



Weeknight Dinners

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Tofu & Broccoli Stir-Fry

Makes: 4 servings, 1¼ cups each

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

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

We like broccoli best in this tofu stir-fry, but any mixture of vegetables you have on hand will work. One way to get great tofu texture without deep-frying is to toss the tofu in cornstarch before stir-frying. Let it cook for several minutes without stirring to help it develop a little crust.

- ½ cup vegetable broth or reduced-sodium chicken broth
- ¼ cup dry sherry (see *Tip*) or rice wine
- 3 tablespoons reduced-sodium soy sauce
- 3 tablespoons cornstarch, divided
- 2 tablespoons plus 1 teaspoon sugar
- ¼ teaspoon crushed red pepper, or more to taste
- 1 14-ounce package extra-firm water-packed tofu, drained
- ¼ teaspoon salt
- 2 tablespoons canola oil, divided
- 1 tablespoon minced garlic
- 1 tablespoon minced fresh ginger
- 6 cups broccoli florets
- 3 tablespoons water

1. Combine broth, sherry (or rice wine), soy sauce, 1 tablespoon cornstarch, sugar and crushed red pepper in a small bowl. Set aside.
2. Cut tofu into ¾-inch cubes and pat dry, then sprinkle with salt. Place the remaining 2 tablespoons cornstarch in a large bowl. Add the tofu; toss gently to coat. Heat 1 tablespoon oil in a large nonstick skillet or wok over medium-high heat. Add the tofu; cook, undisturbed, until browned, about 3 minutes. Gently turn and cook, stirring occasionally, until browned

all over, 2 to 3 minutes more. Transfer to a plate.

3. Reduce heat to medium. Add the remaining 1 tablespoon oil, garlic and ginger; cook until fragrant, about 30 seconds. Add broccoli and water; cover and cook, stirring once or twice, until tender-crisp, 2 to 4 minutes. Stir the reserved broth mixture and add to the pan. Cook until the sauce has thickened, 1 to 2 minutes. Return the tofu to the pan; toss to combine with the broccoli and sauce.

Per serving: 258 calories; 13 g fat (1 g sat, 9 g mono); 0 mg cholesterol; 23 g carbohydrate; 7 g added sugars; 14 g protein; 4 g fiber; 544 mg sodium; 539 mg potassium.

Nutrition bonus: Vitamin C (168% daily value), Vitamin A (65% dv), Calcium (26% dv), Folate (23% dv), Magnesium (21% dv), Iron (17% dv), Potassium (15% dv).

Carbohydrate Servings: 1½

Exchanges: 1 vegetable, 1 carbohydrate (other), 1 medium-fat meat, 1½ fat

Tip: Sherry is a type of fortified wine originally from southern Spain. Don't use "cooking sherry" sold in many supermarkets—it can be surprisingly high in sodium. Instead, get dry sherry that's sold with other fortified wines at wine or liquor stores.



Tip: We used a Cajun spice blend that contains salt. If you have a blend without salt (check the ingredients label), season the sauce with salt to taste.

Creamy Cajun Chicken Pasta

Makes: 6 servings, about 1½ cups each

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

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☐ Gluten Free

This zesty Cajun-style pasta is full of lean chicken, peppers and onions. Serve with sautéed green beans.

- 8 ounces whole-wheat fusilli or rotini
- 1 tablespoon canola oil
- 2 slices bacon, chopped
- 1 large sweet onion, halved and thinly sliced
- 1 pound boneless, skinless chicken breast, trimmed and cut into 1-inch pieces
- 1 medium green bell pepper, sliced
- 3 cloves garlic, minced
- 4 teaspoons Cajun seasoning (see *Tip*)
- ½ teaspoon freshly ground pepper
- 1 tablespoon all-purpose flour
- 1 28-ounce can crushed tomatoes
- ⅓ cup reduced-fat sour cream
- ½ cup sliced scallions for garnish

1. Bring a large pot of water to a boil. Cook pasta until just tender, 8 to 10 minutes or according to package directions. Drain.
2. Meanwhile, heat oil in a Dutch oven over medium heat. Add bacon and onion and cook, stirring occasionally, until beginning to brown,

about 2 minutes. Add chicken, bell pepper, garlic, Cajun seasoning and pepper. Cook stirring, until the onion and bell pepper are beginning to soften, about 4 minutes.

3. Add flour and stir to coat. Add tomatoes and their juice; bring to a simmer. Cook, stirring often, until the sauce is bubbling and thickened and the chicken is cooked through, about 2 minutes. Remove from the heat. Stir in sour cream.

4. Stir the pasta into the sauce. Serve sprinkled with scallions, if desired.

Per serving: 329 calories; 8 g fat (2 g sat, 3 g mono); 50 mg cholesterol; 43 g carbohydrate; 0 g added sugars; 25 g protein; 6 g fiber; 656 mg sodium; 691 mg potassium.

Nutrition bonus: Vitamin C (53% daily value), Vitamin A (23% dv), Iron (21% dv), Magnesium & Potassium (20% dv).

Carbohydrate Servings: 2½

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



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.

☐ Heart Health
 ☐ Diabetes
 ☐ Weight Loss
 ☐ Gluten Free

This whole-grain farro salad recipe is studded with lean turkey, plenty of crunchy bell pepper, celery, smoked cheese and avocado—a perfect summer salad recipe to serve on a hot summer night. 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

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).

1. Place farro in a medium saucepan, add enough water to cover by 2 inches and bring to



Ancho-Honey Pork Tenderloin with Cheese Grits

Makes: 4 servings, 3 ounces pork & ½ cup grits each

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

☐ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

In this recipe, roast pork tenderloin is glazed with honey, lime, soy and ancho chile powder and served on top of cheese grits. Ancho chile powder, made from dried poblano peppers, has a mild heat and adds a rich, subtly smoky flavor. Serve with sautéed kale with slivered garlic.

- ¼ cup honey
- 2 teaspoons lime juice
- 2 teaspoons reduced-sodium soy sauce
- 1 teaspoon ancho chile powder
- ½ teaspoon onion powder, divided
- 1 pork tenderloin (1-1¼ pounds), trimmed
- ¼ teaspoon salt
- 1 tablespoon extra-virgin olive oil
- 1 14-ounce can reduced-sodium chicken broth
- ½ cup water
- ½ cup quick grits
- ¼ teaspoon freshly ground pepper
- ¾ cup shredded extra-sharp Cheddar cheese
- 2 scallions, sliced

1. Preheat oven to 425°F.
2. Whisk honey, lime juice, soy sauce, chile powder and ¼ teaspoon onion powder in a small bowl. Set aside.
3. Sprinkle pork all over with salt and the remaining ¼ teaspoon onion powder. Heat oil in a large ovenproof skillet over medium-high heat. Add the pork and cook until brown on all sides, 4 to 5 minutes.
4. Transfer the skillet to the oven and roast for

10 minutes. Remove from the oven and brush with the reserved honey mixture. Return to the oven and roast until an instant-read thermometer inserted into the thickest part registers 145°F, 3 to 5 minutes more. Transfer the pork to a clean cutting board and let rest for 5 minutes.

5. Meanwhile, bring broth and water to a boil in a medium saucepan over medium-high heat. Whisk in grits and pepper. Reduce heat to medium-low, cover and cook, stirring occasionally, until thickened, 5 to 7 minutes. Remove from the heat and stir in cheese. Cover to keep warm.

6. Slice the pork. Serve the pork with the grits, sprinkled with scallions and drizzled with any remaining glaze from the skillet.

Per serving: 402 calories; 14 g fat (6 g sat, 6 g mono); 96 mg cholesterol; 37 g carbohydrate; 17 g added sugars; 32 g protein; 1 g fiber; 672 mg sodium; 644 mg potassium.

Nutrition bonus: Zinc (22% daily value), Potassium (19% dv), Calcium (17% dv).

Carbohydrate Servings: 2½

Exchanges: 1 starch, 1 other carbohydrate, 3 lean meat, 1 high-fat meat, 1 fat



Prosciutto-Wrapped Shrimp with Arugula Salad

Makes: 4 servings, 4 shrimp & 1½ cups salad each

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

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

This recipe for jumbo shrimp wrapped in thin strips of prosciutto and served on a lemony bed of arugula is a practically effortless dish that's sure to impress your guests. Wrap your shrimp and make the dressing ahead of time, and you'll have dinner on the table even faster. Serve with toasted whole-wheat baguette sprinkled with Parmesan cheese.

- 2 tablespoons plus 4 teaspoons extra-virgin olive oil, divided**
- 2 tablespoons lemon juice**
- 1 medium clove garlic, minced**
- ⅛ teaspoon salt**
- ¼ teaspoon freshly ground pepper, divided**
- 8 cups lightly packed baby arugula (about 5 ounces)**
- 16 raw jumbo shrimp (13-15 per pound; see Tip)**
- 8 very thin slices prosciutto (about 2 ounces), cut in half lengthwise to make 16 strips**

1. Whisk 2 tablespoons oil, lemon juice, garlic, salt and ⅛ teaspoon pepper in a large bowl. Add arugula and toss to coat.
2. Peel and devein shrimp, leaving the tails on. Pat dry and sprinkle both sides with the remaining ⅛ teaspoon pepper. Wrap 1 piece of prosciutto around each shrimp.
3. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add half the shrimp and cook, turning once, until just cooked through, about 4 minutes. Reduce the heat to medium, and repeat with the remaining oil and shrimp, 3 to 4 minutes. Serve the shrimp with the arugula salad.

Per serving: 248 calories; 15 g fat (2 g sat, 9 g mono); 190 mg cholesterol; 4 g carbohydrate; 0 g added sugars; 24 g protein; 1 g fiber; 672 mg sodium; 304 mg potassium.

Nutrition bonus: Vitamin A (22% daily value), Folate (16% dv), Vitamin C (15% dv).

Carbohydrate Servings: 0

Exchanges: 3½ lean meat, 2 fat

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. Fortunately, it is possible to buy shrimp that have been raised or caught with sound environmental practices. 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.



Salmon with Toasted Israeli Couscous

Healthy Weight Healthy Heart

Makes: 4 servings, about 4 ounces salmon & $\frac{2}{3}$ cup couscous each

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

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☐ Gluten Free

You need only one skillet for this meal of wild salmon fillets and Israeli couscous pilaf. For added fiber, look for Israeli couscous made with whole-wheat flour. Serve with roasted carrots and broccoli with cumin.

- 1 tablespoon extra-virgin olive oil
- 1 cup Israeli couscous (see *Tip*)
- $\frac{1}{2}$ cup finely chopped red bell pepper
- $\frac{1}{3}$ cup unsalted pistachios, coarsely chopped
- 1 large shallot, chopped
- $\frac{1}{2}$ teaspoon salt, divided
- $1\frac{1}{2}$ cups water
- 1 tablespoon chopped fresh parsley, plus more for garnish
- 1 tablespoon chopped fresh oregano, plus more for garnish
- $1\frac{1}{4}$ pounds wild Alaskan salmon fillet, skinned and cut into 4 portions
- $\frac{1}{4}$ teaspoon freshly ground pepper
- 4 lemon wedges

1. Heat oil in a large nonstick skillet over medium heat. Add couscous, bell pepper, pistachios, shallot and $\frac{1}{4}$ teaspoon salt. Cook, stirring frequently, until the couscous is lightly toasted, about 5 minutes. Stir in water. Cover and cook, stirring occasionally, for 5 minutes. Stir in 1 tablespoon each parsley and oregano.

2. Sprinkle salmon with pepper and the remaining $\frac{1}{4}$ teaspoon salt. Place the salmon on top of the couscous, reduce the heat to medium-low, cover and cook until the salmon is cooked through and the water is absorbed, 5 to 7 minutes.

3. Serve garnished with herbs, if desired, and lemon wedges.

Per serving: 413 calories; 13 g fat (2 g sat, 7 g mono); 66 mg cholesterol; 36 g carbohydrate; 0 g added sugars; 35 g protein; 3 g fiber; 368 mg sodium; 767 mg potassium.

Nutrition bonus: Vitamin C (54% daily value), Vitamin A (25% dv), Potassium (22% dv), Magnesium (16% dv).

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

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

Tip: Look for Israeli couscous (sometimes called “pearl couscous” because of its larger granules) near other couscous or pasta in well-stocked supermarkets.



Spinach Ravioli with Zucchini Ribbons

Makes: 4 servings, generous 1 cup each

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

☐ Heart Health ☐ Diabetes ☐ Weight Loss ☐ Gluten Free

For this light vegetarian ravioli recipe, we combine gorgeous long ribbons of zucchini with spinach-and-cheese-stuffed ravioli and a light cream sauce for a satisfying vegetarian pasta dinner.

2 medium zucchini, very thinly sliced lengthwise (see Tip)

1 pound fresh or frozen spinach-and-cheese ravioli

2 cloves garlic, crushed

½ teaspoon salt

½ cup half-and-half

2 teaspoons all-purpose flour

1 tablespoon butter

1 large shallot, minced

¼ cup dry white wine

¼ cup thinly sliced fresh basil

¼ teaspoon freshly ground pepper

¼ cup shredded Parmesan cheese

1. Put a pot of water on to boil. Place sliced zucchini in a large colander and set it in the sink. Cook ravioli according to package directions. Pour the ravioli and cooking liquid over the zucchini in the colander.

2. Meanwhile, mash garlic and salt together in a small bowl with a fork to form a coarse paste. Combine half-and-half and flour in another

small bowl and place near the stove.

3. Heat butter in a large skillet over medium-high heat. Add shallot and the garlic paste and cook, stirring, until fragrant, about 1 minute. Add wine and cook, stirring, until almost completely evaporated, 2 to 3 minutes more. Add the flour mixture and cook, stirring, until the sauce is thickened, about 30 seconds. Gently stir in the ravioli and zucchini, basil and pepper. Divide among 4 plates. Top each portion with 1 tablespoon Parmesan.

Per serving: 351 calories; 11 g fat (6 g sat, 2 g mono); 53 mg cholesterol; 48 g carbohydrate; 0 g added sugars; 14 g protein; 2 g fiber; 541 mg sodium; 345 mg potassium.

Nutrition bonus: Vitamin C (32% daily value), Calcium (28% dv).

Tip: To make “ribbon-thin” zucchini, slice lengthwise with a vegetable peeler or a mandoline slicer.



Grilled Chicken Caesar Salad Wrap

Makes: 4 servings

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

☒ Heart Health ☐ Diabetes ☐ Weight Loss ☐ Gluten Free

This chicken Caesar salad wrap recipe is elevated by the irresistible smoky flavor of grilled chicken and grilled romaine. Whisk together this easy Caesar salad dressing, toss with the grilled chicken and romaine and wrap it all together for a delicious lunch or dinner.

- 3 tablespoons lemon juice
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons low-fat mayonnaise
- 1 clove garlic, minced
- ½ teaspoon freshly ground pepper
- 2 boneless, skinless chicken breasts (about 1 pound total), trimmed
- ⅛ teaspoon salt
- 2 small romaine hearts
- ⅓ cup finely shredded Parmesan cheese
- 4 8- to 9-inch spinach wraps, warmed

1. Preheat grill to medium-high.
2. Combine lemon juice, oil, mayonnaise, garlic and pepper in a large bowl.
3. Oil the grill rack (see *Tip*). Sprinkle chicken with salt. Cut romaine in half lengthwise, leaving root ends intact. Grill the chicken until an instant-read thermometer inserted into the thickest part registers 165°F, 4 to 6 minutes per side. Two minutes before the chicken is done, place the romaine on the rack and grill, turning once or twice, until lightly charred and begin-

ning to wilt, 2 to 3 minutes total.

4. Cut the chicken into bite-size pieces. Cut the root ends off the romaine, then chop the leaves. Add the chicken, lettuce and Parmesan to the bowl with the dressing; toss until well combined. Fill each wrap with about 1½ cups of the salad and roll closed.

Per serving: 429 calories; 16 g fat (4 g sat, 7 g mono); 69 mg cholesterol; 40 g carbohydrate; 0 g added sugars; 33 g protein; 5 g fiber; 688 mg sodium; 408 mg potassium.

Nutrition bonus: Vitamin A (138% daily value), Folate (28% dv).

Tip: Oil the grill rack before you grill to keep food from sticking. Bring a little bowl of oil out to the preheated grill along with a folded paper towel and a pair of tongs. Oil the paper towel, hold it with the tongs and rub it over the rack. (Do not use cooking spray on a hot grill—it can cause a flare-up.)

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- 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.
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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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