



EatingWell Healthy Spring Recipes

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Asparagus-Goat Cheese Soufflés

Makes: 6 servings

Active time: 30 minutes **Total:** 50 minutes

Equipment: Six 10-ounce ramekins

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Puffy and warm, these little soufflés are the essence of spring. Serve them alongside a big salad with a tangy vinaigrette for a light supper or a special brunch.

- 1 bunch asparagus (about 1 pound), trimmed
- 1½ cups nonfat milk
- 2 tablespoons butter
- 3 tablespoons all-purpose flour
- ½ teaspoon coarse salt, divided
- ¼ teaspoon freshly ground pepper
- Pinch of ground nutmeg
- 4 large egg yolks, at room temperature (see *Tips*)
- 1½ teaspoons truffle oil (optional; see *Tips*)
- 8 large egg whites, at room temperature
- 1 cup crumbled or diced aged goat cheese (see *Tips*) or Manchego cheese

1. Fill a large skillet with 1 inch of hot water and bring to a boil. Add asparagus. Partially cover and cook the asparagus until tender-crisp, about 3 minutes. Drain; refresh under cold water. Blot the asparagus dry with a clean kitchen towel, then cut into ½-inch slices.
2. Position rack on lowest level of oven; preheat to 375°F. Coat six 10-ounce ramekins with nonstick cooking spray. Place ramekins on a large rimmed baking sheet.
3. Heat milk in a small saucepan over medium heat until hot. Melt butter in a medium saucepan over medium-low heat. Whisk in flour and cook, whisking often, for 2 minutes. Turn off heat and slowly whisk in hot milk. Return the heat to medium-low and continue whisking until the mixture is thickened, 3 to 4 minutes. Whisk in ¼ teaspoon salt, pepper and nutmeg. Remove from the heat and truf-

fle oil, if using. Transfer the mixture to a large bowl and stir in the asparagus and cheese.

4. Place 8 egg whites in a large bowl. Beat with an electric mixer, slowly increasing the speed, until they begin to foam. Add the remaining ¼ teaspoon salt and continue to beat until the whites hold their shape; do not overbeat. (You'll know they are ready when you lift the beaters out and the peak doesn't flop over.)

5. Using a rubber spatula, gently stir one-third of the whites into the egg yolk mixture to lighten it. Gently fold in the remaining egg whites just until blended. Divide the soufflé mixture among the prepared ramekins, filling them almost to the top. (Discard any leftover mixture or prepare another ramekin for another soufflé.)

6. Bake the soufflés on the bottom rack until puffy and golden and an instant-read thermometer inserted into the center registers 145°F, 20 to 25 minutes. Do not overcook—the centers will look soft.

Per serving: 205 calories; 13 g fat (7 g sat, 4 g mono); 167 mg cholesterol; 9 g carbohydrate; 0 g added sugars; 14 g protein; 1 g fiber; 372 mg sodium; 296 mg potassium.

Nutrition bonus: Folate (22% daily value), Vitamin A (21% dv).

Carbohydrate servings: ½

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

Tips:

To bring an egg to room temperature, either set it out on the counter for 15 minutes or submerge it (in the shell) in a bowl of lukewarm (not hot) water for 5 minutes.

Look for truffle oil in small bottles near other oils in well-stocked supermarkets or gourmet food shops.

Aged goat cheese has a nutty, sharp flavor and is drier and firmer than fresh goat cheese. Look for it in a well-stocked cheese section at large supermarkets and specialty cheese shops. We don't recommend creamy goat cheese as a substitute—Manchego cheese is a better choice.

Grilled Pork Tenderloin & Apricot Salad

Makes: 4 servings

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

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This grilled pork dish offers a triple hit of the fruit with an apricot preserve glaze for the tenderloin plus a grilled apricot and watercress salad with an apricot-spiked vinaigrette. Serve with a chilled Chardonnay, which will harmonize beautifully with the smoky-sweetness of grilled apricots.

- 1 pound pork tenderloin, trimmed
- ½ teaspoon salt, divided
- ¼ teaspoon freshly ground pepper, plus more to taste
- 3 tablespoons apricot preserves, divided
- 4 ripe but firm fresh apricots or nectarines, halved and pitted
- 2 tablespoons white-wine vinegar
- 2 tablespoons minced shallot
- 2 tablespoons canola oil
- 1 4- to 5-ounce bag watercress or baby arugula (about 8 cups)

1. Preheat grill to high.
2. Sprinkle pork with ¼ teaspoon salt and pepper. Oil the grill rack (see *Tip*). Grill the pork, turning occasionally, for 10 minutes. Brush the pork with 2 tablespoons preserves and continue grilling until an instant-read thermometer inserted into the thickest part registers 145°F, 2 to 5 minutes more. Grill apricot (or nectarine) halves on the coolest part of the grill, turning occasionally, until tender and marked, about 4 minutes. Transfer the pork and apricots to a clean cutting board and let rest for 5 minutes.

3. Meanwhile, whisk the remaining 1 tablespoon preserves, vinegar, shallot, oil, ¼ teaspoon salt and pepper to taste in a large bowl. Cut the fruit into wedges and add to the dressing along with watercress (or arugula); toss to coat. Thinly slice the pork. Serve the salad with the sliced pork.

Per serving: 247 calories; 10 g fat (1 g sat, 5 g mono); 74 mg cholesterol; 15 g carbohydrate; 7 g added sugars; 25 g protein; 1 g fiber; 363 mg sodium; 653 mg potassium.

Nutrition bonus: Vitamin A (40% daily value), Vitamin C (30% dv), Potassium (18% dv).

Carbohydrate servings: 1

Exchanges: 1 fruit, 3 lean meat, 1½ fat

Tip: To oil the grill rack: Oil a folded paper towel, hold it with tongs and rub it over the rack. (Don't use cooking spray on a hot grill.)





Oatmeal-Rhubarb Porridge

Makes: 2 servings, 1 generous cup each

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

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Perk up your morning oatmeal with the addition of tangy rhubarb. Using milk for this oatmeal gives it a calcium boost, but the recipe also works well with water—and you'll save about 60 calories.

- 1½ cups nonfat milk or nondairy milk, such as soymilk or almond milk**
- ½ cup orange juice**
- 1 cup old-fashioned rolled oats**
- 1 cup ½-inch pieces rhubarb, fresh or frozen**
- ½ teaspoon ground cinnamon**
- Pinch of salt**
- 2-3 tablespoons brown sugar, pure maple syrup or agave syrup**
- 2 tablespoons chopped pecans or other nuts, toasted (see Tip) if desired**

Combine milk, juice, oats, rhubarb, cinnamon and salt in a medium saucepan. Bring to a boil over medium-high heat. Reduce heat, cover and cook at a very gentle bubble, stirring frequently, until the oats and rhubarb are tender, about 5 minutes. Remove from the heat and let stand, covered, for 5 minutes. Stir in sweetener to taste. Top with nuts.

Per serving: 336 calories; 8 g fat (1 g sat, 4 g mono); 4 mg cholesterol; 56 g carbohydrate; 9 g added sugars; 13 g protein; 6 g fiber; 153 mg sodium; 772 mg potassium.

Nutrition bonus: Vitamin C (60% daily value), Magnesium (38% dv), Calcium (30% dv), Potassium (22% dv), Zinc (16% dv)

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

Roasted New Potatoes & Green Beans

Makes: 6 servings, about ¾ cup each

Active time: 15 minutes **Total:** 40 minutes

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Whoever said potato salad needs to be cold? For this warm version, new potatoes are roasted right alongside green beans, then tossed in a tangy champagne vinegar and Gorgonzola dressing. If you like, you can toss in some baby arugula.

- 1½ pounds new or baby potatoes, scrubbed and cut in half
- 8 ounces green beans, trimmed
- 5 teaspoons extra-virgin olive oil, divided
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper, plus more to taste
- 2 tablespoons champagne vinegar or white-wine vinegar
- 1 tablespoon Dijon mustard
- 3 tablespoons crumbled Gorgonzola or other blue cheese
- 2 tablespoons finely chopped scallion greens

1. Position rack in lower third of oven; pre-heat to 450°F.

2. Toss potatoes and green beans in a large bowl with 2 teaspoons oil, salt and pepper. Spread evenly on a rimmed baking sheet. Roast, stirring once or twice, until the potatoes are tender and golden and the green beans are tender and browned in spots, 25 to 35 minutes.

3. Whisk the remaining 3 teaspoons oil, vinegar and mustard in a large bowl. Stir in cheese and scallion greens.

4. When the vegetables are done, toss with the dressing in the bowl. Serve warm.

Per serving: 151 calories; 5 g fat (1 g sat, 3 g mono); 3 mg cholesterol; 23 g carbohydrate; 0 g added sugars; 4 g protein; 3 g fiber; 295 mg sodium; 567 mg potassium.

Nutrition bonus: Vitamin C (22% daily value), Potassium (16% dv).

Carbohydrate servings: 1½

Exchanges: 1 starch, 1 vegetable, 1 fat





Roasted Spring Vegetables with Arugula Pesto

Makes: 8 servings, scant 1 cup each

Active time: 15 minutes **Total:** 40 minutes

To make ahead: Prepare pesto (Step 5); cover and refrigerate for up to 1 week or freeze in an ice cube tray. Transfer frozen cubes to a sealable plastic bag. Defrost as needed.

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These roasted vegetables tossed with arugula pesto are an easy side for a dinner party. Try serving them with a roasted leg of lamb. If you can find beautiful, freshly harvested small carrots, they'll look and taste the best in this dish.

Roasted Vegetables

- 4 cups baby or new potatoes, 1 to 2 inches in diameter, halved or quartered depending on size
- 5 teaspoons extra-virgin olive oil, divided
- 4 cups peeled baby carrots
- 1 bunch asparagus, trimmed and cut into thirds
- ½ teaspoon salt
- ½ cup baby arugula for garnish

Arugula Pesto

- 1 clove garlic, peeled
- 5 cups baby arugula
- ½ cup finely shredded Asiago cheese
- ¼ cup toasted pine nuts (see Tip)
- ¼ cup extra-virgin olive oil
- ¼ teaspoon salt

1. To prepare vegetables: Position rack in upper and lower thirds of oven; preheat to 425°F.

2. Toss potatoes with 2 teaspoons oil in a large bowl and spread on a large baking sheet. Roast in the lower third of the oven for 5 minutes.

3. Meanwhile, toss carrots with 2 teaspoons oil in the bowl and spread on another large baking sheet. After the potatoes have roasted for 5 minutes, place the carrots in the upper third of the oven and roast potatoes and carrots for 15 minutes.

4. Toss asparagus with the remaining 1 teaspoon oil in the bowl. Add to the pan with the potatoes, toss to combine and return to the oven. Continue roasting until all the vegetables are tender and starting to brown, 8 to 10 minutes more.

5. To prepare pesto: Meanwhile, drop garlic through the feed tube of food processor with the motor running; process until minced. Stop the machine and add arugula, cheese, pine nuts, ¼ cup oil and ¼ teaspoon salt. Pulse and then process, scraping down the sides as necessary, until the mixture is a smooth paste.

6. Toss the roasted vegetables with ½ cup pesto and ½ teaspoon salt in the large bowl (reserve the remaining pesto for another use: refrigerate for up to 1 week or freeze). Transfer to a serving dish and garnish with arugula, if desired.

Per serving: 157 calories; 7 g fat (1 g sat, 4 g mono); 2 mg cholesterol; 21 g carbohydrate; 0 g added sugars; 4 g protein; 4 g fiber; 243 mg sodium; 654 mg potassium.

Nutrition bonus: Vitamin A (167% daily value), Vitamin C (20% dv), Potassium (19% dv).

Carbohydrate servings: 1½

Exchanges: 1½ starch, 1½ vegetable, 1½ fat

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

Spring Turnip Frittata

Makes: 6 servings

Active time: 50 minutes **Total:** 1 hour 10 minutes

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Broccoli rabe and turnips are a fantastic pair in this frittata. If you're shy about the broccoli rabe's strong flavor, try this frittata with milder broccolini instead.

- 8 ounces broccoli rabe (about ½ bunch) or broccolini, trimmed**
- 2 teaspoons minced garlic**
- ½ teaspoon salt, divided**
- 2 tablespoons extra-virgin olive oil, divided**
- 3½ cups shredded peeled turnips (about 2 medium; see Tip)**
- ½ cup chopped onion**
- 8 large eggs**
- 2 large egg whites**
- ¼ cup low-fat milk**
- ½ cup shredded fontina or Cheddar cheese**

- 1.** Preheat oven to 425°F.
- 2.** Bring a large pot of water to a boil. Add broccoli rabe (or broccolini) and cook until very tender, about 5 minutes for broccoli rabe (or 6 to 7 minutes for broccolini). Drain well. Transfer to a large bowl and toss with garlic and ¼ teaspoon salt. Set aside.
- 3.** Heat 1 tablespoon oil in a large ovenproof nonstick skillet over medium heat. Add the turnips, onion and the remaining ¼ teaspoon salt. Spread and pat the mixture into an even layer; cook, without stirring, for 2 minutes. Then stir the mixture and scrape up any

browned bits. Pat the mixture back into an even layer and continue cooking, without stirring, for 2 minutes. Stir again, spread back into an even layer and cook until mostly golden brown, 2 to 4 minutes more. Transfer to a plate. Wash and dry the pan.

4. Whisk eggs, egg whites and milk in a medium bowl. Heat the remaining 1 tablespoon oil in the pan over medium heat. Add the egg mixture and cook, stirring briefly, until beginning to set, about 1 minute. Remove from the heat. Spoon the turnip mixture evenly over the eggs. Top with cheese, then the broccoli rabe (or broccolini).

5. Transfer the pan to the oven. Bake the frittata until set, about 15 minutes. Remove from the oven and let stand 5 minutes. To release the frittata from the pan, run a flexible rubber spatula along the edges then underneath, until you can slide it out onto a cutting board or serving plate. Cut into wedges and serve.

Per serving: 211 calories; 14 g fat (5 g sat, 7 g mono); 293 mg cholesterol; 7 g carbohydrate; 0 g added sugars; 14 g protein; 1 g fiber; 421 mg sodium; 229 mg potassium.

Nutrition bonus: Vitamin C (73% daily value), Vitamin A (57% dv).

Carbohydrate servings: ½

Exchanges: 2 medium-fat meat, 1 vegetable

Tip: To prevent nicking your fingers on the sharp holes of a box grater while shredding round root vegetables, such as turnips or beets, shred about half the vegetable, then use a clean dish towel to grip the remaining half (and protect your fingers) as you shred. Or, use the shredding blade on your food processor and let the machine do the work for you.





Strawberry Pandowdy

Makes: 6 servings

Active time: 30 minutes **Total:** 2¼ hours

To make ahead: Refrigerate the dough (Step 1) for up to 3 days or freeze for up to 3 months.

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A truly old-fashioned dessert, “pandowdy” is said to refer to the cutting up of the flaky crust, or “dowdy-ing,” toward the end of the baking time. Once the crust is cut, the bubbly fruit cooks up around the crust. This dessert is good with whichever berries are ripe at the moment. In early summer go for strawberries. Serve with ice cream or frozen yogurt.

Topping

¾ cup white whole-wheat flour (*see Tip*)

1 teaspoon sugar

¼ teaspoon salt

3 tablespoons cold butter, cut into small pieces

2-3 tablespoons ice water

Filling

6 cups hulled strawberries (about 2 pounds), fresh or frozen, halved if large, or any combination of mixed berries

⅓ cup sugar

3 tablespoons white whole-wheat flour

½ teaspoon ground cinnamon

1. To prepare topping: Combine ¾ cup flour, 1 teaspoon sugar and salt in a food processor and pulse to blend. Add pieces of butter one at a time, pulsing after each addition, until the mixture resembles crumbly sand. Add water, 1 tablespoon at a time, pulsing until the mixture begins to form a ball. (*Alternatively, combine flour, sugar and salt in a bowl. Add butter pieces and, with your fingers, quickly rub them into the dry ingredients until smaller but still visible. Stir in water, 1 tablespoon at a time, until the mixture begins to form a ball.*) Transfer the dough to a piece of

plastic wrap, shape into a square or round disk (depending on the shape of your baking dish), tightly wrap and refrigerate for at least 30 minutes.

2. Preheat oven to 400°F.

3. To prepare filling: Toss berries with ⅓ cup sugar, 3 tablespoons flour and cinnamon in a large bowl. (If using frozen fruit, let stand for about 30 minutes, stirring occasionally, to thaw the fruit before transferring to the baking dish.) Transfer to an 8- or 9-inch shallow glass or ceramic baking dish.

4. Roll out the chilled dough on a lightly floured surface with a lightly floured rolling pin until it's roughly the size of your baking dish. Fold the dough in half over the rolling pin to help you transfer the dough to the fruit. Place the dough over the fruit and tuck any overhanging dough into the edges of the dish. Make 8 to 10 small slits in the dough to vent steam. Place the baking dish on a baking sheet to catch any drips.

5. Bake for 30 minutes. Remove from the oven and, with the tip of a knife, cut the crust into 2-inch squares. Use a small spatula or spoon to press the squares of crust into the fruit until they're about halfway submerged. This is called “dowdying.”

6. Reduce oven temperature to 350°, return the pandowdy to the oven, and bake until browned and bubbly, 30 to 40 minutes more. Let cool for about 20 minutes before serving.

Per serving: 208 calories; 6 g fat (4 g sat, 2 g mono); 15 mg cholesterol; 37 g carbohydrate; 12 g added sugars; 4 g protein; 5 g fiber; 99 mg sodium; 259 mg potassium.

Nutrition bonus: Vitamin C (148% daily value), Iron (18% dv).

Tip: White whole-wheat flour, made from a special variety of white wheat, is light in color and flavor but has the same nutritional properties as regular whole-wheat flour. It is available at large supermarkets and natural-foods stores and online.

Sun-Dried Tomato & Feta Stuffed Artichokes

Makes: 4 servings

Active time: 1 hour **Total:** 2 hours

To make ahead: Cover and refrigerate stuffing (Step 2) for up to 1 day. Prep and stuff artichokes (Steps 3-4) up to 1 hour ahead.

   

Flavorful sun-dried tomatoes and tangy feta add depth to the stuffing for these artichokes.

Stuffing

- 2¼ cups coarse dry whole-wheat dry breadcrumbs (see Tip)**
- 1 cup finely crumbled feta cheese**
- ¾ cup oil-packed sun-dried tomatoes, rinsed and finely chopped**
- ½ cup minced fresh basil**
- 2 cloves garlic, minced**
- ¼ teaspoon salt**
- ¼ teaspoon freshly ground pepper**
- 1 tablespoon extra-virgin olive oil**

Artichokes

- 4 large artichokes (2 ½-3 ½ pounds total)**
- 6 teaspoons extra-virgin olive oil, divided**
- 3 cloves garlic, minced**
- 2 cups reduced-sodium chicken broth**
- 1 tablespoon lemon juice**

1. Preheat oven to 375°F.
2. **To prepare stuffing:** Combine breadcrumbs, feta, tomatoes, basil, garlic, salt, pepper and oil in a medium bowl.
3. **To prepare artichokes:** Cut off the top 1 inch of leaves from an artichoke. Remove the outer layer of small, tough leaves from the stem end. Snip all remaining spiky tips from the outer leaves. Cut off the stem to make a flat bottom. (Discard the stem.) Starting at the outer layers and progressing inward, pull the leaves apart to loosen. Pull open the leaves at the center until you see the spiky, lighter leaves around the heart. Pull out those

lighter leaves to expose the fuzzy choke. Scoop out the choke with a melon baller or grapefruit spoon and discard. Repeat this step with the remaining artichokes.

4. Spoon ½ cup stuffing into the center of an artichoke. Stuff an additional ½ cup stuffing between the outer leaves, toward the base, using a small spoon. Repeat with the remaining artichokes and stuffing. Divide any remaining stuffing among the artichokes.

5. Heat 2 teaspoons oil in a Dutch oven over medium-high heat. Add garlic and cook, stirring often, until fragrant, about 30 seconds. Add broth and lemon juice; bring to a simmer. Carefully stand the artichokes upright in the pan. Drizzle each artichoke with 1 teaspoon oil.

6. Cover, transfer the pot to the oven and bake until tender when pierced down through the center with a knife, about 50 minutes. Uncover and continue baking until the stuffing is slightly browned, about 10 minutes more. Remove from the braising liquid and serve. Use the braising liquid for dipping if desired.

Per serving: 412 calories; 18 g fat (6 g sat, 9 g mono); 28 mg cholesterol; 50 g carbohydrate; 16 g protein; 12 g fiber; 709 mg sodium; 757 mg potassium.

Nutrition bonus: Vitamin C (55% daily value), Folate (27% dv), Calcium & Iron (23% dv), Potassium (22% dv).

Carbohydrate servings: 2½

Exchanges: 2 starch, 1 vegetable, 1 medium-fat meat, 2½ fat

Tip: We like Ian's brand of whole-wheat dry breadcrumbs labeled "Panko breadcrumbs." Find them in the natural-foods section of large supermarkets.

To make your own: Trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse crumbs form. Spread on a baking sheet and bake at 250°F until crispy, about 15 minutes. One slice of fresh bread makes about ⅓ cup dry crumbs. Or use prepared coarse dry breadcrumbs.



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, 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.)