to 6 minutes. Set aside ½ cup of the mixture. Add beans, ½ teaspoon paprika and ¼ teaspoon salt to the pan. Cook, stirring occasionally, until heated through, about 2 minutes. Cover and set aside.

4. Whisk cornmeal, flour, baking powder, the remaining ¾ teaspoon paprika and ½ teaspoon salt in a medium bowl. Peel the sweet potato and mash in a large bowl with a fork. Stir in the reserved onion-pepper mixture, egg and water. Add the cornmeal mixture and stir until just combined.

5. Form the sweet potato mixture into eight 3-inch oval fritters, using a generous ¼ cup for each. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Cook 4 fritters until golden brown, 1 to 2 minutes per side. Transfer to the prepared baking sheet. Repeat with the remaining fritters and oil.

6. Bake the fritters until puffed and firm to the touch, 8 to 10 minutes. Serve the fritters with the reserved bean mixture and lime wedges, if desired.

**Per serving:** 380 calories; 14 g fat (2 g sat, 7 g mono); 47 mg cholesterol; 56 g carbohydrate; 0 g added sugars; 10 g protein; 10 g fiber; 746 mg sodium; 774 mg potassium.

**Nutrition bonus:** Vitamin A (279% daily value), Vitamin C (107% dv), Folate & Potassium (23% dv), Magnesium (21% dv), Iron (19% dv).

**Tip:** Look for smoked paprika in large supermarkets with other spices and at [tienda.com](http://tienda.com).



## Skillet Gnocchi with Chard & White Beans

**Makes:** 6 servings

**Active time:** 30 minutes **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. Serve with a mixed green salad.

- 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:** 327 calories; 7 g fat (2 g sat, 3 g mono); 8 mg cholesterol; 56 g carbohydrate; 0 g added sugars; 14 g protein; 6 g fiber; 598 mg sodium; 361 mg potassium.

**Nutrition bonus:** Vitamin A (54% daily value), Vitamin C (48% dv), Calcium & Iron (20% dv).

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



### Miso-Garlic-Roasted Tofu Caesar Salad

**Makes:** 4 servings, about 2¾ cups each  
**Active time:** 45 minutes **Total:** 45 minutes  
**To make ahead:** Prepare through Step 3; cover and refrigerate tofu and store croutons airtight at room temperature for up to 2 days.

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In this hearty version of the classic romaine salad, miso does double duty as a marinade for the roasted tofu and a rich, savory layer in the dressing. There are several varieties of miso available, but the mellow, subtle sweetness of brown rice miso is just unobtrusive enough to blend into the lemony dressing while letting the flavors of the olive oil come through, and just rich enough to add character to otherwise plain-Jane tofu.

#### Tofu

- 1 14-ounce package extra-firm tofu, drained
- 2 tablespoons lemon juice
- 2 tablespoons miso (see Tip)
- 2 cloves garlic, minced

#### Croutons

- 2 slices country-style bread, crusts removed, cut into ½-inch cubes
- 2 teaspoons extra-virgin olive oil
- ¼ teaspoon freshly ground pepper
- ⅛ teaspoon salt

#### Dressing & Salad

- ⅓ cup extra-virgin olive oil
- 3 tablespoons lemon juice
- 4 teaspoons miso
- 1 clove garlic, minced
- 8 cups torn, bite-size romaine lettuce
- 2 cups torn, bite-size radicchio
- ½ cup grated Parmesan cheese

1. Position racks in upper and lower thirds of oven; preheat to 425°F. Coat a large rimmed baking sheet with cooking spray.

2. **To prepare tofu:** Pat tofu dry and cut into ¾-inch cubes. Combine lemon juice, miso and garlic in a large bowl. Add the tofu and gently toss to coat. Spread the tofu in a single layer on the prepared baking sheet. Bake on the upper oven rack, turning two or three times during baking, until browned, for 18 to 20 minutes.

3. **To prepare croutons:** Toss bread with oil, pepper and salt in a medium bowl. Spread in a single layer on a rimmed baking sheet. Bake on the lower oven rack, turning two or three times during baking, until browned and crisp, for 12 to 14 minutes.

4. **To prepare dressing & assemble salad:** Whisk oil, lemon juice, miso and garlic in a large bowl. Add lettuce, radicchio and Parmesan; toss to coat. Serve topped with the tofu and croutons.

**Per serving:** 389 calories; 29 g fat (6 g sat, 18 g mono); 9 mg cholesterol; 18 g carbohydrate; 0 g added sugars; 15 g protein; 4 g fiber; 755 mg sodium; 512 mg potassium.

**Nutrition bonus:** Vitamin A (166% daily value), Folate (44% dv), Calcium (36% dv), Vitamin C (23% dv), Iron (18% dv), Magnesium (17% dv).

**Tip:** Miso is a fermented soybean paste that adds flavor to dishes like soups, sauces and salad dressings. It is available in different colors, depending on whether it's barley-, rice- or soy-based. In general, the lighter the color, the milder the flavor. It will keep, in the refrigerator, for at least a year. Any type of miso will work in this recipe.

### Vegetarian Shepherd's Pies

**Makes:** 4 servings, about 2 cups each  
**Active time:** 45 minutes **Total:** 45 minutes  
**To make ahead:** Prepare the filling (Step 3), cover and refrigerate for up to 1 day.

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These mini vegetarian shepherd's pies feature lentils, carrot and corn, crowned with a velvety mashed potato topping. The recipe can also be made in a broiler-safe casserole dish. Serve with a spinach salad.

- 1 pound Yukon Gold or white potatoes, peeled and cut into 1-inch chunks
- ½ cup buttermilk
- 1 tablespoon butter
- ¾ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- 1 tablespoon extra-virgin olive oil
- 1 large onion, finely diced
- ½ cup finely diced carrot
- 1 tablespoon water
- ¾ cup frozen corn kernels, thawed
- 1 teaspoon chopped fresh thyme or ½ teaspoon dried
- 3 tablespoons all-purpose flour
- 1 14-ounce can vegetable broth
- 1½ cups cooked or canned (rinsed) lentils (see Tip)

1. Place potatoes in a large saucepan and cover with 2 inches of water. Bring to a simmer over medium-high heat. Reduce heat to medium, partially cover and cook until tender, 10 to 15 minutes. Drain and return the potatoes to the pot. Add buttermilk, butter and ¼ teaspoon each salt and pepper. Mash with a potato masher until mostly smooth.

2. While the potatoes are cooking, position rack in upper third of oven; preheat broiler. Coat four 10- to 12-ounce broiler-safe ramekins (or an 8-inch-square broiler-safe baking dish) with cooking spray. Place ramekins on a broiler-safe baking sheet.

3. Heat oil in a large skillet over medium-high heat. Add onion, carrot and water. Cover and cook, stirring occasionally, until softened, 3



to 5 minutes. Stir in corn, thyme and the remaining ½ teaspoon salt and ¼ teaspoon pepper; cook, stirring occasionally, for 2 minutes. Sprinkle with flour and stir to coat. Stir in broth. Bring to a simmer; cook, stirring, for 1 minute. Stir in lentils and cook, stirring constantly, for 2 minutes.

4. Divide the hot lentil mixture among the prepared ramekins (or spread in the baking dish). Top with the mashed potatoes. Broil, rotating halfway through, until the potato is lightly browned in spots, 6 to 10 minutes.

**Per serving:** 326 calories; 8 g fat (3 g sat, 4 g mono); 9 mg cholesterol; 55 g carbohydrate; 0 g added sugars; 12 g protein; 10 g fiber; 679 mg sodium; 842 mg potassium.

**Nutrition bonus:** Vitamin A (66% daily value), Folate (44% dv), Vitamin C (25% dv), Potassium (24% dv), Iron (20% dv), Magnesium (16% dv).

**Tip:** To cook lentils, place in a saucepan, cover with at least 1 inch of water, bring to a simmer and cook until just tender, 15 to 30 minutes, depending on the type of lentil. Drain and rinse with cold water. 1 cup dry lentils = about 2½ cups cooked. Or use canned lentils: 15-ounce can = 1½ cups. Rinse canned lentils before cooking with them to reduce the sodium by about 35%.



## Sweet Potato & Black Bean Chili

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

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

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

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Make a double batch of this quick vegetarian chili, full of black beans and sweet potatoes, and eat it for lunch the next day or freeze the extras for another night. We love the smoky heat from the ground chipotle, but omit it if you prefer a mild chili. Serve with tortilla chips or cornbread and coleslaw.

- 1 tablespoon plus 2 teaspoons extra-virgin olive oil
- 1 medium-large sweet potato, peeled and diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 4 teaspoons ground cumin
- ½ teaspoon ground chipotle chile (see Tip)
- ¼ teaspoon salt
- 2½ cups water
- 2 15-ounce cans black beans, rinsed
- 1 14-ounce can diced tomatoes
- 4 teaspoons lime juice
- ½ cup chopped fresh cilantro



1. Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.

2. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.

**Per serving:** 318 calories; 8 g fat (1 g sat, 5 g mono); 0 mg cholesterol; 54 g carbohydrate; 0 g added sugars; 12 g protein; 15 g fiber; 547 mg sodium; 1,040 mg potassium.

**Nutrition bonus:** Vitamin A (243% daily value), Iron & Vitamin C (33% dv), Potassium (30% dv), Folate (29% dv), Calcium (16% dv).

**Carbohydrate servings:** 2½

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

**Tip:** Chipotle peppers are dried, smoked jalapeño peppers. Ground chipotle chile pepper can be found in the spice section of most supermarkets.

## Sesame-Honey Tempeh & Quinoa Bowl

**Makes:** 4 servings, ½ cup each quinoa and slaw & ¾ cup tempeh

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

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Toss tempeh with a honey-sesame sauce and serve it over quinoa and shredded carrots for a satisfying vegan meal. (Tempeh is found near refrigerated tofu in natural-foods stores and large supermarkets.)

### Quinoa & Carrot Slaw

- 1½ cups water
- ¾ cup quinoa, rinsed (see Tip)
- 2 cups grated carrots (about 3 large)
- 2 tablespoons rice vinegar
- 2 tablespoons sesame seeds, toasted
- 1 tablespoon sesame oil
- 1 tablespoon reduced-sodium soy sauce

### Sesame-Honey Tempeh

- 2 tablespoons sesame oil
- 2 8-ounce packages tempeh, crumbled into bite-size pieces
- 3 tablespoons honey
- 3 tablespoons reduced-sodium soy sauce
- 2 tablespoons water
- 1 teaspoon cornstarch
- 2 scallions, sliced

1. **To prepare quinoa:** Bring 1½ cups water to a boil in a small saucepan. Add quinoa and return to a boil. Reduce to a low simmer, cover and cook until the water is absorbed, 10 to 14 minutes. Uncover and let stand.

2. **To prepare carrot slaw:** Meanwhile, combine carrots, rice vinegar, sesame seeds, 1 tablespoon oil and 1 tablespoon soy sauce in a medium bowl. Set aside.

3. **To prepare tempeh:** Heat 2 tablespoons oil in a large nonstick skillet over medium heat. Add tempeh and cook, stirring frequently, until beginning to brown, 7 to 9 minutes.



4. Combine honey, 3 tablespoons soy sauce, 2 tablespoons water and cornstarch in a small bowl. Add to the pan and cook, stirring, until the sauce has thickened and coats the tempeh, about 1 minute.

5. Divide the quinoa among 4 bowls and top each with ½ cup carrot slaw and ¾ cup tempeh mixture. Sprinkle with scallions.

**Per serving:** 536 calories; 27 g fat (5 g sat, 9 g mono); 0 mg cholesterol; 53 g carbohydrate; 13 g added sugars; 28 g protein; 5 g fiber; 588 mg sodium; 899 mg potassium.

**Nutrition bonus:** Vitamin A (182% daily value), Magnesium (47% dv), Iron (33% dv), Folate (27% dv), Potassium (26% dv), Calcium (21% dv), Zinc (20% dv).

### Tip:

Quinoa is a delicately flavored, protein-rich grain. Rinsing removes any residue of saponin, quinoa's natural, bitter protective covering. Find it in natural-foods stores and the natural-foods sections of many supermarkets.

## Grilled Eggplant & Tomato Stacks

**Makes:** 6 servings

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

**To make ahead:** Prepare through Step 2, cover and refrigerate for up to 1 day. Bring to room temperature before serving.

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You can grill the eggplant rounds up to a day in advance, then assemble the eggplant, tomato and mozzarella “stacks” at the last minute. To make the eggplant and tomato stacks look symmetrical, use eggplant and tomatoes with approximately the same diameter.

**2 teaspoons plus 1 tablespoon extra-virgin olive oil, divided**

**1 medium eggplant (¾-1 pound), cut into 6 rounds about ½ inch thick**

**½ teaspoon coarse salt, divided**

**6 teaspoons prepared pesto**

**2 large beefsteak tomatoes, each cut into 3 slices about ¾ inch thick**

**4 ounces fresh mozzarella, cut into 6 thin slices**

**6 fresh basil leaves**

**1 tablespoon balsamic vinegar**

**¼ teaspoon freshly ground pepper**

1. Preheat grill to medium-high or place a grill pan over medium-high heat until hot.

2. Use 2 teaspoons oil to brush both sides of eggplant slices; sprinkle with ¼ teaspoon salt. Grill the eggplant slices for 5 minutes. Turn; continue grilling until tender and marked with grill lines, 3 to 5 minutes more. Transfer to a large platter.

3. Spread each eggplant slice with 1 teaspoon pesto. Top with a slice of tomato, a slice of mozzarella and a basil leaf.

4. Drizzle vinegar and the remaining 1 tablespoon oil over the towers; sprinkle with the remaining ¼ teaspoon salt and pepper.

**Per serving:** 145 calories; 11 g fat (4 g sat, 6 g mono); 17 mg cholesterol; 7 g carbohydrate; 0 g added sugars; 6 g protein; 3 g fiber; 323 mg sodium; 309 mg potassium.

**Nutrition bonus:** Vitamin C (17% daily value), Calcium & Vitamin A (15% dv).

**Carbohydrate servings:** ½

**Exchanges:** 1 vegetable, ½ high-fat meat, 1 fat



## Spinach & Sun-Dried Tomato Stuffed Pizza

**Makes:** 6 servings

**Active time:** 20 minutes **Total:** 40 minutes

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This stuffed pizza is filled with crumbled tofu, spinach, sun-dried tomatoes, cheese and fresh basil. It's easy to make stuffed pizza at home. Just roll the crust thin, spread filling over half and fold closed. To use fresh spinach, cook 10 ounces until just wilted; finely chop and squeeze dry. Serve with marinara sauce for dipping and mixed green salad.

**Cooking spray, preferably canola or olive oil**

**1 14-ounce package firm water-packed tofu, drained**

**1 10-ounce package frozen chopped spinach, thawed and squeezed dry**

**½ cup chopped soft or reconstituted sun-dried tomatoes (see Tip)**

**½ cup finely shredded Parmesan cheese**

**½ cup shredded part-skim mozzarella cheese**

**¼ cup chopped fresh basil**

**½ teaspoon onion powder**

**¼ teaspoon salt**

**¼ teaspoon freshly ground pepper**

**1 pound prepared pizza dough, preferably whole-wheat**

1. Position rack in lower third of oven; preheat to 475°F. Coat a large baking sheet with cooking spray.

2. Finely crumble tofu; pat dry. Place in a large bowl and use your hands to combine with spinach, tomatoes, Parmesan, mozzarella, basil, onion powder, salt and pepper.

3. Roll out dough on a lightly floured surface to about the length of the prepared baking sheet and twice as wide (approximately 16 by 18 inches). Transfer the dough to the baking sheet, allowing the extra width to hang over on one side onto a clean surface. Spread the filling on the dough in the pan, leaving a 1-inch border. Fold the overhanging dough



over the filling. Fold the edges closed and crimp with a fork to seal. Make several small slits in the top to vent steam; lightly coat the top with cooking spray.

4. Bake the stuffed pizza until well browned on top, 18 to 20 minutes. Let cool slightly before cutting.

**Per serving:** 292 calories; 11 g fat (3 g sat, 2 g mono); 10 mg cholesterol; 36 g carbohydrate; 1 g added sugars; 18 g protein; 4 g fiber; 619 mg sodium; 419 mg potassium.

**Nutrition bonus:** Vitamin A (119% daily value), Calcium (37% dv), Magnesium (20% dv), Folate (19% dv).

**Carbohydrate servings:** 2½

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

**Tip:** For this recipe, look for soft sun-dried tomatoes (not packed in oil). If you can only find tomatoes that are very dry (and hard), soak in boiling water for about 20 minutes, drain, chop and then add to the pizza filling.





## Ravioli & Vegetable Soup

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

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

**To make ahead:** Cover and refrigerate for up to 3 days. Thin with broth before reheating, if desired.

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Fresh or frozen ravioli cook in minutes and turn this light vegetable soup into a main course. Look for whole-wheat or whole-grain ravioli in the refrigerated or frozen section of the supermarket. Tortellini can be used instead of ravioli as well. (*Recipe by Nancy Baggett for EatingWell.*)

- 1 tablespoon extra-virgin olive oil
- 2 cups frozen bell pepper and onion mix, thawed and diced
- 2 cloves garlic, minced
- ¼ teaspoon crushed red pepper, or to taste (optional)
- 1 28-ounce can crushed tomatoes, preferably fire-roasted
- 1 14-ounce can vegetable broth
- 1½ cups hot water
- 1 teaspoon dried basil or marjoram

- 1 6- to 9-ounce package fresh or frozen cheese ravioli, preferably whole-wheat
- 2 cups diced zucchini (about 2 medium)
- Freshly ground pepper to taste

Heat oil in a large saucepan or Dutch oven over medium heat. Add pepper-onion mix, garlic and crushed red pepper (if using) and cook, stirring, for 1 minute. Add tomatoes, broth, water and basil (or marjoram); bring to a rolling boil over high heat. Add ravioli and cook for 3 minutes less than the package directions. Add zucchini; return to a boil. Cook until the zucchini is crisp-tender, about 3 minutes. Season with pepper.

**Per serving:** 263 calories; 9 g fat (3 g sat, 3 g mono); 28 mg cholesterol; 38 g carbohydrate; 0 g added sugars; 11 g protein; 7 g fiber; 749 mg sodium; 760 mg potassium.

**Nutrition bonus:** Vitamin C (60% daily value), Vitamin A (41% dv), Iron (23% dv), Potassium (22% dv), Calcium (16% dv).

## Cheese-&Spinach-Stuffed Portobellos

**Makes:** 4 servings

**Active time:** 20 minutes **Total:** 40 minutes

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Here we take the elements of a vegetarian lasagna filling—ricotta, spinach and Parmesan cheese—and nestle them into roasted portobello mushroom caps. The recipe works best with very large portobello caps; if you can only find smaller ones, buy one or two extra and divide the filling among all the caps. Serve with a tossed salad and a whole-wheat dinner roll or spaghetti tossed with marinara sauce.

- 4 large portobello mushroom caps
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper, divided
- 1 cup part-skim ricotta cheese
- 1 cup finely chopped fresh spinach
- ½ cup finely shredded Parmesan cheese, divided
- 2 tablespoons finely chopped Kalamata olives
- ½ teaspoon Italian seasoning
- ¾ cup prepared marinara sauce

- 1. Preheat oven to 450°F. Coat a rimmed

baking sheet with cooking spray.

2. Place mushroom caps, gill-side up, on the prepared pan. Sprinkle with salt and ⅛ teaspoon pepper. Roast until tender, 20 to 25 minutes.

3. Meanwhile, mash ricotta, spinach, ¼ cup Parmesan, olives, Italian seasoning and the remaining ⅛ teaspoon pepper in a medium bowl. Place marinara sauce in a small bowl, cover and microwave on High until hot, 30 seconds to 1½ minutes.

4. When the mushrooms are tender, carefully pour out any liquid accumulated in the caps. Return the caps to the pan gill-side up. Spread 1 tablespoon marinara into each cap; cover the remaining sauce to keep warm. Mound a generous ⅓ cup ricotta filling into each cap and sprinkle with the remaining ¼ cup Parmesan. Bake until hot, about 10 minutes. Serve with the remaining marinara sauce.

**Per serving:** 214 calories; 11 g fat (5 g sat, 4 g mono); 29 mg cholesterol; 16 g carbohydrate; 0 g added sugars; 14 g protein; 3 g fiber; 688 mg sodium; 698 mg potassium.

**Nutrition bonus:** Calcium (30% daily value), Vitamin A (28% dv), Potassium (20% dv), Folate (16% dv), Zinc (15% dv).

**Carbohydrate servings:** 1

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



## Bean Burgers with Spicy Guacamole

**Makes:** 6 servings

**Active time:** 50 minutes **Total:** 50 minutes

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- ½ cup water
- ¼ cup quinoa, rinsed (*see Tip, page 5*)
- 3 tablespoons extra-virgin olive oil, divided
- ½ cup chopped red onion
- 1 clove garlic, minced
- 2½ cups cooked pinto beans, well drained
- 1 teaspoon smoked paprika
- ½ teaspoon ground toasted cumin seeds (*see Tip*)
- 3 tablespoons chopped fresh cilantro
- 3 tablespoons cornmeal, plus ⅓ cup for coating burgers
- ½ teaspoon salt
- Freshly ground pepper to taste
- 6 whole-wheat hamburger buns, toasted
- 6 lettuce leaves
- 6 tomato slices
- Guacamole**
  - 1 ripe avocado
  - 2 tablespoons finely chopped fresh cilantro
  - 1 tablespoon lemon juice
  - 2 teaspoons finely chopped red onion
  - 1 clove garlic, minced
  - ⅓ teaspoon cayenne pepper, or more to taste
  - ⅓ teaspoon salt

1. Bring water to a boil in a small saucepan. Add quinoa and return to a boil. Reduce to a low simmer, cover and cook until the water has been absorbed, about 10 minutes. Uncover and let stand.
2. Heat 1 tablespoon oil in a medium skillet over medium heat. Add ½ cup onion and

garlic and cook, stirring occasionally, until soft and fragrant, about 3 minutes. Add beans, paprika and ground cumin and mash the beans to a smooth paste with a potato masher or fork. Transfer the mixture to a bowl and let cool slightly. Add the quinoa, 3 tablespoons cilantro, 3 tablespoons cornmeal, ½ teaspoon salt and pepper; stir to combine.

3. Form the bean mash into 6 patties. Coat them evenly with the remaining ⅓ cup cornmeal and transfer to a baking sheet. Refrigerate for 20 minutes.

4. **To prepare guacamole:** Mash avocado with a potato masher or fork. Stir in 2 tablespoons cilantro, lemon juice, 2 teaspoons onion, garlic, cayenne and ⅓ teaspoon salt.

5. Preheat oven to 200°F.

6. Heat 1 tablespoon oil in a large cast-iron (or similar heavy) skillet over medium-high heat. Reduce heat to medium and cook 3 burgers until heated through and brown and crisp on both sides, 2 to 4 minutes per side. Transfer to the oven to keep warm. Cook the remaining 3 burgers with the remaining 1 tablespoon oil, reducing the heat as necessary to prevent overbrowning. Serve the burgers on buns with lettuce, tomato and the guacamole.

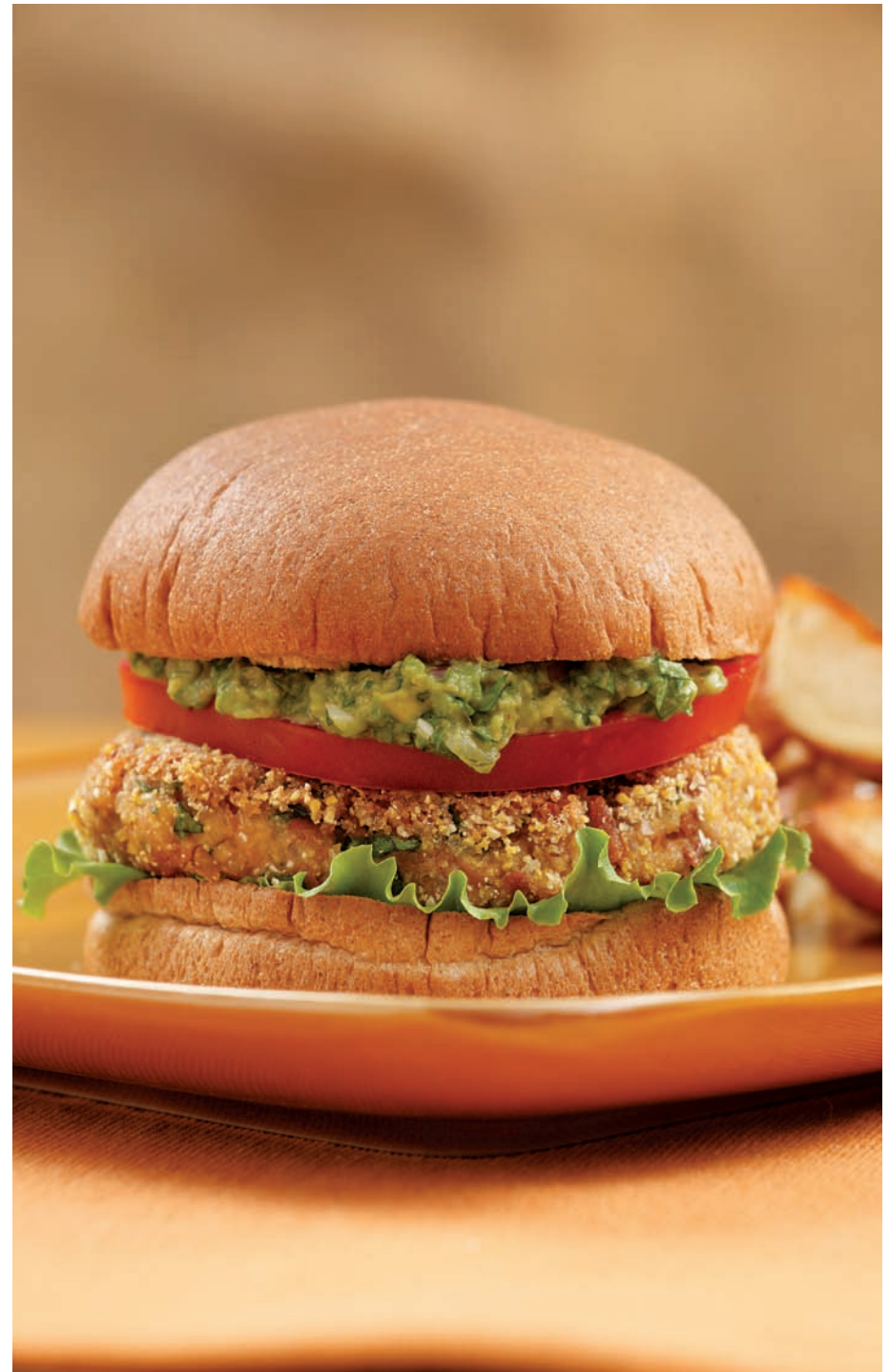
**Per serving:** 416 calories; 15 g fat (2 g sat, 9 g mono); 0 mg cholesterol; 60 g carbohydrate; 4 g added sugars; 14 g protein; 15 g fiber; 476 mg sodium; 778 mg potassium.

**Nutrition bonus:** Folate (50% daily value), Magnesium (27% dv), Potassium (23% dv), Vitamin A (20% dv), Vitamin C (18% dv), Zinc (15% dv).

**Carbohydrate servings:** 3

**Exchanges:** 3½ starch, 1 lean meat, 2½ fat

**Tip:** Toast cumin seeds in a small skillet over medium heat, stirring occasionally, until very fragrant, 2 to 5 minutes. Let cool. Grind into a powder in a spice mill or blender.





# 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.

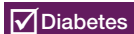
We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!

## 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.)