

SPECIAL EDITION

CookingLight

TOP-RATED RECIPES

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75+

**FAVORITE
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CHAPTER ONE

Meats

Elevate your weeknight meals with any of these favorite entrées. They offer up new flavors utilizing beef and pork in various forms, as well as some classic dishes.



Smashed Chili Cheeseburgers

Pork Medallions with Fennel-Apple Slaw

Hands-on: 25 min.

Total: 35 min.

Thin foods cook faster. Pork medallions get better browning than a whole tenderloin; potato slices get crispier than wedges. Thinly sliced apple, fennel, and shallots absorb more vinaigrette without losing crunch.



- 1 (6-oz.) sweet potato, halved lengthwise and thinly sliced
- ¼ cup olive oil, divided
- 1 (1-lb.) pork tenderloin, trimmed and cut into ½-in.-thick slices
- ½ tsp. kosher salt, divided
- ½ tsp. black pepper
- ½ cup hard apple cider or regular cider
- 2 Tbsp. grainy mustard

2 Tbsp. Dijon mustard
2 Tbsp. unsalted butter
2 cups thinly sliced apple
1 cup thinly sliced fennel bulb, plus fennel fronds for garnish
2 Tbsp. sliced shallot
2 Tbsp. minced parsley
2 Tbsp. fresh lemon juice

1. Preheat oven to 450°F.
2. Combine potato slices and 1 tablespoon oil on a rimmed baking sheet lined with parchment paper. Bake at 450°F for 10 minutes or until tender.
3. Heat 1 tablespoon oil in a skillet over medium-high. Top pork slices with ¼ teaspoon salt and pepper. Add to pan; cook 5 minutes on one side. Remove from pan; add cider, and cook 1 minute. Stir in mustards. Remove pan from heat; stir in butter. Add pork to pan; let stand 3 minutes.
4. Combine potatoes, remaining 2 tablespoons oil, remaining ¼ teaspoon salt, apple, fennel bulb, and remaining ingredients in a bowl. Serve slaw with pork and pan sauce. Garnish with fennel fronds.

SERVES 4 (serving size: 3 oz. pork, 1½ cups slaw, and 2 Tbsp. sauce)

Calories 406; **Fat** 22g (sat 6g, unsat 15g); **Protein** 25g; **Carb** 23g; **Fiber** 4g; **Sugars** 12g (added sugars 0g); **Sodium** 615mg; **Calc** 4% DV; **Potassium** 23% DV

Pork Chile Verde

Hands-on: 10 min.

Total: 7 hr. 40 min.

Make a recipe that gets better with age, such as chili or brisket, and cook it overnight while you sleep. In the morning, cool it slightly, get it in the fridge, and reheat it later for dinner. We keep prep to a minimum, but if you have more time, brown the meat for deeper flavor.



- 4 cups unsalted chicken stock
- 2 cups dried Great Northern beans (unsoaked)
- 2 cups chopped white onion (about 8 oz.)
- 1 ⅓ cups tomatillo salsa (such as Frontera)
- ½ cup water
- 2 tsp. ground cumin
- 1 tsp. dried oregano

1 tsp. kosher salt
8 garlic cloves, minced
2 lb. trimmed boneless pork shoulder, cut into 1½-in. cubes (about 2½ lb. purchase weight)
½ cup thinly sliced scallions
½ cup thinly sliced radishes (optional)

1. Combine chicken stock, beans, white onion, salsa, ½ cup water, cumin, oregano, salt, garlic, and pork in a 5- to 6-quart slow cooker. Cover and cook on LOW 7 hours and 30 minutes to 8 hours. Sprinkle with scallions and radishes, if desired, before serving.

SERVES 8 (serving size: about 1¼ cups)

Calories 392; **Fat** 13g (sat 5g, unsat 8g); **Protein** 30g; **Carb** 37g; **Fiber** 10g; **Sugars** 4g (added sugars 0g); **Sodium** 637mg; **Calc** 12% DV; **Potassium** 27% DV

MAKE-AHEAD MISTAKE

We know it's tempting to load food into the slow cooker's crock, refrigerate it overnight, and start the cooker in the morning—but manufacturers do not recommend this for food safety reasons. It keeps uncooked meat in the temperature danger zone for too long.

Quick Texas Chili

Hands-on: 25 min.

Total: 1 hr.

Instant umami boosters like Worcestershire sauce and tomato paste build savory depth in minutes. Flank steak cooks quickly yet has the beefiness of tougher cuts like brisket. Coating the meat in flour before searing allows for more browning and will help add body to the chili.



3 Tbsp. olive oil, divided
2 tsp. chili powder
1 tsp. ground cumin
1 tsp. paprika
1 tsp. unsweetened cocoa
¼ tsp. ground red pepper
¼ tsp. dried oregano

12 oz. flank steak, cut into $\frac{3}{4}$ -in. pieces
 $\frac{3}{4}$ tsp. kosher salt, divided
3 Tbsp. all-purpose flour
2 Tbsp. unsalted tomato paste
1 Tbsp. molasses
2 cups unsalted beef stock
 $\frac{1}{2}$ cup dark beer
1 Tbsp. reduced-sodium Worcestershire sauce
2 cups hot cooked brown rice
 $\frac{1}{4}$ cup light sour cream
 $\frac{1}{4}$ cup chopped scallions
 $\frac{1}{4}$ cup sliced radishes
4 lime wedges

1. Combine 2 tablespoons olive oil and the next 6 ingredients (through oregano) in a microwave-safe bowl; microwave at HIGH 1 minute, stirring after 30 seconds.

2. Sprinkle steak with $\frac{1}{4}$ teaspoon salt; toss with flour. Heat remaining 1 tablespoon oil in a Dutch oven over medium-high. Add steak; cook 6 minutes. Add spice mixture; cook 1 minute. Stir in tomato paste and molasses; cook 3 minutes. Add remaining $\frac{1}{2}$ teaspoon salt, stock, beer, and Worcestershire. Bring to a boil; reduce heat, and simmer 30 minutes.

3. Divide rice and chili among 4 bowls. Top evenly with sour cream, scallions, and radishes; serve with lime wedges.

SERVES 4 (serving size: about $\frac{3}{4}$ cup chili and $\frac{1}{2}$ cup rice)

Calories 439; **Fat** 18g (sat 5g, unsat 13g); **Protein** 24g; **Carb** 43g; **Fiber** 4g; **Sugars** 6g (added sugars 4g); **Sodium** 582mg; **Calc** 8% DV; **Potassium** 18% DV

Spicy Beef Noodle Soup

Hands-on: 35 min.

Total: 1 hr. 40 min.

This sinus-clearing, immunity-boosting bowl of soup is inspired by Szechuan beef noodle soup. Because some of the ingredients to make the traditional version require a trip to an Asian market, we approximated the flavors with easier-to-find items.



- 2 Tbsp. canola oil, divided
- 2 lb. boneless chuck roast, trimmed and cut into 1-in. pieces
- 1½ cups chopped white onion
- ⅓ cup minced garlic (15 cloves)
- 1 Tbsp. finely chopped peeled fresh ginger
- 3 plum tomatoes, chopped
- ¼ cup sambal oelek (ground fresh chile paste)

3 Tbsp. white miso
1½ tsp. ground coriander
1½ tsp. coarsely ground black pepper
8 cups unsalted beef stock
2 Tbsp. lower-sodium soy sauce
1½ Tbsp. light brown sugar
8 oz. presliced vitamin D– enhanced mushrooms (such as Monterey Mushrooms)
1 (8-oz.) pkg. pad Thai brown rice noodles
4 (4-oz.) baby bok choy, quartered lengthwise
½ cup sliced scallions
¼ cup cilantro sprigs

1. Heat 1 teaspoon oil in a Dutch oven over medium-high. Add half of beef; cook, turning occasionally, until browned on all sides, about 6 minutes. Transfer cooked beef to a plate. Repeat procedure with 1 teaspoon oil and remaining beef.
2. Heat remaining 4 teaspoons oil in Dutch oven over medium-high. Add onion, garlic, and ginger; cook, stirring often, until onion is almost tender, about 6 minutes. Stir in tomatoes, sambal oelek, miso, coriander, and pepper; cook, stirring constantly, 1 minute. Add stock, soy sauce, brown sugar, and browned beef. Bring to a boil; partially cover, and reduce heat to medium-low to maintain a simmer. Cook until beef is almost tender, about 45 minutes. Add mushrooms; cover and cook until beef is tender, about 30 minutes.
3. Cook noodles according to package directions; drain and rinse with cold water. Drain well.
4. Add bok choy to soup; cover and cook until crisp-tender, about 4 minutes. Arrange about ½ cup noodles and 2 bok choy quarters in each of 8 bowls. Ladle about 1½ cups soup into each bowl; sprinkle each serving with 1 tablespoon scallions. Top with cilantro sprigs.

SERVES 8 (serving size: about 2 cups)

Calories 459; **Fat** 20g (sat 7g, unsat 11g); **Protein** 31g; **Carb** 39g; **Fiber** 5g; **Sugars** 8g (added sugars 3g); **Sodium** 736mg; **Calc** 4% DV; **Potassium** 10% DV

Mushroom Meat Loaf

Hands-on: 20 min.

Total: 1 hr. 30 min.

We blend plenty of meaty mushrooms with lean beef for a healthier take on this homestyle classic.



- 1 Tbsp. olive oil
- 1 cup minced yellow onion
- 1 (8-oz.) pkg. cremini mushrooms, minced
- 1 Tbsp. reduced-sodium Worcestershire sauce
- 2 tsp. fresh thyme leaves
- 1 tsp. finely chopped garlic
- 1 tsp. kosher salt, divided
- ½ tsp. black pepper, divided
- 1½ lb. extra-lean ground beef
- ½ cup whole-wheat panko

2 large eggs
¼ cup unsalted ketchup
½ Tbsp. light brown sugar
½ Tbsp. apple cider vinegar

1. Preheat oven to 350°F. Place a pan of water on bottom rack.
2. Heat oil in a large skillet over medium-high. Add onion; sauté 3 minutes. Add mushrooms; sauté 3 minutes. Add Worcestershire, thyme, garlic, ½ teaspoon salt, and ¼ teaspoon pepper; sauté 1 minute.
3. Gently combine beef, panko, eggs, mushroom mixture, remaining ½ teaspoon salt, and remaining ¼ teaspoon pepper in a large bowl. For easy cleanup, line an 8½- x 4½-inch loaf pan with foil; let foil overhang edges. Add meat mixture; lightly press into edges. Bake at 350°F on middle rack until loaf center is 160°F, about 1 hour.
4. Combine ketchup, sugar, and vinegar in a small bowl; brush over loaf top. Increase heat to broil. Broil loaf 10 minutes or until glaze bubbles. Remove from oven; cool 10 minutes. Lift or remove loaf from pan. Cut into 6 slices.

SERVES 6 (serving size: 1 slice)

Calories 283; **Fat** 12g (sat 4g, unsat 7g); **Protein** 28g; **Carb** 15g; **Fiber** 1g; **Sugars** 6g (added sugars 3g); **Sodium** 453mg; **Calc** 4% DV; **Potassium** 5% DV

Steak, Goat Cheese, and Onion Jam Tartine

Hands-on: 25 min.

Total: 54 min.

We start these tartines (French for topped bread slices, though more familiar to us as open-faced sandwiches) with a caramelized onion and balsamic jam. You can make the jam and cook the steak ahead and refrigerate, then build the toasts later.



- 3 Tbsp. olive oil, divided
- 4 cups chopped sweet onion, such as Vidalia (about 2 medium)
- $\frac{3}{8}$ tsp. kosher salt, divided
- 2 Tbsp. turbinado or light brown sugar
- $\frac{1}{4}$ cup white balsamic vinegar

1 tsp. chopped fresh thyme
1 (8-oz.) flank steak (about 1 in. thick)
¼ tsp. freshly ground black pepper
4 (1½-oz.) whole-grain sourdough bread slices, toasted
1 oz. baby arugula (about 1 cup)
2 oz. goat cheese, crumbled (about ½ cup)

1. Heat 2 tablespoons oil in a large skillet over medium-low. Add onions and ⅛ teaspoon salt; cook 25 minutes or until deep golden brown. Add sugar; cook 2 minutes, stirring occasionally. Stir in vinegar and thyme; cook 3 minutes, stirring frequently. Place onion mixture in a bowl.

2. Increase heat to medium-high. Add 2 teaspoons oil to pan. Sprinkle steak with remaining ¼ teaspoon salt and pepper. Add steak to pan; cook 4 minutes on each side for medium-rare or until desired degree of doneness. Place steak on a cutting board; let stand 10 minutes. Cut across the grain into thin slices.

3. Spread about ¼ cup onion mixture over each bread slice. Top evenly with steak, arugula, and goat cheese; drizzle evenly with remaining 1 teaspoon olive oil.

SERVES 4 (serving size: 1 tartine)

Calories 412; **Fat** 19g (sat 5g, unsat 13g); **Protein** 18g; **Carb** 41g; **Fiber** 4g; **Sugars** 16g (added sugars 7g); **Sodium** 430mg; **Calc** 9% DV; **Potassium** 14% DV

VIDALIA ONIONS

This sweet onion is grown in south Georgia. We've found that you may need to adjust the sugar based on how far you are from the source, so taste as you season them and adjust to what suits your tastebuds.

Spice-Crusted Flank Steak with Crispy Potatoes

Hands-on: 35 min.

Total: 35 min.

We recommend doubling the recipe for this smoky tomatillo sauce. It's also fantastic on grilled chicken and shrimp. Serve this hearty dish with a salad of romaine and radishes with a tart lime dressing.



- 1 russet potato
- 1 Tbsp. ground cumin, divided
- $\frac{3}{4}$ tsp. kosher salt, divided
- 2 Tbsp. extra-virgin olive oil, divided
- 1 cup sliced red onion
- 2 medium tomatillos, husked and halved
- 1 small jalapeño, stemmed and halved
- $\frac{1}{4}$ cup pico de gallo, drained

1 Tbsp. fresh lime juice, divided

1 lb. flank steak

2 tsp. ground coriander

½ cup chopped fresh cilantro

2 oz. queso fresco (fresh Mexican cheese), crumbled (about ½ cup)

1. Cut potato into 8 (½-inch-thick) wedges. Combine potato wedges, 1½ teaspoons cumin, and ¼ teaspoon salt in a bowl; toss to coat. Heat 1 tablespoon of the oil in a large nonstick skillet over medium-high; add potatoes. Cook, turning often, until potatoes begin to brown, about 5 minutes. Reduce heat to medium; cook until potatoes are golden brown, about 15 minutes. Add onion; cook, stirring occasionally, 4 minutes. Remove from heat, and keep warm.

2. Meanwhile, heat a medium cast-iron skillet over medium-high. Add tomatillos and jalapeño; cook until charred on all sides, about 8 minutes. Remove from heat. Combine tomatillos, jalapeño, pico de gallo, 2 teaspoons lime juice, and ¼ teaspoon salt in the bowl of a mini food processor. Process until finely chopped, about 1 minute.

3. Heat remaining 1 tablespoon oil in cast-iron skillet over medium-high. Season both sides of steak with coriander, remaining ¼ teaspoon salt, and remaining 1½ teaspoons cumin. Add steak to skillet; cook to desired degree of doneness, 4 to 5 minutes per side for medium-rare. Remove to a cutting board; let stand 5 minutes.

4. While steak rests, toss cooked potato wedges and onions in a large bowl with cilantro, queso fresco, and remaining 1 teaspoon lime juice. Cut steak against the grain into thin slices; drizzle with the tomatillo sauce. Serve steak and sauce with potato mixture.

SERVES 4 (serving size: about 3 oz. steak, 2 potato wedges, and ¼ cup salsa)

Calories 426; **Fat** 21g (sat 7g, unsat 12g); **Protein** 37g; **Carb** 22g; **Fiber** 5g; **Sugars** 5g (added sugars 0g); **Sodium** 597mg; **Calc** 13% DV; **Potassium** 17% DV

Double-Pea Risotto

Hands-on: 35 min.

Total: 35 min.

This veg-forward risotto combines tender garden peas with crisp sugar snaps, both highlighted by the anise notes of fresh tarragon. A tangle of lightly dressed microgreens adorns each serving.



- 4 cups unsalted chicken stock
- 1½ Tbsp. olive oil, divided
- 2 bacon slices, chopped
- ⅓ cup finely chopped shallot (about 1 large shallot)
- 3 garlic cloves, minced
- 1 cup uncooked Arborio rice
- ⅓ cup dry white wine
- 8 oz. sugar snap peas, trimmed and cut crosswise into thin slices

1 cup fresh or thawed frozen green peas
1 Tbsp. chopped fresh tarragon
½ tsp. kosher salt
¼ tsp. black pepper
1 oz. Parmigiano-Reggiano cheese, finely grated (about ¼ cup)
2 oz. microgreens (about 2 cups)
1½ tsp. fresh lemon juice

1. Bring stock to a simmer in a saucepan over medium-high (do not boil). Reduce heat to low, and keep warm.

2. Heat a large sauté pan or Dutch oven over medium. Add 1 tablespoon oil; swirl to coat. Add bacon; cook until crisp, 4 to 5 minutes. Remove bacon with a slotted spoon; drain on a paper towel. Add shallot and garlic to drippings in pan; cook, stirring often, 2 minutes. Add rice; cook, stirring constantly, 1 minute. Add white wine; cook, stirring constantly, until liquid is absorbed, about 2 minutes.

3. Stir in 1 cup warm stock; cook, stirring often, until liquid is nearly absorbed, about 3 minutes. Add 2 cups stock, ½ cup at a time, and cook, stirring almost constantly, until each portion of stock is absorbed before adding the next. Add snap and green peas and ½ cup stock; cook, stirring constantly, until snap peas are crisp-tender and liquid is absorbed, about 2 minutes. Remove from heat; stir in tarragon, salt, pepper, cheese, and remaining ½ cup stock.

4. Combine microgreens, lemon juice, and remaining 1½ teaspoons oil in a medium bowl; toss to coat. Divide risotto evenly among 4 bowls; top evenly with microgreens and bacon.

SERVES 4 (serving size: 1½ cups risotto, ½ cup microgreens, and about 2 tsp. bacon)

Calories 396; **Fat** 13g (sat 4g, unsat 9g); **Protein** 15g; **Carb** 51g; **Fiber** 5g; **Sugars** 7g (added sugars 0g); **Sodium** 599mg; **Calc** 14% DV; **Potassium** 4% DV

MICROGREENS 101

Microgreens are seedlings from vegetable and lettuce plants with flavors that hint to the mature product (spicy radish microgreens, for example). They range in color from yellow to green to burgundy to a combination of hues. And research shows a nutritional benefit: Many microgreens contain higher concentrations of nutrients than the mature vegetables.

Taco Truck Lettuce Wraps

Hands-on: 25 min.

Total: 25 min.

Fresh Mexican chorizo (found near the bulk raw sausage) teams up with ground pork to add bold flavor to these wraps; use it instead of dry-cured Spanish chorizo. Leftover pickled carrots and jalapeños make a zesty sandwich topper.



- 1 cup white vinegar
- 1 cup water
- ¼ cup granulated sugar
- 2 tsp. kosher salt, divided
- 1 cup matchstick-cut carrots
- 4 garlic cloves
- 1 jalapeño, thinly sliced

8 oz. loose fresh Mexican chorizo
4 oz. ground pork
2 Tbsp. olive oil
½ tsp. ground cumin
¼ tsp. chili powder
8 butter lettuce or Bibb lettuce leaves
½ cup chopped fresh cilantro
½ cup diced white onion
¼ cup Mexican crema

1. Combine vinegar, 1 cup water, sugar, and ½ teaspoon salt in a medium saucepan. Bring to a boil over medium-high, whisking until sugar is completely dissolved. Remove from heat. Place carrots, garlic, and jalapeño slices in a medium bowl; pour hot vinegar mixture over carrot mixture. Let stand at room temperature 15 minutes, stirring occasionally.
2. Combine chorizo, pork, olive oil, cumin, chili powder, and remaining 1½ teaspoons salt in a medium bowl; stir until well incorporated. Heat a large nonstick skillet over medium-high. Add chorizo mixture to pan; cook, stirring to crumble, until just cooked through, 5 to 7 minutes. Remove from heat; drain drippings from the skillet.
3. Place lettuce leaves on a large serving platter. Divide chorizo mixture evenly among lettuce leaves; sprinkle servings evenly with cilantro and onion.
4. Drain liquid from carrots and jalapeños; discard garlic. Top each wrap evenly with carrot mixture; drizzle each with 1½ teaspoons crema. Serve immediately.

SERVES 8 (serving size: 1 wrap)

Calories 185; **Fat** 16g (sat 6g, unsat 10g); **Protein** 7g; **Carb** 4g; **Fiber** 1g; **Sugars** 2g (added sugars 1g); **Sodium** 651mg; **Calc** 1% DV; **Potassium** 1% DV

Pork and Charred Pineapple Sliders

Hands-on: 20 min.

Total: 20 min.

Pick up a peeled and cored pineapple in the produce section; the flavor is far superior to canned rings.



- ¼ cup unsalted ketchup
- 2 tsp. brown sugar
- 3 Tbsp. pineapple juice, divided
- 2 Tbsp. apple cider vinegar, divided
- 8 oz. ground pork
- ½ cup sliced scallions, divided
- ½ tsp. kosher salt, divided
- ½ tsp. black pepper, divided

Cooking spray

8 (¼-in.-thick) pineapple slices

1 cup shredded red cabbage

8 (1-oz.) whole-wheat rolls, split

1. Stir together ketchup, brown sugar, 1 tablespoon pineapple juice, and 1 tablespoon vinegar in a small bowl. Set aside.

2. Combine pork, ¼ cup scallions, ¼ teaspoon salt, and ¼ teaspoon pepper in a medium bowl; form into 8 patties. Spray a large cast-iron skillet with cooking spray, and heat over high. Add patties; cook until slightly charred, 2 to 3 minutes. Flip and cook until pork is cooked through, about 1 minute. Transfer to a plate.

3. Add pineapple slices to skillet, and cook on 1 side until lightly charred, 1 to 2 minutes. Top patties with pineapple slices.

4. Combine cabbage, remaining 2 tablespoons pineapple juice, remaining 1 tablespoon vinegar, remaining ¼ cup scallions, remaining ¼ teaspoon salt, and remaining ¼ teaspoon pepper in a bowl. To assemble sliders, brush bottoms of rolls with ketchup mixture; add a pork patty with a pineapple slice to the bottom of each bun. Top with cabbage mixture and tops of rolls.

SERVES 4 (serving size: 2 sliders and ¼ cup slaw)

Calories 407; **Fat** 15g (sat 5g, unsat 8g); **Protein** 16g; **Carb** 56g; **Fiber** 7g; **Sugars** 24g (added sugars 3g); **Sodium** 575mg; **Calc** 10% DV; **Potassium** 11% DV

Pork Tenderloin with Bourbon-Peach Sauce

Hands-on: 40 min.

Total: 40 min.



- 3 Tbsp. olive oil, divided
- 1 lb. pork tenderloin, trimmed
- 1 tsp. kosher salt, divided
- 1 tsp. black pepper, divided
- 2 cups sliced peeled fresh peaches
- 2 Tbsp. (1 oz.) bourbon
- 3 Tbsp. apple cider vinegar, divided
- 2 Tbsp. honey, divided
- 1 Tbsp. unsalted butter

1 Tbsp. Dijon mustard
3 cups shredded green cabbage (from 1 medium)
½ cup toasted sliced almonds
¼ cup chopped fresh flat-leaf parsley
2 tsp. finely chopped fresh thyme

1. Heat a large cast-iron skillet over medium-high, and add 1 tablespoon oil. Season pork with ½ teaspoon salt and ½ teaspoon pepper. Add to skillet, and cook, turning to brown all sides, until a thermometer inserted in thickest portion registers 140°F, 5 to 6 minutes per side. Transfer to a plate.

2. Add peaches to skillet; cook, stirring often, until lightly browned, 2 to 3 minutes. Add bourbon, 1 tablespoon vinegar, and 1 tablespoon honey; cook, stirring often, until sauce is slightly thickened, about 5 minutes. Remove skillet from heat; add butter, swirling until melted.

3. Whisk together mustard, remaining 2 tablespoons oil, remaining 2 tablespoons vinegar, remaining 1 tablespoon honey, remaining ½ teaspoon salt, and remaining ½ teaspoon pepper in a large bowl. Add cabbage, almonds, parsley, and thyme; toss to coat. Slice pork. Divide slaw and pork among 4 plates; top with peach sauce.

SERVES 4 (serving size: 4 oz. pork, ¾ cup slaw, and ¼ cup sauce)

Calories 411; **Fat** 22g (sat 5g, unsat 16g); **Protein** 28g; **Carb** 22g; **Fiber** 4g; **Sugars** 16g (added sugars 8g); **Sodium** 643mg; **Calc** 7% DV; **Potassium** 17% DV

Banh Mi Burgers

Hands-on: 25 min.

Total: 1 hr.

Here, a basic beef burger takes some cues from the classic Vietnamese sandwich and cranks its flavor up to 10. We enjoy our burgers cooked to medium (140°F) for more juiciness, and we always purchase the meat from a trusted source. You can cook the patties to your desired degree of doneness; the USDA recommends 160°F for ground beef.



- ½ cup rice vinegar
- ½ cup water
- ¼ cup granulated sugar
- 1 cup shaved English cucumber
- 1 cup matchstick-cut carrots
- 6 Tbsp. canola mayonnaise

2 Tbsp. Sriracha chili sauce
1 Tbsp. fresh lime juice
1 lb. 93% lean ground beef
2 Tbsp. olive oil
2 tsp. grated garlic
1 tsp. grated peeled fresh ginger
¾ tsp. black pepper
Cooking spray
4 whole-grain hamburger buns, split and toasted
1½ cups loosely packed cilantro sprigs
2 serrano chiles, thinly sliced

1. Bring vinegar, ½ cup water, and sugar to a boil in a small saucepan over high. Combine cucumber and carrots in a heatproof bowl; pour hot vinegar mixture over vegetables. Cover and chill at least 15 minutes or up to 3 days.

2. Stir together mayonnaise, Sriracha, and lime juice; set aside.

3. Preheat grill to medium-high (about 450°F). Combine beef, oil, garlic, ginger, and black pepper in a bowl; gently mix just until ingredients are incorporated. Shape mixture into 4 (½-inch-thick) patties. Place patties on a grill grate coated with cooking spray. Grill, covered, until a thermometer inserted in thickest portion registers 140°F, about 3 minutes per side, or to desired degree of doneness. Remove from heat, and keep warm.

4. Spread about 1 tablespoon mayonnaise mixture on each bun half. Place 1 burger patty on each bottom bun half. Drain cucumber mixture; place about ¼ cup on each burger. Divide cilantro sprigs and chiles among burgers. Cover with top halves of buns.

SERVES 4 (serving size: 1 burger)

Calories 407; **Fat** 20g (sat 3g, unsat 15g); **Protein** 27g; **Carb** 32g; **Fiber** 5g; **Sugars** 9g (added sugars 3g); **Sodium** 623mg; **Calc** 7% DV; **Potassium** 9% DV

Smashed Chili Cheeseburgers

Hands-on: 15 min.

Total: 15 min.

Our healthier take on a beachside burger, these patties have a delectable seared crust but are juicy inside, especially if you use a screaming-hot cast-iron skillet.



- 1 lb. 93% lean ground beef
- 1 Tbsp. chili powder
- ½ tsp. black pepper
- ½ tsp. kosher salt, divided
- ¼ cup shredded cheddar cheese
- 4 whole-wheat hamburger buns, toasted
- 2 Tbsp. light sour cream
- ¼ cup scallions

2 Tbsp. chopped pickled jalapeños

1. Combine beef, chili powder, black pepper, and $\frac{1}{8}$ teaspoon salt in a medium bowl. Shape mixture into 4 equal balls.

2. Heat a large cast-iron skillet over high. When the pan is hot enough to release wisps of smoke, add beef balls and press down with a firm spatula to form patties. Place a slightly smaller skillet directly on patties. Cook until charred, about 1 minute and 30 seconds. Remove top pan, flip patties, replace top pan, and cook until charred, about 1 minute. Remove top pan, sprinkle patties with remaining $\frac{3}{8}$ teaspoon salt, and top with cheese. Invert top pan, and cover skillet. Steam until cheese is melted, 30 to 45 seconds. Place patties on buns; top with sour cream, scallions, and jalapeños.

SERVES 4 (serving size: 1 burger)

Calories 335; **Fat** 14g (sat 5g, unsat 8g); **Protein** 29g; **Carb** 25g; **Fiber** 4g; **Sugars** 4g (added sugars 0g); **Sodium** 692mg; **Calc** 12% DV; **Potassium** 4% DV

Vietnamese Pork Salad

Hands-on: 23 min.

Total: 23 min.

Think of this salad as a deconstructed version of a spring roll.



- 2 oz. uncooked rice vermicelli noodles
- 12 oz. ground pork
- 7 Tbsp. fresh lime juice, divided
- 2½ Tbsp. sugar, divided
- 4 tsp. fish sauce, divided
- 1 Tbsp. peanut oil
- 2 Tbsp. chopped unsalted peanuts
- 2 Tbsp. sliced scallions
- 2 tsp. Sriracha

4 cups chopped romaine lettuce
1 cup diagonally cut seeded cucumber
1 cup diagonally cut carrot
½ cup diagonally cut yellow squash
¼ cup chopped fresh cilantro leaves
¼ cup chopped fresh mint leaves

1. Cook rice vermicelli according to package directions; drain and rinse with cold water. Drain.

2. Heat a large skillet over medium-high heat. Add pork to pan; cook 8 minutes, stirring to crumble. Combine 1 tablespoon lime juice, 1½ teaspoons sugar, 2 teaspoons fish sauce, and oil in a bowl; add to pan. Cook 1 minute; remove from heat.

3. Combine remaining 6 tablespoons juice, remaining 2 tablespoons sugar, remaining 2 teaspoons fish sauce, peanuts, scallions, and Sriracha in a bowl. Arrange lettuce, cucumber, carrot, and squash on a large platter. Top with noodles, pork mixture, cilantro, and mint. Drizzle juice mixture over top.

SERVES 6 (serving size: about 1½ cups)

Calories 268; **Fat** 16g (sat 5g, unsat 10g); **Protein** 12g; **Carb** 19g; **Fiber** 2g; **Sugars** 8g (added sugars 5g); **Sodium** 337mg; **Calc** 4% DV, **Potassium** 12% DV

CHAPTER TWO

Seafood & Poultry

This chapter provides fresh, flavorful ideas that take dinner from good to great. You'll find an array of cooking methods and techniques that bring something satisfying to your table.



Creamy Chicken-Tomato Skillet

Fish with Fire-Roasted Summer Veggies

Hands-on: 20 min.

Total: 25 min.

Halibut is mild with a texture that's just firm enough to do well on the grill. If you can't find it, try sustainably caught flounder or snapper.



4 ears shucked corn

Cooking spray

3 cups cherry tomatoes, divided

2 Tbsp. canola oil, divided

4 oz. shallots, peeled and halved lengthwise

1 tsp. kosher salt, divided

$\frac{3}{4}$ tsp. black pepper, divided

4 (6-oz.) halibut fillets, skinned

2 tsp. balsamic glaze

2 Tbsp. chopped fresh basil (optional)

1. Preheat grill to medium (350°F to 400°F).
2. Coat corn ears with cooking spray. Place 1 cup tomatoes, 1 tablespoon oil, and shallots in a bowl; toss to coat. Place tomato mixture in a grill basket. Add corn to grill; cook 6 minutes or until lightly charred, turning occasionally. Add tomato mixture to grill; cook 4 minutes or until tomatoes blister and turn lightly brown. Remove corn kernels from ears; discard cobs. Coarsely chop shallots; set aside. Place grilled tomatoes, remaining 1 tablespoon oil, ¼ teaspoon salt, and ¼ teaspoon pepper in a food processor; process until smooth.
3. Coat fillets with cooking spray; sprinkle with ½ teaspoon salt and ¼ teaspoon pepper. Add fillets to grill; cook 3 minutes on each side or until desired doneness. Remove; keep warm.
4. Slice remaining 2 cups tomatoes in half. Combine corn, shallots, fresh tomatoes, 2 tablespoons pureed tomato mixture, remaining ¼ teaspoon salt, and remaining ¼ teaspoon pepper in a bowl. Place 1 cup corn mixture on each of 4 plates. Top each serving with 1 fillet, 1 tablespoon pureed tomato mixture, and ½ teaspoon balsamic glaze. Top with basil, if desired.

SERVES 4 (serving size: 1 fillet, 1 cup corn mixture, 1 tablespoon tomato mixture, ½ tablespoon balsamic glaze)

Calories 351; **Fat** 11g (sat 1g, unsat 9g); **Protein** 37g; **Carb** 29g; **Fiber** 4g; **Sugars** 12g (added sugars 1g); **Sodium** 620mg; **Calc** 4% DV; **Potassium** 39% DV

Spicy Scallops with Watermelon Salsa

Hands-on: 15 min.

Total: 20 min.

Served over fiber-rich quinoa, scallops shine under a cascade of sweet and minty watermelon salsa.



- ¼ tsp. dry mustard
- ¼ tsp. ground coriander
- ¼ tsp. onion powder
- ¼ tsp. garlic powder
- ¼ tsp. cayenne pepper
- ¼ tsp. black pepper
- ¼ tsp. kosher salt, divided
- 1¼ lb. large sea scallops

2 Tbsp. olive oil, divided
2 cups diced watermelon
2 Tbsp. minced red onion
¼ cup chopped mint, divided
2 Tbsp. fresh lime juice, divided
2 cups cooked quinoa
2 Tbsp. pine nuts
¼ cup sliced scallions

1. Combine mustard, coriander, onion powder, garlic powder, cayenne pepper, black pepper, and ⅛ teaspoon salt in a bowl. Pat scallops dry with a paper towel; sprinkle with spice mixture.
2. Heat a large cast-iron skillet over medium-high. Add 2 teaspoons olive oil to skillet; swirl to coat. Add scallops; cook to desired degree of doneness, 1 to 2 minutes per side.
3. Toss together watermelon, onion, 2 tablespoons mint, 1 tablespoon lime juice, 2 teaspoons olive oil, and remaining ⅛ teaspoon salt in a bowl. Combine quinoa, pine nuts, scallions, remaining 2 teaspoons olive oil, remaining 2 tablespoons mint, and remaining 1 tablespoon lime juice. Serve scallops over quinoa mixture; top with salsa.

SERVES 4 (serving size: 4 to 5 scallops, ½ cup quinoa, and ½ cup salsa)

Calories 330; **Fat** 12g (sat 2, unsat 10g); **Protein** 23g; **Carb** 33g; **Fiber** 4g; **Sugars** 6g (added sugars 0g); **Sodium** 358mg; **Calc** 4% DV; **Potassium** 17% DV

Salmon and Lentil Bowl with Kefir Dressing

Hands-on: 15 min.

Total: 15 min.

This dish is filled with smart shortcut options—pick up a package of precooked lentils, and hit up your grocery’s hot bar for cooked salmon (or try smoked). Kefir serves as a probiotic-rich swap for sour cream.



- 6 Tbsp. whole-milk kefir
- 3 Tbsp. canola mayonnaise
- 2 tsp. chopped fresh chives
- 2 tsp. chopped fresh flat-leaf parsley
- 1 tsp. chopped fresh dill
- 1 tsp. grated garlic

½ tsp. black pepper
¼ tsp. kosher salt, divided
1 (17.6-oz.) pkg. precooked lentils (about 3 cups)
2 cups shaved fennel (from 1 bulb), divided, fronds reserved
2 Tbsp. olive oil
1 cup thinly sliced English cucumber
2 (4-oz.) baked salmon fillets, flaked, or smoked salmon

1. Stir together kefir, mayonnaise, chives, parsley, dill, garlic, pepper, and ⅛ teaspoon salt in a small bowl.

2. Combine lentils, 1 cup shaved fennel, oil, and remaining ⅛ teaspoon salt in a bowl; toss gently. Divide lentil mixture among 4 bowls. Top evenly with cucumber, salmon, remaining 1 cup shaved fennel, and fennel fronds. Drizzle evenly with dressing, and serve immediately.

SERVES 4 (serving size: 1 cup lentil mixture, ¼ cup vegetables, 2 oz. salmon, and about 2½ Tbsp. dressing)

Calories 434; **Fat** 21g (sat 3g, unsat 16g); **Protein** 31g; **Carb** 31g; **Fiber** 11g; **Sugars** 5g (added sugars 0g); **Sodium** 275mg; **Calc** 9% DV; **Potassium** 21% DV

KEFIR

Kefir—pourable, fermented milk—can contain up to three times more beneficial probiotic cultures than yogurt, including yeasts, which have immune-boosting potential.

Grilled Rainbow Trout with Chimichurri

Hands-on: 20 min.

Total: 25 min.

The trout has a nice smoky flavor that is cut by the freshness and acidity of the chimichurri. For a less smoky flavor, seek out thinner fillets (which will also take less time to cook).



- 4 (6-oz.) skin-on trout fillets
- 1 tsp. kosher salt, divided
- Freshly ground black pepper
- 2 Tbsp. chopped yellow onion
- 1 garlic clove
- 1 cup loosely packed fresh cilantro leaves
- ½ cup loosely packed fresh flat-leaf parsley leaves
- 1 Tbsp. chopped jalapeño (from 1 small jalapeño)

1 Tbsp. fresh lemon juice (from 1 lemon)

5 Tbsp. olive oil, divided

1. Preheat a gas grill to high (450°F to 550°F), or push hot coals to one side of a charcoal grill. Pat fish dry and season with $\frac{3}{4}$ teaspoon salt and black pepper to taste. Let seasoned fish rest while grill preheats. (This will help give the fish more structural integrity.) Place onion, garlic, cilantro, parsley, jalapeño, and remaining $\frac{1}{4}$ teaspoon salt in a food processor; process until smooth. Add lemon juice and $\frac{1}{4}$ cup olive oil; pulse until combined, about 2 times.

2. When grill is hot, brush fillets with remaining 1 tablespoon olive oil. Place fillets, skin side down, parallel with the grill grates over one side of grill (or over the hot coals on a charcoal grill). Grill, uncovered, about 1 minute. Turn off burner under fillets, leaving the opposite burner on high. (Or rotate charcoal grill grate 180 degrees using tongs and an oven mitt so fillets sit opposite the coals.) Do not flip fish. Grill, covered, until cooked through, 3 to 5 minutes per inch of thickness. Using a fish spatula, transfer fillets to a platter. Serve with chimichurri.

SERVES 4 (serving size: 1 fillet and 2 Tbsp. chimichurri)

Calories 372; **Fat** 25g (sat 5g, unsat 19g); **Protein** 33g; **Carb** 2g; **Fiber** 1g; **Sugars** 0g; **Sodium** 567mg; **Calc** 14% DV; **Potassium** 21% DV

Herb, Lemon, and Garlic Turkey

Hands-on: 50 min.

Total: 11 hr. 30 min.

Instead of a wet brine, this bird uses an overnight dry salt and sugar cure, which concentrates flavor. If you would like to leave the skin on, it will add 25 calories and 1g of sat fat per serving.



- 1 (14-lb.) whole fresh or frozen turkey, thawed
- 1 Tbsp. kosher salt, divided
- 1 tsp. sugar
- 2 (1-oz.) pkg. fresh poultry herb blend (or 6 sprigs each fresh rosemary, thyme, and sage), divided
- ½ cup unsalted butter, melted
- 1 bunch fresh flat-leaf parsley, divided
- 2 lemons, halved

1 head garlic, halved horizontally

Cooking spray

1½ cups dry white wine, divided

¼ cup very thinly sliced chives, divided

4 cups unsalted chicken stock, divided (such as Swanson)

1.1 oz. unbleached all-purpose flour (about ¼ cup)

¾ tsp. freshly ground black pepper

- 1.** Remove giblets and neck from turkey; reserve neck. Trim excess fat. Pat turkey dry. Rub 2 teaspoons salt and sugar over breasts, thighs, and drumsticks. Place turkey in a shallow dish; refrigerate, uncovered, 8 hours or overnight.
- 2.** Let turkey stand at room temperature 1 hour.
- 3.** Preheat oven to 425°F.
- 4.** Chop half of herb blend; combine with butter, and set aside. Chop parsley to equal ¼ cup; reserve.
- 5.** Lift wing tips up and over back; tuck under turkey. Place remaining half of herb blend, remaining bunch of parsley, lemons, and garlic in body cavity. Tie legs together with kitchen twine. Place turkey on the rack of a roasting pan coated with cooking spray. Place neck in bottom of the pan. Bake at 425°F for 15 minutes.
- 6.** Reduce oven temperature to 350°F (do not remove turkey from oven). Brush reserved butter mixture over turkey. Add 1 cup wine to pan. Bake at 350°F for 1 hour, basting with juices from pan every 20 minutes. Add remaining ½ cup wine to pan. Cover turkey loosely with foil; bake at 350°F for 35 minutes or until a thermometer inserted into the thickest part of the thigh registers 160°F.
- 7.** Remove from oven; place turkey on a cutting board (reserve neck). Let stand, loosely covered with foil, 20 minutes (internal temperature will rise to 165°F). Uncover; sprinkle with 2 tablespoons reserved chopped parsley and 2 tablespoons chives. Remove skin before serving, if desired.
- 8.** Remove all but ¼ cup pan drippings from roasting pan. Heat roasting pan over medium. Add ½ cup stock to ¼ cup drippings in pan; bring to a boil, scraping to loosen browned bits. Pour stock mixture into a medium saucepan. Add reserved neck and 3 cups stock; bring to a boil. Combine remaining ½ cup stock and flour in a bowl. Stir flour mixture

into stock mixture; cook 10 minutes or until reduced to about 3 cups, stirring frequently. Stir in remaining 1 teaspoon salt, remaining 2 tablespoons parsley, remaining 2 tablespoons chives, and pepper. Serve gravy with turkey.

SERVES 16 (serving size: about 6 oz. turkey and 3 Tbsp. gravy)

Calories 207; **Fat** 8g (sat 4g, unsat 3g); **Protein** 27g; **Carb** 5g; **Fiber** 1g; **Sugars** 1g (added sugars 0g); **Sodium** 453mg; **Calc** 5% DV; **Potassium** 8% DV

Lemon Chicken with Artichokes and Kale

Hands-on: 10 min.

Total: 25 min.

Smaller chicken breasts (about 5 ounces each) will cook more easily in the time frame. Trim larger breasts to size and use the remaining chicken for tomorrow's soup or stir-fry.



- 1 (6-oz.) bunch lacinato kale, stemmed and torn into large pieces
- 3 Tbsp. olive oil, divided
- 4 (5-oz.) skinless, boneless chicken breasts
- ½ tsp. black pepper
- ¼ tsp. kosher salt
- 2 (9-oz.) pkg. frozen artichokes, thawed and patted dry
- 1 lemon, cut into quarters
- 1 Tbsp. chopped fresh thyme, divided

2 oz. Parmigiano-Reggiano cheese, finely grated (about ½ cup)
¼ tsp. crushed red pepper

1. Preheat broiler to high with oven rack in top position. Place a rimmed baking sheet in oven (do not remove pan while oven preheats).
2. Combine kale and 1 tablespoon oil in a bowl; massage leaves with your hands until slightly wilted.
3. Sprinkle chicken with black pepper and salt. Carefully remove pan from oven. Add 1 tablespoon oil to pan; tilt pan to coat. Add chicken to pan; broil 5 minutes. Add artichokes and lemon quarters to pan. Drizzle with remaining 1 tablespoon oil, and sprinkle with 1½ teaspoons thyme. Broil until chicken is done, 10 to 12 minutes. Place chicken on a cutting board. Add kale mixture to the pan, and broil until kale is frizzled and edges are crisp, 3 to 5 minutes.
4. Return chicken to pan; sprinkle with remaining 1½ teaspoons thyme, cheese, and red pepper. Squeeze lemon quarters over chicken and vegetables.

SERVES 4 (serving size: 5 oz. chicken and about 1 cup vegetables)

Calories 417; **Fat** 19g (sat 5g, unsat 12g); **Protein** 40g; **Carb** 20g; **Fiber** 10g; **Sugars** 2g (added sugars 0g); **Sodium** 560mg; **Calc** 28% DV; **Potassium** 15% DV

Spicy Thai Shrimp Cakes

Hands-on: 20 min.

Total: 30 min.

A simple salad rounds out this meal: Whisk together 2 tablespoons olive oil, 1 tablespoon fresh lime juice, 1 minced garlic clove, 2 teaspoons Dijon mustard, and ¼ teaspoon black pepper. Toss with 4 cups mixed greens, top with these cakes, and dinner's done.



1 lb. peeled and deveined raw medium shrimp, chopped
1 ⅓ cups whole-wheat panko (Japanese breadcrumbs), divided
⅔ cup finely diced green bell pepper
½ cup finely diced yellow onion
¼ cup chopped fresh cilantro
4 tsp. fresh lime juice
2 tsp. fish sauce

2 tsp. Thai sweet chili sauce
2 large eggs, lightly beaten
2 garlic cloves, minced
2 Tbsp. olive oil, divided

1. Combine shrimp, $\frac{2}{3}$ cup panko, bell pepper, onion, cilantro, lime juice, fish sauce, chili sauce, eggs, and garlic in a medium bowl. Shape mixture into 8 patties, and dredge patties in remaining $\frac{2}{3}$ cup panko.

2. Heat 1 tablespoon oil in a large nonstick skillet over medium-high. Add 4 shrimp patties to skillet, and cook until crispy and well browned, about 4 minutes per side. Repeat procedure with remaining 1 tablespoon oil and remaining 4 patties.

SERVES 4 (serving size: 2 cakes)

Calories 288; **Fat** 11g (sat 2g, unsat 7g); **Protein** 23g; **Carb** 24g; **Fiber** 4g; **Sugars** 2g (added sugars 0g); **Sodium** 482mg; **Calc** 9% DV; **Potassium** 8% DV

Loaded Greek Feta Fries

Hands-on: 5 min.

Total: 45 min.

This dish gets tons of flavor from the spices. If your fresh oregano is strong, start with less than what's called for and add more to taste. To speed things up, prep all the ingredients in advance so you can assemble quickly while the fries are still hot. No air fryer? Spread potatoes on an aluminum foil-lined baking sheet; bake 10 minutes at 450°F. Flip fries, and bake until crisp and brown, 10 to 15 minutes.



Cooking spray

2 (7-oz.) Yukon Gold or russet potatoes, scrubbed and dried

1 Tbsp. olive oil

2 tsp. lemon zest

½ tsp. dried oregano

¼ tsp. kosher salt
¼ tsp. garlic powder
¼ tsp. onion powder
¼ tsp. paprika
¼ tsp. black pepper
2 oz. feta cheese, finely crumbled (about ½ cup)
2 oz. shredded skinless rotisserie chicken breast
¼ cup prepared tzatziki
¼ cup seeded and diced plum tomato
2 Tbsp. chopped red onion
1 Tbsp. chopped fresh flat-leaf parsley and oregano

1. Preheat an air fryer to 380°F. Coat the basket with cooking spray.
2. Cut each potato lengthwise into ¼-inch-thick slices; cut each slice into ¼-inch fries.
3. Toss together the potatoes and oil in a large bowl. Season with zest, dried oregano, salt, garlic powder, onion powder, paprika, and pepper; toss to coat.
4. In 2 batches, cook the seasoned potatoes until crisp, about 15 minutes, flipping fries halfway through cooking time.
5. Return the first batch of fries to the basket, and cook until warmed through, 1 to 2 minutes. Remove from air fryer. Top fries with half of the feta, chicken, tzatziki, remaining feta, tomato, red onion, and fresh herbs.

SERVES 2 (serving size: 1½ cups)

Calories 383; **Fat** 16g (sat 7g, unsat 8g); **Protein** 19g; **Carb** 42g; **Fiber** 4g; **Sugars** 5g (added sugars 0g); **Sodium** 654mg; **Calc** 21% DV; **Potassium** 29% DV

Curry-Roasted Chicken Thighs

Hands-on: 20 min.

Total: 30 min.

Look for red curry paste—a blend of red chiles, lemongrass, garlic, and galangal or ginger—near other Asian ingredients in most supermarkets. Depending on the brand, heat level will vary from relatively mild to has-quite-a-kick. Be sure to rub the paste under the skin to keep it from sticking or burning.



- ½ Tbsp. red curry paste
- 1 tsp. lime zest
- 1 grated garlic clove
- 4 (6-oz.) bone-in, skin-on chicken thighs
- ⅝ tsp. kosher salt
- ½ tsp. black pepper

1 Tbsp. canola oil

1. Preheat oven to 450°F. Combine red curry paste, lime zest, and grated garlic clove in a bowl.
2. Pat chicken thighs dry with paper towels. Loosen skin by gently pushing fingers between skin and meat (do not detach skin). Rub curry paste mixture evenly under skin of each thigh. Combine kosher salt and pepper; sprinkle over chicken.
3. Heat a large ovenproof skillet over medium-high. Add oil to pan; swirl to coat. Add chicken, skin side down; cook until skin is browned and crisp, about 8 minutes. Turn thighs. Place skillet in oven; bake until cooked through, 10 to 12 minutes.

SERVES 4 (serving size: 1 thigh)

Calories 265; **Fat** 18g (sat 4g, unsat 12g); **Protein** 23g; **Carb** 2g; **Fiber** 1g; **Sugars** 0g; **Sodium** 546mg; **Calc** 1% DV; **Potassium** 7% DV

Sesame Salmon with Kimchi-Miso Butter

Hands-on: 10 min.

Total: 40 min.

The mellow nuttiness of the miso and richness of the butter tame kimchi's tang while adding rich umami flavor. Serve the salmon over rice or your favorite grain.



- 1 (1½-lb.) salmon fillet
- ¼ tsp. kosher salt
- 2 Tbsp. fresh lime juice
- 1 Tbsp. lower-sodium soy sauce
- 1 Tbsp. honey
- 1 Tbsp. sesame oil
- 1 Tbsp. minced garlic
- 2 tsp. grated fresh ginger

1 tsp. sesame seeds
2 Tbsp. unsalted butter, softened
2 Tbsp. finely minced kimchi
2 tsp. white miso
2 Tbsp. sliced scallions

1. Pat salmon dry with paper towels. Sprinkle with salt, and place in a gallon-size ziplock plastic bag.
2. Stir together lime juice, soy sauce, honey, oil, garlic, ginger, and sesame seeds in a bowl. Pour mixture over salmon in ziplock bag. Seal bag, removing any excess air, and gently massage mixture into salmon. Let stand at room temperature for 30 minutes.
3. Preheat broiler to high with oven rack in upper middle position. Stir together butter, kimchi, and miso in a small bowl. Set kimchi-miso butter aside.
4. Place salmon on a rimmed baking sheet lined with aluminum foil. Broil until fish flakes easily when tested with a fork, about 8 to 10 minutes.
5. Top salmon with kimchi-miso butter while salmon is still warm. Scatter scallions evenly over top.

SERVES 4 (serving size: 6 oz. fish)

Calories 366; **Fat** 21g (sat 6g, unsat 13g); **Protein** 35g; **Carb** 7g; **Fiber** 1g; **Sugars** 5g (added sugars 4g); **Sodium** 455mg; **Calc** 3% DV; **Potassium** 25% DV

Slow Cooker Chicken Mole Tacos

Hands-on: 10 min.

Total: 8 hr. 10 min.

This beautifully complex dish is traditionally a labor of love. We've streamlined the dish and made it almost entirely hands-off. The recipe yields about 2 cups extra mole sauce; use this for enchiladas, as a topper for pork chops, or as a phenomenal stir-in for chili.



2 dried ancho chiles

1 (28-oz.) can unsalted whole tomatoes

1 cup chopped yellow onion

½ cup toasted sliced almonds

3 oz. semisweet baking chocolate, finely chopped (about ½ cup)

¼ cup raisins

¼ cup unsalted chicken stock

1 Tbsp. ground cumin
1 Tbsp. canned adobo sauce
1 tsp. ground cinnamon
2 chipotle chiles, canned in adobo sauce
3 garlic cloves, smashed
2 lb. bone-in chicken thighs, skinned
1 tsp. kosher salt
16 (6-in.) corn tortillas
1 oz. Cotija cheese, crumbled (about ¼ cup)
¼ cup fresh cilantro leaves
2 limes, cut into wedges

1. Place ancho chiles in a bowl; cover with water. Let stand 10 minutes. Drain; remove and discard stems and seeds. Process seeded chiles, tomatoes, onion, almonds, chocolate, raisins, stock, cumin, sauce, cinnamon, chipotle chiles, and garlic in a food processor until smooth.
2. Sprinkle chicken with salt; place in a 6-quart slow cooker. Add tomato mixture. Cover and cook on LOW 8 hours. Place chicken on a cutting board; remove bones. Reserve 2 cups sauce for another use. Shred chicken into large pieces; return to slow cooker.
3. Working with 1 tortilla at a time, heat tortillas over medium-high directly on burner until lightly charred, about 15 seconds per side. Top tortillas with chicken mixture, cheese, and cilantro. Serve with lime wedges.

SERVES 8 (serving size: 2 tacos)

Calories 437; **Fat** 14g (sat 4g, unsat 8g); **Protein** 31g; **Carb** 53g; **Fiber** 9g; **Sugars** 15g (added sugars 6g); **Sodium** 477mg; **Calc** 15% DV; **Potassium** 22% DV

ANCHO CHILES

The ancho is the dried form of a poblano pepper. It's also part of the "holy trinity" of mole chiles, with pasilla and mulato chiles, that gives mole its sweet, smoky, deep, one-of-a-kind flavor.

Creamy Chicken-Tomato Skillet

Hands-on: 20 min.

Total: 20 min.

When a craving for comfort food hits and you need it in a hurry, this fast take on chicken and rice hits the spot. Stirring chopped baby spinach into warm brown rice is a smart way to get more vegetables and jazz up an otherwise plain starchy side.



- 1 Tbsp. olive oil
- 1 lb. skinless, boneless chicken thighs, cut into bite-size pieces
- ½ tsp. kosher salt, divided
- ½ tsp. black pepper, divided
- 1 cup grape tomatoes
- ½ cup sliced white onion
- 1 garlic clove, grated

1 tsp. chopped fresh rosemary
1½ cups unsalted chicken stock
2 Tbsp. all-purpose flour
1 (8.8-oz.) pkg. precooked microwavable whole-grain brown rice (such as Uncle Ben's Ready Rice)
3 cups fresh baby spinach, chopped
1 tsp. lemon zest
1 Tbsp. fresh lemon juice

1. Heat oil in a large skillet over medium-high. Sprinkle chicken with ¼ teaspoon salt and ¼ teaspoon pepper. Add chicken to skillet; cook, without stirring, until chicken begins to brown, about 4 minutes. Add tomatoes, onion, garlic, and rosemary. Cook, stirring occasionally, until onion is tender and tomatoes begin to soften, about 3 minutes.

2. Whisk together stock and flour in a bowl until combined. Add to chicken mixture; stir and scrape browned bits from bottom of skillet. Bring to a boil. Cook, stirring often, until sauce thickens, 3 to 4 minutes.

3. Heat rice according to package directions. Place hot rice in a medium bowl; add spinach, lemon zest, lemon juice, remaining ¼ teaspoon salt, and remaining ¼ teaspoon pepper. Toss to coat (hot rice will wilt the spinach). Divide rice mixture among 4 plates; top evenly with chicken mixture.

SERVES 4 (serving size: about 1¼ cups)

Calories 296; **Fat** 10g (sat 2g, unsat 7g); **Protein** 29g; **Carb** 26g; **Fiber** 3g; **Sugars** 2g (added sugars 0g); **Sodium** 413mg; **Calc** 5% DV; **Potassium** 4% DV

Sausage, Tomato, and Arugula Fettuccine

Hands-on: 20 min.

Total: 20 min.

We love the tender flavor of refrigerated fresh pasta, but you can substitute whatever pasta is in the pantry.



- 1 (9-oz.) pkg. refrigerated fettuccine
- 1 Tbsp. olive oil
- 6 oz. Italian turkey sausage
- 2 tsp. minced garlic
- 1 pt. cherry tomatoes
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. freshly ground black pepper
- 3 cups baby arugula leaves

2 oz. pecorino Romano cheese, shaved

1. Cook pasta according to package directions, omitting salt and fat. Drain in a colander over a bowl, reserving $\frac{2}{3}$ cup cooking liquid.

2. While pasta cooks, heat oil in a large skillet over medium-high heat. Remove casings from sausage. Break sausage into bite-sized pieces and add to pan; cook 3 minutes or until browned, stirring frequently to crumble. Add garlic; cook 30 seconds, stirring constantly. Add tomatoes, salt, and pepper; cover and cook 2 minutes. Mash tomatoes with the back of a wooden spoon to break them up. Cover pan; reduce heat to low, and cook 3 minutes. Remove pan from heat. Add pasta, reserved $\frac{2}{3}$ cup cooking liquid, and arugula; toss well. Sprinkle with pecorino Romano.

SERVES 4 (serving size: $1\frac{1}{3}$ cups pasta and about 2 Tbsp. cheese)

Calories 356; **Fat** 13g (sat 4g, unsat 7g); **Protein** 19.8g; **Carb** 39.3g; **Fiber** 3.9g; **Chol** 92mg; **Iron** 3mg; **Sodium** 706mg; **Calc** 21% DV; **Potassium** 6% DV

Garlic-Soy Chicken Stir-Fry

Hands-on: 15 min.

Total: 20 min.

Slightly green avocado oil is buttery with a mild avocado flavor. It has a high monounsaturated fat content that's similar to olive oil, but thanks to a higher smoke point (520°F), it is quite versatile in the kitchen. Avocado oil also boasts eye-healthy lutein; cholesterol-lowering phytosterols; and — in virgin varieties—chlorophyll, which is good for detoxifying cancer-causing compounds.



- 1 Tbsp. avocado oil, divided
- 6 (4-oz.) skinless, boneless chicken thighs, cut into 1-in. pieces
- 1 red bell pepper (about 6 oz.), sliced
- 6 oz. trimmed fresh green beans
- 4 oz. trimmed fresh sugar snap peas

¼ cup minced shallot
3 garlic cloves, thinly sliced
1 Tbsp. fish sauce
2½ tsp. lower-sodium soy sauce
2 tsp. honey
1 tsp. sambal oelek (ground fresh chile paste)
1 tsp. water
½ tsp. cornstarch
¼ cup unsalted dry-roasted peanuts
3 Tbsp. sliced scallions

1. Heat 2 teaspoons oil in a large wok or skillet over medium-high. Add chicken; cook, stirring often, until browned and done, 5 to 6 minutes. Remove chicken. Add remaining 1 teaspoon oil, pepper, green beans, snap peas, shallot, and garlic. Cook until crisp-tender, 5 to 7 minutes.
2. Whisk together fish and soy sauces, honey, sambal oelek, 1 teaspoon water, and cornstarch in a small bowl. Add to wok with chicken, stirring to coat chicken and veggies; cook until sauce thickens, about 2 minutes. Remove from heat; add peanuts and scallions.

SERVES 5 (serving size: about 1¼ cups)

Calories 282; **Fat** 13g (sat 3g, unsat 9g); **Protein** 32g; **Carb** 12g; **Fiber** 3g; **Sugars** 6g (added sugars 2g); **Sodium** 525mg; **Calc** 6% DV; **Potassium** 6% DV

Hainanese Chicken

Hands-on: 30 min.

Total: 2 hr.

Chicken rice is one of Singapore's most beloved dishes. It's deceptively plain-looking but loaded with flavor: aromatics and fresh broth make all the difference.



HOT SAUCE:

- 3 red Fresno chiles, stems removed
- 1 medium-size red bell pepper, seeded and coarsely chopped
- $\frac{1}{3}$ cup rice vinegar
- $\frac{1}{4}$ cup granulated sugar
- 1 Tbsp. Sriracha chili sauce
- 1 Tbsp. lower-sodium soy sauce

CHICKEN:

- 3 oz. peeled fresh ginger, divided

12 cups water
8 cilantro sprigs
1 garlic head, split horizontally
2½ tsp. kosher salt, divided
1 (3½- to 4-lb.) whole chicken
1 Tbsp. grapeseed oil
1 Tbsp. minced garlic (about 3 garlic cloves)
2 cups uncooked jasmine rice
2 tomatoes, cut into wedges
1 English cucumber, sliced
4 scallions, thinly sliced
2 Tbsp. chopped fresh cilantro
8 tsp. sweet soy sauce (such as ABC)

1. To prepare hot sauce, process all sauce ingredients in a blender until smooth.

2. To prepare chicken, coarsely chop 2 ounces fresh ginger; mince remaining 1 ounce ginger. Bring 12 cups water, chopped ginger, cilantro sprigs, garlic head, and 2 teaspoons salt to a boil in a large Dutch oven over high. Add chicken. Reduce heat to medium and cover. Simmer 20 minutes. Remove from heat. Let chicken stand in broth until cooked through, about 30 minutes. Remove skin. Pick meat from chicken and reserve; discard skin and bones. Pour broth through a fine wire-mesh strainer into a bowl; discard solids. Reserve 4 cups broth; reserve remaining broth for another use.

3. Place oil, minced garlic, and minced ginger in a large saucepan; cook over high, stirring often, until garlic sizzles and ginger turns golden, about 30 seconds. Add rice, 3 cups reserved broth, and remaining ½ teaspoon salt; bring to a boil. Cover and simmer 12 minutes. Remove from heat. Let stand 12 minutes; fluff with a fork.

4. Spread rice on a platter. Top with chicken; pour remaining 1 cup reserved broth over chicken. Arrange tomato wedges and cucumber slices on rice. Sprinkle with scallions and cilantro. Serve with hot sauce and sweet soy sauce.

SERVES 8 (serving size: about ½ cup chicken and ¾ cup rice)

Calories 514; **Fat** 8g (sat 2g, unsat 5g); **Protein** 51g; **Carb** 55g; **Fiber** 3g; **Sugars** 12g (added sugars 9g); **Sodium** 685mg; **Calc** 6% DV; **Potassium** 24% DV

Hot-Smoked Trout on Sesame Bagels

Hands-on: 40 min.

Total: 11 hr. 50 min.

You don't need special equipment to hot-smoke fish—a gas or charcoal grill works just fine if you keep an eye on the temperature. Mild, lightly sweet alder wood or fruit woods like apple or cherry are great for fish. Fattier fish like trout and salmon absorb smoke flavor better than leaner fillets.



- 1/3 cup kosher salt
- 1/4 cup granulated sugar
- 1 tsp. ground white pepper
- 1 tsp. garlic powder
- 2 (6- to 8-oz.) skin-on butterflied rainbow trout fillets
- 6 cups alder wood chips

8 oz. 1/3-less-fat cream cheese
1/4 cup chopped scallions
4 sesame bagels, halved
2 Tbsp. drained nonpareil capers
2 medium tomatoes, thinly sliced
Chopped fresh dill

1. Combine first 4 ingredients (through garlic powder) in a medium bowl. Line a baking sheet with plastic wrap, leaving enough overhang to cover fish. Sprinkle 3 tablespoons salt mixture on plastic; place fish, skin side down, on salt mixture. Sprinkle remaining salt mixture on fish; press to adhere. Tightly wrap plastic around fish. Place a separate baking sheet on fish; weight with a cast-iron skillet. Chill 1 hour.
2. Unwrap and rinse fish; pat dry. Return fish to pan, and chill overnight.
3. Preheat grill to 180°F; maintain temperature 10 minutes. Push coals to one side; top with wood chips. (Or preheat one side of gas grill and wrap wood chips in foil.) Place fish on oiled grates over indirect heat. Grill, covered, until firm and golden, about 2 hours. Remove from grill; let stand 15 minutes.
4. Combine cream cheese and scallions; spread on bagel halves. Top with capers, tomatoes, fish, and dill.

SERVES 8

Calories 254; **Fat** 11g (sat 5g, unsat 4g); **Protein** 18g; **Carb** 21g; **Fiber** 1g; **Sugars** 5g (added sugars 2g); **Sodium** 561mg; **Calc** 13% DV; **Potassium** 9% DV

HOT-SMOKING

Coating the fillets with a salt-sugar-spice mixture flavors the fish and results in fish that has much less sodium than store-bought. Weighting the fish with a skillet gently squeezes out water and concentrates flavor. A low-temp fire topped with wood chips on one side of the grill cooks the fish slowly over a couple hours.

Quick BBQ Chicken Thighs with Mashed Potatoes

Hands-on: 20 min.

Total: 20 min.

A homemade barbecue sauce comes together quickly and is a great way to control sodium and added sugar.



1 cup unsalted ketchup
2½ Tbsp. light brown sugar
1 Tbsp. apple cider vinegar
½ tsp. black pepper
½ tsp. dry mustard
¼ tsp. onion powder
¼ tsp. garlic powder

1½ lb. skinless, boneless chicken thighs (about 8)

Cooking spray

½ tsp. kosher salt

2 cups refrigerated prepared mashed potatoes (such as Simply Potatoes)

1. Combine first 7 ingredients, stirring with a whisk. Place ½ cup ketchup mixture in a small bowl. Add chicken to remaining ketchup mixture; toss. Let stand 5 minutes.

2. Heat a grill pan over medium-high. Coat pan with cooking spray. Remove chicken from ketchup mixture; discard ketchup mixture. Add chicken to pan; grill 5 minutes on each side or until done, brushing occasionally with reserved ½ cup ketchup mixture. Remove chicken from pan; sprinkle with salt.

3. Heat potatoes according to package directions. Serve with chicken.

SERVES 4 (serving size: 6 oz. chicken and ½ cup potatoes)

Calories 439; **Fat** 11g (sat 4g, unsat 4g); **Protein** 36g; **Carb** 48g; **Fiber** 2g; **Sugars** 19g (added sugars 17g); **Sodium** 592mg; **Calc** 4% DV; **Potassium** 31% DV

SERVE WITH:

CREAMY CARROT-AND-BROCCOLI SLAW

Hands-on: 8 min.

Total: 8 min.

⅓ cup light sour cream

3 Tbsp. fat-free buttermilk

2 Tbsp. canola mayonnaise

1 Tbsp. finely chopped fresh dill

1 Tbsp. apple cider vinegar

½ tsp. black pepper

⅛ tsp. kosher salt

2 cups matchstick-cut carrots

1 (12-oz.) pkg. broccoli slaw

1. Combine first 7 ingredients in a large bowl, stirring with a whisk. Add carrots and broccoli slaw to sour cream mixture; toss to coat.

SERVES 4 (serving size: about 1¼ cups)

Calories 102; **Fat** 4g (sat 1g, unsat 3g); **Protein** 4g; **Carb** 13g; **Fiber** 4g; **Sugars** 5g (added sugars 0g); **Sodium** 209mg; **Calc** 11% DV; **Potassium** 7% DV

Grilled Chicken Curry Flatbreads

Hands-on: 20 min.

Total: 20 min.

Dinner comes together quickly with some smart convenience products. Cooked flatbreads just need a quick turn on the grill pan, a far speedier process than baking pizza dough. And rotisserie chicken is always a great thing to keep on hand for fast, easy meals.



½ cup shaved carrot
2 tsp. minced fresh ginger
½ cup rice vinegar
¼ cup water
1 tsp. granulated sugar
1½ tsp. curry powder
1½ Tbsp. olive oil, divided

½ cup plain whole-milk yogurt (not Greek-style)
2 tsp. honey
¼ tsp. kosher salt
1 (8.8-oz.) pkg. whole-grain naan
2 cups shredded rotisserie chicken breast (about 8 oz.), warmed
2 oz. fresh snow peas, very thinly diagonally sliced (about ½ cup)
¼ cup fresh cilantro leaves
¼ cup dry-roasted unsalted peanuts, chopped
¼ cup golden raisins

1. Combine carrot, ginger, vinegar, ¼ cup water, and sugar in a saucepan; bring to a simmer over high. Cook 1 minute; remove from heat, and let stand until cool.
2. Combine curry powder and 1 teaspoon oil in a medium microwavable bowl. Microwave on HIGH until fragrant, about 45 seconds. Stir in the yogurt, honey, and salt until blended.
3. Heat a grill pan over high. Brush naan evenly with remaining 3½ teaspoons oil. Add naan to pan; cook until well-marked, about 90 seconds on each side. Cut each naan in half, and spread each half evenly with 1 tablespoon yogurt mixture.
4. Drain carrot mixture; top naan evenly with warm carrot mixture, chicken, snow peas, cilantro leaves, peanuts, and raisins. Drizzle evenly with remaining yogurt mixture.

SERVES 4 (serving size: ½ flatbread)

Calories 453; **Fat** 15g (sat 3g, unsat 11g); **Protein** 32g; **Carb** 50g; **Fiber** 8g; **Sugars** 14g (added sugars 4g); **Sodium** 608mg; **Calc** 9% DV; **Potassium** 13% DV

CHAPTER THREE

Meatless

Vegetarians and omnivores alike can delight in the offerings in this chapter, from hearty salads and bowls to perennially pleasing pizzas and pastas.



Black Bean Tostadas

Early Summer Salad with Tempeh Croutons and Beet Dressing

Hands-on: 15 min.

Total: 40 min.

Look for beet kvass by the kimchi in well-stocked supermarkets, or substitute beet juice if you can't find it.



- 1 (8-oz.) pkg. tempeh, cut into 1-in. cubes
- 2 tsp. minced garlic
- $\frac{1}{4}$ tsp. freshly ground black pepper
- 2 Tbsp. extra-virgin olive oil, divided
- 5 tsp. fresh lemon juice, divided
- $\frac{3}{4}$ tsp. kosher salt, divided
- 6 oz. asparagus, trimmed

2 Tbsp. beet kvass (such as Harvest Roots)
1½ Tbsp. tahini (sesame seed paste)
1 tsp. granulated sugar
3 cups packed baby arugula
2 cups packed baby kale
1 cup shaved Easter Egg radishes
1 pt. yellow cherry tomatoes, halved

1. Preheat oven to 375°F. Place tempeh, garlic, pepper, 1 tablespoon oil, 1 tablespoon lemon juice, and ½ teaspoon salt in a bowl; toss to combine. Arrange tempeh on a baking sheet. Bake at 375°F for 20 minutes, tossing once halfway through.

2. Meanwhile, bring a large saucepan of water to a boil over medium-high, and prepare a bowl of ice water. Add asparagus to boiling water, and cook until crisp-tender, about 3 minutes. Drain. Plunge asparagus into ice water; let stand 2 minutes. Drain. Cut asparagus diagonally into thirds. Set aside.

3. Combine remaining 1 tablespoon oil, remaining 2 teaspoons lemon juice, and remaining ¼ teaspoon salt in a bowl; whisk in kvass, tahini, and sugar. Add water, 1 teaspoon at a time, until dressing reaches desired consistency.

4. Place arugula, kale, radishes, tomatoes, and asparagus in a large bowl or on a serving platter; gently toss to combine. Top with tempeh croutons. Drizzle evenly with kvass-tahini dressing.

SERVES 4 (serving size: about 2 cups)

Calories 259; **Fat** 17g (sat 3g, unsat 13g); **Protein** 16g; **Carb** 15g; **Fiber** 3g; **Sugars** 3g (added sugars 1g); **Sodium** 431mg; **Calc** 19% DV; **Potassium** 25% DV

Green Pea Fritters with Avocado Puree

Hands-on: 20 min.

Total: 20 min.



¼ cup extra-firm silken tofu (2 oz.)

1 Tbsp. all-purpose flour

¼ cup [Simply Seasoned Bulgur](#)

⅔ cup frozen green peas, thawed

¼ cup chopped scallion whites

½ tsp. ground cumin

¼ tsp. kosher salt, divided

1½ Tbsp. olive oil, divided

½ ripe avocado

1 small garlic clove, grated

2 tsp. fresh lemon juice, divided

1½ cups torn stemmed lacinato kale
⅓ cup sliced English cucumber
1 thin red onion slice, halved

1. Process tofu and flour in a mini food processor until smooth. Add Simply Seasoned Bulgur; pulse until blended. Add peas, scallion, cumin, and ⅛ teaspoon salt; pulse until combined.
2. Heat 1 tablespoon oil in a medium skillet over medium. Shape pea mixture into 2 patties. (They will be very soft but will firm up as they cook.) Add patties to skillet; gently flatten to ¾-inch thickness. Cook until browned on bottom, 4 to 5 minutes. Carefully turn fritters, and cook until browned, 4 to 5 minutes.
3. Mash avocado, garlic, 1 teaspoon lemon juice, and a dash of salt until smooth.
4. Place kale in a bowl; drizzle with remaining 1½ teaspoons oil. Massage until lightly wilted. Add cucumber, onion, remaining 1 teaspoon lemon juice, and remaining dash of salt; toss to combine. Serve salad and fritters with mashed avocado.

SERVES 1 (serving size: 2 fritters, about 2 cups salad, and about ⅓ cup avocado)

Calories 512; **Fat** 34g (sat 5g, unsat 27g); **Protein** 14g; **Carb** 42g; **Fiber** 13g; **Sugars** 8g (added sugars 0g); **Sodium** 733mg; **Calc** 13% DV; **Potassium** 26% DV

Mujadara

Hands-on: 30 min.

Total: 1 hr. 30 min.

Mujadara is a festive, simple Middle Eastern one-pot meal of lentils and rice with crispy fried onion.



7 cups water, divided

1 cup uncooked long-grain brown rice

1½ tsp. kosher salt, divided

3 large yellow onions

¼ cup good-quality extra-virgin olive oil (such as Lucini), divided

6 thyme sprigs

1 Tbsp. ground cumin

1 bay leaf

1 cup uncooked brown or green lentils, rinsed

¼ cup toasted pine nuts

Plain whole-milk yogurt (optional)

Chopped fresh mint (optional)

1. Bring 4 cups water to boil in a small pot over high. Add rice and ½ teaspoon salt, and boil for 10 minutes. Drain. While the rice parcooks, halve and thinly slice the onions horizontally.

2. Heat a medium pot or baking dish with a lid over medium-high, and then add 3 tablespoons olive oil. Add sliced onions, thyme, and remaining 1 teaspoon kosher salt. Reduce heat to medium, and cook, stirring often, until onions are softened and quite browned, about 20 to 25 minutes. Add a sprinkle of water if needed to keep from burning. Remove half of the onions (about 1 cup), and set aside. Add the parcooked rice, cumin, bay leaf, and remaining 1 tablespoon olive oil to pot. Cook, stirring often, until toasted and fragrant, 1 to 2 minutes. Add lentils and remaining 3 cups water. Increase heat to medium-high, and bring to a boil; reduce heat to a very low simmer. Cover and cook until rice and lentils are tender and water is absorbed, about 40 minutes.

3. While mujadara cooks, put reserved half of onions in a small pan, and cook over medium-high, stirring often, until fried and crisp, even blackened in places, about 5 minutes. Set aside.

4. To serve, stir pine nuts into mujadara, and sprinkle with fried onions. If you like, drizzle with additional olive oil and a dollop of yogurt, and top with mint.

SERVES 8 (serving size: about ¾ cup)

Calories 276; **Fat** 11g (sat 1g, unsat 8g); **Protein** 8g; **Carb** 37g; **Fiber** 6g; **Sugars** 3g (added sugars 0g); **Sodium** 367mg; **Calc** 3% DV; **Potassium** 10% DV

Zucchini Noodles with Spicy Peanut Sauce

Hands-on: 15 min.

Total: 20 min.

Precut produce helps this staff favorite come together in a flash. Spiralized zucchini and summer squash are in the prepared produce section of many supermarkets; you can also spiralize your own or make ribbons with a vegetable peeler.



¼ cup cornstarch

1 (12-oz.) pkg. extra-firm water-packed tofu, drained, patted dry, and cut into 1-in. cubes

1½ Tbsp. canola oil

¼ cup fresh lime juice

3 Tbsp. creamy peanut butter
3 Tbsp. lower-sodium soy sauce
1 Tbsp. unsalted ketchup
1 Tbsp. Sriracha chili sauce
1 Tbsp. water
2 tsp. light brown sugar
1 tsp. grated peeled fresh ginger
2 (16-oz.) pkg. spiralized zucchini or yellow squash and zucchini
3 cups fresh mung bean sprouts (about 5 oz.)
1 cup matchstick-cut carrots
½ cup chopped fresh cilantro, divided
¼ cup unsalted peanuts, finely chopped and divided
¼ cup chopped fresh mint
4 scallions, cut into 1-in. pieces
4 lime wedges

1. Place cornstarch in a shallow dish. Add tofu; toss to coat, shaking off excess. Heat oil in a large nonstick skillet over medium. Add tofu to pan; cook 8 to 10 minutes or until tofu is brown and crisp, stirring occasionally.

2. Combine lime juice and next 7 ingredients (through ginger) in a bowl, stirring with a whisk. Combine spiralized squash, sprouts, carrots, ¼ cup cilantro, 2 tablespoons peanuts, and mint in a large bowl. Add tofu and peanut butter mixture to bowl; toss. Sprinkle with remaining ¼ cup cilantro, remaining 2 tablespoons peanuts, and scallions. Serve with lime wedges.

SERVES 4 (serving size: 1½ cups)

Calories 406; **Fat** 22g (sat 3g, unsat 17g); **Protein** 20g; **Carb** 40g; **Fiber** 7g; **Sugars** 15g (added sugars 3g); **Sodium** 594mg; **Calc** 15% DV; **Potassium** 30% DV

Edamame, Okra, and Green Pea Korma

Hands-on: 20 min.

Total: 20 min.

If you have Madras curry powder, use it for slightly more heat and richer flavor.



5 oz. frozen edamame pods, thawed

1½ Tbsp. olive oil

½ cup chopped red onion

2 garlic cloves, minced

½ tsp. curry powder

¼ tsp. kosher salt

¼ tsp. cayenne pepper

⅔ cup unsweetened almond milk

1 Tbsp. unsalted tomato paste
3 oz. fresh okra (about 7 pods), trimmed and halved lengthwise
¼ cup frozen green peas, thawed
½ cup Simply Seasoned Bulgur, warmed

1. Shell edamame to equal about ⅓ cup; discard pods, and set aside the beans.

2. Heat oil in a medium-size heavy skillet over medium-low. Add onion and garlic; cook, stirring occasionally, until tender, about 10 minutes. Stir in curry powder, salt, and cayenne; cook, stirring constantly, until fragrant, about 30 seconds. Transfer mixture to a blender. Add almond milk and tomato paste; process until smooth.

3. Wipe skillet clean with paper towels. Heat skillet over high. Add okra, cut sides down, and cook until slightly charred, 3 to 4 minutes. Turn pods over, and cook 1 minute. Remove from skillet. Remove skillet from heat, and let cool briefly. Return skillet to medium heat. Add curry sauce, green peas, and shelled edamame to skillet; cook until heated through and sauce thickens slightly, about 4 minutes. Spoon Simply Seasoned Bulgur into a bowl; top with curry mixture and okra.

SERVES 1 (serving size: ½ cup bulgur and about 1¼ cups korma mixture)

Calories 484; **Fat** 27g (sat 3g, unsat 23g); **Protein** 15g; **Carb** 49g; **Fiber** 13g; **Sugars** 9g (added sugars 0g); **Sodium** 865mg; **Calc** 50% DV; **Potassium** 24% DV

SIMPLY SEASONED BULGUR

Hands-on: 5 min.

Total: 30 min.

Make a batch of whole grains ahead of time to enjoy in various forms throughout the week—to bulk up salads, stirred into soups, or served as a side. For a gluten-free option, you can use the same amounts and cook times to make a batch of quinoa. Per serving, the quinoa version will contain 124 calories, 4g fat, 4g protein, and 2g fiber.

1⅓ cups water
⅔ cup uncooked bulgur
2 tsp. olive oil
¾ tsp. kosher salt

1. Bring 1⅓ cups water to a boil in a small saucepan over medium-high.

Stir in bulgur; cover, reduce heat to medium-low, and simmer 12 minutes. Remove from heat, and let stand, covered, 10 minutes. Uncover. Drizzle with oil, and sprinkle with salt. Fluff with a fork to combine.

SERVES 4 (serving size: about ½ cup)

Calories 100; **Fat** 3g (sat 0g, unsat 2g); **Protein** 3g; **Carb** 18g; **Fiber** 3g; **Sugars** 0g; **Sodium** 184mg; **Calc** 1% DV; **Potassium** 3% DV

Zucchini-Ricotta Pizza

Hands-on: 34 min.

Total: 2 hr. 29 min.

Keep it easy: Roll the dough out on parchment paper, and place the paper right on the hot pizza stone.



2 cups warm water (100°F to 110°F)

3½ tsp. dry yeast

2 tsp. sugar

2 Tbsp. olive oil

1½ tsp. kosher salt, divided

1 tsp. freshly ground black pepper

23.75 oz. white whole-wheat flour (about 5 cups)

Cooking spray

1 pint cherry tomatoes, halved
1 Tbsp. canola oil, divided
 $\frac{3}{4}$ cup part-skim ricotta cheese
3 Tbsp. finely chopped fresh basil
2 Tbsp. finely chopped fresh mint
2 Tbsp. 1% low-fat milk
1 garlic clove, grated
2 medium zucchini, shaved (about 2 cups)
2 oz. feta cheese, crumbled ($\frac{1}{2}$ cup)

1. Place first 3 ingredients in a stand mixer fitted with the dough hook, and let stand 5 minutes. Stir in olive oil, $1\frac{1}{4}$ teaspoons salt, and black pepper. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Add flour to bowl; beat at low speed just until combined. Cover; let stand 20 minutes. Uncover; beat at medium-low speed 8 minutes. Turn dough out onto a work surface. Knead 1 minute; form into a ball. Place in a bowl coated with cooking spray; turn to coat. Cover and let rise in a warm place (85°F) about 1 hour. Punch dough down. Divide into 3 portions. Wrap 2 portions in plastic wrap; store in the refrigerator or freezer for another use. Cover remaining dough portion; let rise 30 minutes.

2. Place a pizza stone or baking sheet in oven. Preheat oven to 500°F.

3. Combine tomatoes and $1\frac{1}{2}$ teaspoons canola oil on a foil-lined baking sheet. Bake at 500°F for 7 minutes.

4. Roll dough portion into a 13-inch circle on a large piece of parchment paper; pierce well with a fork. Place on preheated stone; bake at 500°F for 4 minutes. Combine remaining $\frac{1}{4}$ teaspoon salt, ricotta, basil, mint, milk, and garlic; spread over dough, leaving a $\frac{1}{2}$ -inch border. Combine zucchini with remaining $1\frac{1}{2}$ teaspoons canola oil; arrange on pizza. Top pizza with feta. Bake at 500°F for 10 minutes. Top with tomatoes; bake at 500° for 4 minutes. Cut into 8 wedges.

SERVES 4 (serving size: 2 wedges)

Calories 380; **Fat** 14g (sat 5g, unsat 7g); **Protein** 18g; **Carb** 44g; **Fiber** 7g; **Sugars** 4g (added sugars 1g); **Sodium** 566mg; **Calc** 28% DV; **Potassium** 16% DV

TRIPLE-DUTY DOUGH

The homemade dough recipe shared below makes three balls of

dough—one for this pizza and two for later. Store the wrapped dough in the fridge or freezer until ready to use. (If frozen, you'll need to thaw overnight before using.) Use it for calzones, breadsticks, or another pizza.

Carrot Orecchiette

Hands-on: 25 min.

Total: 25 min.

Large carrots work best here. For faster prep, use a mandoline for slicing.



- 1 lb. large carrots, peeled and cut into 1/8-in.-thick coins
- 1 tsp. ground cumin
- 1/2 tsp. ground coriander
- 3/4 tsp. kosher salt, divided
- 1/2 tsp. black pepper, divided
- 1/4 cup extra-virgin olive oil, divided
- 4 oz. uncooked orecchiette pasta
- 1 Tbsp. red wine vinegar

¼ cup chopped fresh cilantro
2 Tbsp. chopped fresh chives
1 Tbsp. chopped fresh dill
3 oz. goat cheese, crumbled (about ¾ cup)

1. Preheat oven to 475°F.
2. Place carrots on a parchment paper-lined rimmed baking sheet; sprinkle with cumin, coriander, ¼ teaspoon salt, and ¼ teaspoon pepper. Drizzle with 2 tablespoons oil; toss to coat. Spread in an even layer (there will be overlap). Bake at 475°F for 8 minutes. Stir carrots. Spread in an even layer; bake until carrot slices curl and are crisp-tender, about 8 minutes.
3. Cook pasta according to package directions, omitting salt and fat. Drain and transfer to a bowl; add vinegar, remaining 2 tablespoons oil, remaining ½ teaspoon salt, and remaining ¼ teaspoon pepper; toss to coat. Add carrot slices; toss gently to combine. Divide pasta mixture evenly among 4 shallow bowls.
4. Combine cilantro, chives, and dill; sprinkle evenly over pasta. Top with cheese.

SERVES 4 (serving size: about 1¼ cups)

Calories 347; **Fat** 21g (sat 6g, unsat 13g); **Protein** 9g; **Carb** 32g; **Fiber** 5g; **Sugars** 6g (added sugars 0g); **Sodium** 529mg; **Calc** 11% DV; **Potassium** 12% DV

Pasta with Miso Cream Sauce

Hands-on: 25 min.

Total: 25 min.

This recipe is quite flexible: Fusilli, penne, or any whole-wheat pasta works well. You could also use mini mozzarella balls to save time.



- 8 oz. uncooked casarecce pasta
- 1½ cups whole milk, divided
- ¼ cup all-purpose flour
- 3 Tbsp. plus 2 tsp. white miso
- 1½ cups unsalted vegetable stock (such as Swanson)
- ½ tsp. black pepper
- 1 Tbsp. olive oil
- 3 cups multicolored grape tomatoes (about 10 oz.)

2 tsp. chopped fresh thyme

3 garlic cloves, sliced

1 (6-oz.) pkg. baby spinach

2 oz. fresh mozzarella cheese, diced (about ½ cup) and divided

1. Cook pasta according to package directions, omitting salt and fat; drain pasta.

2. Place ½ cup milk in a bowl; whisk in flour and miso until smooth. In a saucepan, bring stock and remaining 1 cup milk to a boil over high. Whisk in flour mixture, and reduce heat to medium; simmer until slightly thickened, 4 to 5 minutes. Add pepper.

3. Heat oil in a skillet over high. Add tomatoes, and cook, stirring occasionally, until slightly blistered and beginning to pop, 2 to 3 minutes. Add thyme and garlic; cook 1 minute. Add spinach; cook, stirring constantly, until wilted, 2 to 3 minutes. Remove from heat. Add cooked pasta, sauce, and half of cheese to skillet; toss to combine. Serve in shallow bowls, and top evenly with remaining cheese.

SERVES 4 (serving size: 1¾ cups)

Calories 434; **Fat** 12g (sat 5g, unsat 5g); **Protein** 20g; **Carb** 65g; **Fiber** 7g; **Sugars** 13g (added sugars 0g); **Sodium** 665mg; **Calc** 17% DV; **Potassium** 14% DV

Tempeh Reubens

Hands-on: 20 min.

Total: 40 min.

Braising may destroy some of the good bacteria on the surface of the tempeh. But as long as the internal temp doesn't get too high, most of the probiotics will survive.



1/3 cup 2% reduced-fat Greek yogurt

1 1/2 Tbsp. ketchup

3/4 cup plus 2 Tbsp. refrigerated sauerkraut (such as Bubbies), drained and divided

1 tsp. Dijon mustard

8 oz. tempeh

1 Tbsp. olive oil

1 cup chopped onion

2 garlic cloves, thinly sliced
1 Tbsp. cider vinegar
1 Tbsp. lower-sodium soy sauce
½ tsp. dried dill
½ tsp. caraway seeds
1¼ cups water
8 (1-oz.) slices whole-grain rye bread, toasted
2 oz. Swiss cheese, shredded (about ½ cup)

1. Place Greek yogurt, ketchup, 2 tablespoons sauerkraut, and mustard in a mini food processor; process until smooth.

2. Cut tempeh in half horizontally; cut each half into 4 slices, forming 8 pieces. Heat a large skillet over medium heat. Add oil to pan; swirl to coat. Add onion; cook 5 minutes or until tender. Add garlic; cook 1 minute, stirring constantly. Add vinegar, soy sauce, dill, and caraway, stirring constantly. Add tempeh; cook 1 minute on each side. Add 1¼ cups water; bring to a boil. Reduce heat; simmer, uncovered, 10 minutes or until water evaporates, turning the tempeh pieces occasionally.

3. Preheat broiler to high. Place 4 bread slices in a single layer on a heavy baking sheet. Divide cheese evenly among bread slices. Broil 1 minute or until cheese melts. Top cheese with about 1 tablespoon yogurt mixture, 1½ tablespoons onion mixture, 2 pieces tempeh, and about 3 tablespoons sauerkraut. Spread remaining yogurt mixture evenly over 1 side of remaining 4 bread slices. Place bread, yogurt side down, on top of sauerkraut.

SERVES 4 (serving size: 1 sandwich)

Calories 382; **Fat** 17g (sat 5g, unsat 8g); **Protein** 22g; **Carb** 41g; **Fiber** 10g; **Sugar** 6g (added sugar 2g); **Sodium** 740mg; **Calc** 29% DV; **Potassium** 10% DV

THE BENEFITS OF TEMPEH

Fermented soybeans packed into cakes, tempeh is not only an anti-inflammatory but also a great source of plant-based protein, with 16g in just 3 ounces. The whole bean is used (making it less processed than tofu), and it has a nutty, slightly sour, savory flavor. It also packs 9g fiber (a third of your daily needs) into just 3 ounces.

Whole-Grain Veggie Burrito Bowl

Hands-on: 25 min.

Total: 25 min.

This is a Tex-Mex riff on the Korean rice dish bibimbap, in which various toppings are arranged over a bed of rice. Here, burrito bowl must-haves such as smoky black beans, fresh pico de gallo, and slaw top brown rice.



- 1 (3.5-oz.) bag boil-in-bag brown rice
- 2 Tbsp. olive oil, divided
- 1 tsp. ground cumin
- 3 garlic cloves, minced
- $\frac{3}{4}$ tsp. kosher salt, divided
- 1 (15-oz.) can unsalted black beans, undrained
- 1 Tbsp. chopped chipotle chiles, canned in adobo sauce
- 1 cup chopped cherry or grape tomatoes

1/3 cup finely chopped onion
1/4 cup chopped fresh cilantro
1 1/2 Tbsp. fresh lime juice, divided
1 jalapeño pepper, seeded and finely chopped
1 1/3 cups very thinly sliced red cabbage
3 oz. queso fresco, crumbled (about 3/4 cup)
1 ripe avocado, peeled and sliced

1. Cook brown rice according to package directions. Drain. Heat a medium skillet over medium heat. Add 1 1/2 tablespoons olive oil to pan; swirl to coat. Add cumin and garlic; cook 1 1/2 minutes, stirring frequently. Stir in rice and 1/4 teaspoon kosher salt.
2. Partially drain black beans. Place beans and remaining liquid in a small saucepan; stir in chipotle chiles and 1/4 teaspoon salt. Bring bean mixture to a boil; reduce heat, and simmer 5 minutes.
3. Combine remaining 1/4 teaspoon salt, tomatoes, onion, cilantro, 1 tablespoon lime juice, and jalapeño; toss to combine.
4. Combine remaining 1 1/2 teaspoons oil, remaining 1 1/2 teaspoons juice, and cabbage; toss well.
5. Divide rice mixture evenly among 4 shallow bowls. Divide bean mixture, tomato mixture, cabbage mixture, cheese, and avocado evenly over rice.

SERVES 4 (serving size: about 1/2 cup rice mixture, 1/3 cup bean mixture, 1/3 cup tomato mixture, 1/3 cup cabbage mixture, 3 tablespoons cheese, and 1/4 avocado)

Calories 380; **Fat** 18g (sat 4g, unsat 11g); **Protein** 13g; **Carb** 44g; **Fiber** 10g; **Sugars** 4g (added sugars 0g); **Chol** 15mg; **Calc** 20% DV; **Potassium** 20% DV

Black Bean Tostadas

Hands-on: 30 min.

Total: 30 min.

You'll never miss the meat and cheese in these vegan tostadas. Store-bought refried black beans, quick-steam green beans, and tostada shells make this a breeze to throw together.



½ cup water

½ cup white vinegar

¼ cup granulated sugar

1 cup thinly sliced radishes

1 large (8-oz.) red onion, cut into ½-in. rings

1½ Tbsp. olive oil, divided

2 ears fresh corn

1½ cups lower-sodium refried black beans (such as Amy's Organic)

6½ Tbsp. salsa (such as Frontera Chipotle Salsa), divided

¼ tsp. kosher salt, divided
4 oz. arugula (about 4 cups)
1 (8-oz.) steam-in-bag haricots verts (French green beans), cooked
1 cup cherry tomatoes, halved
8 tostada shells
½ ripe avocado, sliced
1 (2.5-oz.) pkg. plantain strips (such as Tumbis)
½ cup chopped fresh cilantro

1. Preheat broiler with oven rack 6 inches from heat. Place baking sheet in oven (do not remove pan while oven preheats).

2. Add ½ cup water, vinegar, and sugar to a saucepan over high; bring to a boil, stirring to dissolve sugar. Place radishes in a heatproof bowl; add vinegar mixture.

3. Toss onion rings with 1 tablespoon olive oil in a medium bowl. Brush corn with remaining ½ tablespoon oil. Carefully remove pan from oven; add onion and corn to pan, and broil until charred, about 15 minutes, turning halfway through. Adjust oven temperature to 400°F.

4. Combine refried beans, 1½ tablespoons salsa, and ⅛ teaspoon salt in a small saucepan over medium; cook mixture until warm, about 5 minutes.

5. Cut corn kernels off cob; combine with arugula, cooked green beans, tomatoes, remaining 5 tablespoons salsa, and remaining ⅛ teaspoon salt in a large bowl.

6. Bake tostada shells on a baking sheet until warmed, about 1 minute. Spread 3 tablespoons bean mixture on each tostada shell. Top each with 3 onion rings, ½ cup arugula mixture, 2 tablespoons drained pickled radishes, avocado, plantain strips, and 1 tablespoon cilantro.

SERVES 4 (serving size: 2 tostadas)

Calories 536; **Fat** 23g (sat 6g, unsat 15g); **Protein** 14g; **Carb** 74g; **Fiber** 15g; **Sugars** 14g (added sugars 2g); **Sodium** 724mg; **Calc** 17% DV; **Potassium** 17% DV

Risotto Milanese

Hands-on: 45 min.

Total: 45 min.

Super-creamy rice and a knob of next-level butter deliver pure comfort in this risotto. Though Arborio rice can work just fine here, pros prefer carnaroli's superior creaminess. You can find it at gourmet markets. The acidity of dry white wine cuts through risotto's richness. Pinot Grigio and Sauvignon Blanc work well; avoid oaky Chardonnay.



- 3½ cups unsalted vegetable stock
- 1 Tbsp. extra-virgin olive oil
- 1 cup finely chopped yellow onion (about 1 onion)
- 1 cup uncooked carnaroli or Arborio rice
- ½ cup dry white wine
- ¼ tsp. saffron threads

2 oz. Parmigiano-Reggiano cheese, finely grated (about ½ cup)

1½ Tbsp. unsalted pastured cultured butter

½ tsp. kosher salt

½ tsp. freshly ground black pepper

1. Heat stock in a small saucepan over medium-high until simmering; reduce heat to low, and cover to keep warm.

2. Heat oil in a medium saucepan or Dutch oven over medium. Add onion; cook, stirring often, until tender and translucent but not browned, about 7 minutes. Increase heat to medium-high. Add rice, and cook, stirring occasionally, until toasted, about 2 minutes. Add wine and saffron; cook, stirring often, until liquid is almost completely evaporated, about 3 minutes.

3. Add 1 cup of hot stock, and cook, stirring constantly, until liquid is almost absorbed. Repeat procedure 2 times. Add up to remaining ½ cup stock, and cook, stirring constantly, until rice is al dente. (Total cooking time is about 22 minutes.) Remove from heat. Add cheese, butter, salt, and pepper; stir until fully incorporated. Serve immediately.

SERVES 6 (serving size: about ¾ cup)

Calories 238; **Fat** 8g (sat 4g, unsat 3g); **Protein** 8g; **Carb** 30g; **Fiber** 2g; **Sugars** 2g (added sugars 0g); **Sodium** 409mg; **Calc** 9% DV; **Potassium** 2% DV

Mushroom French Dip Sandwiches

Hands-on: 1 hr.

Total: 1 hr. 15 min.

Our impressive makeover shaves off calories, sat fat, and sodium—and will satisfy even the most devoted meat lover.



2 tsp. unsalted butter

2½ Tbsp. olive oil, divided

2 large yellow onions, vertically sliced

¼ tsp. kosher salt

1¼ lb. portobello mushroom caps, gills removed, sliced into strips

¾ cup lower-sodium vegetable broth

⅓ cup dry sherry

1 Tbsp. vegetarian or vegan Worcestershire sauce

2 tsp. chopped fresh thyme

1 tsp. lower-sodium soy sauce
¼ tsp. black pepper
2 Tbsp. Dijon mustard
½ tsp. prepared horseradish
4 (2-oz.) whole-wheat hoagie rolls, split
4 very thin Swiss cheese slices (such as Sargento Ultra Thin)

1. Heat butter and 1½ teaspoons oil in a large skillet over medium. Add onions; cook, stirring occasionally, 10 minutes. Reduce heat to medium-low; cook, stirring occasionally, until golden, about 30 minutes. Stir in salt; cook 5 minutes.

2. Heat 1 tablespoon oil in a separate large skillet over medium-high. Arrange half of mushrooms in skillet in a single layer and cook, undisturbed, until golden brown, about 3 minutes. Stir and cook, stirring often, until golden brown all over, about 5 minutes. Transfer mushrooms to a bowl. Repeat process with remaining 1 tablespoon oil and remaining mushrooms.

3. Return cooked mushrooms to pan. Add broth, sherry, Worcestershire, thyme, soy sauce, and pepper. Bring mixture to a boil. Reduce to a simmer; cook 5 minutes. Using tongs, remove mushrooms to a bowl. Divide the jus evenly among 4 ramekins.

4. Stir together mustard and horseradish in a bowl. Spread on top halves of rolls.

5. Preheat broiler to high. Arrange ¾ cup mushrooms on bottom half of each roll. Top each with ¼ cup onions. Tear each cheese slice in half; place two halves on each sandwich. Place sandwiches on a baking sheet; cover with top halves of rolls. Broil until cheese melts, 1 to 2 minutes. Serve with jus for dipping.

SERVES 4 (serving size: 1 sandwich and 2 Tbsp. jus)

Calories 365; **Fat** 16g (sat 4g, unsat 10g); **Protein** 13g; **Carb** 43g; **Fiber** 7g; **Sugars** 8g (added sugars 0g); **Sodium** 742mg; **Calc** 12% DV; **Potassium** 14% DV

Extra-Crispy Veggie-Packed Pizza

Hands-on: 15 min.

Total: 20 min.

Our taste testers loved this pizza's crunchy crust and zingy zucchini salad, but the real hero was the halloumi—a dry, salty cheese similar to feta (which you could sub if you can't find halloumi). Sodium amounts vary among brands, so check the label.



1 Tbsp. white wine vinegar

1 Tbsp. canola oil

½ tsp. kosher salt, divided

¼ tsp. black pepper

1 cup shaved zucchini strips (from 1 zucchini)

1 (5-oz.) thin whole-wheat pizza crust (such as 365 Everyday Value)

¼ cup refrigerated basil pesto

2 ½ oz. halloumi or feta cheese, crumbled (about ⅔ cup)
2 medium tomatoes, thinly sliced
⅛ tsp. crushed red pepper
1 (2-oz.) pkg. baby spring mix (about 4 cups)
½ cup thinly sliced red onion
¼ cup chopped fresh basil

1. Preheat oven to 400°F with oven rack in top position. Stir together vinegar, oil, ¼ teaspoon salt, and black pepper in a medium bowl. Stir in zucchini; let stand at room temperature 10 minutes.
2. Meanwhile, place pizza crust on a baking sheet; spread pesto over crust. Sprinkle cheese evenly over pesto, and top with tomatoes and crushed red pepper. Bake on top rack at 400°F until slightly crispy, about 6 minutes. Turn broiler to high, and broil until cheese is bubbly, 1 to 2 minutes. Remove from oven, and let cool 2 minutes.
3. Add baby spring mix, onion, and basil to zucchini mixture; toss to combine. Arrange salad mixture evenly over pizza. Sprinkle with remaining ¼ teaspoon salt. Cut into 8 slices; serve immediately.

SERVES 4 (serving size: 2 slices)

Calories 280; **Fat** 18g (sat 6g, unsat 10g); **Protein** 12g; **Carb** 6g; **Fiber** 5g; **Sugars** 2g (added sugars 0g); **Sodium** 738mg; **Calc** 29% DV; **Potassium** 5% DV

SMART SOLUTION

This low-carb, high-fiber pizza packed with fresh vegetables is a great way to help manage diabetes or simply cut down on carbohydrate intake. This crust is sturdy, making it ideal for piling on colorful, fresh produce.

CHAPTER FOUR

Appetizers, Sides & Salads

The recipes in this chapter will help you start a party or round out your meal. You'll find flavor-rich appetizers and beautiful seasonal side dishes to satiate almost any craving.



Creamy Hummus with Spiced Ground Beef

Creamy Hummus with Spiced Ground Beef

Hands-on: 20 min.

Total: 20 min.

Typically, this style of supersmooth hummus starts with dried chickpeas; we discovered a shortcut with canned chickpeas where a little baking soda softens or dissolves the peas' skins. Be sure to use a blender; a food processor will not get the hummus this smooth. Serve with soft whole-wheat pita and crudité's.



- 1 (15-oz.) can unsalted chickpeas
- 1½ tsp. baking soda
- ⅓ cup tahini (sesame seed paste)
- 5 Tbsp. fresh lemon juice (about 2 lemons), divided
- ¼ to ½ cup water

¾ tsp. kosher salt, divided
5 garlic cloves, minced and divided
1 Tbsp. olive oil
⅔ cup finely chopped yellow onion
8 oz. 93% lean ground beef
½ tsp. ground cumin
½ tsp. ground coriander
¼ tsp. crushed red pepper
⅓ cup golden raisins
¼ cup chopped fresh flat-leaf parsley

1. Pour chickpeas and liquid from can into a small saucepan; stir in baking soda. Bring to a simmer over medium; cook, stirring occasionally, 3 to 5 minutes or until heated through. Drain and rinse in saucepan with cold water until chickpeas are room temperature; discard any skins that float to the top. Drain well.

2. Place chickpeas, tahini, ¼ cup lemon juice, ¼ cup water, ½ teaspoon salt, and 1 minced garlic clove in a blender; process until completely smooth and creamy, about 2 minutes, stopping to scrape sides as needed. Add up to ¼ cup more water, 1 tablespoon at a time, as needed. Let stand 5 minutes.

3. Heat a large skillet over medium. Add oil; swirl to coat. Add onion and remaining 4 minced garlic cloves; cook 2 minutes, stirring often. Add beef, cumin, coriander, crushed red pepper, and remaining ¼ teaspoon salt; cook, stirring occasionally to crumble, until beef is browned, about 5 minutes. Stir in raisins; cook 1 minute. Remove from heat; stir in parsley and remaining 1 tablespoon lemon juice.

4. Spread hummus in a thin layer on a large plate or platter; top evenly with the beef mixture.

SERVES 4 (serving size: ½ cup hummus and a scant ½ cup beef topping)

Calories 399; **Fat** 19g (sat 4g, unsat 13g); **Protein** 22g; **Carb** 39g; **Fiber** 6g; **Sugars** 10g (added sugars 0g); **Sodium** 553mg; **Calc** 10% DV; **Potassium** 19% DV

Chunky Muhammara

Hands-on: 10 min.

Total: 25 min.

Build a healthy appetizer platter with this flavor-packed dip at the center —surround it with crunchy vegetables and whole-wheat flatbread for dipping, and add a tin of oil-packed sardines, olives, nuts, feta cheese, marinated artichokes, and some dried and fresh fruit for a colorful, well-rounded meal.



- 2 large red bell peppers (about 1 ¼ lb.), halved and seeded
- 1½ oz. whole-wheat pita or lavash
- 1½ Tbsp. extra-virgin olive oil
- 1 Tbsp. pomegranate molasses
- 2 tsp. Aleppo pepper
- 1 tsp. ground cumin

$\frac{3}{4}$ tsp. kosher salt

1 large garlic clove, chopped

$\frac{2}{3}$ cup chopped toasted walnuts

1. Preheat broiler with oven rack in top position. Place bell pepper halves on a foil-lined baking sheet, skin sides up; flatten slightly by pressing with heel of hand. Broil until blackened, 8 to 10 minutes. Remove from oven, and wrap in foil used to line pan. Let stand 10 minutes. Rub off and discard skins.

2. Place pita in a food processor; process until coarsely ground, about 30 seconds. Add bell peppers, oil, pomegranate molasses, Aleppo pepper, cumin, salt, and garlic; process until smooth, stopping to scrape sides as needed. Add walnuts; pulse until almost smooth but with some small chunks, 4 to 5 times.

SERVES 8 (serving size: $\frac{1}{4}$ cup)

Calories 121; **Fat** 9g (sat fat 1g, unsat fat 8g); **Protein** 3g; **Carb** 8g; **Fiber** 2g; **Sugars** 3g (added sugars 0g); **Sodium** 206mg; **Calc** 2% DV; **Potassium** 4% DV

Salsa-Roasted Potatoes

Hands-on: 15 min.

Total: 40 min.

That jar of salsa hanging out in the back of your fridge has more in store for it than a date with a bag of tortilla chips. This easy recipe offers another option for that lycopene-rich salsa.



1 lb. halved baby Yukon Gold potatoes

Cooking spray

1 Tbsp. olive oil

1 tsp. chili powder

1 tsp. ground cumin

½ cup salsa

4 lime wedges

¼ cup chopped fresh cilantro

1/8 tsp. kosher salt

1. Preheat oven to 400°F.
2. Place potatoes on a rimmed baking sheet lined with aluminum foil. Coat potatoes generously with cooking spray. Bake 15 minutes.
3. Combine olive oil, chili powder, and cumin in a microwavable bowl; microwave at HIGH until fragrant, about 1 minute, stirring after 30 seconds. Add potatoes and salsa to olive oil mixture; toss to coat. Return potatoes to baking sheet; bake 15 minutes. Squeeze lime wedges over potatoes; sprinkle with cilantro and salt.

SERVES 4 (serving size: about 1/2 cup)

Calories 119; **Fat** 4g (sat 0g, unsat 3g); **Protein** 2g; **Carb** 21g; **Fiber** 4g; **Sugars** 3g (added sugars 0g); **Sodium** 309mg; **Calc** 1% DV; **Potassium** 2% DV

Cabbage Salad with Miso Vinaigrette

Hands-on: 10 min.

Total: 10 min.

Fresh cabbage is all about crunch. Napa cabbage can absorb bold vinaigrettes without losing its crisp bite. Carrots, red onion, and daikon radish add even more crunch.



- 3 Tbsp. unseasoned rice vinegar
- 2 Tbsp. red miso paste
- 1 Tbsp. canola oil
- 1 Tbsp. toasted sesame oil
- 2 tsp. reduced-sodium soy sauce
- 2 tsp. honey
- 1 garlic clove, thinly sliced
- 1 cup julienne-cut carrot (about 2 medium)

¾ cup thinly vertically sliced red onion
1 (1-lb.) head napa cabbage, coarsely chopped (about 5 cups)
1 medium daikon radish, peeled, halved lengthwise, and thinly sliced (about 8 oz.)
¼ tsp. kosher salt
¼ tsp. freshly ground black pepper
½ cup roasted unsalted cashews
¼ cup fresh cilantro leaves
2 Tbsp. toasted sesame seeds

1. Combine first 7 ingredients in a small bowl, stirring with a whisk. Combine carrot, onion, cabbage, and radish in a large bowl. Add vinegar mixture, salt, and pepper to cabbage mixture; toss well to coat. Sprinkle cashews, cilantro, and sesame seeds over salad.

SERVES 8 (serving size: about ⅔ cup)

Calories 172; **Fat** 12g (sat 2g, unsat 9g); **Protein** 4g; **Carb** 14g; **Fiber** 3g; **Sugars** 6g (added sugars 2g); **Sodium** 249mg; **Calc** 10% DV; **Potassium** 8% DV

Creamed Greens with Farro

Hands-on: 20 min.

Total: 40 min.

This side dish offers a healthy dose of greens paired with chewy farro and combined in a rich sauce. The panko topping offers satisfying crunch to finish it off.



- 1½ Tbsp. olive oil, divided
- ½ cup chopped yellow onion
- 1 tsp. minced garlic
- 12 oz. Swiss chard, stemmed and coarsely chopped (2 bunches)
- 14 oz. lacinato kale, stemmed and coarsely chopped (2 bunches)
- 1 cup unsalted chicken stock
- ½ tsp. black pepper
- ¼ tsp. kosher salt

3 oz. 1/3-less-fat cream cheese, softened
1 1/2 oz. reduced-fat provolone cheese, shredded (1/3 cup)
2 Tbsp. grated Parmesan cheese
2 cups cooked unpearled farro
1/3 cup whole-wheat panko (Japanese breadcrumbs)

1. Heat 1 tablespoon oil in an ovenproof skillet over medium-high. Add onion; sauté 4 minutes. Add garlic; cook 30 seconds. Add greens in batches, stirring to wilt. Add stock, pepper, and salt. Reduce heat, and simmer 12 minutes. Stir in cheeses and farro.
2. Preheat broiler with oven rack in top position.
3. Combine remaining 1 1/2 teaspoons oil and panko in a bowl; sprinkle over pan. Broil 4 minutes or until golden.

SERVES 10 (serving size: about 1/2 cup)

Calories 134; **Fat** 6g (sat 2g, unsat 2g); **Protein** 7g; **Carb** 19g; **Fiber** 4g; **Sugars** 2g (added sugars 0g); **Sodium** 236mg; **Calc** 13% DV; **Potassium** 9% DV

Maple-Caraway Brussels Sprouts

Hands-on: 20 min.

Total: 25 min.

Caraway seeds toast and infuse the butter as it browns, giving the Brussels sprouts a beautifully bronzed look and adding nutty depth.



1½ Tbsp. unsalted butter, divided

1½ tsp. olive oil

1 Tbsp. chopped fresh thyme

2 tsp. caraway seeds

1 lb. Brussels sprouts, trimmed and halved

2 cups thinly vertically sliced onion (about 1 large onion)

6 garlic cloves, thinly sliced

¼ cup pure maple syrup

3 Tbsp. sherry vinegar

1 tsp. Dijon mustard

½ tsp. kosher salt

½ tsp. black pepper

1. Heat 1½ teaspoons butter, oil, thyme, and caraway in a large nonstick skillet over medium-low, swirling until butter melts. Cook for 2 to 3 minutes or until the butter starts to foam.

2. Increase heat to medium-high. Add Brussels sprouts to pan; cook 6 to 7 minutes or until browned and crisp-tender. Remove from pan. Add onion and garlic to pan; sauté 6 minutes. Return Brussels sprouts to pan. Stir in syrup, vinegar, mustard, and salt; cook 2 minutes. Remove pan from heat; stir in remaining 1 tablespoon butter and pepper.

SERVES 6 (serving size: ½ cup)

Calories 129; **Fat** 4g (sat 2g, unsat 2g); **Protein** 3g; **Carb** 21g; **Fiber** 4g; **Sugars** 11g (added sugars 8g); **Sodium** 203mg; **Calc** 7% DV; **Potassium** 12% DV

Grapefruit, Apple, and Pomegranate Salad

Hands-on: 25 min.

Total: 25 min.

This quick fruit salad gives you 133% of your daily recommended intake of vitamin C. It's also superfun to eat: The pearls of grapefruit pulp and delicate flakes of sea salt pop on the tongue. A drizzle of honey will tame the pucker from the fruit and the serrano heat. Use the chile sparingly; a little goes a very long way here.



3 cups pink or red grapefruit sections (about 3 large)

2 cups julienne-cut Granny Smith apple

1/3 cup pomegranate arils

1/4 cup chopped fresh mint

1 Tbsp. seeded minced serrano chile
2 Tbsp. fresh lime juice
1 Tbsp. honey
1/8 tsp. flaked sea salt (such as Maldon)

1. Arrange grapefruit and apple on a platter; sprinkle with pomegranate, mint, and minced chile. Combine juice and honey in a small bowl; drizzle over salad. Sprinkle with flaked sea salt.

SERVES 4 (serving size: about 3/4 cup)

Calories 121; **Fat** 0g; **Protein** 2g; **Carb** 30g; **Fiber** 4g; **Sugars** 22g (added sugars 4g); **Sodium** 74mg; **Calc** 3% DV; **Potassium** 10% DV

Baked Coconut Plantains

Hands-on: 10 min.

Total: 30 min.

With their crisp exterior, tender and creamy interior, and hint of coconut flavor, these plantains are irresistible. Like bananas, very ripe plantains will have black skin—these are the sweetest and softest. To peel a plantain, cut off the tips at both ends, and then cut a lengthwise slit through the skin. Remove the peel in one piece.



4 very ripe plantains, diagonally sliced

¼ cup coconut oil, melted

½ tsp. kosher salt

½ tsp. flaked sea salt

1. Preheat oven to 400°F with rack 6 inches from heat.

2. Toss together plantain slices, oil, and kosher salt; spread in a single layer on a baking sheet. Roast at 400°F until plantains are lightly golden on bottom, about 15 minutes. Turn slices over, and continue roasting until evenly cooked and soft, about 15 minutes. Increase oven temperature to broil, and broil until deeply golden, 1 to 2 minutes. Sprinkle with flaked salt; serve warm.

SERVES 8 (serving size: ½ cup)

Calories 170; **Fat** 7g (sat 6g, unsat 1g); **Protein** 1g; **Carb** 29g; **Fiber** 2g; **Sugars** 13g (added sugars 0g); **Sodium** 258mg; **Calc** 0% DV; **Potassium** 13% DV

Celery Salad with Celery Seed Vinaigrette

Hands-on: 20 min.

Total: 20 min.

We love that this salad comes together with kitchen staples you're likely to have on hand. Celery seeds taste like the herby essence of celery, with a touch of natural sodium so you don't need as much added salt. You can also mix it into potato salad, sprinkle on poached white fish, and stir into pickling brines.



3 cups diagonally sliced peeled celery (about 5 large stalks)
3 cups shaved carrots (about 3 large)
1 (6-oz.) pkg. large cremini mushrooms, very thinly sliced
½ cup packed celery leaves

½ cup packed fresh flat-leaf parsley leaves
2 Tbsp. extra-virgin olive oil
1 tsp. grated lemon rind
2 Tbsp. fresh lemon juice
1 Tbsp. minced shallot
2 tsp. chopped fresh thyme
2 tsp. celery seeds
2 tsp. honey
¾ tsp. kosher salt
¼ tsp. black pepper
1 oz. Parmigiano-Reggiano cheese, finely grated (about ⅔ cup), divided

1. Combine celery, carrots, mushrooms, celery leaves, and parsley leaves in a bowl.
2. Whisk together oil, rind, juice, shallot, thyme, celery seeds, honey, salt, and pepper in a medium bowl. Add dressing and half of the cheese to vegetables, and toss to coat. Top each serving with remaining cheese.

SERVES 6 (serving size: 1 cup)

Calories 97; **Fat** 6g (sat 1g, unsat 5g); **Protein** 3g; **Carb** 8g; **Fiber** 2g; **Sugars** 4g (added sugars 1g); **Sodium** 252mg; **Calc** 8% DV; **Potassium** 10% DV

Snap Peas with Feta

Hands-on: 12 min.

Total: 12 min.

Vibrant, green sugar snap peas are at their peak in the spring, when they're sweetest and most tender. They're best either barely cooked or served raw, which preserves their irresistible crunch.



8 oz. trimmed fresh sugar snap peas
¼ cup plain 2% reduced-fat Greek yogurt
2 Tbsp. red wine vinegar
2 Tbsp. water
1 tsp. finely minced garlic
1 Tbsp. fresh lemon juice
2 oz. crumbled feta cheese, divided
½ cup chopped fresh mint, divided

1 tsp. lemon zest

2 Tbsp. toasted sesame seeds

1. Cook sugar snap peas in a large saucepan of boiling water, stirring often, until bright green, about 1 minute. Using a slotted spoon, transfer peas to a large bowl of ice water. Let peas stand for 5 minutes; drain. Pat peas dry with paper towels.

2. Place yogurt, vinegar, 2 tablespoons water, garlic, lemon juice, 1 ounce feta cheese, and ¼ cup mint in a blender; process on high until creamy, 1 to 2 minutes.

3. In a serving bowl, drizzle peas with yogurt mixture; toss well to coat. Sprinkle with lemon zest, sesame seeds, remaining 1 ounce feta cheese, and remaining ¼ cup mint.

SERVES 4 (serving size: 1 cup)

Calories 95; **Fat** 5g (sat 2g, unsat 3g); **Protein** 6g; **Carb** 7g; **Fiber** 2g; **Sugars** 3g (added sugars 0g); **Sodium** 190mg; **Calc** 12% DV; **Potassium** 1% DV

Charred Chard and Shallots

Hands-on: 11 min.

Total: 15 min.

This recipe uses chard leaves, but don't discard the stems. Chop and add to an omelet, or sauté them in a little olive oil and use as a flavor booster in a grilled cheese sandwich. To turn this side into a vegetarian main dish, top with chickpeas and crumbled feta.



Cooking spray
1 lb. rainbow chard
½ cup sliced shallots
¼ cup golden raisins
2 Tbsp. extra-virgin olive oil
1 Tbsp. fresh lemon juice
⅛ tsp. kosher salt

1/8 tsp. black pepper

1. Spray 2 rimmed baking sheets with cooking spray. Trim stems from rainbow chard and reserve for another use. Divide chard leaves and shallots evenly between prepared pans; lightly coat vegetables with cooking spray. Broil on high, 1 pan at a time, until partially charred, 4 to 5 minutes.
2. Chop chard into large pieces. Place chard mixture on a platter. Top with raisins, olive oil, lemon juice, salt, and pepper.

SERVES 4 (serving size: 1 cup)

Calories 119; **Fat** 7g (sat 1g, unsat 6g); **Protein** 2g; **Carb** 14g; **Fiber** 2g; **Sugars** 8g (added sugars 0g); **Sodium** 215mg; **Calc** 5% DV; **Potassium** 12% DV

THE CASE FOR CHARRING

Those deliberately overbrowned edges make an enormous flavor impact with zero added calories, sodium, or fat. Charred vegetables are particularly delicious.

Broccoli-and-Kraut Slaw

Hands-on: 15 min.

Total: 25 min.

Using fresh broccoli instead of bagged broccoli slaw makes for a sweeter, more flavorful end product. Look for refrigerated sauerkraut either in the deli or by the tofu in your local grocery store (canned sauerkraut lacks probiotics).



1/3 cup plain whole-milk Greek yogurt
3 Tbsp. rice vinegar
2 Tbsp. canola oil
1 1/2 Tbsp. honey
1 Tbsp. white miso
2 tsp. minced garlic
1/4 tsp. freshly ground black pepper

1 medium head broccoli (about 24 oz.)
2 cups grated red cabbage
1 cup shaved red onion
½ cup thinly sliced scallions
⅓ cup golden raisins
⅓ cup drained refrigerated sauerkraut

1. Whisk together yogurt, vinegar, oil, honey, miso, garlic, and pepper in a small bowl; set aside.
2. Trim and peel broccoli stalk. Cut head in half lengthwise. Starting at the crown, thinly slice both halves, including the stalk. (Or fit food processor with large-hole grating disk. Working with a few pieces at a time, push broccoli pieces and stems through food chute until grated.)
3. Place sliced broccoli, cabbage, red onion, scallions, raisins, and sauerkraut in a large bowl. Add miso-yogurt dressing; toss until evenly coated. Let stand 10 minutes before serving.

SERVES 6 (serving size: about 1½ cups)

Calories 153; **Fat** 6g (sat 1g, unsat 5g); **Protein** 5g; **Carb** 23g; **Fiber** 5g; **Sugars** 14g (added sugars 4g); **Sodium** 216mg; **Calc** 9% DV; **Potassium** 14% DV

Grilled Camembert with Macerated Cherries and Rosemary

Hands-on: 20 min.

Total: 30 min.

You can also try this with blueberries, diced plums, or sliced peaches.



- 1½ cups pitted cherries, halved
- 1 tsp. finely chopped fresh rosemary
- 1 tsp. sugar
- ¼ tsp. kosher salt
- ¼ tsp. freshly ground black pepper
- 1 (5-in.) wheel Camembert cheese (about 8 oz.), at room temperature
- Cooking spray
- 32 table water crackers

1. Combine cherries, rosemary, sugar, salt, and pepper in a small saucepan over medium-high heat; cook for 6 minutes or until the cherries release their juices and juices are slightly thickened. Cool completely.
2. Preheat grill to low. Once grill is heated, coat grill rack and one side of cheese with cooking spray. Place cheese, coated side down, on grill rack; cook, covered, 5 minutes or until the rind is soft. Invert cheese onto a plate. Spoon cherry mixture over top. Serve with crackers.

SERVES 16 (serving size: 2 crackers, ½ oz. cheese, and about 1 Tbsp. cherry mixture)

Calories 107; **Fat** 4g (sat 2g, unsat 1g); **Protein** 4g; **Carb** 14g; **Fiber** 1g; **Sugars** 7g (added sugars 0g); **Sodium** 149mg; **Calc** 6% DV; **Potassium** 4% DV

Smoked Salmon Deviled Eggs

Hands-on: 15 min.

Total: 25 min.

In these tasty deviled eggs, $\frac{1}{3}$ -less-fat cream cheese adds some richness along with the yolks.



- 8 large eggs
- 3 Tbsp. canola mayonnaise
- 2 Tbsp. chopped fresh dill
- 2 tsp. lemon juice
- 1 tsp. Dijon mustard
- 2 oz. chopped cold-smoked salmon
- 1 oz. $\frac{1}{3}$ -less-fat cream cheese, softened
- 1 Tbsp. chopped fresh chives

½ tsp. black pepper

1. Arrange eggs in a saucepan; cover with water. Bring to a boil. Cover; remove from heat. Let stand 10 minutes; drain. Cool eggs in a bowl of cold water; drain and peel.

2. Halve eggs lengthwise; scoop yolks into a bowl. Add canola mayonnaise, dill, lemon juice, Dijon mustard, salmon, and cream cheese; stir until well combined. Spoon yolk mixture evenly into centers of whites. Sprinkle eggs evenly with chives and black pepper.

SERVES 8 (serving size: 2 egg halves)

Calories 104; **Fat** 7g (sat 2g, unsat 5g); **Protein** 8g; **Carb** 1g; **Fiber** 0g; **Sugars** 0g (added sugars 0g); **Sodium** 196mg; **Calc** 3% DV; **Potassium** 2% DV

Creamed Corn

Hands-on: 15 min.

Total: 25 min.

Golden and crisp, corn is one of summer's most glorious gifts. Corn puree gives this dish its velvety texture without adding loads of cream.



- 1 Tbsp. unsalted butter
- ½ cup minced sweet onion
- 4 cups fresh corn kernels
- ½ cup water
- 3 Tbsp. heavy cream
- ½ tsp. kosher salt
- ¼ tsp. black pepper
- ⅛ tsp. nutmeg

Chopped fresh parsley (optional)

1. Melt butter in a large skillet over medium-high; add onion, and cook until softened, about 5 minutes. Stir in corn and water. Cover and cook 10 minutes.
2. Transfer half of corn mixture to a blender. Remove center of blender lid; secure lid, and place a clean towel over opening. Process until smooth. Add puree to skillet; stir in heavy cream, kosher salt, pepper, and nutmeg. Cook over medium until thickened and heated through. Garnish with chopped fresh parsley, if desired.

SERVES 6 (serving size: about ½ cup)

Calories 132; **Fat** 6g (sat 3g, unsat 2g); **Protein** 4g; **Carb** 20g; **Fiber** 2g; **Sugars** 7g (added sugars 0g); **Sodium** 177mg; **Calc** 1% DV; **Potassium** 6% DV

CHOOSING CORN

When buying corn, seek out the freshest ears you can find for the sweetest flavor—the sugars begin to turn into starch after it's picked.

Grilled Wedge-Salad Slaw

Hands-on: 40 min.

Total: 45 min.

We took the irresistible toppings from a wedge salad—namely bacon and blue cheese dressing—and added them to coleslaw. The cabbage goes onto the grill in wedges to pick up smoky char, then is chopped for the slaw.



- 6 bacon slices, coarsely chopped
- 1 head green cabbage (about 2¼ lb.), cut into 8 wedges
- Cooking spray
- 1 pt. cherry tomatoes, halved
- 2 medium scallions, thinly sliced (about ½ cup)
- 1 oz. blue cheese, crumbled (about ¼ cup)
- ¼ cup canola mayonnaise

¼ cup olive oil
2 tsp. white wine vinegar
½ tsp. black pepper
¼ tsp. kosher salt

1. Cook bacon in a skillet over medium, stirring often, until crisp, 10 to 12 minutes. Drain on a paper towel-lined plate.
2. Preheat grill to medium-high (about 450°F). Spray cut sides of cabbage with cooking spray. Grill, uncovered, until charred and tender, 2 to 3 minutes per side. Transfer to a cutting board, and coarsely chop. Transfer to a large bowl. Add bacon, tomatoes, and scallions.
3. Stir together blue cheese, mayonnaise, oil, vinegar, pepper, and salt in a small bowl. (Mixture will look curdled.) Drizzle over cabbage mixture, and toss to coat. Serve immediately.

SERVES 8 (serving size: 1 cup)

Calories 163; **Fat** 12g (sat 2g, unsat 9g); **Protein** 6g; **Carb** 13g; **Fiber** 6g; **Sugars** 6g (added sugars 0g); **Sodium** 248mg; **Calc** 10% DV; **Potassium** 15% DV

CHAPTER FIVE

Desserts & Drinks

Sweet treats and tasty sippers are the extras that often help make a meal into something special. Regardless of the occasion or season, you'll find enticing options here.



Crunchy-Chewy Salted Chocolate Chunk Cookies

Crunchy-Chewy Salted Chocolate Chunk Cookies

Hands-on: 9 min.

Total: 36 min.

These cookies are made with whole-wheat flour for a nutrition boost, but the good news is that they work with other flours, too (see box at right). They're wonderfully crisp around the edges and chewy in the middle; that soft center comes from using all brown sugar (no granulated) and a drizzle of honey.



1 cup packed dark brown sugar
6 Tbsp. canola oil
6 Tbsp. butter, softened
2 Tbsp. honey
1½ tsp. vanilla extract
1 large egg

9.5 oz. whole-wheat flour (about 2 cups)
1 tsp. baking soda
 $\frac{3}{8}$ tsp. table salt
4 oz. premium semisweet chocolate, chopped
 $\frac{3}{8}$ tsp. fleur de sel or other coarse sea salt

1. Preheat oven to 375°F.
2. Place first 3 ingredients in a large bowl; beat with a mixer at medium speed until well blended. Add honey, vanilla, and egg; beat until well combined.
3. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking soda, and table salt, stirring with a whisk. Add flour mixture to sugar mixture; beat at low speed until almost combined. Add chocolate; beat at low speed just until combined.
4. Spoon dough by rounded tablespoonfuls onto parchment paper-lined baking sheets (12 cookies per sheet); sprinkle $\frac{1}{8}$ teaspoon sea salt evenly over each batch of 12, pressing gently to adhere. Bake in batches at 375°F for 8 to 10 minutes or until barely browned around edges. Cool cookies on pan 3 minutes; place on a wire rack to cool.

SERVES 36 (serving size: 1 cookie)

Calories 105; **Fat** 6g (sat 2g, unsat 3g); **Protein** 1g; **Carb** 14g; **Fiber** 1g; **Sugars** 8g (added sugars 8g); **Sodium** 104mg; **Calc** 91% DV; **Potassium** 1% DV

CHANGE IT UP

Use this recipe as a customizable template and experiment with different flours to find the one you like best. Here are some substitution options:

Brown Rice Flour

(8.8 ounces/2 cups) Cookies flattened but were crispy and very nutty tasting.

Buckwheat Flour

(9 ounces/2 cups) Sandy batter, but cookies were beautiful. Buckwheat's bitter edge tasted like dark chocolate.

White Whole-Wheat Flour

(9.5 ounces/2 cups) Cookies were puffy and pretty, with more up-front sweetness than the other versions.

Whole-Wheat Pastry Flour

(8.5 ounces/2 cups + 2 tablespoons) Crunchier texture; flavor was mild, buttery, and sweet.

Tangy Lemon Cheesecake Bars

Hands-on: 25 min.

Total: 3 hr. 30 min.

Classic lemon squares can contain 36g sugar per piece. We put a puckery cheesecake spin on ours—cutting sugar to just 6g per bar—which allows the bright citrus to shine.



4 oz. whole-wheat pastry flour (about 1 cup)

⅓ cup sliced almonds, toasted

3 Tbsp. powdered sugar

1 Tbsp. canola oil

¼ tsp. kosher salt

¼ cup cold butter, cut into small pieces

Cooking spray

¾ cup fat-free Greek yogurt

1/3 cup granulated sugar
1 Tbsp. grated lemon rind
1/3 cup plus 1 Tbsp. fresh lemon juice
1 tsp. vanilla extract
1/4 tsp. kosher salt
1 (8-oz.) pkg. 1/3-less-fat cream cheese
2 large eggs

1. Preheat oven to 350°F.
2. To prepare crust, weigh or lightly spoon flour into a dry measuring cup; level with a knife. Place flour, almonds, powdered sugar, oil, and 1/4 teaspoon salt in a food processor; pulse until almonds are finely ground. Add butter; pulse until mixture resembles coarse meal. Pour mixture into an 11 x 7-inch glass baking dish coated with cooking spray. Pat mixture down into an even layer, patting firmly without compacting too tightly (which will make crust tough). Bake at 350°F for 23 minutes or until lightly browned. Remove from oven, and cool completely.
3. Reduce oven temperature to 325°F.
4. To prepare filling, rinse processor, and wipe dry. Place yogurt and next 6 ingredients (through cream cheese) in processor; process until smooth. Add eggs; process until smooth. Pour mixture over crust, spreading evenly. Bake at 325°F for 30 minutes or until set.
5. Cool completely on a wire rack. Cover and refrigerate 3 hours or until chilled.

SERVES 18 (serving size: 1 piece)

Calories 129; **Fat** 8g (sat 4g, unsat 4g); **Protein** 4g; **Carb** 12g; **Fiber** 1g; **Sugars** 6g (added sugars 5g); **Sodium** 130mg; **Calc** 3% DV; **Potassium** 2% DV

Lemon Meringue Pie

Hands-on: 25 min.

Total: 3 hr. 40 min.

A finely tuned balance of lemony tang and fluffy meringue makes our whole-grain pie shine—with only 231 calories per slice.



CRUST:

4.38 oz. whole-wheat pastry flour (about 1¼ cups)

1 Tbsp. nonfat dry milk

2 tsp. granulated sugar

¼ tsp. kosher salt

3 Tbsp. vegetable shortening, chilled and cut into small pieces

2 Tbsp. cold unsalted butter, cut into small pieces

¼ cup ice-cold water, divided

FILLING:

2 large eggs

1 large egg white
1½ cups water
1 cup granulated sugar
⅓ cup cornstarch
¼ tsp. kosher salt
1½ Tbsp. lemon zest
½ cup fresh lemon juice
2 tsp. unsalted butter

MERINGUE:

4 large egg whites
¼ tsp. cream of tartar
2 Tbsp. powdered sugar

1. Whisk together flour, dry milk, sugar, and salt in a bowl. Add shortening and butter; use your fingers to combine until well distributed and pea-size clumps form. Stir in 2 tablespoons ice-cold water. Add up to 2 more tablespoons water, as needed, until dough comes together. Knead 2 times on a floured surface. Shape dough into a disk; wrap in plastic wrap. Chill for 30 minutes.
2. Preheat oven to 425°F. Unwrap dough; roll into an 11-inch circle on a floured surface. Place inside a 9-inch glass pie plate. Crimp edges of dough; prick all over with a fork. Bake at 425°F until lightly browned, 10 to 12 minutes. Let cool while preparing filling. Reduce oven temperature to 375°F.
3. Whisk together eggs and egg white in a bowl. Whisk together 1½ cups water, sugar, cornstarch, and salt in a saucepan. Bring to a boil, stirring often. Boil until mixture thickens, 1 minute. Remove from heat; slowly whisk mixture into eggs. Return to pan; cook over medium-low, stirring constantly, 1 minute. Remove from heat; stir in zest, juice, and butter until smooth. Pour into crust.
4. Beat egg whites and cream of tartar with a mixer on medium-high speed until soft peaks form, about 2 minutes. Add sugar, increase speed to high, and beat until stiff peaks form, 1 minute.
5. Spread meringue over hot filling to edge of crust. Bake at 375°F until top is golden, about 10 minutes. Cool 2 hours.

SERVES 12 (serving size: 1 slice)

Calories 231; **Fat** 7g (sat 3g, unsat 3g); **Protein** 5g; **Carb** 38g; **Fiber** 3g; **Sugars** 20g (added

sugars 19g); **Sodium** 118mg; **Calc** 2% DV; **Potassium** 3% DV

Easy Jasmine Rice Pudding

Hands-on: 35 min.

Total: 45 min.

Soothe yourself at the end of the day with a bowl of warm, creamy comfort. Tryptophan, the amino acid that is more notoriously associated with turkey, is jam-packed into pumpkin seeds. Your body uses tryptophan to synthesize the hormone melatonin that helps regulate sleep. If you have trouble finding goji berries or pepitas, sub tart cherries or pomegranates and walnuts; walnuts also contain tryptophan.



3½ cups 2% reduced-fat milk

⅔ cup water

⅓ cup honey

½ tsp. kosher salt

¾ cup uncooked jasmine rice

1½ tsp. vanilla extract

6 Tbsp. chopped dried goji berries

6 Tbsp. toasted unsalted pepitas (shelled pumpkin seeds)

1. Bring milk, water, honey, and salt to a simmer in a medium saucepan over medium-high. Stir in rice, and reduce heat to medium-low. Cook, uncovered, stirring often, until rice is tender and mixture is thickened, about 30 minutes.

2. Remove from heat, and stir in vanilla. Divide mixture evenly among 6 bowls; top each with 1 tablespoon goji berries and 1 tablespoon pepitas. Serve warm.

SERVES 6 (serving size: about $\frac{2}{3}$ cup)

Calories 276; **Fat** 7g (sat 2g, unsat 4g); **Protein** 9g; **Carb** 46g; **Fiber** 2g; **Sugars** 25g (added sugars 15g); **Sodium** 245mg; **Calc** 20% DV; **Potassium** 8% DV

Red Wine-Poached Pears with Cardamom and Vanilla Mascarpone

Hands-on: 10 min.

Total: 8 hr. 50 min.

Perfumy cardamom heightens the sweetness of poached winter fruit. We use whole pods here to infuse the poaching liquid with the taste of cardamom.



- 2 cups water
- 6 Tbsp. sugar
- ¼ cup cardamom pods
- 3 Tbsp. dry red wine (such as Burgundy)
- 2 whole star anise (optional)
- 3 firm pears (such as Bosc), peeled (about 1½ lb.)

¼ cup mascarpone cheese

2 tsp. whole milk

1 tsp. vanilla bean paste or ¼ tsp. vanilla extract

1. Stir together 2 cups water, sugar, cardamom, wine, and star anise, if using, in a saucepan over high; bring to a boil. Add pears; reduce heat to medium. Cut a circle of parchment paper slightly larger than circumference of pan; press paper onto the surface of pears to keep them submerged. Simmer pears 20 minutes or until just tender. Remove from heat; cool completely. Chill pears in liquid in pan 8 hours.

2. Remove pears from liquid with a slotted spoon. Halve pears vertically. Gently remove seeds and core with a spoon. Chill until serving.

3. Place pan with poaching liquid over high, and cook, stirring occasionally, until syrupy and reduced to about ½ cup, about 25 minutes. Pour through a fine wire-mesh strainer into a bowl; discard solids.

4. Whisk together mascarpone, milk, and vanilla in a bowl until smooth. Drizzle each serving with 1½ tablespoons poaching liquid syrup; top each with about 1 tablespoon vanilla mascarpone.

SERVES 6 (serving size: ½ pear, 1½ Tbsp. poaching syrup, and 1 Tbsp. mascarpone)

Calories 222; **Fat** 9g (sat 5g, unsat 4g); **Protein** 2g; **Carb** 33g; **Fiber** 4g; **Sugars** 24g (added sugars 16g); **Sodium** 13mg; **Calc** 5% DV; **Potassium** 5% DV

Banana-Walnut Bread

Hands-on: 15 min.

Total: 1 hr. 35 min.

Be sure to use bananas that are way overripe. If yours aren't quite there yet, one trick is to put bananas in the oven while it preheats and cook them until they're black. We opted for quick oats because they won't be chewy like rolled oats. We've used walnut oil in this recipe for the moisture and flavor boost—roasted walnut oil provides a deeper nut flavor than walnuts alone.



$\frac{3}{4}$ cup whole buttermilk

$\frac{1}{2}$ cup plus 3 Tbsp. quick-cooking oats, divided

6 oz. (about $1\frac{1}{2}$ cups) plus 1 Tbsp. white whole-wheat flour, divided

1 tsp. baking powder

$\frac{1}{4}$ tsp. baking soda

5/8 tsp. kosher salt, divided
3/4 cup plus 3 Tbsp. packed light brown sugar, divided
6 Tbsp. roasted walnut oil, divided
1/4 cup chopped walnuts
1/2 tsp. ground cinnamon
1 1/3 cups mashed very ripe bananas (about 3)
1 1/2 tsp. vanilla extract
2 large eggs, lightly beaten
Cooking spray

1. Preheat oven to 350°F. Stir buttermilk into 1/2 cup oats in a bowl; let stand 10 minutes.
2. Place 6 oz. flour in a bowl. Stir in baking powder, baking soda, and 1/2 teaspoon salt.
3. Combine 3 tablespoons sugar, 2 tablespoons oil, nuts, cinnamon, 1/8 teaspoon salt, and remaining oats and flour in a small bowl.
4. Add bananas, vanilla, eggs, and remaining brown sugar and oil to buttermilk mixture; fold in flour mixture. Spoon batter into a 9- x 5-inch loaf pan coated with cooking spray. Sprinkle walnut streusel over top. Bake at 350°F until a wooden pick inserted in center comes out clean, 55 minutes to 1 hour. Cool in pan on a wire rack 15 minutes. Remove bread from pan; serve warm, or cool completely.

SERVES 16 (serving size: 1 slice)

Calories 190; **Fat** 8g (sat 1g, unsat 7g); **Protein** 4g; **Carb** 27g; **Fiber** 2g; **Sugars** 16g (added sugars 10g); **Sodium** 208mg; **Calc** 5% DV; **Potassium** 4% DV

Fresh Blackberry Granita with Lemon Syrup

Hands-on: 25 min.

Total: 4 hr. 25 min.



2 lemons
1½ cups water
1⅓ cups sugar, divided
2 Tbsp. dark rum
¼ tsp. salt
1½ lb. fresh blackberries
2 thyme sprigs
¼ cup warm water
Grated lemon rind (optional)

1. Using a vegetable peeler, remove strips of rind from lemons; reserve. Juice 1 lemon. Place 1½ tablespoons lemon juice, 1½ cups water, 1 cup sugar, rum, salt, and blackberries in a blender; blend 2 minutes. Strain blackberry mixture through a fine sieve over a 13 x 9-inch glass baking dish, pressing on solids with a spatula until only seeds remain. Discard seeds. Cover and freeze 4 hours or until firm, stirring with a fork every 45 minutes. Remove mixture from freezer; scrape entire mixture with a fork until fluffy.

2. Combine reserved rind strips, remaining ⅓ cup sugar, and thyme in a medium bowl; muddle 1 minute. Let stand 10 minutes. Add ¼ cup warm water to rind mixture, stirring with a whisk until sugar dissolves. Strain mixture through a sieve over a bowl; discard solids. Place 1 cup granita in each of 8 dessert glasses; drizzle 1 tablespoon lemon syrup over each serving. Sprinkle evenly with grated lemon rind, if desired.

SERVES 8

Calories 173; **Fat** 0g; **Protein** 1g; **Carb** 41g; **Fiber** 4g; **Sugars** 37g (added sugars 33g); **Sodium** 75mg; **Calc** 3% DV; **Potassium** 4% DV

Strawberry, Basil, and Balsamic "Slablova"

Hands-on: 20 min.

Total: 5 hr. 50 min.

Inspired by a pavlova-for-a-crowd "slablova" recipe on Food52, we created our own Passover version. Though potato starch is a go-to for Passover baked goods, we found tapioca starch gives better texture here. For a non-Passover occasion, cornstarch makes a beautiful pavlova.



1½ Tbsp. kosher-for-Passover tapioca starch
1¾ cups plus 1 Tbsp. superfine sugar, divided
8 large egg whites, at room temperature
2 tsp. fresh lemon juice
½ tsp. kosher salt

3 cups fresh strawberries, hulled and quartered
¼ cup chopped or torn fresh basil
3 Tbsp. kosher-for-Passover white or red balsamic vinegar
1¾ cups heavy cream

1. Preheat oven to 250°F. Line a rimmed baking sheet with parchment paper.
2. Whisk together tapioca starch and 1¾ cups sugar in a small bowl.
3. Beat together egg whites, lemon juice, and salt with an electric mixer on medium speed until frothy, 1 to 2 minutes. Increase speed to medium-high, and gradually add sugar mixture, beating until stiff, glossy peaks form, about 10 minutes.
4. Spread meringue onto prepared baking sheet in an even layer to form a 13- x 10-inch rectangle. Bake at 250°F until set and firm, about 2 hours and 30 minutes. Turn oven off, and let stand in oven to completely cool, about 3 hours.
5. Combine strawberries, basil, and balsamic vinegar in a bowl; let stand 30 minutes.
6. Just before serving, beat together cream and remaining 1 tablespoon sugar with an electric mixer on medium-high speed until soft peaks form. Spread whipped cream evenly over meringue. Top with strawberry mixture. Serve immediately.

SERVES 15 (serving size: 1 [3-in.] piece)

Calories 208; **Fat** 10g (sat 6g, unsat 3g); **Protein** 3g; **Carb** 28g; **Fiber** 1g; **Sugars** 26g (added sugars 23g); **Sodium** 102mg; **Calc** 3% DV; **Potassium** 3% DV

Oatmeal-Raisin Skillet Cookie with Miso-Caramel Sauce

Hands-on: 15 min.

Total: 1 hr.

Chewy in the middle with crispy edges, this easy dessert flavored with browned butter is absolutely irresistible. You can swap any dried fruit for the raisins here.



COOKIE:

3 Tbsp. unsalted butter
5 Tbsp. canola oil
 $\frac{1}{3}$ cup packed light brown sugar
 $\frac{1}{3}$ cup granulated sugar
1 tsp. vanilla extract

½ tsp. ground cinnamon
1 large egg
4.25 oz. all-purpose flour (about 1 cup)
¾ tsp. baking soda
1 cup old-fashioned rolled oats
½ cup raisins
Cooking spray

SAUCE:

¼ cup packed light brown sugar
2 Tbsp. unsalted butter
3 Tbsp. sweet white miso
1 Tbsp. heavy cream
1 tsp. apple cider vinegar
¾ cup vanilla frozen yogurt

1. Prepare the cookie: Preheat oven to 325°F. Heat butter in a 9-inch cast-iron skillet over medium until butter melts and foam subsides, 3 to 4 minutes. Pour melted butter in a large bowl, but don't wipe out skillet. Add oil to butter. Add sugars, vanilla, and cinnamon; whisk vigorously until smooth. Whisk in egg.
2. Stir together flour and baking soda in a small bowl. Add to sugar mixture, and stir until just incorporated. Fold in oats and raisins. Lightly coat buttered cast-iron skillet with cooking spray. Spread dough in skillet.
3. Bake at 325°F until just done, 25 to 30 minutes. (The cookie will just be cracking at the edges.) Remove skillet from oven, and cool on a wire rack 15 to 20 minutes.
4. Prepare the sauce: Heat sugar and butter in a skillet over medium-high, whisking until sugar dissolves. Whisk in miso until smooth. Remove from heat. Add cream; stir in vinegar. Pour half of sauce over cookie. Cut into wedges. Top each serving with 1 tablespoon frozen yogurt, and drizzle evenly with remaining sauce.

SERVES 12 (serving size: 1 slice, 1½ Tbsp. sauce, and 1 Tbsp. frozen yogurt)

Calories 280; **Fat** 12g (sat 4g, unsat 8g); **Protein** 5g; **Carb** 39g; **Fiber** 2g; **Sugars** 24g (added sugars 16g); **Sodium** 230mg; **Calc** 5% DV; **Potassium** 3% DV

KNOW YOUR MISO

You'll see three miso styles in well-stocked groceries: White, or shiro, miso is the mildest and is also called sweet or mellow miso. Red, or aka, miso, fermented longest, is the most pungent. Yellow, or shinshu, miso falls in the middle and is, to some, the most versatile.

Milk Chocolate Yogurt with Granola and Blueberries

Hands-on: 45 min.

Total: 1 hr. 45 min.

This dessert is adapted from a recipe in Cheryl Sternman Rule's book *Yogurt Culture*. The yogurt only has three ingredients, so it's important to use the best you can get.



- 1 cup old-fashioned oats
- 2 Tbsp. toasted sesame seeds
- 2 Tbsp. demerara or turbinado sugar
- $\frac{3}{4}$ tsp. ground cinnamon
- 1 tsp. flaky sea salt, divided
- 3 Tbsp. unsweetened cocoa

3 Tbsp. honey
2 Tbsp. extra-virgin olive oil
5 oz. Valrhona or Callebaut milk chocolate, melted over a double boiler
2 cups plain whole-milk Greek yogurt
2 cups fresh blueberries

1. Preheat oven to 300°F. Line a rimmed baking sheet with parchment paper. Combine oats, sesame seeds, sugar, cinnamon, and ½ teaspoon salt in a large bowl.

2. Whisk together cocoa, honey, and oil in a saucepan over medium until honey and cocoa melt together. Pour over oat mixture; stir to coat. Spread onto prepared baking sheet; bake at 300°F for 15 minutes. Stir the granola to break it apart, and bake another 12 minutes. Remove from oven; cool completely. Crumble the granola.

3. Place melted chocolate in a medium glass bowl. Gradually whisk in yogurt until smooth. (If chocolate starts to seize up, return bowl to double boiler, and stir constantly over low heat until smooth.) Stir in remaining ½ teaspoon salt. Cover and chill yogurt mixture 1 hour or up to 8 hours.

4. Divide yogurt mixture among 8 parfait glasses; top with granola and blueberries.

SERVES 8 (serving size: about ⅓ cup yogurt, ¼ cup granola, and ¼ cup blueberries)

Calories 299; **Fat** 14g (sat 6g, unsat 7g); **Protein** 9g; **Carb** 37g; **Fiber** 4g; **Sugars** 26g (added sugars 18g); **Sodium** 257mg; **Calc** 11% DV; **Potassium** 8% DV

Bordeaux-Style Strawberries

Hands-on: 21 min.

Total: 21 min.

In Bordeaux, where châteaux and vineyards abound, a typical dessert is fresh strawberries sliced into a red wine glass and then topped with a great Bordeaux. Here, that regional tradition is adapted to make it more dessert-like.



SAUCE:

2 cups richly flavored red wine (such as Bordeaux)

2 Tbsp. sugar

1 Tbsp. minute tapioca

1½ tsp. vanilla extract

BERRIES:

1 lb. ripe strawberries, hulled

3 Tbsp. sugar

2 tsp. vanilla extract

1. To prepare sauce, combine wine, 2 tablespoons sugar, and tapioca in a saucepan over medium heat. Cook 7 minutes or until tapioca dissolves and mixture is slightly thickened, stirring frequently with a whisk.

Remove from heat; stir in 1½ teaspoons vanilla. Pour mixture into a small bowl set into a large bowl of ice water; cool mixture to room temperature.

2. To prepare berries, combine berries, 3 tablespoons sugar, and 2 teaspoons vanilla in a bowl; let stand 15 minutes, stirring occasionally.

3. Divide berry mixture among 4 red wine glasses. Pour sauce over berries.

SERVES 4 (serving size: ½ cup berries and ⅓ cup sauce)

Calories 221; **Fat** 0g; **Protein** 1g; **Carb** 31g; **Fiber** 2g; **Sugars** 23g (added sugars 16g); **Sodium** 6mg; **Calc** 3% DV; **Potassium** 9% DV

Holiday Coconut Cooler

Hands-on: 5 min.

Total: 5 min.

Wow your guests this holiday season with a whimsical white cocktail. A mix of coconut milk and coconut rum adds Caribbean flair, making even the coldest winter days feel bright and blissful. Entertain a crowd with ease by making a double or triple batch ahead of time—just give it a stir right before garnishing.



½ cup fresh mint leaves
1 (1-in.) lime wedge
2 Tbsp. granulated sugar
¼ tsp. kosher salt
3 oz. white rum
½ cup coconut water

5 ice cubes

3 oz. coconut rum

1 Tbsp. fresh lime juice

2 cups refrigerated unsweetened coconut milk (such as Silk)

Fresh mint leaves

Pomegranate arils

1. Muddle mint leaves, lime wedge, sugar, and salt in a cocktail shaker. Add white rum, coconut water, and ice cubes; shake for 15 seconds. Strain into a serving pitcher. Add coconut rum, lime juice, and coconut milk. Stir to combine. Pour into 4 lowball glasses filled with ice. Garnish with fresh mint leaves and pomegranate arils.

SERVES 4 (serving size: about $\frac{3}{4}$ cup)

Calories 141; **Fat** 2g (sat 2g, unsat 0g); **Protein** 0g; **Carb** 12g; **Fiber** 0g; **Sugars** 7g (added sugars 6g); **Sodium** 142mg; **Calc** 23% DV; **Potassium** 2% DV

MAKE IT A MOCKTAIL

To make this a mocktail, omit both rums and add an extra $\frac{1}{2}$ cup coconut water, 1 tablespoon fresh lime juice, and $\frac{1}{2}$ teaspoon coconut extract.

Cucumber-Lime-Lavender Spritzer

Hands-on: 5 min.

Total: 30 min.

This effervescent, nonalcoholic refresher perfectly balances floral, tangy, and sweet flavors. If you'd like to turn it into a tippie, try adding a splash of gin or vodka.



½ cup water

⅓ cup granulated sugar

¼ cup loosely packed fresh mint leaves

1 Tbsp. dried culinary lavender

4 cups chopped peeled cucumber (about 4 cucumbers)

⅔ cup fresh lime juice (from about 4 limes)

6 cups club soda

Mint sprigs and lime wedges (optional)

1. Combine ½ cup water and sugar in a saucepan. Bring to a boil over high, stirring until sugar dissolves. Remove from heat. Add mint leaves and lavender. Steep 12 minutes. Pour through a fine wire-mesh strainer into a bowl; discard solids. Cool syrup completely, about 10 minutes.
2. Combine cucumber and lime juice in a blender, and process until smooth.
3. Stir together mint-lavender syrup, cucumber-lime mixture, and club soda in a large pitcher. Serve over ice; garnish with mint sprigs and lime wedges, if desired.

SERVES 8 (serving size: 1 cup)

Calories 46; **Fat** 0g; **Protein** 0g; **Carb** 12g; **Fiber** 1g; **Sugars** 10g (added sugars 8g); **Sodium** 39mg; **Calc** 2% DV; **Potassium** 3% DV

Blackberry-Orange Margarita

Hands-on: 10 min.

Total: 1 hr. 10 min.

This fruity sipper has sweet-tart flavor with a subtle burn from the serrano-infused tequila. Tender-tongued? This drink is equally delicious without the chile. Blackberries are fiber-packed and contain antioxidants called polyphenols that might ward off cognitive decline and keep your heart healthy. Garnish with additional blackberries and a chile, if you like.



- 4 oz. tequila
- 1 small serrano chile, halved lengthwise
- 12 oz. fresh blackberries
- 1 cup fresh orange juice
- ½ cup fresh lime juice
- 2 Tbsp. agave nectar

Dash of salt

1. Place tequila and chile in a small bowl or cup. Let stand 1 hour. Strain mixture through a fine-mesh sieve over a cup; discard solids.
2. Place blackberries, orange juice, lime juice, agave nectar, and salt in a blender; process until smooth. Strain mixture into a pitcher; discard solids. Stir in tequila. Divide mixture among 4 ice-filled glasses.

SERVES 4 (serving size: about $\frac{3}{4}$ cup)

Calories 168; **Fat** 1g (sat 0g, unsat 0g); **Protein** 2g; **Carb** 25g; **Fiber** 5g; **Sugars** 18g (added sugars 8g); **Sodium** 62mg; **Calc** 4% DV; **Potassium** 6% DV

Grape-Kombucha Sipper

Hands-on: 15 min.

Total: 30 min.

This versatile fruit also packs a healthy punch: Black and red grapes are rich in anthocyanins—powerful antioxidants that may lower your risk of heart disease and cancer and boost brain power. By adding the kombucha last, we preserve its carbonation, making for a crisp and refreshing cocktail.



12 oz. seedless black grapes (about 2 cups)

$\frac{3}{4}$ cup water

3 Tbsp. sugar

1 (2-in.) lemon rind strip

Ice

Frozen grapes

4 oz. gin

16 oz. kombucha

Fresh rosemary sprigs

1. Combine seedless black grapes, water, sugar, and lemon rind strip in a small saucepan over medium-high. Bring to a boil; reduce heat, and simmer 14 minutes or until liquid is slightly syrupy, stirring occasionally. Cool completely. Discard lemon rind.
2. Place grape mixture in a blender; pulse until smooth. Strain through a fine sieve over a bowl, pressing gently to extract liquid; discard solids.
3. To prepare each cocktail, fill each of 4 (8-oz.) glasses with ice and, if desired, frozen grapes. Pour $\frac{1}{3}$ cup grape mixture into each glass. Add 1 oz. gin and 4 oz. kombucha. Garnish with fresh rosemary.

SERVES 4 (serving size: about 1 cup)

Calories 165; **Fat** 0g; **Protein** 1g; **Carb** 26g; **Fiber** 1g; **Sugars** 21g (added sugars 10g); **Sodium** 7mg; **Calc** 1% DV; **Potassium** 4% DV

MAKE IT A MOCKTAIL

For an alcohol-free fall refresher, swap the 1 oz. gin in each drink for 2 oz. tonic water and 1 tsp. freshlemon juice.

NUTRITIONAL ANALYSIS

Our Philosophy

At *Cooking Light*, our team of food editors, experienced cooks, and dietitians builds recipes with whole foods, whole grains, and bigger portions of plants and seafood than meat. We emphasize oil-based fats more than saturated, and we promote a balanced diet low in processed foods and added sugars.

We use ingredients that are high in saturated fat (butter), sodium (soy sauce), or both (bacon) in small amounts as flavor-boosting solutions, rather than making them the focal point or cutting them out entirely. We don't cook with any products containing artificial sweeteners or trans fats (partially hydrogenated oils).

Breaking Down the Numbers

Cooking Light recipes adhere to rigorous nutrition guidelines that govern calories, saturated fat, sodium, and sugar based on various categories (main dish, side, dessert). These standards enable you to easily incorporate our recipes into a diet that follows the most recent USDA and ADA Dietary Guidelines (see below).

CALORIES PER DAY

1,600 – 2,000

This equates to three meals that range from 350 to 550 calories and two 100- to 150-calorie snacks.

SODIUM PER DAY

2,300mg or less

SATURATED FAT PER DAY

20g or less

ADDED SUGARS* PER DAY

38g or less

as recommended by the American Heart Association

**As of November 2018, the FDA does not require manufacturers to list added sugars on their labels, but the USDA recommends that added sugars make up no more than 10% of daily calorie intake. We set our guidelines at 38g or less and proactively include total and estimated*

added sugars with every recipe.

How to Portion

Cooking Light ensures that every serving is a satisfying, realistic portion that fulfills its role as part of a balanced plate. This includes the following in each category:

SEAFOOD

5 ounces cooked

BEEF AND PORK

3 ounces cooked

CHICKEN

4½ ounces cooked breast or 3 ounces cooked thigh

GRAINS

About ½ cup, preferably whole

FRUITS AND VEGETABLES

At least ½ cup

ALCOHOL

1.5 ounces liquor, 5 ounces wine, or 12 ounces beer

RECIPE INDEX

APPETIZERS

Chunky Muhammara
Creamy Hummus with Spiced Ground Beef
Grilled Camembert with Macerated Cherries and Rosemary

BEEF & LAMB

Mushroom Meat Loaf
Spice-Crusted Flank Steak with Crispy Potatoes
Steak, Goat Cheese, and Onion Jam Tartine

BEVERAGES

Blackberry-Orange Margarita
Cucumber-Lime-Lavender Spritzer
Grape-Kombucha Sipper
Holiday Coconut Cooler

DESSERTS

Banana-Walnut Bread
Bordeaux-Style Strawberries
Crunchy-Chewy Salted Chocolate Chunk Cookies
Easy Jasmine Rice Pudding
Fresh Blackberry Granita with Lemon Syrup
Lemon Meringue Pie
Milk Chocolate Yogurt with Granola and Blueberries
Oatmeal-Raisin Skillet Cookie with Miso-Caramel Sauce
Red Wine-Poached Pears with Cardamom and Vanilla Mascarpone
Strawberry, Basil, and Balsamic "Slablova"
Tangy Lemon Cheesecake Bars

FISH & SHELLFISH

Fish with Fire-Roasted Summer Veggies
Grilled Rainbow Trout with Chimichurri
Salmon and Lentil Bowl with Kefir Dressing
Sesame Salmon with Kimchi-Miso Butter
Spicy Scallops with Watermelon Salsa
Spicy Thai Shrimp Cakes

PASTA

Carrot Orecchiette
Pasta with Miso Cream Sauce
Sausage, Tomato, and Arugula Fettuccine

PORK

Double-Pea Risotto
Pork Chile Verde
Pork Medallions with Fennel-Apple Slaw
Pork Tenderloin with Bourbon-Peach Sauce
Taco Truck Lettuce Wraps

POULTRY

Creamy Chicken-Tomato Skillet
Curry-Roasted Chicken Thighs
Garlic-Soy Chicken Stir-Fry
Hainanese Chicken
Herb, Lemon, and Garlic Turkey
Lemon Chicken with Artichokes and Kale
Loaded Greek Feta Fries
Quick BBQ Chicken Thighs with Mashed Potatoes
Slow Cooker Chicken Mole Tacos

SALADS

Cabbage Salad with Miso Vinaigrette
Celery Salad with Celery Seed Vinaigrette
Early Summer Salad with Tempeh Croutons and Beet Dressing
Grapefruit, Apple, and Pomegranate Salad
Vietnamese Pork Salad

SANDWICHES

Banh Mi Burgers
Grilled Chicken Curry Flatbreads
Hot-Smoked Trout on Sesame Bagels
Mushroom French Dip Sandwiches
Pork and Charred Pineapple Sliders
Smashed Chili Cheeseburgers
Tempeh Reubens

SIDES

Baked Coconut Plantains
Broccoli-and-Kraut Slaw
Charred Chard and Shallots
Creamed Corn
Creamed Greens with Farro
Grilled Wedge-Salad Slaw
Maple-Caraway Brussels Sprouts
Salsa-Roasted Potatoes
Smoked Salmon Deviled Eggs
Snap Peas with Feta

SOUPS & STEWS

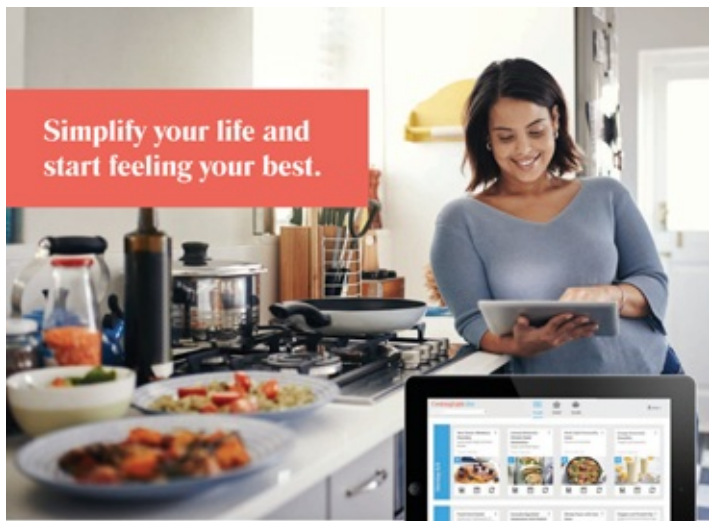
Quick Texas Chili
Spicy Beef Noodle Soup

VEGETARIAN

Black Bean Tostadas
Edamame, Okra, and Green Pea Korma
Extra-Crispy Veggie-Packed Pizza
Green Pea Fritters with Avocado Puree
Mujadara
Risotto Milanese
Whole-Grain Veggie Burrito Bowl
Zucchini Noodles with Spicy Peanut Sauce
Zucchini-Ricotta Pizza

USE THIS GUIDE

Use this helpful index to easily plan delicious meals. Start with main dishes and continue with appetizers, sides, and more.



Simplify your life and
start feeling your best.

CookingLightdiet

Get delicious meal plans based on your
weight loss goals and the food you like to eat.

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*Members following the Cooking Light Diet, on average, lose 1/2 lb. per week.
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e-ISBN: 978-0-84871-902-9

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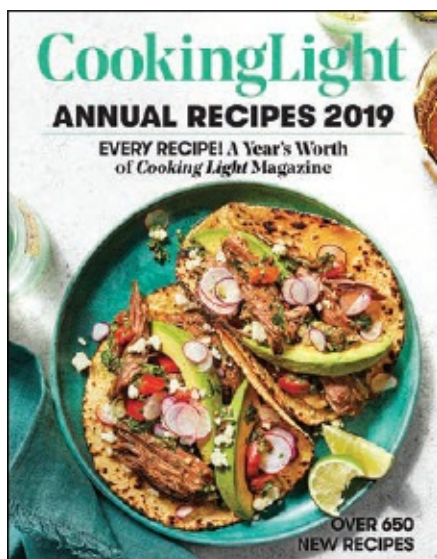
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