



EatingWell
WHERE GOOD TASTE MEETS GOOD HEALTH

Hoisin-Sesame Salad
with Baked Tofu

EatingWell Favorite Ultra- Quick Recipes

Smoky Maple-Mustard Salmon	2
Frogs on a Log	2
Tutti-Frutti Muesli	3
Peanut Tofu Wrap	3
Mexi-Melt	4
Hoisin-Sesame Salad with Baked Tofu.....	4
Five-Spice Tilapia	5
Tomato & Provolone Sandwiches	5
Citrus Berry Smoothie.....	6
Black Bean Quesadillas	6
Quick Breakfast Taco.....	7
Chicken & Fruit Salad	7
Lemon-Garlic Marinated Shrimp	8
Breakfast Parfait	8



Smoky Maple-Mustard Salmon

Makes: 4 servings

Active time: 5 minutes

Total: 15 minutes

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

It doesn't get much easier—or more delicious—than this speedy recipe for roast salmon topped with a smoky maple-mustard sauce. The sweetness of the maple balances the tangy mustard; smoked paprika or ground chipotle adds another layer of flavor. Ask at the fish counter to have the salmon cut into four 4-ounce fillets with the skin removed. Serve with roasted green beans and whole-wheat couscous tossed with pecans and chives.

- 3 tablespoons whole-grain or Dijon mustard
- 1 tablespoon pure maple syrup
- ¼ teaspoon smoked paprika or ground chipotle pepper (see *Tips*)
- ¼ teaspoon freshly ground pepper
- ⅛ teaspoon salt
- 4 4-ounce skinless center-cut wild-caught salmon fillets (see *Tips*)

1. Preheat oven to 450°F. Line a baking sheet with foil and coat with cooking spray.
2. Combine mustard, maple syrup, paprika (or chipotle), pepper and salt in a small bowl. Place salmon fillets on the prepared baking sheet. Spread the mustard mixture evenly on the salmon. Roast until just cooked through, 8 to 12 minutes.

Per serving: 148 calories; 4 g fat (1 g sat, 2 g mono); 53 mg cholesterol; 4 g carbohydrate; 3 g added sugars; 23 g protein; 0 g fiber; 276 mg sodium; 434 mg potassium.

Nutrition bonus: Omega-3s.

Carbohydrate Servings: 0

Exchanges: 3 lean meat

Tips:

Smoked paprika is made from smoke-dried red peppers and adds earthy, smoky flavor. Look for different types of paprika at some large supermarkets or online.

Chipotle peppers are dried, smoked jalapeño peppers. Ground chipotle chile pepper can be found in the spice section of most supermarkets or online.

Wild-caught salmon from the Pacific (preferably Alaskan) is considered the best choice for the environment because it is more sustainably fished and has a larger, more stable population. Farmed salmon, including Atlantic, should be avoided, as it endangers the wild salmon population. For more information, visit [Monterey Bay Aquarium Seafood Watch at seafoodwatch.org](http://MontereyBayAquariumSeafoodWatch.org).

Frogs on a Log

Makes: 1 serving

Active time: 10 minutes

Total: 10 minutes

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Give this childhood treat a savory twist by swapping the peanut butter and raisins for cream cheese and olives. For a spicy snack, try chopped pickled jalapeños instead of olives.

- 1 stalk celery
- 1 tablespoon reduced-fat cream cheese (Neufchâtel)
- 5 pimiento-stuffed green olives, sliced

Spread celery with cream cheese. Top with olives.

Per serving: 62 calories; 5 g fat (2 g sat, 2 g mono); 10 mg cholesterol; 2 g carbohydrate; 0 g added sugars; 2 g protein; 1 g fiber; 289 mg sodium; 131 mg potassium.

Carbohydrate Servings: 0

Exchanges: 1 fat



Tutti-Frutti Muesli

Makes: 1 serving, 1¼ cups

Active time: 10 minutes

Total: 10 minutes

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

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Muesli mixed with yogurt and fruit packs in the nutrition and satisfies all morning long.

- ½ cup nonfat or low-fat plain yogurt
- ½ cup blueberries, fresh or frozen (thawed)
- ¼ cup diced apple
- ¼ cup diced banana
- ¼ cup unsweetened muesli (see Tip)
- 1-2 teaspoons honey or pure maple syrup

Stir together yogurt, blueberries, apple, banana, muesli and honey (or maple syrup) to taste in a bowl.

Per serving: 291 calories; 4 g fat (0 g sat, 0 g mono); 2 mg cholesterol; 60 g carbohydrate; 9 g added sugars; 12 g protein; 7 g fiber; 96 mg sodium; 536 mg potassium.

Nutrition bonus: Calcium (27% daily value), Vitamin C (22% dv), Potassium (15% dv).

Carbohydrate Servings: 2½

Exchanges: 2 starch, 1½ fruit, 1 fat-free meat

Tip: Muesli is a combination of uncooked rolled oats, fruit, nuts and/or seeds popular in Switzerland. Look for it with other cereals or in the bulk section in well-stocked supermarkets or natural-foods stores.



Peanut Tofu Wrap

Makes: 1 serving

Active time: 10 minutes

Total: 10 minutes

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Baked tofu tossed with store-bought Thai peanut sauce makes a quick and healthy sandwich filling. Finish the sandwich with your favorite crunchy vegetables for added nutrients and fiber.

- 1 tablespoon store-bought Thai peanut sauce
- 1 8-inch whole-wheat flour tortilla
- 2 ounces thinly sliced seasoned baked tofu
- ¼ cup sliced red bell pepper
- 8 thinly sliced snow peas

Spread peanut sauce on the tortilla. Place tofu, peppers and snow peas in the center; fold the sides over the filling and roll up.

Per serving: 310 calories; 12 g fat (2 g sat, 0 g mono); 0 mg cholesterol; 30 g carbohydrate; 0 g added sugars; 19 g protein; 5 g fiber; 693 mg sodium; 154 potassium.

Nutrition bonus: Vitamin C (90% daily value), Vitamin A (50% dv), Iron (20% dv).

Carbohydrate Servings: 1½

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



Mexi-Melt

Makes: 1 serving

Active time: 10 minutes

Total: 10 minutes

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Spread leftover refried beans on whole-wheat toast and top with salsa and cheese for an easy breakfast that has plenty of staying power.

- 2 tablespoons canned nonfat refried beans
- 1 slice whole-wheat bread, toasted
- 1 tablespoon prepared salsa
- 1 tablespoon shredded cheese, such as Mexican blend or Jack



Spread beans on toast. Top with salsa, then cheese. Microwave on High until the cheese is melted and the beans are hot, about 45 seconds.

Per serving: 123 calories; 3 g fat (2 g sat, 1 g mono); 6 mg cholesterol; 17 g carbohydrate; 1 g added sugars; 7 g protein; 4 g fiber; 392 mg sodium; 222 mg potassium.

Carbohydrate Servings: 1

Exchanges: 1 starch, ½ lean meat

Hoisin-Sesame Salad with Baked Tofu

Makes: 1 serving

Active time: 15 minutes

Total: 15 minutes

To make ahead: Cover and refrigerate left-over dressing for up to 5 days.

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This Asian-inspired salad is made satisfying with savory baked tofu; carrots and snap peas add crunch. Try this salad for a take-along lunch. To keep the salad greens from getting soggy, pack the greens, salad toppings and dressing in separate containers and toss them together just before eating.

- ⅓ cup canola oil
- 3 tablespoons rice vinegar
- 2 tablespoons hoisin sauce (*see Tips*)
- 1 tablespoon toasted sesame oil
- 1 tablespoon toasted sesame seeds (*see Tips*)
- 1 scallion, minced
- 3 cups mixed greens
- ¾ cup cubed baked tofu (3 ounces)
- ½ cup carrot matchsticks or slices
- ½ cup sliced snap peas

1. Place canola oil, vinegar, hoisin sauce, sesame oil, sesame seeds and scallion in a bowl or a jar with a tight-fitting lid; whisk or shake until well combined.

2. Place greens in an individual salad bowl; toss with 2 tablespoons of the dressing. (Refrigerate the remaining dressing.) Top the greens with tofu, carrots and snap peas.

Per serving: 336 calories; 21 g fat (2 g sat, 9 g mono); 0 mg cholesterol; 23 g carbohydrate; 0 g added sugars; 17 g protein; 8 g fiber; 383 mg sodium; 836 mg potassium.

Nutrition bonus: Vitamin A (305% daily value), Vitamin C (100% dv), Folate (57% dv), Iron (26% dv), Potassium (25% dv), Calcium (24% dv), Magnesium (16% dv).

Carbohydrate Servings: 1

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



Tips:

Hoisin sauce is a dark brown, thick, spicy-sweet sauce made from soybeans and a complex mix of spices. Look for it in the Asian section of your supermarket and in Asian markets.

Sesame seeds can be purchased already toasted. Look for them near other Asian ingredients. Or toast your own in a small dry skillet over low heat, stirring constantly, until golden and fragrant, about 2 minutes.



Five-Spice Tilapia

Makes: 4 servings

Active time: 15 minutes

Total: 15 minutes

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Chinese five-spice powder, soy sauce and brown sugar make a quick glaze for tilapia. You'll need a skillet that is 12 inches or larger to accommodate the pound of tilapia fillets—if you don't have one large enough, use 2 smaller skillets instead or cook them in two separate batches, using more oil as necessary.

- 1 pound tilapia fillets
- 1 teaspoon Chinese five-spice powder (see Tip)
- ¼ cup reduced-sodium soy sauce
- 3 tablespoons light brown sugar
- 1 tablespoon canola oil
- 3 scallions, thinly sliced

1. Sprinkle both sides of tilapia fillets with five-spice powder. Combine soy sauce and brown sugar in a small bowl.

2. Heat oil in a large nonstick skillet over medium-high heat. Add the tilapia and cook until the outer edges are opaque, about 2 minutes. Reduce heat to medium, turn the fish over, stir the soy mixture and pour into the pan. Bring the sauce to a boil and cook until the fish is cooked through and the sauce has thickened slightly, about 2 minutes more. Add scallions and remove from the heat. Serve the fish drizzled with the pan sauce.

Per serving: 180 calories; 6 g fat (1 g sat, 3 g mono); 57 mg cholesterol; 9 g carbohydrate; 9 g added sugars; 24 g protein; 0 g fiber; 596 mg sodium; 411 mg potassium.

Carbohydrate Servings: 1

Exchanges: 1 carbohydrate (other), 3 lean meat, 1 fat

Tip: Five-spice powder is a blend of cinnamon, cloves, fennel seed, star anise and Szechuan peppercorns. Look for it in the spice section at the market or with other Asian ingredients.



Tomato & Provolone Sandwiches

Makes: 4 servings

Active time: 15 minutes

Total: 15 minutes

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There's something magical about a simple bread-and-tomato sandwich. Make it better with melted provolone cheese and tarragon-garlic mayo.

- 1 small clove garlic, finely chopped
- ¼ cup low-fat mayonnaise
- 2 tablespoons chopped fresh tarragon or basil or 1 teaspoon dried
- 1 tablespoon lemon juice
- ¼ teaspoon freshly ground pepper
- Pinch of salt
- 8 slices whole-grain country bread
- 4 slices provolone cheese (about 4 ounces)
- 2 large or 3 medium tomatoes (about 1½ pounds), sliced ½ inch thick

1. Position rack in upper third of oven; pre-heat broiler.

2. Mash garlic 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 combine with mayonnaise, tarragon (or basil), lemon juice, pepper and salt.

3. Place bread on a large baking sheet and broil until lightly toasted, 1 to 2 minutes. Turn the bread over and divide cheese among 4 of the pieces. Continue broiling until the cheese is melted, 1 to 2 minutes.

4. Assemble sandwiches with tomato and the garlic-herb mayonnaise. Top with the melted cheese bread.

Per serving: 389 calories; 20 g fat (7 g sat, 9 g mono); 23 mg cholesterol; 36 g carbohydrate; 4 g added sugars; 17 g protein; 6 g fiber; 656 mg sodium; 428 mg potassium.

Nutrition bonus: Calcium (30% daily value), Vitamin C (23% dv), Vitamin A (21% dv), Magnesium (18% dv), Folate (17% dv), Zinc (15% dv).

Carbohydrate Servings: 2

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



Citrus Berry Smoothie

Makes: 1 smoothie, about 2 cups

Active time: 5 minutes

Total: 5 minutes

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This meal-in-a-glass smoothie is bursting with berries and orange juice, healthful sources of carbohydrate and powerful antioxidants. Getting plenty of antioxidant-rich foods makes sense for active people, since free radicals are produced any time the body's cells process oxygen.

- 1¼ cups fresh berries**
- ¾ cup low-fat plain yogurt**
- ½ cup orange juice**
- 2 tablespoons nonfat dry milk**
- 1 tablespoon toasted wheat germ**
- 1 tablespoon honey**
- ½ teaspoon vanilla extract**

Place berries, yogurt, orange juice, dry milk, wheat germ, honey and vanilla in a blender and blend until smooth.

Per serving: 432 calories; 3 g fat (2 g sat, 0 g mono); 15 mg cholesterol; 77 g carbohydrate; 20 g protein; 7 g fiber; 250 mg sodium; 617 mg potassium.

Nutrition bonus: Vitamin C (175% daily value), Calcium (63% dv), Potassium (18% dv), Magnesium (16% dv).

Carbohydrate Servings: 4½

Exchanges: 3 fruit, 2 low-fat milk



Black Bean Quesadillas

Makes: 4 servings

Active time: 15 minutes

Total: 15 minutes

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In a hurry? These satisfying quesadillas take just 15 minutes to make. We like them with black beans, but pinto beans work well too. If you like a little heat, be sure to use pepper Jack cheese in the filling. Serve with a little sour cream and a mixed green salad.

- 1 15-ounce can black beans, rinsed**
- ½ cup shredded Monterey Jack cheese, preferably pepper Jack**
- ½ cup prepared fresh salsa (see Tip), divided**
- 4 8-inch whole-wheat tortillas**
- 2 teaspoons canola oil, divided**
- 1 ripe avocado, diced**

1. Combine beans, cheese and ¼ cup salsa in a medium bowl. Place tortillas on a work

surface. Spread ½ cup filling on half of each tortilla. Fold tortillas in half, pressing gently to flatten.

2. Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add 2 quesadillas and cook, turning once, until golden on both sides, 2 to 4 minutes total. Transfer to a cutting board and tent with foil to keep warm. Repeat with the remaining 1 teaspoon oil and quesadillas. Serve the quesadillas with avocado and the remaining salsa.

Per serving: 377 calories; 16 g fat (5 g sat, 8 g mono); 13 mg cholesterol; 46 g carbohydrate; 0 g added sugars; 13 g protein; 10 g fiber; 679 mg sodium; 581 mg potassium.

Nutrition bonus: Calcium (25% daily value), Folate (23% dv), Iron (19% dv), Potassium (17% dv).

Carbohydrate Servings: 2½

Exchanges: 2½ starch, 1½ lean meat, 2 fat

Tip: Look for prepared fresh salsa in the supermarket refrigerator section near other dips and spreads.

Quick Breakfast Taco

Makes: 1 serving

Active time: 15 minutes

Total: 15 minutes

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A smaller cousin of the breakfast burrito, the breakfast taco made with reduced-fat Cheddar and egg substitute is a satisfying and healthy breakfast option.

- 2 corn tortillas
- 1 tablespoon salsa
- 2 tablespoons shredded reduced-fat Cheddar cheese
- ½ cup liquid egg substitute, such as Egg Beaters



1. Top tortillas with salsa and cheese. Heat in the microwave until the cheese is melted, about 30 seconds.

2. Meanwhile coat a small nonstick skillet with cooking spray. Heat over medium heat, add egg substitute and cook, stirring, until the eggs are cooked through, about 90 seconds. Divide the scrambled egg between the tacos.

Per serving: 239 calories; 7 g fat (2 g sat, 2 g mono); 4 mg cholesterol; 24 g carbohydrate; 0 g added sugars; 21 g protein; 3 g fiber; 426 mg sodium; 560 mg potassium.

Nutrition bonus: Iron (19% daily value); Calcium & Zinc (17% dv), Potassium (16% dv).

Carbohydrate Servings: 1

Exchanges: 1 starch, 2 lean meat

Chicken & Fruit Salad

Makes: 4 servings

Active time: 15 minutes

Total: 15 minutes

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Chicken, melon, walnuts and feta top mixed salad greens for a refreshing summer salad. Use your favorite summer fruit in place of the melon if you wish.

- ¼ cup reduced-fat sour cream
- 3 tablespoons fruit-flavored vinegar
- 4 teaspoons sugar
- 1½ teaspoons poppy seeds
- ¼ teaspoon salt
- Freshly ground pepper to taste
- 8 cups mixed salad greens
- 2 cups sliced cooked chicken breast (see *Tips*)
- 2 cups chopped melon, such as cantaloupe and/or honeydew
- ¼ cup chopped walnuts, toasted (see *Tips*)
- ¼ cup crumbled feta cheese

Whisk sour cream, vinegar, sugar, poppy seeds, salt and pepper in a large bowl until smooth. Reserve ¼ cup of the dressing in a small bowl. Add the mixed greens to the large bowl and toss to coat. Divide among 4 plates and top with chicken, melon, walnuts and feta. Drizzle each portion with 1 tablespoon of the reserved dressing.

Per serving: 248 calories; 11 g fat (4 g sat, 2 g mono); 55 mg cholesterol; 18 g carbohydrate; 4 g added sugars; 21 g protein; 4 g fiber; 346 mg sodium; 371 mg potassium.

Nutrition bonus: Vitamin A (140% daily value), Vitamin C (50% dv).

Carbohydrate Servings: 1

Exchanges: 1 fruit, 1 vegetable, 2 lean meat, 2 fat



Tips:

To poach chicken breast: Place boneless, skinless chicken breasts in a medium skillet or saucepan and add lightly salted water to cover; bring to a boil. Cover, reduce heat to low and simmer gently until chicken is cooked through and no longer pink in the middle, 10 to 12 minutes.

To toast chopped or sliced nuts, heat a small dry skillet over medium-low heat. Add nuts and cook, stirring, until lightly browned and fragrant, 2 to 3 minutes.



Lemon-Garlic Marinated Shrimp

Makes: 12 servings

Active time: 10 minutes

Total: 10 minutes

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

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Marinating precooked shrimp in garlic- and lemon-infused oil is a simple yet elegant appetizer.

- 3 tablespoons minced garlic
- 2 tablespoons extra-virgin olive oil
- ¼ cup lemon juice
- ¼ cup minced fresh parsley
- ½ teaspoon kosher salt
- ½ teaspoon pepper
- 1¼ pounds cooked shrimp

Place garlic and oil in a small skillet and cook over medium heat until fragrant, about 1 minute. Add lemon juice, parsley, salt and pepper. Toss with shrimp in a large bowl. Chill until ready to serve.

Per serving: 73 calories; 3 g fat (0 g sat, 2 g mono); 92 mg cholesterol; 1 g carbohydrate; 0 g added sugars; 10 g protein; 0 g fiber; 154 mg sodium; 108 mg potassium.

Carbohydrate Servings: 0

Exchanges: 1½ lean meat



Breakfast Parfait

Makes: 1 serving

Active time: 10 minutes **Total:** 10 minutes

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A little low fat dairy and some vitamin-rich fruit and you've just started your day right, nutritionally speaking.

- ¾ cup low-fat cottage cheese or low-fat plain yogurt
- 1 cup pineapple chunks, papaya chunks or cling peaches
- 2 teaspoons toasted wheat germ

Place cottage cheese (or yogurt) in a small bowl. Top with fruit and sprinkle with wheat germ.

Per serving (with cottage cheese, pineapple): 247 calories; 3 g fat (2 g sat, 0 g mono); 15 mg cholesterol; 40 g carbohydrate; 0 g added sugars; 20 g protein; 3 g fiber; 632 mg sodium; 479 mg potassium.

Nutrition bonus: Calcium (33% daily value), Vitamin C (28% dv).

Carbohydrate servings: 2

Exchanges: 2 fruit, 3 lean meat

Per serving (with yogurt, papaya): 196 calories; 4 g fat (2 g sat, 1 g mono); 11 mg cholesterol; 31 g carbohydrate; 0 g added sugars; 12 g protein; 3 g fiber; 140 mg sodium; 738 mg potassium.

Nutrition bonus: Vitamin C (150% daily value), Calcium (37% dv), Vitamin A (30% dv), Folate (23% dv).

Carbohydrate Servings: 2

Exchanges: 2 fruit, 3 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.)