



EatingWell Favorite Low-Calorie Recipes

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Stir-Fried Chile Beef & Broccoli

Makes: 4 servings, about 1¼ cups each

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

Heart Health Diabetes Weight Loss Gluten Free

This quick stir-fry features broccoli and flank steak in a flavorful sauce. This dish is typical of many traditional Chinese stir-fries—the sauce just clings to the beef and vegetables but is not enough to spoon over rice. Marinating beef is essential for ensuring the meat is flavorful. The meat does not marinate overnight, as in traditional Western recipes. Once the beef is combined with the seasonings it is ready to be stir-fried.

5 cups bite-size broccoli florets (12 ounces), stems cut into ¼-inch pieces

12 ounces flank steak, trimmed

1 tablespoon minced garlic

1 tablespoon minced fresh ginger

2 teaspoons reduced-sodium soy sauce

2 teaspoons plus 1 tablespoon Shao Hsing rice wine (see Tip) or dry sherry, divided

1½ teaspoons cornstarch

½ teaspoon salt

⅓ teaspoon freshly ground pepper

2 tablespoons hoisin sauce

1 tablespoon Sriracha or hot chile sauce, plus more to taste

2 tablespoons peanut oil or canola oil, divided

1 small red onion, thinly sliced

1. Steam broccoli over an inch of boiling water in a large saucepan fitted with a steamer basket until bright green, about 1 minute. Transfer to a colander to drain.

2. Cut steak with the grain lengthwise into 2-inch-wide pieces. Cut each strip across the grain into ¼-inch-thick slices. Combine the steak, garlic, ginger, soy sauce, 2 teaspoons rice wine (or sherry), cornstarch, salt and pepper in a medium bowl. Stir to combine. Mix hoisin sauce, chile sauce and the remaining 1 tablespoon rice wine (or sherry) in a small bowl.

3. Heat a 14-inch flat-bottomed wok over high heat until a bead of water vaporizes within 1 to 2 seconds of contact. Swirl in 1 tablespoon oil. Carefully add the beef in one layer. Cook undisturbed for 1 minute, letting it begin to sear. Then, stir-fry until lightly browned but not quite cooked through, about 1 minute. Transfer to a plate.

4. Swirl the remaining 1 tablespoon oil into the wok, add onion and cook until just translucent, about 30 seconds. Add the broccoli and stir until just combined, about 15 seconds. Return the beef and any juice to the wok. Stir the hoisin sauce mixture again and swirl it into the wok. Stir-fry until the beef is just cooked through, about 1 minute. Season with more chile sauce, if desired.

Per serving: 246 calories; 12 g fat (3 g sat, 5 g mono); 53 mg cholesterol; 13 g carbohydrate; 2 g added sugars; 22 g protein; 3 g fiber; 655 mg sodium; 627 mg potassium.

Nutrition bonus: Vitamin C (135% daily value), Vitamin A (51% dv), Zinc (26% dv), Folate (20% dv), Potassium (18% dv).

Carbohydrate servings: 1

Exchanges: 1 vegetable, 2½ lean meat, 1 fat

Tip: Shao Hsing (or Shao xing) is a seasoned rice wine. It is available at most Asian specialty markets and in the Asian section of some larger supermarkets. If unavailable, dry sherry is the best substitute.





Sausage, Mushroom & Spinach Lasagna

Makes: 10 servings

Active time: 30 minutes **Total:** 2 hours

To make ahead: Prepare through Step 5 up to 1 day ahead.

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This cheesy lasagna is full of spicy Italian turkey sausage, whole-wheat noodles, mushrooms and spinach. A serving of this version has about one-third the fat and saturated fat, and only half the calories of the original. Use soy-based sausage for a hearty vegetarian variation.

- 8 ounces whole-wheat lasagna noodles**
- 1 pound lean spicy Italian turkey sausage, casings removed (see Variation)**
- 4 cups sliced mushrooms (10 ounces)**
- ¼ cup water**
- 1 pound frozen spinach, thawed**
- 1 28-ounce can crushed tomatoes, preferably chunky**
- ¼ cup chopped fresh basil**
- ¼ teaspoon salt**
- Freshly ground pepper to taste**
- 1 pound part-skim ricotta cheese (2 cups)**
- 8 ounces part-skim mozzarella cheese, shredded (about 2 cups), divided**

- 1.** Preheat oven to 350°F. Coat a 9-by-13-inch baking dish with cooking spray.
- 2.** Bring a large pot of water to a boil. Add noodles and cook until not quite tender, about 2 minutes less than the package directions. Drain; return the noodles to the pot, cover with cool water and set aside.
- 3.** Coat a large nonstick skillet with cooking spray and heat over medium-high heat. Add sausage; cook, crumbling with a wooden spoon, until browned, about 4 minutes. Add

mushrooms and water; cook, stirring occasionally and crumbling the sausage more, until it is cooked through, the water has evaporated and the mushrooms are tender, 8 to 10 minutes. Squeeze spinach to remove excess water, then stir into the pan; remove from heat.

4. Mix tomatoes with basil, salt and pepper in a medium bowl.

5. To assemble lasagna: Spread ½ cup of the tomatoes in the prepared baking dish. Arrange a layer of noodles on top, trimming to fit if necessary. Evenly dollop half the ricotta over the noodles. Top with half the sausage mixture, one-third of the remaining tomatoes and one-third of the mozzarella. Continue with another layer of noodles, the remaining ricotta, the remaining sausage, half the remaining tomatoes and half the remaining mozzarella. Top with a third layer of noodles and the remaining tomatoes.

6. Cover the lasagna with foil and bake until bubbling and heated through, 1 hour to 1 hour 10 minutes. Remove the foil; sprinkle the remaining mozzarella on top. Return to the oven and bake until the cheese is just melted but not browned, 8 to 10 minutes. Let rest for 10 minutes before serving.

Per serving: 328 calories; 13 g fat (6 g sat, 3 g mono); 60 mg cholesterol; 29 g carbohydrate; 0 g added sugars; 27 g protein; 6 g fiber; 684 mg sodium; 708 mg potassium.

Nutrition bonus: Vitamin A (129% daily value), Calcium (41% dv), Magnesium (28% dv), Zinc (26% dv), Folate (24% dv), Iron & Potassium (21% dv), Vitamin C (17% dv).

Carbohydrate servings: 1½

Exchanges: 1 starch, 1½ vegetable, 1 lean meat, 2 medium-fat meat

Vegetarian Variation: Use a sausage-style soy product, such as Gimme Lean, or simply omit the sausage altogether.

Sweet & Sour Pork

Makes: 4 servings, about 1¼ cups each

Active time: 45 minutes **Total:** 45 minutes

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Pineapple, tomato and pork combine in a sweet-tangy sauce in this easy, bright-flavored sweet and sour pork stir-fry.

- 1 pound trimmed boneless pork shoulder or butt (see *Tips*), cut into ¼-inch-thick bite-size slices
- 1 tablespoon minced fresh ginger
- 4 teaspoons reduced-sodium soy sauce, divided
- 2 teaspoons plus 1 tablespoon Shao Hsing rice wine or dry sherry, divided
- 1½ teaspoons plus 2 teaspoons cornstarch, divided
- ¼ teaspoon salt
- ⅛ teaspoon ground white pepper
- 1 teaspoon toasted sesame oil
- 2 tablespoons pineapple juice or juice from the can of pineapple, if using canned
- 2 tablespoons distilled white vinegar
- 1 tablespoon ketchup
- 1½ teaspoons light brown sugar
- 2 tablespoons peanut oil or canola oil, divided
- ½ cup sliced carrot (¼ inch thick)
- 1 small tomato, thinly sliced into wedges (about 1 cup)
- ¼ cup finely chopped scallions
- 2 cups bite-size pineapple chunks, fresh or juice-packed canned (drained)

1. Combine pork, ginger, 2 teaspoons soy sauce, 2 teaspoons rice wine (or sherry), 1½ teaspoons cornstarch, salt and pepper in a medium bowl. Stir in sesame oil until well combined.

2. Combine pineapple juice, vinegar, ketchup and brown sugar in a small bowl. Stir in the remaining 2 teaspoons soy sauce, 1 tablespoon rice wine (or sherry) and 2 teaspoons cornstarch.

3. Heat a 14-inch flat-bottomed wok over high heat until a bead of water vaporizes within 1 to 2 seconds of contact. Swirl in 1 tablespoon peanut (or canola) oil. Carefully add the pork in one layer. Cook undisturbed for 1½ minutes, letting it begin to sear. Then, using a metal spatula, stir-fry until the pork is lightly browned but not cooked through, 1 minute. Transfer to a plate.

4. Swirl the remaining 1 tablespoon oil into the wok, add carrot and stir-fry for 30 seconds. Return the pork with any juice to the wok. Add tomato and scallions and stir-fry for 30 seconds. Swirl in the pineapple juice mixture, add pineapple and stir-fry until the pork is just cooked through and the sauce is lightly thickened, 1 to 2 minutes more.

Per serving: 312 calories; 17 g fat (5 g sat, 8 g mono); 65 mg cholesterol; 21 g carbohydrate; 3 g added sugars; 19 g protein; 2 g fiber; 419 mg sodium; 465 mg potassium.

Nutrition bonus: Vitamin C (77% daily value), Vitamin A (60% dv), Zinc (24% dv).

Carbohydrate servings: 1½

Exchanges: 1½ fruit, 2½ lean meat, 1½ fat

Tip: Pork shoulder or butt is available both bone-in or boneless and typically sold in portions significantly larger than 1 pound—3 to 5 pounds. To get the amount you need for this recipe, ask the butcher to start with 1½ to 1¾ pounds before trimming to make sure you get 1 pound of trimmed boneless pork shoulder or butt. Or buy a larger portion and freeze the rest for another use.





Sautéed Chicken Breasts with Creamy Chive Sauce

Makes: 4 servings.

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

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Here's a sauce so delicious, it's missing only one thing: a little crunchy bread to dip in it. Serve with steamed asparagus or cauliflower, mashed potatoes or orzo pasta.

- 4 boneless, skinless chicken breasts (about 1 pound), trimmed of fat**
- 1 teaspoon kosher salt, divided**
- ¼ cup plus 1 tablespoon all-purpose flour, divided**
- 3 teaspoons extra-virgin olive oil, divided**
- 2 large shallots, finely chopped**
- ½ cup dry white wine**
- 1 14-ounce can reduced-sodium chicken broth**
- ⅓ cup reduced-fat sour cream**
- 1 tablespoon Dijon mustard**
- ½ cup chopped chives (about 1 bunch)**

1. Place chicken between sheets of plastic wrap and pound with a meat mallet or heavy skillet until flattened to an even thickness,

about ½ inch. Season both sides of the chicken with ½ teaspoon salt. Place ¼ cup flour in a shallow glass baking dish and dredge the chicken in it. Discard excess flour.

2. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add the chicken and cook until golden brown, 1 to 2 minutes per side. Transfer to a plate, cover and keep warm.

3. Heat the remaining 1 teaspoon oil in the pan over medium-high heat. Add shallots and cook, stirring constantly and scraping up any browned bits, until golden brown, 1 to 2 minutes. Sprinkle with the remaining 1 tablespoon flour; stir to coat. Add wine, broth and the remaining ½ teaspoon salt; bring to a boil, stirring often.

4. Return the chicken and any accumulated juices to the pan, reduce heat to a simmer, and cook until heated through and no longer pink in the center, about 6 minutes. Stir in sour cream and mustard until smooth; turn the chicken to coat with the sauce. Stir in chives and serve immediately.

Per serving: 257 calories; 9 g fat (3 g sat, 4 g mono); 70 mg cholesterol; 12 g carbohydrate; 0 g added sugars; 26 g protein; 1 g fiber; 624 mg sodium; 390 mg potassium.

Carbohydrate servings: ½

Exchanges: ½ starch, 4 very lean meat, 1 fat



Black Bean & Salmon Tostadas

Makes: 4 servings, 2 tostadas each

Active time: 25 minutes **Total:** 25 minutes

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Pickled jalapeños, cilantro and avocado perk up convenient canned salmon for a quick tostada topping. Make your own crispy shells in the oven and serve with brown rice cooked with diced tomatoes and onions or salsa.

- 8 6-inch corn tortillas**
- Canola oil cooking spray**
- 1 6- to 7-ounce can boneless, skinless wild Alaskan salmon, drained**
- 1 avocado, diced**
- 2 tablespoons minced pickled jalapeños, plus 2 tablespoons pickling juice from the jar, divided**
- 2 cups coleslaw mix or shredded cabbage**
- 2 tablespoons chopped cilantro**
- 1 15-ounce can black beans, rinsed**
- 3 tablespoons reduced-fat sour cream**
- 2 tablespoons prepared salsa**
- 2 scallions, chopped**
- Lime wedges (optional)**

1. Position racks in upper and lower thirds of the oven; preheat to 375°F.

2. Coat tortillas on both sides with cooking spray. Place on 2 baking sheets. Bake, turning once, until light brown, 12 to 14 minutes.

3. Combine salmon, avocado and jalapeños in a bowl. Combine cabbage, cilantro and the pickling juice in another bowl. Process black beans, sour cream, salsa and scallions in a food processor until smooth. Transfer to a microwave-safe bowl. Cover and microwave on High until hot, about 2 minutes.

4. To assemble tostadas, spread each tortilla with some bean mixture and some salmon mixture and top with the cabbage salad. Serve with lime wedges, if desired.

Per serving: 348 calories; 13 g fat (3 g sat, 8 g mono); 16 mg cholesterol; 44 g carbohydrate; 0 g added sugars; 16 g protein; 12 g fiber; 354 mg sodium; 670 mg potassium.

Nutrition bonus: Vitamin C (60% daily value), Folate (28% dv), Potassium (20% dv), Iron (18% dv), Magnesium (17% dv), omega-3s.

Carbohydrate servings: 2

Exchanges: 2 starch, 1½ lean meat, 1½ fat



Steak & Potato Kebabs with Creamy Cilantro Sauce

Makes: 4 servings

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

Equipment: Eight 10- to 12-inch skewers

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Steak kebabs get a Southwestern spin with poblano peppers and a creamy sauce spiked with cilantro, chile powder and vinegar.

- ½ cup packed fresh cilantro leaves, minced
- 2 tablespoons red-wine vinegar or cider vinegar
- 2 tablespoons reduced-fat sour cream
- 1 small clove garlic, minced
- 1 teaspoon chile powder
- ½ teaspoon ground cumin
- ½ teaspoon salt, divided
- 8 new or baby red potatoes
- 1¼ pounds strip steak, trimmed and cut into 1½-inch pieces
- 2 poblano peppers or 1 large green bell pepper, cut into 1-inch pieces
- 1 teaspoon extra-virgin olive oil
- 1 large sweet onion, cut into 1-inch chunks

1. Combine cilantro, vinegar, sour cream, garlic, chile powder, cumin and ¼ teaspoon salt in a small bowl. Set aside.

2. Preheat grill to high.

3. Place potatoes in a microwave-safe container. Cover and microwave on High until just tender when pierced with a fork, 3 to 3½ minutes.

4. Toss the potatoes, steak and pepper pieces with oil and the remaining ¼ teaspoon salt in a large bowl. Thread the potatoes, steak, peppers and onion chunks onto 8 skewers. Grill, turning once or twice, until the steak reaches desired doneness, about 6 minutes for medium. Serve the kebabs with the reserved sauce.

Per serving: 275 calories; 9 g fat (3 g sat, 4 g mono); 79 mg cholesterol; 18 g carbohydrate; 0 g added sugars; 30 g protein; 3 g fiber; 381 mg sodium; 831 mg potassium.

Nutrition bonus: Vitamin C (71% daily value), Zinc (37% dv), Potassium (24% dv), Iron (16% dv).

Carbohydrate servings: 1

Exchanges: 1 starch, 4 lean meat



Grilled Steak with Fresh Corn Salad

Makes: 4 servings

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

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Prepare the ingredients for this easy salad before you head to the grill with the steak. That way, you can mix together the corn salad and serve it at once, while the taste is still bright and summery.

- 1 tablespoon minced garlic
- 3 teaspoons extra-virgin olive oil, divided
- ½ teaspoon salt, divided
- 2 boneless strip (top loin) steaks, trimmed (about 1¼ pounds)
- 5 large ears corn, husked
- 2 medium tomatoes, chopped
- 1 small orange or red bell pepper, diced
- 2 tablespoons chopped fresh basil
- 2 tablespoons red-wine vinegar

1. Preheat grill to high.

2. Combine garlic, 1 teaspoon oil and ¼ teaspoon salt in a small bowl. Rub the mixture on both sides of steaks. Place the steaks and

corn on the grill. Grill the steaks 2 to 4 minutes per side for medium-rare. Let them rest while the corn finishes cooking. (The steaks will continue to cook while resting.) Grill the corn, turning to cook all sides, until some of the kernels are slightly charred, 8 minutes total. Let stand until cool enough to handle, about 5 minutes.

3. Remove the kernels from the cobs using a sharp knife. Combine the corn, tomatoes and bell pepper in a medium bowl; stir in basil, vinegar, the remaining 2 teaspoons oil and ¼ teaspoon salt. Slice the steaks and serve with the corn salad.

Per serving: 375 calories; 12 g fat (3 g sat, 6 g mono); 75 mg cholesterol; 38 g carbohydrate; 0 g added sugars; 35 g protein; 5 g fiber; 380 mg sodium; 1,051 mg potassium.

Nutrition bonus: Vitamin C (77% daily value), Zinc (42% dv), Vitamin A (31% dv), Potassium (30% dv), Folate (27% dv), Magnesium (26% dv), Iron (17% dv).

Carbohydrate servings: 2

Exchanges: 1½ starch, 1½ vegetable, 4 lean meat

Creamy Asparagus Pasta

Makes: 4 servings, 1½ cups each

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

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Lemon zest ties all the flavors together in this light and creamy pasta. Serve with a salad of sliced fresh mozzarella and cherry tomatoes tossed with fresh basil, balsamic vinegar and olive oil.

- 8 ounces whole-wheat penne pasta
- 1 bunch asparagus, trimmed and cut into ¾-inch pieces
- 1½ cups whole milk
- 4 teaspoons whole-grain mustard
- 4 teaspoons flour
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 2 teaspoons extra-virgin olive oil
- 3 tablespoons minced garlic
- 2 teaspoons minced fresh tarragon or ½ teaspoon dried
- 1 teaspoon freshly grated lemon zest
- 2 teaspoons lemon juice
- ½ cup grated Parmesan cheese, divided

1. Bring a large pot of water to a boil. Add pasta and cook for 3 minutes less than the



package directions. Add asparagus and continue cooking until the pasta and asparagus are just tender, 3 minutes more. Drain and return to the pot.

2. Meanwhile, whisk milk, mustard, flour, salt and pepper in a medium bowl. Heat oil in a saucepan over medium-high heat. Add garlic and cook, stirring, until fragrant and lightly browned, 30 seconds to 1 minute. Whisk in the milk mixture. Bring to a simmer, stirring constantly, and cook until thickened, 1 to 2 minutes. Stir in tarragon, lemon zest and juice.

3. Stir the sauce into the pasta-asparagus mixture. Cook over medium-high heat, stirring, until the sauce is thick, creamy and coats the pasta, 1 to 2 minutes. Stir in ¼ cup Parmesan. Divide the pasta among 4 bowls and top with the remaining ¼ cup Parmesan.

Per serving: 360 calories; 10 g fat (4 g sat, 4 g mono); 18 mg cholesterol; 55 g carbohydrate; 0 g added sugars; 18 g protein; 7 g fiber; 604 mg sodium; 460 mg potassium.

Nutrition bonus: Folate (40% daily value), Calcium (28% dv), Vitamin A (24% dv), Magnesium & Vitamin C (19% dv), Zinc (18% dv).

Carbohydrate servings: 3

Exchanges: 3 starch, 1 vegetable, ½ whole milk, 1 lean meat

Slow-Cooker Stout & Chicken Stew

Makes: 8 servings, about 1⅓ cups each

Active time: 45 minutes **Slow-cooker time:** 4-8 hours

To prep ahead: Trim chicken, chop bacon; prep onion and garlic; defrost peas. Refrigerate in separate containers.

Equipment: 5- to 6-quart slow cooker

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Chicken thighs can take plenty of cooking without getting tough or drying out, which makes them perfect for the slow cooker. Her-Braised them in Guinness stout along with hearty vegetables the right amount of bacon adds the right amount of savoriness.

- 6 tablespoons plus ½ cup all-purpose flour, divided
- 1 teaspoon salt, divided, plus more to taste
- ½ teaspoon freshly ground pepper, plus more to taste
- 2½ pounds boneless, skinless chicken thighs, trimmed
- 4 teaspoons extra-virgin olive oil, divided
- 3 pieces bacon, chopped
- 1⅓ cups Guinness beer or other stout (14-ounce can)
- 1 pound whole baby carrots or large carrots cut into 1-inch pieces
- 1 8-ounce package cremini or button mushrooms, halved if large
- 2 cups chopped onion
- 4 cloves garlic, minced
- 1½ teaspoons dried thyme
- 1 cup reduced-sodium chicken broth
- 2 cups frozen baby peas, thawed

1. Combine 6 tablespoons flour with ½ teaspoon each salt and pepper in a shallow bowl. Dredge chicken thighs in the mixture to coat completely; transfer to a plate.

2. Heat 2 teaspoons oil in a large skillet over medium-high heat. Add half the chicken and cook until well browned, 2 to 4 minutes per side; transfer to a 5- to 6-quart slow cooker. Reduce heat to medium and repeat with the



remaining 2 teaspoons oil and chicken thighs. Arrange the chicken in an even layer in the slow cooker.

3. Add bacon to the pan and cook, stirring often, for 2 minutes. Sprinkle the remaining ½ cup flour over the bacon and cook, stirring constantly, for 2 minutes more. Add stout and use a wooden spoon to scrape up any browned bits from the bottom of the pan. Pour the mixture over the chicken. Add carrots, mushrooms, onion, garlic and thyme, spreading in an even layer over the chicken. Pour broth over the top.

4. Cover and cook until the chicken is falling-apart tender, 4 hours on High or 7 to 8 hours on Low.

5. Stir in peas, cover and cook until the peas are heated through, 5 to 10 minutes more. Season with the remaining ½ teaspoon salt and pepper.

Per serving: 366 calories; 13 g fat (3 g sat, 6 g mono); 88 mg cholesterol; 28 g carbohydrate; 0 g added sugars; 30 g protein; 4 g fiber; 566 mg sodium; 650 mg potassium.

Nutrition bonus: Vitamin A (205% daily value), Zinc (23% dv), Vitamin C (22% dv), Folate & Potassium (19% dv), Iron (18% dv).

Carbohydrate servings: 1½

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

Beef & Bean Enchiladas

Makes: 8 servings, 2 enchiladas each

Active time: 40 minutes **Total:** 1 hour

To make ahead: Cover and refrigerate the sauce for up to 5 days.

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These beef enchiladas, topped with a zesty green and red homemade sauce, are perfect for a party or a potluck. To cut calories and saturated fat we fill them with 90%-lean beef bulked up with chopped portobello mushrooms and beans. We also opted for whole-wheat or corn tortillas to add a little fiber.

Enchilada Sauce

- 1 pound tomatillos (see *Tip*), husks removed, quartered
- 1 large onion, coarsely chopped
- 2 cloves garlic, quartered
- 1 jalapeño, seeded, if desired, and quartered
- 1 10-ounce can Rotel diced tomatoes or one 14-ounce can Mexican-style diced tomatoes
- 1 cup reduced-sodium chicken broth

Filling

- 1 tablespoon canola oil
- 12 ounces lean (90% or leaner) ground beef
- 3 large portobello mushrooms, gills removed, diced
- 1 teaspoon ground cumin
- ¼ teaspoon salt
- 1 16-ounce can fat-free refried beans, preferably spicy
- 16 5- to 6-inch whole-wheat flour tortillas or corn tortillas
- 2 cups shredded Monterey Jack cheese

1. To prepare sauce: Place tomatillos, onion, garlic and jalapeño in a food processor; pulse until coarsely pureed. Transfer to a large saucepan. Add tomatoes and broth to the pan and bring to a simmer over medium-

high heat. Reduce heat to maintain a simmer and cook, stirring occasionally, for 15 minutes. Set aside.

2. Preheat oven to 400°F.

3. To prepare filling: Meanwhile, heat oil in a large nonstick skillet over medium heat. Add ground beef, mushrooms, cumin and salt; cook, stirring and breaking up the beef with a spoon, until the beef is no longer pink and most of the liquid from the mushrooms is gone, about 5 minutes. Add beans and stir to combine. Remove from the heat.

4. Spread ½ cup of the sauce in a 9-by-13-inch baking dish. Dip a tortilla in the remaining sauce to moisten it and place on a clean cutting board. Spread about ¼ cup of the filling down the middle of the tortilla and roll it up into a cigar shape. Place seam-side down in the prepared baking dish. Repeat with the remaining tortillas and filling, placing the enchiladas snugly next to each other to make a single layer. Top the enchiladas with the remaining sauce and sprinkle with cheese.

5. Bake until the enchiladas are hot and the cheese is beginning to brown, 15 to 20 minutes.

Per serving: 376 calories; 16 g fat (7 g sat, 5 g mono); 51 mg cholesterol; 37 g carbohydrate; 0 g added sugars; 22 g protein; 8 g fiber; 733 mg sodium; 687 mg potassium.

Nutrition bonus: Calcium & Zinc (29% daily value), Magnesium (22% dv), Potassium (20% dv), Vitamin C (19% dv), Iron (18% dv).

Carbohydrate Servings: 2

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

Tip: Tomatillos are tart, plum-size fruits that look like small, husk-covered green tomatoes. Find them in the produce section near the tomatoes. Remove outer husks and rinse well before using.





Oven-Fried Chicken

Makes: 4 servings

Active time: 20 minutes **Total:** 1 hour 35 minutes (including 30 minutes marinating time)

To make ahead: Marinate the chicken for up to 8 hours.

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Great news—crunchy, flavorful fried chicken can be healthy. We marinate skinless chicken in buttermilk to keep it juicy. A light coating of flour, sesame seeds and spices, misted with olive oil, forms an appealing crust during baking. This delicious result has only 7 grams of fat per serving rather than the 20 in typical fried chicken.

- ½ cup nonfat buttermilk (see Tip)
- 1 tablespoon Dijon mustard
- 2 cloves garlic, minced
- 1 teaspoon hot sauce

2½-3 pounds whole chicken legs, skin removed, trimmed and cut into thighs and drumsticks

- ½ cup whole-wheat flour
- 2 tablespoons sesame seeds
- 1½ teaspoons paprika
- 1 teaspoon dried thyme
- 1 teaspoon baking powder
- ⅛ teaspoon salt

Freshly ground pepper to taste
Olive oil cooking spray

1. Whisk buttermilk, mustard, garlic and hot sauce in a shallow glass dish until well blended. Add chicken and turn to coat. Cover and marinate in the refrigerator for at least 30 minutes or for up to 8 hours.

2. Preheat oven to 425°F. Line a baking sheet with foil. Set a wire rack on the baking sheet and coat it with cooking spray.

3. Whisk flour, sesame seeds, paprika, thyme, baking powder, salt and pepper in a small bowl. Place the flour mixture in a paper bag or large sealable plastic bag. Shaking off excess marinade, place one or two pieces of chicken at a time in the bag and shake to coat. Shake off excess flour and place the chicken on the prepared rack. (Discard any leftover flour mixture and marinade.) Spray the chicken pieces with cooking spray.

4. Bake the chicken until golden brown and no longer pink in the center, 40 to 50 minutes.

Per serving: 226 calories; 7 g fat (2 g sat, 2 g mono); 130 mg cholesterol; 5 g carbohydrate; 0 g added sugars; 34 g protein; 1 g fiber; 258 mg sodium; 403 mg potassium.

Nutrition bonus: Zinc (23% daily value).

Carbohydrate servings: 0

Exchanges: ½ starch, 4 very lean protein, 1½ fat

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



Crispy Fish Sandwich with Pineapple Slaw

Makes: 4 servings

Active time: 25 minutes **Total:** 25 minutes

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A fish sandwich doesn't have to be deep-fried and can stay on your “healthy” foods. Try our version with a tangy, zesty pineapple slaw. It's worth taking the extra minute to chop pineapple slices instead of using crushed pineapple—the crushed is too small and disappears into the slaw.

- 2 tablespoons reduced-fat mayonnaise
- 2 tablespoons nonfat plain yogurt
- 2 teaspoons rice vinegar
- ⅛-¼ teaspoon crushed red pepper
- 1 8-ounce can pineapple chunks or rings, drained and coarsely chopped
- 2 cups coleslaw mix
- ¼ cup cornmeal
- ¼ pounds haddock or Pacific cod, skinned and cut into 4 portions
- ½ teaspoon Cajun seasoning
- ¼ teaspoon salt
- 4 teaspoons canola oil, divided

8 slices whole-wheat country bread, toasted

1. Whisk mayonnaise, yogurt, vinegar and crushed red pepper to taste in a medium bowl. Add pineapple and coleslaw mix and stir to combine.

2. Place cornmeal in a shallow dish. Sprinkle both sides of fish with Cajun seasoning and salt. Dredge the fish in the cornmeal.

3. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add half the fish and cook until golden, about 2 minutes per side. Transfer to a plate and repeat with the remaining 2 teaspoons oil and fish, adjusting heat as necessary to prevent burning.

4. Top toasted bread with the fish and pineapple slaw to make sandwiches. Serve immediately.

Per serving: 372 calories; 9 g fat (1 g sat, 4 g mono); 69 mg cholesterol; 42 g carbohydrate; 3 g added sugars; 31 g protein; 7 g fiber; 658 mg sodium; 654 mg potassium.

Nutrition bonus: Vitamin C (44% daily value), Magnesium & Potassium (19% dv), Folate (17% dv).

Carbohydrate servings: 2

Exchanges: 2 starch, ½ fruit, 1 vegetable, 4½ lean meat



Chopped Greek Salad with Chicken

Makes: 4 servings, about 3 cups each

Active time: 25 minutes **Total:** 25 minutes

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Chicken turns this Greek-inspired salad into a substantial main course. Feel free to substitute other chopped fresh vegetables, such as broccoli or bell peppers, for the tomatoes or cucumber. Serve with pita bread and hummus.

- 1/3 cup red-wine vinegar
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon chopped fresh dill or oregano or 1 teaspoon dried
- 1 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 6 cups chopped romaine lettuce
- 2 1/2 cups chopped cooked chicken (about 12 ounces; see *Tip*)
- 2 medium tomatoes, chopped
- 1 medium cucumber, peeled, seeded and chopped

- 1/2 cup finely chopped red onion
- 1/2 cup sliced ripe black olives
- 1/2 cup crumbled feta cheese

Whisk vinegar, oil, dill (or oregano), garlic powder, salt and pepper in a large bowl. Add lettuce, chicken, tomatoes, cucumber, onion, olives and feta; toss to coat.

Per serving: 343 calories; 18 g fat (5 g sat, 7 g mono); 89 mg cholesterol; 11 g carbohydrate; 0 g added sugars; 31 g protein; 3 g fiber; 619 mg sodium; 659 mg potassium.

Nutrition bonus: Vitamin A (136% daily value), Folate (32% dv), Vitamin C (24% dv), Potassium (19% dv), Calcium (15% dv).

Carbohydrate servings: 1

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

Tip: To cook chicken, place it in a medium skillet or saucepan. Add lightly salted water (or chicken broth) to cover and bring to a boil. Cover, reduce heat to low and simmer gently until the chicken is cooked through and no longer pink in the middle, 10 to 15 minutes.



Poached Salmon with Creamy Piccata Sauce

Makes: 4 servings

Active time: 20 minutes **Total:** 20 minutes

Heart Health Diabetes Weight Loss Gluten Free

Easy poached salmon is sophisticated with a creamy caper-and-lemon sauce. Serve with snow peas or roasted asparagus and a whole grain like quinoa or brown rice.

- 1 pound center-cut salmon fillet, skinned (see *Tip*) and cut into 4 portions
- 1 cup dry white wine, divided
- 2 teaspoons extra-virgin olive oil
- 1 large shallot, minced
- 2 tablespoons lemon juice
- 4 teaspoons capers, rinsed
- 1/4 cup reduced-fat sour cream
- 1/4 teaspoon salt
- 1 tablespoon chopped fresh dill

1. Place salmon in a large skillet. Add 1/2 cup wine and enough water to just cover the salmon. Bring to a boil over high heat. Re-

duce to a simmer, turn the salmon over, cover and cook for 5 minutes. Remove from the heat.

2. Meanwhile, heat oil in a medium skillet over medium-high heat. Add shallot and cook, stirring, until fragrant, about 30 seconds. Add the remaining 1/2 cup wine; boil until slightly reduced, about 1 minute. Stir in lemon juice and capers; cook 1 minute more. Remove from the heat; stir in sour cream and salt. To serve, top the salmon with the sauce and garnish with dill.

Per serving: 229 calories; 8 g fat (2 g sat, 4 g mono); 59 mg cholesterol; 4 g carbohydrate; 0 g added sugars; 23 g protein; 0 g fiber; 296 mg sodium; 506 mg potassium.

Nutrition bonus: Omega-3s.

Carbohydrate servings: 0

Exchanges: 3 lean meat, 1 fat

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

About EatingWell

The EatingWell mission is to provide the inspiration and information people need to make healthy eating a way of life.


- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.


EatingWell reaches millions of consumers through the award-winning *EatingWell* Magazine, www.EatingWell.com, EatingWell cookbooks and licensing partners that trust EatingWell to provide healthy recipes, how-to instruction, diet and nutrition articles and custom healthy-eating solutions.

We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!

About EatingWell health tags

A recipe checked...

 **Heart Health** has limited saturated fat.

 **Diabetes** is low in calories and meets limits for Carbohydrate Servings.

 **Weight Loss** has reduced calories (and limited saturated fat).

 **Gluten Free** does not contain wheat, rye, barley or oats.

(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)