

# Quick Dinners for Busy Families



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# A Month of Weeknight Meals

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Quinoa Veggie Burger</b>	 <b>Cheddar-Stuffed Mini Meatloaves</b>	 <b>Honey-Soy Broiled Salmon</b>	 <b>BBQ Baked Beans &amp; Sausage</b>	 <b>General Tso's Chicken</b>
 <b>Broccoli-Cheese Chowder</b>	 <b>Smoked Turkey and Farro Salad</b>	 <b>Apple, Sauerkraut and Cheddar Quesadillas</b>	 <b>Shrimp Fried Rice</b>	 <b>Half-Hour Chili</b>
 <b>Nonna's Spaghetti and Meatballs</b>	 <b>Sweet Potato with Warm Black Bean Salad</b>	 <b>Miso Chicken Ramen</b>	 <b>Sugar Snap Pea and Shrimp Curry</b>	 <b>Parmesan-Crusted Chicken Tenders</b>
 <b>Tortellini Primavera</b>	 <b>Green Eggs &amp; Ham Frittata</b>	 <b>Sweet &amp; Sour Tofu</b>	 <b>Garlic-Roasted Salmon and Brussels Sprouts</b>	 <b>Maple-Chili Glazed Pork Medallions</b>





## Quinoa Veggie Burger

**Makes:** 8 burgers

**Active time:** 45 minutes

**Total:** 1½ hours

**To make ahead:** Individually wrap and freeze cooked burgers for up to 3 months. Defrost overnight in the refrigerator. Reheat in a skillet with a little oil.

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*This quinoa veggie burger recipe is a meat-lover's burger: toasted pecans, mushrooms, Cheddar cheese, fresh herbs and red quinoa pack it full of delicious flavor. Red quinoa, which you can generally find in stores where white quinoa is sold, gives the burgers the perfect color. If you can only find white quinoa, that's fine too. These quinoa veggie burger patties hold together well for freezing, making for a quick and easy meal. Defrost overnight in the refrigerator before cooking. Serve with your favorite burger garnishes. (Adapted from Quinoa Revolution by Patricia Green and Carolyn Hemming; Pintail Books, 2012.)*

- 1 cup water
- ½ cup red or white quinoa
- 1 tablespoon canola oil
- 1 cup diced onion
- 2 cups finely chopped cremini or white button mushrooms
- 1 teaspoon minced garlic
- ¾ teaspoon dried marjoram
- ¼ teaspoon dried oregano
- 1 large egg
- ⅔ cup shredded reduced-fat Cheddar cheese
- ½ cup whole pecans, toasted and finely chopped (see Tip)
- ⅓ cup quick-cooking rolled oats
- 1 tablespoon reduced-sodium soy sauce

**8 small whole-wheat burger buns,**  
toasted if desired

1. Combine water and quinoa in a medium saucepan. Bring to a boil. Reduce to a simmer, cover and cook for 15 minutes. Remove from heat and let stand, covered, for 10 minutes. Fluff with a fork and set aside to cool.
2. Preheat oven to 350°F. Lightly grease a baking sheet or line with parchment paper.
3. Heat oil in a large saucepan over medium heat. Add onion and cook, stirring frequently, until starting to soften, about 5 minutes. Add mushrooms, garlic, marjoram and oregano; cook, stirring, until the mushrooms are tender, about 5 minutes. Let cool for about 5 minutes.
4. Beat egg in a medium bowl. Add the quinoa, mushroom mixture, cheese, pecans, oats and soy sauce; stir to combine. Scoop scant ½-cup portions of the mixture onto the baking sheet and shape into 8 patties, about 3 inches wide, leaving about 1 inch of space between each patty. (The mixture will be crumbly; patting it into burgers on the baking sheet makes it easier to work with. The burgers hold together very well once baked.)
5. Bake the burgers until crispy, 28 to 30 minutes. Serve on buns with your favorite garnishes.

**Per serving (with bun):** 280 calories; 12 g fat (2 g sat, 4 g mono); 29 mg cholesterol; 35 g carbohydrate; 4 g added sugars; 11 g protein; 6 g fiber; 320 mg sodium; 353 mg potassium.

**Nutrition bonus:** Magnesium (19% daily value), Calcium (16% dv), Zinc (15% dv).

**Carbohydrate servings:** 2

**Exchanges:** 2 starch, ½ vegetable, ½ medium-fat meat, 1½ fat

**Tip:** For the best flavor, toast nuts before adding to recipes. Spread whole nuts on a baking sheet and bake at 350°F, stirring once, until fragrant, 7 to 9 minutes.



### Tortellini Primavera

**Makes:** 5 servings, about 1¼ cups each

**Active time:** 25 minutes

**Total:** 25 minutes

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*This creamy tortellini and vegetable pasta is a real crowd pleaser. To make it even quicker, use frozen chopped vegetables instead of fresh. Serve with a green salad and whole-grain baguette.*

- 1 14-ounce can vegetable broth or reduced-sodium chicken broth
- 2 tablespoons all-purpose flour
- 1 tablespoon extra-virgin olive oil
- 3 cloves garlic, sliced
- 1 cup shredded fontina cheese or ¾ cup shredded Parmesan cheese
- 1 tablespoon chopped fresh tarragon, dill or chives or 1 teaspoon dried tarragon
- ⅛ teaspoon salt
- 4 cups chopped vegetables, such as broccoli, carrots and snap peas, or 16-ounce bag frozen mixed vegetables
- 1 16-ounce package frozen cheese tortellini

1. Put a large pot of water on to boil.

2. Meanwhile, whisk broth and flour in a small bowl. Heat oil in a large skillet over medium heat. Add garlic and cook, stirring, until just beginning to brown, 1 to 2 minutes. Add the broth mixture to the pan, bring to a boil and cook, stirring occasionally, until the sauce is thick enough to coat the back of a spoon, about 3 minutes. Remove from the heat and stir in cheese, tarragon (or dill or chives) and salt.

3. Add vegetables and tortellini to the boiling water; return the water to a simmer and cook until the vegetables and tortellini are tender, 3 to 5 minutes. Drain; add to the pan with the sauce and stir to coat.

**Per serving:** 429 calories; 15 g fat (8 g sat, 4 g mono); 68 mg cholesterol; 56 g carbohydrate; 0 g added sugars; 14 g protein; 5 g fiber; 544 mg sodium; 321 mg potassium.

**Nutrition bonus:** Vitamin A (135% daily value), Calcium & Vitamin C (30% dv).

**Carbohydrate servings:** 4

**Exchanges:** 3 starch, 1½ vegetable, 1 high-fat meat, 2 fat





## Half-Hour Chili

**Makes:** 6 servings, about 1½ cups each

**Active time:** 15 minutes

**Total:** 30 minutes

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*This truly tasty half-hour vegetarian chili is made possible by using convenient canned beans and tomatoes (no pantry should be without them). Whole-grain bulgur adds another layer of toothsome texture and nutritional heft. This chili is relatively mild; if you like it spicy, add extra chili powder or serve with hot sauce.*

- 1 tablespoon canola oil
- 3 medium onions, chopped
- 1 carrot, chopped
- 1 tablespoon finely chopped jalapeño pepper
- 2 cloves garlic, finely chopped
- 1-2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 28-ounce can plus one 14-ounce can whole tomatoes, chopped, with juices
- 1 teaspoon brown sugar
- ¼ teaspoon salt
- 2 15-ounce cans red kidney beans, rinsed
- ⅓ cup bulgur (see *Tip*)
- ½ cup nonfat plain yogurt for garnish
- ⅓ cup chopped scallions for garnish
- ¼ cup chopped fresh cilantro for garnish

1. Heat oil in a Dutch oven over medium heat. Add onions, carrot, jalapeño, garlic, chili powder to taste and cumin. Cook, stirring often, until the onions and carrot are soft, 5 to 7 minutes.

2. Add tomatoes with their juices, sugar and salt; cook for 5 minutes over high heat. Reduce heat to low; stir in beans and bulgur. Simmer until the chili is thickened, about 15 minutes.

3. Garnish with yogurt, scallions and cilantro, if desired.

**Per serving:** 217 calories; 3 g fat (0 g sat, 2 g mono); 0 mg cholesterol; 40 g carbohydrate; 1 g added sugars; 10 g protein; 13 g fiber; 697 mg sodium; 854 mg potassium.

**Nutrition bonus:** Vitamin A (49% daily value), Vitamin C (43% dv), Potassium (25% dv), Folate & Iron (24% dv), Magnesium (20% dv).

**Carbohydrate servings:** 2

**Exchanges:** 2 starch, 1 vegetable, 1 lean meat

**Tip:** Bulgur is made by parboiling, drying and coarsely grinding or cracking wheat berries. Don't confuse bulgur with cracked wheat. Since the parboiling step is skipped, cracked wheat must be cooked for up to an hour whereas bulgur 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, or online at [kalustyans.com](http://kalustyans.com).



### Sweet & Sour Tofu

**Makes:** 4 servings, about 1½ cups each

**Active time:** 35 minutes

**Total:** 40 minutes

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*If you want to jazz up this quick stir-fry, add a dash of crushed red pepper or chile-garlic sauce with the pineapple chunks and garnish with scallions. Serve with brown rice.*

- 1 20-ounce can pineapple chunks or tidbits
- 3 tablespoons rice vinegar
- 2 tablespoons ketchup
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon brown sugar
- 1 14-ounce package water-packed extra-firm tofu, drained, rinsed and cut into ½-by-2-inch cubes
- 2 teaspoons cornstarch
- 2 tablespoons canola oil, divided
- 2 tablespoons minced garlic
- 1 tablespoon minced ginger
- 1 large red bell pepper, cut into ½-by-2-inch strips
- 1 large green bell pepper, cut into ½-by-2-inch strips

1. Drain pineapple and set aside, reserving ¼ cup of the juice. Whisk the reserved juice,

vinegar, ketchup, soy sauce and brown sugar in a medium bowl until smooth. Place tofu in a large bowl; toss with 3 tablespoons of the sauce. Let marinate for at least 5 minutes and up to 30 minutes. Add cornstarch to the remaining sauce and whisk until smooth.

2. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Transfer the tofu to the pan using a slotted spoon; whisk any remaining marinade into the bowl of reserved sauce. Cook the tofu, stirring every 1 to 2 minutes, until golden brown, 7 to 9 minutes total. Transfer to a plate.

3. Add the remaining oil to the pan and heat over medium heat. Add garlic and ginger and cook, stirring constantly, until fragrant, about 30 seconds. Add red and green peppers and cook, stirring often, until just tender, 2 to 3 minutes. Pour in the reserved sauce and cook, stirring, until thickened, about 30 seconds. Add the tofu and pineapple and cook, stirring gently, until heated through, about 2 minutes more.

**Per serving:** 255 calories; 12 g fat (1 g sat, 5 g mono); 0 mg cholesterol; 32 g carbohydrate; 4 g added sugars; 10 g protein; 4 g fiber; 368 mg sodium; 537 mg potassium.

**Nutrition bonus:** Vitamin C (230% daily value), Vitamin A (35% dv), Calcium (25% dv).

**Carbohydrate servings:** 2

**Exchanges:** 1 fruit, 1 other carb, 1 medium-fat meat, 1 fat (mono)





## Sweet Potatoes with Warm Black Bean Salad

**Makes:** 4 servings

**Active time:** 15 minutes

**Total:** 20 minutes

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

*For a satisfying last-minute supper, it's hard to beat a sweet potato zapped in the microwave. The fragrant filling of beans and tomatoes adds protein. Be sure to eat the skin, which is full of fiber, as well. Serve with guacamole and tortilla chips on the side.*

- 4 medium sweet potatoes
- 1 15-ounce can black beans, rinsed
- 2 medium tomatoes, diced
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{4}$  cup reduced-fat sour cream
- $\frac{1}{4}$  cup chopped fresh cilantro

1. Prick sweet potatoes with a fork in several places. Microwave on High until tender all the way to the center, 12 to 15 minutes. (*Alternatively, place in a baking dish and bake at 425°F until tender all the way to the center, about 1 hour.*)

2. Meanwhile, in a medium microwaveable bowl, combine beans, tomatoes, oil, cumin, coriander and salt; microwave on High until just heated through, 2 to 3 minutes. (*Alternatively, heat in a small saucepan over medium heat.*)

3. When just cool enough to handle, slash each sweet potato lengthwise, press open to make a well in the center and spoon the bean mixture into the well. Top each with a dollop of sour cream and a sprinkle of cilantro.

**Per serving:** 295 calories; 6 g fat (2 g sat, 3 g mono); 6 mg cholesterol; 52 g carbohydrate; 0 g added sugars; 8 g protein; 9 g fiber; 572 mg sodium; 541 mg potassium.

**Nutrition bonus:** Vitamin A (450% daily value), Vitamin C (45% dv), Folate (25% dv), Iron (15% dv), Potassium (15% dv).

**Carbohydrate servings:** 3

**Exchanges:** 3 starch, 1 vegetable  $\frac{1}{2}$  fat



## Apple, Sauerkraut & Cheddar Quesadillas

**Makes:** 2 main-dish or 4 appetizer servings

**Active time:** 10 minutes

**Total:** 30 minutes

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*This combination may seem unusual—until you try it. The sweet-tartness of the apple, creaminess of the cheese and bite of the sauerkraut work together beautifully in this hot quesadilla. Double the recipe to make dinner for four. Serve with butternut squash soup and a green salad.*

- 1 cup sauerkraut, rinsed
- ½ cup water
- 2 9-to-10-inch flour tortillas
- 1½ cups grated reduced-fat Cheddar cheese
- 1 small Granny Smith or other tart, juicy apple, peeled and very thinly sliced

1. Put sauerkraut and water in a medium non-reactive skillet. Gently heat just until the liquid has evaporated but not so much that the sauerkraut begins to stick to the pan. Remove from the heat.
2. Gradually heat a large cast-iron over medium heat. Put one tortilla in the pan and immedi-

ately sprinkle ⅓ cup cheese over half of it. Quickly arrange about half the apple slices over the cheese, then top with half the sauerkraut, spreading it evenly. Sprinkle with another ⅓ cup cheese.

3. Fold the tortilla over the filled half and press gently on it with a spatula to seal. Heat the quesadilla until the bottom is golden, about 2 minutes, then carefully flip and lightly brown the other side. Slide the quesadilla onto a cutting board and cut it into halves or quarters. Prepare the second one in the same fashion.

**Per main-dish serving:** 308 calories; 9 g fat (4 g sat, 2 g mono); 16 mg cholesterol; 33 g carbohydrate; 0 g added sugars; 22 g protein;

3 g fiber; 951 mg sodium; 981 mg potassium.

**Nutrition bonus:** Vitamin C (20% daily value).

**Carbohydrate servings:** 2

**Exchanges:** 1½ starch, ½ fruit, ½ vegetable, 1½ medium-fat meat

**Variation:** For nonvegetarians, a little chopped ham tastes wonderful layered in with the other ingredients.





## Broccoli-Cheese Chowder

**Makes:** 6 servings, 1 cup each

**Active time:** 45 minutes

**Total:** 1 hour 5 minutes

**To make ahead:** Prepare through Step 2.

Cover and refrigerate for up to 2 days or freeze for up to 2 months.

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*This satisfying remake of broccoli chowder benefits from the creamy texture of cooked potatoes and tangy reduced-fat sour cream instead of getting its richness from cream. Not only is the flavor vibrant, but a single serving gives you over half of the daily recommendation for vitamin C. Serve with crusty bread and a green salad.*

- 1 tablespoon extra-virgin olive oil
- 1 large onion, chopped
- 1 large carrot, diced
- 2 stalks celery, diced
- 1 large potato, peeled and diced
- 2 cloves garlic, minced
- 1 tablespoon all-purpose flour
- ½ teaspoon dry mustard
- ⅛ teaspoon cayenne pepper
- 2 14-ounce cans vegetable broth or reduced-sodium chicken broth
- 8 ounces broccoli crowns (see *Tip*), cut into 1-inch pieces, stems and florets separated
- 1 cup shredded reduced-fat Cheddar cheese
- ½ cup reduced-fat sour cream

⅛ teaspoon salt

1. Heat oil in a Dutch oven or large saucepan over medium-high heat. Add onion, carrot and celery; cook, stirring often, until the onion and celery soften, 5 to 6 minutes. Add potato and garlic; cook, stirring, for 2 minutes. Stir in flour, dry mustard and cayenne; cook, stirring often, for 2 minutes.

2. Add broth and broccoli stems; bring to a boil. Cover and reduce heat to medium. Simmer, stirring occasionally, for 10 minutes. Stir in florets; simmer, covered, until the broccoli is tender, about 10 minutes more. Transfer 2 cups of the chowder to a bowl and mash; return to the pan.

3. Stir in Cheddar and sour cream; cook over medium heat, stirring, until the cheese is melted and the chowder is heated through, about 2 minutes. Season with salt.

**Per serving:** 205 calories; 9 g fat (4 g sat, 3 g mono); 21 mg cholesterol; 23 g carbohydrate; 0 g added sugars; 9 g protein; 4 g fiber; 508 mg sodium; 436 mg potassium.

**Nutrition bonus:** Vitamin C (61% daily value), Vitamin A (64% dv), Calcium (34% dv).

**Carbohydrate servings:** 1½

**Exchanges:** 1 starch, 1 vegetable, 1 high-fat meat

**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.



### Smoked Turkey & Farro Salad

**Makes:** 5 servings, about 1½ cups each

**Active time:** 30 minutes

**Total:** 30 minutes

**To make ahead:** Cover and refrigerate (without the avocado) for up to 1 day. Stir in avocado just before serving.

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*This whole-grain farro salad recipe is studded with lean turkey, plenty of crunchy bell pepper, celery, smoked cheese and avocado. Look for farro—a quick-cooking high-fiber whole grain—in the bulk section or near other grains in natural-foods stores. Or skip Step 1 and add cooked barley as a substitute for the farro in Step 2. Serve with baby spinach salad with toasted almonds and creamy garlic dressing.*

- 1 cup farro**
- ¼ cup extra-virgin olive oil**
- 3 tablespoons red-wine vinegar**
- 3 tablespoons finely chopped shallots**
- ¼ teaspoon freshly ground pepper**
- 1 6-ounce slice deli smoked turkey**  
(¾ inch thick), skin removed,  
cut into ½-inch cubes

- ½ cup diced smoked cheese, such as Cheddar or Gouda**
- 1 cup chopped yellow bell pepper**
- 1 large stalk celery, chopped**
- 1 ripe but firm avocado, diced**
- ¾ cup slivered soft sun-dried tomatoes**

**1.** Place farro in a medium saucepan, add enough water to cover by 2 inches and bring to a boil. Stir, reduce heat to a simmer and cook, uncovered, until the farro is the desired tenderness, 15 to 25 minutes. Drain and rinse with cold water. Drain again.

**2.** Meanwhile, whisk oil, vinegar, shallots and pepper in a large bowl. Add the farro, turkey, cheese, bell pepper, celery, avocado and sun-dried tomatoes; toss to coat.

**Per serving:** 439 calories; 24 g fat (6 g sat, 14 g mono); 29 mg cholesterol; 43 g carbohydrate; 0 g added sugars; 17 g protein; 8 g fiber; 689 mg sodium; 866 mg potassium.

**Nutrition bonus:** Vitamin C (109% daily value), Potassium (25% dv), Iron (16% dv), Calcium & Magnesium (15% dv).

**Carbohydrate servings:** 2½

**Exchanges:** 2 starch, 1 vegetable, 1 lean meat, 3 fat





### General Tso's Chicken

**Makes:** 4 servings, about 1½ cups each

**Active time:** 30 minutes

**Total:** 30 minutes

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*In this healthier General Tso's Chicken recipe, we cut the fat and sodium in half from the original version by not frying the chicken and by using half as much soy sauce in this Chinese-takeout favorite. Serve with brown rice and fresh pineapple for dessert.*

- 5 tablespoons cornstarch, divided
- 2 tablespoons reduced-sodium soy sauce, divided
- 2 tablespoons Chinese rice wine or dry sherry, divided
- 1 large egg white
- 1 pound boneless, skinless chicken thighs, cut into 1-inch pieces
- $\frac{3}{4}$  cup water
- 2 tablespoons hoisin sauce
- 1 tablespoon rice vinegar
- 3 tablespoons canola oil, divided
- 2 scallions, sliced
- 2 cloves garlic, minced
- 4 cups snow peas

1. Combine 4 tablespoons cornstarch, 1 tablespoon each soy sauce and rice wine (or sherry) and egg white in a bowl. Add chicken and stir to coat.

2. Combine the remaining 1 tablespoon each cornstarch, soy sauce and rice wine (or sherry), water, hoisin and rice vinegar in a small bowl. Set aside.

3. Heat 2 tablespoons oil in a wok or large cast-iron skillet over high heat. Add the chicken; cook without turning, breaking up stuck-together pieces, until golden on the bottom, 2 minutes. Stir; continue cooking until golden on all sides, 1 to 2 minutes more. Transfer to a plate.

4. Add the remaining 1 tablespoon oil, scallions and garlic. Cook, stirring, until fragrant, about 15 seconds. Add peas; cook, stirring often, until bright green, 2 to 3 minutes. Add the reserved sauce mixture; cook, stirring, until thick, about 1 minute. Return the chicken to the pan; cook, stirring, until heated through, about 1 minute more.

**Per serving:** 364 calories; 19 g fat (3 g sat, 10 g mono); 76 mg cholesterol; 20 g carbohydrate; 2 g added sugars; 25 g protein; 2 g fiber; 524 mg sodium; 346 mg potassium.

**Nutrition bonus:** Vitamin C (66% daily value), Iron, Vitamin A & Zinc (16% dv).

**Carbohydrate servings:** 1

**Exchanges:** 1 vegetable, 3 lean meat, 2 fat



## BBQ Baked Beans & Sausage

**Makes:** 4 servings, about 1½ cups each

**Active time:** 30 minutes

**Total:** 30 minutes

☒ Heart Health ☐ Diabetes ☐ Weight Loss ☒ Gluten Free

*Here we turn baked beans into an easy main dish by adding chicken sausage and collard greens. If you don't like collards, try chopped kale instead. Serve with coleslaw and cornbread.*

- ½ cup prepared barbecue sauce (see **Tips**)
- ½ cup water
- 2 tablespoons tomato paste
- 1 tablespoon molasses
- ⅛ teaspoon salt
- Freshly ground pepper to taste
- 1 tablespoon canola oil
- 1 medium onion, chopped
- 4 cups chopped collard greens (about 10 ounces), tough stems removed
- 9 ounces cooked chicken sausage links (about 3 links), halved lengthwise and sliced
- 2 15-ounce cans great northern or navy beans, rinsed (see **Tips**)

1. Whisk barbecue sauce, water, tomato paste, molasses, salt and pepper in a medium bowl.
2. Heat oil in a large saucepan over medium

heat. Add onion and collard greens and cook, stirring occasionally, until the collards are wilted, 3 to 5 minutes. Add sausage and cook, stirring, until beginning to brown, about 3 minutes more.

3. Reduce heat to medium-low; add beans and the sauce mixture to the pan. Gently stir to combine, cover and cook until heated through, about 3 minutes.

**Per serving:** 444 calories; 8 g fat (1 g sat, 2 g mono); 45 mg cholesterol; 66 g carbohydrate; 7 g added sugars; 28 g protein; 14 g fiber; 653 mg sodium; 987 mg potassium.

**Nutrition bonus:** Folate (61% daily value), Vitamin A (50% dv), Vitamin C (35% dv), Magnesium (33% dv), Iron (23% dv).

**Carbohydrate servings:** 4

**Exchanges:** 3 starch, 2 vegetable, 1 lean meat, 2 plant-based protein

**Tips:** Check the sodium of your favorite barbecue sauce—some can be quite high. This recipe was developed with a sauce containing 240 mg sodium per 2-tablespoon serving.

While we love the convenience of canned beans, they tend to be high in sodium. Give them a good rinse before adding to a recipe to rid them of some of their sodium (up to 35 percent) or opt for low-sodium or no-salt-added varieties. Or, if you have the time, cook your own beans: see our **Bean Cooking Guide** at [eatingwell.com/guides](http://eatingwell.com/guides).





## Parmesan-Crusted Chicken Tenders

**Makes:** 4 servings

**Active time:** 10 minutes

**Total:** 30 minutes

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☐ Gluten Free

*Crispy, Parmesan-flecked chicken tenders dipped in marinara sauce is an easy dinner the whole family will love. Dipping them in a mixture of plain yogurt with chopped fresh basil would be tasty too. Serve with sautéed green beans and roasted sweet potato wedges.*

### Canola or olive oil cooking spray

**1/4 cup all-purpose flour**

**2 large eggs**

**1/2 cup finely shredded Parmesan cheese**

**1 cup coarse dry breadcrumbs,**  
preferably whole-wheat (see Tip)

**1 pound chicken tenders**

**1 tablespoon Italian seasoning**

**1 teaspoon garlic powder**

**1/4 teaspoon salt**

**1 cup marinara sauce, heated**

**1.** Preheat oven to 450°F. Place a large wire rack on a baking sheet and coat with cooking spray.

**2.** Place flour in a shallow dish. Lightly beat eggs in another shallow dish. Combine Parmesan

and breadcrumbs in a third shallow dish. Toss tenders with Italian seasoning, garlic powder and salt in a medium bowl. Coat each tender in flour, shaking off any excess. Dip in egg and let any excess drip off. Then roll in the breadcrumb mixture. Place the tenders on the prepared rack. Generously coat the top of each tender with cooking spray.

**3.** Bake for 10 minutes. Turn each tender over and coat with cooking spray. Continue baking until the outside is crisp and the tenders are cooked through, about 10 minutes more. Serve the tenders with marinara sauce for dipping.

**Per serving:** 293 calories; 8 g fat (3 g sat, 2 g mono); 140 mg cholesterol; 22 g carbohydrate; 0 g added sugars; 31 g protein; 3 g fiber; 603 mg sodium; 465 mg potassium.

**Carbohydrate servings:** 1 1/2

**Exchanges:** 1 starch, 1 vegetable, 3 lean meat

**Tip:** We like Ian's brand of coarse dry whole-wheat "Panko breadcrumbs." Find them in the natural-foods section of large supermarkets. To make your own breadcrumbs, trim crusts from firm sandwich bread. Tear the bread into pieces and process in a food processor until coarse crumbs form. (To make fine dry breadcrumbs, process 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 1/3 cup dry breadcrumbs.



## Easy Miso-Chicken Ramen

**Makes:** 4 servings, about 2 cups each

**Active time:** 30 minutes

**Total:** 30 minutes

☒ Heart Health
 ☒ Diabetes
 ☒ Weight Loss
 ☐ Gluten Free

*Warm up a chilly evening with this healthy chicken-and-vegetable ramen noodle bowl recipe. For a little spice, top with hot sauce, such as Sriracha. Look for dried curly Chinese-style noodles near other Asian ingredients in most well-stocked supermarkets. For a substitute, try whole-wheat angel hair pasta and cook for a few minutes longer.*

- 2 tablespoons toasted sesame oil, divided
- 1 bunch scallions, sliced, white and green parts separated
- 4 cloves garlic, minced
- 1 tablespoon finely grated fresh ginger
- 4 cups water
- 3 tablespoons white miso (*see Tip*)
- 1½ tablespoons reduced-sodium soy sauce
- 1¼ pounds boneless, skinless chicken thighs, trimmed, cut into bite-size pieces
- 8 cups chopped bok choy
- 4 ounces dried Chinese noodles, broken in half

**4 ounces shiitake mushrooms, stemmed and sliced (2 cups sliced)**

Heat 1 tablespoon oil in a large saucepan or Dutch oven over medium-high heat. Add scallion whites, garlic and ginger and cook, stirring, until fragrant, about 1 minute. Add water, miso, soy sauce and the remaining 1 tablespoon oil; bring to a boil. Stir in chicken, bok choy, noodles and mushrooms. Cover and return to a boil. Uncover, reduce heat to medium and cook, stirring, until the chicken is cooked through and the vegetables are tender, 3 to 5 minutes. Serve sprinkled with the scallion greens.

**Per serving:** 383 calories; 16 g fat (3 g sat, 6 g mono); 76 mg cholesterol; 33 g carbohydrate; 0 g added sugars; 28 g protein; 7 g fiber; 729 mg sodium; 842 mg potassium. **Nutrition bonus:** Vitamin A (122% daily value), Vitamin C (68% dv), Iron & Potassium (24% dv).

**Carbohydrate servings:** 2

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

**Tip:** In this warming ramen-noodle bowl, miso—a fermented soybean paste—adds a deep, rich umami flavor. Look for mild-flavored white (sweet) miso, made with soy and rice, near tofu at well-stocked supermarkets. It will keep in the refrigerator for at least a year.





## Garlic Roasted Salmon & Brussels Sprouts

**Makes:** 6 servings

**Active time:** 25 minutes

**Total:** 45 minutes

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

*Roasting salmon on top of Brussels sprouts and garlic, flavored with wine and fresh oregano, is a meal that is simple enough for a weeknight yet sophisticated enough to serve to company. Serve with whole-wheat couscous.*

- 14 large cloves garlic, divided**
- ¼ cup extra-virgin olive oil**
- 2 tablespoons finely chopped fresh oregano, divided**
- 1 teaspoon salt, divided**
- ¾ teaspoon freshly ground pepper, divided**
- 6 cups Brussels sprouts, trimmed and sliced**
- ¾ cup white wine, preferably Chardonnay**
- 2 pounds wild-caught salmon fillet, skinned, cut into 6 portions**
- Lemon wedges**

**1.** Preheat oven to 450°F.

**2.** Mince 2 garlic cloves and combine in a small bowl with oil, 1 tablespoon oregano, ½ teaspoon salt and ¼ teaspoon pepper. Halve the remaining garlic and toss with Brussels sprouts and 3 tablespoons of the seasoned oil in a large roasting pan. Roast, stirring once, for 15 minutes.

**3.** Add wine to the remaining oil mixture. Remove the pan from oven, stir the vegetables and place salmon on top. Drizzle with the wine mixture. Sprinkle with the remaining 1 tablespoon oregano and ½ teaspoon each salt and pepper. Bake until the salmon is just cooked through, 5 to 10 minutes more. Serve with lemon wedges.

**Per serving:** 334 calories; 15 g fat (3 g sat, 9 g mono); 71 mg cholesterol; 10 g carbohydrate; 0 g added sugars; 33 g protein; 3 g fiber; 485 mg sodium; 921 mg potassium.

**Nutrition bonus:** Vitamin C (107% daily value), Potassium (27% dv), Vitamin A (20% dv), Folate (19% dv), Magnesium (17% dv).

**Carbohydrate servings:** ½

**Exchanges:** 1 vegetable, 4 lean meat, 2 fat



### Sugar Snap Pea & Shrimp Curry

**Makes:** 4 servings

**Active time:** 25 minutes

**Total:** 25 minutes

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☐ Gluten Free

*This dish is best done at the last minute so the snap peas keep their crisp texture. The pink of the shrimp and the green peas make it as pretty as it is tasty.*

- 2 tablespoons canola oil
- 2 tablespoons Madras curry powder
- 1½ pounds raw shrimp (16-20 per pound; see *Tip*), peeled and deveined
- 1 pound sugar snap peas, trimmed
- 1 cup “lite” coconut milk
- ¼ cup lemon juice
- ½ teaspoon salt

Heat oil in a wok or large skillet over medium heat. Add curry powder and cook, stirring, until fragrant, 1 to 2 minutes. Add shrimp and peas and cook, stirring, until the shrimp are almost cooked through, about 4 minutes. Stir in coconut milk, lemon juice and salt. Bring to a boil

and cook until the shrimp have cooked through, about 2 minutes more.

**Per serving:** 305 calories; 13 g fat (4 g sat, 5 g mono); 252 mg cholesterol; 14 g carbohydrate; 1 g added sugars; 31 g protein; 4 g fiber; 610 mg sodium; 301 mg potassium.

**Nutrition bonus:** Vitamin C (50% daily value), Iron (35% dv), Vitamin A (25% dv), Calcium (15% dv).

**Carbohydrate servings:** 1

**Exchanges:** 1 starch, 4 lean meat

**Tip:** 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. Both wild-caught and farm-raised shrimp can damage the surrounding ecosystems when not managed properly. 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.





## Shrimp Fried Rice

**Makes:** 4 servings, 2 cups each

**Active time:** 40 minutes

**Total:** 40 minutes

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 ☒ Weight Loss
 ☐ Gluten Free

*This healthy shrimp fried rice recipe is packed with vegetables and makes 4 generous servings, so you'll need to use a large skillet that is at least 12 inches wide. A large wok also works well. If you have cooked rice on hand, omit Step 1 and add 2½ cups cooked rice to the pan in Step 5.*

- 1½ cups water
- 1 cup instant brown rice
- 2 tablespoons hoisin sauce (*see Tip*)
- 4 teaspoons reduced-sodium soy sauce
- 2 teaspoons toasted sesame oil
- 4 teaspoons canola oil, divided
- 2 large eggs, lightly beaten
- 8 ounces peeled and deveined raw small shrimp (51-60 per pound; *see Tip*, page 14)
- 2 tablespoons minced fresh ginger
- 4 cups stringless snap peas (12 ounces)
- 1 medium red bell pepper, cut into ½-inch pieces
- 2 medium carrots, halved lengthwise and thinly sliced
- 4 scallions, chopped

1. Combine water and rice in a small saucepan. Bring to a boil over high heat. Cover, reduce heat to medium-low and simmer until the water is absorbed, 10 to 12 minutes. Spread the rice

out on a large baking sheet to cool.

2. Combine hoisin sauce, soy sauce and sesame oil in a small bowl; set aside.

3. Heat 1 teaspoon canola oil in a large non-stick skillet over medium-high heat. Add eggs and cook, stirring to help break into smaller pieces, until just set, about 45 seconds. Transfer the egg to a bowl.

4. Add another 1 teaspoon canola oil to the skillet and return to medium-high heat. Add shrimp and cook, stirring occasionally, until pink, 1½ to 2 minutes. Transfer the shrimp to the bowl.

5. Heat the remaining 2 teaspoons oil in the skillet over medium-high heat. Add ginger and cook, stirring, until fragrant, about 30 seconds. Stir in snap peas, bell pepper, carrots and scallions; cook, stirring occasionally, until tender-crisp, 3 to 4 minutes. Stir in the rice and the reserved egg and shrimp; cook, stirring, until heated through, about 1 minute. Remove from the heat and gently stir in the sauce mixture.

**Per serving:** 307 calories; 11 g fat (2 g sat, 5 g mono); 165 mg cholesterol; 34 g carbohydrate; 2 g added sugars; 17 g protein; 5 g fiber; 462 mg sodium; 523 mg potassium.

**Nutrition bonus:** Vitamin C (157% daily value), Vitamin A (147% dv), Folate (23% dv), Magnesium (21% dv), Iron (18% dv), Potassium (15% dv).

**Carbohydrate servings:**

**Exchanges:** 1 starch, 2½ vegetable, 1 lean meat, ½ medium-fat meat, 1½ fat

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





## Honey-Soy Broiled Salmon

**Makes:** 4 servings

**Active time:** 20 minutes | **Total:** 40 minutes

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

*A sweet, tangy and salty mixture of soy sauce, rice vinegar and honey does double-duty as marinade and sauce. Toasted sesame seeds provide a nutty and attractive accent. Serve with brown rice or noodles and sautéed red peppers and zucchini slices.*

- 1 scallion, minced
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon honey
- 1 teaspoon minced fresh ginger
- 1 pound center-cut, wild-caught salmon fillet, skinned (see *Tips*) and cut into 4 portions
- 1 teaspoon toasted sesame seeds (see *Tips*)

1. Whisk scallion, soy sauce, vinegar, honey and ginger in a medium bowl until the honey is dissolved. Place salmon in a sealable plastic bag, add 3 tablespoons of the sauce and refrigerate; let marinate for 15 minutes. Reserve the remaining sauce.

2. Preheat broiler. Line a small baking pan with foil and coat with cooking spray.

3. Transfer the salmon to the pan, skinned-side down. (Discard the marinade.) Broil the salmon 4 to 6 inches from the heat source until cooked through, 6 to 10 minutes. Drizzle with the reserved sauce and garnish with sesame seeds.

**Per serving:** 234 calories; 13 g fat (3 g sat, 5 g mono); 67 mg cholesterol; 6 g carbohydrate; 4 g added sugars; 23 g protein; 0 g fiber; 335 mg sodium; 444 mg potassium.

**Nutrition bonus:** Omega-3s.

**Carbohydrate servings:** ½

**Exchanges:** 3 lean meat, ½ other carbohydrate

**Tips:** To skin a salmon fillet, place skin-side down. Starting at the tail end, slip a long knife between the fish flesh and the skin, holding 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. To save time, ask your fish monger to skin it for you before you buy it.

To toast sesame seeds, heat a small dry skillet over low heat. Add seeds and stir constantly, until golden and fragrant, about 2 minutes. Transfer to a small bowl and let cool.





## Nonna's Spaghetti & Meatballs

**Makes:** 8 servings, 1 cup pasta,  $\frac{3}{4}$  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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 ☐ Diabetes
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 ☐ Gluten Free

*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
- $\frac{1}{2}$  cup dry whole-wheat breadcrumbs (see *Tip, page 12*)
- $\frac{1}{2}$  cup finely chopped onion
- $\frac{1}{2}$  cup grated Parmigiano-Reggiano cheese, plus more for serving
- $\frac{1}{4}$  cup minced fresh parsley
- 3 cloves garlic, minced
- 1 teaspoon salt
- $\frac{1}{2}$  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
- $\frac{1}{4}$  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,  $\frac{1}{2}$  cup onion, cheese, parsley, garlic, salt and pepper. Add beef, pork (or sausage) and veal; gently mix until combined (do not overmix). Using  $\frac{1}{4}$  cup for each, make 16 meatballs and place in a 6-quart slow cooker. (*Or see Stovetop Variation.*)

**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:** 4

**Exchanges:**  $3\frac{1}{2}$  starch, 1 vegetable, 3 lean meat

**Stovetop Variation: Make the sauce (Step 2) in a large pot 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.**



### Cheddar-Stuffed Mini Meatloaves with Chipotle Glaze

**Makes:** 4 servings

**Active time:** 20 minutes

**Total:** 45 minutes

**Equipment:** 4 mini loaf pans or a baking sheet

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*Individual meatloaves not only take the guesswork out of portion size, they cook quicker than a large loaf. Look for ground chipotle in the spice section of the market—it gives the glaze a hit of smoke and spice—skip it if you're making the meatloaves for milder tastes. Serve with roasted broccoli and roasted red-skinned potatoes.*

- 1** pound lean (90% or leaner) ground beef
- ½** cup chopped onion
- ⅓** cup fine, dry, whole-wheat breadcrumbs
- 1** large egg
- 6** tablespoons ketchup, preferably no-salt-added
- 2** teaspoons chili powder
- 1** teaspoon ground cumin
- ¼** teaspoon salt
- ¼** teaspoon freshly ground pepper
- ½** cup shredded extra-sharp Cheddar cheese

**⅛** teaspoon ground chipotle pepper (optional)

**1.** Preheat oven to 400°F. Coat four 8- to 12-ounce small baking dishes, such as mini loaf pans, with cooking spray and place on a rimmed baking sheet. *(Alternatively, make freeform meatloaves and bake directly on the baking sheet.)*

**2.** Combine beef, onion, breadcrumbs, egg, 2 tablespoons ketchup, chili powder (if using), cumin, salt and pepper in a bowl; mix well. Divide the mixture into 4 even portions and place in the prepared baking dishes. Make a 1½-inch-deep indentation with your finger down the length of each meatloaf. Stuff each with 2 tablespoons cheese and pinch the edges closed to seal.

**3.** Combine the remaining 4 tablespoons ketchup and chipotle (if using) in a bowl; spread over each loaf.

**4.** Transfer the baking sheet to the oven. Bake until an instant-read thermometer inserted in the center of a loaf registers 165°F, 20 to 30 minutes.

**Per serving:** 382 calories; 17 g fat (7 g sat, 6 g mono); 148 mg cholesterol; 18 g carbohydrate; 4 g added sugars; 37 g protein; 2 g fiber; 378 mg sodium; 467 mg potassium.

**Nutrition bonus:** Zinc (49% daily value), Iron (23% dv).

**Carbohydrate servings:** 1

**Exchanges:** ½ starch, ½ vegetable, 4 lean meat, ½ high-fat meat





## Green Eggs & Ham Frittata

**Makes:** 6 servings

**Active time:** 30 minutes

**Total:** 30 minutes

☐ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

*Our version of green eggs and ham is full of spinach, leeks and dill, along with ham and havarti cheese. Serve with hash browns.*

**8 large eggs**

**1½ teaspoons dried dill**

**¼ teaspoon salt**

**¼ teaspoon freshly ground pepper**

**2 tablespoons extra-virgin olive oil**

**2 leeks, white and light green parts only, diced and rinsed well**

**1 5-ounce bag baby spinach, chopped**

**½ cup diced ham**

**½ cup shredded havarti or Muenster cheese**

**1.** Position rack in upper third of oven; preheat to 450°F.

**2.** Whisk eggs, dill, salt and pepper in a medium bowl. Heat oil in a large ovenproof non-stick skillet over medium heat. Add leeks; cook, stirring, until softened, about 4 minutes. Add spinach and ham; cook, stirring, until the spinach is wilted, about 1 minute.

**3.** Pour the egg mixture over the vegetables and cook, lifting the edges of the frittata so uncooked egg can flow underneath, until the bottom is light golden, 2 to 3 minutes. Sprinkle cheese on top, transfer the pan to the oven and bake until the eggs are set, 6 to 8 minutes. Let rest for about 3 minutes before serving. Serve hot or cold.

**Per serving:** 217 calories; 15 g fat (5 g sat, 6 g mono); 296 mg cholesterol; 6 g carbohydrate; 0 g added sugars; 14 g protein; 1 g fiber; 418 mg sodium; 320 mg potassium.

**Nutrition bonus:** Vitamin A (63% daily value), Folate (24% dv), Vitamin C (17% dv), Iron (15% dv).

**Carbohydrate servings:** ½

**Exchanges:** 1 vegetable, 1½ medium-fat meat, 1 fat



## Maple-Chili Glazed Pork Medallions

**Makes:** 4 servings

**Active time:** 20 minutes

**Total:** 20 minutes

☐ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

*Pork medallions are quick, easy to prepare and particularly tasty with a maple-chili glaze. Serve with sautéed hominy, corn kernels and diced bell pepper.*

- 1** teaspoon chili powder
- ½** teaspoon salt
- ⅛** teaspoon ground chipotle pepper (optional)
- 1** pound pork tenderloin, trimmed and cut crosswise into 1-inch-thick medallions
- 2** teaspoons canola oil
- ¼** cup apple cider

- 1** tablespoon maple syrup
- 1** teaspoon cider vinegar

**1.** Mix chili powder, salt and ground chipotle (if using) in a small bowl. Sprinkle over both sides of pork.

**2.** Heat oil in a large skillet over medium-high heat. Add the pork and cook until golden, 1 to 2 minutes per side. Add cider, syrup and vinegar to the pan. Bring to a boil, scraping up any browned bits. Reduce the heat to medium and cook, turning the pork occasionally to coat, until the sauce is reduced to a thick glaze, 1 to 3 minutes. Serve the pork drizzled with the glaze.

**Per serving:** 167 calories; 5 g fat (1 g sat, 2 g mono); 74 mg cholesterol; 6 g carbohydrate; 3 g added sugars; 24 g protein; 0 g fiber; 363 mg sodium; 478 mg potassium.

**Nutrition bonus:** Zinc (15% daily value).

**Carbohydrate servings:** ½

**Exchanges:** ½ other carbohydrates, 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](http://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!

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## 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.)

*Photography by Ken Burris (pp. 3-8, 11-14, 16-20); Peter Ardito (pp. 10, 15); Bryan McCay (p. 9); Andrew Scrivani (p. 2).*

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