



# EatingWell Favorite Quick Dinner Recipes

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## Half-Hour Chili

**Makes:** 6 servings, about 1½ cups each

**Active time:** 15 minutes **Total:** 30 minutes

Heart Health  Diabetes  Weight Loss  Gluten Free

This truly tasty half-hour vegetarian chili is made possible by using convenient canned beans and tomatoes (no pantry should be without them). Whole-grain bulgur adds another layer of toothsome texture and nutritional heft. This chili is relatively mild, so it's a good crowd-pleaser. If you like it spicy, add extra chili powder or serve with hot sauce.

- 1 tablespoon canola oil
- 3 medium onions, chopped
- 1 carrot, chopped
- 1 tablespoon finely chopped jalapeño pepper
- 2 cloves garlic, finely chopped
- 1-2 tablespoons chili powder
- 1 teaspoon ground cumin

- 1 28-ounce can plus one 14-ounce can whole tomatoes, chopped, with juices
- 1 teaspoon brown sugar
- ¼ teaspoon salt
- 2 15-ounce cans red kidney beans, rinsed
- ⅓ cup bulgur (see Tip)
- ½ cup nonfat plain yogurt for garnish
- ⅓ cup chopped scallions for garnish
- ¼ cup chopped fresh cilantro for garnish

1. Heat oil in a Dutch oven over medium heat. Add onions, carrot, jalapeño, garlic, chili powder to taste and cumin. Cook, stirring often, until the onions and carrot are soft, 5 to 7 minutes.

2. Add tomatoes with their juices, brown sugar and salt; cook for 5 minutes over high heat. Reduce heat to low; stir in beans and bulgur. Simmer until the chili is thickened, about 15 minutes.

3. Garnish with yogurt, scallions and cilantro, if desired.

**Per serving:** 217 calories; 3 g fat (0 g sat, 2 g mono); 0 mg cholesterol; 40 g carbohydrate; 1 g added sugars; 10 g protein; 13 g fiber; 697 mg sodium; 854 mg potassium.

**Nutrition bonus:** Vitamin A (48% daily value), Vitamin C (44% dv), Potassium (25% dv), Folate & Iron (24% dv), Magnesium (20% dv).

**Carbohydrate Servings:** 2

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

**Tip:** Bulgur is made by parboiling, drying and coarsely grinding or cracking wheat berries. Don't confuse bulgur with cracked wheat, which is simply that—cracked wheat. Since the parboiling step is skipped, cracked wheat must be cooked for up to an hour whereas bulgur simply needs a quick soak in hot water for most uses. Look for it in the natural-foods section of large supermarkets, near other grains.

## Inside-Out Lasagna

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

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

Heart Health  Diabetes  Weight Loss  Gluten Free

Here we take basic lasagna ingredients—ricotta cheese, pasta and tomatoes—and skip the layering and long baking time to make a super-quick and satisfying meal for the whole family. To cut down on prep time, look for presliced mushrooms. For meat lovers, brown some crumbled turkey sausage along with the onions and garlic.

- 8 ounces whole-wheat rotini or fusilli
- 1 tablespoon extra-virgin olive oil
- 1 small onion, chopped
- 3 cloves garlic, sliced
- 8 ounces sliced white mushrooms (about 3½ cups)
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 14-ounce can diced tomatoes with Italian herbs
- 8 cups baby spinach
- ½ teaspoon crushed red pepper (optional)
- ¾ cup part-skim ricotta cheese

1. Bring a large pot of water to a boil. Add pasta; cook until just tender, 8 to 10 minutes or according to package directions. Drain and transfer to a large bowl.

2. Meanwhile, heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring, until soft and beginning to brown, about 3 minutes. Add mushrooms, salt and pepper and cook, stirring, until the mushrooms release their liquid, 4 to 6 minutes.

3. Add tomatoes, spinach and crushed red pepper (if using). Increase heat to medium-high; cook, stirring once halfway through, until the spinach is wilted, about 4 minutes.

4. Toss the sauce with the pasta and divide among 4 bowls. Dollop each serving with 3 tablespoons of ricotta.

**Per serving:** 364 calories; 9 g fat (3 g sat, 4 g mono); 14 mg cholesterol; 55 g carbohydrate; 0 g added sugars; 16 g protein; 7 g fiber; 588 mg sodium; 788 mg potassium.

**Nutrition bonus:** Vitamin A (95% daily value), Vitamin C (51% dv), Folate (25% dv), Potassium (23% dv), Calcium (22% dv), Iron (21% dv).

**Carbohydrate Servings:** 3

**Exchanges:** 3 starch, 2 vegetables, 1 lean meat, 1 fat





## Chicken Breasts with Mushroom Cream Sauce

**Makes:** 2 servings

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

Heart Health  Diabetes  Weight Loss  Gluten Free

The secret to a good cream sauce is always the same: not too much cream or it can be overpowering, masking the more delicate flavors. Here it contains a bountiful amount of mushrooms and is served over chicken breasts.

**2 5-ounce boneless, skinless chicken breasts, trimmed and tenders removed (see Tip)**

**½ teaspoon freshly ground pepper**

**¼ teaspoon salt**

**1 tablespoon canola oil**

**1 medium shallot, minced**

**1 cup thinly sliced shiitake mushroom caps**

**2 tablespoons dry vermouth or dry white wine**

**¼ cup reduced-sodium chicken broth**

**2 tablespoons heavy cream**

**2 tablespoons minced fresh chives or scallion greens**

1. Season chicken with pepper and salt on both sides.

2. Heat oil in a medium skillet over medium heat. Add the chicken and cook, turning once or twice and adjusting the heat to prevent burning, until brown and an instant-read thermometer inserted into the thickest part registers 165°F, 12 to 16 minutes. Transfer to a plate and tent with foil to keep warm.

3. Add shallot to the pan and cook, stirring, until fragrant, about 30 seconds. Add mushrooms; cook, stirring occasionally, until tender, about 2 minutes. Pour in vermouth (or wine); simmer until almost evaporated, scraping up any browned bits, about 1 minute. Pour in broth and cook until reduced by half, 1 to 2 minutes. Stir in cream and chives (or scallions); return to a simmer. Return the chicken to the pan, turn to coat with sauce and cook until heated through, about 1 minute.

**Per serving:** 274 calories; 15 g fat (5 g sat, 7 g mono); 83 mg cholesterol; 5 g carbohydrate; 0 g added sugars; 25 g protein; 1 g fiber; 425 mg sodium; 403 mg potassium.

**Carbohydrate Servings:** 0

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

**Tip:** It's difficult to find an individual chicken breast small enough for one portion. Removing the thin strip of meat from the underside of a 5-ounce breast—the "tender"—removes about 1 ounce of meat and yields a perfect 4-ounce portion. Wrap and freeze the tenders and when you have gathered enough, use them in a stir-fry or for oven-baked chicken fingers.

## Chicken & Sun-Dried Tomato Orzo

**Makes:** 4 servings

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

Heart Health  Diabetes  Weight Loss  Gluten Free

Sun-dried tomatoes and Romano cheese pack a flavorful punch along with the tantalizing aroma of fresh marjoram in this rustic Italian-inspired dish. Serve with sautéed fresh spinach or steamed broccolini.

**8 ounces orzo, preferably whole-wheat**

**1 cup water**

**½ cup chopped sun-dried tomatoes (not oil-packed), divided**

**1 plum tomato, diced**

**1 clove garlic, peeled**

**3 teaspoons chopped fresh marjoram, divided**

**1 tablespoon red-wine vinegar**

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

**4 boneless, skinless chicken breasts, trimmed (1-1¼ pounds)**

**¼ teaspoon salt**

**¼ teaspoon freshly ground pepper**

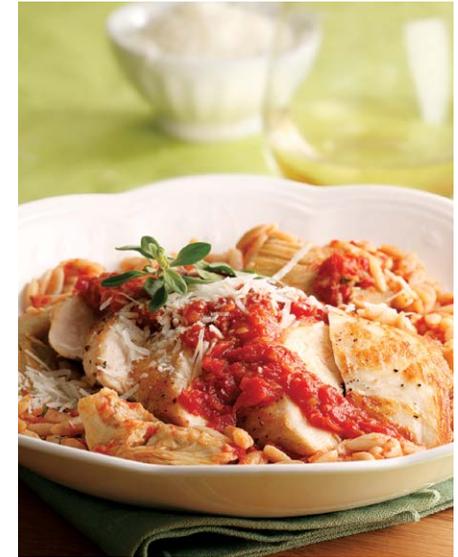
**1 9-ounce package frozen artichoke hearts, thawed**

**½ cup finely shredded Romano cheese, divided**

1. Cook orzo in a large saucepan of boiling water until just tender, 8 to 10 minutes or according to package directions. Drain and rinse.

2. Meanwhile, place 1 cup water, ¼ cup sun-dried tomatoes, plum tomato, garlic, 2 teaspoons marjoram, vinegar and 2 teaspoons oil in a blender. Blend until just a few chunks remain.

3. Season chicken with salt and pepper on both sides. Heat remaining 1 tablespoon oil in a large skillet over medium-high heat. Add the chicken and cook, adjusting the heat as necessary to prevent burning, until golden outside and no longer pink in the middle, 3 to 5 minutes per side. Transfer to a plate; tent with foil to keep warm.



4. Pour the tomato sauce into the pan and bring to a boil. Measure out ½ cup sauce to a small bowl. Add the remaining ¼ cup sun-dried tomatoes to the pan along with the orzo, artichoke hearts and 6 tablespoons cheese. Cook, stirring, until heated through, 1 to 2 minutes. Divide among 4 plates.

5. Slice the chicken. Top each portion of pasta with sliced chicken, 2 tablespoons of the reserved tomato sauce and a sprinkling of the remaining cheese and marjoram.

**Per serving:** 452 calories; 12 g fat (3 g sat, 6 g mono); 70 mg cholesterol; 53 g carbohydrate; 0 g added sugars; 36 g protein; 10 g fiber; 476 mg sodium; 785 mg potassium.

**Nutrition bonus:** Magnesium (37% daily value), Folate (35% dv), Iron (24% dv), Potassium (22% dv), Calcium, Vitamin C & Zinc (17% dv).

**Carbohydrate Servings:** 3

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



## Oven-Barbecued Pork Chops

**Makes:** 4 servings

**Active Time:** 20 minutes **Total:** 30 minutes

Heart Health  Diabetes  Weight Loss  Gluten Free

Try this swift recipe and enjoy a “barbecue” indoors. Serve with Savoy Cabbage Slaw and cornbread.

- 1½-1¾ pounds bone-in, ¾-inch-thick pork rib chops, trimmed**
- ¼ teaspoon salt**
- ¼ teaspoon freshly ground pepper**
- 3 teaspoons canola oil, divided**
- 1 medium onion, diced**
- 1 clove garlic, minced**
- ⅓ cup orange juice**
- ½ cup barbecue sauce (see Tip)**

1. Preheat oven to 400°F.
2. Sprinkle pork chops with salt and pepper. Heat 2 teaspoons oil in a large ovenproof skillet over high heat. Add the pork chops and cook until beginning to brown, 1 to 2 minutes per side. Transfer to a plate.
3. Add the remaining 1 teaspoon oil to the pan. Add onion and cook, stirring, until softened, 3 to 4 minutes. Stir in garlic and cook,

stirring, until fragrant, 30 seconds. Add orange juice and cook until most of the liquid has evaporated, 30 seconds to 1 minute. Stir in barbecue sauce. Return the pork chops to the pan, turning several times to coat with the sauce.

4. Transfer the pan to the oven and bake until the pork chops are barely pink in the middle and an instant-read thermometer registers 145°F, 6 to 10 minutes. Serve the sauce over the pork chops.

**Per serving:** 245 calories; 10 g fat (2 g sat, 5 g mono); 51 mg cholesterol; 15 g carbohydrate; 0 g added sugars; 20 g protein; 1 g fiber; 190 mg sodium; 349 mg potassium.

**Nutrition bonus:** Vitamin C (21% daily value).

**Carbohydrate Servings:** 1

**Exchanges:** ½ carbohydrate (other), 3½ lean meat

**Tip:** Check the sodium content of your favorite barbecue sauce—some can be quite high. This recipe was developed with Annie’s Natural Hot Chipotle BBQ Sauce, which has only 240 mg sodium per 2-tablespoon serving.

## Black Bean Quesadillas

**Makes:** 4 servings

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

Heart Health  Diabetes  Weight Loss  Gluten Free

In a hurry? These satisfying quesadillas take just 15 minutes to make. We like them with black beans, but pinto beans work well too. If you like a little heat, be sure to use pepper Jack cheese in the filling.

- 1 15-ounce can black beans, rinsed**
- ½ cup shredded Monterey Jack cheese, preferably pepper Jack**
- ½ cup prepared fresh salsa (see Tip), divided**
- 4 8-inch whole-wheat tortillas**
- 2 teaspoons canola oil, divided**
- 1 ripe avocado, diced**

1. Combine beans, cheese and ¼ cup salsa in a medium bowl. Place tortillas on a work surface. Spread ½ cup filling on half of each tortilla. Fold tortillas in half, pressing gently to

flatten.

2. Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add 2 quesadillas and cook, turning once, until golden on both sides, 2 to 4 minutes total. Transfer to a cutting board and tent with foil to keep warm. Repeat with the remaining 1 teaspoon oil and quesadillas. Serve the quesadillas with avocado and the remaining salsa.

**Per serving:** 375 calories; 16 g fat (4 g sat, 8 g mono); 13 mg cholesterol; 45 g carbohydrate; 0 g added sugars; 13 g protein; 10 g fiber; 599 mg sodium; 486 mg potassium.

**Nutrition bonus:** Calcium (24% daily value), Folate (23% dv), Iron (18% dv).

**Carbohydrate Serving:** 2

**Exchanges:** 2½ starch, 1½ lean meat, 2 fat

**Tip:** Look for prepared fresh salsa in the supermarket refrigerator section near other dips and spreads.



## Chili-Rubbed Steaks & Pan Salsa

**Makes:** 2 servings

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

Heart Health  Diabetes  Weight Loss  Gluten Free

Any cut of steak will work for this recipe, but we especially like the flavor and texture of rib-eye with these seasonings; look for steak that has been thinly cut. A cold ale, sweet potato fries and vinegary coleslaw can round out the meal.

**8 ounces ½-inch-thick steaks, such as rib-eye, trimmed of fat and cut into 2 portions**

**1 teaspoon chili powder**

**½ teaspoon kosher salt, divided**

**1 teaspoon extra-virgin olive oil**

**2 plum tomatoes, diced**

**2 teaspoons lime juice**

**1 tablespoon chopped fresh cilantro**

1. Sprinkle both sides of steak with chili powder and ¼ teaspoon salt. Heat oil in a medium skillet over medium-high heat. Add the steaks and cook, turning once, 1 to 2 minutes per side for medium-rare. Transfer the steaks to a plate, cover with foil and let rest while you make the salsa.

2. Add tomatoes, lime juice and the remaining ¼ teaspoon salt to the pan and cook, stirring often, until the tomatoes soften, about 3 minutes. Remove from heat, stir in cilantro and any accumulated juices from the steaks. Serve the steaks topped with the salsa.

**Per serving:** 192 calories; 8 g fat (2 g sat, 4 g mono); 81 mg cholesterol; 4 g carbohydrate; 0 g added sugars; 26 g protein; 1 g fiber; 359 mg sodium; 515 mg potassium.

**Nutrition bonus:** Zinc (32% daily value), Vitamin A (19% dv), Vitamin C (17% dv).

**Carbohydrate Serving:** 0

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



## Crab Cake Burgers

**Makes:** 6 servings

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

Heart Health  Diabetes  Weight Loss  Gluten Free

Serve on a bun with tartar sauce or with a lemon-juice-dressed salad of greens, sprouts and sliced peaches. This recipe works best with convenient pasteurized crabmeat, usually found in the refrigerated case near the fish counter. If you prefer lump crabmeat, cut it into small, uniform pieces.

**1 pound crabmeat**

**1 egg, lightly beaten**

**½ cup panko breadcrumbs (see Tip)**

**¼ cup light mayonnaise**

**2 tablespoons minced chives**

**1 tablespoon Dijon mustard**

**1 tablespoon lemon juice**

**1 teaspoon celery seed**

**1 teaspoon onion powder**

**¼ teaspoon freshly ground pepper**

**4 dashes hot sauce, such as Tabasco, or to taste**

**1 tablespoon extra-virgin olive oil**

**2 teaspoons unsalted butter**

1. Mix crab, egg, breadcrumbs, mayonnaise, chives, mustard, lemon juice, celery seed, onion powder, pepper and hot sauce in a large bowl. Form into 6 patties.

2. Heat oil and butter in a large nonstick skillet over medium heat until the butter stops foaming. Cook the patties until golden brown, about 4 minutes per side.

**Per serving:** 175 calories; 7 g fat (2 g sat, 3 g mono); 94 mg cholesterol; 7 g carbohydrate; 0 g added sugars; 19 g protein; 0 g fiber; 434 mg sodium; 338 mg potassium.

**Nutrition bonus:** Zinc (29% daily value).

**Carbohydrate Serving:** ½

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

**Tip:** Panko breadcrumbs, also known as Japanese breadcrumbs or bread flakes, are coarser in texture than other dried breadcrumbs. They produce a crispy crust and are less likely to become soggy than finely ground breadcrumbs. Look for panko in the Asian food section of large supermarkets and in specialty Asian markets.



## Fish Fillets with Tartar Sauce

**Makes:** 4 servings

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

**To make ahead:** Cover and refrigerate the sauce (Step 1) for up to 3 days.

Heart Health  Diabetes  Weight Loss  Gluten Free

This fast tartar sauce comes together in just 10 minutes and makes a great topping for simple sautéed fish fillets.

### Tartar Sauce

- ½ cup reduced-fat mayonnaise
- 1 cornichon or sour gherkin pickle, chopped
- 1 tablespoon minced shallot
- 1 anchovy fillet, minced
- 1 teaspoon chopped capers
- 1 teaspoon dried tarragon
- 1 teaspoon chopped fresh parsley
- 2 teaspoons lemon juice
- Freshly ground pepper to taste

### Fish

- ⅓ cup all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 pound catfish, tilapia, haddock or other white fish fillets (see *Tips*), cut into 4 portions
- 1 tablespoon extra-virgin olive oil

**1. To prepare tartar sauce:** Combine mayonnaise, cornichon (or sour gherkin pickle), shallots, anchovy, capers, tarragon and parsley in a small bowl. Stir in lemon juice and pepper.

**2. To prepare fish:** Combine flour, ½ teaspoon salt and ¼ teaspoon pepper in a shallow dish; thoroughly dredge fillets (discard any leftover flour).

**3.** Heat oil in a large nonstick skillet over medium-high heat. Add the fish, working in batches if necessary, and cook until lightly browned and just opaque in the center, 3 to 4 minutes per side. Serve each portion of fish with about 1 tablespoon sauce each.

**Per serving:** 204 calories; 11 g fat (2 g sat, 5 g mono); 47 mg cholesterol; 12 g carbohydrate; 1 g added sugars; 13 g protein; 0 g fiber; 546 mg sodium; 265 mg potassium.

**Carbohydrate Servings:** 1

**Exchanges:** ½ starch, 3 lean meat, ½ fat

### Tips:

**Catfish:** Look for U.S. farmed catfish—it's sustainably raised in non-polluting inland ponds and fed a mostly vegetarian diet.

**Tilapia:** U.S. farmed tilapia is the considered the best choice—it's raised in closed-farming systems that protect the surrounding environment. Central and South American tilapia is considered a good alternative. Avoid farmed tilapia from China and Taiwan—where the fish farming pollutes the surrounding environment.

**Haddock (Scrod):** To get the best choice for the environment, ask for U.S. Atlantic "hook-and-line-caught" haddock—this method causes the least damage to the sea floor and has the least by catch.



## Spaghetti with Quick Meat Sauce

**Makes:** 8 servings, 1 cup pasta & generous ¾ cup sauce each

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

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

Heart Health  Diabetes  Weight Loss  Gluten Free

Instead of opening a jar of sauce, try this easy spaghetti with meat sauce on a weeknight. Serve with steamed broccoli and garlic bread. The recipe makes enough for 8 servings. If you're serving only four for dinner, cook 8 ounces of spaghetti and freeze the leftover sauce.

- 1 pound whole-wheat spaghetti
- 2 teaspoons extra-virgin olive oil
- 1 large onion, finely chopped
- 1 large carrot, finely chopped
- 1 stalk celery, finely chopped
- 4 cloves garlic, minced
- 1 tablespoon Italian seasoning
- 1 pound lean (90% or leaner) ground beef
- 1 28-ounce can crushed tomatoes
- ¼ cup chopped flat-leaf parsley
- ½ teaspoon salt
- ½ cup grated Parmesan cheese

**1.** Bring a large pot of water to a boil. Cook pasta until just tender, 8 to 10 minutes or according to package directions. Drain.

**2.** Meanwhile, heat oil in a large skillet over medium heat. Add onion, carrot and celery and cook, stirring occasionally, until the onion is beginning to brown, 5 to 8 minutes.

**3.** Stir in garlic and Italian seasoning; cook until fragrant, about 30 seconds. Add beef and cook, stirring and breaking up with a spoon, until no longer pink, 3 to 5 minutes. Increase heat to high. Stir in tomatoes and cook until thickened, 4 to 6 minutes. Stir in parsley and salt.

**4.** Serve the sauce over the pasta, sprinkled with cheese.

**Per serving:** 389 calories; 9 g fat (3 g sat, 3 g mono); 48 mg cholesterol; 53 g carbohydrate; 0 g added sugars; 28 g protein; 9 g fiber; 146 mg sodium; 709 mg potassium.

**Nutrition bonus:** Vitamin A (49% daily value), Zinc (33% dv), Magnesium (30% dv), Iron (29% dv), Vitamin C (24% dv), Potassium (21% dv).

**Carbohydrate Servings:** 3

**Exchanges:** 3 starch, 1½ vegetable, 2 lean meat



## Parmesan-Crusted Chicken Tenders

**Makes:** 4 servings

**Active time:** 10 minutes **Total:** 30 minutes

Heart Health  Diabetes  Weight Loss  Gluten Free

Crispy, Parmesan-flecked chicken tenders dipped in marinara sauce is an easy dinner the whole family will love. Dipping them in a mixture of plain yogurt with chopped fresh basil would be tasty too. Serve with sautéed green beans and roasted sweet potato wedges.

- Canola or olive oil cooking spray
- ¼ cup all-purpose flour
- 2 large eggs
- ½ cup finely shredded Parmesan cheese
- 1 cup coarse dry breadcrumbs, preferably whole-wheat (see Tip)
- 1 pound chicken tenders
- 1 tablespoon Italian seasoning
- 1 teaspoon garlic powder
- ¼ teaspoon salt
- 1 cup marinara sauce, heated

1. Preheat oven to 450°F. Place a large wire rack on a baking sheet and coat with cooking spray.

2. Place flour in a shallow dish. Lightly beat eggs in another shallow dish. Combine Parmesan and breadcrumbs in a third shallow dish. Toss tenders with Italian seasoning, garlic powder and salt in a medium bowl. Coat each tender in flour, shaking off any excess. Dip in egg and let any excess drip off. Then roll in the breadcrumb mixture. Place the tenders on the prepared rack. Generously coat the top of each tender with cooking spray.

3. Bake for 10 minutes. Turn each tender over and coat with cooking spray. Continue baking until the outside is crisp and the tenders are cooked through, about 10 minutes more. Serve the tenders with marinara sauce for dipping.

**Per serving:** 336 calories; 12 g fat (4 g sat, 5 g mono); 132 mg cholesterol; 23 g carbohydrate; 0 g added sugars; 31 g protein; 3 g fiber; 607 mg sodium; 466 mg potassium.

**Carbohydrate Servings:** 1½

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

**Tip:** We like Ian's brand of coarse dry whole-wheat "Panko breadcrumbs." Find them in the natural-foods section of large supermarkets. To make your own breadcrumbs, trim crusts from firm sandwich bread. Tear the bread into pieces and process in a food processor until coarse crumbs form. (To make fine dry breadcrumbs, process until very fine.) Spread on a baking sheet and bake at 250°F until dry, about 10 to 15 minutes. One slice of bread makes about ⅓ cup dry breadcrumbs.

## Creamy Garlic Pasta with Shrimp & Vegetables

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

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

Heart Health  Diabetes  Weight Loss  Gluten Free

Toss a garlicky, Middle Eastern-inspired yogurt sauce with pasta, shrimp, asparagus, peas and red bell pepper for a fresh, satisfying summer meal.

- 6 ounces whole-wheat spaghetti
- 12 ounces peeled and deveined raw shrimp (see Tips), cut into 1-inch pieces
- 1 bunch asparagus, trimmed and thinly sliced
- 1 large red bell pepper, thinly sliced
- 1 cup fresh or frozen peas
- 3 cloves garlic, chopped
- 1¼ teaspoons kosher salt
- 1½ cups nonfat or low-fat plain yogurt
- ¼ cup chopped flat-leaf parsley
- 3 tablespoons lemon juice
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon freshly ground pepper
- ¼ cup toasted pine nuts (see Tips; optional)

1. Bring a large pot of water to a boil. Add spaghetti and cook 2 minutes less than package directions. Add shrimp, asparagus, bell pepper and peas and cook until the pasta is tender and the shrimp are cooked, 2 to 4 minutes more. Drain well.

2. Mash garlic and salt in a large bowl until a paste forms. Whisk in yogurt, parsley, lemon juice, oil and pepper. Add the pasta mixture and toss to coat. Serve sprinkled with pine nuts (if using).

**Per serving:** 361 calories; 6 g fat (1 g sat, 3 g mono); 109 mg cholesterol; 53 g carbohydrate; 0 g added sugars; 28 g protein; 10 g fiber; 949 mg sodium; 827 mg potassium.



**Nutrition bonus:** Vitamin C (125% daily value), Vitamin A (71% dv), Folate (64% dv), Magnesium (32% dv), Calcium (29% dv), Zinc (25% dv), Potassium (24% dv), Iron (21% dv).

**Carbohydrate Servings:** 3

**Exchanges:** 2½ starch, 1 vegetable, ½ low-fat milk, 3 lean meat

### Tips:

Both wild-caught and farm-raised shrimp can damage the surrounding ecosystems when not managed properly. Look for shrimp certified by an independent agency, such as Wild American Shrimp or 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 toast pine nuts, place in a small dry skillet and cook over medium-low heat, stirring, until fragrant, 2 to 4 minutes.

## 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.

 Heart Health  Diabetes  Weight Loss  Gluten Free

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 15-ounce can vegetable broth or reduced-sodium chicken broth
- 1½ cups hot water
- 1 teaspoon dried basil or marjoram
- 1 6- to 9-ounce package fresh or frozen cheese (or meat) 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:** 264 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; 762 mg sodium; 760 mg potassium.

**Nutrition bonus:** Vitamin C (60% daily value), Vitamin A (42% dv), Iron (23% dv), Potassium (22% dv), Calcium (16% dv).

**Carbohydrate Servings:** 2

**Exchanges:** 1 starch, 2 vegetable, 1 fat





## Skillet Gnocchi with Chard & White Beans

**Makes:** 6 servings

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

Heart Health  Diabetes  Weight Loss  Gluten Free

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 with vinaigrette.

- 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).

**Carbohydrate Servings:** 3

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

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