

Sesame Chicken Cucumber Noodle Salad



10

TASTIEST POTLUCK RECIPES

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Sesame Chicken Cucumber Noodle Salad

Makes: 12 servings, about 1½ cups each

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

To make ahead: Cover and refrigerate the salad for up to 1 day or prepare the dressing (Step 2), cover and refrigerate for up to 5 days; thin with a little water as needed.

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This sesame chicken and noodle salad couldn't be simpler to make. It's a refreshing dish to serve on a hot summer's night or bring it to your warm-weather potluck: just toss the salad with the dressing when you're ready to serve. (Recipe adapted from *Simply Ming One-Pot Meals* by Ming Tsai and Arthur Boehm; Kyle Books, 2010.)

- 8 ounces Chinese egg noodles or other thin noodles or pasta, fresh or dried
- 1 cup creamy peanut butter
- ¾ cup rice vinegar
- 2 tablespoons toasted sesame oil
- 2 tablespoons Shaoxing wine or dry sherry
- 1 cup thinly sliced scallions
- ¼ cup chopped fresh cilantro (optional)
- 2 tablespoons naturally brewed reduced-sodium soy sauce
- 1 tablespoon Asian chile sauce, such as sambal oelek or Sriracha (see Tip)
- 2 heads baby romaine or 1 head regular romaine lettuce
- 1½ pounds cooked boneless, skinless chicken breasts, sliced crosswise into ¼-inch slices and chilled
- 2 medium red bell peppers, cut into ¼-inch dice
- 1 large English cucumber, peeled, seeded, halved lengthwise and cut into ¼-inch slices
- Salt to taste
- Freshly ground pepper to taste
- Toasted sesame seeds for garnish

1. Fill a large bowl with water and add ice cubes. Cook noodles in boiling water until just tender, 2 to 4 minutes if fresh, about 6 minutes for dry (or according to package directions). Drain and transfer the noodles to the ice water. When the noodles are cold, drain well and transfer to a very large bowl. Set aside.

2. Meanwhile, whisk peanut butter, vinegar, sesame oil and Shaoxing (or sherry) in a bowl until smooth. Add scallions, cilantro, if using, soy sauce and hot sauce, and stir to blend.

3. If using baby romaine, half lengthwise, notch out the core, and cut crosswise into ½-inch pieces. If using regular romaine, remove the tougher outer leaves. Halve lengthwise, notch out the core, halve again, and cut crosswise into ½-inch pieces. You should have about 8 cups.

4. Add the lettuce, chicken, bell peppers and cucumber to the noodles. Add three-fourths of the dressing and toss to coat. Season with salt and pepper. Add the remaining dressing if desired.

5. Transfer the salad to a serving bowl. Serve garnished with sesame seeds.

Per serving: 242 calories; 11 g fat (2 g sat, 5 g mono); 34 mg cholesterol; 17 g carbohydrate; 0 g added sugars; 18 g protein; 3 g fiber; 312 mg sodium; 386 mg potassium.

Nutrition bonus: Vitamin A (69% daily value), Vitamin C (48% dv), Folate (19% dv).

Carbohydrate Servings: 1

Exchanges: 1 starch, 1 vegetable, 1½ lean meat, 2 fat

Tip: Sambal oelek, a spicy blend of chiles, brown sugar and salt, and Sriracha, a Thai chile sauce, can be found in the Asian section of many large supermarkets and at Asian markets.





Broccoli-Bacon Salad

Makes: 6 servings, 1 scant cup each

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

To make ahead: Cover and refrigerate for up to 1 day.

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A picnic favorite, this salad combines broccoli, water chestnuts, cranberries and just a little bacon for delicious results. Our version has plenty of creaminess without all the fat. Make it once and it will become a regular on your backyard barbecue menu.

- 1 clove garlic, minced
- ¼ cup low-fat mayonnaise
- ¼ cup reduced-fat sour cream
- 2 teaspoons cider vinegar
- 1 teaspoon sugar
- 1 cups finely chopped broccoli crowns
(see *Tip*)
- 1 8-ounce can sliced water chestnuts,
rinsed and chopped
- 3 slices cooked bacon, crumbled
- 3 tablespoons dried cranberries
- Freshly ground pepper to taste

Whisk garlic, mayonnaise, sour cream, vinegar and sugar in a large bowl. Add broccoli, water chestnuts, bacon, cranberries and pepper; stir to coat with the dressing.

Per serving: 106 calories; 5 g fat (2 g sat, 2 g mono); 11 mg cholesterol; 13 g carbohydrate; 3 g added sugars; 4 g protein; 3 g fiber; 194 mg sodium; 196 mg potassium.

Nutrition bonus: Vitamin C (74% daily value), Vitamin A (30% dv).

Carbohydrate servings: 1

Exchanges: 2 vegetable, 1 fat

Tip: Most supermarkets sell broccoli crowns, which are the tops of the bunches, with the stalks cut off. Although crowns are more expensive than entire bunches, they are convenient and there is considerably less waste.

Cheddar Cornmeal Biscuits with Chives

Makes: 12 biscuits

Active time: 20 minutes **Total:** 35 minutes

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These chive-flecked cornmeal biscuits taste best made with extra-sharp Cheddar, but any type of Cheddar will work.

- 1½ cups all-purpose flour
- ½ cup cornmeal, preferably stone-ground (see Tip)
- 1 tablespoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ½ cup shredded extra-sharp Cheddar cheese
- 2 tablespoons cold butter, cut into ½-inch cubes
- ¾ cup reduced-fat sour cream
- ¼ cup finely chopped fresh chives
- 1 tablespoon honey (optional)
- 3-5 tablespoons low-fat milk

1. Preheat oven to 400°F.
2. Combine flour, cornmeal, baking powder, baking soda, salt and pepper in a food processor. Pulse a few times to mix. Add cheese and butter and pulse again until the mixture looks pebbly with small oat-size lumps. Transfer the mixture to a large bowl.

3. Add sour cream, chives and honey (if using) and stir with a rubber spatula until almost combined. Add 3 tablespoons milk, stirring, just until the dough comes together; add more milk as needed until the dough holds together in a shaggy mass. Don't overmix.

4. On a lightly floured surface, lightly pat the dough into a rectangle about 9 by 5 inches and just over ½ inch thick. Using a large chef's knife, divide the dough evenly into 12 biscuits. Place on an ungreased baking sheet.

5. Bake the biscuits until lightly browned on top, 14 to 16 minutes. Serve warm or at room temperature.

Per serving: 132 calories; 5 g fat (3 g sat, 1 g mono); 15 mg cholesterol; 17 g carbohydrate; 0 g added sugars; 3 g protein; 1 g fiber; 320 mg sodium; 61 mg potassium.

Carbohydrate servings: 1

Exchanges: 1 starch, 1 fat

Tip: Find stone-ground cornmeal in the natural-food sections of supermarkets and in natural-foods stores.





Chilled Maine Shrimp with Cabbage & Peanuts, Vietnamese-Style

Makes: 6 servings, generous 1 cup each

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

To make ahead: Cover and refrigerate the shrimp, salad and dressing in separate containers for up to 1 day. Bring dressing to room temperature before tossing with shrimp and salad.

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This Vietnamese-inspired shrimp salad is perfect if you're looking for something different to bring to a summer potluck or a light dish for warm-weather entertaining at home. This recipe calls for Asian hot chile sauce. The different styles and brands of sauce have varying heat levels, so taste as you go. (Recipe adapted from *The Summer Shack Cookbook* by Jasper White; W.W. Norton, 2007.)

- 12 ounces cold cooked and peeled Maine shrimp or other small shrimp (about 1½ cups; see Tip)**
- ½ small head Chinese or napa cabbage**
- 20 sprigs fresh cilantro, divided**
- 1 small head Boston lettuce**
- ⅓ cup rice vinegar**
- 3 tablespoons peanut oil**
- 2 tablespoons fish sauce (see Tips)**
- 2 tablespoons Asian chile sauce, such as sambal oelek or Sriracha (see Tip, page 2)**
- 1 tablespoon sugar**
- 1 teaspoon finely chopped fresh ginger**
- 1 small carrot, peeled and shredded**
- ½ cup roasted unsalted peanuts, coarsely chopped, divided**

1. Pick over shrimp, discarding any pieces of shell. Cover and keep chilled until ready to toss the salad.
2. Slice cabbage into chiffonade (very thin strips), about 1 to 2 inches long, to get 5 to 6 cups. Slice 12 cilantro sprigs (stems and leaves) very thin; reserve remaining sprigs for garnish. Separate and wash lettuce leaves.

Keep everything chilled until ready to toss the salad.

3. Mix vinegar, peanut oil, fish sauce, chile sauce, sugar and ginger in a small bowl. Keep at room temperature for up to 2 hours, or cover and refrigerate if making ahead; let cold dressing come to room temperature before tossing with the salad.

4. Just before serving, toss the reserved shrimp, cabbage, sliced cilantro, carrot and 6 tablespoons chopped peanuts with the dressing in a large bowl. Arrange the reserved lettuce leaves on a serving platter or in a large, shallow serving bowl. Mound the salad on the lettuce and garnish with the remaining 2 tablespoons peanuts and 8 cilantro sprigs.

Per serving: 234 calories; 14 g fat (2 g sat, 6 g mono); 115 mg cholesterol; 10 g carbohydrate; 3 g added sugars; 19 g protein; 2 g fiber; 635 mg sodium; 342 mg potassium.

Nutrition bonus: Vitamin A (68% daily value), Vitamin C (33% dv).

Carbohydrate servings: ½

Exchanges: 1 vegetable, 2 lean meat 2½ fat

Tips:

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. 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.

Fish sauce is a pungent Southeast Asian condiment made from salted, fermented fish. Find it in the Asian-food section of large supermarkets and in Asian specialty markets. We use Thai Kitchen fish sauce (1,190 mg sodium per tablespoon) in our analyses.

Garden Pasta Salad

Makes 6 servings, 1 cup each

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

To make ahead: Cover and refrigerate for up to 1 day.

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This lightly dressed pasta salad gets lots of flavor from kalamata olives and basil. A colorful mix of diced bell pepper, shredded carrot and tomatoes adds vitamins and minerals. Serve on a crisp bed of greens. Toss in canned chunk light tuna, cooked chicken or flavored baked tofu to add protein and make it more substantial.

- 2 cups whole-wheat rotini (6 ounces)**
- 1/3 cup reduced-fat mayonnaise**
- 1/3 cup low-fat plain yogurt**
- 2 tablespoons extra-virgin olive oil**
- 1 tablespoon red-wine vinegar or lemon juice**
- 1 clove garlic, minced**
- 1/8 teaspoon salt**
- Freshly ground pepper to taste**
- 1 cup cherry or grape tomatoes, halved**
- 1 cup diced yellow or red bell pepper (1 small)**
- 1 cup grated carrots (2-4 carrots)**
- 1/2 cup chopped scallions (4 scallions)**
- 1/2 cup chopped pitted kalamata olives**
- 1/3 cup slivered fresh basil**

1. Bring a large pot of lightly salted water to a boil. Cook pasta, stirring occasionally, until just tender, 8 to 10 minutes, or according to package directions. Drain and refresh under cold running water.

2. Whisk mayonnaise, yogurt, oil, vinegar (or lemon juice), garlic, salt and pepper in a large bowl until smooth. Add the pasta and toss to coat. Add tomatoes, bell pepper, carrots, scallions, olives and basil; toss to coat well.

Per serving: 217 calories; 9 g fat (1 g sat, 5 g mono); 4 mg cholesterol; 30 g carbohydrate; 1 g added sugars; 6 g protein; 4 g fiber; 267 mg sodium; 272 mg potassium.

Nutrition bonus: Vitamin A (87% daily value), Vitamin C (65% dv).

Carbohydrate servings: 2

Exchanges: 1 starch, 1 vegetable, 2 fat (mono)





Lebanese Potato Salad

Makes: 8 servings, about $\frac{2}{3}$ cup each

Active time: 20 minutes **Total:** 1 $\frac{1}{4}$ hours

(including cooling time) **To make ahead:** Prepare through Step 2; cover and refrigerate for up to 2 days. Add additional lemon juice and/or salt to taste.

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Dressed with a tangy lemon vinaigrette and fresh mint, this invigorating—and dairy-free—potato salad makes the perfect summer potluck contribution.

2 pounds russet potatoes (about 3 medium)

$\frac{1}{4}$ cup lemon juice

3 tablespoons extra-virgin olive oil

$\frac{1}{2}$ teaspoon salt

Freshly ground pepper to taste

4 scallions, thinly sliced

$\frac{1}{4}$ cup chopped fresh mint

1. Place potatoes in a large saucepan or Dutch oven and cover with lightly salted water. Bring to a boil and cook until tender, 25 to 30 minutes. Drain and rinse with cold water. Transfer to a cutting board. Let cool for 20 minutes. Cut the cooled potatoes into $\frac{1}{2}$ -inch pieces.

2. Whisk lemon juice, oil, salt and pepper in a large bowl. Add the potatoes and toss to coat.

3. Just before serving, add scallions and mint to the salad and toss gently.

Per serving: 142 calories; 5 g fat (1 g sat, 4 g mono); 0 mg cholesterol; 22 g carbohydrate; 0 g added sugars; 3 g protein; 2 g fiber; 153 mg sodium; 515 mg potassium.

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

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

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

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





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

Tex-Mex Summer Squash Casserole

Makes: 12 servings

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

To make ahead: Cover and refrigerate for up to 2 days. Reheat, covered, at 350°F for about 40 minutes. Garnish just before serving.

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Chiles and cheese turn mild summer squash into a zesty, satisfying casserole. The jalapeños make this dish quite hot; if you prefer a milder version, use a second can of diced green chiles instead.

- 2¼ pounds summer squash, quartered lengthwise and thinly sliced crosswise (about 10 cups)**
- ⅔ cup finely chopped yellow onion**
- 1 4-ounce can chopped green chiles**
- 1 4½-ounce can chopped jalapeños (about ½ cup), drained**
- ½ teaspoon salt, or to taste**
- 2¼ cups grated extra-sharp Cheddar cheese (about 7 ounces), divided**
- ¼ cup all-purpose flour**
- ¾ cup mild salsa**
- 4 scallions, thinly sliced, for garnish**
- ¼ cup finely chopped red onion for garnish**

1. Preheat oven to 400°F. Coat a 9-by-13-inch baking dish with cooking spray.

2. Combine squash, onion, chiles, jalapeños, salt and ¾ cup cheese in a large bowl. Sprinkle with flour; toss to coat. Spread the mixture in the prepared baking dish and cover with foil.

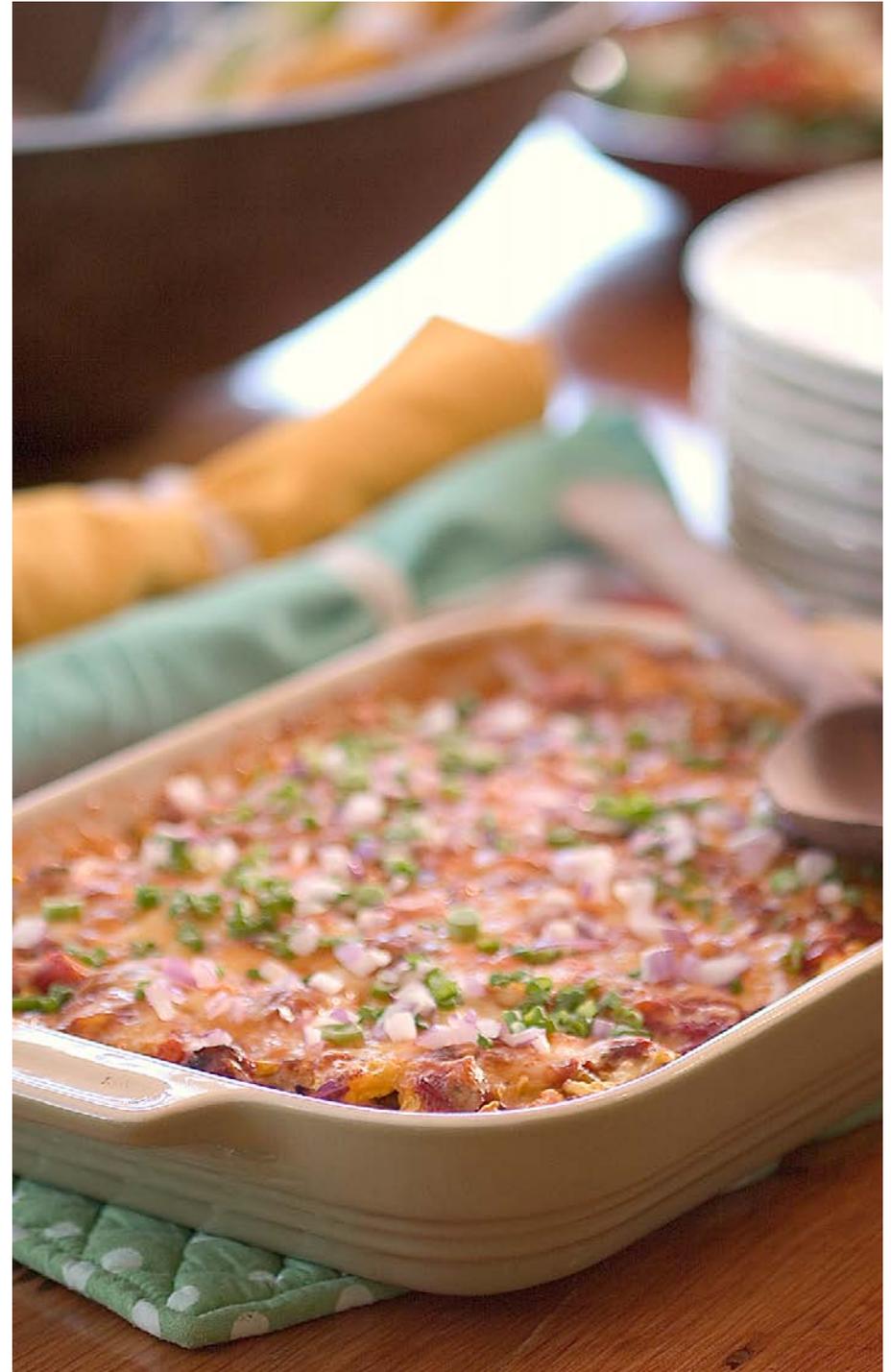
3. Bake the casserole until it is bubbling and the squash is tender, 35 to 45 minutes. Spoon salsa over the casserole and sprinkle with the remaining 1 ½ cups cheese. Bake, uncovered, until golden and heated through, 20 to 30 minutes. Sprinkle with scallions and red onion.

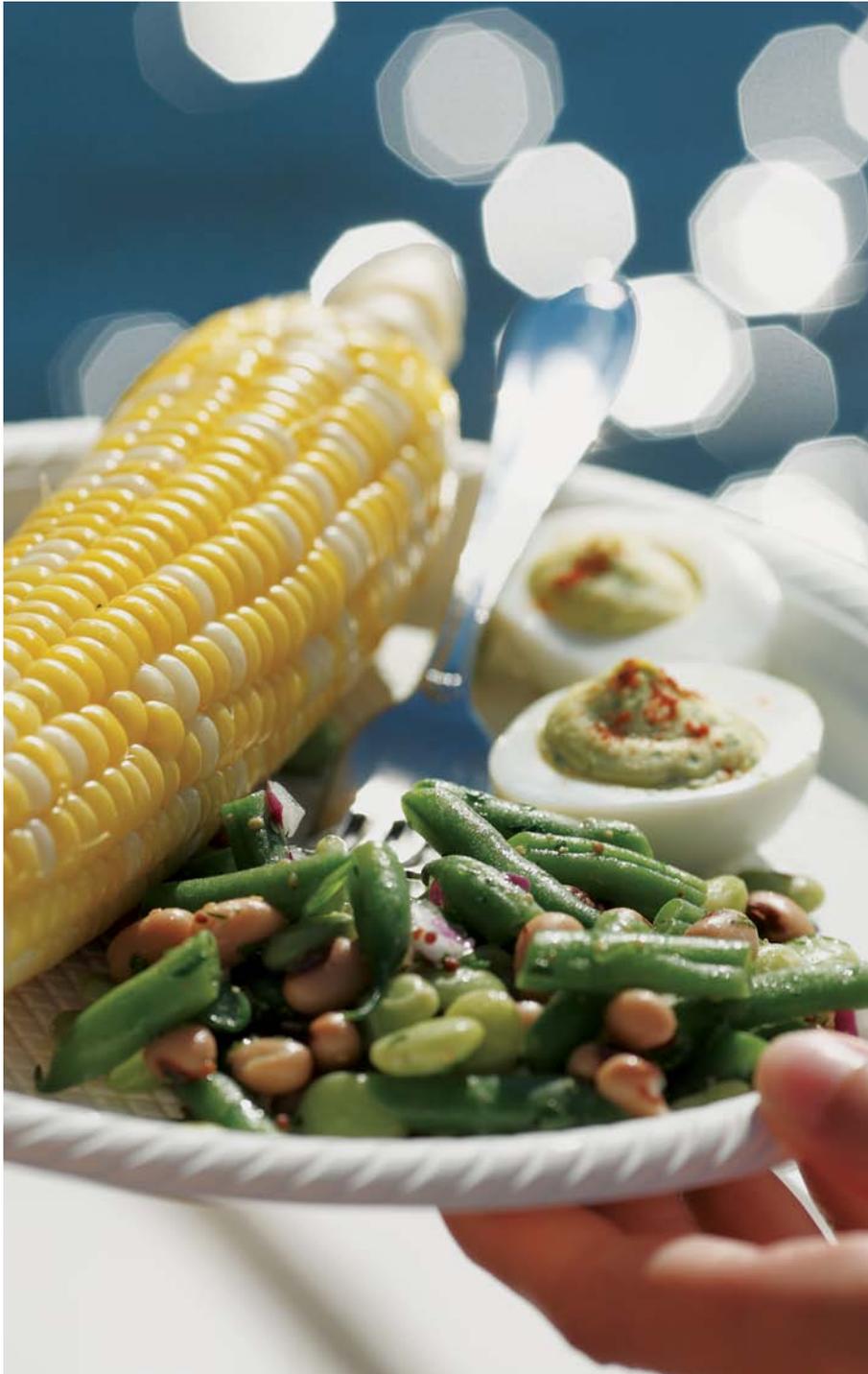
Per serving: 123 calories; 7 g fat (5 g sat, 2 g mono); 22 mg cholesterol; 8 g carbohydrate; 0 g added sugars; 7 g protein; 2 g fiber; 410 mg sodium; 337 mg potassium.

Nutrition bonus: Vitamin C (37% daily value), Calcium (18% dv).

Carbohydrate servings: ½

Exchanges: 1 vegetable, 1 high-fat meat





Three-Bean Salad

Makes: 8 servings, about 1 cup each

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

To make ahead: Prepare through Step 2.

Cook lima beans and green beans (see Steps 3-4 for timing) and refrigerate separately for up to 8 hours. Toss the salad components together just before serving.

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This three-bean salad has far less sugar than typical versions. We opt for a combination of canned and frozen beans (for convenience) along with fresh green beans for their great taste and texture.

- 3 tablespoons cider vinegar
- 3 tablespoons rice vinegar
- 1 tablespoon sugar
- 1 tablespoon whole-grain mustard
- 1 tablespoon canola oil
- ½ teaspoon salt
- Freshly ground pepper to taste
- ⅓ cup diced red onion
- 1 15-ounce can black-eyed peas or chickpeas, rinsed
- 1 10-ounce package frozen baby lima beans or shelled edamame
- 1 pound green beans, trimmed and cut into 1-inch pieces
- 2 tablespoons chopped fresh parsley

1. Put a large saucepan of water on to boil. Fill a large bowl half full with ice water and place next to the stove.

2. Meanwhile, whisk cider vinegar, rice vinegar, sugar, mustard, oil, salt and pepper in a large bowl until blended. Add onion and black-eyed peas (or chickpeas); toss to coat.

3. Cook lima beans (or edamame) in the boiling water until tender, about 5 minutes. Remove with a slotted spoon and refresh in the ice water. Pat dry and add to the bowl.

4. Cook green beans in the boiling water until just tender, 3 to 6 minutes. Drain and refresh in the ice water. Pat dry and add to the salad along with parsley; toss well.

Per serving: 193 calories; 2 g fat (0 g sat, 1 g mono); 0 mg cholesterol; 37 g carbohydrate; 3 g added sugars; 9 g protein; 8 g fiber; 533 mg sodium; 615 mg potassium.

Nutrition bonus: Vitamin C (32% daily value), Magnesium & Potassium (18% dv).

Carbohydrate servings: 2

Exchanges: 1 starch, 1 vegetable

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A recipe checked...

 **Heart Health** has limited saturated fat.

 **Diabetes** is low in calories and meets limits for Carbohydrate Servings.

 **Weight Loss** has reduced calories (and limited saturated fat).

 **Gluten Free** 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.)