

EatingWell Favorite Healthier Mexican Recipes

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Black Bean & Chipotle Tostadas with Crème Fraîche

Makes: 4 servings

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

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If you love breakfast burritos or huevos rancheros, you'll love this tostada with seasoned black beans on crispy tortillas with scrambled eggs on top. Pass salsa or hot sauce to go with it.

8 5- to 6-inch corn tortillas

Canola oil cooking spray

2 tablespoons extra-virgin olive oil

¼ cup sliced garlic

2 cups cooked or canned, rinsed black beans (see *Tip*)

½ cup water

½ teaspoon salt, divided

¼ teaspoon ground chipotle pepper, plus more for garnish

6 large eggs

2 large egg whites

¼ cup low-fat milk

¼ cup finely chopped white onion

¼ cup chopped fresh cilantro

3 tablespoons crème fraîche or sour cream

1. Position racks in upper and lower thirds of oven; preheat to 375°F.

2. Coat tortillas on both sides with cooking spray. Place on 2 baking sheets. Bake, turning once, until light brown, 12 to 14 minutes.

3. Meanwhile, heat oil in a large saucepan over medium heat. Add garlic and cook, stirring, until just beginning to brown, about 1 minute. Add beans, water and ¼ teaspoon each salt and chipotle. Mash the mixture with a potato masher or large fork to the consistency of a chunky puree. Cover to keep warm and set aside.

4. Beat eggs, egg whites and milk in a large bowl. Coat a large nonstick skillet with cooking spray and heat over medium heat. Add the egg mixture and the remaining ¼ teaspoon salt and cook, folding and stirring frequently with a heatproof rubber spatula, until almost set, 2 to 3 minutes.

5. To assemble tostadas, spread each tortilla with about ¼ cup bean mixture. Top each with ¼ cup scrambled eggs and sprinkle with chipotle pepper, if desired. Serve garnished with onion, cilantro and a small dollop of crème fraîche (or sour cream).

Per serving: 489 calories; 23 g fat (4 g sat, 11 g mono); 280 mg cholesterol; 48 g carbohydrate; 0 g added sugars; 23 g protein; 11 g fiber; 462 mg sodium; 607 mg potassium.

Nutrition bonus: Folate (43% daily value), Magnesium (28% dv), Iron (22% dv), Zinc (19% dv), Potassium (18% dv).

Carbohydrate Servings: 2½

Exchanges: 3 starch, 2 lean meat, 2 fat

Tip: To cook beans from scratch

1. Pick over 1 pound dry beans to remove any pebbles or broken beans and rinse well under cold water. Place in a large bowl, cover with 3 inches of cold water and soak for 4 to 24 hours.

2. Drain the beans and place in a large pot and add enough cold water to cover them by 2 inches. Bring to a boil, skimming off any debris that rises to the surface. Reduce the heat to low and simmer gently, stirring occasionally, until the beans are tender, 1 to 2 hours (cooking time will vary with the type and age of the bean). When the beans are nearly soft, stir in 1-1½ teaspoons salt, to taste.

Makes about 6 cups. Refrigerate leftover beans (in the cooking liquid) for up to 4 days or freeze for up to 3 months.





Chorizo Migas

Makes: 8 servings, about 1 cup each

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

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Migas, scrambled eggs with strips of tortillas, is a tasty breakfast or quick dinner. Poblano peppers, onion and salsa on top ensure you get some veggies in your eggs.

- 8 ounces Mexican-style chorizo (see Tip), casings removed
- 1 large onion, chopped
- 2 poblano peppers, chopped
- 1 tablespoon canola oil (optional)
- 6 5- to 6-inch corn tortillas, torn into bite-size pieces
- 1 32-ounce carton liquid egg substitute, such as Egg Beaters
- ½ teaspoon dried oregano
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- ½ cup chopped cilantro, plus more for garnish
- Fresh salsa for serving (optional)

1. Cook chorizo, onion and peppers in a large nonstick skillet over medium heat, stirring occasionally, until the chorizo is cooked and the vegetables are softened, 6 to 9 minutes. Remove to a bowl with a slotted spoon.

2. Discard all but 1 tablespoon of fat from the pan; if there is no fat in the pan, add 1 tablespoon canola oil. Add the tortillas and cook over medium heat, stirring often, until beginning to brown and lightly crisp, 4 to 6 minutes.

3. Meanwhile, whisk egg substitute, oregano, salt and pepper in a medium bowl. Once the tortillas are browned, add the egg mixture and the reserved chorizo mixture to the pan; cook, stirring occasionally, until the eggs are set, 4 to 6 minutes. Remove from the heat and stir in cilantro. Serve with salsa and more cilantro, if desired.

Per serving: 275 calories; 15 g fat (5 g sat, 6 g mono); 26 mg cholesterol; 12 g carbohydrate; 0 g added sugars; 22 g protein; 2 g fiber; 706 mg sodium; 581 mg potassium.

Nutrition bonus: Vitamin C (22% daily value), Zinc (19% dv), Iron (18% dv), Potassium (17% dv).

Carbohydrate Servings: 1

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

Tip: Mexican-style chorizo is an uncooked sausage, usually made from pork and seasoned with garlic, paprika and chiles. Look for it near other sausage in well-stocked supermarkets or Mexican grocers. Some chorizos are fattier than others. For this recipe, choose leaner-looking sausage if you can.

Carne Asada Tacos

Makes: 8 servings, 2 tacos each

Active time: 30 minutes

Total: 30 minutes (plus marinating time)

To make ahead: Marinate the steak (Step 1) for up to 1 day. Prepare the salsa (Step 2) up to 2 hours ahead.

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These flank-steak soft tacos are so tasty and easy, they should be in everyone's repertoire. Plus they're made with fresh corn tortillas (not fried) and topped with a quick home-made salsa made with avocado, tomato, onion and a bright squeeze of lime.

- ½ cup white vinegar
- 2 tablespoons chili powder
- 2 tablespoons extra-virgin olive oil
- 2¾ teaspoons salt, divided
- 1 teaspoon garlic powder
- 2 pounds flank or skirt steak, trimmed and cut into 3 equal portions
- 1 pound tomatoes, chopped
- 2-4 fresh jalapeño peppers or serrano chiles, seeded and finely diced
- ½ cup chopped onion
- ½ cup chopped fresh cilantro
- 1 ripe but slightly firm avocado, diced
- Juice of 1 lime
- 16 5- to 6-inch corn or whole-wheat flour tortillas, warmed
- ⅓ cup crumbled Cotija cheese (see Tip) or other shredded cheese

1. Whisk vinegar, chili powder, oil, 2 teaspoons salt and garlic powder in a 9-by-13-inch baking dish. Add steak and turn to coat. Cover and marinate in the refrigerator for at least 1 hour and up to 24 hours.

2. Make salsa about 20 minutes (and up to 2 hours) before cooking the meat: Gently combine tomatoes, jalapeños (or chiles) to taste, onion, cilantro, avocado, lime juice and the remaining ¾ teaspoon salt in a medium bowl.

3. Position rack in upper third of oven; pre-heat broiler.



4. Place the steak on a rimmed baking sheet (discard the marinade). Broil 3 to 4 minutes per side for medium. Transfer to a clean cutting board and let rest for 5 minutes. Thinly slice against the grain. Serve the steak wrapped in warm tortillas and topped with the salsa and cheese.

Per serving: 350 calories; 14 g fat (4 g sat, 6 g mono); 76 mg cholesterol; 28 g carbohydrate; 0 g added sugars; 29 g protein; 6 g fiber; 437 mg sodium; 773 mg potassium.

Nutrition bonus: Zinc (38% daily value), Vitamin C (27% dv), Potassium (22% dv), Magnesium (20% dv), Iron & Vitamin A (16% dv).

Carbohydrate Servings: 1½

Exchanges: 1½ starch 1 vegetable, 4 lean meat, 1 fat

Tip: Cotija cheese, also called *queso añejo* or *queso añejado*, is an aged Mexican cheese similar to Parmesan. Find it near other specialty cheeses or in Mexican grocery stores.



Beef & Bean Enchiladas

Makes: 8 servings, 2 enchiladas each

Active time: 40 minutes

Total: 1 hour

To make ahead: Cover and refrigerate the sauce for up to 5 days.

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These beef enchiladas, topped with a zesty green and red homemade sauce, are perfect for a party or a potluck. To cut calories and saturated fat we fill them with 90%-lean beef bulked up with chopped portobello mushrooms and beans. Although white-flour tortillas are traditional in San Antonio, we go for whole-wheat or corn tortillas to add a little fiber.

Enchilada Sauce

- 1 pound tomatillos (*see Tip*), husks removed, quartered
- 1 large onion, coarsely chopped
- 2 cloves garlic, quartered
- 1 jalapeño, seeded, if desired, and quartered
- 1 10-ounce can Rotel diced tomatoes or one 14-ounce can Mexican-style diced tomatoes
- 1 cup reduced-sodium chicken broth

Filling

- 1 tablespoon canola oil
- 12 ounces lean (90% or leaner) ground beef
- 3 large portobello mushrooms, gills removed, diced
- 1 teaspoon ground cumin
- ¼ teaspoon salt
- 1 16-ounce can fat-free refried beans, preferably spicy
- 16 5- to 6-inch whole-wheat flour tortillas or corn tortillas
- 2 cups shredded Monterey Jack cheese

1. To prepare sauce: Place tomatillos, onion, garlic and jalapeño in a food processor; pulse until coarsely pureed. Transfer to a large saucepan. Add tomatoes and broth to the pan and bring to a simmer over medium-high heat. Reduce heat to maintain a simmer and cook, stirring occasionally, for 15 minutes. Set aside.

2. Preheat oven to 400°F.

3. To prepare filling: Meanwhile, heat oil in a large nonstick skillet over medium heat. Add ground beef, mushrooms, cumin and salt; cook, stirring and breaking up the beef with a spoon, until the beef is no longer pink and most of the liquid from the mushrooms is gone, about 5 minutes. Add beans and stir to combine. Remove from the heat.

4. Spread ½ cup of the sauce in a 9-by-13-inch baking dish. Dip a tortilla in the remaining sauce to moisten it and place on a clean cutting board. Spread about ¼ cup of the filling down the middle of the tortilla and roll it up into a cigar shape. Place seam-side down in the prepared baking dish. Repeat with the remaining tortillas and filling, placing the enchiladas snugly next to each other to make a single layer. Top the enchiladas with the remaining sauce and sprinkle with cheese.

5. Bake until the enchiladas are hot and the cheese is beginning to brown, 15 to 20 minutes.

Per serving: 376 calories; 16 g fat (7 g sat, 5 g mono); 51 mg cholesterol; 37 g carbohydrate; 0 g added sugars; 22 g protein; 8 g fiber; 733 mg sodium; 687 mg potassium.

Nutrition bonus: Calcium (29% daily value), Zinc (28% dv), Magnesium (22% dv), Potassium (20% dv), Vitamin C (19% dv), Iron (18% dv).

Carbohydrate Servings: 2

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

Tip: Tomatillos are tart, plum-size fruits that look like small, husk-covered green tomatoes. Find them in the produce section near the tomatoes. Remove outer husks and rinse well before using.



Chiles Rellenos with Chicken

Makes: 8 servings, 2 rellenos each

Active time: 1¼ hours

Total: 1¼ hours

To make ahead: Prepare through Step 4, cover and refrigerate for up to 2 days.

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These pan-fried chiles rellenos are stuffed with a skinny chicken-and-corn filling. Serve with salsa or your favorite enchilada sauce.

- 16 medium-to-large poblano peppers or large New Mexico green chiles
- 2 cups shredded cooked chicken
- 2 cups frozen corn, thawed
- 2 cups shredded Mexican cheese blend
- 1 bunch scallions, chopped
- ½ cup nonfat or low-fat plain yogurt
- 1½ teaspoons salt, divided
- ¾ cup all-purpose flour
- 6 large egg whites
- 4 tablespoons canola oil, divided

1. Preheat broiler.
2. Place peppers (or chiles) on a large baking sheet. Broil 4 to 6 inches from the heat source, turning once or twice, until the skins blacken and blister, about 10 minutes total. Transfer to a large bowl, cover with a kitchen towel and let stand until cool enough to handle.
3. Remove the blistered skin, leaving stems intact (see *Tip*). Make a slit lengthwise in each pepper and carefully remove the seeds. Set aside.
4. Combine chicken, corn, cheese, scallions, yogurt and 1 teaspoon salt in a medium bowl. Fill each roasted pepper with about ¼ cup of the mixture. Fold the pepper over to completely enclose the filling.
5. Combine the remaining ½ teaspoon salt and flour in a shallow dish. Put egg whites in another shallow dish and beat until frothy. Dip each pepper in the flour mixture to coat on all sides, brush off any excess and then dip into the egg whites.
6. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Carefully set 4 peppers into the hot oil and cook until the cheese is melted and the peppers are golden brown, 2 to 3 minutes per side. Remove to a platter; tent with foil (or transfer to a 250°F oven) to keep warm. Repeat in 3 more batches with the remaining oil and peppers, reducing the heat as necessary to prevent overbrowning. Serve warm.

Per serving: 338 calories; 18 g fat (7 g sat, 8 g mono); 58 mg cholesterol; 23 g carbohydrate; 0 g added sugars; 23 g protein; 3 g fiber; 675 mg sodium; 607 mg potassium.

Nutrition bonus: Vitamin C (372% daily value), Vitamin A (31% dv), Calcium (27% dv), Folate & Potassium (18% dv), Magnesium (16% dv).

Carbohydrate Servings: 1½

Exchanges: 1 starch, 1 vegetable, 1½ lean meat, 1 high-fat meal, 1½ fat

Tip: Wash your hands thoroughly after removing the skin and seeds from chile peppers or wear rubber gloves.

Steak Burritos

Makes: 4 servings

Active time: 30 minutes

Total: 30 minutes

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Here's a burrito inspired by San Francisco's super burritos that come packed with meat, beans, rice, cheese, guacamole and salsa. We've kept this home-style version a bit simpler to make and a whole lot healthier with brown rice, whole-wheat tortillas and a more reasonable serving size. We recommend wrapping it in foil—the traditional way to serve it—so you can pick the burrito up and eat it without it falling apart, peeling back the foil as you go.

- ½ cup prepared fresh salsa
- ½ cup water
- ¼ cup instant brown rice
- 1 15-ounce can black beans, preferably low-sodium, rinsed
- 12 ounces strip steak, trimmed and thinly sliced crosswise
- ¼ teaspoon freshly ground pepper
- 1 tablespoon canola oil
- 4 8-inch tortillas, preferably whole-wheat
- ½ cup shredded sharp Cheddar cheese
- ¼ cup prepared guacamole
- 2 tablespoons coarsely chopped fresh cilantro

1. Combine salsa and water in a small saucepan; bring to a boil. Stir in rice, reduce heat to a simmer, cover and cook for 5 minutes. Stir in beans, return to a simmer and cook, uncovered, stirring occasionally, until the rice is tender and most of the liquid is absorbed, about 5 minutes more.



2. Meanwhile, sprinkle steak with pepper. Heat oil in a large skillet over medium-high heat. Add steak and cook, stirring occasionally, until browned and cooked through, 3 to 5 minutes.

3. To assemble, divide the steak among the tortillas and top with equal amounts of cheese, guacamole, cilantro and the rice mixture. Roll each tortilla up into a burrito.

Per serving: 471 calories; 16 g fat (6 g sat, 5 g mono); 63 mg cholesterol; 49 g carbohydrate; 0 g added sugars; 31 g protein; 7 g fiber; 600 mg sodium; 279 mg potassium.

Nutrition bonus: Zinc (29% daily value), Folate (27% dv), Calcium & Iron (23% dv), Magnesium (18% dv).

Carbohydrate Servings: 3

Exchanges: 3½ starch, 4 lean meat, 1 fat



Chicken with Quick Mole Sauce

Makes: 4 servings

Active time: 35 minutes

Total: 35 minutes

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Rich, dark and delicious, mole is a signature sauce in Mexican cooking. There are many variations, but the basic ingredients include plenty of chiles and nuts along with a touch of chocolate to tame the heat of the chiles. Traditional recipes can take several hours to prepare—this quick version takes a few shortcuts by using chili powder, nut butter and chocolate chips. Serve with rice and a medley of sautéed zucchini, pepper and onion.

- 1¼ pounds boneless, skinless chicken thighs, trimmed**
- ¼ teaspoon salt, divided**
- ¼ teaspoon freshly ground pepper**
- 2 tablespoons canola oil, divided**
- 3 cloves garlic, minced**
- 1 tablespoon chili powder**
- ½ teaspoon ground cumin**

- ½ teaspoon ground cinnamon**
- 1 8-ounce can tomato sauce**
- ½ cup reduced-sodium chicken broth**
- ¼ cup mini semisweet chocolate chips**
- 1 tablespoon almond butter or natural peanut butter**
- 1 tablespoon toasted sesame seeds (see Tip)**

- 1.** Season chicken with ¼ teaspoon salt and pepper. Heat 1 tablespoon oil in a large non-stick skillet over medium-high heat. Add the chicken and cook, turning once, until browned on both sides, about 4 minutes total. Transfer to a plate.
- 2.** Reduce heat to medium. Add the remaining 1 tablespoon oil, garlic, chile powder, cumin, cinnamon and the remaining ½ teaspoon salt to the pan. Cook, stirring, until fragrant, about 30 seconds. Add tomato sauce, broth, chocolate chips and almond (or peanut) butter; stir to combine. Bring to a simmer. Reduce heat to medium-low, return the chicken (and any accumulated juice) to the pan and turn to coat with the sauce. Simmer until the chicken is cooked through, about 5 minutes more. Serve sprinkled with sesame seeds.

Per serving: 382 calories; 24 g fat (6 g sat, 11 g mono); 94 mg cholesterol; 14 g carbohydrate; 6 g added sugars; 30 g protein; 3 g fiber; 634 mg sodium; 536 mg potassium.

Nutrition bonus: Zinc (23% daily value), Iron (19% dv), Vitamin A (18% dv), Magnesium (17% dv), Potassium (15% dv).

Carbohydrate Servings: 1

Exchanges: 1 carbohydrate (other), 4 lean meat, 3 fat

Tip: Look for toasted sesame seeds at the supermarket near other Asian ingredients. Or toast regular sesame seeds in a small dry skillet over low heat, stirring constantly, until golden and fragrant, about 2 minutes.

Arroz con Pollo

Makes: 4 servings, 2 pieces & ¾ cup rice each

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

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Arroz con pollo, or chicken cooked with rice, is a common dish in Spain, Latin America and the Caribbean. We use quick-cooking brown rice here to help you get this on the table in just 40 minutes. Serve with a mixed green salad tossed with cilantro-lime vinaigrette.

- 2½ pounds bone-in chicken thighs and/or drumsticks (about 8 pieces), skin removed, trimmed**
- ½ teaspoon salt, divided**
- 2 tablespoons canola oil**
- 1 large onion, chopped**
- 4 cloves garlic, minced**
- ½ cup tomato sauce**
- 1¼ cups reduced-sodium chicken broth**
- 1 cup instant brown rice**
- 1 cup frozen mixed vegetables, thawed**

- 1.** Sprinkle chicken with ¼ teaspoon salt. Heat oil in a Dutch oven over medium-high heat. Reduce heat to medium and add half the chicken pieces, skinned-side down. Cook until browned on one side, 4 to 8 minutes. Transfer to a plate. Repeat with the remaining chicken; transfer to the plate.
- 2.** Add onion, garlic and tomato sauce to the pot and cook, stirring, for 1 minute. Add broth and the remaining ¼ teaspoon salt; bring to a boil. Stir in rice, return the chicken to the pot, cover and simmer until an instant-read thermometer inserted into the thickest part of the chicken registers 165°F, 8 minutes. Stir in vegetables, cover and cook until heated through, about 2 minutes. Serve the chicken over the rice.



Per serving: 378 calories; 16 g fat (3 g sat, 7 g mono); 87 mg cholesterol; 27 g carbohydrate; 0 g added sugars; 31 g protein; 3 g fiber; 735 mg sodium; 506 mg potassium.

Nutrition bonus: Vitamin A (70% daily value), Zinc (24% dv), Magnesium & Vitamin C (17% dv).

Carbohydrate Servings: 2

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

Vegetarian Taco Salad

Makes: 6 servings, about 1½ cups each

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

To make ahead: Prepare through Step 1, cover and refrigerate for up to 3 days; reheat slightly before serving.

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Nobody will miss the meat in this colorful, zesty vegetarian taco salad. The rice and bean mixture can be made ahead and the salad quickly assembled at mealtime. (Recipe by Nancy Baggett for EatingWell.)

- 2 tablespoons extra-virgin olive oil
 - 1 large onion, chopped
 - 1½ cups fresh corn kernels (see Tips) or frozen, thawed
 - 4 large tomatoes
 - 1½ cups cooked long-grain brown rice (see Tips)
 - 1 15-ounce can black, kidney or pinto beans, rinsed
 - 1 tablespoon chili powder
 - 1½ teaspoons dried oregano, divided
 - ¼ teaspoon salt
 - ½ cup chopped fresh cilantro
 - ⅓ cup prepared salsa
 - 2 cups shredded iceberg or romaine lettuce
 - 1 cup shredded pepper Jack cheese
 - 2½ cups coarsely crumbled tortilla chips
- Lime wedges for garnish

1. Heat oil in a large nonstick skillet over medium heat. Add onion and corn; cook, stirring, until the onion begins to brown, about 5 minutes. Coarsely chop 1 tomato. Add it to the pan along with rice, beans, chili powder, 1 teaspoon oregano and ¼ teaspoon salt. Cook, stirring frequently, until the tomato cooks down, about 5 minutes. Let cool slightly. 2. Coarsely chop the remaining 3 tomatoes. Combine with cilantro, salsa and the remaining ½ teaspoon oregano in a medium bowl.

3. Toss lettuce in a large bowl with the bean mixture, half the fresh salsa and ⅔ cup cheese. Serve sprinkled with tortilla chips and the remaining cheese, passing lime wedges and the remaining fresh salsa at the table.

Per serving: 395 calories; 17 g fat (5 g sat, 5 g mono); 20 mg cholesterol; 52 g carbohydrate; 0 g added sugars; 14 g protein; 9 g fiber; 459 mg sodium; 774 mg potassium.

Nutrition bonus: Vitamin A & Vitamin C (38% daily value), Calcium & Folate (23% dv), Potassium (22% dv), Magnesium (21% dv), Calcium (23% dv), Iron (15% dv).

Carbohydrate Servings: 3

Exchanges: 3½ starch, 1 vegetable, 1 lean meat, 2 fat

Tips:

To remove corn kernels from the cob, stand an ear of corn on its stem end and slice the kernels off with a sharp knife.

To cook rice, bring 1 cup water and ½ cup long-grain brown rice to a boil in a small saucepan. Reduce heat to low, cover, and simmer at the lowest bubble until the water is absorbed and the rice is tender, about 40 minutes. Remove from the heat and let stand, covered, for 10 minutes. Makes 1½ cups.





Shrimp Ceviche

Makes: 8 servings, about ½ cup each

Active time: 50 minutes

Total: 2 hours 20 minutes

To make ahead: Prepare through Step 2 and refrigerate for up to 4 hours.

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Traditional ceviche consists of raw seafood tossed with an acidic marinade (think: citrus juice or vinegar) that “cooks” the fish. We cook the shrimp before marinating it. This recipe originally appeared on Emeril Green, Emeril Lagasse’s cooking show on Planet Green. Lagasse has his own brand of frozen wild American shrimp, which meet strict U.S. environmental standards. The shrimp taste sweet and “they just smell like the sea,” according to Emeril. Serve this with tostones (fried plantain chips) or tortilla chips. (Recipe courtesy of Emeril Lagasse, Martha Stewart Living Omnimedia, Inc.)

Poaching liquid

- 2 quarts water
- ¼ cup kosher salt

Ceviche

- 1 pound raw shrimp (21-25 per pound), peeled and deveined
- Juice of 2 lemons
- Juice of 2 limes
- Juice of 2 oranges
- 1 cup diced seeded peeled cucumber (¼-inch dice)
- ½ cup finely chopped red onion
- 2 serrano chiles, seeded and finely chopped
- 1 cup diced seeded tomato
- 1 avocado, chopped into ½-inch pieces
- 1 tablespoon roughly chopped cilantro leaves, plus more leaves for garnish
- ¼ cup extra-virgin olive oil
- ¼ teaspoon kosher salt

1. Combine water and ¼ cup salt in a large saucepan; bring to a boil over high heat. Add shrimp and immediately turn off the heat. Let the shrimp sit until just cooked through, about 3 minutes. Transfer to a cutting board until cool enough to handle, about 10 minutes.
2. Chop the shrimp into ½-inch pieces and place in a medium nonreactive bowl (see Tip). Add lemon, lime and orange juice. Stir in cucumber, onion and chiles. Refrigerate for 1 hour.
3. Stir tomato, avocado, chopped cilantro, oil and ¼ teaspoon salt into the shrimp mixture. Let stand at room temperature for 30 minutes before serving. Garnish with cilantro leaves, if desired.

Per serving: 189 calories; 12 g fat (2 g sat, 8 g mono); 86 mg cholesterol; 9 g carbohydrate; 0 g added sugars; 13 g protein; 2 g fiber; 229 mg sodium; 394 mg potassium.

Nutrition bonus: Vitamin C (48% daily value).

Carbohydrate Servings: ½

Exchanges: ½ fruit, 1½ lean meat, 2 fat

Tip: A nonreactive bowl or pan—stainless-steel, enamel-coated or glass—is necessary when cooking with acidic foods, such as lemon, to prevent the food from reacting with the pan.

Mini Chile Relleno Casseroles

Makes: 4 servings, two 6-ounce or one 10-ounce casserole each

Active time: 10 minutes

Total: 35-45 minutes

Equipment: Eight 6-ounce or four 10-ounce heatproof ramekins

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Everyone gets an individual portion with this vegetarian, Tex-Mex mini casserole. A normal-size casserole like this would take close to an hour to bake—these are ready in half the time. Heatproof ramekins are a cook’s best friend—we use them all the time to hold ingredients while cooking. You can buy them at most grocery stores.

- 2 4-ounce cans diced green chiles, drained and patted dry
- ¾ cup frozen corn, thawed and patted dry
- 4 scallions, thinly sliced
- 1 cup shredded reduced-fat Cheddar cheese
- 1½ cups nonfat milk
- 6 large egg whites
- 4 large eggs
- ¼ teaspoon salt

1. Preheat oven to 400°F. Coat eight 6-ounce or four 10-ounce heatproof ramekins with cooking spray and place on a baking sheet.
2. Equally divide green chiles, corn and scallions among the ramekins. Top each with cheese. Whisk milk, egg whites, eggs and salt in a medium bowl until combined. Divide the egg mixture evenly among the ramekins.
3. Bake the mini casseroles until the tops begin to brown and the eggs are set, about 25 minutes for 6-ounce ramekins and about 35 minutes for 10-ounce ramekins.



Per serving: 215 calories; 7 g fat (3 g sat, 3 g mono); 219 mg cholesterol; 14 g carbohydrate; 0 g added sugars; 23 g protein; 3 g fiber; 726 mg sodium; 421 mg potassium.

Nutrition bonus: Calcium (35% daily value), Vitamin C (25% dv).

Carbohydrate Servings: 1

Exchanges: ½ starch, ½ nonfat milk, 2½ lean meat

Grilled Fish Tacos

Makes: 6 servings, 2 tacos each

Active time: 30 minutes

Total: 50 minutes **To make ahead:** Prepare coleslaw (Step 2) up to 4 hours ahead.

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Instead of deep-frying the fish for these fish tacos, we coat the fish with a flavor-packed chile rub and grill it instead. Make sure the fillets are no more than ½ to ¾ inch thick so they cook quickly. Sometimes flipping fish on the grill can be tricky since the fish can stick to the grill or fall apart. The solution is to invest in a grill basket that easily holds 4 to 6 fish fillets and secures the fish in the basket for easy flipping. If you don't have a grilling basket, make sure the grill is hot and well oiled before adding the fish.

Adobo-Rubbed Fish

- 4 teaspoons chili powder, preferably made with New Mexico or ancho chiles (*see Tips*)
- 2 tablespoons lime juice
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon ground cumin
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- 2 pounds mahi-mahi or Pacific halibut (*see Tips*), ½-¾ inch thick, skinned and cut into 4 portions

Coleslaw

- ¼ cup reduced-fat sour cream
- ¼ cup low-fat mayonnaise
- 2 tablespoons chopped fresh cilantro
- 1 teaspoon lime zest
- 2 tablespoons lime juice
- 1 teaspoon sugar
- ⅛ teaspoon salt
- Freshly ground pepper to taste
- 3 cups finely shredded red or green cabbage
- 12 corn tortillas, warmed (*see Tips*)

1. To prepare fish: Combine chili powder, lime juice, oil, cumin, onion powder, garlic powder, salt and pepper in a small bowl. Rub adobo rub all over fish. Let stand 20 to 30 minutes for the fish to absorb the flavor.

2. To prepare coleslaw: Combine sour cream, mayonnaise, cilantro, lime zest, lime juice, sugar, salt and pepper in a medium bowl; mix until smooth and creamy. Add cabbage and toss to combine. Refrigerate until ready to use.

3. Preheat grill to medium-high.

4. Oil the grill rack (*see Tip*) or use a grilling basket. Grill the fish until it is cooked through and easily flakes with a fork, 3 to 5 minutes per side. Transfer the fish to a platter and separate into large chunks.

5. Serve the tacos family-style by passing the fish, tortillas, coleslaw and taco garnishes separately.

Per serving: 319 calories; 9 g fat (2 g sat, 5 g mono); 110 mg cholesterol; 29 g carbohydrate; 1 g added sugars; 31 g protein; 5 g fiber; 702 mg sodium; 824 mg potassium.

Nutrition bonus: Vitamin C (30% daily value), Potassium (24% dv), Magnesium (22% dv), Vitamin A (17% dv), Iron (16% dv).

Carbohydrate Servings: 1½

Exchanges: 2 starch, 4 lean meat, 1½ fat

Tips:

Mildly spicy dried chiles, such as ancho or New Mexico, add moderate heat and rich flavor to Mexican sauces like mole. Chili powder made from these chiles has more flavor than American-style blends. Look for whole dried chiles in the produce section of large supermarkets and New Mexico or ancho chili powder in the specialty-spice section of large supermarkets or online.

Mahi-mahi (also called dorado) from the U.S. Atlantic and halibut from the Pacific are both sustainably fished and considered best choices for the environment. For more information, go to seafoodwatch.org.



2 ways to warm corn tortillas:

- 1. Microwave:** Wrap stacks of up to 12 tortillas in barely damp paper towels; microwave on High for 30 to 45 seconds. Wrap tortillas in a clean towel to keep warm.
- 2. Oven:** Wrap stacks of 6 tortillas in foil; place in a 375°F oven for 10 to 15 minutes.

Wrap tortillas in a clean towel to keep warm.

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



Classic Margarita

Makes: 4 servings, about $\frac{2}{3}$ cup each

Active time: 10 minutes

Total: 10 minutes

☐ Heart Health ☐ Diabetes ☐ Weight Loss ☒ Gluten Free

This skinny margarita recipe saves 150 calories compared to traditional margarita recipes made with syrupy-sweet margarita mix and gets back to the basics—fresh lime juice, tequila and Triple Sec are all you need. Adding lime zest to the salt rim gives great flavor and cuts the salt in half.

- 1 tablespoon finely grated lime zest
- 1 tablespoon kosher salt
- $\frac{1}{2}$ cup fresh lime juice, plus 1 lime wedge
- 1 cup seltzer or club soda
- $\frac{3}{4}$ cup (6 ounces) tequila
- 6 tablespoons (3 ounces) Triple Sec or Cointreau
- Ice

Combine lime zest and salt on a small plate. Combine lime juice, seltzer (or club soda), tequila and Triple Sec (or Cointreau) in a pitcher. Rub the rim of four 10-ounce glasses with the lime wedge and dip in the lime-salt. Fill the glasses with ice and top with the margarita mixture.

Per serving: 181 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 12 g carbohydrate; 9 g added sugars; 0 g protein; 0 g fiber; 101 mg sodium; 40 mg potassium.

Nutrition bonus: Vitamin C (15% daily value).

Carbohydrate Servings: 1

Exchanges: 1 carbohydrate (other), 1 oz alcohol

Roasted Garlic Guacamole with Help-Yourself Garnishes

Makes: 30 minutes

Total: 30 minutes

To make ahead: Cover and refrigerate the guacamole (Step 1) up to 1 day.

☐ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

Rick Bayless's new book is all about how to throw a great fiesta, or party, and a key part of any great fiesta is the food. "I like to welcome guests with this guacamole bar," he says. "I start off with a basic guacamole made with roasted garlic and set out bowls of toppings so everyone can customize each bite." (Recipe from *Fiesta at Rick's* by Rick Bayless; W.W. Norton and Company, July 2010.)

Guacamole

- 6 large cloves garlic, unpeeled
- 6 ripe medium avocados
- $\frac{1}{2}$ cup coarsely chopped fresh cilantro, loosely packed
- 2 tablespoons fresh lime juice, plus more if desired
- 1 teaspoon salt

Garnishes

- $\frac{3}{4}$ cup Mexican queso fresco, queso añejo, salted pressed farmer's cheese, firm goat cheese, mild feta or Romano, finely crumbled or grated
- $\frac{3}{4}$ cup toasted pumpkin seeds (see Tip)
- $\frac{3}{4}$ cup sliced pickled jalapeños
- $\frac{1}{2}$ cup crumbled crisp-fried bacon or $\frac{3}{4}$ cup coarsely crumbled chicharrón (Mexican crisp-fried pork rind)
- 1 16-ounce bag large, sturdy tortilla chips

1. To prepare guacamole: Place unpeeled garlic in a small dry skillet over medium heat; cook, turning occasionally, until soft and blackened in spots, 10 to 15 minutes. Cool,



then slip off the skins; finely chop. Scoop avocado flesh into a large bowl. Add the garlic, cilantro and lime juice to taste. Coarsely mash everything together. Season with salt. Transfer to a serving bowl and place plastic wrap directly on the surface of the guacamole. Refrigerate until ready to serve.

2. To set up the guacamole bar: Scoop garnishes into small serving bowls and put the chips in a large basket or bowl. Encourage guests to spoon a little guacamole on a chip and top with garnishes that appeal.

Per $\frac{1}{4}$ -cup serving: 310 calories; 21 g fat (4 g sat, 10 g mono); 7 mg cholesterol; 28 g carbohydrate; 0 g added sugars; 7 g protein; 6 g fiber; 451 mg sodium; 505 mg potassium.

Nutrition bonus: Folate (16% daily value).

Carbohydrate Servings: $1\frac{1}{2}$

Exchanges: 1 starch, 4 fat

Tip: To toast pumpkin seeds, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

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- 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.)