



EatingWell Favorite Summer Recipes

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California Hot Dog

Makes: 1 serving

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

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We know avocado, sprouts and curry powder aren't your typical hot dog toppings, but trust us, this is a delicious combo! For the best crunch, make sure your sprouts are fresh. If you like a little kick, use hot curry powder or add a pinch of cayenne.

- 1 grilled hot dog (see *Tip*)
- 1 whole-wheat hot dog bun, toasted if desired
- 2 tablespoons diced avocado
- 1 tablespoon finely diced red onion
- 1 tablespoon alfalfa sprouts
- ¼ teaspoon curry powder, or to taste



Place hot dog in bun; top with avocado, onion and sprouts and sprinkle with curry powder.

Per serving: 271 calories; 15 g fat (3 g sat, 5 g mono); 20 mg cholesterol; 28 g carbohydrate; 3 g added sugars; 11 g protein; 7 g fiber; 507 mg sodium; 385 mg potassium.

Carbohydrate servings: 1½

Tip: Not all hot dogs are created equal. Reaching for the right brand in the grocery store can have a huge impact on your intake of fat and sodium. For a healthier hot dog, choose one that's no more than 150 calories, has 3 grams or less of saturated fat and 370 mg or less of sodium.

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.
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 (18% dv), Vitamin C (15% dv).

Carbohydrate servings: 2

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

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.)



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 oaky flavor behind, which lends itself beautifully to tender grilled skirt steak, as we do here, or to grilled pork or chicken. Great with corn on the cob or baked beans.

- 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.*)

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 the 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 is usually sold in about 1-pound cuts up to 18 inches long and 5 inches wide, but just ¼ inch thick. Before cooking, cut the steak with the grain into several portions to make the long piece more manageable on the grill or in a skillet. Once cooked, be sure to slice it across the grain for maximum tenderness. 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. 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: If you can only find chicken breasts closer to 8- to 9-ounce each, you'll only need 2 breasts for 4 servings—cut each one in half before cooking.



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.

Crust

- $\frac{3}{4}$ cup whole-wheat pastry flour
- $\frac{3}{4}$ cup all-purpose flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon freshly ground pepper
- $\frac{1}{3}$ cup extra-virgin olive oil
- 5 tablespoons cold water

Filling

- 3 large eggs
- 1 cup low-fat milk
- $\frac{1}{2}$ cup shredded sharp Cheddar cheese, divided

- 2 medium tomatoes, sliced
- 1 cup fresh corn kernels (about 1 large ear; see *Tip*) or frozen
- 1 tablespoon chopped fresh thyme or 1 teaspoon dried
- $\frac{1}{2}$ teaspoon salt, divided
- $\frac{1}{4}$ teaspoon freshly ground pepper

1. To prepare crust: Combine whole-wheat flour, all-purpose flour, $\frac{1}{2}$ 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, $\frac{1}{4}$ teaspoon each salt and pepper and the remaining $\frac{1}{4}$ cup cheese. Layer the remaining tomatoes on top and sprinkle with the remaining $\frac{1}{4}$ 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; 217 mg potassium.

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

Exchanges: $1\frac{1}{2}$ starch, $\frac{1}{2}$ lean meat, 2 fat

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

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
- $\frac{1}{2}$ teaspoon salt, divided
- $\frac{1}{2}$ 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
- $\frac{1}{2}$ cup diced mozzarella cheese, preferably fresh
- $\frac{1}{4}$ 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 $\frac{1}{4}$ -inch shell. Finely chop the pulp; set aside.

2. Place the zucchini halves in a microwave-safe dish. Sprinkle with $\frac{1}{4}$ 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 $\frac{1}{4}$ 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: $\frac{1}{2}$

Exchanges: 1 vegetable, $\frac{1}{2}$ high-fat meat





Mama's Potato Salad

Makes: 12 servings, about ¾ cup each

Active time: 1 hour **Total:** 1¼ hours

To make ahead: Cover and refrigerate for up to 2 days.

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Tossed with mayo, celery, hard-boiled eggs, onion and relish, this is one of the most simple and traditional potato salad recipes around. Sprinkling the still-warm potatoes with vinegar infuses them with more flavor than if you had added the vinegar to the dressing.

- 5 russet potatoes (about 3 pounds)
- 1½ teaspoons salt, divided
- ½ cup white-wine vinegar

- 4 large eggs
- 1¼ cups low-fat mayonnaise
- 4 stalks celery, finely chopped
- 1 Vidalia or other sweet onion, finely chopped
- ¼ cup sweet or dill pickle relish
- Freshly ground pepper to taste

1. Peel potatoes and cut into ½-inch cubes. Place in a large pot and add water to cover; season with 1 teaspoon salt. Bring to a boil over high heat. Reduce the heat and simmer until very tender, 15 to 20 minutes. Drain well. While still warm, transfer the potatoes to a baking sheet and drizzle with vinegar. Set aside to cool to room temperature.

2. Meanwhile, place eggs in a medium saucepan and add water to cover by 1 inch. Bring to a simmer over medium-high heat. Reduce heat to low and cook at the barest simmer for 10 minutes. Remove from heat, pour out the hot water and cover the eggs with ice-cold water. Let stand until cool enough to handle before peeling.

3. Once the eggs have cooled, remove the shells by tapping each egg gently on the counter or sink all over to crackle it. Roll an egg between your hands to loosen the shell. Peel, starting at the large end, while holding the egg under cold running water; this facilitates peeling. Grate the eggs through the large holes on a box grater or finely chop them.

4. Combine mayonnaise, celery, onion, pickle relish, the remaining ½ teaspoon salt and pepper in a large bowl. Add the cooled potatoes and grated eggs; stir to combine. Serve at room temperature or chilled.

Per serving: 199 calories; 7 g fat (1 g sat, 2 g mono); 68 mg cholesterol; 32 g carbohydrate; 1 g added sugars; 4 g protein; 2 g fiber; 573 mg sodium; 446 mg potassium.

Nutrition bonus: Vitamin C (17% daily value).

Carbohydrate servings: 2

Exchanges: 1½ starch, 1 vegetable



Macaroni Salad

Makes: 12 servings, about 1 cup each

Active time: 45 minutes **Total:** 2¾ hours (including chilling time)

To make ahead: Cover and refrigerate for up to 3 days.

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A combination of low-fat mayo and sour cream lightens up the dressing, and whole-wheat elbow noodles, spinach and edamame add extra nutrients.

- 3 cups whole-wheat elbow noodles (14- to 16-ounce package)
- ¾ cup low-fat mayonnaise
- ¾ cup reduced-fat sour cream
- 2 teaspoons sugar
- 1 teaspoon salt
- ¾ teaspoon celery seed
- Freshly ground pepper to taste
- 3 stalks celery, finely chopped
- 3 carrots, shredded
- 1 small Vidalia or other sweet onion, finely chopped

- 1 cup baby spinach, chopped
- ¾ cup frozen (thawed) edamame
- ⅓ cup shredded mild Cheddar cheese

1. Cook noodles in a large pot of boiling water until tender, 8 to 10 minutes or according to package directions. Drain. Transfer to a large bowl to cool for at least 15 minutes.

2. Combine mayonnaise, sour cream, sugar, salt, celery seed and pepper in a small bowl.

3. When the noodles have cooled, add celery, carrots, onion, spinach, edamame and the mayonnaise mixture; stir well to combine.

4. Cover and refrigerate until cold, at least 2 hours. Taste and adjust seasoning with salt and pepper, if desired. Sprinkle with cheese just before serving.

Per serving: 391 calories; 7 g fat (2 g sat, 2 g mono); 13 mg cholesterol; 48 g carbohydrate; 1 g added sugars; 10 g protein; 4 g fiber; 366 mg sodium; 243 mg potassium.

Nutrition bonus: Vitamin A (60% daily value).

Carbohydrate servings: 3

Exchanges: 1½ starch, 1 vegetable, 1 fat

Summer Tomato, Onion & Cucumber Salad

Makes: 6 servings, about 1½ cups each
Active time: 20 minutes **Total:** 50 minutes
 (including 30 minutes marinating time)
To make ahead: Prepare through Step 2 up to 1 hour ahead.

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Fresh wedges of tomato, thinly sliced onion and sliced cucumber dressed simply with vinegar and oil makes the most simple salad possible—think of it as the Southern counterpart to the classic Italian tomato-and-mozzarella salad. It is best enjoyed at the height of summer, when tomatoes and cucumbers are fresh from the garden.

- 3 tablespoons rice vinegar
- 1 tablespoon canola oil
- 1 teaspoon honey
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper, or more to taste
- 2 medium cucumbers

- 4 medium tomatoes, cut into ½-inch wedges
- 1 Vidalia or other sweet onion, halved and very thinly sliced
- 2 tablespoons coarsely chopped fresh herbs, such as flat-leaf parsley, chives and/or tarragon

1. Whisk vinegar, oil, honey, salt and pepper in a large shallow bowl.
 2. Remove alternating stripes of peel from the cucumbers. Slice the cucumbers into thin rounds. Add the cucumber slices, tomatoes and onion to the dressing; gently toss to combine. Let stand at room temperature for at least 30 minutes and up to 1 hour.
 3. Just before serving, add herbs and toss again.
- Per serving:** 58 calories; 3 g fat (0 g sat, 2 g mono); 0 mg cholesterol; 8 g carbohydrate; 1 g added sugars; 1 g protein; 2 g fiber; 202 mg sodium; 264 mg potassium.
- Nutrition bonus:** Vitamin C (20% daily value).
- Carbohydrate servings:** ½
- Exchanges:** 2 vegetable, ½ fat



Seven-Layer Salad

Makes: 10 servings, about 1 cup each
Active time: 30 minutes **Total:** 30 minutes
To make ahead: Cover and refrigerate for up to 1 day. Sprinkle with basil just before serving.

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This makeover of a Midwestern classic tops layers of lettuce, peas, bell pepper and tomatoes with a creamy, tangy dressing. The salad stays fresh underneath until it's served and gets even better when held overnight.

- 8 cups shredded romaine lettuce
- 1 cup frozen peas, thawed
- 1 medium yellow bell pepper, diced
- 1 cup halved grape tomatoes or quartered cherry tomatoes
- 1 cup sliced celery
- ½ cup sliced scallions
- ¾ cup nonfat plain yogurt
- ¾ cup low-fat mayonnaise
- 2 teaspoons cider vinegar
- 1-2 teaspoons sugar
- ¼ teaspoon garlic powder

- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ½ cup shredded reduced-fat Cheddar cheese
- ½ cup thinly sliced fresh basil
- 3 strips cooked bacon, crumbled

1. Place lettuce in a large bowl. Layer peas, bell pepper, tomatoes, celery and scallions on top.
 2. Whisk yogurt, mayonnaise, vinegar, sugar to taste, garlic powder, salt and pepper in a medium bowl until smooth. Spread the dressing evenly over the top of the salad (an offset spatula is handy for this, if you have one). Sprinkle with cheese, basil and bacon. Serve room temperature or chilled.
- Per serving:** 86 calories; 4 g fat (1 g sat, 0 g mono); 7 mg cholesterol; 10 g carbohydrate; 1 g added sugars; 5 g protein; 2 g fiber; 358 mg sodium; 281 mg potassium.
- Nutrition bonus:** Vitamin A (79% daily value), Vitamin C (53% dv), Folate (19% dv), Calcium (15% dv).
- Carbohydrate servings:** ½
- Exchanges:** 1 vegetable, ½ lean meat, ½ fat

Bobby Flay's Honey-Rum Baked Black Beans

Makes: 16 servings, about ½ cup each

Active time: 45 minutes **Total:** 3 hours (not including bean-soaking time)

To make ahead: Cover and refrigerate for up to 3 days.

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Chef Bobby Flay cooked these baked black beans, spiked with chorizo and rum, on one of his television shows, *Throwdown!* with Bobby Flay, to compete with a more-traditional batch of Carolina baked beans. We adore the results. If you bring them along to a summer party, re-heat before serving or bring them in a crock-pot and plug it in when you get to the party.

Recipe adapted from *Bobby Flay's Throwdown!* by Bobby Flay with Stephanie Banyas and Miriam Garron (Clarkson Potter, 2010).

- 1 pound dried black beans (about 2¾ cups), picked over and soaked in cold water for 8 hours (or see Tip)**
- 1 tablespoon canola oil**
- 8 ounces dried chorizo, cut into small dice (about 2 cups)**
- 1 medium Spanish onion, cut into small dice**
- 1 medium carrot, cut into small dice**
- 4 cloves garlic, finely chopped**
- 1 cup dark rum**
- 2 cups homemade chicken stock or canned reduced-sodium chicken broth, plus more if needed**
- 1 cup Mesa Grill Barbecue Sauce or your favorite barbecue sauce**
- ¼ cup plus 2 tablespoons coarsely chopped fresh cilantro leaves, divided**
- ¼ cup clover honey**
- 3 tablespoons molasses**
- 3 tablespoons light brown sugar**
- ½ teaspoon kosher salt, or more to taste**
- ½ teaspoon freshly ground pepper, or more taste**

1. Drain beans. Place in a large saucepan and add cold water to cover by 2 inches. Bring to a boil over high heat. Reduce the heat to medium, partially cover the pot and simmer until very tender, 45 minutes to 1 ½ hours. Drain and transfer to a large bowl.

2. Preheat oven to 325°F.

3. Heat oil in a large sauté pan over high heat. Add chorizo and cook, stirring, until golden brown and crisp, 5 to 7 minutes. Remove with a slotted spoon to a plate lined with paper towels.

4. Reduce heat to medium, add onion and carrot to the pan and cook, stirring, until soft, about 5 minutes. Add garlic and cook for 1 minute. Add rum, bring to a simmer and cook until reduced by half, about 5 minutes. Add this mixture to the beans.

5. Add 2 cups stock (or broth), barbecue sauce, ¼ cup cilantro, honey, molasses, brown sugar and the reserved chorizo to the beans. Mix gently to combine. Season with salt and pepper. Transfer the mixture to a large baking dish and cover. Bake for 30 minutes.

6. Check to see if the bean mixture is dry; if it is, add a little more stock (or broth). Bake for 30 minutes more. Uncover and bake 15 minutes more to thicken slightly.

7. Garnish the beans with the remaining 2 tablespoons cilantro. Let sit for at least 10 minutes before serving.

Per serving: 261 calories; 7 g fat (2 g sat, 3 g mono); 12 mg cholesterol; 33 g carbohydrate; 12 g added sugars; 10 g protein; 6 g fiber; 418 mg sodium; 443 mg potassium.

Nutrition bonus: Folate (27% daily value), Magnesium (16% dv).

Carbohydrate servings: 2

Exchanges: 1 starch, 1 carbohydrate (other), 1 medium-fat meat

Tip: To soak beans using a “quick-soak” method, place in a large saucepan with enough cold water to cover them by 2 inches. Bring to a boil. Boil for 2 minutes. Remove from the heat, cover and let stand for 1 hour.





Brown Sugar Peach Shortcakes

Makes: 8 servings

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

To make ahead: Prepare the shortcakes (Steps 2-5), cool completely and store in an airtight container for up to 1 day. Just before serving, warm in a 300°F oven. Prepare peaches (Step 1) up to 2 hours ahead.

Equipment: 3-inch round cutter

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Brown sugar-sweetened shortcakes with fresh, ripe peaches and lightly sweetened cream topping is the perfect ending to a summer meal.

Fruit

5 cups sliced ripe peaches
(4-5 peaches)

2 tablespoons packed light brown sugar

Shortcakes

1¼ cups white whole-wheat flour
(see Tip)

1¼ cups all-purpose flour

⅓ cup packed light brown sugar

2 teaspoons baking powder

½ teaspoon baking soda

¼ teaspoon salt

2 tablespoons unsalted butter, cut into small pieces

3 tablespoons canola oil

1 cup buttermilk

½ teaspoon vanilla extract

1 tablespoon water

1 tablespoon raw cane sugar, such as Demerara or turbinado (optional)

Topping

⅓ cup whipping cream

½ cup reduced-fat sour cream

1. To prepare fruit: Toss peaches with 2 tablespoons brown sugar in a medium bowl and set aside, stirring occasionally to help dissolve the sugar.

2. To prepare shortcakes: Preheat oven to 425°F. Line a baking sheet with a nonstick silicone baking mat or parchment paper or coat with cooking spray.

3. Place white whole-wheat flour, all-purpose

flour, ⅓ cup brown sugar, baking powder, baking soda and salt in a food processor; pulse to combine. Add butter and oil and pulse until the mixture resembles coarse sand. Add buttermilk and vanilla. Process until the dough comes together. (Alternatively, combine flours, brown sugar, baking powder, baking soda and salt in a large bowl. Add butter; with your fingers, quickly rub it into the dry ingredients until the pieces are smaller but still visible. Add oil, buttermilk and vanilla and stir with a fork until the dough comes together.)

4. Using a rubber spatula, transfer the dough to a floured surface. Knead several times so the dough comes together. Pat the dough into an approximate 6-by-12-inch rectangle, about 1 inch thick. Cut out 6 rounds with a 3-inch biscuit cutter (or cookie cutter) dipped in flour; press it straight down without twisting so the shortcakes will rise evenly when baked. Pat the remaining dough back into a 6-by-3-inch oval and cut out 2 more biscuits. (Discard any remaining scraps of dough.) Place the shortcakes on the prepared baking sheet. Brush the tops with water and sprinkle with raw sugar (if using).

5. Bake the shortcakes until the bottoms are golden brown and the tops are beginning to color, 13 to 15 minutes. Transfer to a wire rack to cool slightly.

6. To prepare topping: Beat cream in a medium bowl with an electric mixer or whisk until soft peaks form, 1 to 2 minutes. Fold in sour cream until combined.

7. To serve, split the shortcakes horizontally. Spoon the peaches and juice onto the bottoms, top with the cream mixture and replace the shortcake tops. Serve immediately.

Per serving: 303 calories; 12 g fat (5 g sat, 5 g mono); 24 mg cholesterol; 45 g carbohydrate; 10 g added sugars; 6 g protein; 3 g fiber; 258 mg sodium; 301 mg potassium.

Nutrition bonus: Iron (18% daily value).

Carbohydrate servings: 3

Exchanges: 1½ starch, 1 fruit, ½ carbohydrate (other), 2½ fat

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. Store it in the freezer.

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 “dowdying,” 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. Serve with ice cream or frozen yogurt.

Topping

¾ cup white whole-wheat flour

(see *Tip*, page 8)

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).

Carbohydrate servings: 2

Exchanges: 1 starch, 1 fruit, 1 carbohydrate (other), 1 fat





Double Corn-Blueberry Cobbler

Makes: 8 servings

Active time: 20 minutes **Total:** 1½ hours

☒ Heart Health ☐ Diabetes ☐ Weight Loss ☐ Gluten Free

The hallmark of a cobbler is a biscuit topping baked right on top of the fruit. Here blueberries (or blackberries) and corn make a fun match. The sunny cornmeal batter comes together quickly and looks gorgeous on top of the deep-dark fruit filling. We like the rustic texture of medium- or coarse-ground cornmeal, but any type works.

Filling

- 4 cups blueberries or blackberries**
(about 1¼ pounds), fresh or frozen
- ¼ cup sugar**
- 1 tablespoon white whole-wheat flour**
(see *Tip on page 8*)
- ¼ teaspoon freshly grated lemon zest**
- 1 tablespoon lemon juice**

Topping

- 1 cup white whole-wheat flour**
- ¾ cup cornmeal, preferably medium or coarse-ground**
- 1½ teaspoons baking powder**
- ¼ teaspoon baking soda**
- ¼ teaspoon salt**
- 1 large egg yolk**
- ½ cup buttermilk**
- ¼ cup canola oil**
- 3 tablespoons sugar**
- ½ cup corn kernels, fresh, frozen (thawed) or canned (well-drained)**

1. Preheat oven to 375°F.

2. To prepare filling: Combine berries, ¼ cup sugar, 1 tablespoon flour, lemon zest and lemon juice 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 a 9-inch shallow glass or ceramic baking dish.

3. To prepare topping: Whisk 1 cup flour, cornmeal, baking powder, baking soda and salt in a large bowl until well blended. Whisk egg yolk, buttermilk, oil and 3 tablespoons sugar in a small bowl. Add the wet ingredients to the dry ingredients and stir to blend. Fold in corn.

4. Evenly spoon the batter on top of the berry mixture; the fruit will be almost completely covered with batter. Place the baking dish on a baking sheet to catch any drips. Bake until the berries are bubbly, the topping is golden brown and a toothpick inserted into the center of the topping comes out clean, 35 to 50 minutes. Let cool for about 20 minutes before serving.

Per serving: 263 calories; 8 g fat (1 g sat, 5 g mono); 24 mg cholesterol; 45 g carbohydrate; 11 g added sugars; 5 g protein; 4 g fiber; 227 mg sodium; 163 mg potassium.

Nutrition bonus: Iron (17% daily value), Vitamin C (15% dv).

Carbohydrate servings: 3

Exchanges: 1 starch, 1 fruit, 1 carbohydrate (other), 1½ 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, 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.)