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HOW TO BREAK YOUR SUGAR HABIT p. 9

low-sugar recipes

107 WAYS TO EAT LESS SUGAR IN EVERY MEAL

SWEET & SAVORY SNACK BARS
p. 44

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TRIPLE-APPLE PIE p. 90

Three kinds of apples provide natural sweetness in this pie.

Although sugar often gets a bad rap, in its natural state, it is a relatively harmless carbohydrate that our bodies need to function. It's found naturally in fruits, vegetables, and dairy. The problem comes when sugar is added to foods during processing for added flavor, texture, or color. This is more common than you may realize—sugar is frequently added not only to sweets but also to processed foods like frozen dinners and salad dressings. You don't have to be in the candy aisle to be surrounded by added sugar! It's this added sugar, not the naturally occurring kind, that can wreak havoc on your waistline and your health. See page 8 for information about recommendations for sugar intake.

At *Cooking Light* we believe that all kinds of foods can fit, so we recommend moderation when it comes to sugar-laden foods. But to keep you on track with your healthy-eating lifestyle, we offer a wide variety of low-sugar recipes from breakfast treats (p. 10) and main dishes (p. 48) to snacks (p. 34) and desserts (p. 74). None of the recipes have more than 10 grams of added sugar per serving—and most have less. Plus, these recipes come with the bonus of being packed with vitamins, minerals, and fiber. In our Test Kitchens, we've come up with ways to create satisfying recipes using less sugar, natural sugars, and alternative sweeteners, all designed to help you reduce added sugars in your diet and improve your health.

> "At *Cooking Light*, we believe that all kinds of foods can fit, so we recommend moderation when it comes to sugar-laden foods."

01.

GUIDE TO SUGAR

SUGAR IS NOT OFF-LIMITS IN A HEALTHY DIET. HERE'S THE LOWDOWN ON THE TYPES OF SUGARS AND HOW MUCH IS OK.



SUGAR: THE SWEET TRUTH

Overindulge your sweet tooth, and you up your chances of heart disease, tooth decay, and weight gain. Because sugar also stokes inflammation, it may spur other diseases. But sugar is critical in your cooking and baking. It gives you that delicious, deep browning in waffles, cookies, and cakes. It balances salty, sour, or acidic flavors in salad dressings, marinades, and sauces. It keeps breads and baked goods tender. Eliminate all sugar from your diet, and your cooking and eating could trend toward blah. The key is to use it judiciously and in moderation.

TYPES OF SUGAR

Here are eight commonly used sugars—natural and processed—and information about how some sugars rank on the glycemic index. The glycemic index is a number from 0 to 100 that represents the relative rise in blood glucose two hours after consuming that food. (Pure glucose has a ranking of 100.)

1

GRANULATED SUGAR

Regular sugar is relatively high on the glycemic index (60 to 65 out of 100)—so it's metabolized faster, causing a bigger sugar high and crash.

2

BROWN SUGAR

Molasses is what makes brown sugar brown. Use light brown sugar in baking, condiments, and glazes; use dark brown for baked beans.

3

BROWN RICE SYRUP

Not as sweet as sugar, this syrup has butterscotch and nutty notes—as well as one of the highest glycemic index numbers at 98.

4

COCONUT SUGAR

This sugar has no coconut flavor. At 54 on the glycemic index, it's metabolized more slowly than other sugars, tempering that sugar high.

5

CORN SYRUP

Made from corn, this sweetener isn't the same as high-fructose corn syrup. HFCS contains fructose and is sweeter than corn syrup but is no worse for you, nutritionally, than other sugars.

6

MAPLE SYRUP

With a glycemic index number of 54, maple syrup is rising in popularity. Though it boasts disease-fighting antioxidants (darker grades deliver more than lighter ones), it's still sugar.

7

HONEY

One study showed that this yellow- to amber-colored sweetener has about the same antioxidant capacity as maple syrup, though it's much higher on the glycemic index.

8

AGAVE

This syrup comes in varying shades of amber and dissolves well in cold liquids. It's 25% sweeter than sugar, so you can use less, and it's the lowest on the glycemic index of all the sugars here.



EASY PEACH HAND PIES
p. 90

SNEAKY SOURCES OF SUGAR

Sugar is added to 68% of packaged foods and drinks in the U.S.—plenty of which aren't even sweet-tasting. So if you want to cut back on the sugar in your diet, being mindful of these products is an easy first step. Here are a few places sugar typically hides:

PLANT-BASED MILKS
Most almond, coconut, soy, and other plant-based milks contain 2 to 5g of total sugar per serving. That said, we found an almond milk that contained 15g. Look for varieties that are labeled "unsweetened."

NUT BUTTERS
Some peanut butters deliver as much as a teaspoon of sugar per 2-tablespoon serving. Seek out a spread that lists simply nuts as an ingredient, or perhaps nuts and salt or oil. Flavored nut butters will almost always contain added sugar.

BACON
Most bacon has added sugar, as it boosts flavor in salt-cured foods. But a few companies (Applegate and Wellshire Farms) are making delicious bacon without any sugar. Can't find these? We've noticed that most "lower-sodium" bacons also don't contain sugar.

KETCHUP
Though most barbecue sauces and ketchups have added sugar, not all of the sugar listed in the nutrition facts is added—tomatoes contain natural sugar. Compare ingredient lists and pick one with sugar as far down as possible.

CHICKEN STOCK
A handful of chicken broth and stock brands contain unnecessary added sugar. Fortunately, there are plenty of brands to choose from that do not, so read ingredient lists and select a product that contains no added sugar.

HOW MUCH IS OK?

When it comes to sugar, how it's delivered makes all the difference. Naturally occurring sugars in fruit, veggies, and even milk typically don't need to be on your worry list, as they come bundled with nutrients, fiber, vitamins, and antioxidant benefits. But added sugars—sweeteners in processed food, from cane sugar to honey and high-fructose corn syrup—deserve scrutiny.

The USDA recommends limiting added sugars to 10% of your daily calories. For a 1,600-calorie diet, that means no more than 160 calories (10 teaspoons/40g) from added sugars. The American Heart Association advises even less: only 100 calories from added sugar daily (6 teaspoons/24g) for women and about 150 calories (9 teaspoons/36g) for men. Most Americans get way more than this, though: We average 19½ teaspoons of added sugar a day—312 calories' worth—mostly from beverages and packaged snacks.

Of course, you can still have the occasional treat—just get your fix in a smarter way. For instance, a sugar source such as dark maple syrup contains antioxidants. And natural sugars, such as fructose from fruit and lactose from milk, can have the same effect on your cooking and baking as spoonfuls of the white stuff, with less of an impact on your waistline.

Go sweet without added sugar by tossing fresh or dried fruit into granola or grains.

BLACKBERRY-CITRUS GRANOLA BOWL

P. 26

BREAK YOUR SUGAR HABIT

We—as consumers—get that less is more when it comes to sweeteners. In fact, the majority of us are limiting how much sugar we eat. But let's go beyond just seeking out products labeled as "low sugar." Here are three tips for taming your sweet tooth:

1 Read ingredient lists to eliminate sneaky sugar sources where you don't actually taste—or need—the sweet. Look for sugar and sugar aliases like cane juice, sorghum, or Sucanat. Also keep an eye out for anything that ends in "-ose" (maltose, dextrose) or "juice concentrate."

2 Because caffeine may make your taste buds perceive foods as less sweet than they truly are, mind your coffee habit. When people drank 200mg of caffeine, they rated sweetened coffee and sucrose solutions as less sweet than when they drank a caffeine-free placebo. Don't ditch caffeine entirely—just be mindful.

3 Rein in stress. Eighty percent of people say they eat more sweets when they're stressed. A recent study might explain why: When stressed women drank a sugar-sweetened beverage, their body's stress response was tempered (the hormone cortisol dropped) more than in stressed women who had an artificially sweetened drink.



GLUTEN-FREE CHOCOLATE-PUMPKIN MINI MUFFINS
p. 16

6 WAYS TO USE NATURAL SWEETENERS IN YOUR COOKING

1. Cut added sugar in half by stirring overripe banana or chopped dates into batters and doughs for quick breads, cookies, muffins, and pancakes.
2. Balance the flavor of acidic tomato sauces by grating in carrots, butternut squash, beets, or sweet potatoes. Beets, apples, and carrots work wonderfully to sweeten smoothies and baked goods, too.
3. Use unsweetened flaked or shredded coconut or coconut milk in cookies, oatmeal, and granola. Keep amounts in check—coconut is a source of saturated fat.
4. Take advantage of fruits that grow sweeter as they ripen: apples, apricots, avocados, bananas, cantaloupes, mangoes, nectarines, papayas, peaches, pears, and plums.
5. Choose full-fat yogurts as a treat. They're less tangy and so need less added sugar than reduced-fat options.
6. Draw out the natural sugars in onions. Cook them low and slow to caramelize, and add to burgers in lieu of ketchup or relish.

02.

BREAKFASTS WITH BENEFITS

THE MOST IMPORTANT MEAL OF THE DAY OFTEN GETS THE LEAST FANFARE. GET EXCITED ABOUT BREAKFAST WITH LOW-SUGAR, PROTEIN-FILLED DISHES THAT PREVENT THAT MIDMORNING SLUMP.





BACON, ARUGULA, AND EGG WRAPS
p. 29

Apricot-Strawberry Smoothie

HANDS-ON 5 MIN.
TOTAL 5 MIN.

Just three ingredients create a nondairy smoothie that provides 30% of your daily calcium.

- **1 cup frozen strawberries**
- **¾ cup unsweetened almond or cashew milk**
- **2 fresh apricots, pitted and sliced**

Place all ingredients in a blender; process until smooth. Serve immediately.

SERVES 1 (serving size: about 2 cups); **CALORIES** 115; **FAT** 3g (sat 0g, unsat 2g); **PROTEIN** 3g; **CARB** 23g; **FIBER** 5g; **SUGARS** 13g (added sugars 0g); **SODIUM** 143mg; **CALC** 30% DV; **POTASSIUM** 10% DV

Pretty in Pink Smoothie

HANDS-ON 5 MIN.
TOTAL 5 MIN.

Watermelon is a refreshing smoothie base. If you don't have fresh basil on hand, try fresh mint instead.

- **1 cup fresh seeded, cubed watermelon**
- **½ cup halved fresh strawberries**
- **1 Tbsp. snipped fresh basil**
- **½ to 1 cup ice cubes**

Place watermelon and strawberries in a blender; process until smooth. Add basil; process until combined. Add ice cubes; process until smooth. Serve immediately.

SERVES 1 (serving size: about 1¼ cups); **CALORIES** 71; **FAT** 0g (sat 0g, unsat 0g); **PROTEIN** 2g; **CARB** 17g; **FIBER** 2g; **SUGARS** 13g (added sugars 0g); **SODIUM** 2mg; **CALC** 2% DV; **POTASSIUM** 6% DV

Greek Yogurt Parfaits

HANDS-ON 5 MIN.
TOTAL 25 MIN.
PLUS OVERNIGHT SOAKING

These parfaits make a nutritious and delicious breakfast or dessert. *Grano*, which means "grain" in Italian, are the polished whole berries from durum semolina wheat. Look for them in health-food stores or Italian markets. If you can't find grano, try wheat berries, barley, or brown rice instead.

- **1 cup uncooked grano**
- **12 cups water, divided**
- **¼ cup orange blossom honey**
- **¼ teaspoon kosher salt**
- **4 cups plain 2% Greek-style yogurt**
- **2 cups fresh berries (such as blackberries, blueberries, or sliced strawberries)**
- **2 Tbsp. honey (optional)**

1. Soak grano in 6 cups water overnight. Drain. Place in a medium saucepan with remaining 6 cups water over medium-high; bring to a boil. Reduce heat, and simmer 20 minutes or until grano is just tender. Drain well. Stir in honey and salt. Cool to room temperature.

2. Spoon ¼ cup yogurt into each of 8 parfait glasses. Top yogurt with 3 tablespoons grano and 2 tablespoons berries. Repeat layers with the remaining ingredients. Drizzle each parfait with about 1 teaspoon honey, if desired.

SERVES 8 (serving size: 1 parfait); **CALORIES** 228; **FAT** 3g (sat 2g, unsat 0g); **PROTEIN** 14g; **CARB** 39g; **FIBER** 5g; **SUGARS** 18g (added sugars 9g); **SODIUM** 106mg; **CALC** 13% DV; **POTASSIUM** 2% DV





GREEK YOGURT PARFAITS

LOW-SUGAR PARFAITS

A parfait is not a pitfall when you use high-fiber, low-sugar ingredients.

PLAIN YOGURT
Use plain Greek yogurt instead of the flavored, sweetened varieties, and add your own honey or small amount of sugar if needed.

WHOLE GRAINS
Instead of sweetened granola, use unsweetened, high-fiber whole grains such as wheat berries, barley, or brown rice.

FRESH FRUIT
Make the most of the natural sugar in fresh fruits such as berries and citrus fruits. Not only do they add tangy sweetness, but they also provide a bounty of vitamins and disease-fighting compounds.

MAPLE-PUMPKIN BLENDER MUFFINS

BROWNED BUTTER–WHOLE WHEAT MUFFINS

Maple-Pumpkin Blender Muffins

HANDS-ON 5 MIN.
TOTAL 25 MIN.

These healthy pumpkin muffins clock in at just under 100 calories per serving—and because they are made in a blender, there are no endless piles of bowls and spoons to clean. Once baked, these pumpkin muffins are light, fluffy, and full of pumpkin-spice flavor. You can customize your muffins by adding your favorite toppings before they bake. After baking, top with a little cinnamon-Greek yogurt or almond butter for a nutritious breakfast or snack.

- **2 cups gluten-free rolled oats**
- **1 cup pumpkin puree**
- **2 eggs**
- **1 cup 2% Greek yogurt**
- **¼ cup maple syrup**
- **1½ tsp. baking powder**
- **½ tsp. baking soda**
- **½ tsp. vanilla extract**
- **⅛ tsp. kosher salt**
- **2 tsp. pumpkin pie spice**
- **Chopped pecans (optional)**
- **Chopped walnuts (optional)**
- **Diced apple (optional)**

1. Preheat oven to 400°F. Line a 12-cup muffin pan with muffin-cup liners, round pieces of parchment paper, or spray the cups with cooking spray.

2. In a blender, process oats until they have the consistency of flour, about 1 minute.

3. Combine pumpkin puree and next 8 ingredients with oat flour in blender; blend until smooth and creamy, about 1 to 2 minutes.

4. Divide batter evenly among prepared muffin cups. Sprinkle with toppings, if desired.

5. Bake at 400°F for 15 minutes or until a toothpick inserted in center comes out clean. Cool muffins in pan 5 minutes. Remove from pan; cool completely on a wire rack.

SERVES 12 (serving size: 1 muffin); **CALORIES** 99; **FAT** 2g (sat 1g, unsat 1g); **PROTEIN** 5g; **CARB** 16g; **FIBER** 2g; **SUGARS** 6g (added sugars 4g); **SODIUM** 133mg; **CALC** 6% DV; **POTASSIUM** 3% DV

Browned Butter–Whole Wheat Muffins

HANDS-ON 15 MIN.
TOTAL 42 MIN.

Bakery muffins often hide plenty of refined sugar and flour (what gives them that cakelike crumb). While oversized, they rarely keep you satisfied for long. Our basic muffin bumps up the fiber and protein with whole-wheat flour, wheat bran, and yogurt so you'll stay fueled throughout the morning. A ripe mashed banana adds sweetness and moisture without much noticeable flavor (these are not banana bread muffins). We also brown the butter for extra nutty depth. Add any combo of nuts, fruit, grated vegetables, or warm spices like nutmeg and cinnamon. Enjoy as is or split and gently toast before adding your favorite spread.

- **6 oz. whole-wheat flour (about 1½ cups)**
- **¼ cup wheat bran**
- **1 tsp. baking powder**
- **1 tsp. baking soda**
- **½ tsp. kosher salt**
- **2 Tbsp. unsalted butter**
- **1 cup plain low-fat yogurt**
- **½ cup packed light brown sugar**
- **1 tsp. vanilla extract**
- **1 ripe banana, mashed (about ½ cup)**
- **1 large egg**
- **Cooking spray**

1. Preheat oven to 375°F.

2. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, wheat bran, and next 3 ingredients in a large bowl, stirring with a whisk.

3. Melt butter in a small skillet over medium; cook 90 seconds or until browned and fragrant, swirling pan frequently. Combine butter, yogurt, sugar, vanilla, banana, and egg in a bowl. Add yogurt mixture to flour mixture, stirring just until combined. Divide batter evenly among 12 muffin cups coated with cooking spray. Bake at 375°F for 22 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 5 minutes. Remove from pan; cool completely on a wire rack.

SERVES 12 (serving size: 1 muffin); **CALORIES** 132; **FAT** 3g (sat 2g, unsat 1g); **PROTEIN** 4g; **CARB** 24g; **FIBER** 2g; **SUGARS** 12g (added sugars 9g); **SODIUM** 242mg; **CALC** 7% DV; **POTASSIUM** 3% DV

Good-for-You Muffins

Store-bought muffins can range from between 300-600 calories and add more than 20g of fat, 70g of carbs, and 50g of sugar to your day. You can make your own hearty muffins using whole-wheat flour and other whole grains, bananas or fruit purees, yogurt, and reduced amounts of sugar.

Gluten-Free Chocolate-Pumpkin Mini Muffins

Photo p. 9

HANDS-ON 10 MIN.
TOTAL 28 MIN.

Start your day with chocolate for breakfast. These muffins are fudgy, like brownies, but not cloyingly sweet because they have no refined sugar, only a small amount of honey.

- **Cooking spray**
- **¾ cup pumpkin puree**
- **½ cup almond butter**
- **1 egg**
- **6 Tbsp. honey**
- **¼ cup unsweetened cocoa powder**
- **½ tsp. baking soda**
- **2 Tbsp. ground flaxseed**
- **½ tsp. ground cinnamon**
- **½ tsp. vanilla extract**
- **½ cup bittersweet chocolate chips, divided**

1. Preheat oven to 375°F. Spray 24 mini muffin cups with cooking spray or line with paper muffin cup liners.

2. Add pumpkin puree and next 8 ingredients to a blender. (A stand mixer will also work, but an immersion blender will not.) Blend on medium until batter is smooth. Stop and scrap down the sides as needed to thoroughly blend the ingredients.

3. Stir in ¼ cup chocolate chips. Drop spoonfuls of batter into each mini muffin cup, about ¾ full. Sprinkle with remaining chocolate chips.

4. Bake 8 to 10 minutes, or until a toothpick inserted into the middle comes out clean. Remove pan from oven and cool for 10 minutes. Turn muffins out onto a wire rack or sheet of parchment paper.

SERVES 12 (serving size: 2 muffins); **CALORIES** 174; **FAT** 10g (sat 3g, unsat 5g); **PROTEIN** 4g; **CARB** 18g; **FIBER** 3g; **SUGARS** 13g (added sugars 9g); **SODIUM** 84mg; **CALC** 5% DV; **POTASSIUM** 3% DV

Chocolate Chip Facts

There are 8 grams of carbohydrate in a tablespoon of bittersweet chocolate chips and 5 grams of sugar. The same amount of milk chocolate chips contains 9 grams of carbohydrate and 8 grams of sugar.

Soft-Yolk Muffins with Sausage and Cheese

HANDS-ON 20 MIN.
TOTAL 50 MIN.

Dazzle family and friends with these meaty muffins that break open to reveal medium-boiled eggs with creamy yolks in the middle. You need two sizes of egg here–the medium eggs fit in the muffin tins, while the larges go in the batter.

- **Cooking spray**
- **12 medium eggs**
- **6 oz. ground turkey sausage, casings removed**
- **8 oz. whole-wheat flour (about 2 cups)**
- **4.25 oz. all-purpose flour (about 1 cup)**
- **1 Tbsp. baking powder**
- **1 tsp. granulated sugar**
- **½ tsp. baking soda**
- **½ tsp. ground black pepper**
- **2 cups reduced-fat buttermilk**
- **3 Tbsp. canola oil**
- **3 large eggs, lightly beaten**
- **4 oz. cheddar cheese, grated and divided (about 1 cup)**

1. Preheat oven to 400°F. Coat a 12-cup muffin pan with cooking spray.

2. Bring a large saucepan of water to a boil over high. Carefully lower 12 medium eggs into water with a strainer or slotted spoon. Boil 4 minutes and 30 seconds; immediately plunge into a bowl of ice water. Cool 10 minutes. Peel eggs and set aside.

3. Heat a small nonstick skillet over medium-high. Add sausage to pan; cook 4 minutes or until browned, stirring occasionally to crumble. Drain on paper towels.

4. Whisk together flours, baking powder, sugar, baking soda, and pepper in a large bowl. Whisk together buttermilk, oil, and large eggs in a separate large bowl until smooth. Add flour mixture to buttermilk mixture; stir with a wooden spoon or rubber spatula until smooth. Fold in two-thirds of sausage and 2 ounces cheese.

5. Divide half of batter evenly among cups of prepared muffin pan. Nestle 1 peeled cooked egg vertically into batter in each cup. Top with remaining batter. Sprinkle muffins with remaining sausage and remaining 2 ounces cheese.

6. Bake at 400°F on bottom rack until cheese melts and a wooden pick inserted in center comes out with moist crumbs, about 17 minutes. Remove from oven; cool on a wire rack 10 minutes. Carefully run an offset spatula or butter knife around edges to loosen muffins.

SERVES 12 (serving size: 1 muffin); **CALORIES** 298; **FAT** 15g (sat 5g, unsat 8g); **PROTEIN** 18g; **CARB** 24g; **FIBER** 2g; **SUGARS** 3g (added sugars 1g); **SODIUM** 516mg; **CALC** 22% DV; **POTASSIUM** 6% DV

SOFT-YOLK MUFFINS WITH SAUSAGE AND CHEESE

Berry-and-Walnut French Toast Casserole

HANDS-ON 15 MIN.
TOTAL 1 HR. PLUS 8 HR. CHILLING

Rise and shine with this overnight French toast casserole that has 75% less added sugar and saturated fat than most classic versions.

- **1 (8-oz.) day-old whole-grain crusty baguette, cut into 1-in. cubes**
- **Cooking spray**
- **1 ripe banana**
- **1 cup 2% reduced-fat milk**
- **3 large eggs**
- **3 large egg whites**
- **2 Tbsp. pure maple syrup**
- **1 tsp. vanilla extract**
- **1 tsp. ground cinnamon**
- **¼ tsp. kosher salt**
- **1 (10-oz.) pkg. frozen mixed berries, thawed**
- **⅓ cup chopped walnuts**
- **2 Tbsp. light brown sugar**
- **2 Tbsp. cold unsalted butter, cut into small cubes**

1. Arrange bread cubes in a 13- x 9-inch glass or ceramic baking dish coated with cooking spray. Using a fork, mash banana in a large bowl until smooth. Whisk in milk, eggs, egg whites, maple syrup, vanilla, cinnamon, and salt until combined. Pour mixture over bread cubes; toss to coat. Sprinkle berries over mixture. Cover with aluminum foil; chill 8 hours or overnight.

2. Preheat oven to 375°F.

3. Combine walnuts and brown sugar in a bowl. Add butter; using your fingers, mix until crumbly. Remove foil from chilled bread mixture; sprinkle bread mixture with walnut mixture. Replace foil cover.

4. Bake at 375°F until casserole is set, about 30 minutes. Remove foil; bake until golden brown, about 10 minutes. Let stand at room temperature 5 minutes.

SERVES 6 (serving size: about 1¼ cups); **CALORIES** 290; **FAT** 12g (sat 4g, unsat 7g); **PROTEIN** 11g; **CARB** 37g; **FIBER** 3g; **SUGARS** 16g (added sugars 7g); **SODIUM** 324mg; **CALC** 9% DV; **POTASSIUM** 6% DV



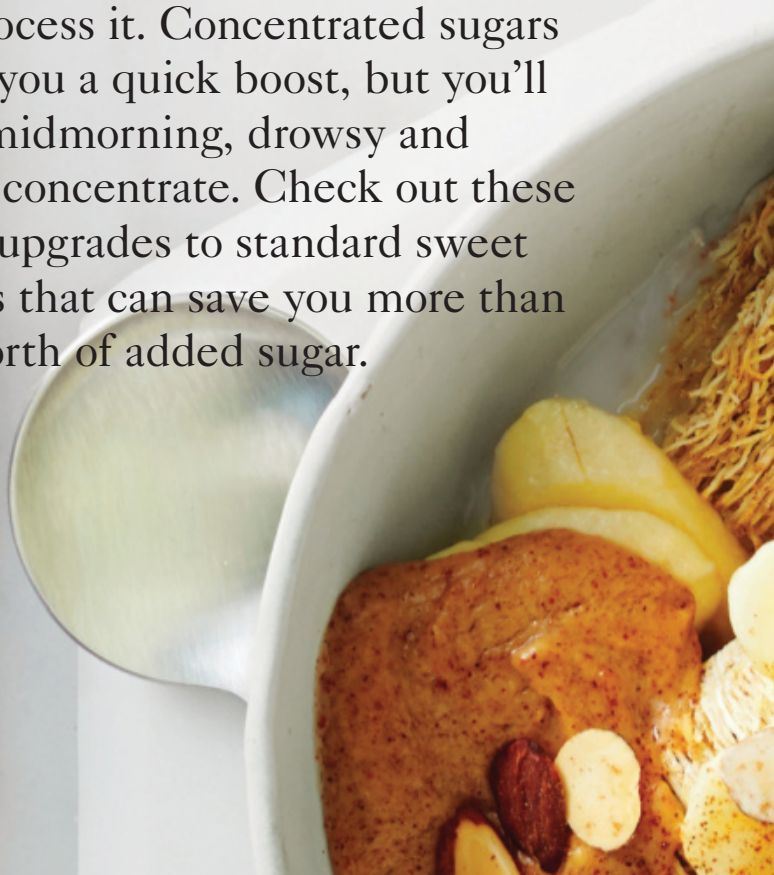




START THE DAY SAVORY



Many of us instinctively go for a sweet, starchy breakfast—jam-topped bagels, honey-tinged wheat flakes, syrup-drizzled waffles—but research shows that refined flour and sugar are the worst foods to eat after an overnight fast because sugar rapidly raises blood sugar at a time of day when the body is least able to process it. Concentrated sugars may give you a quick boost, but you'll crash by midmorning, drowsy and unable to concentrate. Check out these four easy upgrades to standard sweet breakfasts that can save you more than a day's worth of added sugar.





1
Cuke and Tomato Yogurt

THE USUAL: Yogurt with honey and granola

THE UPGRADE: ¾ cup plain 2% reduced-fat Greek yogurt (or skyr) + 2 Tbsp. thinly sliced cucumber + 6 halved cherry tomatoes + 1 Tbsp. toasted walnuts + 1 tsp. extra-virgin olive oil

THE SAVINGS: 23g added sugar

CALORIES 220; **FAT** 13g (sat 3g, unsat 8g); **PROTEIN** 16g; **CARB** 12g; **FIBER** 2g; **SUGARS** 10g (added sugars 0g); **SODIUM** 62mg; **CALC** 13% DV; **POTASSIUM** 7% DV

2
Hummus-Zucchini English Muffin

THE USUAL: White-flour bagel with cream cheese and strawberry jam

THE UPGRADE: 1 toasted whole-grain English muffin, split + 2 Tbsp. hummus + 2 Tbsp. shaved carrot + 2 Tbsp. shaved zucchini + 2 tsp. roasted salted sunflower seeds

THE SAVINGS: 30g added sugar

CALORIES 229; **FAT** 9g (sat 1g, unsat 5g); **PROTEIN** 8g; **CARB** 30g; **FIBER** 6g; **SUGARS** 2g (added sugars 1g); **SODIUM** 361mg; **CALC** 9% DV; **POTASSIUM** 5% DV

3
Banana-Nut Shredded Wheat

THE USUAL: Honey-cluster oat cereal

THE UPGRADE: 2 large shredded wheat biscuits soaked in ½ cup 1% reduced-fat milk + ⅓ cup thinly sliced banana + 1½ tsp. warm almond butter + 1½ tsp. toasted sliced almonds + dash of ground cinnamon

THE SAVINGS: 13g added sugar

CALORIES 322; **FAT** 8g (sat 2g, unsat 6g); **PROTEIN** 12g; **CARB** 57g; **FIBER** 9g; **SUGARS** 13g (added sugars 0g); **SODIUM** 72mg; **CALC** 21% DV; **POTASSIUM** 18% DV

4
Pear and Bacon Whole-Grain French Toast

THE USUAL: 2 pieces of white-bread French toast with berry compote and powdered sugar

THE UPGRADE: 2 slices whole-grain French toast + 1 slice cooked and crumbled center-cut bacon + ¼ cup thinly sliced pear + 1 Tbsp. shaved Parmesan cheese

THE SAVINGS: 45g added sugar

CALORIES 294; **FAT** 11g (sat 4g, unsat 5g); **PROTEIN** 18g; **CARB** 32g; **FIBER** 5g; **SUGARS** 8g (added sugars 2g); **SODIUM** 519mg; **CALC** 15% DV; **POTASSIUM** 7% DV

CORN OATMEAL WITH PEACHES



Corn Oatmeal with Peaches

HANDS-ON 20 MIN.
TOTAL 20 MIN.

Try substituting unsweetened almond milk (we like Almond Breeze) for the whole milk for a rich, slightly nutty flavor. Fresh, in-season corn and peaches provide plenty of natural sweetness in this breakfast.

- **1 Tbsp. unsalted butter**
- **2 cups fresh corn kernels**
- **2 cups old-fashioned rolled oats**
- **1 tsp. kosher salt**
- **3 cups water**
- **1 cup whole milk**
- **⅛ tsp. ground nutmeg**
- **¼ cup plain 2% reduced-fat Greek yogurt**
- **¼ tsp. vanilla extract**
- **1 cup sliced peaches**

1. Melt butter in a medium saucepan over medium. Add corn; cook 3 minutes. Stir in oats and salt; cook 2 minutes. Add 3 cups water, milk, and nutmeg; cover, and simmer 5 minutes.

2. Combine yogurt and vanilla in a small bowl. Divide oatmeal among 4 bowls. Top each serving evenly with yogurt mixture and peaches.

SERVES 4 (serving size: about 1 cup); **CALORIES** 299; **FAT** 9g (sat 4g, unsat 4g); **PROTEIN** 11g; **CARB** 48g; **FIBER** 6g; **SUGARS** 12g (added sugars 0g); **SODIUM** 523mg; **CALC** 11% DV; **POTASSIUM** 15% DV

The fiber in oats helps lower cholesterol and may help reduce the risk of type 2 diabetes and heart disease.

Greek Cucumber and Chickpea Breakfast Bowl

HANDS-ON 10 MIN.
TOTAL 10 MIN.

Dill absolutely makes this salad, offering a fresh, herbaceous boost that livens up the canned chickpeas. It's a satisfying bowl of crunchy, creamy, chewy textures.

- **1½ tsp. extra-virgin olive oil**
- **1½ tsp. red wine vinegar**
- **⅛ tsp. black pepper**
- **Dash of kosher salt**
- **½ cup unsalted canned chickpeas, drained**
- **2 Tbsp. slivered roasted red bell peppers**
- **2 pitted kalamata olives, finely chopped**
- **½ cup thinly sliced cucumber**
- **2 Tbsp. crumbled feta cheese**
- **2 tsp. chopped fresh dill**

Combine first 4 ingredients in a medium bowl, stirring with a fork or whisk. Add chickpeas, bell peppers, and olives; toss to combine. Arrange cucumber slices and chickpea mixture in a bowl; top with cheese and dill.

SERVES 1 (serving size: about 1 cup); **CALORIES** 280; **FAT** 14g (sat 4g, unsat 9g); **PROTEIN** 10g; **CARB** 26g; **FIBER** 5g; **SUGARS** 4g (added sugars 0g); **SODIUM** 591mg; **CALC** 16% DV; **POTASSIUM** 9% DV

Perfect Quinoa

HANDS-ON 5 MIN.
TOTAL 27 MIN.

Rinsing removes this gluten-free pseudo-grain's natural coating, called saponin, which can make it taste bitter. (Quinoa is technically a seed.) Although most boxed quinoa is prerinsed, it doesn't hurt to give it an extra rinse at home. Allowing the quinoa to steam helps it absorb any remaining traces of liquid and plump up.

- **1 cup uncooked red quinoa**
- **1¾ cups water**
- **¼ tsp. kosher salt**

1. Place quinoa in a fine wire-mesh strainer; rinse under running water 1 minute. Drain. Bring quinoa, 1¾ cups water, and salt to a boil in a saucepan over high. Cover and reduce heat to medium. Cook until liquid is mostly absorbed, 12 to 15 minutes.

2. Remove from heat, and let steam, covered, 10 minutes. Drain any excess cooking liquid.

SERVES 4 (serving size: about ⅔ cup); **CALORIES** 156; **FAT** 3g (sat 0g, unsat 2g); **PROTEIN** 6g; **CARB** 27g; **FIBER** 3g; **SUGARS** 1g (added sugars 0g); **SODIUM** 122mg; **CALC** 2% DV; **POTASSIUM** 5% DV

Quinoa is high in protein and contains all nine essential amino acids. It also has twice as much fiber as other grains.

Apple-Quinoa Bowl with Cinnamon Ricotta

HANDS-ON 15 MIN.
TOTAL 15 MIN.

This bowl captures the essence of a warm slice of apple pie but won't send you into midmorning nap mode. Feel free to swap the ricotta for Greek yogurt, if desired.

- **2 tsp. unsalted butter**
- **10 oz. chopped Granny Smith apples (from 2 medium apples)**
- **¼ tsp. kosher salt**
- **1 cup part-skim ricotta cheese**
- **¼ tsp. ground cinnamon**
- **2⅔ cups Perfect Quinoa (recipe at left)**
- **¼ cup chopped toasted hazelnuts**

1. Heat butter in a large nonstick skillet over medium-high. Add apples and salt; cook, stirring occasionally, until apples begin to soften, 8 to 10 minutes. Continue to cook, stirring constantly, until apples are tender, 1 to 2 more minutes. Remove skillet from heat.

2. Stir together ricotta and cinnamon in a small bowl.

3. Divide quinoa evenly among 4 bowls. Top each serving with ¼ cup ricotta mixture and ½ cup apples. Top evenly with hazelnuts.

SERVES 4 (serving size: about 1¾ cups); **CALORIES** 346; **FAT** 15g (sat 5g, unsat 9g); **PROTEIN** 15g; **CARB** 41g; **FIBER** 5g; **SUGARS** 9g (added sugars 0g); **SODIUM** 304mg; **CALC** 20% DV; **POTASSIUM** 9% DV

Bacon and Avocado Quinoa Bowl with Buttermilk-Chive Drizzle

HANDS-ON 10 MIN.
TOTAL 15 MIN.

Cook the bacon ahead and this bowl comes together in 5 minutes flat. With 15 grams of protein and 5 grams of fiber, it's also a great lunch option.

- **8 center-cut bacon slices, chopped**
- **½ cup whole buttermilk**
- **1 Tbsp. plain whole-milk Greek yogurt**
- **1 Tbsp. chopped fresh chives**
- **¼ tsp. kosher salt**
- **¼ tsp. black pepper**
- **2⅔ cups Perfect Quinoa (recipe at left)**
- **2 cups halved cherry tomatoes**
- **1 ripe avocado, sliced**

1. Cook bacon in a large nonstick skillet over medium-high, stirring occasionally, until crisp, 5 to 6 minutes. Place bacon on a plate lined with paper towels to drain.

2. Whisk together buttermilk, yogurt, chives, salt, and pepper in a bowl or glass measuring cup.

3. Divide quinoa evenly among 4 bowls. Sprinkle bacon evenly over each serving; top each bowl with ½ cup tomatoes and one-fourth sliced avocado. Drizzle with 2½ tablespoons buttermilk-chive dressing.

SERVES 4 (serving size: about 1¾ cups); **CALORIES** 316; **FAT** 13g (sat 3g, unsat 10g); **PROTEIN** 15g; **CARB** 36g; **FIBER** 5g; **SUGARS** 5g (added sugars 0g); **SODIUM** 489mg; **CALC** 7% DV; **POTASSIUM** 14% DV

BACON AND AVOCADO QUINOA BOWL WITH BUTTERMILK-CHIVE DRIZZLE



Coconut-Buckwheat Granola

HANDS-ON 6 MIN.
TOTAL 36 MIN.

We change up the classic oat and nut combo with coconut flakes and starchy buckwheat groats. Look for pale-green groats; the toasted, dark-brown buckwheat can have a bitter flavor. You can also skip the buckwheat and add another ½ cup rolled oats.

- **1½ cups old-fashioned oats**
- **½ cup unsweetened flaked dried coconut**
- **½ cup almonds, coarsely chopped**
- **½ cup unsalted pumpkin seeds**
- **¼ cup uncooked buckwheat groats**
- **2 Tbsp. canola oil**
- **1 Tbsp. honey**
- **1 tsp. kosher salt**
- **1 tsp. ground cinnamon**

1. Preheat oven to 375°F.

2. Combine first 5 ingredients in a large bowl. Combine oil, honey, salt, and cinnamon in a bowl, stirring with a whisk. Add honey mixture to oat mixture; stir well to coat. Spread mixture in a single layer on a parchment paper–lined baking sheet. Bake at 375°F for 20 minutes or until golden, stirring once after 10 minutes. Cool completely.

SERVES 12 (serving size: about ⅓ cup); **CALORIES** 164; **FAT** 11g (sat 3g, mono 8g); **PROTEIN** 5g; **CARB** 14g; **FIBER** 3g; **SUGARS** 2g (added sugars 1g); **SODIUM** 162mg; **CALC** 3% DV; **POTASSIUM** 4% DV

Blackberry-Citrus Granola Bowl

HANDS-ON 10 MIN.
TOTAL 10 MIN. PLUS 8 HR. SOAKING

The best way to cook steel-cut oats during the week? Don't cook them at all. Soak the oats overnight in your milk of choice: The oats will soften and plump in the liquid but remain slightly chewy. Enjoy cold, or heat in the microwave for 30 seconds. Top with nuts for a little extra crunch, if you like.

- **2 cups 2% reduced-fat milk or plain, unsweetened almond or soy milk**
- **1 cup uncooked steel-cut oats**
- **1 cup Coconut-Buckwheat Granola (recipe at left)**
- **1 cup blackberries**
- **1 cup red grapefruit and blood orange segments**

1. Combine milk and oats in an airtight container; seal. Refrigerate 8 hours or overnight.

2. Divide oat mixture among 4 bowls; top with granola, blackberries, and citrus segments.

SERVES 4 (serving size: about ⅔ cup oats mixture, ¼ cup granola, and ½ cup fruit); **CALORIES** 374; **FAT** 14g (sat 4g, unsat 9g); **PROTEIN** 14g; **CARB** 52g; **FIBER** 9g; **SUGARS** 14g (added sugars 1g); **SODIUM** 185mg; **CALC** 19% DV; **POTASSIUM** 12% DV

Sweet or Savory?

You only need a little bit of oil and honey to get golden brown granola. Go sweet without added sugar by tossing in fresh or dried fruit, or go savory by adding minced herbs and a dash of ground red pepper.





BLACKBERRY-CITRUS GRANOLA BOWL



BACON, ARUGULA, AND EGG WRAPS

Bacon, Arugula, and Egg Wraps

HANDS-ON 20 MIN.
TOTAL 20 MIN.

Precooked potatoes make these wraps quick and easy to whip up; eggs and whole-wheat tortillas deliver protein and fiber to keep you full all morning.

- **1⅓ cups refrigerated diced potatoes (such as Simply Potatoes)**
- **6 center-cut bacon slices, chopped**
- **¼ cup diced shallot**
- **6 large eggs**
- **2 Tbsp. water**
- **⅛ tsp. kosher salt**
- **3 Tbsp. canola mayonnaise**
- **2 tsp. Sriracha chili sauce**
- **4 (8-in.) whole-wheat tortillas**
- **1½ cups baby arugula (about 1½ oz.)**

1. Place potatoes in a microwavable dish. Microwave at high until the potatoes are almost tender, about 2 minutes.

2. Place bacon in a large skillet. Cook over medium-high until bacon begins to brown, 5 to 6 minutes. Add shallot and potatoes to skillet; reduce heat to medium, and cook, stirring occasionally, until bacon is done and potatoes are soft and beginning to brown, 3 to 4 minutes. Transfer mixture to a bowl; cover to keep warm. (Do not wipe skillet clean.)

3. Whisk together eggs, 2 tablespoons water, and salt in a medium bowl until well combined. Add egg mixture to skillet. Cook the eggs, stirring constantly, until eggs are almost set, 1 to 2 minutes.

4. Stir together mayonnaise and Sriracha in a small bowl. Spread sauce evenly over tortillas. Layer potato mixture, scrambled eggs, and arugula evenly down center of tortillas; fold tortillas burrito-style. Serve immediately.

SERVES 4 (serving size: 1 wrap); **CALORIES** 363; **FAT** 19g (sat 4g, unsat 13g); **PROTEIN** 18g; **CARB** 28g; **FIBER** 2g; **SUGARS** 2g (added sugars 0g); **SODIUM** 722mg; **CALC** 11% DV; **POTASSIUM** 5% DV

Tortilla Tips

One 8-inch whole-wheat tortilla has 3 grams of fiber, compared to 1 gram of fiber in a regular flour tortilla.

Kale and Freekeh Frittata

HANDS-ON 20 MIN.
TOTAL 1 HR. 5 MIN.

Freekeh is an ancient grain with a texture similar to that of quinoa. It is wheat that's been harvested early while the grains are still tender and green. The kernels are then parched, roasted, dried, and rubbed. You can use this grain in place of rice, quinoa, or farro.

- **1½ cups water**
- **⅔ cup uncooked cracked freekeh**
- **1½ Tbsp. canola oil**
- **½ cup chopped shallots**
- **¼ tsp. crushed red pepper**
- **5 garlic cloves, thinly sliced**
- **8 cups chopped stemmed kale, divided**
- **½ cup water, divided**
- **1 cup 2% evaporated milk**
- **4 oz. sharp cheddar cheese, shredded (about 1 cup)**
- **¾ tsp. kosher salt**
- **¼ tsp. black pepper**
- **5 large eggs, lightly beaten**

1. Bring 1½ cups water to a boil in a small saucepan; stir in freekeh. Cover, reduce heat, and simmer 20 minutes. Remove the freekeh from heat; let stand 10 minutes. Drain any remaining liquid. Freekeh should be slightly al dente and a bit chewy.

2. Preheat oven to 375°F.

3. While freekeh cooks, heat a 10-inch cast-iron or other ovenproof skillet over medium. Add oil; swirl to coat. Add shallots, red pepper, and garlic; cook 5 minutes or until tender, stirring occasionally. Add half of kale and ¼ cup water; cover and cook 2 minutes or until kale wilts. Add remaining kale and ¼ cup water; cover and cook 6 minutes or until kale is tender. Stir in freekeh.

4. Combine milk and next 4 ingredients, stirring with a whisk. Pour evenly over freekeh mixture in pan without stirring; cook over medium 2 minutes or until egg mixture starts to set around edges. Place pan in oven. Bake at 375°F for 8 to 10 minutes or until almost set. Turn on broiler (do not remove pan from oven); broil 2 minutes or until top is lightly browned. Cool frittata for 5 minutes before cutting into wedges.

SERVES 6 (serving size: 1 wedge); **CALORIES** 316; **FAT** 16g (sat 6g, unsat 8g); **PROTEIN** 19g; **CARB** 29g; **FIBER** 4g; **SUGARS** 5g (added sugars 0g); **SODIUM** 504mg; **CALC** 41% DV; **POTASSIUM** 10% DV

CARB-CONSCIOUS CASSEROLE

Build a better breakfast with these nutrient-packed ingredients.

POTATOES
Rich in vitamin C and potassium, russet potatoes add more nutritious heft than bread or biscuits and save you up to 3g sat fat per serving. For a fiber and flavor boost, leave the skins on half the potatoes.

COTTAGE CHEESE
The extra dairy fat in whole-milk cottage cheese enriches the egg mixture with custard-like creaminess and offers an extra hit of protein. It also offers some insurance against overcooking the eggs.

SALMON
Bearing all the smoky saltiness of classic breakfast meat, hot-smoked salmon lends meatiness and heart-healthy fats for a fraction of the saturated fat.



Smoked Salmon Breakfast Casserole

HANDS-ON 15 MIN.
TOTAL 40 MIN.

This multilayered marvel is loaded with crispy potatoes, hot-smoked salmon, and a smattering of fresh herbs. Cottage cheese naturally melds into the eggs, creating pillowy lightness throughout the mixture, while goat cheese creates dense pockets of creaminess. Our recipe hits all the marks for a hearty one-dish meal. Hot-smoked salmon, unlike cured, is fully cooked—look for it in the fish case or packaged in the meat aisle of your grocery store. Use a well-seasoned cast-iron skillet for best results. If making ahead, prepare the potato and salmon mixture the night before and refrigerate, covered, overnight. The next morning, whip up the egg mixture and proceed with the final steps. To reheat leftovers, place the whole skillet back in the oven, or microwave individual portions on an ovenproof plate.

- **6 large eggs**
- **3 large egg whites**
- **¾ cup 2% reduced-fat milk**
- **½ cup plain whole-milk cottage cheese**
- **2 Tbsp. minced fresh chives**
- **1 tsp. Dijon mustard**
- **¼ tsp. freshly ground black pepper**
- **1 Tbsp. canola oil**
- **1 lb. russet potatoes, peeled and cut into ½-in. cubes (about 3½ cups)**
- **½ cup thinly sliced leeks**
- **¼ cup minced shallot**
- **8 oz. hot-smoked salmon, flaked**
- **2 oz. goat cheese, crumbled (about ½ cup)**
- **2 Tbsp. chopped fresh dill**

1. Preheat oven to 350°F.

2. Place eggs, egg whites, milk, cottage cheese, chives, mustard, and pepper in a large bowl; whisk to combine. Set aside.

3. Heat oil in a 10-inch oven-proof skillet over medium. Add potatoes; stir to coat, and arrange in a single layer. Cover and cook until the potatoes are almost tender, about 8 minutes, stirring occasionally. Uncover, add leeks and shallot, and cook 5 minutes, stirring occasionally, until soft.

4. Scatter salmon evenly over potatoes in pan. Pour egg mixture over salmon and potatoes. Sprinkle goat cheese evenly over top. Bake at 350°F for 25 minutes or until egg mixture is set. Garnish with dill.

SERVES 6 (serving size: 1½ cups); **CALORIES** 330; **FAT** 15g (sat 5g, unsat 8g); **PROTEIN** 26g; **CARB** 22g; **FIBER** 2g; **SUGARS** 5g (added sugars 0g); **SODIUM** 592mg; **CALC** 15% DV; **POTASSIUM** 19% DV

Half-Moon Browned Omelet

HANDS-ON 10 MIN
TOTAL 10 MIN.

Fill this light and fluffy omelet with any vegetables you prefer or have on hand. Feel free to change it up; the basic method remains the same. Whatever vegetables you use, be sure to sauté them beforehand, cooking them longer if you like more char.

- **2 tsp. olive oil, divided**
- **½ cup sliced cremini mushrooms**
- **½ cup loosely packed baby kale or spinach**
- **⅛ tsp. kosher salt, divided**
- **2 large eggs**
- **¼ tsp. freshly ground black pepper**
- **1 Tbsp. crumbled goat or feta cheese**

1. Heat an 8-inch nonstick skillet over medium-high. Add 1 teaspoon oil to pan; swirl to coat. Add the mushrooms; sauté until golden, about 3 minutes. Stir in kale and half of the salt; stir about 30 seconds or until kale is just wilted. Place mushroom mixture on a plate or in a small bowl. Wipe pan clean.

2. Break eggs into a small bowl. Use a fork to beat them until completely blended and slightly frothy. Stir in remaining salt and pepper.

Cremini mushrooms are commonly marketed as baby bellas or baby portobellos.

3. Heat remaining 1 teaspoon oil in same pan over medium. Add eggs; stir them around pan with a heatproof rubber spatula like you're making firm scrambled eggs, pulling from the sides toward the middle. Tilt pan now and then, lifting the egg disk that forms so the runny egg slides off, hits the pan, and firms up. After about 2 minutes, when the eggs are slightly shiny on top in spots, but mostly cooked through, spread mushroom mixture over half of the eggs; sprinkle with cheese. When eggs are browned on the bottom, fold them over the filling. Slide omelet onto a plate.

SERVES 1 (serving size: 1 omelet); **CALORIES** 269; **FAT** 21g (sat 6g, unsat 13g); **PROTEIN** 16g; **CARB** 4g; **FIBER** 1g; **SUGARS** 1g (added sugars 0g); **SODIUM** 450mg; **CALC** 15% DV; **POTASSIUM** 7% DV

Avocado-Sprout Toast

HANDS-ON 5 MIN.
TOTAL 5 MIN.

- **1 (1-oz.) slice whole-grain bread, toasted**
- **¼ ripe avocado, sliced**
- **Dash of kosher salt**
- **Dash of black pepper**
- **¼ cup alfalfa sprouts**
- **2 tsp. sunflower seeds**
- **½ tsp. fresh lemon juice**

Top bread with avocado; lightly mash. Top with remaining ingredients.

SERVES 1 (serving size: 1 slice); **CALORIES** 169; **FAT** 10g (sat 1g, unsat 7g); **PROTEIN** 6g; **CARB** 17g; **FIBER** 5g; **SUGARS** 2g (added sugars 2g); **SODIUM** 232mg; **CALC** 4% DV; **POTASSIUM** 6% DV

How to Store Bread

Keep most breads at room temperature in a dry place. Sprouted breads should be refrigerated or frozen. If you are not going to use the whole loaf, slice and freeze the rest in a ziplock plastic freezer bag. Refrigerated bread will go stale faster, but it's not a total loss: Stale and frozen bread make excellent toast.



AVOCADO-SPROUT TOAST

03.
BROWN-BAG LUNCHES & SNACKS

INSTEAD OF PACKING A HIGH-CARB SANDWICH OR SUGARY SNACK, TURN TO THESE LOW-SUGAR, PORTABLE LUNCHES AND MUNCHIES.



15-MINUTE CHICKEN SHAWARMA BOWLS
p. 41

LEMON-DILL SALMON SALAD



Lemon-Dill Salmon Salad

HANDS-ON 15 MIN.
TOTAL 15 MIN.

Canned boneless, skinless salmon is just as tasty and versatile as canned tuna, and it boasts more omega-3 fats—but you could certainly use tuna if you prefer it.

- **⅓ cup chopped celery**
- **¼ cup chopped scallions**
- **¼ cup canola mayonnaise**
- **1 Tbsp. chopped fresh dill**
- **1 tsp. lemon zest plus 1 Tbsp. fresh lemon juice**
- **½ tsp. black pepper**
- **¼ tsp. kosher salt**
- **2 (6-oz.) cans sustainable boneless, skinless salmon (such as Wild Planet), drained and flaked**
- **⅓ cup chopped unsalted roasted almonds**
- **4 green leaf lettuce leaves**
- **3 cups seedless red grapes**
- **2 cups 3- to 4-in. carrot sticks**
- **2 (6-in.) whole-wheat pitas, each cut into 8 wedges**

1. Stir together celery, scallions, mayonnaise, dill, lemon zest and juice, pepper, and salt in a medium bowl. Fold in salmon and almonds. Arrange 1 lettuce leaf in each of 4 (4-cup) containers. Place salmon salad over lettuce.

2. Divide grapes, carrots, and pita wedges evenly among containers.

SERVES 4 (serving size: 1 lettuce leaf, ½ cup salmon salad, ¾ cup grapes, ½ cup carrots, and 4 pita wedges); **CALORIES** 404; **FAT** 14g (sat 1g, unsat 11g); **PROTEIN** 28g; **CARB** 46g; **FIBER** 6g; **SUGARS** 22g (added sugars 0g); **SODIUM** 674mg; **CALC** 15% DV; **POTASSIUM** 18% DV

One medium lemon will yield 2 to 3 tablespoons of juice and 1 teaspoon of zest.

Greek Chickpea Salad

HANDS-ON 20 MIN.
TOTAL 20 MIN.

This salad's flavors are bright, fresh, briny, and herby—even after three or four days. Crunchy, sturdy romaine lettuce holds up well as the base, whereas a more delicate green would wilt quickly. Be sure to dry the lettuce well before assembling; wet leaves will sog out quickly. For a heartier salad, you can add 4 ounces of cooked boneless, skinless chicken breast or shrimp; the chicken will add 187 calories and 35g protein, and the shrimp will contribute an extra 135 calories and 26g protein.

- **6 cups torn romaine lettuce**
- **½ cup vertically sliced red onion**
- **1 (15-oz.) can unsalted chickpeas, drained and rinsed**
- **2 cups halved grape or cherry tomatoes**
- **2 cups half-moon English cucumber slices (from 1 cucumber)**
- **16 pitted kalamata olives**
- **4 oz. feta cheese, cut into 8 slices**
- **¼ cup extra-virgin olive oil**
- **3 Tbsp. red wine vinegar**
- **½ tsp. dried oregano**
- **¼ tsp. black pepper**
- **⅛ tsp. kosher salt**
- **1 garlic clove, grated**

1. Arrange 1½ cups lettuce and 2 tablespoons onion in each of 4 (4-cup) bowls or containers. Top each serving with ⅓ cup chickpeas, ½ cup tomatoes, ½ cup cucumber, 4 olives, and 2 cheese slices.

2. Whisk together oil, vinegar, oregano, pepper, salt, and garlic in a small bowl. Serve about 2 tablespoons dressing with each salad.

SERVES 4 (serving size: about 3 cups); **CALORIES** 384; **FAT** 25g (sat 6g, unsat 17g); **PROTEIN** 12g; **CARB** 29g; **FIBER** 7g; **SUGARS** 7g (added sugars 0g); **SODIUM** 584mg; **CALC** 24% DV; **POTASSIUM** 15% DV

Lunch Packing Advice

Pack smartly to keep textures at their prime: Use lettuce leaves as cups to hold salads, and position bread, pita wedges, or other baked goods on the other side of the container so they stay dry. Pack dressing separately and dress the greens right before eating for peak freshness.

Greek Chopped Salad with Grilled Pita

HANDS-ON 30 MIN.
TOTAL 30 MIN.

We take the extra step of grilling the bell peppers along with the pita wedges to add a bit of char and smoky depth to the salad. You could also broil the peppers in the oven until blackened and peel them, and then toast the pita until browned.

- **Cooking spray**
- **1 large red bell pepper**
- **¼ cup olive oil, divided**
- **2 tsp. chopped fresh oregano, divided**
- **½ tsp. garlic powder**
- **⅜ tsp. kosher salt, divided**
- **3 (6½-in.) whole-wheat pita rounds**
- **1 Tbsp. white wine vinegar**
- **1 Tbsp. fresh lemon juice**
- **2 tsp. Dijon mustard**
- **¼ tsp. black pepper**
- **4 cups chopped romaine lettuce**
- **2 cups chopped English cucumber**
- **1 cup halved cherry tomatoes**
- **2 Tbsp. pitted kalamata olives, chopped**
- **1 (15-oz.) can unsalted cannellini beans, rinsed and drained**
- **1 oz. feta cheese, crumbled (about ¼ cup)**

1. Heat a grill pan over medium-high. Coat pan with cooking spray. Remove seeds and membranes from bell pepper; cut into quarters. Add bell pepper to pan; cook 4 minutes on each side or until tender and charred. Remove bell pepper from pan; cut into bite-size pieces.

2. Combine 1 tablespoon olive oil, 1 teaspoon oregano, garlic powder, and ⅛ teaspoon salt in a bowl. Brush oil mixture evenly over both sides of all pita rounds. Add pita rounds to pan; cook 2 minutes on each side or until well marked. Cut each pita into 6 wedges.

3. Combine remaining 3 tablespoons oil, vinegar, juice, and mustard in a large bowl, stirring with a whisk. Stir in remaining 1 teaspoon oregano, ¼ teaspoon salt, and black pepper. Add charred red bell pepper, lettuce, cucumber, tomatoes, olives, and beans to bowl; toss well to combine. Divide salad among 4 plates; top evenly with cheese. Serve with grilled pita wedges.

SERVES 4 (serving size: about 2¼ cups salad and about 4 pita wedges); **CALORIES** 396; **FAT** 19g (sat 3g, unsat 12g); **PROTEIN** 12g; **CARB** 48g; **FIBER** 10g; **SUGARS** 6g (added sugars 0g); **SODIUM** 684mg; **CALC** 12% DV; **POTASSIUM** 21% DV

Leftover Avocado?

If you're using only half of the avocado, use the half without the pit first. The pit doesn't magically do anything to prevent spoilage, but its presence prevents oxygen from getting to a portion of the flesh. And oxygen is what causes browning. Rub a little lemon or lime juice on the flesh, tightly wrap the avocado half in plastic wrap, and store in the refrigerator for 1 to 2 days.

Avocado, Sprout, and Cashew Spread Sandwich

HANDS-ON 20 MIN.
TOTAL 20 MIN.

This spread uses cashews as its base but adds in mayonnaise to make it creamier and easier to slather on the bread.

CASHEW SPREAD

- **⅓ cup cashews, toasted**
- **¼ tsp. kosher salt**
- **1 garlic clove**
- **1 Tbsp. water**
- **1 Tbsp. canola mayonnaise**

SANDWICH

- **2 (1-oz.) slices whole-wheat bread, toasted**
- **¼ cup baby radish sprouts**
- **3 radishes, very thinly sliced**
- **¼ ripe avocado, sliced**
- **¼ cup arugula**
- **1 tsp. fresh lemon juice**
- **⅛ tsp. freshly ground black pepper**

1. Make the cashew spread: Place the first 3 ingredients in a mini food processor; pulse until coarsely ground. Add 1 tablespoon water and the mayonnaise; process until smooth. Reserve 2 tablespoons of the cashew spread for another use.

2. Make the sandwich: Spread 1 tablespoon of the remaining cashew spread over each bread slice. Top 1 slice with sprouts, radishes, avocado, arugula, juice, pepper, and remaining bread slice. Cut in half.

SERVES 1 (serving size: 1 sandwich); **CALORIES** 356; **FAT** 20g (sat 3g, unsat 15g); **PROTEIN** 12g; **CARB** 36g; **FIBER** 7g; **SUGARS** 5g (added sugars 0g); **SODIUM** 571mg; **CALC** 9% DV; **POTASSIUM** 14% DV



AVOCADO, SPROUT, AND CASHEW SPREAD SANDWICH



SPINACH, HUMMUS, AND BELL PEPPER WRAPS

Spinach, Hummus, and Bell Pepper Wraps

HANDS-ON 10 MIN.
TOTAL 10 MIN.

Make this super-simple wrap the night before, wrap in parchment paper or plastic wrap, and store in the fridge. Just grab it in the morning on your way out the door. Use Flatout Light whole-grain flatbreads to keep calories in check; you can find them at most supermarkets, usually in the bakery section.

- **2 (1.9-oz.) whole-grain flatbreads (such as Flatout Light)**
- **½ cup roasted garlic hummus**
- **1 small red bell pepper, thinly sliced**
- **1 cup firmly packed baby spinach**
- **1 oz. crumbled tomato-and-basil feta cheese (about ¼ cup)**

1. Spread each flatbread with ¼ cup hummus, leaving a ½-inch border around the edge.

2. Divide bell pepper evenly between flatbreads; top each with ½ cup spinach and 2 tablespoons cheese. Starting from one short side, roll up wraps. Cut each wrap in half, and secure with wooden picks.

SERVES 2 (serving size: 1 wrap); **CALORIES** 258; **FAT** 12g (sat 3g, unsat 9g); **PROTEIN** 15g; **CARB** 34g; **FIBER** 13g; **SUGARS** 7g (added sugars 0g); **SODIUM** 793mg; **CALC** 8% DV; **POTASSIUM** 6% DV

15-Minute Chicken Shawarma Bowls

Photo p. 35

HANDS-ON 15 MIN.
TOTAL 15 MIN.

This Middle Eastern–inspired bowl is all about big flavor with minimal effort. A garlicky, tahini-spiked yogurt brings all the elements together and takes just minutes to make. Assemble a few bowls at the beginning of the week for easy make-ahead lunches.

- **12 oz. skinless, boneless rotisserie chicken breast, shredded (about 3 cups)**
- **2 tsp. olive oil**
- **¾ tsp. kosher salt, divided**
- **½ tsp. cumin, divided**
- **⅛ tsp. paprika**
- **½ cup plain 2% reduced-fat Greek yogurt**
- **1 Tbsp. fresh lemon juice**
- **1 Tbsp. tahini (sesame seed paste)**
- **1 tsp. minced garlic**
- **1 (8.5-oz.) pkg. precooked farro**
- **2 cups chopped English cucumber**
- **2 cups halved cherry tomatoes**
- **1 (15-oz.) can unsalted chickpeas, rinsed and drained**
- **2 Tbsp. chopped fresh parsley**
- **¼ tsp. freshly ground black pepper**

1. Place chicken and oil in a large bowl; toss to coat. Combine ½ teaspoon salt, ¼ teaspoon cumin, and paprika in a bowl. Add spice mixture to chicken mixture; toss to coat.

2. Combine remaining ¼ teaspoon salt, remaining ¼ teaspoon cumin, yogurt, lemon juice, tahini, and garlic in a small bowl. Set aside.

3. Heat farro according to package directions. Place ½ cup farro in each of 4 bowls. Top each serving with about ¾ cup chicken mixture, ½ cup cucumber, ½ cup tomatoes, about ⅓ cup chickpeas, and 2½ tablespoons Greek yogurt mixture. Top with chopped parsley and black pepper.

SERVES 4 (serving size: 1 bowl); **CALORIES** 395; **FAT** 9g (sat 2g, unsat 5g); **PROTEIN** 36g; **CARB** 42g; **FIBER** 7g; **SUGARS** 5g (added sugars 0g); **SODIUM** 677mg; **CALC** 12% DV; **POTASSIUM** 21% DV

Shortcut Ingredients

Rotisserie chicken, canned chickpeas, and fresh vegetables bulk up grain bowls for a meal that's practically no-cook. You'll find microwave-in-bag farro in the grain aisle.



1

PISTACHIO-RAISIN BARS

3

CASHEW-APRICOT BARS



2
PB-PRETZEL-APPLE BARS

4
ALMOND-CHERRY BARS

1. Pistachio-Raisin Bars

Photo p. 42

HANDS-ON 15 MIN.
TOTAL 1 HR. 40 MIN.

Why buy store-bought granola bars when it's so easy—and so much healthier—to make them at home? Switch them up with any dried fruit, nuts, or grains you like.

- **2 cups old-fashioned oats**
- **⅓ cup sunflower seed butter**
- **¼ cup agave syrup**
- **1½ Tbsp. coconut oil**
- **1 tsp. vanilla extract**
- **½ tsp. kosher salt**
- **1 large egg white**
- **½ cup coarsely chopped unsalted roasted pistachios**
- **⅓ cup golden raisins**

1. Preheat oven to 350°F. Line an 8-inch square metal baking pan with parchment paper; let excess hang over the edge.

2. Spread oats onto a baking sheet. Bake at 350°F until toasted, about 12 minutes. Place in a medium bowl; cool.

3. Place sunflower seed butter, agave syrup, and oil in a microwave-safe bowl. Microwave at high until warm, about 30 seconds; whisk until smooth. Whisk in vanilla, salt, and egg white.

4. Add pistachios and raisins to oats. Pour sunflower seed butter mixture over oat mixture; stir until well combined. Using a spatula, press mixture firmly into prepared pan.

5. Bake at 350°F until lightly browned, 20 to 22 minutes. Cool in pan on a wire rack 15 minutes. Remove from pan using parchment paper. Cool completely on rack. Cut into 12 (4- x 1⅓-inch) bars.

SERVES 12 (serving size: 1 bar); **CALORIES** 174; **FAT** 9g (sat 2g, unsat 6g); **PROTEIN** 4g; **CARB** 21g; **FIBER** 2g; **SUGARS** 9g (added sugars 5g); **SODIUM** 109mg; **CALC** 2% DV; **POTASSIUM** 4% DV

Sunflower seed butter is a great source of protein and also contains heart-healthy vitamin E.

2. PB-Pretzel-Apple Bars

Photo p. 43

HANDS-ON 15 MIN.
TOTAL 1 HR. 40 MIN.

Sweet, salty, fruity, and crunchy, these bars truly pack a little bit of everything! Whip up a batch for your next picnic or hike, and stay fueled all day.

- **2 cups old-fashioned oats**
- **⅓ cup creamy peanut butter**
- **¼ cup honey**
- **1½ Tbsp. coconut oil**
- **1 tsp. vanilla extract**
- **½ tsp. kosher salt**
- **1 large egg white**
- **½ cup coarsely chopped mini pretzel twists**
- **⅓ cup coarsely chopped dried apples**

1. Preheat oven to 350°F. Line an 8-inch square metal baking pan with parchment paper; let excess hang over the edge.

2. Spread oats onto a baking sheet. Bake at 350°F until toasted, about 12 minutes. Place in a medium bowl; cool.

3. Place peanut butter, honey, and oil in a microwave-safe bowl. Microwave at high until warm, about 30 seconds; whisk until smooth. Whisk in vanilla, salt, and egg white.

4. Add pretzels and apples to oats. Pour peanut butter mixture over oat mixture; stir until combined. Using a spatula, press mixture firmly into prepared pan.

5. Bake at 350°F until lightly browned, 20 to 22 minutes. Cool in pan on a wire rack 15 minutes. Remove from pan using parchment paper. Cool completely on rack. Cut into 12 (4- x 1⅓-inch) bars.

SERVES 12 (serving size: 1 bar); **CALORIES** 156; **FAT** 7g (sat 2g, unsat 4g); **PROTEIN** 4g; **CARB** 22g; **FIBER** 2g; **SUGARS** 8g (added sugars 6g); **SODIUM** 214mg; **CALC** 1% DV; **POTASSIUM** 2% DV

3. Cashew-Apricot Bars

Photo p. 42

HANDS-ON 15 MIN.
TOTAL 1 HR. 40 MIN.

The sweetness in these bars comes from brown rice syrup and dried apricots.

- **2 cups old-fashioned oats**
- **⅓ cup cashew butter**
- **¼ cup brown rice syrup**
- **1½ Tbsp. coconut oil**
- **1 tsp. vanilla extract**
- **½ tsp. kosher salt**
- **1 large egg white**
- **½ cup coarsely chopped unsalted roasted cashews**
- **⅓ cup coarsely chopped dried apricots**

1. Preheat oven to 350°F. Line an 8-inch square metal baking pan with parchment paper; let excess hang over edge.

2. Spread oats onto a baking sheet. Bake at 350°F until toasted, about 12 minutes. Place in a medium bowl; cool.

3. Place cashew butter, brown rice syrup, and oil in a microwave-safe bowl. Microwave at high until warm, about 30 seconds; whisk until smooth. Whisk in vanilla, salt, and egg white.

4. Add cashews and apricots to oats. Pour cashew butter mixture over oat mixture; stir until well combined. Using a spatula, press mixture very firmly into prepared pan.

5. Bake at 350°F until lightly browned, 20 to 22 minutes. Cool in pan on a wire rack 15 minutes. Remove from pan using parchment paper. Cool completely on rack. Cut into 12 (4- x 1⅓-inch) bars.

SERVES 12 (serving size: 1 bar); **CALORIES** 181; **FAT** 9g (sat 3g, unsat 6g); **PROTEIN** 4g; **CARB** 22g; **FIBER** 2g; **SUGARS** 9g (added sugars 6g); **SODIUM** 122mg; **CALC** 2% DV; **POTASSIUM** 4% DV

4. Almond-Cherry Bars

Photo p. 43

HANDS-ON 15 MIN.
TOTAL 1 HR. 40 MIN.

Making snack bars at home doesn't have to be complicated. These take just 15 minutes to make and use wholesome ingredients such as oats, almond butter, and maple syrup for a sweet-but-healthy treat.

- **2 cups old-fashioned oats**
- **⅓ cup almond butter**
- **¼ cup pure maple syrup**
- **1½ Tbsp. coconut oil**
- **1 tsp. vanilla extract**
- **½ tsp. kosher salt**
- **1 large egg white**
- **½ cup coarsely chopped unsalted roasted almonds**
- **⅓ cup chopped unsweetened dried cherries**

1. Preheat oven to 350°F. Line an 8-inch square metal baking pan with parchment paper; let excess hang over the edge.

2. Spread oats onto a baking sheet. Bake at 350°F until toasted, about 12 minutes. Place in a medium bowl; cool.

3. Place almond butter, maple syrup, and oil in a microwave-safe bowl. Microwave at high until warm, about 30 seconds; whisk until smooth. Whisk in vanilla, salt, and egg white.

4. Add almonds and cherries to oats. Pour almond butter mixture over oat mixture; stir until well combined. Using a spatula, press mixture very firmly into prepared pan.

5. Bake at 350°F until lightly browned, 20 to 22 minutes. Cool in pan on a wire rack 15 minutes. Remove from pan using parchment paper. Cool completely on rack. Cut into 12 (4- x 1⅓-inch) bars.

SERVES 12 (serving size: 1 bar); **CALORIES** 173; **FAT** 10g (sat 2g, unsat 7g); **PROTEIN** 5g; **CARB** 18g; **FIBER** 3g; **SUGARS** 7g (added sugars 4g); **SODIUM** 103mg; **CALC** 5% DV; **POTASSIUM** 3% DV

Syrup Savvy

Pure maple syrup is made by concentrating the sap of sugar maple trees through a process of heating and evaporation. While it is a form of sugar, pure maple syrup does contain valuable nutrients such as calcium, potassium, magnesium, zinc, iron, and B vitamins. When buying maple syrup, read labels carefully to make sure you are buying pure maple syrup and not maple-flavored syrup.

Although the values are similar, almond butter has slightly more vitamins, minerals, and fiber than peanut butter.

BROWNIE ENERGY BITES



Brownie Energy Bites

HANDS-ON 20 MIN.
TOTAL 1 HR.

These two-bite treats taste rich and indulgent, with no added sugar. Each also contains 3g fiber and 3g protein. We find one to be satisfying, but don't feel bad about eating two—that's only 222 calories. Store chilled in an airtight container for up to 1 week.

- **½ cup whole hazelnuts**
- **12 whole Medjool dates, pitted and roughly chopped**
- **⅔ cup almond butter**
- **⅓ cup unsweetened cocoa**
- **2 Tbsp. water**
- **1 tsp. vanilla extract**
- **¼ tsp. kosher salt**

1. Preheat oven to 350°F.

2. Spread nuts on a small rimmed baking sheet. Bake at 350°F until lightly toasted, about 10 minutes, stirring once. Cool 10 minutes. Rub off skins. Reserve 20 hazelnuts. Pulse remaining hazelnuts in a food processor until finely chopped; transfer chopped nuts to a small bowl.

3. Pulse dates in food processor until almost pastelike. Add almond butter, cocoa, 2 tablespoons water, vanilla, and salt; process until well combined. Turn mixture out into a bowl; divide into 20 equal portions. Roll each portion around 1 whole hazelnut to form a ball. (Mixture will be oily.) Roll each brownie ball in chopped hazelnuts to coat. Chill until firm, about 30 minutes.

SERVES 20 (serving size: 1 brownie bite); **CALORIES** 111; **FAT** 7g (sat 1g, unsat 6g); **PROTEIN** 3g; **CARB** 12g; **FIBER** 3g; **SUGARS** 9g (added sugars 0g); **SODIUM** 47mg; **CALC** 4% DV; **POTASSIUM** 4% DV

Sweet and Spicy Apple Chips

HANDS-ON 10 MIN.
TOTAL 2 HR. 40 MIN.

Long, low-heat baking dehydrates the apple slices so they become wonderfully crunchy once they cool. Ancho chile powder and cayenne pepper lend moderate heat—adjust the amount to suit your taste.

- **2 (6-oz.) apples (such as Fuji or Pink Lady)**
- **1 Tbsp. light brown sugar**
- **½ Tbsp. honey**
- **½ tsp. water**
- **¼ tsp. ancho chile powder**
- **¼ tsp. kosher salt**
- **¼ tsp. black pepper**
- **⅛ tsp. cayenne pepper**

1. Preheat oven to 225°F with 1 oven rack in top third of oven and 1 oven rack in bottom third of oven. Line 2 baking sheets with parchment paper.

2. Remove core from top 1 inch and bottom 1 inch of each apple. Cut apples crosswise into ⅛-inch-thick slices. Arrange slices in a single layer on prepared baking sheets.

3. Stir together brown sugar, honey, ½ teaspoon water, chile powder, salt, black pepper, and cayenne pepper in a small microwave-safe bowl. Microwave at high until bubbly, about 20 seconds. Stir and brush over tops of apple slices.

4. Bake apple slices at 225°F for 1 hour; flip apple slices, and rotate pans from top rack to bottom rack. Bake until apple slices are firm and not sticky (they should feel like dried fruit), about 1 more hour. Remove baking sheets from oven. Let cool completely on baking sheets.

SERVES 8 (serving size: 5 chips); **CALORIES** 38; **FAT** 0g (sat 0g, unsat 0 g); **PROTEIN** 0g; **CARB** 9g; **FIBER** 1g; **SUGARS** 8g (added sugars 3g); **SODIUM** 63mg; **CALC** 0% DV; **POTASSIUM** 1% DV



04. PROTEIN-PACKED DINNERS

PUMP UP THE PROTEIN AND DIAL BACK THE CARBS IN THESE EASY DINNER RECIPES—MOST READY IN 30 MINUTES OR LESS.

LOADED STEAKHOUSE BAKED POTATOES
p. 68

Butternut Squash and Spinach Lasagna

HANDS-ON 35 MIN.
TOTAL 1 HR. 35 MIN.

Silky roasted butternut squash stands in for noodles in this more nutritious take on the starchy pasta casserole.

- **2 tsp. canola oil**
- **1½ cups vertically sliced red onion**
- **1½ Tbsp. sliced garlic**
- **1 (6-oz.) pkg. baby spinach**
- **¾ cup plain fat-free Greek yogurt**
- **⅓ cup 1% low-fat milk**
- **3 oz. sliced part-skim provolone cheese, torn into small pieces**
- **1½ Tbsp. all-purpose flour**
- **1 tsp. kosher salt**
- **2 large eggs**
- **1 (20-oz.) butternut squash**
- **Cooking spray**
- **1 cup part-skim ricotta cheese**
- **1½ oz. Gruyère cheese, grated (⅓ cup)**

1. Preheat oven to 350°F. Heat oil in a large skillet over medium-high. Add onion and garlic; sauté 4 minutes. Add spinach; sauté until wilted. Remove from heat. Place yogurt, milk, and provolone in a blender; blend 20 seconds. Add flour, salt, and eggs; blend 1 minute.

2. Peel neck of squash. Cut neck from bulb. Cut neck lengthwise into 24 (⅛-inch-thick) slices using a knife or mandoline. (Use bulb for more slices if needed.)

3. Place squash slices in an 8-inch square microwave-safe glass baking dish; cover with plastic wrap. Microwave at high until squash slices are almost tender, about 4 minutes. Remove squash from dish. Coat dish with cooking spray; spread ½ cup yogurt mixture in bottom of dish.

4. Shingle one-third of squash over yogurt mixture. Top with one-third of ricotta cheese, one-third of spinach mixture, and one-third of remaining yogurt mixture. Repeat procedure twice, ending with yogurt mixture.

5. Sprinkle lasagna with Gruyère. Cover dish with foil; bake at 350°F for 50 minutes. Remove from oven. Turn on broiler with oven rack about 8 inches from top. Remove foil from dish; broil 4 minutes or until lightly browned. Remove from oven; loosely cover, and let stand 20 minutes. Cut into 6 rectangles.

SERVES 6 (serving size: 1 rectangle); **CALORIES** 252; **FAT** 12g (sat 6g, unsat 5g); **PROTEIN** 19g; **CARB** 17g; **FIBER** 3g; **SUGARS** 6g (added sugars 0g); **SODIUM** 597mg; **CALC** 43% DV; **POTASSIUM** 9% DV

Mini Mozzarella-and-Kale Pita Pizzas

HANDS-ON 20 MIN.
TOTAL 20 MIN.

We split the pitas in half before toasting so that the "crust" for the pizzas can get extra crisp. They'll also be slightly shallow rather than flat, a perfect vessel for the sauce and toppings. Be sure to position your oven rack in the middle of the oven or just above before preheating the broiler. The heat will be less direct this way, allowing the thin pitas to crisp without burning and for the cheeses to melt evenly. Baby kale is a fantastic all-purpose green: hearty yet tender, delicious fresh or sautéed. It's a great introduction to greens other than lettuce or spinach.

- **6 (1-oz.) miniature whole-wheat pita rounds (such as Toufayan)**
- **3 Tbsp. extra-virgin olive oil, divided**
- **½ cup thinly sliced shallots**
- **1 Tbsp. sliced garlic**
- **6 oz. baby kale**
- **½ cup pizza sauce (such as Rao's)**
- **2½ oz. preshredded 2% reduced-fat Italian cheese blend (about ⅔ cup)**
- **1½ oz. fresh mozzarella cheese, shredded (about ⅓ cup)**
- **¼ cup heirloom cherry tomatoes, sliced**
- **½ tsp. black pepper**
- **⅛ tsp. kosher salt**

1. Preheat broiler to high with oven rack in middle position.

2. Split each pita in half horizontally to get 12 rounds. Arrange rounds, cut side up, on a baking sheet; drizzle with 2 tablespoons oil. Broil 2 to 3 minutes or until lightly toasted.

3. Heat remaining 1 tablespoon oil in a large skillet over medium-high. Add shallots and garlic; sauté 2 minutes or until browned. Stir in kale; cook 2 minutes or until wilted. Remove pan from heat.

4. Spread about 2 teaspoons pizza sauce over each pita round; top evenly with kale mixture, cheeses, and tomatoes. Sprinkle evenly with pepper and salt. Broil 4 to 5 minutes or until cheeses are melted.

SERVES 4 (serving size: 3 mini pizzas); **CALORIES** 349; **FAT** 19g (sat 5g, unsat 10g); **PROTEIN** 14g; **CARB** 35g; **FIBER** 6g; **SUGARS** 4g (added sugars 0g); **SODIUM** 571mg; **CALC** 21% DV; **POTASSIUM** 8% DV

MINI MOZZARELLA-AND-KALE PITA PIZZAS

Sheet Pan Curried Tofu with Vegetables

HANDS-ON 10 MIN.
TOTAL 25 MIN.

The dry heat of the oven caramelizes the natural sugars in vegetables and results in an amazing depth of sweet, rich flavor.

- **1 lb. sweet potatoes, peeled and cut into 1½-in. cubes**
- **1 (14-oz.) pkg. extra-firm water-packed tofu, drained, patted dry, and cut into 1½-in. cubes**
- **3 Tbsp. olive oil, divided**
- **4 tsp. red curry powder or Madras curry powder**
- **1¼ tsp. kosher salt, divided**
- **Cooking spray**
- **8 oz. fresh cauliflower florets**
- **⅓ cup plain 2% reduced-fat Greek yogurt**
- **1½ Tbsp. fresh lime juice**
- **¼ cup torn fresh mint**
- **¼ cup chopped unsalted cashews**
- **¼ cup pomegranate arils**

1. Preheat oven to 500°F. Place a rimmed baking sheet in oven (do not remove pan while oven preheats).

2. Combine potatoes, tofu, 2 tablespoons oil, curry powder, and 1 teaspoon salt in a bowl; toss to coat. Carefully remove pan from oven. Coat pan with cooking spray. Arrange potato mixture in a single layer on pan; bake at 500°F for 10 minutes, stirring once after 5 minutes. Add remaining 1 tablespoon oil and cauliflower to pan; toss gently to combine. Bake at 500°F until potatoes are tender, 10 to 12 minutes. Remove pan from oven.

3. Whisk together remaining ¼ teaspoon salt, yogurt, and juice in a small bowl. Drizzle yogurt mixture evenly over tofu mixture. Sprinkle with mint, cashews, and pomegranate arils.

SERVES 4 (serving size: about 2 cups); **CALORIES** 390; **FAT** 21g (sat 4g, unsat 16g); **PROTEIN** 16g; **CARB** 37g; **FIBER** 6g; **SUGARS** 7g (added sugars 0g); **SODIUM** 690mg; **CALC** 16% DV; **POTASSIUM** 18% DV





7 TIPS FOR PERFECT SHEET PAN COOKING

Look for an 18- x 13-inch heavy-duty aluminum pan with at least 1-inch sides. The high sides will contain foods and be easier to grip.

1. ADD IN STAGES.
Foods of varying sizes and densities will take different lengths of time in the oven. Start cooking meats first. Add hearty vegetables a few minutes later and delicate veggies last.

2. POSITION WISELY.
Place whole proteins in the center of the sheet pan (where they'll absorb the most heat), and scatter the vegetables on both sides.

3. AIM FOR UNIFORM SIZES.
Cut vegetables to the same size and shape. Look for meat cuts of the same thickness so they'll cook evenly.

4. PREHEAT THE PAN.
Place baking sheet in oven as it preheats to create a sizzling surface for the food; this will create a browned crust.

5. KEEP MOISTURE OUT.
Excess water is the enemy of sheet pan cooking because the oven has to work harder to evaporate moisture before it can brown and cook the food. Pat meat and rinsed veggies dry before cooking.

6. DON'T OVERCROWD.
Allow room on the pan for air to circulate. If food is packed too tightly, any moisture that's released won't evaporate—giving you soggy results.

7. TEST FOR DONENESS.
It's hard to tell when meats are done when you can't prod them throughout cooking as you would on a stovetop. Take their temp with a meat thermometer.

GRILLED SALMON WITH AVOCADO SALSA

Grilled Salmon with Avocado Salsa

HANDS-ON 20 MIN.
TOTAL 20 MIN.

Rather than grilling salmon with a brown sugar glaze, top it with a fresh and savory avocado-tomato salsa.

- **2 cups cubed avocado**
- **1 cup halved yellow heirloom cherry tomatoes**
- **2 Tbsp. chopped fresh cilantro**
- **½ tsp. chopped serrano chile**
- **1½ Tbsp. sliced shallot**
- **1 tsp. fresh lime juice**
- **1 tsp. kosher salt, divided**
- **¾ tsp. black pepper, divided**
- **1 Tbsp. olive oil**
- **4 (6-oz.) skin-on salmon fillets**

1. Preheat grill to medium-high (about 450°F). Combine avocado, tomatoes, cilantro, serrano, and shallot in a medium bowl. Whisk together lime juice, ¼ teaspoon salt, and ¼ teaspoon pepper in a small bowl; drizzle over avocado mixture, and stir to coat.

2. Brush olive oil on both sides of salmon; sprinkle with remaining ¾ teaspoon salt and ½ teaspoon pepper.

3. Place salmon, skin side down, on grill; cook, flipping once, until salmon is opaque and cooked through, about 3 minutes per side. Serve salmon topped with salsa.

SERVES 4 (serving size: 1 salmon fillet and ¾ cup salsa); **CALORIES** 408; **FAT** 24g (sat 4g, unsat 18g); **PROTEIN** 38g; **CARB** 9g; **FIBER** 6g; **SUGARS** 1g (added sugars 0g); **SODIUM** 574mg; **CALC** 3% DV; **POTASSIUM** 30% DV

Spicy Scallops with Watermelon Salsa

HANDS-ON 15 MIN.
TOTAL 20 MIN.

Scallops shine under a cascade of sweet and minty watermelon salsa, and all of the natural sweetness comes only from the fresh melon.

- **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 lbs. large sea scallops**
- **2 Tbsp. olive oil, divided**
- **2 cups diced watermelon**
- **2 Tbsp. minced red onion**
- **¼ cup chopped fresh 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, 2 tablespoons mint, and 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

How to Cook Quinoa

Although most boxed quinoa is prerinsed, it never hurts to give it an extra rinse to decrease the bitterness that comes from the grain's outer coating. To get 2 cups of cooked quinoa, place 1 cup uncooked quinoa and 1¾ cups water in a saucepan. Bring to a boil and cook, covered, for 12 to 15 minutes.

Spiced Tilapia with Coconut Rice

HANDS-ON 20 MIN.
TOTAL 20 MIN.

Cooking the rice in coconut milk and topping the dish with flaked coconut adds a touch of sweetness without a lot of sugar.

- **1 Tbsp. ground turmeric**
- **½ tsp. black pepper**
- **1 tsp. kosher salt, divided**
- **1½ lbs. tilapia fillets**
- **2 Tbsp. canola oil, divided**
- **2 (8.8-oz.) pkgs. precooked microwavable whole-grain rice (such as Uncle Ben's)**
- **1 cup well-shaken and stirred light coconut milk**
- **1 tsp. granulated sugar**
- **½ cup chopped fresh cilantro, divided**
- **1½ Tbsp. fresh lime juice**
- **1 cup matchstick-cut carrots**
- **¼ cup toasted unsweetened flaked coconut**

1. Stir together turmeric, pepper, and ½ teaspoon salt in a small dish. Sprinkle fish with spice mixture.

2. Heat 1 tablespoon oil in a large nonstick skillet over medium. Add half of fillets; cook until golden and fish flakes easily, 2 to 3 minutes per side. Remove from skillet; keep warm. Repeat with remaining 1 tablespoon oil and remaining fillets.

3. Wipe skillet clean with paper towels. Add rice, coconut milk, sugar, and remaining ½ teaspoon salt to skillet; bring to a simmer over high. Cook, stirring often, until thickened, 3 to 4 minutes. Stir in ¼ cup cilantro and lime juice. Divide rice mixture among 4 plates. Top evenly with carrots and fish. Sprinkle with coconut and remaining ¼ cup cilantro.

SERVES 4 (serving size: 1 fillet and about ¾ cup rice); **CALORIES** 487; **FAT** 16g (sat 4g, unsat 10g); **PROTEIN** 41g; **CARB** 48g; **FIBER** 2g; **SUGARS** 3g (added sugars 1g); **SODIUM** 588mg; **CALC** 5% DV; **POTASSIUM** 12% DV

SPICED TILAPIA WITH COCONUT RICE





EASY CHICKEN AND BUTTERNUT SQUASH HASH

Easy Chicken and Butternut Squash Hash

HANDS-ON 20 MIN.
TOTAL 20 MIN.

Butternut squash adds a nutty sweetness to this one-dish chicken meal, while center-cut bacon adds smoky flavor with up to 30% less fat than regular bacon.

- **12 oz. prechopped butternut squash (about 3 cups)**
- **1 Tbsp. water**
- **2 cups Brussels sprouts, quartered**
- **3 center-cut bacon slices, chopped (about ¼ cup)**
- **5 oz. shredded rotisserie chicken breast (about 1 cup)**
- **1 cup chopped yellow onion**
- **3 garlic cloves, minced (about 1 Tbsp.)**
- **1 tsp. fresh thyme leaves**
- **¾ tsp. coarsely ground black pepper**
- **5 Tbsp. olive oil, divided**
- **⅜ tsp. kosher salt, divided**
- **2 Tbsp. apple cider vinegar**

1. Place squash and 1 tablespoon water in a medium microwave-safe bowl; cover with plastic wrap. Microwave at high 2 minutes. Add Brussels sprouts; cover with plastic wrap, and microwave until vegetables are tender, about 2 minutes. Transfer squash and Brussels sprouts to a plate lined with paper towels to drain.

2. Heat a large skillet over medium-high. Add bacon, and cook, stirring often, until just starting to crisp, about 5 minutes. Add chicken, onion, garlic, thyme, pepper, 1 tablespoon oil, and ⅛ teaspoon salt; cook until onion begins to soften, about 2 minutes. Remove skillet from heat; stir in vinegar. Transfer to a bowl. Wipe skillet clean.

3. Increase heat to high. Add remaining ¼ cup oil to skillet; swirl to coat. Add squash mixture; cook, stirring often, until mixture begins to brown, 6 to 8 minutes. Add chicken mixture to squash mixture; stir to combine. Sprinkle with remaining ¼ teaspoon salt.

SERVES 4 (serving size: 1¼ cups); **CALORIES** 365; **FAT** 26g (sat 5g, unsat 20g); **PROTEIN** 16g; **CARB** 19g; **FIBER** 4g; **SUGARS** 5g (added sugars 0g); **SODIUM** 447mg; **CALC** 8% DV; **POTASSIUM** 15% DV

Glazed Chicken with Couscous and Green Beans

HANDS-ON 35 MIN.
TOTAL 40 MIN.

Get the oil nice and hot (but not smoking hot) to get a good sear on the chicken thighs. Hot oil prevents sticking and creates a flavorful base for the glaze. Small thighs work best so each person gets two; four larger ones will work, but they'll take longer to cook.

- **1 Tbsp. olive oil**
- **1¼ lbs. skinless, bone-in chicken thighs (8 small thighs)**
- **1 tsp. kosher salt, divided**
- **½ tsp. black pepper, divided**
- **½ cup fresh orange juice**
- **½ cup Champagne vinegar**
- **½ cup unsalted chicken stock**
- **1 Tbsp. unsalted butter**
- **½ cup uncooked whole-wheat couscous**
- **¼ cup pine nuts, toasted**
- **¼ cup chopped scallions**
- **2 cups fresh green beans, trimmed**
- **1 cup orange segments**
- **Sliced scallions (optional)**

1. Heat oil in a large skillet over medium-high. Sprinkle chicken with ½ teaspoon salt and ¼ teaspoon pepper; cook, undisturbed, until browned on one side, 4 to 5 minutes. Stir in orange juice, vinegar, and stock. Turn chicken; cover and cook until chicken is cooked through, about 10 minutes. Transfer chicken to a plate; cover with aluminum foil to keep warm.

2. Reduce heat to low; cook sauce, stirring occasionally, until reduced to about ⅓ cup, 8 to 10 minutes. Stir in butter until melted; remove from heat, and set aside.

3. While sauce cooks, prepare couscous according to package directions. Fluff with a fork. Gently stir in pine nuts and chopped scallions.

4. Fill a saucepan with water, and bring to a boil over high. Add green beans, and cook until tender, 3 to 4 minutes. Using a slotted spoon, transfer beans to a medium bowl. Add orange segments to beans; gently toss. Divide couscous mixture among 4 plates, and add green bean mixture; sprinkle with remaining ½ teaspoon salt and remaining ¼ teaspoon pepper. Top with chicken; drizzle with sauce, and sprinkle with sliced scallions, if desired.

SERVES 4 (serving size: ½ cup couscous, 2 thighs, ½ cup green bean mixture, and 1½ Tbsp. sauce); **CALORIES** 411; **FAT** 18g (sat 4g, unsat 12g); **PROTEIN** 34g; **CARB** 30g; **FIBER** 6g; **SUGARS** 9g (added sugars 0g); **SODIUM** 638mg; **CALC** 6% DV; **POTASSIUM** 19% DV

Garlic-Soy Chicken Stir-Fry

HANDS-ON 15 MIN.
TOTAL 20 MIN.

Takeout stir-fry chicken is often coated in a sweet sauce that's high in sugar. This one is sweetened with just a touch of honey and has only 6 grams of sugar per serving.

- **1 Tbsp. avocado oil, divided**
- **6 (4-oz.) skinless, boneless chicken thighs, cut into 1-in. pieces**
- **1 red bell pepper, 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 (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 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

Ditch the takeout. Our version offers the same bold flavor and sticky-sweet sauce as the takeout classic for less than half the calories and 87% less sat fat.

Slow Cooker Sweet-and-Sour Chicken

HANDS-ON 25 MIN.
TOTAL 8 HR.

This may be our easiest slow cooker recipe yet. There's no browning in the skillet, no last-minute stovetop sauce—all the magic happens right in the slow cooker. Craving crunch? Serve it as a wrap in the cabbage of your choice.

- **1¼ lbs. skinless, boneless chicken thighs**
- **2 cups chopped red bell pepper**
- **1½ cups unsalted chicken stock**
- **1 cup chopped yellow onion**
- **1 cup thinly sliced carrots**
- **¼ cup lower-sodium soy sauce**
- **2 Tbsp. lower-sodium Worcestershire sauce**
- **1 Tbsp. sambal oelek (ground fresh chile paste)**
- **¾ cup unsalted ketchup, divided**
- **¼ cup pineapple juice**
- **2 Tbsp. cornstarch**
- **3 cups cooked brown rice**
- **1½ tsp. sesame seeds**
- **1½ tsp. sliced scallions**

1. Add chicken, bell pepper, chicken stock, onion, carrots, soy sauce, Worcestershire sauce, sambal oelek, and ½ cup ketchup to a 6-quart slow cooker. Cover and cook on low until chicken shreds easily with a fork, about 7 hours. Remove chicken from slow cooker. Shred chicken, and cover to keep warm.

2. Whisk together pineapple juice and cornstarch in a small bowl. Increase slow cooker heat to high; slowly stir in pineapple juice mixture and remaining ¼ cup ketchup. Cook, uncovered, until sauce is thick enough to coat the back of a spoon, about 30 minutes. Stir in chicken. Serve over rice, and sprinkle with sesame seeds and scallions.

SERVES 6 (serving size: about 1⅓ cups chicken mixture and ½ cup rice); **CALORIES** 357; **FAT** 5g (sat 1g, unsat 3g); **PROTEIN** 24g; **CARB** 52g; **FIBER** 4g; **SUGAR** 14g (added sugars 2g); **SODIUM** 628mg; **CALC** 4% DV; **POTASSIUM** 12% DV

Speedy Rice

To get 3 cups of cooked brown rice in minutes, use two 8.8-ounce pouches of microwave brown rice. Microwave in the pouches on high for about 2 minutes.

SLOW COOKER SWEET-AND-SOUR CHICKEN







Because flank steak is so lean, it can be dry and tough if overcooked or sliced too thickly. Cook it to no more than medium and slice thinly against the grain.

Sheet Pan Flank Steak with Salsa Verde

HANDS-ON 10 MIN.
TOTAL 20 MIN.

Italian salsa verde, a savory combo of olive oil, parsley, capers, and crushed red pepper, perks up this simple main dish that has only 3 grams of natural sugar and no added sugars.

- **1 (1-lb.) flank steak, trimmed**
- **1 tsp. kosher salt, divided**
- **¾ tsp. black pepper, divided**
- **6 Tbsp. extra-virgin olive oil, divided**
- **1 lb. broccoli heads, cut into florets with stem attached**
- **1 red onion, cut into wedges**
- **¼ cup chopped fresh flat-leaf parsley**
- **3 Tbsp. red wine vinegar**
- **1½ Tbsp. chopped fresh oregano**
- **1 Tbsp. capers, chopped**
- **¼ tsp. crushed red pepper**

1. Preheat broiler with oven rack in top position. Place a rimmed baking sheet in oven (do not remove pan while oven preheats).

2. Sprinkle steak with ½ teaspoon salt and ½ teaspoon black pepper. Carefully remove pan from oven; add 1 tablespoon oil to pan, tilting pan to coat. Add steak to pan; broil 5 minutes. Remove pan from oven; turn steak over. Add 1 tablespoon oil to pan around steak. Arrange broccoli and onion evenly around steak; sprinkle vegetables with ¼ teaspoon salt and remaining ¼ teaspoon black pepper. Return pan to oven; broil until a thermometer inserted in steak registers 140°F, about 5 minutes. Place steak on a cutting board. Continue to broil vegetables until tender and lightly charred, about 5 minutes.

3. Whisk together remaining ¼ teaspoon salt, remaining ¼ cup oil, parsley, vinegar, oregano, capers, and red pepper in a bowl. Cut steak against the grain into thin slices. Spoon parsley mixture evenly over steak. Serve with vegetable mixture.

SERVES 4 (serving size: 3 oz. steak and about 1½ cups vegetables); **CALORIES** 406; **FAT** 27g (sat 5g, unsat 21g); **PROTEIN** 28g; **CARB** 11g; **FIBER** 4g; **SUGARS** 3g (added sugars 0g); **SODIUM** 635mg; **CALC** 10% DV; **POTASSIUM** 23% DV

Flank Steak with Caramelized Onions and Balsamic Glaze

HANDS-ON 22 MIN.
TOTAL 40 MIN.

The reduced balsamic vinegar sauce gives the flank steak a uniquely sweet flavor that pairs perfectly with the caramelized onions.

- **⅔ cup balsamic vinegar**
- **1 Tbsp. olive oil**
- **6 cups vertically sliced onion (about 1½ lbs.)**
- **½ tsp. salt, divided**
- **1 (1-lb.) flank steak, trimmed**
- **¼ teaspoon freshly ground black pepper**
- **¼ tsp. dried thyme**
- **Cooking spray**

1. Bring balsamic vinegar to a boil in a small, heavy saucepan. Reduce heat to medium; cook until reduced to ¼ cup (about 5 minutes). Remove from heat.

2. Heat oil in a large nonstick skillet over medium-high. Add onion, and sauté 10 minutes or until tender. Sprinkle with ¼ teaspoon salt; cook 18 minutes or until onions are golden brown, stirring occasionally.

3. While onions cook, preheat broiler. Sprinkle steak with remaining ¼ teaspoon salt, pepper, and thyme. Place steak on a broiler pan coated with cooking spray; broil 6 minutes on each side or until desired degree of doneness. Cut steak diagonally across the grain into thin slices. Serve steak over onions; drizzle with balsamic glaze.

SERVES 4 (serving size: about 3 oz. steak, about ¼ cup onions, and about 1 Tbsp. balsamic glaze); **CALORIES** 304; **FAT** 11g (sat 3g, unsat 6g); **PROTEIN** 26g; **CARB** 24; **FIBER** 3g; **SUGARS** 14g (added sugars 0g); **SODIUM** 374mg; **CALC** 8% DV; **POTASSIUM** 15% DV

Steak with Mixed Olive Tapenade, Butternut Squash, and Green Beans

HANDS-ON 20 MIN.
TOTAL 25 MIN.

Just a splash of orange juice adds plenty of tangy sweetness to the briny olive tapenade.

- **1 (12-oz.) pkg. steam-in-bag frozen butternut squash (such as Archer Farms)**
- **¾ tsp. kosher salt, divided**
- **2 oz. pitted marinated olives, finely chopped (about 3 Tbsp.)**
- **3 Tbsp. minced shallot**
- **3 Tbsp. extra-virgin olive oil, divided**
- **2 Tbsp. fresh orange juice, divided**
- **1 Tbsp. red wine vinegar**
- **1 tsp. grated orange rind**
- **¼ tsp. crushed red pepper**
- **1 (8-oz.) pkg. haricots verts (French green beans)**
- **2 oz. prespiralized red beets**
- **Cooking spray**
- **1 (1-lb.) flank steak, halved lengthwise**
- **½ tsp. black pepper**
- **1 Tbsp. chopped fresh flat-leaf parsley**

1. Cook squash according to package directions. Place squash in a bowl; stir in ¼ teaspoon salt.

2. Combine olives, shallot, 2 tablespoons oil, 1 tablespoon juice, vinegar, rind, and crushed red pepper in a bowl.

3. Bring a large saucepan filled with water to a boil. Add haricots verts; cook until crisp-tender, about 4 minutes. Place beets in a colander; drain haricots verts over beets. Place mixture in a bowl. Add remaining 1 tablespoon oil and remaining 1 tablespoon juice; toss.

4. Heat a grill pan or large skillet over high; coat with cooking spray. Sprinkle steak with black pepper and remaining ½ teaspoon salt. Add steak to pan; cook to desired degree of doneness, 4 to 5 minutes per side for medium-rare. Place steak on a cutting board; let stand 5 minutes. Cut across the grain into thin slices.

5. Divide squash, haricots verts mixture, and steak among 4 plates. Top steak evenly with olive mixture. Sprinkle servings evenly with parsley.

SERVES 4 (serving size: about 3½ oz. steak, 2 Tbsp. olive mixture, 1 cup bean mixture, and ½ cup squash); **CALORIES** 341; **FAT** 19g (sat 4g, unsat 13g); **PROTEIN** 25g; **CARB** 19g; **FIBER** 4g; **SUGARS** 6g (added sugars 0g); **SODIUM** 737mg; **CALC** 8% DV; **POTASSIUM** 23% DV

Butternut Benefits

Winter squashes like butternut are starchy vegetables and have more carbs than summer squash. However, butternut squash is an excellent source of vitamin A, vitamin C, and fiber.

STEAK WITH MIXED OLIVE TAPENADE, BUTTERNUT SQUASH, AND GREEN BEANS





Freezer Notes

To Freeze: Cool meat loaf and gravy completely; freeze separately in large ziplock plastic freezer bags.

To Thaw: Microwave meat loaf, covered, in a microwave-safe dish at medium (50%) 10 minutes or until thawed.

To Reheat: Microwave meat loaf at high 3 minutes or until heated. Place gravy in a microwave-safe bowl; microwave at high 3 minutes or until heated.

Meat Loaf with Mushroom Gravy

HANDS-ON 35 MIN.
TOTAL 1 HR. 15 MIN.

The beef may look a touch pink after slicing, but if a thermometer registers 160°F, it's done.

- **2 Tbsp. olive oil**
- **2 (8-oz.) pkgs. presliced cremini mushrooms**
- **5 tsp. chopped fresh thyme, divided**
- **2 tsp. dried oregano**
- **2 cups finely chopped onion**
- **8 garlic cloves, minced**
- **⅔ cup Madeira wine or dry sherry**
- **2 (1½-oz.) slices whole-grain bread, coarsely ground**
- **⅓ cup ketchup**
- **2½ Tbsp. Dijon mustard, divided**
- **1½ tsp. kosher salt, divided**
- **½ tsp. black pepper**
- **3 lbs. 90% lean ground sirloin**
- **2 large eggs**
- **Cooking spray**
- **2 cups unsalted beef stock (such as Swanson), divided**
- **2 Tbsp. all-purpose flour**

1. Preheat oven to 350°F.

2. Heat oil in a large skillet over medium-high. Add mushrooms, 2 teaspoons thyme, and oregano; sauté 5 minutes. Add onion and garlic, and sauté 6 minutes. Add wine; cook 2 minutes or until liquid is almost evaporated. Remove pan from heat. Chop half of mushroom mixture; reserve remaining half of mixture.

3. Place chopped mushroom mixture, breadcrumbs, ketchup, 2 tablespoons mustard, 1 teaspoon salt, pepper, beef, and eggs in a medium bowl, stirring to combine. Shape beef mixture into 2 (9- x 4-inch) loaves on a roasting pan or broiler pan coated with cooking spray. Bake at 350°F for 30 minutes. Add reserved sliced mushroom mixture and 1 cup stock to pan. Bake at 350°F for 15 minutes or until a thermometer inserted in the center of loaves registers 160°F. Remove loaves from pan.

4. Pour mushroom mixture from bottom of pan into a medium saucepan. Add remaining 1½ teaspoons mustard, ½ teaspoon salt, remaining 1 cup stock, and flour, stirring with a whisk. Bring to a boil; cook 1 minute or until thickened. Stir in remaining 1 tablespoon thyme. Cut each meat loaf into 12 slices, and serve with gravy, or follow freezing instructions on p. 66.

SERVES 12 (serving size: 2 slices meat loaf and about 2 Tbsp. gravy); **CALORIES** 279; **FAT** 13g (sat 5g, unsat 7g); **PROTEIN** 26g; **CARB** 12g; **FIBER** 2g; **SUGARS** 5g (added sugars 0g); **SODIUM** 514mg; **CALC** 4% DV; **POTASSIUM** 14% DV

Caramelized Onion Marmalade

HANDS-ON 10 MIN.
TOTAL 50 MIN.

Keep this sweet and tangy onion marmalade on hand as a nice complement to simple grilled flank steak, chicken, or pork.



- **1 Tbsp. butter**
- **3 Tbsp. brown sugar**
- **10 cups thinly sliced sweet onion (about 4 large)**
- **4 garlic cloves, minced**
- **2 Tbsp. red wine vinegar**
- **¾ tsp. salt**
- **⅛ tsp. freshly ground black pepper**

1. Melt butter in a large nonstick skillet over medium. Add sugar to pan; cook 1 minute or until sugar dissolves. Add onion and garlic to pan. Cover and cook 30 minutes or until onions are very tender, stirring occasionally.

2. Uncover and add vinegar to onion mixture. Cook, uncovered, 10 minutes or until golden brown, stirring frequently. Stir in salt and pepper.

SERVES 12 (serving size: 2 Tbsp.); **CALORIES** 44; **FAT** 1g (sat 1g, unsat 0g); **PROTEIN** 1g; **CARB** 9g; **FIBER** 1g; **SUGARS** 6g (added sugars 3g); **SODIUM** 157mg; **CALC** 0% DV; **POTASSIUM** 2% DV

Loaded Steakhouse Baked Potatoes

Photo p. 49

HANDS-ON 30 MIN.
TOTAL 30 MIN.

While potatoes are certainly a source of carbs, they are also packed with potassium, vitamin C, and B vitamins. And, with the peel, they are a good source of fiber.

- **4 (5-oz.) russet potatoes**
- **¼ cup 1% low-fat milk**
- **2 Tbsp. unsalted butter, divided**
- **1 tsp. kosher salt, divided**
- **¾ tsp. black pepper, divided**
- **1 Tbsp. olive oil**
- **8 oz. cremini mushrooms, sliced**
- **2 tsp. roughly chopped fresh thyme**
- **½ cup unsalted beef broth**
- **2 tsp. sherry vinegar**
- **2 tsp. lower-sodium Worcestershire sauce**
- **2 garlic cloves, thinly sliced**
- **10 oz. fresh baby spinach**
- **8 oz. shredded smoked brisket, warmed**
- **1 oz. blue cheese, crumbled (about ¼ cup)**
- **¼ cup crispy fried onions (such as French's)**

1. Prick potatoes all over with a fork; place on a plate. Microwave potatoes at high in 3 (5-minute) intervals until tender. Halve potatoes; scoop out potato pulp into a large bowl, leaving a ¼-inch border around skin; set halves aside. Add milk, 1 tablespoon butter, ¾ teaspoon salt, and ½ teaspoon pepper to potato pulp; mash until smooth. Cover to keep warm.

2. Heat oil in a medium skillet over medium-high. Add mushrooms and thyme; cook, stirring occasionally, until browned, 6 to 7 minutes. Add broth, vinegar, and Worcestershire; bring to a simmer, and cook until liquid is reduced by half, about 2 minutes. Stir in 1½ teaspoons butter and the remaining ¼ teaspoon pepper. Transfer mushroom mixture to a small bowl; cover to keep warm. Wipe skillet clean.

3. Return skillet to heat over medium-high. Add garlic and remaining 1½ teaspoons butter; cook, stirring constantly, until garlic is slightly golden, about 30 seconds. Add spinach in batches, letting each batch cook down slightly before adding the next. Cook, tossing constantly with tongs, until liquid has evaporated, about 2 minutes. Stir in remaining ¼ teaspoon salt. Transfer to bowl with potato pulp; stir. Divide potato mixture evenly among potato halves. Top evenly with brisket, mushroom mixture, cheese, and onions.

SERVES 4 (serving size: 2 potato halves); **CALORIES** 431; **FAT** 19g (sat 8g, unsat 9g); **PROTEIN** 26g; **CARB** 39g; **FIBER** 6g; **SUGARS** 3g (added sugars 0g); **SODIUM** 765mg; **CALC** 17% DV; **POTASSIUM** 26% DV

Cheesy Sausage, Broccoli, and Quinoa Casserole

HANDS-ON 30 MIN.
TOTAL 50 MIN.

We traded white rice for whole-grain quinoa in this comfort classic.

- **2½ cups water**
- **2 cups uncooked quinoa, rinsed and drained**
- **1½ Tbsp. olive oil, divided**
- **½ cup chopped yellow onion**
- **½ cup chopped carrot**
- **4 (4-oz.) links sweet chicken Italian sausage, casings removed**
- **¼ cup all-purpose flour**
- **2 Tbsp. unsalted butter**
- **2 garlic cloves, finely chopped**
- **2 cups whole milk**
- **2 cups unsalted chicken stock**
- **6 cups chopped fresh broccoli florets**
- **1 Tbsp. chopped fresh thyme, divided**
- **½ tsp. kosher salt, divided**
- **½ tsp. freshly ground black pepper, divided**
- **¼ tsp. crushed red pepper**
- **Cooking spray**
- **½ cup whole-wheat panko (Japanese breadcrumbs)**
- **4 oz. cheddar cheese, shredded (about 1 cup)**

1. Preheat oven to 400°F.

2. Bring 2½ cups water and quinoa to a boil in a large saucepan. Reduce heat; cover and simmer 12 to 14 minutes or until liquid is absorbed. Remove pan from heat; let stand 5 minutes.

3. Heat a large Dutch oven over medium-high. Add 1 tablespoon oil to pan; swirl to coat. Add onion, carrot, and sausage; cook 7 minutes, stirring to crumble sausage. Remove sausage mixture to a bowl with a slotted spoon.

4. Add flour, butter, and garlic to drippings in pan; cook 2 minutes, stirring frequently. Add milk and stock; bring to a boil. Cook 2 minutes, stirring constantly with a whisk. Reduce heat to medium; stir in broccoli, 2 teaspoons thyme, ⅜ teaspoon salt, ⅜ teaspoon black pepper, and red pepper. Cover and cook 2 minutes. Stir in quinoa and sausage mixture.

5. Coat 2 (8-inch) square microwave-safe glass or ceramic baking dishes with cooking spray. Divide quinoa mixture between dishes. Combine remaining 1½ teaspoons oil and panko in a bowl; add remaining 1 teaspoon thyme, remaining ⅛ teaspoon salt, remaining ⅛ teaspoon black pepper, and cheddar. Sprinkle cheese mixture evenly over casseroles. Bake at 400°F for 18 minutes or until browned, or follow freezing instructions on page 69.

SERVES 12 (serving size: about 1 cup); **CALORIES** 296; **FAT** 13g (sat 5g, unsat 7g); **PROTEIN** 17g; **CARB** 28g; **FIBER** 4g; **SUGARS** 4g (added sugars 0g); **SODIUM** 399mg; **CALC** 15% DV; **POTASSIUM** 11% DV

CHEESY SAUSAGE, BROCCOLI, AND QUINOA CASSEROLE



Freezer Notes

To Freeze: Cool unbaked casseroles completely; cover tightly with aluminum foil. Freeze up to 2 months.

To Thaw: Remove foil. Microwave at high 20 minutes or until thawed.

To Reheat: Cover with foil and bake at 375°F for 25 minutes; then broil 5 minutes or until golden brown.

SAUCES & MARINADES

Bottled sauces, salad dressings, and marinades are often loaded with sugar, even if they don't really taste sweet. Keep these condiments on hand to serve with meats, poultry, fish, and pasta, or use as marinades.

White BBQ Sauce

This tangy twist on classic barbecue sauce is a knockout addition to burgers and makes a great dip for veggies.

Whisk together **1 cup canola mayonnaise, 5 Tbsp. white wine vinegar, 2 tsp. prepared horseradish, 1 tsp. black pepper, ⅜ tsp. kosher salt, and ⅛ tsp. paprika** in a medium bowl. Serve immediately, or store covered in refrigerator for up to 2 weeks.

SERVES 16 (serving size: 1 Tbsp.); **CALORIES** 38; **FAT** 4g (sat 0g, unsat 3g); **PROTEIN** 0g; **CARB** 0g; **FIBER** 0g; **SUGARS** 0g (added sugars 0g); **SODIUM** 154mg; **CALC** 0% DV; **POTASSIUM** 0% DV

Roasted Tomato-Garlic Sauce

Use this lower-sodium tomato sauce on pizzas, or stir it into pasta.

Preheat oven to 425°F. Drain **1 (28-oz.) can unsalted whole tomatoes.** Halve tomatoes; place on a foil-lined baking sheet coated with **cooking spray**. Top with **6 smashed peeled garlic cloves, 1 Tbsp. fresh thyme leaves, 1 Tbsp. fresh oregano leaves,** and **¼ tsp. crushed red pepper.** Drizzle with **2 Tbsp. olive oil.** Roast 30 minutes. Cool 10 minutes. Transfer to blender; blend until smooth. Stir in **⅜ tsp. kosher salt.**

SERVES 6 (serving size: 2 Tbsp.); **CALORIES** 62; **FAT** 5g (sat 1g, unsat 4g); **PROTEIN** 0g; **CARB** 5g; **FIBER** 1g; **SUGARS** 3g (added sugars 0g); **SODIUM** 126mg; **CALC** 3% DV

Apple Cider–Mustard Sauce

Golden raisins add a layer of natural sweetness that balances this tangy sauce. Use on pork, turkey, or salmon.

Combine **2 tsp. olive oil, ⅓ cup minced shallots,** and **1 Tbsp. chopped sage** in a pan over medium-high; cook 2 minutes. Whisk together **1 cup unsalted chicken stock, ½ cup apple cider, 4 tsp. white wine vinegar, 1 Tbsp. Dijon mustard, 2 tsp. maple syrup,** and **2 tsp. cornstarch;** add to pan. Bring to a boil; stir in **½ cup golden raisins.** Reduce heat; whisk 2 minutes. Stir in **1 Tbsp. unsalted butter, ½ tsp. pepper,** and **⅛ tsp. kosher salt.**

SERVES 6 (serving size: 3 Tbsp.); **CALORIES** 108; **FAT** 3g (sat 1g, unsat 2g); **PROTEIN** 1g; **CARB** 17g; **FIBER** 1g; **SUGARS** 12g (added sugars 1g); **SODIUM** 127mg; **CALC** 2% DV; **POTASSIUM** 3% DV

Pineapple-Chile Salsa

Serve at room temperature over grilled pork or fish.

Stir together **2 cups finely chopped fresh pineapple (about 12 oz.), 2 thinly sliced scallions, 1 seeded and finely chopped red Fresno chile, ½ seeded and finely chopped serrano chile, 1 Tbsp. chopped fresh cilantro, 1 tsp. lime zest, and ¼ tsp. kosher salt** in a medium bowl. Serve immediately, or store covered in refrigerator up to 2 days.



APPLE CIDER–MUSTARD SAUCE



ROASTED TOMATO-GARLIC SAUCE

SERVES 8 (serving size: ¼ cup); **CALORIES** 24; **FAT** 0g; **PROTEIN** 0g; **CARB** 6g; **FIBER** 1g; **SUGARS** 4g (added sugars 0g); **SODIUM** 62mg; **CALC** 1% DV; **POTASSIUM** 2% DV

Toasted Pecan and Kale Pesto

Spread this hearty pesto on pizza, or add a dollop to your favorite fall soup.

Place **2 cups packed stemmed baby kale leaves, 1½ oz. grated Parmesan cheese (about ⅓ cup), 3 Tbsp. chopped toasted**



MUSHROOM-SHALLOT SAUCE



PINEAPPLE-CHILE SALSA



TOASTED PECAN AND KALE PESTO



WHITE BBQ SAUCE

pecans, 3 Tbsp. olive oil, 2 tsp. lemon zest plus 1 tsp. fresh lemon juice, ¼ tsp. crushed red pepper, and **⅛ tsp. kosher salt** in a food processor. Process until smooth, about 30 seconds, adding 1 to 2 Tbsp. water, if needed, to reach desired consistency.

SERVES 6 (serving size: 2 Tbsp.); **CALORIES** 112; **FAT** 11g (sat 2g, unsat 8g); **PROTEIN** 2g; **CARB** 2g; **FIBER** 1g; **SUGARS** 0g (added sugars 0g); **SODIUM** 134mg; **CALC** 7% DV; **POTASSIUM** 1% DV

Mushroom-Shallot Sauce

Spoon this easy and elegant sauce over steak and mashed potatoes.

Cook **⅓ cup chopped shallots** and **1 tsp. chopped garlic** in a large skillet coated with **cooking spray** over medium-high until softened, about 2 minutes. Add **4 cups sliced shiitake mushrooms;** cook until browned, 5 minutes. Add **¾ cup unsalted chicken stock, ¼ cup white wine,** and **2 tsp. balsamic vinegar;** bring to a boil. Reduce heat to medium; cook until reduced by half. Stir in **1 Tbsp. unsalted butter, ¼ tsp. kosher salt,** and **¼ tsp. black pepper.**

SERVES 4 (serving size: about ¼ cup); **CALORIES** 79; **FAT** 3g (sat 2g, unsat 1g); **PROTEIN** 2g; **CARB** 7g; **FIBER** 2g; **SUGARS** 3g (added sugars 0g); **SODIUM** 153mg; **CALC** 1% DV; **POTASSIUM** 5% DV



Honey-Bake Pork Roast

HANDS-ON 30 MIN.
TOTAL 4 HR. 15 MIN.

Instead of the traditional cured ham that's full of sodium and nitrates, and often crusted in sugar, bake the flavors of honey-baked ham into a pork picnic roast.

- **1 (5-lb.) bone-in pork picnic half roast**
- **6½ Tbsp. honey, divided**
- **¼ cup packed brown sugar**
- **2 tsp. kosher salt**
- **1 tsp. black pepper**
- **1 tsp. ground cinnamon**
- **½ tsp. ground ginger**
- **¼ tsp. ground cloves**
- **⅓ cup canola mayonnaise**
- **¼ cup Dijon mustard**
- **¼ cup apple cider vinegar**
- **⅜ tsp. ground red pepper**

1. Preheat oven to 300°F.

2. Trim tough outer skin layer from pork, leaving as much fat as possible intact. Discard skin. Rub 2½ tablespoons honey over pork. Combine sugar, salt, pepper, cinnamon, ginger, and cloves in a bowl; rub mixture evenly over all sides of pork. Place pork, fat side up, in a foil-lined broiler pan.

3. Bake at 300°F until a thermometer inserted in thickest portion registers 170° to 180°F, about 3 to 3½ hours. Remove from oven; let stand 15 minutes before cutting into thin slices.

4. Combine remaining ¼ cup honey, mayonnaise, and remaining ingredients; serve sauce with pork.

SERVES 16 (serving size: about 3 oz. pork and about 2½ tsp. sauce); **CALORIES** 277; **FAT** 17g (sat 6g, unsat 10g); **PROTEIN** 19g; **CARB** 12g; **FIBER** 0g; **SUGARS** 10g (added sugars 7g); **SODIUM** 422mg; **CALC** 3% DV; **POTASSIUM** 6% DV

A picnic roast is a cut of pork that comes from the shoulder area of the pig.

Pork Tenderloin with Bourbon-Peach Sauce

HANDS ON 40 MIN.
TOTAL 40 MIN.

With the natural sweetness of fresh peaches and the mellow richness of bourbon, you only need a very small amount of honey for this flavorful sauce.

- **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**
- **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, 2 tablespoons vinegar, 1 tablespoon honey, ½ teaspoon salt, and 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

Looking for Lean

To remember which cuts of pork are the leanest, think "loin" and "chop." Any cut with loin in the name, such as tenderloin, will be a lean choice. And any kind of pork chop is also a lean cut.

05.
SWEET TREATS

REPLACE HIGH-SUGAR DESSERTS WITH THESE SWEET TREATS—ALL 10 GRAMS OR LESS OF ADDED SUGARS PER SERVING.



ALMOND BUTTER–CHOCOLATE TRUFFLES
p. 80

Baked Apples with Amlou

HANDS-ON 20 MIN.
TOTAL 1 HR.

Amlou is a rich, nutty spread similar to chunky almond butter that's made from ground toasted almonds and argan oil.

- **⅔ cup almonds**
- **3½ Tbsp. argan oil or walnut oil**
- **3 Tbsp. honey**
- **6 Tbsp. old-fashioned rolled oats**
- **¼ tsp. kosher salt**
- **¼ tsp. ground cinnamon**
- **4 medium-size red apples (such as Braeburn)**

1. Preheat oven to 400°F. Spread almonds on a baking sheet. Toast at 400°F until golden, 5 to 6 minutes, stirring once after 3 minutes. Remove from oven.

2. Pulse toasted almonds in a food processor until finely ground, about 10 times (take care not to over-grind them or they could turn into almond butter). With processor running, gradually add oil and honey, and process until combined, 2 to 3 seconds. Transfer to a medium bowl, and stir in oats, salt, and cinnamon.

3. Reduce oven temperature to 350°F. Remove core from apples with a sharp knife or an apple corer; transfer apples to an aluminum foil–lined baking dish.

4. Stuff apples evenly with amlou mixture (about 2 tablespoons each). Bake at 350°F until apples are blistered and soft, about 40 minutes.

SERVES 4 (serving size: 1 stuffed apple); **CALORIES** 309; **FAT** 17g (sat 1g, unsat 14g); **PROTEIN** 5g; **CARB** 39g; **FIBER** 7g; **SUGARS** 26g (added sugars 9g); **SODIUM** 84mg; **CALC** 6% DV; **POTASSIUM** 7% DV

Spiralized Cinnamon Apples with Greek Yogurt

HANDS-ON 10 MIN.
TOTAL 20 MIN.

Use a spiralizer to turn a simple apple into an extraordinary low-sugar dessert.

- **1 medium-size apple**
- **1 tsp. freshly squeezed lemon juice**
- **1 Tbsp. pecans, chopped**
- **2 tsp. old-fashioned rolled oats**
- **1 tsp. unsalted butter**
- **½ tsp. ground cinnamon, divided**
- **1 tsp. brown sugar**
- **8 oz. nonfat Greek yogurt**

1. Spiralize apple using the smallest blade, leaving the peel on. Discard core and seeds. Toss spiralized apple in lemon juice.

2. Heat a sauté pan over medium heat. Toast pecans and oats in pan until fragrant and slightly golden.

3. Melt butter with oats and pecans; add ¼ teaspoon cinnamon and brown sugar and cook until slightly caramelized. Remove from heat.

4. Stir remaining cinnamon into yogurt. Divide yogurt into 2 bowls and top equally with spiralized apple and pecan mixture.

SERVES 2 (serving size: ½ cup yogurt, ½ apple, and about ½ Tbsp. pecan mixture); **CALORIES** 150; **FAT** 5g (sat 2g, unsat 3g); **PROTEIN** 8g; **CARB** 21g; **FIBER** 3g; **SUGARS** 12g (added sugar 2g); **SODIUM** 33mg; **CALC** 7% DV; **POTASSIUM** 3% DV





Go Spiral

The gadget that turns vegetables into delicate, twirly noodles has taken Pinterest boards and home kitchens by storm. But go beyond veggie spaghetti—use spiralizers to make stunning desserts, textured salads, or crazy-crisp hash browns. Give it a whirl with OXO's Handheld Spiralizer or Benriner's Turner Slicer.

RETRO TRIPLE-LAYER PARFAITS



Retro Triple-Layer Parfaits

HANDS-ON 30 MIN.
TOTAL 3 HR.

Reminiscent of a stir-and-chill boxed-gelatin dessert from the 1970s, this dessert is at once creamy, fruity, and fluffy.

- **2 envelopes plus ½ tsp. unflavored gelatin**
- **4¼ cups chilled no-added-sugar cranberry-pomegranate juice blend, divided**
- **½ cup cold heavy cream**
- **¼ tsp. vanilla extract**
- **Fresh mint sprigs (optional)**

1. Pour 2 envelopes gelatin over 1 cup cold juice in a large bowl; let stand 5 minutes. Heat 3 cups juice in a microwave-safe dish at high for 3 to 4 minutes or until scalding hot; pour over gelatin mixture, stirring until dissolved. Pour ⅓ cup of mixture into each of 6 glasses, reserving remaining mixture. Refrigerate 15 minutes.

2. While gelatin chills, place bowl with remaining gelatin mixture in a larger bowl filled with ice water. Vigorously whisk mixture until it becomes a dense, pale-pink foam and no liquid remains (about 10 minutes). Evenly divide foam among glasses. Chill 30 minutes.

3. Place remaining ¼ cup juice in a small microwave-safe dish; sprinkle with remaining ½ teaspoon gelatin, and let stand 5 minutes. Microwave mixture at high 1 to 1 ½ minutes or until gelatin is dissolved. Cool.

4. Combine cream and vanilla in a bowl; whisk just until the whisk begins to leave trails in the cream. Add microwaved gelatin mixture in a steady stream while whisking; beat just until soft peaks form. Evenly spoon cream over foamy gelatin layer in glasses; chill 2 hours or until thoroughly set. Garnish with mint sprigs, if desired.

SERVES 6 (serving size: 1 parfait); **CALORIES** 83; **FAT** 7g (sat 5g, unsat 2g); **PROTEIN** 9g; **CARB** 2g; **FIBER** 0g; **SUGARS** 2g (added sugars 0g); **SODIUM** 48mg; **CALC** 1% DV; **POTASSIUM** 0% DV



Kombucha Granita and Berry Parfaits

HANDS-ON 15 MIN.
TOTAL 1 HR. 45 MIN.

This icy dessert is the ultimate summer refresher. You can use any flavor of kombucha you like to complement the lemony berry mixture.

- **1 (16-oz.) bottle unflavored kombucha**
- **1 lb. mixed raspberries and blackberries**
- **2 Tbsp. granulated sugar**
- **1 tsp. lemon zest**
- **2 tsp. fresh lemon juice**
- **3 cups plain whole-milk Greek yogurt**
- **3 Tbsp. torn fresh basil or mint leaves (optional)**

1. Pour kombucha into a 13- x 9-inch glass or ceramic baking dish; freeze 1 hour. Scrape with a fork and stir; return to freezer for 30 minutes. Once fully frozen, scrape and fluff with a fork.

2. Meanwhile, toss berries, sugar, lemon zest, and lemon juice in a large bowl to combine. Let stand at room temperature 45 minutes, stirring occasionally.

3. Place ½ cup yogurt in each of 6 chilled parfait glasses. Top each serving with ½ cup berry mixture and ⅔ cup granita. Top with fresh basil or mint leaves, if desired. Serve immediately.

SERVES 6 (serving size: 1 parfait); **CALORIES** 186; **FAT** 7g (sat 3g, unsat 4g); **PROTEIN** 12g; **CARB** 20g; **FIBER** 4g; **SUGARS** 13g (added sugars 4g); **SODIUM** 49mg; **CALC** 15% DV; P**OTASSIUM** 9% DV

The Freezer Is Fine

Some (limited) research suggests that freezing probiotics such as kombucha for a short time may not actually kill them but rather render them dormant until eaten.

Almond Butter–Chocolate Truffles

Photo p. 75

HANDS-ON 15 MIN.
TOTAL 1 HR.

You'll never crave a store-brand peanut butter and chocolate candy again after you enjoy these homemade truffles. Made with almond butter and melted dark chocolate, you can add any toppings you like such as coconut, chopped nuts, cocoa powder, or dried fruit. Make a bunch of these to save in your fridge as a quick, sweet snack that won't make you crash later thanks to 8g of protein, 5g fiber, and only a little added sugar.

- **1 cup unsalted, creamy almond butter**
- **¼ cup unsalted almonds**
- **1 cup rolled oats**
- **1 Tbsp. honey**
- **¼ tsp. kosher salt**
- **4 oz. dark chocolate (70-85% cacao)**
- **1 tsp. coconut oil**

1. Line a baking sheet that can fit in your fridge with parchment paper. Blend almond butter, almonds, oats, honey, and salt in a food processor. Once fully combined, roll into ½-inch balls. Place the balls on the baking sheet or in the dish, and let the truffles cool in refrigerator for 15 minutes.

The more cacao in the chocolate, the more healthy flavonoids it contains.

2. Melt dark chocolate and coconut oil over a double boiler, or microwave at high in 20 second increments until the chocolate is melted and smooth. Cover the truffles with the melted chocolate and add any toppings.

3. Freeze for 30 minutes to harden the chocolate. Remove from freezer, and store in refrigerator.

MAKES 10 TRUFFLES (serving size: 1 truffle); **CALORIES** 286; **FAT** 22g (sat 5g, unsat 15g); **PROTEIN** 8g; **FIBER** 5g; **SUGARS** 6g (added sugars 2g); **SODIUM** 52mg; **CALCIUM** 11% DV; **POTASSIUM** 1% DV

Sugar Content of Truffle Toppings

Here is the total sugar content of 1 tablespoon of a variety of truffle toppings. None of them contain any added sugars.

COCONUT, UNSWEETENED	**0.4g**
COCOA POWDER, UNSWEETENED	**0.1g**
DRIED MIXED FRUIT, CHOPPED	**5.3g**
PECANS, CHOPPED	**0.3g**
PEANUTS, CHOPPED	**0.4g**

Soft Serve Nice Cream

HANDS-ON 5 MIN.
TOTAL 5 MIN.

This quick and easy vegan alternative to ice cream starts with frozen bananas and is ready in 5 minutes. Because of the bananas, one serving provides 10% of the recommended daily amount of potassium.

- **4 sliced bananas, frozen**
- **4 soft pitted Medjool dates (soaked in hot water if firm)**
- **½ cup canned light coconut milk**
- **½ tsp. kosher salt**
- **¼ cup toasted unsweetened coconut flakes**

Place bananas, dates, coconut milk, and salt in a food processor. Process until smooth, scraping sides of bowl occasionally. Spoon about ¾ cup soft serve into each of 4 bowls; top each with toasted coconut flakes.

SERVES 4 (serving size: ¾ cup soft serve and 1 Tbsp. coconut flakes); **CALORIES** 179; **FAT** 5g (sat 5g, unsat 0g); **PROTEIN** 2g; **CARB** 35g; **FIBER** 4g; **SUGARS** 19g (added sugars 0g); **SODIUM** 251mg; **CALC** 0% DV; **POTASSIUM** 10% DV



SOFT SERVE NICE CREAM





Greek Yogurt Bark

HANDS-ON 7 MIN.
TOTAL 7 MIN. PLUS 1 HR. FREEZING

Acting as a blank canvas, this Greek yogurt bark can take on any flavor profile you prefer. We chose strawberries, cacao nibs, hazelnuts, and shredded coconut. Make this ahead of time and always have it in your freezer for a fast, protein-packed snack, grab-and-go breakfast, or late-night treat.

- **4 cups 2% Greek yogurt**
- **2 Tbsp. honey**
- **½ tsp. vanilla extract**
- **¼ cup chopped hazelnuts**
- **¼ cup unsweetened shredded coconut**
- **⅓ cup diced strawberries**
- **1 Tbsp. cacao nibs**

Mix yogurt, honey, and vanilla extract. Spread on a baking sheet lined with parchment paper. Sprinkle with hazelnuts, coconut, strawberries, and cacao nibs, and freeze for at least an hour. Cut into pieces.

SERVES 12 (serving size: 1 piece); **CALORIES** 102; **FAT** 5g (sat 3g, unsat 1g); **PROTEIN** 8g; **FIBER** 1g; **SUGARS** 7g (added sugars 3g); **SODIUM** 30mg; **CALCIUM** 8% DV; **POTASSIUM** 1% DV

Learning Greek

Greek yogurt is strained to remove most of the liquid, making it thicker than regular yogurt. It also has 7 more grams of protein per serving than regular yogurt, but a third of the calcium.

Chickpea Cookie Dough

HANDS-ON 10 MIN.
TOTAL 1 HR.

Who doesn't love scraping cookie dough out of the bowl? Dairy-free, egg-free, and no-bake, this recipe can be enjoyed straight from the mixing bowl or frozen into cookie dough balls or bars. Even better, using blended chickpeas mixed with almond butter and sweetened with honey, vanilla, cinnamon, and dark chocolate chips keeps calories, fat, sodium, and sugar low while boosting protein and fiber. For an extra-indulgent treat, drizzle the bars with melted chocolate and sprinkle flaked sea salt on top.

- **1 (15-oz.) can unsalted chickpeas, drained and rinsed**
- **1 cup almond butter**
- **2 Tbsp. honey**
- **1 Tbsp. vanilla extract**
- **1 tsp. salt**
- **½ tsp. cinnamon**
- **4 oz. 70% to 85% cacao dark chocolate chips**

1. Process first six ingredients in a food processor until chickpeas are completely blended and smooth. Stir in chocolate chips, and roll dough into 12 balls or cut into bars.

2. Place balls or bars on a parchment paper–lined glass dish; freeze for 45 minutes. Once removed from freezer, let cookie dough thaw for 5 minutes.

SERVES 12 (serving size: 1 truffle or 1 piece); **CALORIES** 178; **FAT** 12g (sat 3g, unsat 8g); **PROTEIN** 5g; **FIBER** 4g; **SUGARS** 5g (added sugars 2g); **SODIUM** 189mg; **CALC** 8% DV; **POTASSIUM** 5% DV



18+

WHAT IS AVAXHOME?

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Salted Chocolate–Topped Shortbread

HANDS-ON 25 MIN.
TOTAL 2 HR. 55 MIN.

These whole-wheat cookies have the expected "short" texture of classic shortbread, plus an irresistible buttery flavor. Cultured butter is worth seeking out here; the richer flavor really comes through.

- **9 oz. whole-wheat pastry flour (about 2½ cups)**
- **½ cup powdered sugar**
- **¼ cup cornstarch**
- **½ tsp. kosher salt**
- **½ cup unsalted cultured butter, softened**
- **⅓ cup plus 1 Tbsp. canola oil**
- **¼ cup granulated sugar**
- **1½ tsp. vanilla extract**
- **4 oz. 60% to 70% cacao bittersweet chocolate, chopped**
- **1 tsp. flaky sea salt (such as Maldon)**

1. Preheat oven to 325°F. Whisk together flour, powdered sugar, cornstarch, and salt in a medium bowl.

2. Beat together butter, oil, and granulated sugar in a large bowl with an electric mixer on medium speed until well blended, about 3 minutes. Beat in vanilla. Add flour mixture; beat on low just until combined.

3. Pat or roll dough into a 10½-inch square on a baking sheet lined with parchment paper. Bake at 325°F until set and lightly browned around edges, about 30 minutes. Remove from oven, and immediately cut into 36 (1¾-inch) squares (a pizza cutter and ruler make this go quickly). Cool cookies completely on baking sheet, about 1 hour.

4. Place chocolate in a small microwave-safe bowl. Microwave at high until melted, about 1 minute, stirring after 30 seconds. Using a spoon, butter knife, or small offset spatula, spread chocolate over half of top side of each cookie, and sprinkle flaky salt evenly over chocolate. Let stand until chocolate sets, about 1 hour. Store in an airtight container up to 3 days.

SERVES 36 (serving size: 1 cookie); **CALORIES** 106; **FAT** 6g (sat 2g, unsat 3g); **PROTEIN** 1g; **CARB** 11g; **FIBER** 1g; **SUGARS** 4g (added sugars 4g); **SODIUM** 77mg; **CALC** 0% DV; **POTASSIUM** 1% DV

No-Mess Baking

Roll the cookie dough out into a square on a baking sheet lined with Reynold's parchment paper and bake until the dough is set and lightly browned around the edges.



Matcha Biscotti with Bittersweet Drizzle

HANDS-ON 20 MIN.
TOTAL 2 HR.

Matcha is finely ground powder of specially grown and processed green tea leaves, which are high in disease-fighting antioxidants. If the dough's stickiness makes it difficult to work with, dampen your hands slightly before shaping it.

- **7.5 oz. whole-wheat pastry flour (about 2 cups plus 2 Tbsp.)**
- **¾ cup granulated sugar**
- **1 Tbsp. matcha powder**
- **½ tsp. baking powder**
- **½ tsp. table salt**
- **¾ cup unsalted roasted almonds**
- **3 large eggs**
- **1 tsp. vanilla extract**
- **½ tsp. almond extract**
- **3 oz. bittersweet chocolate, chopped**
- **1 tsp. instant espresso granules**

1. Preheat oven to 350°F. Whisk together flour, sugar, matcha, baking powder, and salt in a large bowl. Stir in almonds. Add eggs and extracts. Beat with an electric mixer on medium speed until a sticky dough forms, about 2 minutes.

2. Divide dough in half. Shape each half into an 8-inch-long log on a baking sheet lined with parchment paper. Pat each log to a width of 3 inches. Bake at 350°F until set, about 20 minutes. (Dough will be cracked.)

3. Remove biscotti logs from oven; cool on pan 5 minutes. Using a wide spatula, carefully transfer biscotti logs to a wire rack; cool 15 minutes. Reduce oven temperature to 300°F.

4. Place biscotti logs on a cutting board. Cut each diagonally into 12 slices. Return slices to parchment-lined baking sheet. Bake at 300°F 20 minutes, flipping slices after 10 minutes. Cool completely on a wire rack, about 30 minutes.

5. Place chocolate in a microwave-safe bowl. Microwave on medium until melted, about 1 minute and 30 seconds, stirring every 30 seconds (be careful not to overheat chocolate so it doesn't scorch or seize). Stir in espresso granules. Drizzle chocolate mixture over biscotti. Let stand until chocolate mixture sets, about 10 minutes.

SERVES 24 (serving size: 1 biscotto); **CALORIES** 113; **FAT** 4g (sat 1g, unsat 3g); **PROTEIN** 3g; **CARB** 15g; **FIBER** 2g; **SUGARS** 7g (added sugars 6g); **SODIUM** 68mg; **CALC** 2% DV; **POTASSIUM** 2% DV





Easy Peach Hand Pies

HANDS-ON 30 MIN.
TOTAL 54 MIN.

When you use fresh, juicy peaches, you don't need to add much sugar to get tender, sweet pies.

- **1 (9-in.) refrigerated whole-wheat piecrust (such as Wholly Wholesome)**
- **¾ cup chopped ripe peaches**
- **3 Tbsp. light brown sugar**
- **1 Tbsp. unsalted butter, softened**
- **¼ tsp. ground cinnamon**

1. Preheat oven to 400°F. Shape piecrust into a ball; divide ball into 8 equal portions. Roll each portion into a 4-inch circle on a lightly floured surface. (Cover dough circles with a damp towel to prevent drying.) Stir together peaches, brown sugar, butter, and cinnamon in a medium bowl.

2. Spoon about 1 tablespoon peach mixture onto each dough circle, leaving a ¼-inch border. Moisten dough edges with water; fold circles in half to form half-moons. Crimp edges with a fork to seal; cut slits in top of pies, and place on a parchment paper–lined baking sheet.

3. Bake at 400°F until golden brown, about 14 minutes. Remove and cool 10 minutes before serving.

SERVES 8 (serving size: 1 hand pie); **CALORIES** 146; **FAT** 9g (sat 5g, unsat 4g); **PROTEIN** 2g; **CARB** 15g; **FIBER** 2g; **SUGARS** 7g (added sugars 4g); **SODIUM** 101mg; **CALC** 1% DV; **POTASSIUM** 1% DV

Triple-Apple Pie

HANDS-ON 30 MIN.
TOTAL 2 HR.

Three kinds of apples give this pie big flavor—so you need less added sugar and butter.

- **2 (9-in.) refrigerated whole-wheat piecrusts (such as Wholly Wholesome)**
- **Cooking spray**
- **½ cup packed light brown sugar**
- **2 Tbsp. unsalted butter**
- **1 Tbsp. water**
- **¼ tsp. kosher salt**
- **2 Tbsp. whole milk**
- **1 tsp. vanilla extract**
- **1 (10-oz.) Braeburn apple, peeled and grated**
- **¼ cup all-purpose flour, divided**
- **1½ lbs. Fuji apples, peeled, cored, and cut into 12 wedges each**
- **1½ lbs. Honeycrisp apples, peeled, cored, and cut into 12 wedges each**
- **1 large egg white, lightly beaten**

1. Preheat oven to 375°F. Roll 1 dough into a 13-inch circle on a floured surface; fit into a 9-inch pie plate coated with cooking spray. Chill until ready to use.

2. Heat sugar, butter, 1 tablespoon water, and salt in a skillet over medium-high; cook 1 minute, stirring constantly. Stir in milk and vanilla. Bring to a boil, and cook, stirring constantly, until thickened, about 1 minute. Remove from heat; let stand 10 minutes.

Light brown sugar contains less molasses than the dark variety and has a more delicate flavor. Both have 15 calories per teaspoon.

3. Combine grated apple and 1 tablespoon flour in a bowl. Add apple wedges and remaining 3 tablespoons flour; toss to coat. Pour sugar mixture over apples; toss. Nestle apple mixture into piecrust in pie plate.

4. Roll remaining pie dough into an 11½-inch circle on a floured surface. Place over apples in pie plate. Fold dough edge under, flute edge, and trim off any excess. Brush egg white over crust. Cut 6 to 8 (1-inch-long) slits in crust. Bake on bottom rack at 375°F for 1 hour or until browned and bubbling. Tent with foil after 40 minutes to prevent overbrowning, if needed. Remove from oven; cool on a wire rack. Cut pie into 10 wedges.

SERVES 10 (serving size: 1 wedge); **CALORIES** 295; **FAT** 13g (sat 5g, unsat 7g); **PROTEIN** 3g; **CARB** 46g; **FIBER** 4g; **SUGARS** 23g (added sugars 10g); **SODIUM** 216mg; **CALC** 3% DV; **POTASSIUM** 0% DV



TRIPLE-APPLE PIE

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Breakfast

Shirred Eggs with Marinara and Feta

HANDS-ON 10 MIN.
TOTAL 23 MIN.

While shirred eggs traditionally cook with a splash of heavy cream, we've lightened this version—and made the flavor even bolder—by enriching the egg with a little extra-virgin olive oil and tangy feta cheese.

- **4 oz. sourdough bread, cut into ¼-in. cubes**
- **2 tsp. extra-virgin olive oil**
- **4 large eggs**
- **½ tsp. kosher salt**
- **¼ tsp. black pepper**
- **¼ cup lower-sodium marinara sauce**
- **4 tsp. crumbled feta cheese**
- **2 tsp. chopped fresh oregano**

1. Preheat oven to 375°F.

2. Place bread cubes on a sheet pan; bake at 375°F for 13 minutes or until browned and crisp.

3. Rub ½ teaspoon oil into each of 4 (8-ounce) mini ramekins to coat inside. Divide bread cubes among ramekins. Crack one egg into each ramekin. Season each egg with ⅛ teaspoon salt and a dash of pepper. Spoon 1 tablespoon marinara into each. Sprinkle each with 1 teaspoon feta. Place ramekins in oven; bake at 375°F for 12 minutes or until whites are set. Sprinkle with oregano. Drizzle with additional oil, if desired.

SERVES 4 (serving size: 1 ramekin); **CALORIES** 188; **FAT** 9g; **PROTEIN** 10g; **CARB** 17g; **FIBER** 1g; **SODIUM** 542mg

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Lunch

Easy Greek Salmon Bowls

HANDS-ON 20 MIN.
TOTAL 20 MIN.

- **4 (5-oz.) skin-on salmon fillets**
- **½ tsp. dried dill**
- **½ tsp. dried oregano**
- **1 tsp. kosher salt, divided**
- **5 Tbsp. canola oil, divided**
- **1 (8-oz.) pkg. haricots verts**
- **3 cups packed baby spinach leaves, finely chopped**
- **1½ cups cooked quinoa**
- **½ cup chopped fresh flat-leaf parsley**
- **¼ cup fresh lemon juice**
- **1 tsp. honey**
- **2 cups halved grape tomatoes**
- **2 cups chopped English cucumber**
- **¼ cup crumbled feta cheese**

1. Sprinkle salmon with dill, oregano, and ¼ teaspoon salt. Heat 1 tablespoon oil in a large nonstick skillet over medium-high. Add salmon, skin side up, to skillet; cook 2 to 3 minutes per side for medium. Set aside.

2. Fill a large bowl with ice water. Cook haricots verts according to package directions; place in ice water until completely cool, about 1 minute. Pat dry.

3. Toss together spinach, quinoa, and parsley in a bowl. Whisk together lemon juice, honey, and remaining ¼ cup oil in a small bowl. Add ¼ cup lemon dressing to spinach mixture; toss to combine.

4. To serve, spoon ¾ cup spinach mixture into each of 4 bowls. Arrange ½ cup tomatoes, ½ cup cucumber, and ⅓ cup cooked haricots verts in each bowl. Drizzle with remaining dressing; sprinkle with remaining ¾ teaspoon salt. Top each bowl with 1 flaked salmon fillet and 1 tablespoon feta cheese.

SERVES 4 (serving size: 1 salmon fillet, ¾ cup quinoa mixture, and 1⅓ cups vegetables); **CALORIES** 527; **FAT** 29g; **PROTEIN** 39g; **CARB** 29g; **FIBER** 7g; **SODIUM** 683mg



Dinner

Buffalo Chicken Tacos

HANDS-ON 20 MIN.
TOTAL 20 MIN.

Your favorite appetizer just got upgraded to the dinner menu. These reinvented tacos check every craving box with less than a third of the sodium and half the fat of traditional Buffalo wings.

- **1 cup thinly sliced celery**
- **1 cup thinly sliced baby bell peppers (from 3 small peppers)**
- **3 Tbsp. fresh lemon juice**
- **½ tsp. kosher salt, divided**
- **½ tsp. black pepper, divided**
- **2 Tbsp. chopped fresh cilantro, plus more for garnish**
- **2 Tbsp. unsalted butter, melted**
- **2 Tbsp. unsalted ketchup**
- **2 tsp. hot sauce (such as Franks RedHot), plus more for serving**
- **1 Tbsp. extra-virgin olive oil**
- **1 lb. boneless, skinless chicken breasts, thinly sliced**
- **¼ cup reduced-fat sour cream**
- **1 Tbsp. crumbled blue cheese**
- **8 corn tortillas, toasted**

1. Combine celery, bell peppers, and lemon juice in a medium bowl. Stir in ¼ teaspoon salt and ¼ teaspoon black pepper. Let stand at room temperature 10 minutes. Toss with cilantro.

2. Meanwhile, stir together butter, ketchup, and hot sauce in a large bowl.

3. Heat oil in a large nonstick skillet over medium-high. Add chicken, and cook until lightly browned on all sides, 3 to 4 minutes. Sprinkle with remaining ¼ teaspoon salt and ¼ teaspoon black pepper. Add chicken to hot sauce mixture; toss to coat.

4. Stir together sour cream and blue cheese. To assemble tacos, spread 1 ½ teaspoons of the sour cream mixture on each tortilla. Divide chicken and celery mixture evenly among tortillas; top with cilantro and hot sauce.

SERVES 4 (serving size: 2 tacos); **CALORIES** 381; **FAT** 16g; **PROTEIN** 30g; **CARB** 29g; **FIBER** 4g; **SODIUM** 435mg

Nutritional Analysis

COOKING LIGHT

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

2,300 mg 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 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

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*Members following the Cooking Light Diet, on average, lose 1/2 lb. per week.

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