



Weeknight Dinners for Two

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EatingWell
WHERE GOOD TASTE MEETS GOOD HEALTH



Prosciutto-Wrapped Chicken with Mushroom Marsala Sauce

Makes: 2 servings, 1 thigh & ½ cup sauce each

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

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

Paper-thin slices of prosciutto are turned into a salty, crispy “crust” in this quick chicken thigh recipe with mushroom sauce that serves two. Serve with mashed potatoes and steamed greens.

- 2 large boneless, skinless chicken thighs (about 10 ounces), trimmed**
- ¼ teaspoon freshly ground pepper, divided**
- 2 thin slices prosciutto (about 1 ounce)**
- 2 teaspoons extra-virgin olive oil, divided**
- 1 small shallot, halved and thinly sliced**
- 2 teaspoons finely chopped fresh oregano, divided**
- 4 ounces sliced cremini mushrooms**
- ¼ cup Marsala (see Tip) or dry sherry**
- ½ cup reduced-sodium chicken broth**
- 1 teaspoon cornstarch**

1. Sprinkle chicken thighs with ⅛ teaspoon pepper and wrap each with a slice of prosciutto.
2. Heat 1 teaspoon oil in a medium nonstick skillet over medium-high heat. Add the chicken and cook, turning once, until browned on both sides and cooked through, 4 to 5 minutes per side. Transfer to a plate; tent with foil to keep warm.
3. Reduce heat to medium and add the remaining 1 teaspoon oil, shallot and 1 ½ teaspoons oregano to the pan. Cook, stirring, until the shallot is beginning to brown, 1 to 2 minutes. Add mushrooms and cook, stirring, until browned in spots, 3 to 5 minutes. Add Marsala (or sherry), return heat to medium-high and cook 2 minutes.
4. Whisk broth, cornstarch and the remaining ⅛ teaspoon pepper in a measuring cup; add to the pan, stirring. Return to a simmer and cook, stirring constantly, until the sauce is thickened and glossy, 2 to 3 minutes more. Serve the chicken with the mushroom sauce, sprinkled with the remaining ½ teaspoon oregano.

Per serving: 312 calories; 15 g fat (3g sat, 7 g mono); 87 mg cholesterol; 10 g carbohydrate; 0 g added sugars; 28 g protein; 0 g fiber; 588 mg sodium; 521 mg potassium.

Nutrition bonus: Zinc (19% daily value).

Carbohydrate servings: ½

Exchanges: ½ vegetables, 3½ lean meat, 1 fat

Tip: Marsala, a fortified wine from Sicily, is a flavorful addition to many sauces. Don't use the “cooking Marsala” sold in many supermarkets—it can be surprisingly high in sodium. Instead, purchase Marsala that's sold with other fortified wines in your wine or liquor store. An opened bottle can be stored in a cool, dry place for months.



Turkey Ma Po Tofu

Makes: 2 servings, 1¼ cups each

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

✓ Heart Health ✓ Diabetes ✓ Weight Loss ✓ Gluten Free

Ma Po Tofu is a traditional Chinese recipe usually made with ground pork. This delicious, healthy version uses ground turkey to cut calories and saturated fat and adds mushrooms for extra veggies. Serve with brown rice and make it extra special with a drizzle of sesame oil just before serving.

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| 1 tablespoon chile-garlic sauce (see <i>Tips</i>) | 4 ounces cremini mushrooms, sliced |
| 2½ teaspoons black bean-garlic sauce (see <i>Tips</i>) | 2 scallions, thinly sliced, plus more for garnish |
| 1½ teaspoons Chinese rice wine or dry sherry | ½ teaspoon minced fresh ginger |
| 1 teaspoon reduced-sodium soy sauce | Half a 14- to 16-ounce package water-packed soft tofu, drained and cut into ½-inch cubes |
| ⅔ cup water plus 1 tablespoon, divided | 1 tablespoon cornstarch |
| 1 tablespoon canola oil | |
| 8 ounces 93%-lean ground turkey | |

1. Whisk chile-garlic sauce, black bean sauce, rice wine (or sherry), soy sauce and ⅔ cup water in a small bowl; set near the stove.
2. Heat oil in a medium skillet or flat-bottomed carbon-steel wok over medium-high heat. Add turkey and mushrooms and cook, stirring and breaking up the turkey, until it is no longer pink and mushrooms have released their liquid, 3 to 5 minutes. Add scallions and ginger and cook, stirring, for 1 minute more.
3. Add the reserved sauce and bring to a boil. Add tofu and gently stir to combine. Cook until the tofu is hot, about 2 minutes. Combine cornstarch with the remaining 1 tablespoon water in a small bowl and add to the pan; simmer until the sauce is glossy and thickened, about 2 minutes. Serve garnished with scallions, if desired.

Per serving: 326 calories; 18 g fat (3 g sat, 5 g mono); 65 mg cholesterol; 12 g carbohydrate; 0 g added sugars; 31 g protein; 1 g fiber; 456 mg sodium; 696 mg potassium.

Nutrition bonus: Potassium (20% daily value), Iron (19% dv), Folate (17% dv).

Carbohydrate servings: 1

Exchanges: ½ vegetable. 4 medium-fat meat, 1½ fat

Tips:

Black bean-garlic sauce is a savory sauce used in Chinese cooking, made from fermented black soybeans, garlic and rice wine. Find it in the Asian-foods section of most super-markets or at Asian markets. Refrigerate for up to 1 year.

A blend of ground chiles, garlic and vinegar, chile-garlic sauce is commonly used to add heat and flavor to Asian soups, sauces and stir-fries. It can be found in the Asian section of large supermarkets (sometimes labeled as chili-garlic sauce or paste) and keeps up to 1 year in the refrigerator.



Oven-Fried Beef Taquitos

Makes: 2 servings, 3 taquitos each

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

☐ Heart Health ☐ Diabetes ☐ Weight Loss ☒ Gluten Free

This healthy beef taquitos recipe for two calls for baking instead of deep-frying, making the taquitos substantially healthier than what you'd get at a restaurant. One order of these little deep-fried, rolled-up tacos at a restaurant can set you back almost 1,000 calories and 60 grams of fat! Don't worry if some of the taquitos crack open while baking—they're still crispy and delicious. Serve with your favorite salsa, guacamole and reduced-fat sour cream.

- ½ medium zucchini**
- 1 teaspoon canola oil**
- 8 ounces extra-lean ground beef**
- 1½ tablespoons chili powder**
- 1 teaspoon onion powder**
- ½ teaspoon ground cumin**
- ¼ teaspoon salt**
- 6 6-inch corn tortillas**
- Canola oil cooking spray**
- 6 tablespoons shredded sharp Cheddar cheese**

1. Preheat oven to 425°F.
2. Shred zucchini using the large holes of a box grater. Squeeze dry in a clean kitchen towel (you should have about 1 cup). Heat oil in a medium nonstick skillet over medium-high heat. Add the zucchini, beef, chili powder, onion powder, cumin and salt. Cook, stirring, until beef is cooked through, 5 to 7 minutes. Remove from heat.
3. Spread tortillas out on a large baking sheet in two overlapping rows. Bake until hot, 2 minutes. Transfer to a plate and cover.
4. Coat the baking sheet with cooking spray. Place the tortillas on a clean cutting board. Working quickly, spread a generous ¼ cup beef mixture along the bottom third of a tortilla, sprinkle with about 1 tablespoon cheese and tightly roll into a cigar shape. Place the taquito seam-side down on the baking sheet. Repeat with the remaining tortillas, filling and cheese. Generously coat the top and sides of the taquitos with cooking spray.
5. Bake the taquitos until browned and crispy, 14 to 18 minutes.

Per serving: 456 calories; 20 g fat (8 g sat, 8 g mono); 81 mg cholesterol; 39 g carbohydrate; 0 g added sugars; 33 g protein; 7 g fiber; 608 mg sodium; 667 mg potassium.

Nutrition bonus: Zinc (51% daily value), Vitamin A (42% dv), Iron (27% dv), Calcium (25% dv), Magnesium (24% dv), Potassium (19% dv), Vitamin C (15% dv).



Asparagus & Ham Stuffed Potatoes

Makes: 2 servings, 1 potato each

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

☐ Heart Health ☒ Diabetes ☐ Weight Loss ☒ Gluten Free

Asparagus adds a touch of spring to this overstuffed ham-and-cheese twice-baked potatoes recipe for two. Use another vegetable, such as broccoli, if you prefer.

- 2 medium russet potatoes (about 8 ounces each)**
- ¼ bunch asparagus (4 ounces), trimmed and cut into ½-inch pieces**
- ½ cup diced ham**
- ¼ cup reduced-fat sour cream**
- ½ cup shredded Swiss cheese, divided**
- ¼ cup chopped fresh chives, divided**
- ⅛ teaspoon salt**
- ⅛ teaspoon white or black pepper**

1. Pierce potatoes all over with a fork. Microwave on Medium, turning once or twice, until soft, about 20 minutes.
2. Meanwhile, bring 2 inches of water to a boil in a large saucepan fitted with a steamer basket. Add asparagus, cover and steam until just tender, 2 to 3 minutes.
3. Combine the steamed asparagus with ham, sour cream, ¼ cup Swiss cheese, 3 tablespoons chives, salt and pepper in a bowl. When the potatoes are cool enough to handle, cut off the top third, then gently scoop out the flesh; add to the bowl with the ham mixture and gently mash together.
4. Place the potato shells in a microwave-safe dish and evenly divide the ham mixture between them. (They will be very well stuffed.) Top each stuffed potato with 2 tablespoons of the remaining cheese. Microwave on High until the filling is hot and the cheese is melted, 2 to 4 minutes. Garnish with the remaining chives.

Per serving: 386 calories; 13 g fat (8 g sat, 4 g mono); 56 mg cholesterol; 45 g carbohydrate; 0 g added sugars; 23 g protein; 4 g fiber; 689 mg sodium; 1,196 mg potassium.

Nutrition bonus: Potassium (34% daily value), Vitamin C (32% dv), Calcium (29% dv), Folate (22% dv), Zinc (21% dv), Magnesium (20% dv), Vitamin A (18% dv), Iron (17% dv).

Carbohydrate servings: 3

Exchanges: 3 starch, 1 lean meat, 1 medium-fat meat, ½ fat



Bacon Chard Quesadillas

Makes: 2 servings, 2 quesadillas each

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

☐ Heart Health ☐ Diabetes ☐ Weight Loss ☐ Gluten Free

Whole-wheat tortillas are filled with smoky bacon, earthy chard and zesty Monterey Jack cheese in this quick, healthy quesadilla recipe for two.

- 2 slices center-cut bacon, chopped**
- ½ small red onion, halved and thinly sliced (generous ⅓ cup)**
- 2 cups chopped chard leaves**
- ¼ teaspoon freshly ground pepper**
- ¾ cup canned black beans, rinsed**
- 4 6-inch whole-wheat tortillas**
- ½ cup shredded Pepper Jack cheese**

- 1.** Cook bacon in a large nonstick skillet over medium-high heat, stirring often, until crisp, 2 to 3 minutes. Reduce heat to medium, add onion and cook, stirring, until softened, about 2 minutes. Add chard and pepper; cook, stirring, until wilted, 1 to 2 minutes. Add beans and coarsely mash; stir to combine. Remove from heat.
- 2.** Place tortillas on a work surface. Spread a generous ¼ cup filling and 2 tablespoons cheese on half of each tortilla. Fold tortillas in half, pressing gently to flatten.
- 3.** Wipe out the pan and return to medium heat. Add quesadillas and cook, turning once, until golden on both sides, 2 to 4 minutes total.

Per serving: 348 calories; 12 g fat (6 g sat, 4 g mono); 32 mg cholesterol; 50 g carbohydrate; 0 g added sugars; 19 g protein; 9 g fiber; 700 mg sodium; 618 mg potassium.

Nutrition bonus: Vitamin A (42% daily value), Calcium (28% dv), Iron (22% dv), Magnesium (20% dv), Folate & Potassium (18% dv), Zinc (17% dv), Vitamin C (15% dv).



Breadcrumb-Crusted Cod

Makes: 2 servings, 3-4 oz. each

Active Time: 15 minutes | **Total:** 30 minutes

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☐ Gluten Free

In this quick baked fish recipe for two, a creamy spread of Greek yogurt and tarragon keeps cod moist and flavorful and helps keep the crispy breadcrumb topping in place. We like the delicate flavor of cod in this quick baked fish recipe for two, but any firm fish fillet can be used in its place.

- ¼ cup fine dry breadcrumbs, preferably whole-wheat**
 - 1 small clove garlic, minced**
 - 1 tablespoon extra-virgin olive oil**
 - 2 tablespoons nonfat plain Greek yogurt**
 - 2 tablespoons low-fat mayonnaise**
 - 1½ teaspoons lemon juice**
 - 1½ teaspoons chopped fresh tarragon or ½ teaspoon dried**
 - Pinch of salt**
 - 8-10 ounces cod, tuna, wild salmon or mahi-mahi, skinned if desired, cut into 2 portions**
 - 2 lemon wedges for serving**
1. Preheat oven to 425°F. Coat a small baking pan with cooking spray.
 2. Combine breadcrumbs, garlic and oil in a small bowl. Combine yogurt, mayonnaise, lemon juice, tarragon and salt in another small bowl. Place fish on the prepared baking pan. Spread 1 tablespoon of the yogurt sauce on each piece of fish, then pat 2 tablespoons of the breadcrumbs over it.
 3. Bake the fish until opaque in the center and the breadcrumbs are golden, about 15 minutes. Serve each portion with 1 tablespoon of the remaining sauce and a lemon wedge, if desired.

Per serving: 220 calories; 10 g fat (1 g sat, 6 g mono); 48 mg cholesterol; 13 g carbohydrate; 1 g added sugars; 18 g protein; 2 g fiber; 268 mg sodium; 243 mg potassium.

Carbohydrate servings: 1

Tip: For information about choosing sustainable seafood, visit seafoodwatch.org.



Seared Salmon with Green Peppercorn Sauce

Makes: 2 servings

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

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

In this recipe for two, a simple sauce of piquant green peppercorns, lemon juice and butter top seared salmon. Green peppercorns come from the same plant as black ones, but are harvested before they mature. Typically packed in vinegar, they have a refreshingly sharp flavor. Look for them near the capers in most supermarkets. Serve with smashed red potatoes and sautéed kale.

8-10 ounces wild salmon fillet (see Tip), skinned and cut into 2 portions

⅛ teaspoon plus a pinch of salt, divided

1 teaspoon canola oil

⅛ cup lemon juice

2 teaspoons unsalted butter, cut into small pieces

½ teaspoon green peppercorns in vinegar, rinsed, crushed with the side of a knife

Sprinkle salmon pieces with ⅛ teaspoon salt. Heat oil in a small nonstick skillet over medium-high heat. Add the salmon and cook until just opaque in the center, gently turning halfway, 4 to 7 minutes total. Divide among 2 plates. Remove the pan from the heat and immediately add lemon juice, butter, peppercorns and the remaining pinch of salt; swirl the pan carefully to incorporate the butter into the sauce. Top each portion of fish with sauce (about 2 teaspoons each).

Per serving: 193 calories; 10 g fat (4 g sat, 4 g mono); 63 mg cholesterol; 1 g carbohydrate; 0 g added sugars; 23 g protein; 0 g fiber; 292 mg sodium; 439 mg potassium.

Nutrition bonus: Omega-3s.

Carbohydrate servings: 0

Exchanges: 4½ lean meat, 1 fat

Tip:

Wild-caught salmon from the Pacific (Alaska and Washington) 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.

To skin salmon, place fillet on a clean cutting board, skin side down. Starting at the tail end, slip the blade of a long, sharp knife between the fish flesh and the skin, holding the skin down firmly with your other hand. Gently push the blade along at a 30° angle, separating the fillet from the skin without cutting through either.



Brussels Sprout & Potato Hash

Makes: 2 servings, 1 egg & 1 cup hash each

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

☐ Heart Health ☐ Diabetes ☐ Weight Loss ☒ Gluten Free

This breakfast-meets-dinner Brussels sprout and potato hash recipe is a quick, easy dinner, perfect for a cool fall evening. Resist the urge to stir it too much! Cooking the hash undisturbed allows a crispy caramelized crust to form on the potatoes at the bottom of the pan. Look for hash browns that don't have added salt to help keep sodium in check.

- 1½ tablespoons extra-virgin olive oil
- 2 tablespoons chopped onion
- ¼ teaspoon dried rosemary
- 2½ cups frozen shredded hash browns
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 8 ounces Brussels sprouts, trimmed and thinly sliced
- 2 tablespoons finely shredded Parmesan cheese
- 2 large eggs

1. Heat oil in a medium nonstick skillet over medium-high heat. Add onion and rosemary and cook, stirring, until beginning to brown, about 2 minutes. Stir in hash browns, salt and pepper, then spread the mixture into an even layer in the pan. Cook, undisturbed, for 4 minutes.
2. Reduce heat to medium. Stir in Brussels sprouts, spread back into an even layer and cook, stirring every 2 to 3 minutes and returning the mixture to an even layer, until golden brown, 10 to 14 minutes total. Remove from heat and stir in Parmesan.
3. Meanwhile, fill a medium saucepan with 2 inches of water; bring to a boil. Reduce to a gentle simmer. Working with one at a time, break an egg into a small bowl, submerge the lip of the bowl into the simmering water and gently add the egg. Repeat with the remaining egg. Cook for 4 minutes for soft set, 5 minutes for medium set and 8 minutes for hard set. Using a slotted spoon, transfer the eggs to a clean dishtowel to drain for a minute. Serve the eggs over the hash.

Per serving: 370 calories; 17 g fat (4 g sat, 10 g mono); 190 mg cholesterol; 41 g carbohydrate; 0 g added sugars; 13 g protein; 7 g fiber; 569 mg sodium; 487 mg potassium.

Nutrition bonus: Vitamin C (129% daily value), Vitamin A (26% dv), Folate (25% dv), Iron (18% dv), Calcium (15% dv).

About EatingWell

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About EatingWell health tags

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.)

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