



# EatingWell

## Romantic Recipes

# For Two

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## Chicken Breasts with Mushroom Cream Sauce

**Makes:** 2 servings

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

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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:** 275 calories; 15 g fat (5 g sat, 7 g mono); 84 mg cholesterol; 5 g carbohydrate; 0 g added sugars; 25 g protein; 1 g fiber; 373 mg sodium; 370 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.





## French Onion Beef Tenderloin for Two

**Makes:** 2 servings

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

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We took the comforting flavors of French onion soup and turned them into an easy bistro-style steak dinner. Tender filet mignon gets smothered with sweet caramelized onions and topped by a crispy, Swiss cheese-covered crostini. Serve with green beans and smashed potatoes with buttermilk and chives.

**8 ounces beef tenderloin (filet mignon) or sirloin steak, 1-1½ inches thick, trimmed and cut into 2 steaks**

**¼ teaspoon minced dried onion**

**¼ teaspoon salt, divided**

**¼ teaspoon freshly ground pepper**

**3 teaspoons canola oil, divided**

**1 large sweet onion, thinly sliced**

**2½ tablespoons dry sherry (see Tip)**

**1½ teaspoons all-purpose flour**

**½ cup reduced-sodium beef broth**

**1 teaspoon chopped fresh thyme**

**2 slices whole-grain baguette (½ inch thick), toasted**

**¼ cup shredded Swiss cheese**

**1.** Sprinkle steaks with dried onion, ½ teaspoon salt and pepper. Heat 1½ teaspoons oil in a medium skillet over medium-high heat. Add the steaks and reduce the heat to medium. Cook, turning once, until desired doneness, 3 to 6 minutes per side for medium-rare. Transfer the steaks to a plate and tent with foil.

**2.** Position a rack in upper third of oven. Pre-heat broiler.

**3.** Add the remaining 1½ teaspoons oil to the pan. Add onion and sherry, cover and cook over medium heat, stirring occasionally, until the onion is tender and golden brown and the liquid has evaporated, 6 to 8 minutes. Sprinkle flour over the onion and stir to coat. Add broth, thyme and the remaining ½ teaspoon salt; cook until bubbling and thickened, about 1 minute more.

**4.** Remove from the heat and return the steaks and any accumulated juice to the pan. Pile up some of the onions on top of the steaks. Top each steak with a slice of baguette and some cheese. Transfer the pan to the oven and broil until the cheese is melted and bubbling, about 2 minutes. Serve the steaks with the onions and sauce.

**Per serving:** 376 calories; 18 g fat (5 g sat, 8 g mono); 80 mg cholesterol; 20 g carbohydrate; 0 g added sugars; 31 g protein; 3 g fiber; 533 mg sodium; 574 mg potassium.

**Nutrition bonus:** Zinc (35% daily value), Calcium & Potassium (16% dv).

**Carbohydrate Servings:** 1

**Exchanges:** ½ starch, 1 vegetable, 4 lean meat, 1 fat

**Tip:** Sherry is a type of fortified wine originally from southern Spain. “Cooking sherry” sold in many supermarkets can be high in sodium. Instead, get dry sherry that’s sold with other fortified wines at your wine or liquor store.

## Orecchiette with Broccoli Rabe & Chickpeas

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

**Active time:** 20 minutes | **Total:** 30 minutes

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The assertive flavor of broccoli rabe and rosemary are paired with sturdy chickpeas in this satisfying pasta dish. When buying broccoli rabe, check to make sure the bottoms of the stems are relatively tight, green and moist. If the broccoli rabe at your store is past its prime—or if you prefer a milder taste—use broccolini or regular broccoli instead. Garnish with a sprinkling of freshly grated Parmesan cheese.

- 4 ounces whole-wheat orecchiette or chioccioline (about 1½ cups)**
- ½ bunch broccoli rabe, ends trimmed and cut into 2-inch pieces**
- ¾ cup vegetarian chicken-flavored broth (see Tip)**
- 2 teaspoons all-purpose flour**
- 1 tablespoon extra-virgin olive oil**
- 4 large cloves garlic, minced**
- ½ teaspoon minced fresh rosemary or ⅛ teaspoon dried**
- 1 8-ounce can chickpeas, drained and rinsed**
- 2 teaspoons red-wine vinegar**
- ⅛ teaspoon salt**
- ¼ teaspoon freshly ground pepper**
- ⅓ cup toasted breadcrumbs**

**1.** Bring a large saucepan of water to a boil. Cook pasta for 6 minutes. Add broccoli rabe and continue cooking, stirring occasionally, until the pasta and broccoli rabe are just tender, about 3 minutes more. Drain. Rinse and dry the pot.

**2.** Whisk broth and flour in a small bowl. Heat oil in the pot over medium-high heat. Add garlic and rosemary and cook, stirring, until fragrant, 30 seconds to 1 minute. Whisk in the broth mixture. Bring to a simmer, whisking constantly, until it thickens. Add chickpeas, vinegar, salt, pepper and the pasta mixture. Cook, stirring constantly, until heated through and coated with the sauce, about 2 minutes.

**Per serving:** 413 calories; 9 g fat (1 g sat, 6 g mono); 0 mg cholesterol; 74 g carbohydrate; 0 g added sugars; 22 g protein; 14 g fiber; 655 mg sodium; 448 mg potassium.

**Nutrition bonus:** Vitamin C (240% daily value), Vitamin A (210% dv), Iron (25% dv), Calcium (20% dv).

**Carbohydrate Servings:** 3½

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

**Tip:** Chicken-flavored broth, a vegetarian broth despite its name, is preferable to vegetable broth in some recipes for its hearty, rich flavor. Sometimes called “No-Chicken Broth,” it can be found with the soups in the natural-foods section of most supermarkets.





## Salmon with Pepita-Lime Butter for Two

**Makes:** 2 servings

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

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Lime juice, chili powder and pepitas give this salmon Mexican flair. Serve with wild rice and steamed vegetables.

**1** tablespoon unsalted pepitas (see *Tips*)

**1½** teaspoons butter

**¼** teaspoon freshly grated lime zest

**1** tablespoon lime juice

**⅛** teaspoon chili powder

**8** ounces salmon fillet, skinned (see *Tips*) and cut into 2 portions

**¼** teaspoon salt

**⅛** teaspoon freshly ground pepper

**1.** Toast pepitas (see *Tips*). Place in a small bowl with butter, lime zest, lime juice and chili powder.

**2.** Generously coat a large nonstick skillet with cooking spray and place over medium heat. Sprinkle salmon with salt and pepper, add to the pan and cook until browned and just cooked through in the center, 2 to 4 minutes per side. Remove the pan from the heat. Transfer the salmon to a plate. Add the butter-lime mixture to the hot pan; stir until the butter is melted. Serve the salmon topped with the sauce.

**Per serving:** 267 calories; 18 g fat (6 g sat, 5 g mono); 77 mg cholesterol; 2 g carbohydrate; 0 g added sugars; 24 g protein; 0 g fiber; 360 mg sodium; 458 mg potassium.

**Nutrition bonus:** Omega-3s.

**Carbohydrate Servings:** 0

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

### Tips:

Pepitas (hulled pumpkin seeds) can be found in the bulk-foods section of natural-foods stores or Mexican groceries.

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

Place a salmon fillet on a clean cutting board, skin side down. Starting at the tail end, slip the blade of a long, sharp knife between the fish flesh and the skin, holding the skin down firmly with your other hand. Gently push the blade along at a 30° angle, separating the fillet from the skin without cutting through either.

## Prosciutto-Wrapped Shrimp with Arugula Salad for Two

**Makes:** 2 servings, 4 shrimp & 1½ cups salad each

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

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This recipe for jumbo shrimp wrapped in thin strips of prosciutto and served on a lemony bed of arugula is a practically effortless recipe for two. Wrap your shrimp and make the dressing ahead of time, and you'll have dinner on the table even faster. Serve with toasted whole-wheat baguette sprinkled with Parmesan cheese.

- 1 tablespoon extra-virgin olive oil plus 2 teaspoons, divided
- 1 tablespoon lemon juice
- 1 small clove garlic, minced
- Pinch of salt
- ⅛ teaspoon freshly ground pepper, divided
- 4 cups lightly packed baby arugula
- 8 raw jumbo shrimp (13-15 per pound; see *Tip*)
- 4 very thin slices prosciutto (about 1 ounce), cut in half lengthwise to make 8 strips

1. Whisk 1 tablespoon oil, lemon juice, garlic, and a pinch each of salt and pepper in a large bowl. Add arugula and toss to coat.

2. Peel and devein shrimp, leaving the tails on. Pat dry and sprinkle both sides with the remaining pinch of pepper. Wrap 1 piece of prosciutto around each shrimp.

3. Heat the remaining 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add the shrimp and cook, turning once, until just cooked through, about 4 minutes total. Serve the shrimp with the arugula salad.

**Per serving:** 248 calories; 15 g fat (2 g sat, 9 g mono); 190 mg cholesterol; 4 g carbohydrate; 0 g added sugars; 24 g protein; 1 g fiber; 672 mg sodium; 304 mg potassium.

**Nutrition Bonus:** Vitamin A (22% daily value), Folate (16% dv), Vitamin C (15% dv).

**Carbohydrate Servings:** 0

**Exchanges:** 3½ lean meat, 2 fat

**Tip:** Shrimp is usually sold by the number needed to make one pound. For example, “21-25 count” means there will be 21 to 25 shrimp in a pound. Size names, such as “large” or “extra large,” are not standardized, so to get the size you want, order by the count per pound. Both wild-caught and farm-raised shrimp can damage the surrounding ecosystems when not managed properly. Fortunately, it is possible to buy shrimp that have been raised or caught with sound environmental practices. Look for fresh or frozen shrimp certified by an independent agency, such as the Marine Stewardship Council. If you can't find certified shrimp, choose wild-caught shrimp from North America—it's more likely to be sustainably caught.





## Cod with Tomato Cream Sauce for Two

**Makes:** 2 servings

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

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This silky tomato sauce with a touch of cream makes mild-flavored cod sing. Serve with farro or rice and a salad of mixed greens.

**8–10 ounces cod (see *Tip*) or tilapia fillets, cut into 2 pieces**

**1½ teaspoons chopped fresh thyme, divided**

**¼ teaspoon salt, divided**

**⅓ teaspoon freshly ground pepper**

**1½ teaspoons extra-virgin olive oil**

**½ shallot, chopped**

**1 clove garlic, minced**

**6 tablespoons white wine**

**1 cup canned diced tomatoes**

**2 tablespoons heavy cream or half-and-half**

**¼ teaspoon cornstarch**

1. Season fish with ½ teaspoon thyme, ⅓ teaspoon salt and pepper. Heat oil in a medium skillet over medium heat. Add shallot, garlic and ½ teaspoon thyme; cook, stirring, until beginning to soften, about 1 minute. Add wine, tomatoes and the fish to the pan; bring to a simmer. Cover and cook until the fish is cooked through, 4 to 6 minutes. Transfer the fish to a plate; keep warm.

2. Whisk cream and cornstarch in a small bowl. Add to the pan, along with the remaining ½ teaspoon thyme and ⅓ teaspoon salt. Cook, stirring, for 1 minute. Divide the fish and sauce among 2 shallow bowls.

**Per serving:** 227 calories; 10 g fat (4 g sat, 4 g mono); 57 mg cholesterol; 7 g carbohydrate; 0 g added sugars; 19 g protein; 1 g fiber; 513 mg sodium; 660 mg potassium.

**Nutrition bonus:** Vitamin C (22% daily value), Potassium (19% dv).

**Carbohydrate Servings:** ½

**Exchanges:** 1 vegetable, 2½ lean meat, 1 fat

**Tip:** Overfishing and trawling have drastically reduced the number of cod in the U.S. and Canadian Atlantic Ocean and destroyed its sea floor. For sustainably fished cod, choose U.S. Pacific cod or Atlantic cod from Iceland and the northeast Arctic. For more information, visit Monterey Bay Aquarium Seafood Watch at [seafoodwatch.org](http://seafoodwatch.org).

## Chocolate Fondue

**Makes:** 2 servings

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

**Equipment:** Fondue forks or bamboo skewers

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The chocolate will stiffen if it gets cold, so enjoy it while it's still warm. Skewer and dip anything you like—pear slices, dried apricots, even marshmallows.

- 3 ounces bittersweet chocolate, chopped
- 2 tablespoons heavy cream
- 1 tablespoon brewed espresso (see *Tips*)
- ½ teaspoon vanilla extract
- Pinch of salt
- 1 banana, peeled and cut into 8 pieces
- 8 1-inch chunks fresh pineapple
- 4 strawberries

1. Place chocolate, cream, espresso, vanilla and salt in a medium microwave-safe bowl; microwave on Medium, stirring every 20 seconds, until melted, 1 to 2 minutes. (*Alternatively, see Tips.*)

2. Pour the chocolate mixture into a serving bowl. Serve with fruit.

**Per serving:** 345 calories; 19 g fat (10 g sat, 2 g mono); 20 mg cholesterol; 54 g carbohydrate; 19 g added sugars; 4 g protein; 7 g fiber; 81 mg sodium; 382 mg potassium.

**Nutrition bonus:** Vitamin C (90% daily value).

**Carbohydrate Servings:** 3

**Exchanges:** 2 fruit, 1 carbohydrate (other), 4 fat

### Tips:

**If you don't have an espresso maker, look for instant espresso powder at your supermarket.**

**No Microwave?** Place chopped chocolate in the top of a double boiler over hot, but not boiling water. Gently stir until almost melted. Remove from the heat and stir until the chocolate melts completely.





## Chocolate Soufflé

**Makes:** 2 servings

**Active time:** 15 minutes | **Total:** 35 minutes

**Equipment:** Two 10-ounce ramekins

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Soufflés may look like a restaurant-only dessert, but they are actually easy to make. Whip them up right after dinner and enjoy while they're still warm from the oven.

- 3 tablespoons granulated sugar, divided**
- 2½ ounces semisweet or bittersweet chocolate, chopped**
- 1 large egg, separated, plus 2 large egg whites**
- 1 tablespoon heavy cream**
- 1 teaspoon all-purpose flour**
- ⅛ teaspoon ground cinnamon**
- ⅛ teaspoon salt**
- Confectioners' sugar for dusting (optional)**

**1.** Position rack in center of oven; preheat to 375°F. Lightly coat two 10-ounce ramekins with cooking spray; coat the insides of each with 1½ teaspoons sugar.

**2.** Place chocolate in a small microwave-safe bowl. Microwave on Medium, stirring every 20 seconds, until melted, 1 to 2 minutes. (Alternatively, see “No Microwave?” below.)

**3.** Whisk egg yolk and cream in a medium bowl until combined. Whisk in the chocolate until smooth, then whisk in flour and cinnamon until incorporated.

**4.** Beat egg whites and salt in a medium bowl with an electric mixer on high speed until soft peaks form. Beat in the remaining 2 tablespoons sugar in four additions, until stiff, glossy peaks form.

**5.** Using a rubber spatula, gently fold half the beaten whites into the chocolate mixture until fairly smooth; then gently fold this combined mixture back into the remaining egg whites until no white streaks remain. Divide between the prepared ramekins and place on a baking sheet. Bake until puffed and firm to the touch, 18 to 22 minutes. Dust with confectioners' sugar, if desired. Serve immediately.

**Per serving:** 331 calories; 15 g fat (9 g sat, 2 g mono); 113 mg cholesterol; 43 g carbohydrate; 40 g added sugars; 10 g protein; 2 g fiber; 235 mg sodium; 235 mg potassium.

**Carbohydrate Servings:** 3

**Exchanges:** 3 other carbohydrates, 3 fat

# 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.)