



EatingWell Favorite Summer Diet Recipes

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Fish Fillets with Cucumber Raita

Makes: 4 servings

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

To make ahead: Cover and refrigerate the sauce (Step 1) for up to 2 days.

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Raita, a traditional Indian condiment consisting of cucumber and yogurt, makes a quick topping for simple sautéed fish fillets.

Raita

- 1 small cucumber, peeled, seeded and diced
- 1 cup low-fat yogurt
- 2 tablespoons chopped fresh mint
- 1 tablespoon lime juice
- 1 small clove garlic, minced
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- ¼ teaspoon pepper

Fish

- ⅓ cup all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper to taste

- 1 pound catfish, tilapia, haddock or other white fish fillets, cut into 4 portions
- 1 tablespoon extra-virgin olive oil

1. To prepare raita: Combine cucumber, yogurt, mint, lime juice, garlic, cumin, ¼ teaspoon salt and ¼ teaspoon pepper in a small bowl. Serve immediately or cover and refrigerate for 30 minutes to allow flavors to blend.

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 ¼ cup raita each.

Per serving: 195 calories; 9 g fat (2 g sat, 5 g mono); 45 mg cholesterol; 12 g carbohydrate; 0 g added sugars; 15 g protein; 1 g fiber; 496 mg sodium; 396 mg potassium.

Carbohydrate servings: 1

Exchanges: ½ starch, 3 lean meat, ½ fat



Zu-Canoes

Makes: 4 servings

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

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Zucchini stuffed with tomatoes, mozzarella and basil make a fresh summer side dish. For the nicest presentation, use long, relatively skinny zucchini.

- 2 medium 2-inch-wide zucchini
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon white-wine vinegar
- 1 tablespoon minced shallot
- 1 cup quartered grape tomatoes
- ½ cup diced mozzarella cheese, preferably fresh
- ¼ cup thinly sliced fresh basil

1. Trim both ends off zucchini; cut in half lengthwise. Cut a thin slice off the backs so each half sits flat. Scoop out the pulp, leaving a ¼-inch shell. Finely chop the pulp; set aside.

2. Place the zucchini halves in a microwave-safe dish. Sprinkle with ¼ teaspoon each salt and pepper. Cover and microwave on High until tender-crisp, 3 to 4 minutes. (*Alternatively, steam in a steamer basket over 1 inch of boiling water in a large skillet or pot.*)

3. Whisk oil, vinegar, shallot and the remaining ¼ teaspoon each salt and pepper in a medium bowl. Add tomatoes, cheese, basil and the reserved zucchini pulp; toss to combine. Divide the filling among the zu-canoes.

Per serving: 87 calories; 4 g fat (1 g sat, 3 g mono); 3 mg cholesterol; 7 g carbohydrate; 0 g added sugars; 7 g protein; 2 g fiber; 407 mg sodium; 445 mg potassium.

Nutrition bonus: Vitamin C (48% daily value), Vitamin A (19% dv), Calcium (16% dv).

Carbohydrate servings: ½

Exchanges: 1 vegetables, ½ high-fat meat

Grilled Steak with Whiskey Dijon BBQ Sauce

Makes: 4 servings

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

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Cooking whiskey removes the boozy taste, but leaves the sweet oak flavor behind. Serve with baked beans and corn on the cob.

- ½ cup reduced-sodium beef broth or chicken broth**
- 3 tablespoons whiskey**
- 3 tablespoons Dijon mustard**
- 2 tablespoons packed light brown sugar**
- 1 large shallot, finely chopped**
- 1 teaspoon Worcestershire sauce**
- 1 teaspoon chopped fresh thyme**
- 1-1¼ pounds skirt steak (see Tip), trimmed and cut into 4 portions**
- ½ teaspoon freshly ground pepper**
- ¼ teaspoon salt**

1. Preheat grill to medium-high. (*No grill? See Broiler Variation, below.*)
2. Combine broth, whiskey, mustard, brown sugar, shallot, Worcestershire and thyme in a small saucepan; bring to a boil over high heat. Reduce heat to maintain a lively simmer and cook, stirring frequently, until reduced to about ½ cup, 6 to 10 minutes. Remove from heat.
3. Sprinkle steaks with pepper and salt. Grill the steak 1 ½ to 3 minutes per side for medium. Remove from the grill and let rest for 5 minutes. Serve the steak with the sauce.

Per serving: 247 calories; 9 g fat (4 g sat, 5 g mono); 74 mg cholesterol; 9 g carbohydrate; 7 g added sugars; 24 g protein; 0 g fiber; 440 mg sodium; 494 mg potassium.

Nutrition bonus: Zinc (38% daily value), Iron (16% dv).

Carbohydrate servings: ½

Exchanges: ½ carbohydrate (other), 3 lean meat



Broiler Variation: Position rack in upper third of oven; preheat broiler. Coat a broiler pan or large baking sheet with cooking spray. Broil steak on the prepared pan, turning once, 2 to 4 minutes per side for medium.

Tip: Skirt steak may not be something your supermarket regularly carries—call ahead to make sure it's available or ask your butcher to order it for you. Hanger steak, flat-iron and flank steak can all be used as substitutes for skirt steak in most recipes.

Sweet & Savory Grilled Chicken

Makes: 4 servings

Active time: 5 minutes **Total:** 25 minutes

To make ahead: Store the rub in an airtight container for up to 3 months; coat the chicken with the rub up to 30 minutes before grilling or broiling.

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This sweet and savory rub for grilled chicken relies on ingredients you most likely have on hand already—brown sugar, dry mustard and onion powder—making it a quick recipe for a night when you're not sure what you're making for dinner.

- 2 teaspoons light brown sugar**
- 2 teaspoons dry mustard**
- 1 teaspoon onion powder**
- ½ teaspoon kosher salt**
- ¼ teaspoon white pepper or freshly ground black pepper**
- 1-1¼ pounds boneless, skinless chicken breast (see Tip)**

1. Combine brown sugar, dry mustard, onion powder, salt and pepper in a small bowl.
 2. Coat both sides of chicken with the rub up to 30 minutes before grilling or broiling.
 3. Preheat grill to medium-high or position a rack in upper third of oven and preheat broiler.
 4. **To grill:** Oil the grill rack (see Tip, Page 4). Grill the chicken, turning once, until an instant-read thermometer inserted into the thickest part registers 165°F, 4 to 8 minutes per side.
 5. **To broil:** Line a broiler pan (or baking sheet) with foil and coat with cooking spray. Place the chicken on the foil. Broil, watching carefully and turning at least once, until an instant-read thermometer inserted into the thickest part registers 165°F, 10 to 15 minutes total.
- Per serving:** 140 calories; 3 g fat (1 g sat, 1 g mono); 63 mg cholesterol; 3 g carbohydrate; 2 g added sugars; 23 g protein; 0 g fiber; 196 mg sodium; 198 mg potassium.
- Carbohydrate servings:** 0
- Exchanges:** 3 lean meat



Tip: Oiling a grill rack before you grill foods helps ensure that the food won't stick. Oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.) When grilling delicate foods like tofu and fish, it is helpful to coat the food with cooking spray.



Classic Hamburger

Makes: 4 servings

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

To make ahead: Prepare ketchup-mayonnaise sauce (Step 3) and refrigerate for up to 1 day.

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Slow-cooked onions add moisture and flavor to these lean beef burgers. A quick blend of mayonnaise, ketchup, relish and vinegar makes a perfect tangy, sweet and creamy “special sauce” for this burger. We love the dill relish here, but use sweet relish if you prefer it. Serve with sweet potato fries.

- 1 medium onion, chopped
- 1 tablespoon canola oil
- 2 tablespoons ketchup, divided
- 2 tablespoons low-fat mayonnaise
- 2 teaspoons dill pickle relish
- 1 teaspoon distilled white vinegar
- 1 pound lean (90% or leaner) ground beef
- 2 tablespoons Worcestershire sauce or steak sauce
- ½ teaspoon freshly ground pepper
- 4 sesame-seed or other hamburger buns, toasted
- 4 slices tomato
- 4 leaves green-leaf lettuce

1. Preheat grill to medium-high (or see *Stovetop Variation, below*).
2. Combine onion, oil and 1 tablespoon ketchup in a medium saucepan. Cover and cook over medium-high heat, stirring often, until the onion is softened, 5 to 7 minutes. Reduce heat to medium-low, uncover and cook, stirring occasionally, until very soft, 5 to 8 minutes more. Transfer to a medium bowl and let cool for a few minutes.
3. Meanwhile, combine the remaining 1 tablespoon ketchup, mayonnaise, relish and vinegar in a small bowl. Set aside.
4. Add beef, Worcestershire (or steak sauce) and pepper to the onion and gently combine without overmixing. Form into 4 patties, about ¾ inch thick.

5. Oil the grill rack (see *Tip*). Grill the burgers, turning once, until an instant-read thermometer inserted in the center registers 165°F, 4 to 5 minutes per side.

6. Assemble the burgers on toasted buns with the ketchup-mayonnaise sauce, tomato slices and lettuce.

Per serving: 375 calories; 16 g fat (5 g sat, 7 g mono); 71 mg cholesterol; 31 g carbohydrate; 4 g added sugars; 27 g protein; 2 g fiber; 536 mg sodium; 518 mg potassium.

Nutrition bonus: Vitamin A (41% daily value), Zinc (39% dv), Iron (26% dv), Folate (24% dv), Vitamin C (15% dv).

Carbohydrate servings: 2

Exchanges: 1½ starch, 1 vegetable, 3 lean meat, 1 fat

Stovetop Variation: Coat a nonstick pan, preferably cast-iron (or a grill pan), with cooking spray and heat over medium-high heat for 1 to 2 minutes. Add burgers, reduce heat to medium and cook, turning once, until an instant-read thermometer registers 155°F (for pork and bison) or 165° (for beef or chicken), 4 to 5 minutes per side.

Tip: 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.)



Provençal Summer Vegetables

Makes: 6 servings, about ⅔ cup each

Active time: 25 minutes **Total:** 2¼ hours

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This stunning side dish of layered tomatoes, eggplant, summer squash and leeks bursts with fresh flavor. To make it even more colorful, use half a summer squash and half a zucchini. Try it alongside any grilled meat. Leftovers are delicious sandwiched between slices of crusty whole-grain bread.

- 4 tablespoons extra-virgin olive oil, divided
- 2 cups thinly sliced leeks, rinsed and well drained
- 5 cloves garlic, thinly sliced
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- ½ cup dry white wine
- 3 large tomatoes (about 1½ pounds), sliced ¼ inch thick
- 1 small summer squash or zucchini, sliced diagonally ¼ inch thick
- 1 small eggplant, sliced ¼ inch thick
- ⅓ cup finely shredded Pecorino Romano or Parmesan cheese
- 1 tablespoon chopped fresh marjoram or 1 teaspoon dried

1. Preheat oven to 425°F.

2. Heat 2 tablespoons oil in a large skillet over medium heat. Add leeks, garlic, ¼ teaspoon each salt and pepper and cook, stirring, until soft and beginning to brown, about 6 minutes. Add wine and cook, stirring, 1 minute more. Transfer the mixture to a shallow 2-quart baking dish.

3. Layer tomatoes, summer squash (or zucchini) and eggplant slices in an alternating shingle pattern over the leek mixture (they will overlap quite a bit). If you have extra vegetable slices, save them for another use. Sprinkle the vegetables with the remaining ¼ teaspoon each salt and pepper and drizzle with the remaining 2 tablespoons oil.

4. Bake the vegetables for 1¼ hours. Sprinkle cheese and marjoram over the top. Continue baking until the edges are browned and the vegetables are very tender, about 15 minutes more. Let cool for about 5 minutes before serving.

Per serving: 181 calories; 12 g fat (3 g sat, 8 g mono); 7 mg cholesterol; 13 g carbohydrate; 0 g added sugars; 4 g protein; 4 g fiber; 292 mg sodium; 463 mg potassium.

Nutrition bonus: Vitamin C (35% daily value), Vitamin A (27% dv).

Carbohydrate servings: 1

Exchanges: 2 vegetables, 2 fat



Herbed Salsa with Grilled Chicken

Makes: 4 servings

Active time: 50 minutes **Total:** 50 minutes (plus marinating time)

To make ahead: Cover and refrigerate the salsa for up to 1 day; serve at cool room temperature. Marinate the chicken (Step 2) for up to 1 day.

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This fresh tomato salsa, which doubles as a marinade for grilled chicken, is packed with flavor from lots of fresh oregano, chives and cilantro. Serve the chicken and salsa with beans and brown rice or over greens. *Recipe by Nancy Baggett for EatingWell.*

Salsa

- 1½ cups chopped tomatoes, divided
- ⅓ cup chopped fresh chives
- ⅓ cup chopped fresh cilantro or parsley
- 2 teaspoons chopped fresh oregano
- 1½ tablespoons red-wine vinegar, or to taste
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper, or to taste
- ¼-½ teaspoon hot sauce, or to taste
- ¾ cup chopped green or red bell pepper (or a combination)
- ¾ cup corn kernels, fresh or frozen (thawed), cooked if desired

Chicken

- 2 boneless, skinless chicken breasts (8-9 ounces each), trimmed
- 2½ tablespoons extra-virgin olive oil, divided
- 2½ teaspoons chili powder
- 1 teaspoon minced garlic

1. To prepare salsa: Place 1 cup tomatoes in a food processor with chives, cilantro (or parsley), oregano, vinegar, salt, pepper and hot sauce. Process until the mixture is coarsely pureed. Add bell pepper and pulse 4 or 5 times to incorporate. Transfer to a nonreactive bowl; stir in corn and the remaining ½ cup tomatoes. Taste and add more vinegar, salt, pepper and/or hot sauce, if desired.

2. To prepare chicken: Cut each chicken breast in half on the diagonal to make 4 roughly equal portions. Combine ¼ cup of the salsa, 2 tablespoons liquid drained from the salsa, 1½ tablespoons oil, chili powder and garlic in a nonreactive medium shallow bowl or sealable gallon-size plastic bag. Add the chicken pieces and stir or shake until well coated. Cover and marinate in the refrigerator for at least 2 hours or up to 1 day. Cover and refrigerate the remaining salsa.

3. Preheat grill to medium-high or position a rack in the upper third of the oven and preheat the broiler.

4. Thoroughly shake off the marinade from the chicken pieces and pat dry with paper towels. Brush on both sides with the remaining 1 tablespoon oil. (Discard the marinade.) If broiling, place on a well-oiled broiler pan or wire rack set on a large baking sheet. Grill or broil, turning once, until an instant-read thermometer inserted into the thickest part registers 165°F, 10 to 14 minutes. Serve the chicken with the reserved salsa.

Per serving: 176 calories; 7 g fat (1 g sat, 4 g mono); 63 mg cholesterol; 5 g carbohydrate; 0 g added sugars; 24 g protein; 2 g fiber; 320 mg sodium; 419 mg potassium.

Nutrition bonus: Vitamin C (58% daily value), Vitamin A (23% dv).

Carbohydrate servings: 0

Exchanges: 1 vegetable, 3 lean meat



Corn & Basil Cakes

Makes: 5 servings, 2 cakes each

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

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Try these savory corn-and-basil pancakes as a side dish with barbecued chicken or grilled steak.

- ½ cup white whole-wheat flour or all-purpose flour
- ½ cup low-fat milk
- 2 large eggs
- 2 tablespoons canola oil, divided
- ½ teaspoon baking powder
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 cups fresh corn kernels (about 2 large ears; see Tip) or frozen
- ½ cup chopped fresh basil

1. Whisk flour, milk, eggs, 1 tablespoon oil, baking powder, salt and pepper in a medium bowl until smooth. Stir in corn and basil.

2. Brush a large nonstick skillet lightly with some of the remaining 1 tablespoon oil; heat over medium heat until hot (but not smoking). Cook 4 cakes at a time, using about ¼ cup batter for each, making them about 3 inches wide. Cook until the edges are dry, about 2 minutes. Flip and cook until golden brown on the other side, 1 to 3 minutes more. Repeat with the remaining oil and batter, making 10 cakes total. Reduce the heat as necessary to prevent burning.

Per serving: 180 calories; 9 g fat (1 g sat, 5 g mono); 76 mg cholesterol; 21 g carbohydrate; 0 g added sugars; 7 g protein; 2 g fiber; 329 mg sodium; 251 mg potassium.

Carbohydrate servings: 1½

Exchanges: 1½ starch, 1½ fat

Tip: To cut kernels from the cob, stand an ear of corn on one end and slice the kernels off with a sharp knife.



Grilled Salmon with Tomatoes & Basil

Makes: 4 servings

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

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This recipe is so beautiful and yet so simple to prepare—it's perfect for entertaining. Just spread a side of salmon with minced garlic, sprinkle with fresh basil, then layer sliced tomatoes on top and grill for a few minutes.

- 2 cloves garlic, minced
- 1 teaspoon kosher salt, divided
- 1 tablespoon extra-virgin olive oil
- 1 whole wild salmon fillet (also called a "side of salmon" about 1½ pounds)
- ⅓ cup plus ¼ cup thinly sliced fresh basil, divided
- 2 medium tomatoes, thinly sliced
- ¼ teaspoon freshly ground pepper

1. Preheat grill to medium.
2. Mash minced garlic and ¾ teaspoon salt on a cutting board with the side of a chef's knife

or a spoon until a paste forms. Transfer to a small bowl and stir in oil.

3. Check the salmon for pin bones and remove if necessary. Measure out a piece of heavy-duty foil (or use a double layer of regular foil) large enough for the salmon fillet. Coat the foil with cooking spray. Place the salmon skin-side down on the foil and spread the garlic mixture all over it. Sprinkle with ⅓ cup basil. Overlap tomato slices on top and sprinkle with the remaining ¼ teaspoon salt and pepper.

4. Transfer the salmon on the foil to the grill. Grill until the fish flakes easily, 10 to 12 minutes. Use two large spatulas to slide the salmon from the foil to a serving platter. Serve the salmon sprinkled with the remaining ¼ cup basil.

Per serving: 248 calories; 10 g fat (2 g sat, 5 g mono); 80 mg cholesterol; 3 g carbohydrate; 0 g added sugars; 35 g protein; 1 g fiber; 367 mg sodium; 799 mg potassium.

Nutrition bonus: Potassium (23% daily value), Vitamin A (22% dv), Vitamin C (20% dv), Magnesium (15% dv).

Carbohydrate servings: 0

Exchanges: 1 vegetable, 5 lean meat

Tip: Depending on how your side of salmon was prepared at the market, small white pin bones may still be in the fillet. We suggest removing them before you cook the fish. To remove the bones, place your hand underneath the fillet to bend it up slightly, exposing the row of bones running down the length—they will poke out of the flesh and point at an angle toward the wider end of the fillet. Grasp each bone with a clean pair of tweezers or needle-nose pliers and gently pull it out in the direction of the wide end of the fillet.

Tomato-Corn Pie

Makes: 8 servings

Active time: 25 minutes **Total:** 2 hours

To make ahead: Prepare the crust (Step 1), wrap tightly and refrigerate for up to 3 days or freeze for up to 6 months. Cover and refrigerate the baked pie for up to 1 day.

Equipment: 9-inch pie pan, preferably deep-dish.

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Tomatoes and corn have a natural affinity for one another: the slight acidity of tomatoes balances the sweetness of the corn. Here they partner in a delicious quiche-like pie. The dough is very forgiving and bakes up into a sturdy shell that's great for just about any savory pie or tart. Perfect for a summer brunch or try it with a tossed salad for a light supper.

Crust

- ¾ cup whole-wheat pastry flour
- ¾ cup all-purpose flour
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- ⅓ cup extra-virgin olive oil
- 5 tablespoons cold water

Filling

- 3 large eggs
- 1 cup low-fat milk
- ½ cup shredded sharp Cheddar cheese, divided
- 2 medium tomatoes, sliced
- 1 cup fresh corn kernels (about 1 large ear) or frozen
- 1 tablespoon chopped fresh thyme or 1 teaspoon dried
- ½ teaspoon salt, divided
- ¼ teaspoon freshly ground pepper

1. **To prepare crust:** Combine whole-wheat flour, all-purpose flour, ½ teaspoon each salt and pepper in a large bowl. Make a well in the center, add oil and water and gradually stir them in to form a soft dough. Wrap the dough in plastic and chill in the refrigerator for 15 minutes.
2. Preheat oven to 400°F.
3. Roll the dough into a 12-inch circle on a lightly floured surface. Transfer to a 9-inch pie pan, preferably deep-dish, and press into the

bottom and up the sides. Trim any overhanging crust. Line the dough with a piece of foil or parchment paper large enough to lift out easily; fill evenly with pie weights or dry beans. Bake for 20 minutes. Remove the foil or paper and weights. Let cool on a wire rack for at least 10 minutes or up to 1 hour.

4. **To prepare filling:** Whisk eggs and milk in a medium bowl. Sprinkle half the cheese over the crust, then layer half the tomatoes evenly over the cheese. Sprinkle with corn, thyme, ¼ teaspoon each salt and pepper and the remaining ¼ cup cheese. Layer the remaining tomatoes on top and sprinkle with the remaining ¼ teaspoon salt. Pour the egg mixture over the top.

5. Bake the pie until a knife inserted in the center comes out clean, 40 to 50 minutes. Let cool for 20 minutes before serving.

Per serving: 258 calories; 14 g fat (4 g sat, 9 g mono); 79 mg cholesterol; 24 g carbohydrate; 0 g added sugars; 8 g protein; 2 g fiber; 379 mg sodium; 218 mg potassium.

Carbohydrate servings: 1½

Exchanges: 1½ starch, ½ lean meat, 2 fat





Grilled Eggplant & Portobello Sandwich

Makes: 4 servings

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

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Looking for a vegetarian option for your next cookout? This grilled eggplant and portobello sandwich is our answer. For extra flavor, we top it with slices of garden-fresh tomato and spicy arugula.

- 1 small clove garlic, chopped
- ¼ cup low-fat mayonnaise
- 1 teaspoon lemon juice
- 1 medium eggplant (about 1 pound), sliced into ½-inch rounds
- 2 large or 3 medium portobello mushroom caps, gills removed
- Canola or olive oil cooking spray
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 8 slices whole-wheat sandwich bread, lightly grilled or toasted
- 2 cups arugula or spinach, stemmed and chopped if large
- 1 large tomato, sliced

1. Preheat grill to medium-high.

2. Mash garlic into a paste on a cutting board with the back of a spoon. Combine with mayonnaise and lemon juice in a small bowl. Set aside.

3. Coat both sides of eggplant rounds and mushroom caps with cooking spray and season with salt and pepper. Grill the vegetables, turning once, until tender and browned on both sides: 2 to 3 minutes per side for eggplant, 3 to 4 minutes for mushrooms. When cool enough to handle, slice the mushrooms.

4. Spread ½ teaspoons of the garlic mayonnaise on each piece of bread. Layer the eggplant, mushrooms, arugula (or spinach) and tomato slices onto 4 slices of bread and top with the remaining bread.

Per serving: 250 calories; 7 g fat (1 g sat, 3 g mono); 4 mg cholesterol; 39 g carbohydrate; 4 g added sugars; 10 g protein; 9 g fiber; 688 mg sodium; 789 mg potassium.

Nutrition bonus: Potassium (23% daily value), Folate (21% dv), Vitamin C (20% dv), Magnesium (18% dv).

Carbohydrate servings: 2

Exchanges: 2 starch, 2 vegetable, ½ fat

Grilled Shrimp with Melon & Pineapple Salsa

Makes: 4 serving

Active time: 45 minute **Total:** 1¼ hours (plus marinating time)

To make ahead: Marinate the shrimp (Step 1) for up to 24 hours. Cover and refrigerate the salsa (Step 2) for up to 4 hours.

Equipment: Four 8- to 10-inch skewers

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Grilled shrimp is perfectly accented by this light, summery pineapple-melon salsa. The flavors are bright and fresh, just right for a hot day. For best flavor marinate the shrimp overnight.

- 1 pound raw shrimp (16-20 per pound), peeled and deveined (see Tip)
- 2 tablespoons canola oil, divided
- 2 teaspoons finely grated fresh ginger, divided
- 2 teaspoons minced seeded jalapeño, divided
- 2 cups finely diced firm ripe melon
- 1 cup finely diced fresh pineapple
- ¼ cup finely diced red bell pepper
- ¼ cup finely diced green bell pepper
- ¼ cup finely diced red onion
- 3 tablespoons rice vinegar
- 2 tablespoons finely chopped fresh mint, plus 4 sprigs for garnish
- ½ teaspoon kosher salt
- 4 large lettuce leaves, such as Boston, romaine or iceberg
- 4 lime wedges

1. Combine shrimp, 1 tablespoon oil, 1 teaspoon ginger and 1 teaspoon jalapeño in a medium bowl. Cover and refrigerate for 4 hours or up to 24 hours.

2. Combine melon, pineapple, red and green bell pepper, onion, vinegar, chopped mint and salt in a large bowl with the remaining 1 tablespoon oil, 1 teaspoon ginger and 1 teaspoon jalapeño. Refrigerate until cold, about 30 min-



utes or up to 4 hours.

3. About 20 minutes before serving, preheat grill to high.

4. Thread the shrimp onto skewers, piercing each twice, once through the tail end and once near the head end. Grill the shrimp until pink and just cooked through, 2 to 3 minutes per side. When cool enough to handle, slide the shrimp off the skewers.

5. To serve, arrange one large lettuce leaf on each dinner plate. Spoon salsa onto the lettuce and top with shrimp. Garnish each serving with a lime wedge and a mint sprig, if using.

Per serving: 207 calories; 8 g fat (1 g sat, 5 g mono); 143 mg cholesterol; 17 g carbohydrate; 0 g added sugars; 17 g protein; 2 g fiber; 326 mg sodium; 473 mg potassium.

Nutrition bonus: Vitamin C (95% daily value), Vitamin A (25% dv), Folate (17% dv).

Carbohydrate servings: 1

Exchanges: 1 fruit, 2½ lean meat, 1 fat

Tip: To devein shrimp, use a paring knife to make a slit along the length of the shrimp. Under running water, remove the tract with the knife tip.

Chicken with Whole-Grain Mustard & Zucchini in Packets

Makes: 4 servings

Active time: 30 minutes **Total:** 1 hour

Equipment: Parchment paper or foil

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Mustard and thyme flavor chicken and veggies in this easy dinner.

- 4 boneless, skinless chicken breasts (1¼-1½ pounds), trimmed and tenders removed
- 2 tablespoons whole-grain mustard
- 2 small zucchini, thinly sliced
- 2 sweet banana peppers or cubanelle peppers, cut into 1-inch pieces
- 2 shallots, thinly sliced
- 1½ cups halved grape or cherry tomatoes
- 4 teaspoons extra-virgin olive oil
- 1 tablespoon chopped fresh thyme or 1 teaspoon dried
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper

1. Preheat oven to 400°F (or see *Grill Variation*, right).
2. To prepare packets, start with four 20- to 24-inch-long pieces of parchment paper or foil. Fold in half crosswise. With the parchment or foil folded, draw half a heart shape on one side as you would if you were making a Valentine. Use scissors to cut out the heart shape. Open up the heart.
3. Place a chicken breast on one side of each open heart fairly close to the crease and leaving at least a 1-inch border around the edges for folding and spread with mustard.
4. Toss zucchini, peppers, shallots, tomatoes, oil, thyme, salt and pepper in a large bowl. Place about 1¼ cups of the vegetable mixture on top of each piece of chicken.
5. Close the packet to cover the ingredients. Starting at the top, seal the packet by folding the edges together in a series of small, tight folds. Twist the tip of the packet and tuck it underneath to help keep the packet closed. Place the packets on a large rimmed baking sheet (packets may overlap slightly). Bake

until the vegetables are tender and an instant-read thermometer inserted into the thickest part of the chicken registers 165°F, about 25 minutes. (Carefully open one package to check for doneness—be cautious of the steam.) Let the packets rest unopened for 5 minutes before serving.

Per serving: 243 calories; 9 g fat (2 g sat, 5 g mono); 78 mg cholesterol; 7 g carbohydrate; 0 g added sugars; 30 g protein; 2 g fiber; 521 mg sodium; 620 mg potassium.

Nutrition bonus: Vitamin C (65% daily value), Potassium (18% dv), Vitamin A (17% dv).

Carbohydrate servings: ½

Exchanges: 1 vegetable, 4 lean meat, 1 fat

Grill Variation: Cooking in packets is great for the grill, but it's not safe to put parchment paper over an open flame, so use foil. To prepare packets for grilling, start with eight 20- to 24-inch-long pieces of foil. Layer two sheets for each of four packets (the double layers will help protect the contents from burning). Arrange the ingredients on one half of each double layer. Fold the foil over the ingredients and tightly seal the packets by crimping and folding the edges together. Grill over medium heat for 14 to 16 minutes, rotating the packets to another spot on the grill about halfway through to ensure even cooking.



Steak & Potato Kebabs with Creamy Cilantro Sauce

Makes: 4 servings

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

Equipment: Eight 10- to 12-inch skewers

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Steak kebabs get a Southwestern spin with poblano peppers and a creamy sauce spiked with cilantro, chile powder, cumin and vinegar. The potatoes are partially cooked in the microwave before putting them on the grill so they're done at the same time as faster-cooking steak, peppers and onions. Serve with green salad and Spanish rice.

- ½ cup packed fresh cilantro leaves, minced
- 2 tablespoons red-wine vinegar or cider vinegar
- 2 tablespoons reduced-fat sour cream
- 1 small clove garlic, minced
- 1 teaspoon chile powder
- ½ teaspoon ground cumin
- ½ teaspoon salt, divided
- 8 new or baby red potatoes
- 1¼ pounds strip steak, trimmed and cut into 1½-inch pieces
- 2 poblano peppers or 1 large green bell pepper, cut into 1-inch pieces
- 1 teaspoon extra-virgin olive oil
- 1 large sweet onion, cut into 1-inch chunks

1. Combine cilantro, vinegar, sour cream, garlic, chile powder, cumin and ¼ teaspoon salt in a small bowl. Set aside.
2. Preheat grill to high.
3. Place potatoes in a microwave-safe container. Cover and microwave on High until just tender when pierced with a fork, 3 to 3½ minutes.
4. Toss the potatoes, steak and pepper pieces with oil and the remaining ¼ teaspoon salt in a large bowl. Thread the potatoes, steak, peppers and onion chunks onto 8 skewers. Grill, turning once or twice, until the steak reaches



desired doneness, about 6 minutes for medium. Serve the kebabs with the reserved sauce.

Per serving: 275 calories; 9 g fat (3 g sat, 4 g mono); 79 mg cholesterol; 18 g carbohydrate; 0 g added sugars; 30 g protein; 3 g fiber; 381 mg sodium; 831 mg potassium.

Nutrition bonus: Vitamin C (71% daily value), Zinc (37% dv), Potassium (24% dv), Iron (16% dv).

Carbohydrate servings: 1

Exchanges: 1 starch, 4 lean meat

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.)