



EatingWell Favorite **Healthier** **Comfort Food** **Recipes**

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Crispy Baked Drumsticks with Honey-Mustard Sauce

Makes: 4 servings, 2 drumsticks & 2 tablespoons sauce

Active time: 20 minutes

Total: 45 minutes

To make ahead: Cover and refrigerate the sauce (Step 4) for up to 3 days.

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These baked chicken drumsticks are crispy-crunchy outside and succulent and juicy inside. Serve with sweet potato fries and spinach salad.

$\frac{2}{3}$ cup fine dry breadcrumbs, preferably whole-wheat (see Tip)

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

$\frac{1}{2}$ teaspoon onion powder

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

5 teaspoons canola oil

1 large egg

8 chicken drumsticks (about 2 pounds total), skin removed, trimmed

Honey-Mustard Sauce

$\frac{1}{4}$ cup nonfat plain yogurt, preferably Greek-style

2 tablespoons Dijon mustard

2 tablespoons honey

Freshly ground pepper to taste

1. Preheat oven to 475°F. Coat a wire rack with cooking spray and set it on a large rimmed baking sheet.

2. Mix breadcrumbs, paprika, onion powder and salt in a shallow dish. Drizzle with oil and mash with a fork until the oil is thoroughly incorporated. Lightly beat egg with a fork in another shallow dish. Dip the drumsticks into the egg, then press into the breading mixture until evenly coated on both sides. (Discard any remaining mixture and/or egg.) Place the chicken on the prepared rack.

3. Bake the chicken until golden and an instant-read thermometer inserted into the thickest part of a drumstick without touching bone registers 165°F, 25 to 30 minutes.

4. To prepare sauce: Combine yogurt, mustard, honey and pepper in a small bowl. Serve the sauce with the drumsticks.

Per serving: 299 calories; 11 g fat (2 g sat, 5 g mono); 131 mg cholesterol; 20 g carbohydrate; 9 g added sugars; 29 g protein; 2 g fiber; 510 mg sodium; 345 mg potassium.

Nutrition bonus: Zinc (20% daily value).

Carbohydrate Servings: 1

Exchanges: 1 starch, $\frac{1}{2}$ other carbohydrate, 4 lean meat, 1 fat

Tip: To make your own breadcrumbs, trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until very fine. Spread on a baking sheet and bake at 250°F until dry, about 10 to 15 minutes. One slice of bread makes about $\frac{1}{3}$ cup dry breadcrumbs.

Nonna's Spaghetti & Meatballs

Makes: 8 servings, 1 cup pasta, ¾ cup sauce & 2 meatballs each

Active time: 45 minutes

Slow-cooker time: 4-8 hours

To prep ahead: Make meatballs and sauce (Steps 1 & 2); cover and refrigerate separately for up to 1 day. Reheat sauce to a simmer before adding to slow cooker.

To make ahead: Freeze cooked meatballs in sauce airtight for up to 3 months. Defrost before reheating.

Equipment: 6-quart slow cooker

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The meatballs and sauce are cooked in the slow cooker for this traditional Italian spaghetti and meatballs recipe. You could also serve the meatballs over creamy polenta or on a sandwich with melted provolone.

Meatballs

2 large eggs

½ cup dry whole-wheat breadcrumbs
(see Tip)

½ cup finely chopped onion

½ cup grated Parmigiano-Reggiano cheese, plus more for serving

¼ cup minced fresh parsley

3 cloves garlic, minced

1 teaspoon salt

½ teaspoon freshly ground pepper

8 ounces lean (90% or leaner) ground beef

8 ounces ground pork or Italian pork sausage

8 ounces ground veal

Sauce & Spaghetti

1 tablespoon extra-virgin olive oil

1 cup finely chopped onion

3 cloves garlic, finely chopped

2 teaspoons Italian seasoning

¼ teaspoon crushed red pepper

1 cup dry red wine

1 28-ounce can crushed tomatoes

1 14-ounce can diced tomatoes

1 pound whole-wheat spaghetti

1 tablespoon finely chopped fresh oregano

1. To prepare meatballs: Lightly beat eggs in a large bowl. Stir in breadcrumbs, ½ cup onion, cheese, parsley, garlic, salt and pepper. Add beef, pork (or sausage) and veal; gently mix until combined (do not over-mix). Using ¼ cup for each, make 16 meatballs and place in a 6-quart slow cooker.

2. To prepare sauce & spaghetti: Heat oil in a large skillet over medium heat. Add 1 cup onion and cook, stirring occasionally, until beginning to brown, 3 to 5 minutes. Add garlic, Italian seasoning and crushed red pepper; cook, stirring, for 30 seconds. Add wine and boil for 1 minute. Add crushed and diced tomatoes and bring to a simmer. Pour the sauce over the meatballs.

3. Put the lid on the slow cooker and cook on High for 4 hours or Low for 8 hours.

4. 30 minutes before you're ready to eat, bring a large pot of water to a boil. Cook the spaghetti until just tender, 8 to 10 minutes or according to package directions.

5. Spoon any fat off the sauce; add oregano. Serve the meatballs and sauce over the spaghetti with extra Parmesan, if desired.

Per serving: 475 calories; 11 g fat (4 g sat, 4 g mono); 108 mg cholesterol; 61 g carbohydrate; 0 g added sugars; 32 g protein; 11 g fiber; 704 mg sodium; 856 mg potassium.

Nutrition bonus: Vitamin C (35% daily value), Magnesium & Zinc (32% dv), Iron (29% dv), Potassium (25% dv), Vitamin A (24% dv)

Carbohydrate Servings: 3

Exchanges: 3½ starch, 1 vegetable, 3 lean meat

Stovetop Variation: Make the sauce (Step 2) in a large Dutch oven instead of a skillet, then gently add the meatballs to the simmering sauce. Cover and gently simmer until the meatballs are cooked through, about 1 hour.



Tip: To make your own fresh breadcrumbs, trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse crumbs form. To make fine breadcrumbs, process until very fine. To make dry breadcrumbs, spread coarse or fine breadcrumbs on a baking sheet and

bake at 250°F until dry, about 10 to 15 minutes. One slice of bread makes about 1/2 cup fresh breadcrumbs or about 1/3 cup dry breadcrumbs. For store-bought coarse dry breadcrumbs we like Ian's brand, labeled "Panko breadcrumbs." Find them at well-stocked supermarkets.



Meatloaf

Makes: 10 servings

Active time: 40 minutes

Total: 1¼ hours

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The addition of richly flavored dried mushrooms and the whole-grain goodness of bulgur increases the vitamins and minerals and decreases the saturated fat of this meatloaf. The loaf is free-form, rather than baked in a loaf pan, which means more delicious, browned crust. This recipe is large enough to feed a big group or, even better, have leftovers for a cold sandwich the next day.

- 1 cup dried mushrooms, such as shiitake, porcini or chanterelle
- 1 cup bulgur (see *Tip*)
- 1 cup boiling water
- 2 teaspoons extra-virgin olive oil
- 1 small onion, chopped
- 1 stalk celery, chopped
- 2 cloves garlic, minced
- 1 tablespoon Worcestershire sauce
- 1 15-ounce can diced tomatoes, drained
- ½ cup nonfat evaporated milk
- ½ cup ketchup
- 1 large egg
- 2 large egg whites
- 1½ pounds 90%-lean ground beef
- 1 cup fine dry breadcrumbs
- ¼ cup chopped fresh parsley
- 2 teaspoons dried thyme
- ½ teaspoon salt

1. Place mushrooms in a small bowl and cover with warm water; let stand for 30 minutes. Combine bulgur with the boiling water in another small bowl and let soak until the bulgur is tender and the water has been absorbed, about 30 minutes. Remove the mushrooms from the liquid; trim stems and coarsely chop caps.

2. Preheat oven to 350°F. Coat a baking sheet with cooking spray.

3. Heat oil in a small skillet over medium-low heat and add onion, celery and garlic. Cook, stirring occasionally, until the vegetables are softened, 5 to 7 minutes. Add Worcestershire and cook for 3 minutes, scraping the pan well as the mixture becomes sticky. Add tomatoes, evaporated milk and ketchup; stir to combine. Continue cooking until the mixture is very thick, about 3 minutes. Remove from the heat and let cool.

4. Whisk egg and egg whites in a large bowl. Add beef, breadcrumbs, the soaked bulgur, the mushrooms and the tomato mixture. Stir in parsley, thyme and salt. Mix gently but thoroughly with your hands.

5. Mound the meatloaf mixture into a free-form loaf on the prepared baking sheet. Bake until the internal temperature reaches 165°F, 50 to 60 minutes. Let cool for 10 minutes before slicing and serving.

Per serving: 313 calories; 10 g fat (3 g sat, 4 g mono); 66 mg cholesterol; 32 g carbohydrate; 2 g added sugars; 24 g protein; 6 g fiber; 467 mg sodium; 488 mg potassium.

Nutrition bonus: Iron (34% daily value), Zinc (26% dv).

Carbohydrate Servings: 2

Exchanges: 1 starch, 1½ vegetable, 1½ medium-fat meat.

Tip: Bulgur is made by parboiling, drying and coarsely grinding or cracking wheat berries. It simply needs a quick soak in hot water for most uses. Look for it in the natural-foods section of large supermarkets, near other grains.

Pulled Pork with Caramelized Onions

Makes: 8 servings, about 1 cup each

Active time: 1 hour

Slow-cooker time: 5-9 hours

To make ahead: Prepare through Step 1, cover and refrigerate for up to 2 days.

To finish, bring the sauce to a simmer and continue with Steps 2 & 3. The cooked pork can be refrigerated for up to 3 days.

Equipment: 4-quart or larger slow cooker

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Traditional pulled pork is barbecued, which gives it a smoky flavor. But the slow cooker happens to be the absolute easiest way to cook pulled pork—and you can get a hint of smoke by adding chipotle chile. Serve the pulled pork with potato salad, collard greens and grits. Or make it into a sandwich and serve it on a bun with coleslaw.

- 1 tablespoon extra-virgin olive oil
- 3 large onions, thinly sliced
- 1/3 cup raw cane sugar, such as Demerara or turbinado (see *Tips*)
- 4 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon freshly ground pepper
- 1/2 teaspoon salt
- 1/3 cup cider vinegar
- 1 cup chili sauce, such as Heinz
- 1 1/2-3 teaspoons minced chipotle chile in adobo sauce (see *Tips*)
- 3 pounds boneless pork shoulder or blade (butt) roast, trimmed

1. Heat oil in a large skillet over medium-high heat. Add onions and cook, stirring occasionally, until they begin to soften, 3 to 6 minutes. Add sugar and continue to cook, stirring constantly, until the onions are golden brown, 6 to 8 minutes more. Add garlic, oregano, pepper and salt and cook, stirring, for 1 minute. Add vinegar and bring to a boil. Cook until mostly evaporated, 30 seconds to 1 minute. Remove from the heat and stir in chili sauce and chipotle to taste.

2. Place pork in a 4-quart (or larger) slow cooker and cover with the sauce. Cover and cook until the pork is almost falling apart, about 4 hours on High or 8 hours on Low.

3. Transfer the pork to a cutting board and shred using two forks. Stir back into the sauce.

Per serving (without bun): 358 calories; 18 g fat (6 g sat, 9 g mono); 90 mg cholesterol; 21 g carbohydrate; 9 g added sugars; 25 g protein; 3 g fiber; 664 mg sodium; 510 mg potassium.

Nutrition bonus: Zinc (31% daily value), Vitamin C (17% dv).

Carbohydrate Servings: 1 1/2

Exchanges: 1 1/2 carbohydrate (other), 3 medium-fat meat

Tips:

Raw cane sugar (such as Sugar in the Raw) is steam-cleaned, coarse-grained and light brown in color, with a slight molasses flavor. Find it in the natural-foods section of large supermarkets or at natural-foods stores.

Chipotle chiles in adobo sauce are smoked jalapeños packed in a flavorful sauce. Look for the small cans with Mexican foods at large supermarkets. Once opened, they'll keep up to 2 weeks in the refrigerator or 6 months in the freezer.





Buffalo Chicken Casserole

Makes: 8 servings

Active time: 45 minutes

Total: 1½ hours

To make ahead: In Step 2, cook the noodles 4 minutes less than package directions. Prepare through Step 4, cover and refrigerate for 1 day. Let stand at room temperature for 30 minutes, then bake at 400°F for 45 minutes.

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We took the classic flavors of Buffalo wings—hot sauce, blue cheese, carrots and celery—and created a finger-licking-good casserole. Serve this dish during football season to a hungry crowd and it's sure to be a hit. We don't typically recommend ingredients by brand name, but in this case we make an exception for Frank's RedHot Sauce. It has the perfect balance of spice and tang for this casserole. Texas Pete and Crystal hot sauces are suitable alternatives if you can't find Frank's.

- 12 ounces whole-wheat elbow noodles
- 2 tablespoons canola oil
- 3 medium carrots, sliced
- 3 medium stalks celery, sliced
- 1 large onion, chopped
- 1 tablespoon minced garlic
- 2 pounds boneless, skinless chicken breast, trimmed and cut into 1-inch cubes
- ⅓ cup cornstarch
- 4 cups low-fat milk
- ⅛ teaspoon salt
- 5 tablespoons hot sauce, preferably Frank's RedHot
- ¾ cup crumbled blue cheese (about 4 ounces)

1. Preheat oven to 400°F.

2. Bring a Dutch oven of water to a boil. Cook noodles until barely tender, about 2 minutes less than package directions. Drain, rinse and set aside.

3. Heat oil in the pot over medium heat. Add carrots, celery, onion and garlic and cook until beginning to soften, about 5 minutes. Add chicken and cook until no longer pink on the outside, 5 to 7 minutes. Whisk cornstarch and milk in a medium bowl; add to the pot along with salt. Bring to a boil over medium-high heat, stirring often, until bubbling and thick enough to coat the back of a spoon, about 4 minutes. Remove from the heat and stir in hot sauce.

4. Spread the noodles in a 9-by-13-inch (or similar 3-quart) baking dish. Top with the chicken mixture; sprinkle with blue cheese.

5. Bake the casserole until it is bubbling, about 30 minutes. Let stand for 10 minutes before serving.

Per serving: 441 calories; 12 g fat (5 g sat, 5 g mono); 79 mg cholesterol; 47 g carbohydrate; 0 g added sugars; 37 g protein; 5 g fiber; 671 mg sodium; 619 mg potassium.

Nutrition bonus: Vitamin A (89% daily value), Calcium (28% dv), Magnesium (20% dv), Potassium (18% dv), Zinc (15% dv).

Carbohydrate Servings: 3

Exchanges: 2 starch, 1 vegetable, ½ low-fat milk, 3 lean meat, 1 fat

Pepperoni & Pepper Pizza

Makes: 5 servings

Active time: 35 minutes

Total: 2 hours

To make ahead: Prepare through Step 2, cover the bowl with plastic wrap and refrigerate for up to 1 day. Or tightly wrap the unrisen dough in oiled plastic wrap and freeze for up to 3 months. Defrost the dough in the refrigerator overnight. Let refrigerated (or previously frozen) dough stand at room temperature for 1 hour before using.

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Using mini pepperoni slices (or chopping regular-sized slices) allows you to use less pepperoni, but still get plenty of flavor on this pepperoni and pepper pizza. Use green or yellow pepper instead of red, or swap out the pepper for your favorite veggie instead. No time to make homemade dough? Look for whole-wheat pizza-dough balls at your supermarket. Check the ingredient list to make sure the dough doesn't contain any hydrogenated oils.

Thin-Crust Whole-Wheat Pizza Dough

¾ cup plus 1 tablespoon lukewarm water (105-115°F)

1 package active dry yeast (2¼ teaspoons)

1 teaspoon sugar

1 cup whole-wheat pastry flour (see Tips)

1 cup bread flour or all-purpose flour

½ teaspoon salt

1 tablespoon extra-virgin olive oil

2 tablespoons fine cornmeal

All-purpose flour for dusting

Toppings

½ cup prepared pizza (or marinara) sauce

⅓ cup mini pepperoni slices (or chopped pepperoni)

1 red bell pepper, chopped

1 cup shredded part-skim mozzarella cheese

1. To prepare dough: Stir water, yeast and sugar in a large bowl; let stand until the yeast has dissolved, about 5 minutes. Stir in whole-wheat flour, bread flour (or all-purpose flour) and salt until the dough begins to come together.

2. Turn the dough out onto a lightly floured work surface. Knead until smooth and elastic, about 10 minutes. (Alternatively, mix the dough in a food processor or in a stand mixer with a dough hook. Process or mix until it forms a ball. Continue to process until the dough is smooth and elastic, about 1 minute more in a food processor or 4 to 5 minutes more on low speed in a stand mixer.) Place the dough in an oiled bowl and turn to coat.

3. Cover with a clean kitchen towel; set aside in a warm, draft-free place until doubled in size, about 1 hour.

4. To prepare pizza: Position rack in lower third of oven; preheat to 450°F. Brush oil over a large baking sheet. Sprinkle the baking sheet with cornmeal to coat evenly.

5. Sprinkle flour over work surface. Roll out the dough to the size of the baking sheet (see *Tips*) and transfer to the baking sheet. Cover the dough with sauce. Scatter with pepperoni and pepper and sprinkle with cheese. Bake until the crust is crispy and the cheese is melted and starting to brown, 15 to 20 minutes.

Per serving: 364 calories; 12 g fat (4 g sat, 5 g mono); 21 mg cholesterol; 47 g carbohydrate; 1 g added sugars; 15 g protein; 5 g fiber; 525 mg sodium; 237 mg potassium.

Nutrition bonus: Vitamin C (55% daily value), Folate (36% dv), Vitamin A (21% dv), Calcium (19% dv).

Carbohydrate Servings: 3

Exchanges: 3 starch, 1 high-fat meat, ½ fat

Tips: Whole-wheat pastry flour is milled from soft wheat. It contains less gluten than regular whole-wheat flour and helps ensure a tender result in delicate baked goods while providing the nutritional benefits of whole grains. Find it at large supermarkets and natural-foods stores.



No time to make your own dough? Look for balls of prepared whole-wheat pizza dough at your supermarket, fresh or frozen and without any hydrogenated oils.

To roll out pizza dough: Turn out onto a lightly floured surface. Dust with flour;

dimple with your fingertips to shape into a thick, flattened circle. Then use a rolling pin to roll into the desired shape. If your dough “resists” being rolled out, let it rest for about 15 minutes, then try rolling it out again.



Hot Chile Grilled Cheese

Makes: 4 servings

Active time: 30 minutes

Total: 30 minutes

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This deconstructed version of a chile relleno turned sandwich packs some heat and an ooey-gooley filling. We like the flavor of sourdough, but any kind of bread will work well.

- 4 poblano peppers (see Tip)
- 1 14-ounce can pinto beans, preferably low-sodium, rinsed
- 3 tablespoons prepared salsa
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{2}$ cup shredded Monterey Jack or Cheddar cheese
- 2 tablespoons low-fat plain yogurt
- 3 scallions, sliced
- 2 tablespoons chopped fresh cilantro
- 8 slices sourdough bread

1. Place peppers in a microwave-safe bowl, cover with plastic wrap and microwave on High until soft, 3 to 4 minutes. Let stand, covered, until cool enough to handle.

2. Meanwhile, combine beans, salsa and salt in a medium bowl. Mash the beans with a fork until they begin to form a paste (some can remain whole). Combine cheese, yogurt, scallions and cilantro in a small bowl.

3. When the peppers are cool enough to handle, slice each one in half lengthwise and remove the stem and seeds.

4. Heat a panini maker to high. (*No panini maker? See Stovetop Variation, below.*)

5. Spread $\frac{1}{3}$ cup of the bean mixture on each of 4 slices of bread. Top with a heaping tablespoon of the cheese mixture. Place 2 pepper halves over the cheese. Cover with the remaining slices of bread.

6. Grill the sandwiches in the panini maker until golden brown, about 4 minutes. Cut in half and serve immediately.

Per serving: 415 calories; 6 g fat (3 g sat, 1 g mono); 13 mg cholesterol; 70 g carbohydrate; 0 g added sugars; 19 g protein; 9 g fiber; 761 mg sodium; 307 mg potassium.

Nutrition bonus: Vitamin C (163% daily value), Folate (39% dv), Iron (20% dv).

Carbohydrate Servings: 4

Exchanges: $3\frac{1}{2}$ starch, 1 vegetable, 1 medium-fat meat

Tip: Dark green poblano peppers, smaller than a bell pepper but larger than a jalapeño, can be fiery or relatively mild; there's no way to tell until you taste them. Find them near other fresh peppers at most large supermarkets.

Stovetop Variation: Place four 15-ounce cans and a medium skillet (not nonstick) by the stove. Heat 1 teaspoon canola oil in a large nonstick skillet over medium heat. Place 2 sandwiches in the pan. Place the medium skillet on top of the sandwiches, then weight it down with the cans. Cook the sandwiches until golden on one side, about 2 minutes. Reduce the heat to medium-low, flip the sandwiches, replace the top skillet and cans, and cook until the second side is golden, 1 to 3 minutes more. Repeat with another 1 teaspoon oil and the remaining 2 sandwiches.

Minestrone with Endive & Pepperoni

Makes: 6 servings, about $1\frac{1}{2}$ cups each.

Active time: 30 minutes

Total: 30 minutes

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Considering that this minestrone soup incorporates mostly frozen vegetables, it is remarkably savory and aromatic. Look for frozen soup or stew vegetables with potatoes, carrots, celery and onion in the mix to give the soup the best flavor. Although pepperoni isn't traditionally part of minestrone soup, you'll find it's a great shortcut to add spicy, complex flavor. (*Recipe by Nancy Baggett for EatingWell.*)

- 1 tablespoon extra-virgin olive oil
- $\frac{1}{2}$ cup chopped fresh or frozen (thawed) bell peppers, any color
- 5 cups reduced-sodium beef broth
- $1\frac{1}{2}$ teaspoons dried oregano
- 1 teaspoon dried thyme
- $\frac{2}{3}$ cup whole-wheat elbow noodles or other small pasta
- 1 pound frozen mixed soup (or stew) vegetables (including potatoes, carrots, celery, onion), thawed, chopped
- 1 cup frozen baby lima beans, thawed
- 1 15-ounce can diced tomatoes with garlic and onion
- $\frac{1}{2}$ cup diced pepperoni
- 3 cups lightly packed coarsely chopped curly endive or chard, tough stems removed
- Freshly ground pepper to taste
- Freshly grated Parmesan cheese for garnish



1. Heat oil in a large saucepan or Dutch oven over medium-high heat. Add bell peppers and cook, stirring, for 3 minutes. Add broth, oregano and thyme; bring to a rolling boil over high heat. Add pasta and cook for 3 minutes less than the package directions.

2. Add mixed soup (or stew) vegetables and lima beans. Bring to a boil over medium-high heat; boil until the vegetables are almost tender, about 3 minutes. Stir in tomatoes, pepperoni and endive (or chard); return to a boil. Adjust the heat and simmer until the endive (or chard) is just tender, about 5 minutes. Season with pepper and garnish with Parmesan, if desired.

Per serving: 213 calories; 7 g fat (2 g sat, 3 g mono); 14 mg cholesterol; 28 g carbohydrate; 0 g added sugars; 9 g protein; 5 g fiber; 721 mg sodium; 352 mg potassium.

Nutrition bonus: Vitamin C (50% daily value), Vitamin A (30% dv).

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

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



Creamy Chicken Potpie

Makes: 4 servings

Active time: 25 minutes

Total: 45 minutes **To make ahead:** Prepare through Step 3, wrap airtight and freeze for up to 3 months. Do not thaw before baking; bake at 400°F for 50 minutes to 1 hour.

Equipment: four 12-ounce ovenproof baking dishes

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An irresistible crisp (but easy) phyllo crust tops these homey individual chicken potpies. Make a double batch and freeze extras to have on hand anytime. Serve with a butter-head lettuce salad with red onion and white-wine vinaigrette.

- 4 teaspoons extra-virgin olive oil, divided
- 1 pound boneless, skinless chicken breast, trimmed, cut into ½-inch cubes
- 1 cup sliced shallots
- 1 10- or 12-ounce bag frozen mixed vegetables (2-2½ cups), thawed
- ¼ teaspoon dried thyme
- 2 cups reduced-sodium chicken broth, divided
- ¼ cup cornstarch
- ¼ cup reduced-fat sour cream
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 6 sheets 9-by-14-inch phyllo dough, defrosted (follow package directions)
- Cooking spray (olive oil or canola oil)

1. Preheat oven to 425°F.

2. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add chicken; cook, stirring often, until it turns white, 2 to 3 minutes. Remove to a plate. Add the remaining 2 teaspoons oil and shallots, reduce heat to medium and cook, stirring, until slightly softened, 2 to 3 minutes. Stir in vegetables and thyme; cook, stirring occasionally, until hot, 2 to 4 minutes. Pour in 1 ¾ cups broth and bring to a boil. Whisk the remaining ¼ cup broth and cornstarch in a small bowl and add to the pan. Return to a boil and cook until thickened, about 1 minute. Off the heat, stir in the chicken, sour cream, salt and pepper. Divide the mixture among four 12-ounce ovenproof baking dishes.

3. Make 2 stacks of 3 sheets of phyllo each, coating each sheet lightly with cooking spray before stacking. Cut the stacks in half crosswise. Drape one half over each baking dish. Tuck in any overhanging edges.

4. Set the potpies on a baking sheet. Bake until the tops are golden and the filling bubbles, 18 to 20 minutes.

Per serving: 382 calories; 11 g fat (3 g sat, 6 g mono); 69 mg cholesterol; 40 g carbohydrate; 0 g added sugars; 30 g protein; 4 g fiber; 660 mg sodium; 618 mg potassium.

Nutrition bonus: Vitamin A (83% daily value), Folate (21% dv), Vitamin C (19% dv), Iron & Potassium (18% dv).

Carbohydrate Servings: 3

Exchanges: 2 starch, 1½ vegetables, 3 lean meat, 1 fat

Baked Mac & Cheese

Makes: 4 servings

Active time: 25 minutes

Total: 55 minutes

To make ahead: Prepare through Step 4. Cover and refrigerate for up to 2 days or freeze for up to 3 months. Thaw in the refrigerator, if necessary, then bake for 35 to 45 minutes.

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Mac & cheese can be a true comfort on a gloomy day, and our healthy update takes advantage of extra-sharp Cheddar balanced with creamy low-fat cottage cheese and tucks a layer of spinach into the middle, which may help picky eaters down their vegetables. Whole-wheat pasta adds robust flavor and extra fiber.

3 tablespoons plain dry breadcrumbs
(see Tip)

1 teaspoon extra-virgin olive oil

1/4 teaspoon paprika

1 16-ounce or 10-ounce package
frozen spinach, thawed

1 3/4 cups low-fat milk, divided

3 tablespoons all-purpose flour

2 cups shredded extra-sharp
Cheddar cheese

1 cup low-fat cottage cheese

1/8 teaspoon ground nutmeg

1/4 teaspoon salt

Freshly ground pepper to taste

8 ounces (2 cups) whole-wheat elbow
macaroni or penne

1. Put a large pot of water on to boil. Preheat oven to 450°F. Coat an 8-inch-square (2-quart) baking dish with cooking spray.

2. Mix breadcrumbs, oil and paprika in a small bowl. Place spinach in a fine-mesh strainer and press out excess moisture.

3. Heat 1 1/2 cups milk in a large heavy saucepan over medium-high heat until steaming. Whisk remaining 1/4 cup milk and flour in a small bowl until smooth; add to the hot milk and cook, whisking constantly, until the sauce simmers and thickens, 2 to 3 minutes. Remove from heat and stir in Cheddar until melted. Stir in cottage cheese, nutmeg, salt and pepper.

4. Cook pasta for 4 minutes, or until not quite tender. (It will continue to cook during baking.) Drain and add to the cheese sauce; mix well. Spread half the pasta mixture in the prepared baking dish. Spoon the spinach on top. Top with the remaining pasta; sprinkle with the breadcrumb mixture.

5. Bake the casserole until bubbly and golden, 25 to 30 minutes.

Per serving: 582 calories; 24 g fat (14 g sat, 7 g mono); 67 mg cholesterol; 60 g carbohydrate; 0 g added sugars; 38 g protein; 9 g fiber; 888 mg sodium; 688 mg potassium.

Nutrition bonus: Vitamin A (291% daily value), Calcium (78% dv), Folate (45% dv), Magnesium (43% dv), Zinc (29% dv), Iron (27% dv), Potassium (20% dv)

Carbohydrate Servings: 4

Exchanges: 3 starch, 1 vegetable, 3 1/2 medium-fat meat

Tip: To make fresh breadcrumbs, trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse crumbs form. One slice of bread makes about 1/2 cup fresh crumbs. For dry breadcrumbs, spread the fresh crumbs on a baking sheet and bake at 250°F until crispy, about 15 minutes. One slice of fresh bread makes about 1/3 cup dry crumbs. Or use prepared coarse dry breadcrumbs.





Slow-Cooker Vegetarian Lasagna

Makes: 8 servings **Active time:** 30 minutes
Slow-cooker time: 2 hours on High or 4 hours on Low

Equipment: 6-quart (or larger) slow cooker

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Sure, the slow cooker's great for stews and soups, but it also happens to make a mean lasagna! In this ingenious slow-cooker recipe, all you have to do is chop your veggies, then layer the ingredients (raw) into the crock pot.

- 1 large egg
- 1 15- to 16-ounce container part-skim ricotta
- 1 5-ounce package baby spinach, coarsely chopped
- 3 large or 4 small portobello mushroom caps, gills removed (see *Tip*), halved and thinly sliced
- 1 small zucchini, quartered lengthwise and thinly sliced
- 1 28-ounce can crushed tomatoes
- 1 28-ounce can diced tomatoes

- 3 cloves garlic, minced
- Pinch of crushed red pepper (optional)
- 15 whole-wheat lasagna noodles (about 12 ounces), uncooked
- 3 cups shredded part-skim mozzarella, divided

1. Combine egg, ricotta, spinach, mushrooms and zucchini in a large bowl.
2. Combine crushed and diced tomatoes and their juice, garlic and crushed red pepper (if using) in a medium bowl.
3. Generously coat a 6-quart or larger slow cooker with cooking spray. Spread 1½ cups of the tomato mixture in the slow cooker. Arrange 5 noodles over the sauce, overlapping them slightly and breaking into pieces to cover as much of the sauce as possible. Spread half of the ricotta-vegetable mixture over the noodles and firmly pat down, then spoon on 1½ cups sauce and sprinkle with 1 cup mozzarella. Repeat the layering one more time, starting with noodles. Top with a third layer of noodles. Evenly spread the remaining tomato sauce over the noodles. Set aside the remaining 1 cup mozzarella in the refrigerator.
4. Put the lid on the slow cooker and cook on High for 2 hours or on Low for 4 hours. Turn off the slow cooker, sprinkle the reserved mozzarella on the lasagna, cover and let stand for 10 minutes to melt the cheese.

Per serving: 414 calories; 14 g fat (8 g sat, 4 g mono); 63 mg cholesterol; 48 g carbohydrate; 0 g added sugars; 28 g protein; 7 g fiber; 641 mg sodium; 829 mg potassium.

Nutrition bonus: Calcium & Vitamin A (56% daily value), Vitamin C (39% dv), Iron & Magnesium (26% dv), Zinc (25% dv), Potassium (24% dv), Folate (18% dv).

Carbohydrate Servings: 3

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

Tip: The dark gills found on the underside of a portobello mushroom cap are edible, but if you like, gently scrape the gills off with a spoon.

Bacon Mashed Potatoes

Makes: 4 servings, about ¾ cup each

Active time: 25 minutes

Total: 25 minutes

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

Serve these bacon-studded chunky mashed potatoes with grilled steak or chicken.

- 1 pound new or baby potatoes, scrubbed and cut into 1-inch chunks
- 2 slices bacon
- ⅓ cup low-fat milk or buttermilk
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ⅓ cup reduced-fat sour cream
- 2 scallions, sliced

1. Place potatoes in a large saucepan and cover with 2 inches of water. Bring to a simmer over medium-high heat. Reduce heat to medium and cook, partially covered, until tender, 10 to 12 minutes. Drain and transfer to a large bowl.

2. Meanwhile, cook bacon in a skillet over medium heat until crisp. Drain on a paper towel. Crumble when cool enough to handle.

3. Mash the potatoes, milk (or buttermilk), salt and pepper with a potato masher until the liquid is incorporated but some chunks of potato still remain. Fold in sour cream, scallions and the crumbled bacon.

Per serving: 140 calories; 4 g fat (2 g sat, 1 g mono); 12 mg cholesterol; 22 g carbohydrate; 0 g added sugars; 5 g protein; 2 g fiber; 391 mg sodium; 587 mg potassium.

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

Carbohydrate Servings: 1½

Exchanges: 1½ starch, 1 fat





One-Bowl Chocolate Cake

Makes: 12 servings

Active time: 25 minutes

Total: 1 hour 5 minutes

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☐ Gluten Free

This easy-to-make chocolate cake is dark, moist, rich—and only dirties one bowl! Not quite as easy as boxed cake mixes, but those often contain trans fats. Our simple “from scratch” recipe gives you a home-baked cake with healthful canola oil and whole-wheat flour.

- $\frac{3}{4}$ cup plus 2 tablespoons whole-wheat pastry flour (see *Tips*)
- $\frac{1}{2}$ cup granulated sugar
- $\frac{1}{3}$ cup unsweetened cocoa powder
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup nonfat buttermilk (see *Tips*)
- $\frac{1}{2}$ cup packed light brown sugar

- 1 large egg, lightly beaten
- 2 tablespoons canola oil
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ cup hot strong black coffee
- Confectioners' sugar for dusting

1. Preheat oven to 350°F. Coat a 9-inch round cake pan with cooking spray. Line the pan with a circle of wax paper.
2. Whisk flour, granulated sugar, cocoa, baking powder, baking soda and salt in a large bowl. Add buttermilk, brown sugar, egg, oil and vanilla. Beat with an electric mixer on medium speed for 2 minutes. Add hot coffee and beat to blend. (The batter will be quite thin.) Pour the batter into the prepared pan.
3. Bake the cake until a skewer inserted in the center comes out clean, 30 to 35 minutes. Cool in the pan on a wire rack for 10 minutes; remove from the pan, peel off the wax paper and let cool completely. Dust the top with confectioners' sugar before slicing.

Per serving: 139 calories; 3 g fat (1 g sat, 2 g mono); 16 mg cholesterol; 27 g carbohydrate; 18 g added sugars; 2 g protein; 2 g fiber; 212 mg sodium; 63 mg potassium.

Carbohydrate Servings: 2

Exchanges: 1½ other carbohydrate

Tips:

Whole-wheat pastry flour, lower in protein than regular whole-wheat flour, has less gluten-forming potential, making it a better choice for tender baked goods. You can find it in the natural-foods section of large supermarkets and natural-foods stores. Store in the freezer.

No buttermilk? You can use buttermilk powder prepared according to package directions. Or make “sour milk”: mix 1 tablespoon lemon juice or vinegar to 1 cup milk.

Warm Chocolate Pudding

Makes: 8 servings

Active time: 20 minutes

Total: 20 minutes

To make ahead: Pour the pudding into a bowl and place a piece of plastic wrap directly on the surface. Refrigerate for up to 3 days; serve cold.

☒ Heart Health ☐ Diabetes ☒ Weight Loss ☒ Gluten Free

This warm pudding has a marvelous deep chocolaty flavor, but it's low in fat and super-quick to make. Don't skimp on the quality of cocoa with this one—treat yourself to the good stuff.

- 1 large egg
- 2¼ cups nonfat or low-fat milk, divided
- $\frac{2}{3}$ cup sugar, divided
- $\frac{1}{8}$ teaspoon salt
- $\frac{2}{3}$ cup unsweetened cocoa powder
- 2 tablespoons cornstarch
- 1 teaspoon vanilla extract

1. Lightly beat egg with a fork in a medium bowl.
2. Combine 1½ cups milk, $\frac{1}{3}$ cup sugar and salt in a medium saucepan; bring to a simmer over medium heat, stirring occasionally.
3. Meanwhile, whisk the remaining $\frac{1}{3}$ cup sugar, cocoa and cornstarch in a medium bowl. Whisk in the remaining $\frac{3}{4}$ cup milk until blended. Whisk the simmering milk mixture into the cocoa mixture. Pour the mixture back into the pan and bring to a simmer over medium heat, whisking constantly, until thickened and glossy, about 3 minutes. Remove from heat.



4. Whisk about 1 cup of the hot cocoa mixture into the beaten egg. Return the egg mixture to the pan and cook over medium-low heat, whisking constantly, until steaming and thickened, about 2 minutes. (Do not boil.) Whisk in vanilla. Serve warm.

Per serving: 164 calories; 2 g fat (1 g sat, 1 g mono); 37 mg cholesterol; 34 g carbohydrate; 22 g added sugars; 6 g protein; 3 g fiber; 110 mg sodium; 311 mg potassium.

Carbohydrate Servings: 2

Exchanges: 2 other carbohydrate

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.)