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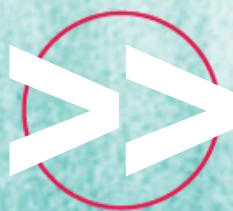
CookingLight®
SPECIAL EDITION

85 HEALTHY,
HASSLE-FREE RECIPES

make-ahead meals

COOK ONCE

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EAT TWICE!

ITALIAN-STYLE SUBS WITH PEPPERONCINI, p. 32

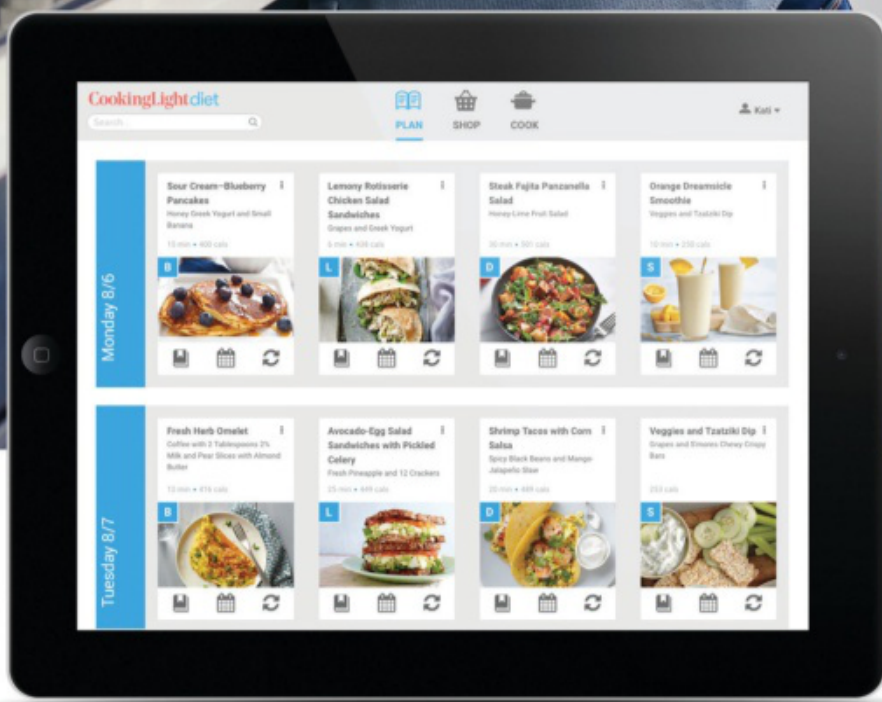


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**16 SLOW COOKER
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MAKE-AHEAD MEALS

There's a certain comfort in having dinner already done when you get home. You know your family will eat well during the week, regardless of hectic schedules, and any prep or cleanup will be minimal. Even if you aren't a champion meal planner, having a couple of go-to meals stashed in the fridge or freezer can be a lifesaver.

The recipes in this book make the most of your time so none of your effort goes to waste. Doubling a batch of roasted vegetables, for example, adds little prep or cook time yet yields enough for two more quick weeknight mains (page 31). In the same vein, we believe a frozen entrée just isn't convenient if it requires an overnight thaw or a two-hour bake; our recipes go from freezer to table in less than an hour. And when there's just no time to cook, refrigerated mains are delicious both cold and at room temperature.

We begin with a chapter of freezer-ready dishes with tips on how best to freeze, thaw, and reheat in time for dinner. Next, "Cook Once, Eat Three Times" makes clever use of leftovers to avoid a dinner rut. Fridge-to-table dinners follow, and then slow cooker favorites that can simmer during the day so you can serve them up as soon as you walk in the door. A chapter of finish-and-serve mains lets you assemble ahead and add final touches whenever you plan to serve—everyone will think you've cooked all evening. This collection of make-ahead recipes helps you prep, plan, and cook on your schedule so you can enjoy truly great meals any night of the week.

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CookingLight®

SPECIAL EDITION

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CHAPTER 1

Fix and Freeze

These freezer-friendly mains taste like they were just made, even after freezing, thawing, and reheating. Every recipe goes from freezer to table in under an hour.

Individual White Chicken Pizzas

Hands-on: 57 min. Total: 57 min.

Cook up as many pizzas as you want tonight, and freeze the rest. The key to the deliciousness (and believe us, these cheesy pizzas are amazing) is to make fresh ricotta cheese, which is more moist and creamy than store-bought. It's fast and easy to do in the microwave.

- 30 ounces refrigerated fresh pizza dough, divided
- $\frac{1}{2}$ cup olive oil
- $\frac{1}{4}$ cup chopped fresh basil
- 1 teaspoon crushed red pepper
- 8 garlic cloves, crushed
- 4 thyme sprigs
- 4 cups 2% reduced-fat milk
- 1 cup plain fat-free Greek yogurt
- 4 teaspoons cider vinegar
- $\frac{1}{2}$ teaspoon kosher salt
- 12 ounces shredded cooked chicken breast
- 6.5 ounces preshredded reduced-fat 4-cheese Italian-blend cheese (about $1\frac{2}{3}$ cups)
- 3 ounces fresh part-skim mozzarella cheese, torn into small pieces
- 2 tablespoons fresh thyme leaves
- $1\frac{1}{2}$ teaspoons freshly ground black pepper
- $\frac{1}{2}$ cup small fresh basil leaves

1. Place a pizza stone or heavy baking sheet in oven. Preheat oven to 450° (keep pizza stone or baking sheet in oven as it preheats).

2. Let pizza dough rest, covered, at room temperature as oven preheats.

3. Combine oil and next 4 ingredients (through thyme sprigs) in a small saucepan over medium heat. Cook 4 minutes or until garlic begins to brown, stirring frequently. Remove pan from heat; let stand 5 minutes. Strain garlic mixture through a fine sieve over a small bowl; discard solids.

4. Combine milk, yogurt, and vinegar in a large microwave-safe bowl. Microwave at HIGH 6 minutes. Gently stir to form small curds. Strain curds through a fine sieve; let stand 5 minutes. Discard liquid. Combine oil mixture, cheese curds, and salt, stirring gently.

5. Divide dough into 12 equal pieces. Roll each piece into a 6-inch circle on a lightly floured surface (keep dough covered with a damp towel to prevent drying). Spread about $1\frac{1}{2}$ tablespoons oil mixture over each pizza, leaving a $\frac{1}{2}$ -inch border. Divide chicken, Italian-blend cheese, and mozzarella cheese evenly among pizzas; sprinkle evenly with thyme leaves and black pepper. Carefully remove pizza stone from oven. Arrange 3 to 4 pizzas on pizza stone. Bake at 450° for 8 minutes or until dough is golden and cheese browns. Repeat procedure with remaining pizzas, or follow freezing instructions. Sprinkle pizzas evenly with fresh basil leaves.

SERVES 12 (serving size: 1 pizza)

CALORIES 410; **FAT** 16.7g (sat 4.9g, mono 8.1g, poly 1.9g);

PROTEIN 23.4g; **CARB** 39.5g; **FIBER** 5.3g; **SUGARS**

5g (est. added sugars 0g); **CHOL** 37mg; **IRON** 1.2mg;

SODIUM 646mg; **CALC** 282mg

TO FREEZE

Bake pizzas on preheated stone for only 5 minutes. Cool; wrap individually in heavy-duty foil, stack, and freeze up to 2 months.

TO REHEAT

No thawing: Place frozen pizzas on a baking sheet that's not preheated; bake at 450° for 13 minutes or until cheese browns.





Spaghetti and Meatballs in Tomato-Basil Sauce

Hands-on: 60 min. Total: 1 hr. 15 min.
Feed a crowd of 8 tonight, or cook 6 ounces pasta to serve 4 and freeze half the meatball mixture for later.

SAUCE

- 1 tablespoon extra-virgin olive oil
- 1 cup chopped onion
- 5 garlic cloves, minced
- 1½ teaspoons dried basil
- ¼ cup tomato paste
- ⅓ cup dry red wine
- 2 (15-ounce) cans unsalted crushed tomatoes
- 2 (14.5-ounce) cans unsalted diced tomatoes, undrained
- 1 tablespoon sugar
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper

MEATBALLS

- Cooking spray
- 2 (1-ounce) slices whole-grain bread

- ½ cup finely chopped onion
- ½ cup chopped fresh flat-leaf parsley, divided
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1½ pounds 90% lean ground sirloin
- 6 ounces sweet Italian sausage, casings removed
- 3 garlic cloves, minced
- 2 eggs, lightly beaten
- 12 ounces uncooked whole-grain spaghetti

1. To prepare sauce, heat a Dutch oven over medium-high heat. Add oil; swirl to coat. Add 1 cup chopped onion, 5 garlic cloves, and basil to pan; cook 4 minutes, stirring frequently. Add tomato paste; cook 1 minute, stirring constantly. Stir in wine; cook 2 minutes. Add tomatoes and sugar; bring to a boil. Reduce

heat, and simmer 25 minutes or until thickened, stirring occasionally. Stir in ½ teaspoon salt and ¼ teaspoon pepper.

2. Preheat oven to 450°.

3. To prepare meatballs, coat 2 baking sheets with cooking spray. Place bread in the bowl of a food processor; pulse until fine crumbs form. Place breadcrumbs, ½ cup chopped onion, ⅓ cup parsley, and next 6 ingredients (through eggs) in a large bowl; stir until combined. Shape into 40 meatballs (about 2 tablespoons each); arrange meatballs on prepared pans. Bake at 450° for 15 minutes. Add meatballs to tomato sauce; simmer 10 minutes, stirring occasionally. Follow freezing instructions, or continue to step 4.

4. Cook pasta according to package directions, omitting salt and fat. Drain. Top pasta with meatball mixture. Sprinkle with remaining 3 tablespoons parsley.

SERVES 8 (serving size: 5 meatballs, about ¾ cup sauce, and about ¾ cup pasta)

CALORIES 479; **FAT** 14.2g (sat 4.7g, mono 6.3g, poly 1.5g); **PROTEIN** 30g; **CARB** 53g; **FIBER** 6g; **SUGARS** 12g (est. added sugars 2g); **CHOL** 105mg; **IRON** 6mg; **SODIUM** 544mg; **CALC** 112mg

TO FREEZE

Cool meatball mixture completely. Place in a large zip-top freezer bag, and freeze.

TO THAW

Hold bag under running water for 1 minute. Remove meatball mixture from bag; place in a microwave-safe dish, and cover with plastic wrap. Microwave at MEDIUM (50% power) for 12 minutes, stirring every 3 minutes.

TO REHEAT

Microwave at HIGH for 3 minutes or until thoroughly heated.

White Bean, Sage, and Sausage Soup

Hands-on: 16 min. Total: 35 min.

The perfect simple dinner on a busy night, this soup gets a double hit of fennel essence from chopped fennel bulb and the fennel seeds that flavor the sausage. Enjoy half for dinner tonight, and spoon half into a freezer bag to make life easier another night. Serve with toasted baguette slices.

Cooking spray

2 cups chopped onion

1 cup chopped fennel bulb

½ to 1 teaspoon crushed red pepper

20 ounces hot Italian sausage links, casings removed

8 garlic cloves, minced

¼ cup chopped fresh sage

1 tablespoon tomato paste

1 cup dry white wine

6 cups unsalted chicken stock (such as Swanson)

2 cups chopped plum tomato

4 (14.5-ounce) cans organic cannellini beans, rinsed and drained

¼ cup chopped fresh flat-leaf parsley

1. Heat a large Dutch oven over medium heat. Coat pan with cooking spray. Add onion and next 4 ingredients (through garlic); cook 3 minutes. Reduce heat; cook 10 minutes or until sausage is browned and vegetables are tender, stirring to crumble sausage. Add sage and tomato paste; cook 1 minute, stirring constantly. Add wine; cook 3 minutes or until liquid is reduced by half. Add stock; bring to a boil, reduce heat, and simmer 5 minutes. Add tomato and cannellini beans, and cook for 2 minutes. Sprinkle with chopped fresh parsley, or follow the freezing instructions.

SERVES 8 (serving size: 1½ cups)

CALORIES 282; **FAT** 7.9g (sat 2.2g, mono 2.6g, poly 2.1g); **PROTEIN** 23.9g; **CARB** 26.4g; **FIBER** 6.9g;

SUGARS 4g (est. added sugars 1g); **CHOL** 60mg;

IRON 3.6mg; **SODIUM** 591mg; **CALC** 90mg

TO FREEZE

Cool soup to room temperature. Place in a large zip-top plastic freezer bag; seal. Lay bag flat in freezer; freeze up to 2 months.

TO THAW

Microwave soup in the bag at **MEDIUM (50% power)** for 4 minutes or until pliable.

TO REHEAT

Pour soup from bag into a large Dutch oven over medium heat. Bring to a simmer; cover pan, and cook 20 minutes or until soup is thoroughly heated, stirring occasionally.

WHAT TO FREEZE

Saucy dishes, soups, and stews freeze well because liquids are fairly forgiving upon reheating. Once cooled, transfer to zip-top plastic freezer bags, and lay flat in the freezer so they take up less space. To reheat, thaw until the bag is pliable; then pour into a saucepan. Individual items like burritos, calzones, small pizzas, or potpies reheat quickly and evenly. Wrap each one tightly in foil, and freeze. Plain pastas and potatoes lose valuable starch when frozen—it's best to make these the week of and refrigerate, or simply cook just before you plan to serve.





Chicken Tikka Masala

Hands-on: 45 min. Total: 45 min.

This big-batch recipe is an unusual but brilliant choice for freezing. Moist chicken thighs hold up well, especially in the spicy tomato sauce. To make dinnertime even easier, use heat-and-eat pouches of precooked, unseasoned basmati rice. Serve with lime wedges.

- 2 tablespoons olive oil, divided
- 3 pounds skinless, boneless chicken thighs, cut into 1½-inch cubes
- 2 teaspoons kosher salt, divided
- 2 teaspoons ground cumin
- 2 teaspoons ground cinnamon
- 1 cup finely chopped onion
- 3 tablespoons minced fresh garlic
- 2 tablespoons minced peeled fresh ginger
- 2 serrano chiles, minced
- 2 teaspoons garam masala
- ¾ teaspoon ground red pepper

- ½ cup unsalted chicken stock (such as Swanson)
- ½ cup half-and-half
- 2 (26.5-ounce) boxes chopped tomatoes (such as Pomi), undrained
- ¼ cup butter
- 6 cups hot cooked basmati rice
- ½ cup chopped fresh cilantro

- 1.** Heat 1 tablespoon oil in a large Dutch oven over medium-high heat. Sprinkle chicken with 1 teaspoon salt, cumin, and cinnamon. Add half of chicken to pan; cook 5 minutes or until browned, stirring once. Remove chicken from pan. Repeat procedure with remaining chicken; remove from pan.
- 2.** Add remaining 1 tablespoon oil, onion, garlic, ginger, and serrano to pan; sauté 1 minute. Reduce heat to low; cook 5 minutes or until softened, stirring frequently. Add

garam masala and red pepper; cook 1 minute, stirring constantly. Add remaining 1 teaspoon salt, stock, half-and-half, and tomatoes, scraping pan to loosen browned bits. Bring to a boil over high heat. Reduce heat to low; stir in chicken. Simmer 6 minutes or until chicken is done. Remove from heat; stir in butter until butter melts. Serve over rice, or follow freezing instructions. Sprinkle with cilantro.

SERVES 12 (serving size: ½ cup rice and about 1 cup chicken mixture)

CALORIES 343; **FAT** 12.3g (sat 4.7g, mono 4.3g, poly 1.4g); **PROTEIN** 25.9g; **CARB** 31.4g; **FIBER** 3g; **SUGARS** 5g (est. added sugars 0g); **CHOL** 122mg; **IRON** 2.5mg; **SODIUM** 516mg; **CALC** 61mg

TO FREEZE

Cool chicken mixture and rice to room temperature. Place in separate large zip-top plastic freezer bags; seal bags, and lay flat in freezer. Freeze up to 2 months.

TO THAW

Microwave chicken mixture in bag at MEDIUM (50% power) for 4 minutes or until pliable. No need to thaw cooked rice.

TO REHEAT

Place sealed bag of chicken mixture in a pot of boiling water; cook 10 minutes or until heated. Pour rice into a microwave-safe bowl; microwave at HIGH 3 minutes.

Stuffed Poblano Peppers

Hands-on: 40 min. Total: 60 min.

Poblanos range in heat level from spicy to mild, and there's no way to know what you're getting until you take a bite. Cool off hot peppers with a dollop of sour cream.

- 8 large poblano peppers
- 4 dried ancho chiles
- 2 tablespoons canola oil
- 3 cups chopped onion
- 10 garlic cloves, minced
- 1 teaspoon kosher salt, divided
- 1 teaspoon black pepper
- 12 ounces 90% lean ground sirloin
- 4 ounces $\frac{1}{3}$ -less-fat cream cheese, softened
- $1\frac{1}{2}$ cups precooked brown rice (such as Uncle Ben's Ready Rice)
- 6 ounces queso fresco, crumbled and divided (about $1\frac{1}{2}$ cups)
- $\frac{1}{4}$ cup fresh lime juice
- 1 tablespoon ground cumin
- 2 teaspoons sugar
- 2 (14.5-ounce) cans unsalted diced tomatoes, undrained
- Cooking spray
- $\frac{1}{4}$ cup cilantro leaves

1. Preheat broiler.
2. Place poblanos on a foil-lined baking sheet; broil 3 inches from heat 12 minutes or until blackened, turning after 6 minutes. Wrap in foil; fold to close tightly, and let stand 15 minutes. Peel and discard skins. Cut a lengthwise slit in each pepper; discard seeds and membranes.
3. While poblanos broil, place ancho chiles in a bowl. Cover with boiling water; let stand 10 minutes. Drain.
4. Reduce oven temperature to 400°.
5. Heat a large skillet over medium heat. Add oil to pan; swirl to coat. Add onion and garlic; cook for 4 minutes or until crisp-tender. Reserve half of onion mixture. Add $\frac{1}{2}$ teaspoon salt, black pepper, and beef; cook 8 minutes or until beef is done, stirring to crumble. Remove from heat. Stir in cream cheese. Stir in rice and half of queso fresco.

6. Place ancho chiles, reserved onion mixture, juice, cumin, sugar, tomatoes, and remaining $\frac{1}{2}$ teaspoon salt in a blender; process until smooth. Pour 1 cup sauce into each of 2 (8-inch) square glass or ceramic baking dishes coated with cooking spray. Open each poblano. Divide beef mixture evenly among peppers. Arrange 4 peppers in each dish; top evenly with remaining sauce and queso. Bake at 400° for 20 minutes, or follow freezing instructions. Sprinkle with cilantro after cooking.

SERVES 8 (serving size: 1 pepper and about $\frac{2}{3}$ cup sauce)

CALORIES 334; **FAT** 14.8g (sat 5.2g, mono 5.5g, poly 1.8g); **PROTEIN** 17.6g; **CARB** 35g; **FIBER** 7.2g; **SUGARS** 11g (est. added sugars 1g); **CHOL** 45mg; **IRON** 3.7mg; **SODIUM** 369mg; **CALC** 148mg

TO FREEZE

These do best in a shallow vessel, so follow the recipe instructions to use a standard 8-inch square dish. Cover tightly with heavy-duty foil; freeze up to 2 months.

TO REHEAT

No thawing step is necessary. Remove foil, and cover dish tightly with plastic wrap. Pierce plastic wrap 4 or 5 times. Microwave at HIGH for 14 to 15 minutes or until thoroughly heated. (We tried reheating the frozen peppers in the oven and prefer the microwaved dish.)





Pork and Shiitake Pot Stickers

Hands-on: 30 min. Total: 60 min.

It's never a bad idea to have a good supply of dumplings on hand. Ours taste way better and are much lower in sodium than what you'll find at the store. Plus, they go from freezer to plate in only 10 minutes—what could be easier? Just cook what you need tonight, and stash the rest in the freezer for a busy night later.

- 2 tablespoons dark sesame oil
- $\frac{3}{4}$ cup thinly sliced green onions, divided
- 1 tablespoon minced garlic
- 1 tablespoon grated peeled fresh ginger
- 4 ounces thinly sliced shiitake mushroom caps
- 5 tablespoons lower-sodium soy sauce, divided
- 1 tablespoon hoisin sauce
- $\frac{1}{2}$ teaspoon freshly ground black pepper
- 14 ounces lean ground pork
- 40 gyoza skins or round wonton wrappers
- Cornstarch
- $\frac{1}{4}$ cup hot water
- 2 tablespoons brown sugar
- 2 tablespoons rice wine vinegar
- $1\frac{1}{2}$ tablespoons sambal oelek (ground fresh chile paste)
- Cooking spray
- $1\frac{1}{3}$ cups water, divided

- 1.** Heat a large skillet over high heat. Add oil to pan; swirl to coat. Add $\frac{1}{2}$ cup onions, garlic, ginger, and mushrooms; stir-fry 3 minutes. Remove from pan; cool slightly. Combine mushroom mixture, 1 tablespoon soy sauce, hoisin sauce, pepper, and pork in a medium bowl.
- 2.** Arrange 8 gyoza skins on a clean work surface; cover remaining skins with a damp towel to keep them from drying. Spoon about $1\frac{1}{2}$ teaspoons pork mixture in the center of each skin. Moisten edges of skin with water. Fold in half; press edges together with fingertips to seal. Place on a baking sheet sprinkled with cornstarch; cover to prevent drying. Repeat procedure with remaining gyoza skins and pork mixture to form 40 pot stickers.
- 3.** Combine $\frac{1}{4}$ cup hot water and brown sugar in a small bowl, stirring until sugar dissolves. Add remaining $\frac{1}{4}$ cup green onions, $\frac{1}{4}$ cup soy sauce, vinegar, and sambal oelek, stirring with a whisk until well combined.
- 4.** Heat a large heavy skillet over high heat. Generously coat pan with cooking spray. Add 10 pot stickers to pan; cook 30 seconds or until browned on one side. Turn pot stickers over; carefully add $\frac{1}{3}$ cup water to pan. Cover tightly; steam 4 minutes. Repeat procedure in batches with remaining pot stickers and water, or follow freezing instructions. After cooking, serve pot stickers immediately with dipping sauce.

SERVES 8 (serving size: 5 pot stickers and 1 tablespoon sauce)

CALORIES 221; **FAT** 8.1g (sat 2.3g, mono 3.7g, poly 1.8g); **PROTEIN** 11g; **CARB** 23g; **FIBER** 0.7g; **SUGARS** 5g (est. added sugars 4g); **CHOL** 37mg; **IRON** 0.3mg; **SODIUM** 609mg; **CALC** 13mg

TO FREEZE

Freeze uncooked dumplings on a baking sheet sprinkled with cornstarch 10 minutes or until firm. Place in a large zip-top plastic freezer bag with 1 teaspoon cornstarch; toss. Freeze sauce in a small zip-top plastic freezer bag. Freeze both up to 2 months.

TO THAW

Thaw sauce in the microwave at HIGH in 30-second increments. No need to thaw pot stickers.

TO REHEAT

Follow recipe instructions for cooking, placing frozen dumplings in pan and increasing steaming time by 2 minutes.



Summer Minestrone Soup

Hands-on: 50 min. Total: 65 min.

A gentle simmer keeps the vegetables in the soup slightly firm so they maintain their texture during freezing and reheating.

- 2 tablespoons olive oil
- 2 cups thinly sliced leek, white and light green parts only (about 2 leeks)
- 1 cup thinly sliced carrot
- 1 cup thinly sliced celery
- 2 large garlic cloves, minced
- 2 tablespoons tomato paste
- 8 cups unsalted chicken stock (such as Swanson)
- 1 (14.5-ounce) can unsalted diced tomatoes, undrained
- 1 (14.5-ounce) can unsalted cannellini beans, rinsed, drained, and divided
- 2 cups chopped yellow squash
- 2 cups chopped zucchini

- 1 cup chopped red bell pepper
- 1 cup fresh green beans, cut into 1-inch pieces
- $\frac{1}{2}$ cup uncooked ditalini pasta
- $\frac{3}{4}$ teaspoon kosher salt
- $\frac{1}{2}$ teaspoon black pepper
- 5 ounces lacinato kale, stemmed and chopped
- $\frac{1}{4}$ cup homemade or refrigerated pesto (such as Buitoni)
- 2 ounces Parmesan cheese, grated (about $\frac{1}{2}$ cup)

- 1.** Heat a large Dutch oven over medium heat. Add oil; swirl to coat. Add leek, carrot, celery, and garlic; cover and cook 5 minutes, stirring occasionally (do not brown). Add tomato paste; cook 2 minutes, stirring constantly. Add stock and tomatoes; bring to a boil. Reduce heat to low, and simmer 15 minutes.
- 2.** Place 1 cup cannellini beans in a small bowl; mash with a fork. Add

mashed beans, remaining cannellini beans, squashes, bell pepper, green beans, pasta, salt, and black pepper to pan. Increase heat to medium; cook 10 minutes. Stir in kale; cook 2 minutes. Place 2 cups soup in each of 8 bowls, or follow freezing instructions. Top each serving with $1\frac{1}{2}$ teaspoons pesto and 1 tablespoon Parmesan cheese.

SERVES 8

CALORIES 250; **FAT** 9.8g (sat 2.5g, mono 5.8g, poly 1g); **PROTEIN** 14g; **CARB** 28g; **FIBER** 5g; **SUGARS** 9g (est. added sugars 1g); **CHOL** 9mg; **IRON** 3mg; **SODIUM** 551mg; **CALC** 200mg

TO FREEZE

Cool soup completely. Pour into large zip-top plastic freezer bags; lay flat in freezer. Freeze up to 2 months. Keep pesto in the refrigerator rather than freezing.

TO THAW

Microwave soup in the bag at MEDIUM (50% power) 5 minutes or until pliable.

TO REHEAT

Pour soup into a large Dutch oven. Cook over medium heat, partially covered, 20 minutes or until thoroughly heated. Serve with pesto and Parmesan cheese.

Chicken Enchilada Casserole

Hands-on: 30 min. Total: 60 min.

These enchiladas are a cinch to assemble and easy to freeze. If you plan to serve a crowd, bake in 1 (13 x 9-inch) dish.

- 2 cups water
- 6 black peppercorns
- 1 large garlic clove, crushed
- 1 bay leaf
- 1³/₄ pounds skinless, boneless chicken breasts
- ³/₄ teaspoon kosher salt
- 5 ounces Monterey Jack cheese, shredded and divided (about 1¹/₄ cups)
- 4 green onions, thinly sliced
- 1 cup chopped fresh cilantro
- 1¹/₂ pounds fresh tomatillos, chopped
- 1 (4-ounce) can chopped green chiles, undrained
- ¹/₄ cup half-and-half
- 2 ounces ¹/₃-less-fat cream cheese, softened
- Cooking spray
- 15 (6-inch) corn tortillas, halved
- ¹/₂ cup quartered cherry tomatoes
- ¹/₄ cup cilantro leaves (optional)

1. Preheat oven to 350°.
2. Bring 2 cups water, peppercorns, garlic, and bay leaf to a boil in a large saucepan. Add chicken to pan; reduce heat and simmer, partially covered, 15 minutes or until chicken is done, turning after 10 minutes. Place chicken on a plate; cool slightly. Remove garlic clove from pan; reserve. Shred chicken with 2 forks. Combine chicken, salt, 3 ounces Monterey Jack cheese (about ³/₄ cup), and green onions in a bowl.
3. Place reserved garlic clove, cilantro, tomatillos, and chiles in the bowl of a food processor; process until finely chopped. Add half-and-half and cream cheese; process until mixture is smooth.
4. Coat 2 (8-inch) square glass or ceramic baking dishes with cooking spray. Spread ¹/₂ cup tomatillo sauce in the bottom of each dish. Arrange 5 tortilla halves over sauce in each

dish; top each dish with one-fourth of chicken mixture. Repeat layers once, ending with tortillas and remaining tomatillo sauce. Sprinkle evenly with remaining 2 ounces Monterey Jack (about ¹/₂ cup). Bake at 350° for 15 minutes. Continue baking at 350° for 10 minutes, or remove 1 dish from oven and follow freezing directions. Divide each dish into 4 pieces. Place 1 piece on each of 8 plates; sprinkle evenly with tomatoes and cilantro leaves, if desired. Serve immediately.

SERVES 8 (serving size: 1 piece)

CALORIES 345; **FAT** 12.7g (sat 5.7g, mono 3.2g, poly 1.6g); **PROTEIN** 30g; **CARB** 28g; **FIBER** 5g; **SUGARS** 14g (est. added sugars 1g); **CHOL** 87mg; **IRON** 2mg; **SODIUM** 497mg; **CALC** 204mg

TO FREEZE

Cool partially baked enchiladas to room temperature in baking dish. Cover baking dish tightly with heavy-duty foil, or seal with an airtight lid. Freeze up to 2 months.

TO REHEAT

No thawing needed: Bake at 400°, uncovered, for 45 minutes or until enchiladas are thoroughly heated and sauce is bubbly. Top each serving with tomatoes and cilantro leaves.





Roasted Asparagus, Mushroom, and Onion Pizza

Hands-on: 51 min. Total: 1 hr. 31 min.

Partially baking the pizza before freezing helps draw moisture out of the vegetables and set the crust so it stays nice and crisp. Use any hearty vegetables you like, but skip more delicate items like fresh tomatoes, as they won't hold up as well in the freezer.

- 1½ pounds refrigerated fresh pizza dough
- 2 pounds cremini mushrooms, quartered
- 2 small red onions, each cut into 12 wedges
- Cooking spray
- 1 pound asparagus spears, trimmed and cut into thirds
- 2 tablespoons cornmeal
- ⅔ cup lower-sodium marinara sauce, divided (such as Dell'Amore)

- 5 ounces fresh mozzarella cheese, torn into small pieces and divided (about 1¼ cups)
- 3 ounces fontina cheese, shredded and divided (about ¾ cup)
- 1½ tablespoons extra-virgin olive oil
- 1½ tablespoons balsamic vinegar
- ¾ teaspoon crushed red pepper
- ¼ cup fresh basil leaves
- ¼ teaspoon kosher salt

- 1.** Divide dough in half. Let stand at room temperature, covered with a kitchen towel, for 30 minutes.
- 2.** Place 2 heavy baking sheets in oven. Preheat oven to 500° (keep pans in oven as it preheats).
- 3.** Combine mushrooms and onions on a jelly-roll pan; coat with cooking spray. Bake at 500° for 15 minutes. Add asparagus to pan; bake at 500° for 15 minutes. Remove asparagus mixture from oven; cool slightly.

- 4.** Roll each piece of dough to a 15 x 9-inch rectangle on a lightly floured work surface. Carefully remove baking sheets from oven; sprinkle evenly with cornmeal. Arrange dough on baking sheets; coat with cooking spray. Bake at 500° for 8 minutes. Spread ⅓ cup sauce over each crust, leaving a ½-inch border. Top evenly with vegetable mixture and cheeses. Bake at 500° for 5 minutes. Continue baking at 500° for 5 to 6 minutes, or follow freezing instructions.
- 5.** Combine oil, vinegar, and pepper in a small bowl; drizzle over pizzas. Sprinkle with basil and salt. Cut each pizza into 8 pieces.

SERVES 8 (serving size: 2 pieces)

CALORIES 397; **FAT** 12.6g (sat 5g, mono 5.2g, poly 1.2g); **PROTEIN** 18g; **CARB** 53g; **FIBER** 9g; **SUGARS** 5g (est. added sugars 1g); **CHOL** 27mg; **IRON** 3mg; **SODIUM** 571mg; **CALC** 100mg

TO FREEZE

Completely cool partially baked pizza; wrap tightly in heavy-duty foil. Freeze up to 2 months. Rather than freeze the balsamic mixture, make just before serving.

TO REHEAT

Unwrap pizza; bake directly on oven rack at 450° for 20 minutes or until crust is browned and crisp. Top with oil mixture, basil, and salt.

Chili Mac

Hands-on: 40 min. Total: 55 min.

Talk about old-school comfort: This is a hearty, family-friendly classic. Slightly undercook the pasta to ensure it doesn't end up too mushy. Reduce the amount of ground red pepper for sensitive palates. Brighten the look with a sprinkle of fresh parsley.

- 12 ounces uncooked rotini, spiral macaroni, or wagon wheel pasta
- 2 cups canned red kidney beans, rinsed and drained
- 2 tablespoons olive oil
- 2 cups chopped onion
- 2 tablespoons minced fresh garlic
- 1 pound cremini mushrooms, finely chopped
- 20 ounces ground turkey breast
- 2 cups chopped green bell pepper
- 4 teaspoons ground cumin
- 2 teaspoons dried oregano
- 1 teaspoon kosher salt
- 1 teaspoon smoked paprika
- 1 teaspoon ancho chile powder
- 1 teaspoon freshly ground black pepper
- ¼ to 1 teaspoon ground red pepper
- 4 cups lower-sodium marinara sauce
- Cooking spray
- 4 ounces extra-sharp cheddar cheese, shredded (about 1 cup)

1. Preheat oven to 350°.
2. Cook pasta in boiling water until almost al dente. Drain. Combine pasta and beans in a large bowl.
3. Heat a large skillet over medium heat. Add oil to pan; swirl to coat. Add onion, garlic, and mushrooms

to pan; cook 11 minutes or until liquid almost evaporates. Add turkey; cook 5 minutes or until done, stirring to crumble. Add bell pepper and next 7 ingredients (through red pepper); cook 1 minute. Stir in marinara sauce; bring to a boil. Add marinara mixture to pasta mixture; toss to coat. Divide mixture evenly between 2 (2-quart) glass baking dishes coated with cooking spray. Top evenly with cheese. Bake at 350° for 10 minutes or until cheese melts, or follow freezing instructions.

SERVES 8 (serving size: about 1½ cups)

CALORIES 497; **FAT** 14.5g (sat 5.2g, mono 6.7g, poly 0.9g); **PROTEIN** 33.8g; **CARB** 60.1g; **FIBER** 10.6g; **SUGARS** 12g (est. added sugars 0g); **CHOL** 44mg; **IRON** 3.5mg; **SODIUM** 650mg; **CALC** 174mg

TO FREEZE

Spoon half of unbaked mixture into a 2-quart baking dish. Cover baking dish tightly with heavy-duty foil. Freeze up to 2 months.

TO THAW

Remove lid; place casserole in microwave. Microwave at 30% power 30 to 40 minutes (or on defrost setting for 3.75 pounds).

TO REHEAT

Cover casserole with foil; bake at 400° for 20 minutes or until a thermometer inserted in center registers 160°.



Turkey and Vegetable Stew with Whole-Grain Biscuits

Hands-on: 40 min. Total: 55 min.

Sautéed mushrooms give this stew an even heartier spin. Instead of soft dumplings that are stirred into the stew, crisp, golden-brown buttermilk biscuit bites top each serving. Reheat the biscuits in the oven while the stew warms up on the stove.

- 4.5 ounces self-rising flour (about 1 cup)
- 4.5 ounces white whole-wheat flour (about 1 cup), divided
- 6 tablespoons cold unsalted butter, cubed
- 9 tablespoons nonfat buttermilk
- 2 tablespoons plus 2 teaspoons chopped fresh thyme, divided
- 1¼ teaspoons salt, divided
- Cooking spray
- 3 tablespoons olive oil, divided
- 2 pounds skinless, boneless turkey breast, cut into 1-inch pieces
- 3 cups chopped onion
- 2 cups diced carrot
- 3 tablespoons chopped fresh sage
- 2 tablespoons minced fresh garlic
- 2 teaspoons black pepper
- 2 (8-ounce) packages sliced cremini mushrooms
- 6 cups unsalted chicken stock (such as Swanson)
- 3 cups diced peeled Yukon gold potato
- 4 thyme sprigs (optional)

1. Preheat oven to 350°.
2. Weigh or lightly spoon self-rising flour and ½ cup white whole-wheat flour into dry measuring cups; level with a knife. Place flours in a medium bowl. Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Add buttermilk, 2 teaspoons thyme, and ¼ teaspoon salt; toss with a fork until moist. Drop dough by tablespoonfuls onto a foil-lined baking sheet coated with cooking spray (about 24 total). Bake at 350° for 25 minutes or until browned. Cool.
3. Heat a Dutch oven over medium-high heat. Add 1½ tablespoons oil to pan; swirl to coat. Add half of turkey; cook 3 minutes. Remove cooked turkey from pan. Repeat with remaining turkey.
4. Add remaining 1½ tablespoons oil to pan. Add remaining 2 tablespoons thyme, ½ teaspoon salt, onion, and next 5 ingredients (through mushrooms); cook 5 minutes. Combine remaining ½ cup white whole-wheat flour and stock in a bowl. Add stock mixture to pan; bring to a boil. Add potato; cook 5 minutes. Stir in remaining ½ teaspoon salt and turkey; simmer 15 to 20 minutes or until stew is thickened. Top with thyme sprigs, if desired, and serve with biscuits, or follow freezing instructions.

SERVES 12 (serving size: about 1¼ cups turkey mixture and about 2 biscuits)

CALORIES 310; **FAT** 10.2g (sat 4.3g, mono 4.1g, poly 0.9g); **PROTEIN** 24g; **CARB** 29g; **FIBER** 4g; **SUGARS** 5g (est. added sugars 0g); **CHOL** 60mg; **IRON** 3mg; **SODIUM** 511mg; **CALC** 106mg

TO FREEZE

Cool stew and biscuits completely. Pour stew into a large zip-top plastic freezer bag. Place biscuits in a separate freezer bag. Lay flat in freezer. Freeze up to 2 months.

TO THAW

Microwave stew in freezer bag at **MEDIUM (50% power)** for 4 minutes or until pliable.

TO REHEAT

Pour stew into a large Dutch oven over medium heat; simmer 20 minutes or until thoroughly heated. Bake biscuits at 350° for 25 minutes or until warm.





Turkey Tetrazzini

Hands-on: 32 min. Total: 52 min.

If your baking dish won't fit in the microwave, freeze the pasta mixture, without the panko topping, in an airtight plastic container, and thaw in the microwave. Transfer to baking dish, and sprinkle with the panko topping before baking.

- 12 ounces uncooked penne pasta
- 3 tablespoons plus 2 teaspoons canola oil, divided
- 1 pound turkey cutlets
- 2 cups chopped onion
- 1 cup chopped celery
- 1 tablespoon chopped fresh thyme
- 3 (8-ounce) packages presliced mushrooms
- ½ cup dry white wine
- 1¼ teaspoons kosher salt, divided
- 3 cups 2% reduced-fat milk
- 3 tablespoons all-purpose flour
- 3 ounces ⅓-less-fat cream cheese, softened

- 2 ounces Parmesan cheese, grated and divided (about ½ cup)
- 1 ounce fontina cheese, shredded (about ¼ cup)
- 1 teaspoon black pepper
- 2 cups frozen green peas, thawed
- 2 tablespoons chopped fresh flat-leaf parsley
- 2 tablespoons chopped fresh tarragon (optional)

Cooking spray

- ½ cup whole-wheat panko (Japanese breadcrumbs)

1. Preheat oven to 350°.
2. Cook pasta according to package directions, omitting salt and fat. Drain. Place pasta in a large bowl.
3. Heat a large skillet over medium-high heat. Add 1 tablespoon oil to pan; swirl to coat. Add turkey; cook 2 minutes on each side or until done. Remove turkey from pan; cut into bite-sized pieces. Add to pasta.

4. Return pan to medium-high heat. Add 2 tablespoons oil; swirl to coat. Add onion and celery; sauté 10 minutes. Add thyme and mushrooms; cook 15 minutes or until liquid evaporates. Add wine; cook 4 minutes or until liquid evaporates, scraping pan to loosen browned bits. Stir in ¼ teaspoon salt. Add mushroom mixture to pasta mixture.

5. Place pan over medium heat (do not wipe out pan). Combine milk and flour in a bowl, stirring with a whisk until smooth. Add milk mixture to pan; cook 3 minutes or until slightly thickened, stirring frequently. Stir in cream cheese, 1 ounce Parmesan, and fontina; cook 5 minutes. Stir in remaining 1 teaspoon salt and pepper. Stir milk mixture, peas, parsley, and tarragon, if desired, into pasta mixture. Divide pasta mixture between 2 (8-inch) square glass or ceramic baking dishes coated with cooking spray.

6. Combine remaining 2 teaspoons oil, 1 ounce Parmesan, and panko, tossing to coat. Sprinkle evenly over dishes. Bake at 350° for 20 minutes or until browned and bubbly, or follow freezing instructions.

SERVES 8 (serving size: about 1½ cups)

CALORIES 486; **FAT** 15.1g (sat 5.3g, mono 5.5g, poly 2.2g); **PROTEIN** 33g; **CARB** 55g; **FIBER** 5g; **SUGARS** 7g (est. added sugars 0g); **CHOL** 48mg; **IRON** 4mg; **SODIUM** 648mg; **CALC** 254mg

TO FREEZE

Cover baking dish with heavy-duty foil or an airtight lid. Freeze up to 2 months.

TO REHEAT

Remove foil or lid, and microwave at 30% power for 30 minutes or until thawed. Bake at 400° for 20 minutes or until thoroughly heated.

Green Curry Stew with Potatoes and Cauliflower

Hands-on: 25 min. Total: 25 min.

Layer the vegetables rather than stirring them in so they steam to the right doneness. Sprinkle with red pepper for extra kick.

- 1½ tablespoons butter
- 1 (8-ounce) package prechopped onion
- 2 garlic cloves, minced
- 3 tablespoons green curry paste (such as Thai Kitchen)
- 1 tablespoon minced peeled fresh ginger
- 1 teaspoon ground cumin
- 1½ tablespoons lower-sodium soy sauce
- 2 (14-ounce) cans light coconut milk
- 1 (12-ounce) package trimmed green beans, cut into 1-inch pieces
- 2 (10-ounce) packages fresh cauliflower florets
- 1 (20-ounce) package refrigerated diced potatoes with onions (such as Simply Potatoes)
- 2 (15-ounce) cans unsalted chickpeas, rinsed and drained
- ½ teaspoon kosher salt
- ¾ cup torn fresh basil leaves
- 1 cup plain 2% reduced-fat Greek yogurt
- 8 lime wedges

1. Melt butter in a large Dutch oven over medium-high heat. Add onion and garlic; sauté 4 minutes. Stir in curry paste, ginger, and cumin; cook 1 minute. Stir in soy sauce and coconut milk; bring to a boil. Layer beans, cauliflower, potatoes, and chickpeas in pan; bring to a boil. Cover; reduce heat, and simmer 10 minutes. Stir in salt. Stir in basil, or follow freezing instructions. Place 1¾ cups stew in each of 8 bowls. Top each serving with 2 tablespoons yogurt. Serve with lime wedges.

SERVES 8

CALORIES 237; **FAT** 4.8g (sat 2.9g, mono 0.6g, poly 0.2g); **PROTEIN** 11g; **CARB** 40g; **FIBER** 8g; **SUGARS** 6g (est. added sugars 0g); **CHOL** 8mg; **IRON** 2mg; **SODIUM** 533mg; **CALC** 103mg

TO FREEZE

Cool stew to room temperature; seal in a large zip-top plastic freezer bag, and lay flat in freezer. Freeze up to 2 months. Keep yogurt in the fridge.

TO THAW

Microwave stew in bag at **MEDIUM (50% power)** for 4 minutes or until bag is pliable.

TO REHEAT

Pour stew into a large saucepan. Cover and cook over medium heat 15 minutes or until thoroughly heated. Stir in basil. Top with yogurt; serve with lime wedges.

GET ORGANIZED

The freezer can quickly become a lost world for forgotten dishes and other odds and ends. Freeze soups and sauces flat in zip-top plastic freezer bags to maximize freezer space and guard against freezer burn. Label all items clearly with the date they were made and a date 2 months in the future by which the dish should be used. Keep a list of meals and other items on the freezer door, and cross out as the freezer empties so you know what's on hand.







CHAPTER 2

Cook Once, Eat Three Times

Be a weekend warrior: Cook up an extra batch of grains, vegetables, or beans on Sunday, and transform the leftovers again and again for quick dinners during the week.



1

ROASTED CHICKEN

Two juicy, crispy birds cook in just 40 minutes, thanks to the spatchcocking technique, and yield enough for 3 nights of meals. **DAY 1:** Garlic-Sage Roasted Chicken with Kale and Radicchio Caesar Salad / **DAY 2:** Thai Green Curry Chicken / **DAY 3:** Chicken Tinga Tacos



1

Garlic-Sage Roasted Chicken with Kale and Radicchio Caesar Salad

Hands-on: 30 min. Total: 1 hr. 25 min.

Cooking spray

- 2 (3.5-pound) whole chickens
- 1½ tablespoons olive oil
- 2 tablespoons minced fresh sage
- 1 tablespoon grated lemon rind
- 1¼ teaspoons freshly ground black pepper, divided
- 1 teaspoon kosher salt, divided
- 3 garlic cloves, minced
- ¾ cup plus 2 tablespoons hot water, divided
- 2 tablespoons canola mayonnaise
- 1 tablespoon lemon juice
- ½ teaspoon anchovy paste
- ½ cup very thinly sliced radicchio
- 5 ounces fresh baby kale
- 1 ounce Parmesan cheese, shaved (about ¼ cup)

1. Preheat oven to 450°.
2. Line a rimmed baking sheet with foil; place a wire rack on pan. Coat rack with cooking spray. Place 1 chicken, breast side down, on a cutting board. Using kitchen shears, cut along either side of backbone; discard bone. Turn chicken over; press down on thighs and wings with the heel of your hand. Arrange chicken, breast side up, on rack. Repeat with remaining chicken.
3. Starting at the neck of 1 chicken, loosen skin from breasts and drumsticks by inserting fingers, gently pushing between skin and meat. Combine oil, sage, rind, ½ teaspoon pepper, ½ teaspoon salt, and garlic. Rub sage mixture under loosened skin, over flesh. (Do not season other chicken.) Add ¾ cup water to pan. Bake chickens at 450° for 40 minutes or until a thermometer inserted into the thickest part of thigh registers 165°. Let stand 10 minutes. Remove skin from both chickens; discard. Sprinkle unseasoned chicken with ½ teaspoon pepper and remaining ½ teaspoon salt. Carve both chickens.

When cool, shred unseasoned chicken, keeping light and dark meat separate. Reserve shredded chicken for Recipes 2 and 3.

4. Combine remaining ¼ teaspoon pepper, remaining 2 tablespoons hot water, mayonnaise, juice, and anchovy paste in a large bowl. Add radicchio and kale; toss. Sprinkle with Parmesan. Serve with chicken.

SERVES 4 (serving size: 1 breast half or 1 leg quarter and about 1½ cups salad)

CALORIES 412; **FAT** 21g (sat 5.1g, mono 9.5g, poly 4g); **PROTEIN** 48g; **CARB** 6g; **SUGARS** 0g (est. added sugars 0g); **FIBER** 1g; **CHOL** 144mg; **IRON** 3mg; **SODIUM** 589mg; **CALC** 164mg

2

Thai Green Curry Chicken

Hands-on: 16 min. Total: 28 min.

- 2 tablespoons green curry paste
- 1 tablespoon grated peeled fresh ginger
- 2 teaspoons fish sauce
- 1 (14-ounce) can light coconut milk
- ¾ cup shredded dark meat chicken from Recipe 1
- ½ cup shredded chicken breast from Recipe 1
- 1 tablespoon fresh lime juice
- 1 tablespoon sesame oil
- 3 cups sliced baby bok choy
- 1 cup sliced red bell pepper
- 1 garlic clove, minced
- 5 ounces uncooked wide brown rice noodles
- ½ cup cilantro leaves
- 4 lime wedges

1. Combine first 4 ingredients in a saucepan over medium-high heat. Bring to a boil; reduce heat and simmer 15 minutes. Stir in chicken; cook 5 minutes. Stir in lime juice.
2. Heat oil in a skillet over medium-high heat. Add bok choy and pepper; sauté 2 minutes. Add garlic; cook 30 seconds. Prepare noodles according to package directions; drain. Divide noodles among 4 bowls; top each with ½ cup chicken and ½ cup vegetables. Top with cilantro. Serve lime wedges.

SERVES 4

CALORIES 254; **FAT** 7.6g (sat 2.5g, mono 2.3g, poly 1.9g); **PROTEIN** 13g; **CARB** 34g; **FIBER** 4g; **SUGARS** 2g (est. added sugars 0g); **CHOL** 41mg; **IRON** 1mg; **SODIUM** 431mg; **CALC** 53mg

3

Chicken Tinga Tacos

Hands-on: 18 min. Total: 24 min.

- 1 tablespoon olive oil
- 1 cup chopped onion
- 2 garlic cloves, minced
- 1 tablespoon fresh oregano
- ½ teaspoon ground cumin
- 1 small chipotle chile, canned in adobo sauce
- ¾ cup chopped tomato
- ¼ cup unsalted chicken stock
- 1 tablespoon adobo sauce
- 2 cups shredded chicken breast from Recipe 1
- 1 cup shredded dark meat chicken from Recipe 1
- ¼ teaspoon kosher salt
- 8 (6-inch) corn tortillas, warmed
- ¼ cup reduced-fat sour cream
- ½ cup fresh cilantro leaves
- 1 ripe peeled avocado, sliced
- 1 ounce queso fresco, crumbled
- 4 lime wedges

1. Heat a large skillet over medium heat. Add oil; swirl to coat. Add onion and garlic; sauté 4 minutes. Add oregano, cumin, and chile; cook 1 minute. Add tomato, stock, and adobo; bring to a simmer. Cook 7 minutes. Place tomato mixture in a blender. Remove center piece of blender lid; secure lid on blender, and cover opening with a towel. Blend until smooth. Return sauce to pan over low heat. Stir in chicken and salt; cook 1 minute or until chicken is heated through. Divide chicken mixture among tortillas. Top filled tortillas evenly with sour cream, cilantro, avocado, and cheese. Serve with lime wedges.

SERVES 4 (serving size: 2 tacos)

CALORIES 402; **FAT** 18g (sat 4.6g, mono 8.8g, poly 2.6g); **PROTEIN** 30g; **CARB** 33g; **FIBER** 8g; **SUGARS** 4g (est. added sugars 0g); **CHOL** 99mg; **IRON** 2mg; **SODIUM** 502mg; **CALC** 131mg

1

Sweet Onion Risotto with Sautéed Kale

Hands-on: 55 min. Total: 1 hr. 15 min.

Using short-grain brown rice instead of Arborio gives the risotto a pleasant heartiness and a dose of whole grains without losing the creamy goodness of the classic Italian dish.

- 3 cups water
- 2¼ cups uncooked short-grain brown rice
- 3 cups unsalted chicken stock (such as Swanson)
- ¼ cup olive oil, divided
- 3 cups chopped sweet onion
- 3 tablespoons chopped garlic
- 1 cup dry white wine
- ⅝ teaspoon kosher salt, divided
- ⅝ teaspoon black pepper, divided
- 2 ounces shredded Gruyère cheese (about ½ cup)
- 3½ cups chopped lacinato kale
- ¼ cup golden raisins
- ¼ cup chopped pecans, toasted
- 1 teaspoon white vinegar

1. Combine 3 cups water and rice in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 15 minutes. Drain rice in a colander over a bowl, reserving 1⅓ cups cooking liquid. Combine 1⅓ cups cooking liquid and stock in a medium saucepan over medium heat; bring to a simmer. Reduce heat to low; keep warm.

2. Heat a large Dutch oven over medium-high heat. Add 3½ tablespoons oil; swirl to coat. Add onion and garlic to pan; sauté 8 minutes. Add rice to pan; cook 4 minutes, stirring occasionally. Add wine; cook 2 minutes or until liquid almost evaporates, stirring constantly. Reduce heat to medium-low. Add ½ cup stock mixture to pan; cook 2 minutes or until liquid is nearly absorbed, stirring constantly. Add remaining stock mixture, ¼ cup at a time, stirring almost constantly until

each portion is absorbed before adding the next (about 30 minutes). Reserve 3 cups risotto for Recipes 2 and 3. Stir ½ teaspoon salt, ½ teaspoon pepper, and cheese into remaining 3½ cups risotto.

3. Heat a large skillet over medium-high heat. Add remaining 1½ teaspoons oil to pan; swirl to coat. Add kale to pan; cook 3 minutes or until kale is slightly wilted. Stir in remaining ⅛ teaspoon salt, remaining ⅛ teaspoon pepper, golden raisins, toasted pecans, and vinegar; sauté for 1 minute. Top risotto with the kale mixture.

SERVES 4 (serving size: about ¾ cup risotto and ½ cup kale mixture)

CALORIES 396; **FAT** 17g (sat 4.2g, mono 9g, poly 3g); **PROTEIN** 12g; **CARB** 50g; **FIBER** 5g; **SUGARS** 8g (est. added sugars 0g); **CHOL** 16mg; **IRON** 2mg; **SODIUM** 413mg; **CALC** 267mg

2

Cauliflower Risotto Cakes

Hands-on: 20 min. Total: 40 min.

Transform leftover risotto into these crispy cauliflower cakes. Top with a dollop of chive dipping sauce.

- 1 pound cauliflower florets
- 1½ cups prepared risotto from Recipe 1
- ⅔ cup panko (Japanese breadcrumbs)
- ¼ cup chopped fresh flat-leaf parsley
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 2 ounces fontina cheese, shredded (about ½ cup)
- 1 large egg
- 2 tablespoons olive oil, divided
- 2 tablespoons canola mayonnaise
- 1 tablespoon fresh lemon juice
- 2 teaspoons minced fresh chives
- 1 garlic clove, minced

1. Preheat oven to 350°.

2. Pulse cauliflower florets in a food processor until finely chopped. Spread on a baking sheet; bake at 350° for 20 minutes, stirring occasionally. Combine cauliflower, prepared risotto, panko, parsley, salt, pepper, fontina cheese, and egg;

shape into 8 (3-inch) patties.

3. Heat 1 tablespoon olive oil in a large nonstick skillet over medium heat. Add 4 patties to pan; cook 3 minutes on each side. Remove from pan. Repeat procedure with 1 tablespoon olive oil and remaining 4 patties. Combine mayonnaise, lemon juice, chives, and minced garlic. Serve with patties.

SERVES 4 (serving size: 2 patties and about 2 teaspoons sauce)

CALORIES 315; **FAT** 17g (sat 4.5g, mono 9.3g, poly 2.3g); **PROTEIN** 11g; **CARB** 29g; **FIBER** 4g; **SUGARS** 4g (est. added sugars 0g); **CHOL** 63mg; **IRON** 1mg; **SODIUM** 506mg; **CALC** 133mg

3

Italian Wedding Risotto Soup

Hands-on: 28 min. Total: 28 min.

Mix up traditional Italian wedding soup by substituting risotto for orzo.

- 6 ounces bulk sweet Italian sausage
- 1 tablespoon canola oil
- ½ cup minced shallots
- 1 tablespoon minced fresh garlic
- ¼ teaspoon crushed red pepper
- 4 cups unsalted chicken stock
- 1½ cups prepared risotto from Recipe 1
- 1 cup chopped escarole
- ¼ teaspoon kosher salt
- 1 ounce shaved Parmesan cheese (about ¼ cup)

1. Divide and shape sausage into 26 balls (about 1 teaspoon each).

2. Heat a large Dutch oven over medium heat. Add oil; swirl. Add minced shallots, minced garlic, and crushed red pepper; sauté 5 minutes. Add chicken stock; bring to a boil. Add sausage and prepared risotto; reduce heat, and simmer 5 minutes. Stir in escarole and salt; cook 2 minutes. Divide among 4 bowls; top with shaved Parmesan cheese.

SERVES 4 (serving size: about 1½ cups)

CALORIES 330; **FAT** 19g (sat 5.6g, mono 9.3g, poly 3g); **PROTEIN** 17g; **CARB** 21g; **FIBER** 2g; **SUGARS** 4g (est. added sugars 1g); **CHOL** 37mg; **IRON** 2mg; **SODIUM** 651mg; **CALC** 135mg



RISOTTO

Stir up a big batch of creamy risotto tonight; then transform it into crispy cakes and spicy sausage soup during the week. **DAY 1:** Sweet Onion Risotto with Sautéed Kale / **DAY 2:** Cauliflower Risotto Cakes / **DAY 3:** Italian Wedding Risotto Soup



ROASTED VEGETABLES

Roast an extra pan of vegetables tonight, and enjoy as a fall side, a calzone filling, and a creamy soup during the week. **DAY 1:** Mustard-Glazed Chicken with Roasted Vegetables / **DAY 2:** Roasted Vegetable and Spinach Turnovers / **DAY 3:** Roasted Vegetable Soup



1

Mustard-Glazed Chicken with Roasted Vegetables

Hands-on: 45 min. Total: 55 min.

Preheating the pans before roasting allows the vegetables to caramelize as they cook through instead of being too pale or burned.

- 6 cups cubed peeled butternut squash (about 3 pounds)
- 3 medium carrots, peeled and cut into 1/2-inch pieces (about 1 cup)
- 2 parsnips, peeled and cut into 1/2-inch pieces (about 2 1/2 cups)
- 2 small red onions, cut into 1-inch wedges
- 1 medium sweet potato, peeled and cut into 1/2-inch pieces (about 2 cups)
- 1/4 cup extra-virgin olive oil, divided
- 1 tablespoon minced fresh rosemary
- 3/4 teaspoon kosher salt, divided
- 3/4 teaspoon pepper, divided
- 4 (6-ounce) skinless, boneless chicken breast halves
- 1/2 cup unsalted chicken stock
- 1/4 cup dry white wine
- 2 tablespoons whole-grain mustard
- 2 teaspoons honey

1. Place 2 baking sheets in oven. Preheat oven to 425° (leave pans in oven as it preheats).
2. Combine first 5 ingredients in a large bowl. Add 3 tablespoons oil, rosemary, 1/2 teaspoon kosher salt, and 1/2 teaspoon pepper; toss. Arrange vegetables on preheated baking sheets. Bake at 425° for 30 minutes or until lightly browned, stirring after 15 minutes. Cool slightly; reserve 6 cups vegetables for Recipes 2 and 3.
3. Heat remaining 1 tablespoon oil in a large skillet over medium-high heat. Sprinkle chicken with remaining 1/4 teaspoon salt and 1/4 teaspoon pepper; cook 5 minutes on each side or until done. Remove chicken from pan. Add stock and wine to pan; cook 2 minutes. Stir in mustard and honey. Add chicken, turning to coat.

Serve with remaining 2 cups vegetable mixture.

SERVES 4 (serving size: 1 chicken breast half and 1/2 cup vegetable mixture)

CALORIES 342; **FAT** 10.5g (sat 1.8g, mono 5.7g, poly 1.4g); **PROTEIN** 38g; **CARB** 20g; **FIBER** 3g; **SUGARS** 7g (est. added sugars 3g); **CHOL** 109mg; **IRON** 1mg; **SODIUM** 596mg; **CALC** 57mg

2

Roasted Vegetable and Spinach Turnovers

Hands-on: 20 min. Total: 40 min.

A roasted root vegetable side becomes the primary filling for cheesy vegetarian calzones. Add any other veg you like.

- 1 teaspoon olive oil
- 2 teaspoons minced fresh garlic
- 1/4 teaspoon crushed red pepper
- 5 cups baby spinach
- 2 cups vegetable mixture from Recipe 1
- 1 (11-ounce) package refrigerated French bread dough
- 1 ounce 1/3-less-fat cream cheese, diced
- Cooking spray
- 1 ounce shredded part-skim mozzarella cheese
- 1/4 teaspoon freshly ground black pepper

1. Preheat oven to 400°.
2. Heat olive oil in a large skillet over medium heat; swirl. Add garlic and crushed red pepper; sauté 30 seconds. Stir in spinach until wilted. Stir in vegetable mixture.
3. Divide French bread dough into 4 portions; roll each dough portion into a 6 x 3-inch rectangle. Place 1/2 cup vegetable mixture on each rectangle; top each with 1/4 ounce diced cream cheese. Fold dough over filling; crimp to seal. Arrange turnovers on a parchment paper-lined baking sheet; coat paper with cooking spray. Sprinkle with mozzarella cheese and black pepper. Bake at 400° for 20 minutes.

SERVES 4 (serving size: 1 turnover)

CALORIES 329; **FAT** 9.4g (sat 3.3g, mono 2.7g, poly 0.5g); **PROTEIN** 10g; **CARB** 56g; **FIBER** 6g; **SUGARS** 7g (est. added sugars 3g); **CHOL** 11mg; **IRON** 4mg; **SODIUM** 612mg; **CALC** 74mg

3

Roasted Vegetable Soup

Hands-on: 20 min. Total: 20 min.

A creamy, comforting soup is just minutes away when the vegetables are already cooked and ready to go.

- 4 cups unsalted chicken stock (such as Swanson)
- 4 cups vegetable mixture from Recipe 1
- 1/3 cup light sour cream
- 2 teaspoons cider vinegar
- 1/4 teaspoon kosher salt
- 1/8 teaspoon ground red pepper
- 1/8 teaspoon ground nutmeg
- 4 bacon slices, cooked and crumbled
- 4 teaspoons chopped fresh flat-leaf parsley

1. Bring chicken stock to a simmer in a large saucepan over medium heat. Place vegetable mixture in the bowl of a food processor. Add stock, 1 cup at a time, processing after each addition until smooth. Add soup to pan; simmer 2 minutes. Stir in sour cream, cider vinegar, salt, ground red pepper, and nutmeg. Place 1 1/2 cups soup in each of 4 bowls; top each serving with 1 cooked and crumbled bacon slice and 1 teaspoon chopped parsley.

SERVES 4

CALORIES 259; **FAT** 10.3g (sat 3g, mono 5.6g, poly 1g); **PROTEIN** 11g; **CARB** 33g; **FIBER** 6g; **SUGARS** 8g (est. added sugars 0g); **CHOL** 14mg; **IRON** 2mg; **SODIUM** 576mg; **CALC** 141mg

1

Traditional Beef Pot Roast with Carrots

Hands-on: 42 min. Total: 3 hr. 42 min.

Serve over mashed potatoes or egg noodles to sop up the rich gravy. A side of sautéed or steamed green beans or Brussels sprouts can round out the meal.

- 1 (4-pound) boneless beef chuck roast, trimmed and halved
- 2 teaspoons freshly ground black pepper
- $\frac{3}{4}$ teaspoon kosher salt
- 2 teaspoons canola oil
- 2 tablespoons tomato paste
- 12 garlic cloves, peeled
- $1\frac{1}{2}$ cups dry red wine
- 2 cups unsalted beef stock (such as Swanson)
- 1 tablespoon all-purpose flour
- 1 teaspoon sugar
- 1 (28.46-ounce) container chopped tomatoes (such as Pomi)
- 2 teaspoons finely chopped fresh rosemary
- 4 medium carrots, cut diagonally into 2-inch pieces
- 4 fresh thyme sprigs
- 1 large red onion, cut into 8 wedges
- 1 bay leaf

1. Preheat oven to 300°.

2. Sprinkle beef with pepper and salt; rub evenly with oil. Heat a large Dutch oven over medium-high heat. Add beef to pan; cook 7 minutes on each side or until browned. Remove beef from pan.

3. Add tomato paste and garlic to pan; cook $1\frac{1}{2}$ minutes, stirring frequently. Add red wine to pan; bring to a boil. Cook 6 minutes or until liquid almost evaporates, stirring frequently. Combine stock and flour in a bowl, stirring with a whisk. Add stock mixture, sugar, and tomatoes to pan; bring to a boil. Return beef to pan. Add rosemary, carrots, thyme, onion, and bay leaf to pan. Bake, covered, at 300° for 3 hours or until beef is tender when pierced with a fork.

4. Remove thyme sprigs and bay leaf from pan; discard. Place beef, carrots, and onions on a platter, and cover with foil. Bring the sauce to a boil over medium-high heat; cook for 5 minutes or until reduced to about 3 cups.

5. Cut 12 ounces beef (about one-third of the roast) into large pieces. Shred the remaining beef; reserve shredded beef for Recipes 2 and 3. Reserve 2 cups of the sauce for Recipes 2 and 3. Serve 12 ounces beef pieces with 1 cup sauce, carrots, and onions.

SERVES 4 (serving size: about 3 ounces meat, $\frac{3}{4}$ cup vegetables, and about $\frac{1}{4}$ cup sauce)

CALORIES 259; **FAT** 5.2g (sat 1.7g, mono 2.2g, poly 0.5g); **PROTEIN** 26g; **CARB** 22g; **FIBER** 5g; **SUGARS** 7g (est. added sugars 0g); **CHOL** 68mg; **IRON** 3mg; **SODIUM** 278mg; **CALC** 65mg

2

Beef and Cheddar Enchiladas

Hands-on: 25 min. Total: 55 min.

The decadent beef roast fills enchiladas in this unique Tex-Mex dish.

- 2 teaspoons canola oil
- 1 cup chopped onion
- 1 tablespoon minced fresh garlic
- 1 tablespoon chopped chipotle chiles in adobo sauce
- $1\frac{1}{2}$ cups chopped tomato, divided
- $\frac{1}{3}$ cup chopped cilantro stems
- 12 ounces shredded pot roast from Recipe 1
- 1 cup sauce from Recipe 1
- 4 light flour tortillas (such as La Tortilla Factory)

Cooking spray

- 1.5 ounces shredded reduced-fat cheddar cheese (about $\frac{1}{3}$ cup)
- $\frac{1}{4}$ cup cilantro leaves

1. Preheat oven to 350°.

2. Heat canola oil in a large skillet over medium heat. Add onion; sauté 2 minutes. Add garlic and chipotle chiles; cook 2 minutes. Add 1 cup chopped tomato and chopped cilantro stems; cook 2 minutes. Add shredded pot roast and sauce; cover and simmer 5 minutes. Divide beef

mixture among tortillas; place, seam side down, in an 11 x 7-inch baking dish coated with cooking spray. Pour $\frac{1}{2}$ cup sauce over tortillas; sprinkle with cheese. Cover; bake at 350° for 30 minutes. Turn broiler to high. Broil, uncovered, 2 minutes. Top with remaining $\frac{1}{2}$ cup chopped tomato and cilantro leaves.

SERVES 4 (serving size: 1 enchilada)

CALORIES 374; **FAT** 11.6g (sat 4.1g, mono 4.2g, poly 1.2g); **PROTEIN** 33g; **CARB** 34g; **FIBER** 10g; **SUGARS** 5g (est. added sugars 0g); **CHOL** 73mg; **IRON** 3mg; **SODIUM** 591mg; **CALC** 144mg

3

Italian-Style Subs with Pepperoncini

Hands-on: 16 min. Total: 20 min.

Enjoy the flavors of Italy with a sub. This mouthwatering medley comes in at only 370 calories. Go ahead—treat yourself.

- 10 ounces shredded pot roast from Recipe 1
- $\frac{1}{2}$ cup sauce from Recipe 1
- $1\frac{1}{2}$ teaspoons olive oil
- 2 cups sliced red and yellow bell peppers
- 1 cup sliced onion
- 1 (10-ounce) loaf French bread
- 4 sliced pepperoncini peppers
- 2 ounces sliced provolone cheese

1. Preheat broiler to high.

2. Combine shredded pot roast and sauce; cover and microwave at HIGH $1\frac{1}{2}$ minutes. Heat olive oil in a skillet over medium heat. Add sliced bell peppers and onion; sauté 6 minutes.

3. Halve French bread loaf lengthwise, cutting to, but not through, other side. Hollow out bread, leaving a $\frac{1}{2}$ -inch-thick shell. Stuff with beef, onion mixture, pepperoncini peppers, and provolone cheese. Cut into fourths; place on a baking sheet. Broil $1\frac{1}{2}$ minutes or until cheese melts.

SERVES 4 (serving size: 1 sandwich)

CALORIES 370; **FAT** 10.2g (sat 4.1g, mono 4.1g, poly 1g); **PROTEIN** 28g; **CARB** 40g; **FIBER** 3g; **SUGARS** 5g (est. added sugars 2g); **CHOL** 57mg; **IRON** 4mg; **SODIUM** 650mg; **CALC** 156mg



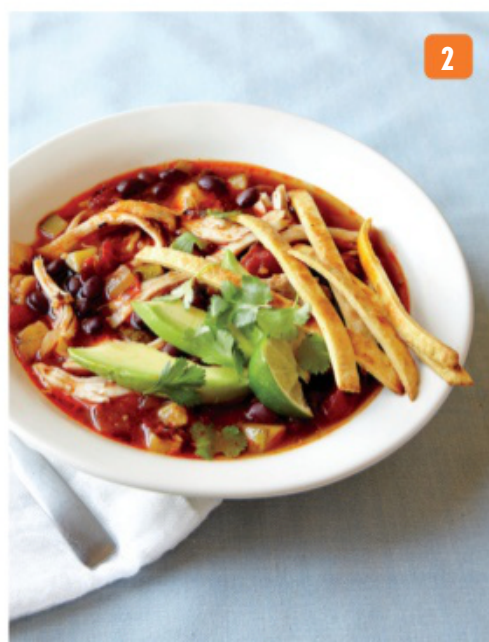
BEEF POT ROAST

Start with a true Sunday roast tonight, and then use the beef and rich gravy for spicy enchiladas and over-stuffed Italian subs. DAY 1: Traditional Beef Pot Roast with Carrots / DAY 2: Beef and Cheddar Enchiladas / DAY 3: Italian-Style Subs with Pepperoncini



POACHED CHICKEN

One beautifully poached bird and the rich, golden poaching liquid, cleverly divided, feed a family of 4 for 3 nights. **DAY 1:** Chicken and Mushroom Stroganoff / **DAY 2:** Shredded Chicken Tortilla Soup / **DAY 3:** Chicken Salad with Bok Choy, Almonds, and Apricots



1

Chicken and Mushroom Stroganoff

Hands-on: 45 min. Total: 3 hr. 15 min.

Instead of tarragon, you can substitute fresh parsley.

- 1 (4.5-pound) whole chicken
- 3 quarts water (12 cups)
- 2 teaspoons black peppercorns
- 8 garlic cloves, crushed
- 3 celery stalks, cut into 2-inch pieces
- 2 carrots, cut into 2-inch pieces
- 1 medium yellow onion, quartered
- 1 (1-inch) piece fresh ginger, sliced
- 7 ounces uncooked fettuccine
- 2 teaspoons olive oil
- $\frac{1}{3}$ cup chopped shallots
- $\frac{3}{4}$ teaspoon kosher salt, divided
- 1 (8-ounce) package sliced cremini mushrooms
- 2 teaspoons all-purpose flour
- $\frac{1}{2}$ cup dry white wine
- $\frac{1}{3}$ cup crème fraîche
- 1 tablespoon chopped fresh tarragon, divided
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- Tarragon sprigs

1. Place first 8 ingredients in a large stockpot; bring to a boil. Reduce heat; cover and simmer 45 minutes or until chicken is done. Place chicken on a cutting board; cool. Remove solids with a slotted spoon, reserving liquid; discard solids.

2. Remove skin from chicken; discard skin. Remove breast halves and leg and thigh meat; reserve bones. Shred 1 chicken breast half and dark meat chicken; reserve for Recipes 2 and 3. Add bones to pan; simmer, uncovered, $1\frac{1}{2}$ hours, skimming surface occasionally. Discard bones. Bring stock to a boil; cook 12 minutes or until reduced to $4\frac{1}{2}$ cups.

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

4. Heat a large nonstick skillet over medium-high heat. Add oil; swirl to

coat. Add shallots; sauté 1 minute. Add $\frac{1}{4}$ teaspoon salt and mushrooms; cook 4 minutes. Sprinkle flour over pan; cook 1 minute, stirring constantly. Add wine; cook 1 minute. Add $\frac{1}{2}$ cup stock (reserve remaining 4 cups for Recipe 2) and reserved $\frac{1}{3}$ cup pasta cooking liquid; simmer 2 minutes. Cut remaining breast half into $\frac{1}{2}$ -inch pieces. Stir chicken pieces, $\frac{1}{2}$ teaspoon salt, crème fraîche, chopped tarragon, ground pepper, and pasta into mushroom mixture. Garnish with tarragon sprigs.

SERVES 4 (serving size: about 1 cup)

CALORIES 408; **FAT** 11.9g (sat 5.3g, mono 4.4g, poly 1.3g); **PROTEIN** 25g; **CARB** 42g; **FIBER** 2g; **SUGARS** 4g (est. added sugars 0g); **CHOL** 61mg; **IRON** 2mg; **SODIUM** 425mg; **CALC** 31mg

2

Shredded Chicken Tortilla Soup

Hands-on: 28 min. Total: 35 min.

Use the tender poached chicken for this quick tortilla soup topped with tortilla strips, avocado, cilantro, and lime wedges.

- 1 (6-inch) corn tortilla
- Cooking spray
- 5 teaspoons canola oil
- $1\frac{1}{2}$ cups chopped zucchini
- 1 cup chopped onion
- $\frac{1}{4}$ cup chopped fresh cilantro
- 1 tablespoon chopped jalapeño
- $\frac{5}{8}$ teaspoon kosher salt, divided
- 2 garlic cloves, minced
- 2 bay leaves
- $1\frac{1}{2}$ tablespoons chili powder
- 1 tablespoon ground cumin
- 4 cups stock from Recipe 1
- 1 (14.5-ounce) can unsalted fire-roasted diced tomatoes
- $\frac{3}{4}$ cup rinsed and drained canned unsalted black beans
- 8 ounces chicken breast and dark meat from Recipe 1
- $\frac{1}{2}$ cup sliced avocado
- $\frac{1}{2}$ cup cilantro leaves
- 4 lime wedges

1. Preheat oven to 375°.

2. Cut tortilla into $\frac{1}{2}$ -inch strips; coat with cooking spray. Bake at 375° for 10 minutes.

3. Heat oil in a large Dutch oven over medium heat. Add zucchini, onion, chopped cilantro, jalapeño, $\frac{1}{8}$ teaspoon kosher salt, garlic, and bay leaves; cook 7 minutes. Stir in chili powder and cumin. Add stock and diced tomatoes; bring to a boil. Add black beans, remaining $\frac{1}{2}$ teaspoon salt, and chicken; simmer 5 minutes. Divide soup evenly among 4 bowls; top evenly with tortilla strips, avocado, cilantro leaves, and lime wedges.

SERVES 4 (serving size: about 2 cups)

CALORIES 322; **FAT** 13.3g (sat 2g, mono 6.8g, poly 3.1g); **PROTEIN** 27g; **CARB** 24g; **FIBER** 7g; **SUGARS** 7g (est. added sugars 0g); **CHOL** 50mg; **IRON** 3mg; **SODIUM** 555mg; **CALC** 95mg

3

Chicken Salad with Bok Choy, Almonds, and Apricots

Hands-on: 10 min. Total: 10 min.

Fresh bok choy and radishes add lovely crunch to this creamy chicken salad.

- $\frac{1}{3}$ cup canola mayonnaise
- 1 teaspoon grated orange rind
- 2 tablespoons fresh orange juice
- $1\frac{1}{2}$ teaspoons distilled white vinegar
- 1 teaspoon grated peeled fresh ginger
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon sugar
- $\frac{1}{8}$ teaspoon freshly ground black pepper
- 6 cups sliced baby bok choy
- 1 cup sliced radishes
- $\frac{1}{3}$ cup chopped dried apricots
- $\frac{1}{4}$ cup toasted slivered almonds
- 6 ounces dark meat chicken from Recipe 1
- 3 ounces chicken breast from Recipe 1

1. Combine first 8 ingredients in a large bowl. Add remaining ingredients; toss to combine.

SERVES 4 (serving size: about 2 cups)

CALORIES 260; **FAT** 13.5g (sat 1.6g, mono 7g, poly 3.9g); **PROTEIN** 22g; **CARB** 13g; **FIBER** 3g; **SUGARS** 9g (est. added sugars 0g); **CHOL** 58mg; **IRON** 2mg; **SODIUM** 519mg; **CALC** 153mg

1

Chile-Garlic Shrimp with Coconut Rice and Snap Peas

Hands-on: 25 min. Total: 25 min.

Shrimp cook quickly (under 5 minutes), and a big batch takes just a couple of minutes more than a small one. Reheat for just a minute, or the shrimp may become rubbery. For even more coconut flavor, replace the $\frac{1}{4}$ cup water in the rice mixture with coconut water.

- 2½ teaspoons canola oil, divided
- 1 teaspoon minced peeled fresh ginger
- 1 cup uncooked jasmine rice
- $\frac{3}{4}$ teaspoon kosher salt, divided
- 1 cup plus 3 tablespoons light coconut milk, divided
- $\frac{1}{4}$ cup water
- $\frac{1}{4}$ cup chopped fresh cilantro
- 2½ pounds medium shrimp, peeled and deveined (about 70)
- 2 tablespoons chopped garlic
- 2 tablespoons brown sugar
- 2 tablespoons olive oil
- 2 teaspoons sambal oelek (ground fresh chile paste)
- 1 tablespoon grated lime rind
- 12 ounces sugar snap peas, trimmed

1. Heat a small saucepan over medium-high heat. Add 1 teaspoon canola oil; swirl to coat. Add minced ginger; sauté 30 seconds. Add rice and $\frac{1}{4}$ teaspoon salt; cook 1 minute, stirring to coat. Add 1 cup coconut milk and $\frac{1}{4}$ cup water to pan; bring to a boil. Cover, reduce heat to medium-low, and simmer 15 minutes or until liquid is absorbed. Fluff rice with a fork. Stir in chopped cilantro.

2. Combine $\frac{3}{8}$ teaspoon salt, shrimp, garlic, brown sugar, olive oil, and sambal oelek in a large bowl, stirring well to coat shrimp. Heat a large nonstick skillet over medium-high heat. Add half of shrimp to pan; cook 1½ minutes on each side or until just cooked through. Place cooked shrimp in a large bowl. Repeat procedure with remaining shrimp. Return cooked shrimp to

pan. Stir in remaining 3 tablespoons coconut milk and lime rind, and cook 30 seconds, stirring frequently. Remove shrimp mixture from pan. Reserve 4 cups (about 45 shrimp) for Recipes 2 and 3.

3. Bring a large saucepan filled with water to a boil. Add sugar snap peas; cook 3 minutes or until crisp-tender. Drain. Combine cooked snap peas, remaining 1½ teaspoons canola oil, and remaining $\frac{1}{8}$ teaspoon salt in a bowl; toss to coat. Serve snap peas with rice and remaining 2 cups shrimp mixture.

SERVES 4 (serving size: about $\frac{3}{4}$ cup rice, 6 shrimp, and about $\frac{1}{2}$ cup snap peas)

CALORIES 328; **FAT** 7g (sat 1.3g, mono 3.6g, poly 1.3g); **PROTEIN** 18g; **CARB** 47g; **FIBER** 3g; **SUGARS** 6g (est. added sugars 2g); **CHOL** 119mg; **IRON** 2mg; **SODIUM** 404mg; **CALC** 112mg

2

Chipotle Shrimp Lettuce Wraps

Hands-on: 22 min. Total: 22 min.

- 2 cups shrimp mixture (about 24 shrimp) from Recipe 1
- $\frac{1}{3}$ cup chopped English cucumber
- $\frac{1}{3}$ cup chopped red bell pepper
- $\frac{1}{4}$ cup plain fat-free Greek yogurt
- 1 teaspoon minced chipotle chiles in adobo sauce
- $\frac{1}{4}$ teaspoon kosher salt
- 2 ripe avocados, peeled and chopped
- $\frac{1}{4}$ cup unsalted pumpkinseed kernels
- 8 butter lettuce leaves
- 4 lime wedges

1. Coarsely chop shrimp mixture. Combine shrimp, cucumber, and bell pepper in a medium bowl. Combine yogurt, minced chipotle chiles, and salt in a small bowl, stirring with a whisk. Add yogurt mixture to shrimp mixture; stir to combine. Fold in chopped avocado.

2. Heat a small dry skillet over medium-high heat. Add pumpkinseed kernels to pan; sauté 4 minutes or until toasted. Arrange lettuce leaves on a platter. Divide shrimp mixture among lettuce leaves;

sprinkle evenly with toasted pumpkinseed kernels. Serve with lime wedges.

SERVES 4 (serving size: 2 wraps)

CALORIES 251; **FAT** 14.6g (sat 2.1g, mono 8.6g, poly 2g); **PROTEIN** 17g; **CARB** 16g; **FIBER** 6g; **SUGARS** 4g (est. added sugars 2g); **CHOL** 119mg; **IRON** 1mg; **SODIUM** 365mg; **CALC** 83mg

3

Chile-Garlic Shrimp and Noodle Stir-Fry

Hands-on: 18 min. Total: 18 min.

This colorful stir-fry makes a healthy and delicious weeknight dinner.

- 6 ounces brown rice noodles
- 2 tablespoons rice vinegar
- 1½ tablespoons lower-sodium soy sauce
- 1 tablespoon honey
- 1 teaspoon fish sauce
- $\frac{1}{2}$ teaspoon cornstarch
- 2 cups shrimp mixture from Recipe 1
- 1½ teaspoons canola oil
- $\frac{1}{3}$ cup unsalted cashews
- 3 garlic cloves, crushed
- $\frac{1}{2}$ jalapeño pepper, sliced
- 1 tablespoon canola oil
- $\frac{1}{2}$ cup julienne-cut carrots
- 1 cup (2-inch) slices green onions
- 1 cup sliced red bell pepper
- 6 ounces baby spinach

1. Boil rice noodles until done. Drain; rinse with cold water. Drain.

2. Combine vinegar, soy sauce, honey, fish sauce, and cornstarch; add shrimp mixture, and toss to coat. Heat 1½ teaspoons oil in a large skillet over high heat. Add cashews, garlic, and jalapeño; stir-fry 30 seconds. Remove mixture from pan. Add 1 tablespoon oil to pan. Add carrots, onions, and bell pepper; stir-fry 3 minutes. Add noodles, cashew mixture, shrimp mixture, and spinach; cook 1½ minutes, stirring occasionally.

SERVES 4 (serving size: about 1½ cups)

CALORIES 424; **FAT** 14g (sat 1.9g, mono 8.2g, poly 2.8g); **PROTEIN** 19g; **CARB** 57g; **FIBER** 5g; **SUGARS** 9g (est. added sugars 7g); **CHOL** 119mg; **IRON** 4mg; **SODIUM** 613mg; **CALC** 118mg



CHILE-GARLIC SHRIMP

One batch of shrimp yields enough for 3 meals: a Thai sauté, cool Mexican salad cups, and a Chinese stir-fry.
DAY 1: Chile-Garlic Shrimp with Coconut Rice and Snap Peas / **DAY 2:** Chipotle Shrimp Lettuce Wraps / **DAY 3:** Chile-Garlic Shrimp and Noodle Stir-Fry



WHEAT BERRIES

Cook a big batch of grains for a side tonight plus 2 more veggie-packed meals during the week.

DAY 1: Grilled Chipotle Chicken Breasts with Herbed Wheat Berry and Roasted Tomato Salad / **DAY 2:** Wheat Berry and Vegetable Sauté / **DAY 3:** Wheat Berry, Spinach, and Strawberry Salad



1

Grilled Chipotle Chicken Breasts with Herbed Wheat Berry and Roasted Tomato Salad

Hands-on: 25 min. Total: 1 hr. 25 min.
You could also substitute cooked farro or barley for the wheat berries.

- 1 pint grape tomatoes, halved
- Cooking spray
- 1½ cups chopped fresh flat-leaf parsley
- 1 cup chopped fresh basil
- 8 cups water
- 2½ cups uncooked hard winter wheat berries
- 3½ tablespoons extra-virgin olive oil, divided
- 3 tablespoons white wine vinegar
- 1¾ teaspoons kosher salt, divided
- 1 teaspoon freshly ground black pepper
- 1 (7-ounce) can chipotle chiles in adobo sauce
- 1 teaspoon honey
- 4 (6-ounce) skinless, boneless chicken breast halves
- 4 lime wedges

1. Preheat oven to 350°.
2. Arrange tomatoes in a single layer on a jelly-roll pan coated with cooking spray. Bake at 350° for 45 minutes or until tomatoes are wrinkled and tender.
3. Combine parsley and basil in a small bowl. Reserve 1½ cups of the herb mixture for Recipes 2 and 3.
4. Bring 8 cups water and wheat berries to a boil in a saucepan over high heat. Reduce heat, and simmer 45 minutes or until wheat berries are tender but still chewy. Drain; rinse with cold water. Drain. Combine wheat berries, 3 tablespoons oil, vinegar, 1½ teaspoons salt, and pepper in a large bowl; toss. Reserve 3½ cups wheat berry mixture for

Recipes 2 and 3. Add tomatoes and remaining 1 cup herb mixture to remaining 1½ cups wheat berry mixture; toss well to combine.

5. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Remove 4 teaspoons adobo sauce and 1 chile from can of chiles. Chop chile. Reserve remaining chiles and sauce for another use. Combine remaining 1½ teaspoons oil, remaining ¼ teaspoon salt, adobo sauce, chopped chile, and honey in a medium bowl. Add chicken, and toss to coat. Add chicken to pan; grill 5 minutes on each side or until done. Serve with wheat berry salad and lime wedges.

SERVES 4 (serving size: 1 chicken breast half and about ¾ cup wheat berry salad)

CALORIES 410; **FAT** 10.4g (sat 1.7g, mono 5.1g, poly 1.3g); **PROTEIN** 42g; **CARB** 37g; **FIBER** 8g; **SUGARS** 4g (est. added sugars 1g); **CHOL** 109mg; **IRON** 3mg; **SODIUM** 670mg; **CALC** 59mg

2

Wheat Berry and Vegetable Sauté

Hands-on: 20 min. Total: 20 min.
Wheat berries may seem too hearty, but they make a colorful, wonderfully textured side once seasonal veggies are added.

- 1 cup chopped onion
- 1 tablespoon olive oil
- 1½ cups chopped zucchini
- 1 cup corn kernels
- 1 cup chopped yellow squash
- 1 cup chopped red bell pepper
- 2 cups wheat berries from Recipe 1
- ¾ cup herb mixture from Recipe 1, divided
- 1 tablespoon unsalted butter
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 1 (14.5-ounce) can unsalted navy beans, rinsed and drained
- 2 tablespoons shaved Parmesan

1. Sauté onion in olive oil in a large skillet over medium heat 4 minutes. Add zucchini, corn kernels, yellow squash, and bell pepper; cook 5 minutes. Add wheat berry mixture, ½ cup herb mixture, butter, salt,

pepper, and beans; cook 2 minutes. Place 1¾ cups vegetable mixture in each of 4 bowls; top evenly with remaining ¼ cup herb mixture and shaved Parmesan.

SERVES 4

CALORIES 416; **FAT** 13.3g (sat 3.6g, mono 7.1g, poly 1.2g); **PROTEIN** 14g; **CARB** 64g; **FIBER** 13g; **SUGARS** 7g (est. added sugars 0g); **CHOL** 10mg; **IRON** 5mg; **SODIUM** 503mg; **CALC** 134mg

3

Wheat Berry, Spinach, and Strawberry Salad

Hands-on: 10 min. Total: 10 min.
This super spinach salad is topped with strawberries, wheat berry mixture, feta cheese, balsamic vinegar, and more.

- 1 tablespoon butter
- ⅓ cup sliced almonds
- 1½ cups wheat berry mixture from Recipe 1
- 1.5 ounces crumbled feta cheese (about ⅓ cup)
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon balsamic vinegar
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- 6 cups fresh baby spinach
- ¾ cup herb mixture from Recipe 1
- ¼ cup halved strawberries

1. Melt butter in a large skillet over medium-high heat. Add almonds; cook 1 minute, stirring constantly. Remove pan from heat; stir in wheat berry mixture and feta cheese. Combine olive oil, vinegar, salt, and pepper in a large bowl. Stir in spinach and herb mixture. Divide spinach mixture evenly among 4 plates; top evenly with wheat berry mixture and strawberries.

SERVES 4 (serving size: about 2 cups spinach mixture and ⅓ cup wheat berry mixture)

CALORIES 352; **FAT** 19.7g (sat 5.1g, mono 11.1g, poly 2.2g); **PROTEIN** 10g; **CARB** 37g; **FIBER** 8g; **SUGARS** 2g (est. added sugars 0g); **CHOL** 17mg; **IRON** 4mg; **SODIUM** 574mg; **CALC** 134mg

1

Grilled Pork Tenderloin with Orange-Sesame Asparagus and Rice

Hands-on: 30 min. Total: 55 min.

We slice the pork tenderloin before grilling so every serving absorbs more marinade and char from the grill. If you don't like asparagus, you can substitute broccoli florets or snap peas.

- 2 (1-pound) pork tenderloins, trimmed
- 2 tablespoons canola oil
- 2 tablespoons maple syrup
- 1 tablespoon brown sugar
- 5 teaspoons lower-sodium soy sauce, divided
- 2 teaspoons fish sauce
- 1 teaspoon grated peeled fresh ginger
- Cooking spray
- $\frac{3}{4}$ teaspoon kosher salt, divided
- $\frac{1}{2}$ teaspoon freshly ground black pepper
- $1\frac{1}{2}$ pounds asparagus, trimmed
- 2 tablespoons fresh orange juice
- 4 teaspoons dark sesame oil, divided
- 2 teaspoons honey
- Dash of crushed red pepper
- $\frac{1}{2}$ teaspoon grated orange rind
- 1 teaspoon toasted sesame seeds
- 2 cups hot cooked brown rice
- $\frac{1}{2}$ cup chopped green onions
- $\frac{1}{4}$ cup chopped toasted peanuts

1. Cut each tenderloin crosswise into 12 even slices. Gently pound each slice to $\frac{1}{2}$ -inch thickness with a meat mallet or small heavy skillet. Combine canola oil, syrup, sugar, 2 teaspoons soy sauce, fish sauce, and ginger in a large zip-top plastic bag. Add pork to bag; seal. Refrigerate for 30 minutes.

2. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Sprinkle pork evenly with $\frac{1}{4}$

teaspoon salt and black pepper. Add 8 pork slices to pan; grill 90 seconds on each side. Remove pork from pan. Repeat procedure twice with remaining pork. Reserve 16 pork slices for Recipes 2 and 3.

3. Return pan to medium-high heat. Coat asparagus with cooking spray. Add half of asparagus to pan; grill 3 minutes or until crisp-tender, turning occasionally. Place asparagus in a bowl. Repeat procedure with remaining asparagus. Combine remaining 1 tablespoon soy sauce, orange juice, 2 teaspoons sesame oil, honey, and crushed red pepper in a microwave-safe bowl. Microwave at HIGH 2 minutes or until slightly thickened. Add juice mixture, $\frac{1}{4}$ teaspoon salt, and rind to asparagus; toss. Sprinkle with sesame seeds.

4. Combine remaining 2 teaspoons sesame oil, remaining $\frac{1}{4}$ teaspoon salt, rice, green onions, and peanuts in a medium bowl. Serve with remaining 8 pork slices and the asparagus mixture.

SERVES 4 (serving size: about 2 ounces pork, about $\frac{3}{4}$ cup asparagus, and $\frac{1}{2}$ cup rice)

CALORIES 445; **FAT** 15.2g (sat 2.4g, mono 6.8g, poly 5g); **PROTEIN** 26g; **CARB** 53g; **FIBER** 8g; **SUGARS** 11g (est. added sugars 3g); **CHOL** 49mg; **IRON** 6mg; **SODIUM** 620mg; **CALC** 90mg

2

Soba Noodle Salad with Pork, Snap Peas, and Radishes

Hands-on: 20 min. Total: 20 min.

- 6 ounces soba noodles
- $1\frac{1}{2}$ cups diagonally sliced sugar snap peas
- $2\frac{1}{2}$ tablespoons fresh lime juice
- 1 tablespoon lower-sodium soy sauce
- 2 teaspoons dark sesame oil
- $\frac{1}{2}$ teaspoon sambal oelek
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{2}$ cup thinly sliced radishes
- $\frac{1}{4}$ cup chopped fresh mint
- 8 pork slices from Recipe 1, chopped

1. Cook soba noodles according to package directions. Add sugar snap

peas during last 1 minute of cooking. Drain; rinse with cold water. Drain. Combine lime juice, soy sauce, sesame oil, sambal oelek, and salt in a large bowl. Add noodle mixture, radishes, mint, and chopped pork slices; toss gently to combine.

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

CALORIES 199; **FAT** 6.4g (sat 1g, mono 3g, poly 1.9g); **PROTEIN** 19g; **CARB** 16g; **FIBER** 1g; **SUGARS** 5g (est. added sugars 3g); **CHOL** 49mg; **IRON** 2mg; **SODIUM** 529mg; **CALC** 31mg

3

Pork Sandwiches with Pickled Slaw

Hands-on: 18 min. Total: 38 min.

- $\frac{1}{4}$ cup rice vinegar
- $\frac{1}{4}$ cup water
- 1 tablespoon sugar
- 3 cups shredded napa (Chinese) cabbage
- $\frac{1}{2}$ cup matchstick-cut carrots
- $\frac{1}{4}$ cup chopped fresh cilantro
- 1 small seeded red chile, thinly sliced
- 8 pork slices from Recipe 1
- 1 (12-ounce) loaf French bread
- $\frac{1}{4}$ cup canola mayonnaise

1. Bring vinegar, $\frac{1}{4}$ cup water, and sugar to a boil in a small saucepan. Add cabbage and carrots; let stand 20 minutes. Stir in cilantro and red chile. Microwave pork slices at HIGH for 90 seconds.

2. Cut French bread loaf in half lengthwise. Hollow out top and bottom halves, leaving a 1-inch-thick shell. Top bottom half of bread with mayonnaise, pork, cabbage mixture, and top half of bread. Cut into 4 sandwiches.

SERVES 4 (serving size: 1 sandwich)

CALORIES 395; **FAT** 9.2g (sat 1.1g, mono 4.7g, poly 2.9g); **PROTEIN** 25g; **CARB** 52g; **FIBER** 4g; **SUGARS** 11g (est. added sugars 8g); **CHOL** 49mg; **IRON** 4mg; **SODIUM** 721mg; **CALC** 67mg



1

2

3

GRILLED PORK TENDERLOIN

Marinate and grill an extra pork tenderloin for a main tonight, plus a noodle salad and subs during the week.

DAY 1: Grilled Pork Tenderloin with Orange-Sesame Asparagus and Rice / **DAY 2:** Soba Noodle Salad with Pork, Snap Peas, and Radishes / **DAY 3:** Pork Sandwiches with Pickled Slaw





| CHAPTER 3 |

Fridge to Table

Skip the oven, and enjoy mains you can make ahead and serve straight from the fridge, no cooking necessary. Try hearty salads, noodle dishes, fresh soups, and sandwiches.

Cucumber Gazpacho with Toasted Rye Croutons

Hands-on: 25 min. Total: 8 hr. 40 min.
Need this soup right away? Do a rapid chill: Transfer soup to a zip-top plastic bag, and set bag in an ice bath for 30 minutes.

- 2 garlic cloves, divided
- 3 cups chopped peeled Kirby cucumber (about 1 pound)
- 2 cups chopped green tomato (about 1 large)
- 1½ cups chopped honeydew melon
- ½ cup finely chopped sweet onion
- ⅓ cup finely chopped celery
- 2½ tablespoons red wine vinegar
- 2 tablespoons chopped fresh mint
- 4 teaspoons olive oil, divided
- 1 teaspoon chopped fresh tarragon
- ½ teaspoon salt
- 2 seedless rye bread slices, cubed (about 2 ounces)
- 1 teaspoon finely minced serrano chile
- ½ cup water (optional)

1. Finely chop 1 garlic clove; place in an 11-cup food processor. Add cucumber and next 6 ingredients (through mint). Add 1 tablespoon oil, tarragon, and salt; process 1 minute or until almost smooth. (For smaller food processor bowls, work in 2 batches.) Cover; chill up to 8 hours.

2. Preheat oven to 450°.

3. Smash remaining garlic clove; place in a small bowl with remaining 1 teaspoon oil. Microwave at HIGH for 15 seconds; let stand 5 minutes. Drizzle garlic oil over bread cubes; toss to coat. Place bread on a jelly-roll pan. Bake at 450° for 8 minutes or until browned, turning once. Stir chile into chilled soup. Add up to ½ cup water to thin soup, if desired. Ladle soup into bowls; top with croutons.

SERVES 6 (serving size: ⅔ cup soup and about ¼ cup croutons)

CALORIES 97; **FAT** 3.7g (sat 0.5g, mono 1.6g, poly 1.2g); **PROTEIN** 2g; **CARB** 15g; **FIBER** 2g; **SUGARS** 7g (est. added sugars 0g); **CHOL** 0mg; **IRON** 1mg; **SODIUM** 277mg; **CALC** 37mg

Sriracha Shrimp Rolls

Hands-on: 22 min. Total: 22 min.

Buttering and toasting the rolls adds tons of rich flavor; don't skip that step. Omit the Sriracha for a more classic roll.

- 4 cups water
- 1 pound peeled and deveined medium shrimp
- ¼ cup canola mayonnaise (such as Hellmann's)
- 1 tablespoon Sriracha (hot chile sauce, such as Huy Fong)
- ¼ cup finely chopped celery
- ¼ cup finely chopped English cucumber
- 4 teaspoons chopped fresh cilantro
- 1 tablespoon fresh lime juice
- 2 green onions, chopped
- 4 New England-style top-split hot dog rolls
- 5 teaspoons butter, melted
- Lime wedges (optional)

1. Bring 4 cups water to a boil in a medium saucepan over high heat. Add shrimp; cook 2 minutes or until done. Drain. Rinse under cold water; drain well. Discard tail shells; coarsely chop shrimp.

2. Combine mayonnaise and next 6 ingredients (through green onions) in a large bowl. Stir in shrimp; toss well to coat.

3. Heat a large skillet over medium heat. Brush cut sides of each hot dog roll evenly with butter. Add rolls to pan; cook 1 minute on each side or until lightly toasted and golden. Fill each toasted roll with about ¾ cup shrimp mixture. Serve with lime wedges, if desired.

SERVES 4 (serving size: 1 shrimp roll)

CALORIES 284; **FAT** 11.7g (sat 3.5g, mono 4.2g, poly 2.7g); **PROTEIN** 19g; **CARB** 25g; **FIBER** 4g; **SUGARS** 4g (est. added sugars 4g); **CHOL** 156mg; **IRON** 1mg; **SODIUM** 571mg; **CALC** 118mg







Grilled Steak Panzanella with Pickled Vegetables

Hands-on: 45 min. Total: 45 min.

Use the bottom part of the ciabatta for this salad. The crusty, flat surface is easier to grill and provides more crunch. Don't skip the delicious pickled vegetable topping—it's earthy, crunchy, sweet-sour, and welcome in every bite.

- 1/4 cup red wine vinegar
- 1 1/2 tablespoons sugar
- 3 tablespoons water
- 1/2 cup thinly sliced red onion
- 1/2 cup julienne-cut carrot
- 1/2 cup julienne-cut radishes
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon minced fresh garlic
- 2 teaspoons chopped fresh thyme
- 1/2 teaspoon salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 2 cups grape tomatoes, halved
- 1 (4-ounce) piece ciabatta bread (about 1 inch thick)

Cooking spray

- 1 (1-pound) flatiron steak, trimmed
- 1 teaspoon paprika
- 3 cups baby spinach and arugula mixture
- 1/4 cup chopped fresh basil leaves

1. Preheat grill to medium-high.
2. Combine first 3 ingredients in a medium bowl, stirring with a whisk until sugar dissolves. Add onion, carrot, and radishes; toss well. Let stand 30 minutes; drain.
3. Combine olive oil, garlic, thyme, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a large bowl, stirring with a whisk. Stir in tomatoes; set aside.
4. Lightly coat the bread with cooking spray. Place bread on grill rack, and grill for 3 minutes on each side or until crisp. Sprinkle the steak evenly with paprika, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon black pepper. Place on grill rack coated with cooking spray, and grill for 3 minutes on each side or until desired degree of doneness. Let stand 10 minutes. Cut steak across

the grain into thin slices. Cut each slice in half.

5. Cut the bread into 1-inch cubes. Add bread, greens, steak, and basil to tomato mixture; toss well. Top with carrot mixture.

SERVES 4 (serving size: about 1 2/3 cups salad and 1/3 cup carrot mixture)

CALORIES 417; **FAT** 22.5g (sat 5.9g, mono 12.9g, poly 1.8g); **PROTEIN** 25.4g; **CARB** 29g; **FIBER** 3.4g; **SUGARS** 10g (est. added sugars 6g); **CHOL** 71mg; **IRON** 4.4mg; **SODIUM** 593mg; **CALC** 60mg

Crunchy Bulgur Bowl with Kale, Chicken, and Pear

Hands-on: 15 min. Total: 8 hr. 15 min.

- 1 1/2 cups 1% low-fat milk
- 1 cup uncooked bulgur
- 2 tablespoons olive oil
- 1 1/2 tablespoons fresh lemon juice
- 3/4 teaspoon Dijon mustard
- 1/2 teaspoon black pepper

- 1/4 teaspoon kosher salt
- 4 cups thinly sliced stemmed Lacinato kale
- 1 cup shredded skinless, boneless rotisserie chicken breast
- 1/2 cup chopped Asian pear
- 1.5 ounces shredded Manchego cheese (about 1/3 cup)
- 2 tablespoons roasted, salted sunflower seed kernels

1. Combine milk and bulgur. Cover; refrigerate overnight. Fluff grains. Combine oil and next 4 ingredients (through salt) in a large bowl. Add kale, chicken, pear, and cheese; toss. Stir in bulgur. Divide mixture among 4 bowls; top with seeds.

SERVES 4 (serving size: about 1 1/2 cups bulgur and 1 1/2 teaspoons seeds)

CALORIES 388; **FAT** 15.7g (sat 4.8g, mono 6.2g, poly 2.7g); **PROTEIN** 24g; **CARB** 42g; **FIBER** 9g; **SUGARS** 7g (est. added sugars 0g); **CHOL** 49mg; **IRON** 2mg; **SODIUM** 426mg; **CALC** 365mg



Cherry, Chicken, and Pecan Wheat Berry Salad

Hands-on: 28 min. Total: 28 min.

What a fantastic combo! If you can't find fresh cherries, add $\frac{1}{4}$ cup boiling water to $\frac{1}{4}$ cup dried cherries. Let stand 10 minutes; drain and chop.

- 3 tablespoons olive oil, divided
- 2 tablespoons apple cider vinegar
- $\frac{3}{4}$ teaspoon kosher salt
- $\frac{1}{2}$ teaspoon freshly ground black pepper
- $\frac{1}{4}$ teaspoon sugar
- $1\frac{1}{2}$ cups cooked wheat berries
- $\frac{1}{4}$ cup pecan halves and pieces, toasted
- 6 ounces shredded skinless, boneless rotisserie chicken breast
- $\frac{1}{2}$ cup chopped onion
- 1 tablespoon chopped fresh thyme

- 1 cup fresh cherries, pitted and halved
- 1 ounce baby arugula leaves
- 2 ounces goat cheese, crumbled (about $\frac{1}{2}$ cup)

- 1.** Combine $2\frac{1}{2}$ tablespoons oil, vinegar, salt, pepper, and sugar in a large bowl, stirring well with a whisk. Add wheat berries, nuts, and chicken; toss.
- 2.** Heat a medium nonstick skillet over medium heat. Add remaining $1\frac{1}{2}$ teaspoons oil to pan; swirl to coat. Add onion and thyme; cook 3 minutes or until tender. Add to wheat berry mixture; toss. Stir in cherries and arugula; toss. Sprinkle with cheese.

SERVES 4 (serving size: about $1\frac{1}{4}$ cups)

CALORIES 397; **FAT** 20.1g (sat 4.4g, mono 12g, poly 2.8g); **PROTEIN** 21g; **CARB** 37g; **FIBER** 7g; **SUGARS** 7g (est. added sugars 0g); **CHOL** 44mg; **IRON** 2mg; **SODIUM** 426mg; **CALC** 365mg

Kale and Beet Salad with Salmon

Hands-on: 19 min. Total: 30 min.

Serve with creamy herbed goat cheese and garlic toasts: Rub half a garlic clove over 8 toasted whole-wheat French bread baguette slices. Combine 2 ounces softened goat cheese with $1\frac{1}{2}$ teaspoons fresh thyme and $\frac{1}{4}$ teaspoon black pepper; spread evenly over bread slices.

- $\frac{2}{3}$ cup plus 2 tablespoons cider vinegar, divided
- $\frac{1}{2}$ cup water
- 1 tablespoon honey, divided
- 1 cup vertically sliced red onion
- 4 medium golden beets, trimmed
- 2 tablespoons olive oil
- 1 teaspoon Dijon mustard
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon black pepper
- 6 cups torn stemmed lacinato or curly kale
- 2 (6-ounce) cans pink or red skinless, boneless salmon (such as Wild Planet), drained and flaked
- $\frac{1}{4}$ cup sliced almonds, toasted

- 1.** Bring $\frac{2}{3}$ cup vinegar, $\frac{1}{2}$ cup water, and 2 teaspoons honey to a boil in a small saucepan. Add onion; boil 1 minute. Remove pan from heat; let stand 10 minutes. Drain.
- 2.** Pierce beets a few times with a knife; wrap in a piece of microwave-safe parchment paper. Microwave at HIGH 7 minutes or until tender. Rub off skins with a paper towel. Halve beets; cut into wedges.
- 3.** Combine remaining 2 tablespoons vinegar, remaining 1 teaspoon honey, oil, mustard, salt, and pepper in a large bowl. Add beets and kale; toss to coat. Place about $1\frac{1}{2}$ cups kale mixture on each of 4 plates; top each with 3 ounces salmon, about $\frac{1}{4}$ cup onion, and 1 tablespoon almonds.

SERVES 4

CALORIES 355; **FAT** 15.5g (sat 2.3g, mono 8.4g, poly 3.1g); **PROTEIN** 29g; **CARB** 29g; **FIBER** 6g; **SUGARS** 13g (est. added sugars 4g); **CHOL** 56mg; **IRON** 3mg; **SODIUM** 600mg; **CALC** 211mg







1

Thai-Style Vegetable Rice Noodles

Hands-on: 35 min. Total: 35 min.

These noodles carry a delicious spicy punch. Seed the chiles to temper the heat.

- 4 ounces uncooked flat rice noodles (pad Thai noodles)
- 1 cup thinly sliced radishes
- 1/2 cup chopped green onions
- 1/2 cup chopped fresh basil
- 1/2 cup fresh cilantro leaves
- 1/4 cup fresh mint leaves
- 2 tablespoons fresh lime juice
- 1 tablespoon Thai fish sauce
- 2 tablespoons peanut oil
- 1 1/2 tablespoons grated peeled fresh ginger
- 6 garlic cloves, sliced
- 2 Thai chiles, finely chopped
- 1 pound snow peas, trimmed
- 3/4 teaspoon kosher salt
- 1/2 cup chopped unsalted, dry-roasted peanuts

1. Cook noodles according to package directions, omitting salt and fat. Drain and rinse under cold water; drain. Place noodles in a medium bowl. Add radishes and next 6 ingredients (through fish sauce); toss well.

2. Combine oil, ginger, garlic, and chiles in a large skillet over low heat; cook for 2 minutes. Increase heat to medium-high; cook an additional 1 minute or until garlic begins to brown. Add snow peas and salt to pan; cook 3 minutes or until crisp-tender, stirring occasionally. Add snow pea mixture to noodle mixture; toss well. Sprinkle with nuts.

SERVES 4 (serving size: 1 1/4 cups)

CALORIES 326; **FAT** 15.3g (sat 2.4g, mono 7.2g, poly 4.9g); **PROTEIN** 10.9g; **CARB** 41.2g; **FIBER** 5.8g; **SUGARS** 7g (est. added sugars 0g); **CHOL** 0mg; **IRON** 3.9mg; **SODIUM** 682mg; **CALC** 103mg

2

Beef Soba Noodles with Spinach and Coconut-Curry Vinaigrette

Hands-on: 35 min. Total: 35 min.

"Bloom" the ginger, garlic, and curry powder by warming them in oil to round out flavors.

- 1 (8-ounce) boneless sirloin steak
- 4 quarts water
- 1 1/2 teaspoons kosher salt, divided
- 8 ounces uncooked soba noodles
- 8 cups coarsely chopped bok choy
- 1 pound bagged prewashed spinach
- 1/2 cup light coconut milk
- 2 tablespoons fresh lime juice
- 2 tablespoons lower-sodium soy sauce
- 1 tablespoon rice vinegar
- 1 teaspoon honey
- 1/2 teaspoon freshly ground black pepper, divided
- 2 tablespoons peanut oil, divided
- 1 tablespoon chopped peeled fresh ginger
- 1 tablespoon sliced garlic
- 1 1/2 teaspoons Madras curry powder
- 1 tablespoon sesame seeds, toasted

1. Place beef in freezer.

2. Bring 4 quarts water and 1 teaspoon salt to a boil in a large saucepan. Add noodles to boiling salted water; cook according to package directions. During last 1 minute of cooking, add bok choy and spinach. Cook 1 minute or until greens wilt. Drain and rinse under cold water; drain well.

3. Combine 1/4 teaspoon salt, coconut milk, juice, soy sauce, vinegar, honey, and 1/4 teaspoon pepper in a small bowl, stirring with a whisk.

4. Combine 5 teaspoons oil, ginger, garlic, and curry in a Dutch oven over low heat; cook 5 minutes, stirring frequently. Remove from heat. Add reserved coconut milk mixture and noodle mixture; toss well to coat.

5. Heat a large heavy skillet over high heat. Cut beef across the grain into thin slices, and sprinkle with remaining 1/4 teaspoon salt and 1/4 teaspoon pepper. Add remaining 1 teaspoon oil to pan; swirl to coat. Add beef to pan; sauté 2 minutes or until done. Add beef to pasta mixture; toss well. Sprinkle with sesame seeds.

SERVES 6 (serving size: 1 1/3 cups)

CALORIES 319; **FAT** 13.2g (sat 4.1g, mono 4.7g, poly 2.2g); **PROTEIN** 17.4g; **CARB** 34.4g; **FIBER** 4.3g; **SUGARS** 5g (est. added sugars 1g); **CHOL** 20mg; **IRON** 5.4mg; **SODIUM** 450mg; **CALC** 190mg

KNOW YOUR NOODLE

Asian-style noodles are particularly well suited to being eaten at room temperature or just slightly chilled—a great make-ahead option. Rice noodles and soba noodles (made from buckwheat flour) lack the starch that causes other pasta dishes to get gummy or dry out when made in advance. Rinse them immediately under cold water after cooking to get rid of any extra starch. If you're refrigerating plain rice noodles or soba noodles, rinse once more before tossing to separate any clumps.

Tortellini with Snap Peas and Pesto

Hands-on: 18 min. Total: 22 min.

Store-bought refrigerated tortellini is a convenience product we love. Instead of burying it in jarred sauce, try a fresh pesto.

- 1 (9-ounce) package refrigerated three-cheese tortellini (such as Buitoni)
- 8 ounces sugar snap peas, trimmed and halved diagonally (about 1½ cups)
- 1 cup fresh mint leaves
- 1 cup fresh basil leaves
- 3 tablespoons sliced almonds, toasted
- 2 tablespoons grated Parmesan cheese
- 1 teaspoon grated lemon rind
- ¼ teaspoon freshly ground black pepper
- ⅛ teaspoon kosher salt

- 1 garlic clove, minced
- 3 tablespoons olive oil
- 1 tablespoon fresh lemon juice

1. Cook tortellini according to package directions, omitting salt and fat. Add snap peas to pan during last 3 minutes of cooking; cook 3 minutes. Drain.
2. Place mint and next 7 ingredients (through garlic) in a mini food processor; process until finely chopped. Combine oil and juice in a small bowl, stirring with a whisk. With processor on, slowly pour oil mixture through food chute; process until well blended. Combine tortellini mixture and mint mixture; toss gently to coat.

SERVES 4 (serving size: about 1¼ cups)

CALORIES 351; **FAT** 17.4g (sat 4.1g, mono 9g, poly 1.7g);

PROTEIN 13g; **CARB** 37g; **FIBER** 5g; **SUGARS**

5g (est. added sugars 0g); **CHOL** 26mg; **IRON** 3mg;

SODIUM 392mg; **CALC** 191mg

SERVE WITH Radicchio Caesar Salad

Hands-on: 5 min. Total: 5 min.

- 3 tablespoons canola mayonnaise
- 1½ tablespoons fresh lemon juice
- ½ teaspoon black pepper
- 2 minced garlic cloves
- 1 minced anchovy fillet
- 2½ cups very thinly sliced, cored radicchio
- 2½ cups baby spinach leaves
- 5 teaspoons grated Parmesan cheese

1. Combine mayonnaise and next 4 ingredients (through anchovy) in a large bowl. Add radicchio and spinach leaves; toss to coat. Top with cheese.

SERVES 4 (serving size: about 1 cup)

CALORIES 55; **FAT** 3.6g (sat 0.4g, mono 2g, poly 1.1g);

PROTEIN 2g; **CARB** 4g; **FIBER** 1g; **SUGARS** 0g (est.

added sugars 0g); **CHOL** 3mg; **IRON** 1mg; **SODIUM**

179mg; **CALC** 45mg

Roast Beef Sandwiches with Watercress Slaw

Hands-on: 15 min. Total: 15 min.

- 1 cup packaged angel hair slaw
- 1 cup chopped trimmed watercress
- ⅓ cup thinly sliced green onions
- 2 tablespoons minced fresh tarragon
- 3 tablespoons canola mayonnaise
- ¼ teaspoon black pepper
- 1 (8-ounce) French bread baguette
- 4 teaspoons butter, softened
- 8 ounces sliced lower-sodium deli roast beef (such as Boar's Head)
- 8 (¼-inch-thick) slices tomato

1. Combine first 6 ingredients.
2. Cut baguette horizontally; then quarter. Spread 1 teaspoon butter on each bottom half of baguette. Divide roast beef evenly over bottom halves of baguette. Arrange about 1 cup slaw mixture and 2 tomato slices over each sandwich; top with top halves of baguette.

SERVES 4 (serving size: 1 sandwich)

CALORIES 358; **FAT** 14.8g (sat 4.2g, mono 6.5g,

poly 2.4g); **PROTEIN** 21.3g; **CARB** 37.5g; **FIBER** 2.2g;

SUGARS 3g (est. added sugars 2g); **CHOL** 44mg;

IRON 3.7mg; **SODIUM** 585mg; **CALC** 26mg







Farro, Green Bean, and Fennel Salad with Tuna

Hands-on: 30 min. Total: 1 hr. 10 min.

To save time, look for precooked whole-grain farro on the rice aisle. We love Wild Planet's wild albacore tuna jarred in olive oil, which is firm, meaty, rich, and moist. We also love that it's sustainable, 100% pole and troll caught. Visit wildplanetfoods.com to purchase online or locate retailers.

- 1/2 cup uncooked whole-grain farro
- 3/4 teaspoon salt, divided
- 4 cups water
- 2 cups (2-inch) cut green beans (about 1 1/2 pound)
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons white wine vinegar
- 1 tablespoon fresh lemon juice
- 1 teaspoon Dijon mustard
- 1 small garlic clove, minced
- 1/4 teaspoon freshly ground black pepper
- 1 cup grape tomatoes, halved lengthwise
- 1 cup very thinly sliced fennel bulb (about 1 small bulb)
- 1/4 cup fresh flat-leaf parsley leaves
- 1/4 cup oil-cured olives, pitted and coarsely chopped
- 5 green onions, thinly sliced
- 2 (4.5-ounce) jars sustainable oil-packed albacore tuna, drained (such as Wild Planet)

1. Combine farro, 1/2 teaspoon salt, and 4 cups water in a medium saucepan; bring to a boil. Cover, reduce heat to medium-low, and simmer 60 minutes or until farro is tender but still slightly chewy. Drain. Cool slightly.
2. While farro cooks, fill another medium saucepan two-thirds full with water; bring to a boil. Add green beans; cook 4 minutes or until crisp-tender. Drain; plunge into a bowl of ice water to stop the cooking process. Drain.
3. Combine oil, vinegar, juice, mustard, and garlic in a large bowl; stir in the remaining 1/4 teaspoon salt

and pepper. Add farro, beans, tomatoes, and next 4 ingredients (through green onions); toss well to combine. Flake tuna into large chunks. Add tuna to salad; toss gently to combine.

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

CALORIES 393; **FAT** 27g (sat 4.2g, mono 16.8g, poly 2.6g); **PROTEIN** 13.9g; **CARB** 29.4g; **FIBER** 7.2g; **SUGARS** 4g (est. added sugars 0g); **CHOL** 15mg; **IRON** 2.3mg; **SODIUM** 613mg; **CALC** 67mg

Open-Faced Prosciutto and Plum Sandwiches

Hands-on: 20 min. Total: 20 min.

Sweet fig preserves balance the tartness of the plums. Choose red or purple plums that are firm and plump to the touch and that have bright, unblemished skin. You could also use sliced nectarines or even apples.

- 1/4 cup fig preserves
- 1 tablespoon fresh lemon juice

- 1/4 teaspoon grated peeled fresh ginger
- 3 ounces soft goat cheese (about 1/3 cup)
- 4 (2-ounce) slices country wheat bread, toasted
- 1 cup loosely packed arugula
- 2 ripe plums, cut into thin wedges
- 3 ounces very thinly sliced prosciutto

1. Combine first 3 ingredients, stirring with a whisk; set aside.
2. Spread 3/4 ounce cheese evenly over each bread slice; divide arugula, plum wedges, and prosciutto evenly over sandwiches. Drizzle each sandwich with about 1 tablespoon fig preserves mixture.

SERVES 4 (serving size: 1 sandwich)

CALORIES 318; **FAT** 9.1g (sat 5.1g, mono 3.1g, poly 0.6g); **PROTEIN** 13.1g; **CARB** 45.5g; **FIBER** 1.9g; **SUGARS** 20g (est. added sugars 16g); **CHOL** 26mg; **IRON** 4.4mg; **SODIUM** 689mg; **CALC** 161mg



Tuna-Fennel Pasta Salad

Hands-on: 24 min. Total: 24 min.

Sure, premium oil-packed tuna is a splurge, but the texture and rich flavor are worth it. We use both the crunchy fennel and the fennel fronds for a fresh green garnish, a dual-purpose ingredient in a dish with just 5 ingredients total.

- 8 ounces uncooked penne (tube-shaped pasta)
- 1 (7.8-ounce) jar solid white tuna packed in oil (such as Ortiz)
- 1 lemon
- 1 Fuji apple, thinly sliced (about 1½ cups)
- 1 small fennel bulb with stalks
- ½ teaspoon salt

1. Cook pasta according to package directions, omitting salt and fat. Drain pasta in a large colander over a bowl, reserving ½ cup cooking

liquid. Rinse pasta under cold water; drain. Drain tuna, reserving 2 tablespoons oil. Grate 2 teaspoons rind and squeeze 3 tablespoons juice from lemon. Combine reserved oil, rind, and juice in a large bowl; stir with a whisk. Add pasta to oil mixture, tossing to coat. Fold in tuna and apple. Remove fronds from fennel bulb; finely chop fronds to measure 3 tablespoons. Remove and discard stalks. Thinly slice fennel bulb. Stir fronds and sliced fennel into pasta mixture. Add reserved pasta liquid and ½ teaspoon salt, tossing to coat evenly.

SERVES 4 (serving size: 2 cups)

CALORIES 411; **FAT** 12.1g (sat 1.9g, mono 6.7g, poly 2.4g); **PROTEIN** 23.3g; **CARB** 53.3g; **FIBER** 5.1g; **SUGARS** 7g (est. added sugars 0g); **CHOL** 17mg; **IRON** 2.8mg; **SODIUM** 549mg; **CALC** 52mg

Thai Steak Salad

Hands-on: 20 min. Total: 20 min.

This salad would also be delicious with grilled chicken or lamb.

Cooking spray

- 1 (1½-pound) flank steak, trimmed
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon kosher salt
- ¼ cup fresh lime juice
- 1 tablespoon brown sugar
- 2 tablespoons lower-sodium soy sauce
- 1 tablespoon fish sauce
- 2 teaspoons minced fresh garlic
- 1 teaspoon Sriracha (hot chile sauce, such as Huy Fong)
- 1½ cups thinly sliced red cabbage
- 1¼ cups fresh bean sprouts
- ¾ cup julienne-cut carrot
- ⅓ cup fresh mint leaves
- ⅓ cup fresh cilantro leaves
- ⅓ cup fresh basil leaves

1. Heat a large grill pan over medium-high heat. Coat pan with cooking spray. Sprinkle steak evenly with pepper and salt. Add steak to pan; cook 6 minutes on each side or until desired degree of doneness. Remove steak from pan; let stand 5 minutes. Cut steak diagonally across the grain into thin slices.

2. Combine juice and next 5 ingredients (through Sriracha) in a small bowl; stir with a whisk.

3. Combine cabbage and remaining ingredients in a medium bowl. Add 6 tablespoons juice mixture to cabbage mixture; toss well. Toss steak in remaining 2 tablespoons juice mixture. Add steak to cabbage mixture; toss to combine.

SERVES 6 (serving size: 3 ounces steak and ⅔ cup salad)

CALORIES 198; **FAT** 6.5g (sat 2.4g, mono 2.2g, poly 0.3g); **PROTEIN** 26.3g; **CARB** 8.4g; **FIBER** 1.5g; **SUGARS** 5g (est. added sugars 2g); **CHOL** 37mg; **IRON** 2.4mg; **SODIUM** 498mg; **CALC** 57mg









| CHAPTER 4 |

Slow Cooker Favorites

Get your slow cooker started the night before or in the morning, and come home to tender meats and rich, hearty soups. Feed a crowd, or freeze for later.

Smoky Ham and Split Pea Soup

Hands-on: 15 min. Total: 8 hr. 15 min.

Potatoes contribute starchiness and silky thickness, while sweet carrots and salty ham balance out the peas' light, earthy flavor. Leftovers fare well in the freezer. Garnish soup with parsley leaves and additional pepper, if desired.

- 1 pound dried green split peas, rinsed and drained
- 1½ cups cubed peeled Yukon gold potatoes
- 5 garlic cloves, chopped
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped peeled carrot
- 1 large bay leaf
- 1 teaspoon freshly ground pepper
- ¾ teaspoon kosher salt
- 2 pounds smoked ham hocks

- 6 cups water
- ½ cup light sour cream

1. Layer peas and next 9 ingredients (through ham) in order listed in a 6-quart electric slow cooker. Gently pour 6 cups water over top. Cover and cook on LOW for 8 hours.

2. Remove hocks from slow cooker. Remove meat from bones, and cut into bite-sized pieces; discard skin and bones. Discard bay leaf.

3. Coarsely mash soup to desired consistency, adding additional hot water to thin, if desired. Stir in chopped ham. Divide soup evenly among 8 bowls; top each serving with 1 tablespoon sour cream.

SERVES 8 (serving size: 1¼ cups)

CALORIES 304; **FAT** 4.6g (sat 1.9g, mono 0.2g, poly 0.3g); **PROTEIN** 22g; **CARB** 45g; **FIBER** 16g; **SUGARS** 7g (est. added sugars 0g); **CHOL** 24mg; **IRON** 3mg; **SODIUM** 594mg; **CALC** 76mg

Slow Cooker Beef and Cabbage with Potatoes and Carrots

Hands-on: 35 min. Total: 8 hr. 35 min.

To rein in sodium, simmer in an aromatic spice blend rather than using brined beef.

- 1¾ teaspoons salt, divided
- ¾ teaspoon freshly ground black pepper, divided
- 2 tablespoons brown sugar
- 2 teaspoons ground mustard
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground cloves
- 1 (2-pound) beef brisket, trimmed
- 1 cup unsalted beef stock
- 3 tablespoons cider vinegar
- 2 teaspoons Worcestershire sauce
- 2 medium onions, cut into wedges
- 4 garlic cloves, crushed
- 2 bay leaves
- 1 head Savoy cabbage, halved
- 2 pounds small red potatoes, quartered
- 1 pound trimmed baby carrots
- 1 tablespoon unsalted butter, melted

1. Combine 1½ teaspoons salt, ½ teaspoon pepper, and next 5 ingredients (through cloves) in a small bowl. Rub mixture over brisket. Place brisket in a 5- to 6-quart slow cooker. Add stock and next 5 ingredients (through bay leaves). Arrange cabbage halves over top. Cook on LOW 8 hours or until beef is very tender. Transfer to a cutting board; discard bay leaves.

2. Place potatoes and carrots in a large saucepan; add cold water to cover by 1 inch. Bring to a boil; cook 8 to 10 minutes or until tender. Drain. Toss with ¼ teaspoon salt, ¼ teaspoon pepper, and butter. Cut brisket across grain into thin slices. Cut each cabbage half into 4 wedges. Serve brisket with vegetables and jus.

SERVES 8 (serving size: 3 ounces beef, ⅛ head cabbage, ¾ cup potato and carrot mixture, and about ¼ cup jus)

CALORIES 352; **FAT** 10.4g (sat 4g, mono 4.4g, poly 0.5g); **PROTEIN** 28g; **CARB** 37g; **FIBER** 7g; **SUGARS** 13g (est. added sugars 3g); **CHOL** 74mg; **IRON** 4mg; **SODIUM** 718mg; **CALC** 102mg







Slow Cooker Ropa Vieja

Hands-on: 15 min. Total: 8 hr. 30 min.
You'll be wowed by the way lean flank steak transforms into tender, succulent shreds as it simmers in the aromatic sauce. Served over rice (preferably brown), this homey Cuban dish makes for an exceptionally hearty and wholesome weeknight meal.

Cooking spray

- 1 tablespoon olive oil, divided
- 1½ pounds flank steak, trimmed
- ¾ teaspoon kosher salt, divided
- ½ teaspoon freshly ground black pepper, divided
- 1 cup thinly sliced white onion
- 1 cup thinly sliced red bell pepper
- 1 cup thinly sliced green bell pepper
- 4 garlic cloves, minced
- ⅓ cup golden raisins
- 1 cup unsalted beef stock
- 3 tablespoons unsalted tomato paste
- 1 teaspoon ground cumin
- ½ teaspoon dried oregano

- 1 (14.5-ounce) can unsalted fire-roasted diced tomatoes
- ⅓ cup pimiento-stuffed olives, halved
- 3 tablespoons chopped fresh cilantro
- 3 cups hot cooked rice

- 1.** Coat a 6-quart slow cooker with cooking spray.
- 2.** Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Cut steak into quarters. Sprinkle steak evenly with ¼ teaspoon salt and ¼ teaspoon black pepper; add steak to pan. Cook 4 minutes on each side or until browned. Transfer steak to slow cooker. Add remaining 1 teaspoon oil, onion, bell peppers, and garlic to pan; cook 3 minutes or until slightly softened, stirring occasionally. Stir in raisins; transfer onion mixture to slow cooker.

3. Combine stock, tomato paste, cumin, oregano, tomatoes, remaining ½ teaspoon salt, and remaining ¼ teaspoon black pepper in a medium bowl. Pour tomato mixture over steak and vegetables in slow cooker. Cover and cook on LOW for 8 hours and 15 minutes or until steak is very tender.

4. Remove steak from cooker; shred using 2 forks. Stir steak, olives, and cilantro into sauce. Serve steak mixture over rice.

SERVES 6 (serving size: 1 cup steak mixture and ½ cup rice)
CALORIES 381; **FAT** 10.8g (sat 2.9g, mono 4.7g, poly 1.4g); **PROTEIN** 29g; **CARB** 41g; **FIBER** 5g; **SUGARS** 11g (est. added sugars 0g); **CHOL** 70mg; **IRON** 3mg; **SODIUM** 482mg; **CALC** 63mg

PROTEIN SWAP

Lean flank steak adapts well to fast or slow cooking: Throw it on a grill for 10 minutes, or let it simmer over very low heat for hours. You can substitute other cuts such as beef brisket or boneless short ribs. More tender cuts like beef tenderloin or strip steaks would give up their flavor too quickly and break down too much in the sauce. Pork shoulder would also be delicious here, though not traditional. Whichever you choose, be sure to substitute equal amounts so that the ratio of protein to liquid is about the same.

Coconut–Red Curry Squash Soup

Hands-on: 20 min. Total: 8 hr. 20 min. Butternut's creamy texture makes this soup silky smooth. You can also use kabocha squash (a winter squash also known as Japanese pumpkin); it has a deep, rich flavor and is a bit sweeter than butternut. Omit the sugar if using kabocha.

- 1 tablespoon olive oil
- 1 tablespoon butter
- 1½ cups chopped onion
- 1½ tablespoons minced peeled fresh ginger
- 1½ tablespoons minced fresh garlic
- 1 tablespoon red curry paste
- 8 cups chopped peeled butternut squash
- 3 cups unsalted chicken stock
- 1 cup chopped peeled baking potato
- 2 teaspoons brown sugar
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 2 tablespoons fresh lime juice
- 1 (13.5-ounce) can light coconut milk
- 2 tablespoons coarsely chopped fresh cilantro

1. Heat oil and butter in a small skillet over medium heat. Add onion, ginger, garlic, and curry paste; cook 8 minutes or until onion is softened, stirring occasionally. Combine onion mixture, squash, and the next 5

ingredients (through pepper) in a 6-quart electric slow cooker. Cover and cook on LOW for 6 to 8 hours or until squash is tender.

2. Place half of squash mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Pour into a large bowl. Repeat procedure with remaining squash mixture. Stir in juice and coconut milk. Sprinkle with cilantro.

SERVES 8 (serving size: 1¼ cups)

CALORIES 182; **FAT** 4g (sat 1.8g, mono 1.6g, poly 0.3g);

PROTEIN 5g; **CARB** 35g; **FIBER** 5g; **SUGARS**

10g (est. added sugars 1g); **CHOL** 4mg; **IRON** 2mg;

SODIUM 341mg; **CALC** 109mg

WHY WE SAUTÉ

We love the slow cooker for its fix-it-and-forget-it properties and for its ability to make tough cuts of meat incredibly tender and coax rich flavors out of basic ingredients. While simply adding everything to the slow cooker at once is convenient, there is true benefit to doing a little work on the front end: sautéing vegetables and aromatics for extra caramelization, searing meat for more depth, and blending a sauce so that flavors marry and build during slow, low cooking. Don't skip these important first steps.

SERVE WITH

A slow cooker soup is nearly effortless; the sides should be the same. Continue the Thai theme with a coconut-and-chile salad: Combine baby kale with toasted unsweetened coconut flakes; a sliced, seeded red Fresno chile; and some chopped, toasted cashews. Toss with a simple lime vinaigrette: canola oil, fresh lime juice, grated lime rind, and a pinch of sugar, salt, and black pepper.





Sweet and Tangy Slow Cooker Brisket

Hands-on: 30 min. Total: 8 hr. 30 min.
Brisket is notoriously dry, but a slow, steady braise in the slow cooker leads to fork-tender meat and a sauce that just needs to be spooned over the top. The key is to sear it first in a skillet to add rich, caramelized notes to the finished product.

- 1 (4½-pound) flat-cut brisket roast, fat cap trimmed to ⅛-inch thickness
- 1¼ teaspoons kosher salt, divided
- ½ teaspoon freshly ground black pepper
- 1 tablespoon canola oil
- 1½ teaspoons garlic powder
- 1 teaspoon paprika
- 3 medium carrots, peeled and cut into thirds
- 3 celery stalks, cut into thirds
- Cooking spray
- 2 large onions, halved and vertically sliced

- 4 garlic cloves, chopped
- 1 cup unsalted beef stock (such as Swanson)
- 1 (15-ounce) can crushed tomatoes
- 2 tablespoons brown sugar
- 2 tablespoons cider vinegar
- 5 thyme sprigs
- 2 bay leaves
- Flat-leaf parsley leaves (optional)

- 1.** Sprinkle brisket evenly with 1 teaspoon salt and pepper. Heat a large skillet over medium-high heat. Add oil; swirl to coat. Add brisket; cook 5 minutes, turning to brown on all sides. Rub brisket with garlic powder and paprika. Arrange carrots and celery in a 6-quart electric slow cooker coated with cooking spray; top with brisket, fat cap side up.
- 2.** Return skillet to medium heat. Add onions to pan; cover and cook

10 minutes, stirring occasionally. Uncover. Stir in chopped garlic; cook 5 minutes or until onions are tender and golden. Arrange onion mixture over brisket.

3. Combine remaining ¼ teaspoon salt, stock, tomatoes, brown sugar, and vinegar in hot skillet, stirring with a whisk to loosen browned bits. Pour tomato mixture around brisket. Place thyme and bay leaves in slow cooker, pressing into tomato mixture. Cover and cook on LOW for 7 hours or until brisket is tender when sliced. Cool slightly in cooker, about 1 hour.

4. Place brisket on a cutting board. Trim fat cap; discard fat. Cut brisket across the grain into thin slices. Pour sauce through a sieve over a bowl; discard carrots, celery, thyme, and bay leaves. Return onions to sauce. Serve brisket with sauce. Garnish with fresh parsley, if desired.

SERVES 12 (serving size: about 3 ounces beef and about ⅔ cup sauce)

CALORIES 307; **FAT** 15.1g (sat 5g, mono 7.1g, poly 0.8g); **PROTEIN** 33g; **CARB** 8g; **FIBER** 1g; **SUGARS** 5g (est. added sugars 2g); **CHOL** 100mg; **IRON** 4mg; **SODIUM** 338mg; **CALC** 31mg

SERVE WITH

Go for classic comfort with a side of mashed potatoes, or shred the meat and serve over cooked egg noodles for an Eastern European-inspired dish. You could also skip the starch and serve with roasted cauliflower florets, a salad, or steamed Brussels sprouts. If making ahead, slice the brisket and refrigerate in an airtight container with the sauce. This will keep the meat moist.

Slow Cooker Red Beans and Rice

Hands-on: 30 min. Total: 16 hr. 30 min. Don't be turned off by the total time this recipe requires: Eight of the hours are simply for soaking beans overnight, and another 8 are for hands-off cooking. Because dried kidney beans contain a toxin that's not killed at the low temperatures of the slow cooker, we boil them briskly for 10 minutes first; don't be tempted to skip this step.

- 1 pound dried red kidney beans
- 1 tablespoon olive oil
- 1 pound andouille sausage, quartered lengthwise and cut crosswise into $\frac{3}{4}$ -inch pieces
- $1\frac{1}{2}$ cups chopped onion
- $1\frac{1}{2}$ cups chopped poblano chile
- 1 cup diced celery
- 2 tablespoons chopped fresh thyme
- $\frac{1}{2}$ teaspoon kosher salt
- 10 garlic cloves, crushed
- 1 (12-ounce) can lager-style beer (such as Budweiser)
- 4 cups unsalted chicken stock
- $\frac{1}{2}$ teaspoon ground red pepper
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- 3 bay leaves
- $\frac{1}{2}$ cup thinly sliced green onions, divided
- 2 tablespoons cider vinegar
- 4 cups hot cooked long-grain rice

- 1.** Sort and wash beans; place in a large saucepan. Cover with water to 2 inches above beans; cover and let stand 8 hours. Drain beans.
- 2.** Return beans to saucepan. Cover with water to 2 inches above beans; bring to a boil. Cook 10 minutes; drain.
- 3.** Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Add sausage; cook 6 minutes or

until browned. Add onion and next 5 ingredients (through garlic); cook for 8 minutes. Stir in beer; bring to a boil. Cook 2 minutes, scraping pan to loosen browned bits. Place sausage mixture in a 6-quart electric slow cooker. Add beans, chicken stock, red pepper, black pepper, and bay leaves. Cover and cook on LOW for 8 hours.

- 4.** Discard bay leaves. Stir in $\frac{1}{4}$ cup green onions and vinegar. Serve over rice; sprinkle with remaining $\frac{1}{4}$ cup green onions.

SERVES 8 (serving size: 1 cup bean mixture, $\frac{1}{2}$ cup rice, and $1\frac{1}{2}$ teaspoons green onions)
CALORIES 486; **FAT** 10.1g (sat 3.3g, mono 5.2g, poly 0.8g); **PROTEIN** 30g; **CARB** 65g; **FIBER** 16g;
SUGARS 6g (est. added sugars 0g); **CHOL** 33mg;
IRON 7mg; **SODIUM** 634mg; **CALC** 117mg

START FROM DRIED

The slow cooker provides a unique opportunity to get the most from dried beans. A low, even heat keeps their skins intact while making the beans wonderfully creamy and infusing them with the other flavors in the pot. Dried beans are less expensive than canned and have a shelf life of about 2 years, making them a worthy pantry staple. While kidney beans should be soaked and quickly boiled, white beans, black beans, and pinto beans can go straight into the slow cooker.



SERVE WITH

This humble-seeming bowl of comfort is fairly complete on its own, but you can serve it with roasted broccoli or braised greens.



Slow Cooker Cioppino

Hands-on: 20 min. Total: 7 hr. 45 min.

Simmering the base of this rich stew in the slow cooker allows for ultimate flavor concentration. When you're almost ready to serve, add raw fish to poach quickly. Cioppino can be made with a wide variety of fish and shellfish, so feel free to experiment with your favorites.

- 2 tablespoons extra-virgin olive oil
- 1½ cups chopped onion
- 1½ cups chopped fennel bulb
- 10 garlic cloves, sliced
- 1 cup dry white wine
- 2 teaspoons tomato paste
- ½ cup water
- 2 tablespoons chopped fresh oregano
- 2 tablespoons chopped fresh thyme
- ¾ teaspoon crushed red pepper
- ⅜ teaspoon kosher salt
- ½ pound chopped fresh tomatoes
- 2 (2-inch) lemon rind strips
- 2 bay leaves
- 1 (26-ounce) box chopped tomatoes (such as Pomi)
- ¾ pound cod, cut into 2-inch pieces
- ½ pound sea scallops
- ½ pound peeled and deveined medium shrimp
- 1 tablespoon fresh lemon juice
- ¼ cup fresh basil leaves

1. Heat a large skillet over medium-high heat. Add oil; swirl to coat. Add onion, fennel, and garlic to pan; cook 3 minutes or until soft. Add wine and tomato paste to pan, stirring well; bring to a boil. Cook 2 minutes, stirring occasionally.

2. Carefully pour onion mixture into a 6-quart electric slow cooker. Add ½ cup water and next 8 ingredients (through boxed tomatoes) to slow cooker. Cover and cook on LOW for 7 hours.

3. Uncover; discard lemon rind and bay leaves. Stir in cod, scallops, shrimp, and lemon juice. Cover and cook on LOW 13 to 15 minutes or

until fish flakes easily when tested with a fork. Garnish with fresh basil.

SERVES 4 (serving size: 2 cups)

CALORIES 338; **FAT** 8.7g (sat 1.3g, mono 5.1g, poly 1.2g);

PROTEIN 34g; **CARB** 29g; **FIBER** 7g; **SUGARS**

5g (est. added sugars 0g); **CHOL** 122mg; **IRON** 3mg;

SODIUM 602mg; **CALC** 130mg

Slow Cooker Chicken Mole

Hands-on: 8 min. Total: 8 hr. 8 min.

Shred the chicken, and layer onto corn tortillas (as shown) with cilantro, sliced radishes, and a squeeze of lime.

- 4 skinless, bone-in chicken leg-thigh quarters (about 4 pounds)
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- ¼ cup water
- ¼ cup smoked almonds
- ¼ cup raisins
- 2 tablespoons unsweetened cocoa

- 1 tablespoon ground cumin
- 2 tablespoons tomato paste
- 2 chipotle chiles, canned in adobo sauce
- 1 tablespoon adobo sauce
- 1 teaspoon ground cinnamon
- 4 garlic cloves, crushed
- 1 small sweet onion, chopped

1. Sprinkle chicken quarters with salt and pepper. Place in a 5- to 6-quart slow cooker.

2. Place ¼ cup water and remaining ingredients in a food processor; process until smooth. Spread mixture over chicken. Cover and cook on LOW for 8 hours or until chicken is tender.

SERVES 4 (serving size: 1 chicken quarter and about ⅓ cup sauce)

CALORIES 370; **FAT** 14.5g (sat 2.7g, mono 6.1g, poly 2.9g); **PROTEIN** 40g; **CARB** 22g; **FIBER** 6g; **SUGARS**

9g (est. added sugars 0g); **CHOL** 192mg; **IRON** 3mg;

SODIUM 546mg; **CALC** 61mg





Chicken, Potato, and Spinach Soup

Hands-on: 20 min. Total: 4 hr. 20 min. Either baby potatoes or fingerlings work well in this soup and maintain their shape during cooking. Fingerlings are not “baby” potatoes—they are fully grown finger-shaped potatoes. You can substitute new potatoes or cut larger potatoes into smaller pieces if baby potatoes or fingerlings are not available.

- 4 center-cut bacon slices, diced
- 1½ pounds bone-in chicken thighs, skinned
- 2 teaspoons salt-free garlic-and-herb seasoning blend (such as Mrs. Dash)
- 2 cups thinly sliced leek
- 1 cup sliced carrot
- 1 cup sliced celery
- 1 (32-ounce) carton chicken stock (such as Kitchen Basics), divided
- 5 thyme sprigs
- 12 ounces baby potatoes
- 2 cups chopped baby spinach

- 1.** Cook bacon in a large skillet over medium-high heat until crisp. Remove bacon from pan, reserving 1 teaspoon drippings in pan. Sprinkle chicken with seasoning blend. Add chicken to drippings in pan; cook 8 minutes, browning on all sides. Transfer chicken to a 6-quart electric slow cooker. Add leek, carrot, and celery to drippings in pan; sauté 5 minutes. Stir in 1 cup chicken stock, scraping pan to loosen browned bits. Add leek mixture, bacon, remaining stock, and thyme sprigs to cooker. Cover and cook on LOW for 2 hours. Add potatoes; cover and cook on LOW for 2 hours or until the potatoes are tender.
- 2.** Remove chicken from cooker with a slotted spoon; discard thyme sprigs. Cut chicken into bite-sized pieces; discard bones. Return

chicken to cooker; add spinach, stirring until spinach wilts.

SERVES 6 (serving size: 1½ cups)

CALORIES 244; **FAT** 6.2g (sat 2g, mono 1.7g, poly 1.2g);

PROTEIN 29g; **CARB** 18g; **FIBER** 3g; **SUGARS**

3g (est. added sugars 1g); **CHOL** 112mg; **IRON** 2mg;

SODIUM 347mg; **CALC** 54mg

QUICK SLOW COOK

The slow cooker is a champion of overnight or all-day cooking, but its uses go much further. Try using for much shorter time frames (even just 2 hours) to infuse homemade flavor into store-bought chicken stock, warm a dip or holiday beverage for entertaining, or cook potatoes to a buttery softness. A shorter slow cook also ensures that vibrant vegetables won't lose their color or texture and that leaner meats won't become tough or stringy. Even in a short time, the slow cooker still uses less energy than your oven, ideal for cost savings in the winter and a more comfortable kitchen in the summer. Start the slow cooker on an afternoon or evening when you'll be home; cool food completely, and freeze or refrigerate.

Easy Beef Osso Buco

Hands-on: 30 min. Total: 8 hr. 30 min.

This warm stew cooks while you're at work or running errands throughout the day and is ready to eat when you get home.

- 1³/₄ teaspoons kosher salt, divided
- 3 pounds cross-cut bone-in beef shanks
- 1 tablespoon canola oil, divided
- Cooking spray
- 2 cups sliced onion
- ³/₄ cup chopped celery
- ³/₄ cup chopped carrot
- 2 tablespoons tomato paste
- 8 garlic cloves, crushed
- 1 cup unsalted beef stock
- ¹/₄ ounce dried porcini mushrooms, chopped
- ¹/₂ cup dry red wine
- 2 teaspoons cornstarch
- ³/₄ teaspoon black pepper
- 1 bay leaf
- 8 plum tomatoes
- 6 tablespoons chopped fresh flat-leaf parsley
- 1 tablespoon grated lemon rind
- 1 tablespoon minced fresh garlic

1. Preheat broiler.

2. Sprinkle ¹/₂ teaspoon salt over beef. Heat a large skillet over medium-high heat. Add 1¹/₂ teaspoons oil; swirl to coat. Add beef; cook 4 minutes on each side or until browned. Add beef to a 6-quart electric slow cooker coated with cooking spray. Add 1¹/₂ teaspoons oil to skillet; swirl to coat. Add onion, celery, carrot, tomato paste, and garlic; sauté 4 minutes. Add stock and mushrooms. Bring to a boil; cook 1 minute, scraping pan to loosen browned bits. Add stock

mixture, wine, cornstarch, pepper, and bay leaf to slow cooker.

3. Place tomatoes on a jelly-roll pan. Broil 8 minutes or until blackened. Place tomatoes on beef, pressing lightly to crush.

4. Cover and cook on LOW 8 hours or until beef is tender. Remove beef from cooker. Remove meat from bones; discard bones. Stir meat and remaining 1¹/₄ teaspoons salt into cooker. Discard the bay leaf.

5. Combine parsley, rind, and garlic. Sprinkle mixture over stew.

SERVES 8 (serving size: about 1 cup beef mixture and 2 teaspoons gremolata)

CALORIES 207; **FAT** 6g (sat 1.5g, mono 2.9g, poly 0.8g); **PROTEIN** 24.3g; **CARB** 10.8g; **FIBER** 2.4g; **SUGARS** 5g (est. added sugars 0g); **CHOL** 40mg; **IRON** 3.3mg; **SODIUM** 557mg; **CALC** 57mg

PRAISE FOR THE BONE

This Italian dish is traditionally made with bone-in veal shanks; beef or lamb shanks are a great substitute. The bone imparts fantastic flavor to the stew and keeps the meat moist. The beef is so tender after 8 hours of cooking that the bones should slip right out. Your butcher may keep extra beef bones on hand; you can use them to make a rich beef stock: Roast the bones at 450° for 20 minutes, and add to a slow cooker with carrot, celery, onion, a bay leaf, and some black peppercorns. Fill with water, and cook on LOW for 8 hours.





Slow Cooker Chicken with 40 Cloves of Garlic

Hands-on: 15 min. Total: 8 hr. 15 min.
White meat can dry out after a long haul in the slow cooker, so we opt for bone-in thighs to guarantee optimal flavor and succulence. Make prep easier with prepeeled garlic, and pretty-up the platter with lemon slices and thyme sprigs.

Cooking spray

- 1 cup unsalted chicken stock
- ¼ cup dry white wine
- 3 tablespoons all-purpose flour
- 2 tablespoons unsalted butter, melted and cooled
- 2 tablespoons fresh lemon juice, divided
- 6 skin-on, bone-in chicken thighs (about 1½ pounds)
- 1¾ teaspoons kosher salt, divided
- ½ teaspoon freshly ground black pepper, divided
- 1½ pounds small red potatoes, scrubbed

- 40 garlic cloves, peeled
- 12 fresh thyme sprigs
- 3 tablespoons chopped fresh parsley

- 1.** Coat bottom and sides of a 6-quart slow cooker with cooking spray.
- 2.** Combine stock, wine, flour, butter, and 1 tablespoon lemon juice in a medium bowl, stirring with a whisk; pour mixture into slow cooker. Sprinkle chicken thighs evenly with ¾ teaspoon salt and ¼ teaspoon pepper. Place thighs in slow cooker, skin side down. Arrange potatoes, garlic, and thyme over chicken in slow cooker. Sprinkle ½ teaspoon salt and ¼ teaspoon pepper evenly over garlic and potatoes. Cover slow cooker; cook on LOW for 8 hours.
- 3.** Transfer chicken to a platter. Transfer potatoes and garlic to platter with a slotted spoon; discard

thyme sprigs. Sprinkle chicken and potatoes evenly with remaining ½ teaspoon salt, remaining 1 tablespoon lemon juice, and parsley. Strain cooking liquid from slow cooker through a sieve into a liquid measuring cup; let stand 3 minutes. Discard any fat that rises to top of liquid. Serve jus with chicken, potatoes, and garlic cloves.

SERVES 6 (serving size: 1 thigh, ¼ pound potatoes, and about 5 tablespoons jus)

CALORIES 324; **FAT** 14.1g (sat 5.2g, mono 5.2g, poly 2.2g); **PROTEIN** 20g; **CARB** 29g; **FIBER** 3g; **SUGARS** 2g (est. added sugars 0g); **CHOL** 100mg; **IRON** 2mg; **SODIUM** 664mg; **CALC** 63mg

Bibb and Radish Salad

Hands-on: 10 min. Total: 10 min.

- 2 tablespoons olive oil
- 1 teaspoon white wine vinegar
- 1 teaspoon Dijon mustard
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- Dash of sugar
- 20 small to medium Bibb lettuce leaves
- ½ cup thinly sliced radishes
- 2 tablespoons coarsely chopped fresh dill

- 1.** Combine oil, vinegar, mustard, salt, pepper, and sugar in a small bowl, stirring with a whisk. Divide lettuce and radishes evenly among 4 plates. Drizzle each serving with about 2 teaspoons oil mixture. Sprinkle dill evenly over salads.

SERVES 4 (serving size: about 1 cup salad)

CALORIES 69; **FAT** 6.9g (sat 1g, mono 4.9g, poly 0.8g); **PROTEIN** 1g; **CARB** 2g; **FIBER** 1g; **SUGARS** 1g (est. added sugars 0g); **CHOL** 0mg; **IRON** 1mg; **SODIUM** 158mg; **CALC** 18mg

Slow Cooker French Onion Soup

Hands-on: 30 min. Total: 9 hr.

This soup is actually an excellent candidate for freezing. Ladle the cooled soup into a large zip-top plastic freezer bag, and freeze in a medium bowl. Place sealed bag in a saucepan filled with water over medium heat until thawed (about 30 minutes); then pour soup into an empty saucepan and simmer 10 minutes or until thoroughly heated. Continue with steps 3 and 4.

- 1/4 cup unsalted butter
- 6 thyme sprigs
- 1 bay leaf
- 5 pounds large sweet onions, vertically sliced (about 16 cups)
- 1 tablespoon sugar
- 6 cups unsalted beef stock (such as Swanson)
- 2 tablespoons red wine vinegar
- 1 1/2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 24 (1/2-ounce) slices whole-grain French bread baguette
- 5 ounces Gruyère cheese, shredded (about 1 1/4 cups)

1. Place butter, thyme, and bay leaf in the bottom of a 6-quart electric slow cooker. Add onions; sprinkle with sugar. Cover and cook on HIGH for 8 hours.

2. Remove thyme and bay leaf; discard. Add beef stock, vinegar,

salt, and pepper; cook, covered, on HIGH for 30 minutes.

3. Preheat broiler to high.

4. Arrange bread in a single layer on 2 baking sheets; broil 30 seconds on each side or until toasted. Place 1 cup soup in each of 12 (8-ounce) ramekins or ovenproof bowls. Top each serving with 2 bread slices and about 2 tablespoons cheese. Place 6 ramekins on a jelly-roll pan; broil 2 minutes or until cheese melts and begins to brown. Repeat procedure with remaining 6 ramekins, bread slices, and cheese.

SERVES 12

CALORIES 240; **FAT** 8.3g (sat 4.8g, mono 2.3g, poly 0.6g); **PROTEIN** 9g; **CARB** 33g; **FIBER** 2g; **SUGARS** 11g (est. added sugars 2g); **CHOL** 23mg; **IRON** 2mg; **SODIUM** 511mg; **CALC** 172mg

FAST AND FUSS-FREE

The slow cooker completely eliminates the stirring part of caramelizing onions; it all goes happily unattended. Classic French onion soup heats in individual ramekins with a cheesy lid. We achieve the same effect by ladling the finished soup into individual ramekins. A quick turn under the broiler to toast the baguette slices and melt the cheese also warms the vessels so the soup stays hot. No ramekins? Toast bread on a foil-lined baking sheet, top with cheese, melt under broiler, and then top each serving.

SERVE WITH

French onion soup is a bit on the lighter side in terms of a main course, making it an excellent first course for entertaining. To round out the meal, keep the French theme going and serve with simple bistro fare: a whole roast chicken and a side salad. For a main course, serve with a salad topped with a little extra protein of your choosing.





Slow Cooker Pulled Pork with Bourbon-Peach Barbecue Sauce

Hands-on: 30 min. Total: 7 hr.

Smoked paprika comes from a centuries-old tradition in which chile peppers are slowly dried over low-burning fires of Spanish oak, then ground into powder. In the slow cooker, this earthy, aromatic spice adds outdoor smoked barbecue flavor.

- 2 teaspoons Spanish smoked paprika
- 1¼ teaspoons kosher salt, divided
- 1 teaspoon freshly ground black pepper
- 1 (3½-pound) bone-in pork shoulder roast (Boston butt), trimmed
- Cooking spray
- ½ cup unsalted chicken stock (such as Swanson)
- ⅓ cup balsamic vinegar
- ⅓ cup molasses
- 2 tablespoons lower-sodium soy sauce

- 1 teaspoon crushed red pepper
- ½ cup peach preserves
- 2 cups vertically sliced onion
- 5 garlic cloves, thinly sliced
- ¼ cup bourbon
- 2 tablespoons cold water
- 2 teaspoons cornstarch

1. Heat a large skillet over medium-high heat. Combine paprika, ½ teaspoon salt, and black pepper; rub evenly over pork. Coat pan with cooking spray. Add pork to pan; cook 10 minutes, turning to brown on all sides. Place pork in a 6-quart electric slow cooker.

2. Add stock and next 4 ingredients (through crushed red pepper) to skillet; bring to a boil, scraping pan to loosen browned bits. Add preserves, stirring with a whisk. Pour mixture over pork; top with onion

and garlic. Cover and cook on LOW 6½ hours or until pork is very tender. Remove pork from pan, reserving liquid; cool slightly. Shred with 2 forks. Remove onion with a slotted spoon; add to pork.

3. Place a large zip-top plastic bag inside a 4-cup glass measuring cup. Pour cooking liquid into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag. Drain drippings into skillet, stopping before fat layer reaches opening; discard fat. Stir bourbon into drippings; bring to a boil. Cook 10 minutes or until mixture is reduced to about 1½ cups. Combine 2 tablespoons cold water and cornstarch in a small bowl, stirring with a whisk; add cornstarch mixture to sauce, stirring constantly until thickened. Stir in remaining ¾ teaspoon salt. Drizzle sauce over pork; toss gently to coat.

SERVES 12 (serving size: about 3 ounces meat and about 2 tablespoons sauce)

CALORIES 206; **FAT** 5.9g (sat 2g, mono 2.6g, poly 0.7g); **PROTEIN** 17g; **CARB** 20g; **FIBER** 1g; **SUGARS** 15g (est. added sugars 13g); **CHOL** 54mg; **IRON** 2mg; **SODIUM** 369mg; **CALC** 41mg

BBQ, ANYTIME

Think smoky, succulent meat and a gorgeous crust can only be achieved outdoors? Think again. By browning the pork shoulder first and cooking with very little liquid (about 1 cup total), the meat can break down without swimming in liquid, allowing a caramelized exterior to form. Any meat cooked in a slow cooker will produce liquid rather than absorb it. This becomes the base for the rich, bourbon-infused sauce. If you prefer not to use alcohol, substitute chicken stock for the bourbon.

White Bean Chili with Corn Chip Crunch

Hands-on: 30 min. Total: 9 hr.

The classic munchy—corn chips—adds a little salty, crunchy punch to each bite. The ingredient list may seem long, but vegetarian chilis require this extra help, as a slow simmer can dilute flavors.

- 3 cups chopped onion, divided
- 3 cups chopped red bell pepper, divided
- ½ cup chopped fresh cilantro stems
- 1½ tablespoons dried oregano
- 6 garlic cloves
- 3 dried ancho chile peppers, stemmed, seeded, and finely chopped
- ¼ cup olive oil
- 1 tablespoon ground cumin
- 2 tablespoons tomato paste
- 1 teaspoon ground coriander
- 1¾ teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- ½ teaspoon ground cinnamon
- 1 bay leaf
- 4½ cups organic vegetable broth
- 1 (16-ounce) package dried white beans
- 1 (26.46-ounce) container unsalted tomato puree
- 1 (12-ounce) bottle stout beer (such as Guinness)
- 4 cups chopped zucchini (about 2 large)
- 1 (15-ounce) can unsalted fire-roasted diced tomatoes, undrained
- ¾ cup reduced-fat sour cream
- 3 ounces corn chips, crushed (such as Fritos)

1. Combine 1 cup onion, 1 cup bell pepper, cilantro, oregano, garlic, and ancho chiles in a food processor; process until almost smooth. Heat oil in a large skillet over medium heat. Add onion mixture to pan; cook 8 minutes or until liquid nearly evaporates, stirring frequently. Add

cumin and next 6 ingredients (through bay leaf); cook 2 minutes, stirring frequently.

2. Transfer mixture to a 6-quart electric slow cooker. Stir in remaining 2 cups onion, 1 cup bell pepper, broth, beans, tomato puree, and beer; cover and cook on LOW 8 hours.

3. Stir in remaining 1 cup bell pepper, zucchini, and diced tomatoes; cook on LOW 30 minutes or until vegetables are tender. Discard bay leaf. Top chili with sour cream and crushed corn chips.

SERVES 12 (serving size: about 1½ cups chili, 1 tablespoon sour cream, and about 1 tablespoon crushed corn chips)

CALORIES 319; **FAT** 10.1g (sat 2.5g, mono 4.6g, poly 2.1g); **PROTEIN** 13g; **CARB** 46g; **FIBER** 12g; **SUGARS** 9g (est. added sugars 0g); **CHOL** 5mg; **IRON** 4mg; **SODIUM** 592mg; **CALC** 148mg

BETTER TEXTURE

Vegetarian dishes tend to suffer in the slow cooker. Vegetables become too soft, flavors get muddy, and a heaping amount of salt is added to compensate. We solve the problem by approaching the chili in stages: A quick sauté in a skillet jump-starts caramelization. The broth, tomato paste, and beer simmer for several hours to build a rich base. Finally, fresh vegetables are added right at the end to preserve their color and crisp-tender texture.



Pulled Pork Sandwiches with Sriracha BBQ Sauce

Hands-on: 20 min. Total: 8 hr. 30 min.

- 3 tablespoons brown sugar
- 1 tablespoon ground coriander
- 1 teaspoon garlic powder
- 1 teaspoon chili powder
- $\frac{3}{4}$ teaspoon salt
- 1 (3½-pound) boneless pork shoulder (Boston butt), trimmed and cut into 4 pieces
- $\frac{1}{2}$ cup ketchup
- $\frac{1}{3}$ cup seasoned rice vinegar
- $\frac{2}{3}$ cup water
- 3 tablespoons Sriracha (hot chile sauce, such as Huy Fong), divided
- 1 tablespoon minced peeled fresh ginger
- 12 (1½-ounce) whole-wheat hamburger buns

- 1.** Combine brown sugar, coriander, garlic powder, chili powder, and salt in a small bowl. Rub pork with brown sugar mixture.
- 2.** Combine ketchup, vinegar, $\frac{2}{3}$ cup water, 2 tablespoons Sriracha, and ginger in a slow cooker, stirring well. Add pork; toss to coat.
- 3.** Cook on LOW for 8 hours or until very tender.
- 4.** Skim fat from surface of cooking liquid. Remove pork from cooker. Stir in remaining 1 tablespoon Sriracha. Shred pork; return shredded pork to Sriracha mixture. Place about 3 ounces meat mixture on bottom half of each bun; top with top halves of buns.

SERVES 12

CALORIES 231; **FAT** 6.5g (sat 2g, mono 1.9g, poly 1.5g); **PROTEIN** 20g; **CARB** 28g; **FIBER** 5g; **SUGARS** 8g (est. added sugars 8g); **CHOL** 46mg; **IRON** 4mg; **SODIUM** 619mg; **CALC** 269mg

Slow Cooker Barbacoa Brisket

Hands-on: 15 min. Total: 8 hr. 15 min.

Slow cooking tougher cuts of meat, such as beef brisket, gives you a meltingly tender texture. For tacos, serve the saucy barbacoa in tortillas with green and red onion, cilantro leaves, jalapeño slices, and lime wedges.

- 1 tablespoon finely chopped fresh oregano
 - 1 tablespoon dark brown sugar
 - 2 tablespoons olive oil
 - 1 tablespoon minced chipotle chiles in adobo sauce
 - 1 tablespoon adobo sauce
 - 1 teaspoon ground cumin
 - $\frac{3}{4}$ teaspoon kosher salt
 - $\frac{1}{2}$ teaspoon freshly ground black pepper
 - 3 garlic cloves, grated
 - 1 pound trimmed beef brisket
 - 2 medium tomatoes, chopped (about 2 cups)
 - $\frac{1}{2}$ medium onion, chopped (about 1 cup)
 - 1 red bell pepper, chopped (about 1 cup)
 - 1 jalapeño pepper, seeded and chopped
- 1.** Combine first 9 ingredients in a medium bowl, stirring well to combine. Rub mixture into brisket.
 - 2.** Arrange tomatoes, onion, bell pepper, and jalapeño in the bottom of a 6-quart slow cooker. Place brisket on top of vegetables, and drizzle any remaining spice mixture over brisket and vegetables. Cover and cook on LOW for 8 hours.
 - 3.** Remove brisket from slow cooker; shred meat with 2 forks. Return brisket to cooker, and toss with vegetables.

SERVES 4 (serving size: 1 cup beef mixture)

CALORIES 303; **FAT** 15.7g (sat 3.9g, mono 9g, poly 1.1g); **PROTEIN** 25g; **CARB** 15g; **FIBER** 3g; **SUGARS** 9g (est. added sugars 3g); **CHOL** 70mg; **IRON** 3mg; **SODIUM** 540mg; **CALC** 42mg









| CHAPTER 5 |

Finish and Serve

**Build a casserole, marinate meats,
and get the soup simmering
when you have time; then bake, grill,
or reheat for impressive
weeknight mains without the hassle.**

Beer-Braised Chicken Thighs with Cremini Mushrooms

Hands-on: 20 min. Total: 38 min.

A wide skillet and less liquid allow for a relatively short, intense braise; this one is less than 20 minutes, compared to many hour-long versions.

- 6 ounces uncooked no-yolk egg noodles
- 3½ tablespoons all-purpose flour, divided
- 2 teaspoons chopped fresh thyme
- ¼ teaspoon paprika
- 4 (6-ounce) bone-in chicken thighs, skinned
- ½ teaspoon kosher salt, divided
- 1 tablespoon extra-virgin olive oil
- 1 cup chopped onion
- 1 (8-ounce) package cremini mushrooms, halved
- ¾ cup dark porter beer
- ¾ cup unsalted chicken stock (such as Swanson)
- 2 teaspoons Worcestershire sauce
- ½ teaspoon freshly ground black pepper
- ¼ cup chopped fresh flat-leaf parsley

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

2. Combine 3 tablespoons flour, thyme, and paprika in a large zip-top plastic bag. Sprinkle chicken with ¼ teaspoon salt. Add chicken to bag; seal. Turn to coat.

3. Heat a large nonstick skillet over medium-high heat. Add oil to pan; swirl to coat. Remove chicken from flour mixture; discard flour mixture. Add chicken to pan; cook 4 minutes or until browned. Turn chicken; cook 2 minutes. Remove chicken from pan (chicken will not be cooked through). Add onion and mushrooms to pan; cook 5 minutes or until mushrooms are browned, stirring occasionally. Stir in remaining 1½ teaspoons flour, remaining ¼ teaspoon salt, beer, stock, Worcestershire sauce, and pepper. Bring to a boil; cook 2 minutes. Return chicken to pan. Reduce heat and cook, partially covered, 15 minutes or until chicken is done. Sprinkle with parsley. Serve with noodles.

SERVES 4 (serving size: 1 chicken thigh, ½ cup sauce, and ½ cup noodles)

CALORIES 475; **FAT** 11.1g (sat 2.3g, mono 4.9g, poly 2.1g); **PROTEIN** 43g; **CARB** 45g; **FIBER** 4g; **SUGARS** 4g (est. added sugars 2g); **CHOL** 162mg; **IRON** 4mg; **SODIUM** 474mg; **CALC** 42mg

SERVE WITH

Parsley-Fennel Salad with Mustard Vinaigrette

Hands-on: 7 min. Total: 7 min.

- 2 cups baby arugula
- ¾ cup packed fresh flat-leaf parsley leaves
- 1 medium fennel bulb, cored and thinly sliced
- 2 tablespoons olive oil
- 2 teaspoons white wine vinegar
- 1 teaspoon Dijon mustard
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper
- Dash of sugar

1. Combine the first 3 ingredients in a large bowl. Combine oil and remaining ingredients in a small bowl; add to arugula mixture. Toss.

SERVES 4 (serving size: about 1 cup)

CALORIES 86; **FAT** 7g (sat 1g, mono 5g, poly 1g); **PROTEIN** 1g; **CARB** 6g; **FIBER** 2g; **SUGARS** 2g (est. added sugars 0g); **CHOL** 0mg; **IRON** 1mg; **SODIUM** 190mg; **CALC** 61mg

TO MAKE AHEAD

Chicken thighs won't dry out when reheated—great for a make-ahead meal. Cook the pasta a couple of days ahead, drain, toss with 1 teaspoon oil, and refrigerate in an airtight plastic container. Cook the chicken and mushroom mixture, and refrigerate separately. Before serving, reheat the chicken in a covered skillet with a splash of chicken stock, and reheat mushroom mixture in a small saucepan. Make the salad just before dinner so the greens stay fresh.





Spaghetti Squash Lasagna with Spinach

Hands-on: 40 min. Total: 1 hr. 50 min.

These squash-filled “boats” help keep portions in check, cut carbs in half, boost fiber, and pack nearly 2 cups of vegetables into each hearty serving.

- 2 small spaghetti squash (about 1½ pounds each)
- 2 teaspoons olive oil
- 4 garlic cloves, thinly sliced
- 1 (8-ounce) package fresh baby spinach
- ½ cup part-skim ricotta cheese
- ⅛ teaspoon kosher salt
- 2 ounces shredded part-skim mozzarella cheese (about ½ cup), divided
- 8 ounces 93% lean ground turkey
- 1½ cups lower-sodium marinara sauce (such as Dell’Amore)
- 1 ounce Parmesan cheese, grated (about ¼ cup)

1. Preheat oven to 350°.
2. Cut squashes in half lengthwise. Scoop out seeds; discard. Place halves, cut sides up, on a baking sheet. Bake at 350° for 50 minutes. Let stand 10 minutes. Scrape inside of squash with a fork to remove spaghetti-like strands. Place strands on a towel; squeeze until barely moist.
3. Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Add garlic; cook 30 seconds. Add spinach; cook 1 minute or until spinach wilts. Remove from heat. Combine spinach mixture, squash strands, ricotta, salt, and half of mozzarella in a medium bowl.
4. Return skillet to medium-high heat. Add turkey to pan; cook 4 minutes or until browned, stirring to crumble. Add marinara; cover, reduce heat to medium, and simmer 4 minutes. Remove from heat.

5. Increase oven temperature to 425°.
6. Spoon sauce evenly into the bottom of each squash half. Top evenly with squash mixture. Sprinkle evenly with remaining mozzarella cheese and Parmesan cheese. Bake at 425° for 20 minutes.

7. Preheat broiler to high (keep squash in oven). Broil squash 1 to 2 minutes or until cheese is golden brown and bubbly. Remove from oven; let stand 10 minutes.

SERVES 4 (serving size: 1 squash half)

CALORIES 374; **FAT** 18.9g (sat 6.2g, mono 5.4g, poly 2.6g); **PROTEIN** 25g; **CARB** 30g; **FIBER** 6g; **SUGARS** 12g (est. added sugars 0g); **CHOL** 65mg; **IRON** 4mg; **SODIUM** 613mg; **CALC** 411mg

TO MAKE AHEAD

Bake the squash up to a week ahead. Scrape into spaghetti-like strands, squeeze dry, and store in a zip-top plastic bag in the refrigerator until ready to use. Stack the empty squash halves, and refrigerate in a zip-top bag. Make the tomato sauce mixture, and refrigerate. Before serving, continue with step 3, adding squash to pan with spinach to reheat. Reheat sauce while oven preheats, and then continue with steps 6 and 7.

Eggs Poached in Tomato Sauce with Garlic Cheese Toasts

Hands-on: 25 min. Total: 25 min.

Double the tomato sauce mixture for the week: Add sautéed vegetables for ratatouille, or spoon over chicken.

- 1 tablespoon extra-virgin olive oil
- 1 cup chopped onion
- 3 garlic cloves, minced
- 3 tablespoons tomato paste
- $\frac{1}{3}$ cup dry red wine
- 1 teaspoon sugar
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- $\frac{1}{4}$ teaspoon ground Aleppo pepper or crushed red pepper
- 1 (14.5-ounce) can unsalted petite diced tomatoes
- 4 large eggs
- 4 (1-ounce) slices sourdough bread
- 1 garlic clove, halved
- 2 ounces part-skim mozzarella cheese, shredded (about $\frac{1}{2}$ cup)

1. Preheat broiler to high.
2. Heat a medium nonstick skillet over medium-high heat. Add oil to pan; swirl to coat. Add onion and minced garlic to pan; sauté 4 minutes. Add tomato paste; cook 1 minute, stirring constantly. Add wine; cook 1 minute or until liquid almost evaporates. Add sugar, salt, peppers, and tomatoes. Cover and reduce heat to medium; simmer 2 minutes. Crack eggs, 1 at a time, on

top of tomato mixture. Cover and cook 5 minutes or until whites are set and yolks are soft.

3. Place bread slices on a baking sheet; broil $1\frac{1}{2}$ minutes on each side or until toasted. Rub bread with halved garlic clove. Sprinkle 2 tablespoons cheese over each bread slice; broil $1\frac{1}{2}$ minutes or until cheese melts. Divide tomato mixture and eggs evenly among 4 shallow bowls. Serve with garlic toasts.

SERVES 4

CALORIES 286; **FAT** 11g (sat 3.6g, mono 5g, poly 1.6g); **PROTEIN** 15g; **CARB** 29g; **FIBER** 3g; **SUGARS** 8g (est. added sugars 2g); **CHOL** 195mg; **IRON** 3mg; **SODIUM** 598mg; **CALC** 180mg

TO MAKE AHEAD

Let this be your go-to marinara: Make a large batch, and freeze flat in zip-top plastic freezer bags, or refrigerate in an airtight container. Omit the crushed red pepper, and stir in depending on the dish you serve. Make sure sauce is thoroughly heated before adding the eggs; otherwise they may not cook thoroughly. Preheat the broiler and make the cheese toasts while the sauce reheats in the skillet.





Turkey Meatball Soup with Greens

Hands-on: 40 min. Total: 60 min.

In this play on Italian wedding soup, cooked quinoa serves as a nutty, whole-grain binder for the meatballs. We like the tenderness of lacinato kale, but you can substitute other varieties in this soup.

- 1 pound ground turkey breast
- $\frac{1}{2}$ cup cooked quinoa
- 2 ounces Parmigiano-Reggiano cheese, grated and divided (about $\frac{1}{2}$ cup)
- 2 tablespoons chopped fresh flat-leaf parsley
- 2 tablespoons chopped fresh basil
- $\frac{3}{4}$ teaspoon kosher salt, divided
- $\frac{1}{2}$ teaspoon freshly ground black pepper, divided
- 6 garlic cloves, minced and divided
- 1 large egg, lightly beaten
- 4 teaspoons extra-virgin olive oil, divided
- $\frac{1}{2}$ cup chopped shallots
- $\frac{1}{2}$ cup chopped celery

- 8 cups chopped trimmed lacinato kale (about 1 pound)
- $\frac{1}{4}$ teaspoon crushed red pepper
- 5 cups unsalted chicken stock (such as Swanson)

Lemon wedges (optional)

- 1.** Combine turkey, quinoa, $\frac{1}{4}$ cup cheese, parsley, basil, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon black pepper, 2 garlic cloves, and egg in a large bowl; mix gently until combined. Working with damp hands, shape turkey mixture into 24 meatballs (about 2 tablespoons each).
- 2.** Heat a large Dutch oven over medium-high heat. Add 1 teaspoon oil to pan; swirl. Add 12 meatballs; cook 8 minutes, turning to brown on all sides. Remove from pan. Repeat procedure with 1 teaspoon oil and remaining 12 meatballs. Add remaining 2 teaspoons oil to pan; swirl to coat. Add shallots and

celery; sauté 5 minutes. Add remaining 4 garlic cloves; sauté 1 minute. Add kale, remaining $\frac{1}{2}$ teaspoon salt, remaining $\frac{1}{4}$ teaspoon black pepper, and red pepper; cook 2 minutes. Add stock; bring to a boil. Return meatballs to pan. Reduce heat; simmer 10 minutes or until kale is tender and meatballs are done. Ladle $1\frac{1}{3}$ cups soup into each of 6 bowls; divide remaining cheese evenly among bowls. Serve with lemon wedges, if desired.

SERVES 6

CALORIES 264; **FAT** 8.5g (sat 2.7g, mono 3.3g, poly 0.9g); **PROTEIN** 30.7g; **CARB** 18.1g; **FIBER** 3.3g; **SUGARS** 2g (est. added sugars 0g); **CHOL** 70mg; **IRON** 3.1mg; **SODIUM** 608mg; **CALC** 271mg

TO MAKE AHEAD

If making a week ahead, mix and shape the meatballs, and brown in batches in a large skillet. Refrigerate in an airtight container. Before serving, sauté the kale mixture, add the meatballs and stock, and simmer 12 minutes or until meatballs are reheated and cooked through. If making a couple of days ahead, prepare the soup as directed, omitting the kale in step 2. Before serving, bring the soup to a simmer, stir in the kale, and cook 5 minutes or until the greens are wilted.

Beefy Bolognese over Penne Pasta

Hands-on: 25 min. Total: 1 hr. 30 min.

A meaty Bolognese needs a chance to reduce just a little as it cooks to concentrate flavors. The Dutch oven allows for that, even with the lid on. This method also lets layers of flavors come through, as bacon, ground meat, and veggies are all browned in the same pot, then deglazed with the cooking liquid so no flavor is lost.

- 3 center-cut bacon slices, chopped
- 8 ounces 90% lean ground beef
- 4 ounces ground bison or lean ground pork
- 1½ cups finely chopped onion
- ½ cup finely chopped carrot
- ⅓ cup finely chopped celery
- 1 tablespoon minced fresh garlic
- ¼ cup unsalted tomato paste
- ½ cup unsalted chicken stock (such as Swanson)
- ⅓ cup dry red wine
- 1 (14.5-ounce) can unsalted diced tomatoes, undrained
- ½ teaspoon black pepper
- ¼ teaspoon salt
- 8 ounces uncooked penne pasta
- Chopped fresh flat-leaf parsley (optional)

1. Place bacon in a Dutch oven over medium-high heat; sauté 5 minutes or until bacon begins to crisp. Add beef and bison to pan; cook 6 minutes or until partly browned, stirring to crumble. Remove mixture from pan. Add onion, carrot, celery, and garlic;

sauté 4 minutes. Add tomato paste; sauté 1 minute. Add stock and wine; bring to a boil. Cook 1 minute, scraping pan to loosen browned bits. Return beef mixture to pan; stir in tomatoes, pepper, and salt.

2. Cover; reduce heat to low, and cook 1 hour, stirring 3 times to prevent sticking.

3. Cook pasta according to package directions. Serve pasta with Bolognese sauce; garnish with parsley.

SERVES 4 (serving size: 1 cup sauce and ½ cup pasta)

CALORIES 434; **FAT** 10.4g (sat 3.9g, mono 3.3g, poly 0.4g); **PROTEIN** 28g; **CARB** 54g; **FIBER** 4g; **SUGARS** 5g (est. added sugars 0g); **CHOL** 58mg; **IRON** 4mg; **SODIUM** 393mg; **CALC** 59mg

TO MAKE AHEAD

Bolognese is the perfect make-ahead dish—it comes together in one pan, freezes well, and tastes even better the next day. The key is to reheat it gradually so the lean bison doesn't become tough and the liquid doesn't evaporate. Start over medium heat, stirring occasionally, until the sauce is thoroughly heated. You'll have just enough time to boil the pasta and make a side salad while it reheats.





Baked Pasta with Spinach, Lemon, and Cheese

Hands-on: 12 min. Total: 1 hr. 33 min.
If you can't find casarecce pasta, use fusilli, campanelle, or radiatore. For a speedy version of the dish, cook the pasta a couple of minutes longer, top the pasta mixture with cheese and panko, and broil 2 minutes or until cheese is melted and surface is lightly browned.

- 10 ounces casarecce pasta or fusilli (short twisted spaghetti)
- 1 (5-ounce) package fresh baby spinach
- 1 tablespoon olive oil
- 4 cups chopped onion
- 1.1 ounces all-purpose flour (about $\frac{1}{4}$ cup)
- 4 garlic cloves, minced
- 2 $\frac{1}{2}$ cups 1% low-fat milk
- $\frac{1}{2}$ cup dry white wine
- 4 ounces grated Parmigiano-Reggiano cheese, divided (1 cup)

- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon grated lemon rind
- $\frac{1}{2}$ teaspoon black pepper
- Cooking spray
- $\frac{3}{4}$ cup panko (Japanese breadcrumbs), divided

1. Preheat oven to 350°.
2. Cook pasta in boiling water for 8 minutes or until almost al dente, omitting salt and fat. Remove from heat; stir in spinach. Let stand for 2 minutes or until spinach wilts. Drain pasta mixture well.
3. Heat a large nonstick skillet over medium heat. Add olive oil to pan; swirl to coat. Add onion; cook 15 minutes or until golden brown, stirring frequently. Weigh or lightly spoon flour into a dry measuring cup; level with a knife. Add flour and garlic; cook 1 minute, stirring

constantly with a whisk. Gradually add milk and wine; cook 8 minutes or until sauce boils and thickens, stirring constantly. Stir in $\frac{3}{4}$ cup cheese, salt, and rind. Remove from heat; stir in pepper. Add pasta mixture to onion mixture, and toss gently to coat.

4. Spoon the pasta mixture into a 13 x 9-inch glass or ceramic baking dish coated with cooking spray. Sprinkle half of panko over pasta, and top evenly with remaining $\frac{1}{4}$ cup cheese. Sprinkle the remaining half of panko breadcrumbs over cheese. Bake at 350° for 50 minutes or until browned and bubbly.

SERVES 6

CALORIES 396; **FAT** 8.2g (sat 3.5g, mono 3.1g, poly 0.5g); **PROTEIN** 18.4g; **CARB** 63.3g; **FIBER** 4.9g; **SUGARS** 12g (est. added sugars 0g); **CHOL** 17mg; **IRON** 3mg; **SODIUM** 611mg; **CALC** 325mg

TO MAKE AHEAD

Spoon the pasta mixture into the prepared pan. Cool completely, cover with plastic wrap, and refrigerate. Before serving, sprinkle with panko and remaining cheese, and bake as directed. The spinach will be a touch less vibrant in color but will taste the same. The spinach flavor may also dull in the fridge. Sprinkle a little fresh grated lemon rind over the pan, and drizzle with fresh lemon juice before serving, if desired.

Balsamic Hanger Steak with Greens and Parmesan

Hands-on: 21 min. Total: 4 hr. 21 min.
Marinate the steak in the morning, and then sear just before serving. Prepare the salad while the steak rests.

- 1¼ pounds hanger steak, trimmed and central membrane removed
- 9 tablespoons extra-virgin olive oil, divided
- 6 tablespoons balsamic vinegar
- ¼ cup red wine
- ½ teaspoon freshly ground black pepper, divided
- 8 garlic cloves, peeled and crushed
- Cooking spray
- ¾ teaspoon kosher salt, divided
- 2½ cups baby arugula
- 2½ cups watercress
- 2 teaspoons fresh lemon juice
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped fresh chives
- 1.5 ounces Parmesan cheese, shaved (about ⅓ cup)
- 4 lemon wedges

1. Cut steak lengthwise into 2 pieces. Combine 7 tablespoons olive oil, vinegar, wine, ¼ teaspoon black pepper, and garlic cloves in a medium bowl, stirring with a whisk. Pour oil mixture into a large zip-top plastic bag. Add steaks to bag; press air out, and tightly seal bag. Turn 3 to 4 times to coat steaks with vinegar mixture, firmly rubbing vinegar mixture into surface of

steaks. Refrigerate 4 hours, turning bag 1 to 2 times while marinating.

2. Heat a large cast-iron skillet over medium-high heat. Coat pan with cooking spray. Remove steaks from bag, and discard marinade. Sprinkle steaks evenly with ½ teaspoon salt. Add steaks to pan, and cook 3½ minutes on each side or until desired degree of doneness. Remove from heat. Transfer steaks to a cutting board; let stand for 5 minutes.

3. While the steaks rest, combine arugula and watercress in a medium bowl. Drizzle with 1 tablespoon olive oil and lemon juice; toss to

coat. Divide dressed greens evenly among 4 plates.

4. Slice steak diagonally across the grain into thin strips; sprinkle evenly with remaining 1 tablespoon oil and remaining ¼ teaspoon salt. Arrange steak strips evenly over arugula mixture on plates. Sprinkle steaks evenly with parsley, chives, and shaved Parmesan cheese. Serve with lemon wedges.

SERVES 4 (serving size: 3 ounces steak, 1 cup salad, and about 2 tablespoons cheese)

CALORIES 376; **FAT** 24.5g (sat 7.2g, mono 13g, poly 1.3g); **PROTEIN** 35g; **CARB** 2g; **FIBER** 0g; **SUGARS** 1g (est. added sugars 0g); **CHOL** 56mg; **IRON** 1mg; **SODIUM** 629mg; **CALC** 183mg

TO MAKE AHEAD

This recipe is designed for make-ahead ease. Marinate the steak for 4 hours, as directed, or overnight.

Preheat the pan while you pat the steak dry and season it; then whip up the arugula salad while the steak rests for a bold, restaurant-quality meal in about 20 minutes.





Yogurt-Marinated Chicken with Beet Salad

Hands-on: 55 min. Total: 4 hr. 40 min.
Tamarind lends the marinade a pleasant sweet-sour note; you can sub 2 tablespoons lemon juice. Garam masala, a blend of several spices, is earthy, warm, and faintly sweet, a perfect pairing for the beet salad.

- ¾ cup plain low-fat yogurt
- 1 tablespoon garam masala
- 3 tablespoons finely chopped garlic
- 2 tablespoons canola oil
- 1 tablespoon tamarind paste
- 1¼ teaspoons ground red pepper
- 1 teaspoon ground cumin
- 1 teaspoon minced peeled fresh ginger
- 12 skinless, boneless chicken thighs (about 2½ pounds)
- 1½ cups diced seeded tomato
- 1 cup thinly sliced peeled beet
- ¾ cup thinly sliced peeled daikon radish (about 4 ounces)

- ½ cup vertically sliced red onion
- ½ cup finely chopped fresh cilantro
- 3 tablespoons fresh lemon juice
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon salt, divided

Cooking spray

- 1.** Combine first 8 ingredients (through ginger) in a large bowl. Add chicken thighs; toss to coat. Cover and chill at least 4 hours.
- 2.** Combine tomato and next 4 ingredients (through cilantro) in a medium bowl. Combine lemon juice, olive oil, and ½ teaspoon salt. Pour juice mixture over beet mixture, and toss to coat. Cover and chill for at least 2 hours.
- 3.** Heat a grill pan over high heat. Coat pan with cooking spray. Remove chicken from marinade, and discard marinade. Sprinkle

chicken evenly with remaining ½ teaspoon salt. Add half of the chicken to pan; cook chicken 4 minutes on each side or until done. Repeat procedure with the remaining chicken. Serve with salad.

SERVES 6 (serving size: 2 chicken thighs and ½ cup salad)
CALORIES 385; **FAT** 20.9g (sat 5g, mono 9.4g, poly 4.7g); **PROTEIN** 37.6g; **CARB** 11.2g; **FIBER** 2.6g; **SUGARS** 7g (est. added sugars 0g); **CHOL** 125mg; **IRON** 2.6mg; **SODIUM** 550mg; **CALC** 69mg

TO MAKE AHEAD

Yogurt has an incredible effect on the chicken as it marinates, making the meat very moist. It also serves as a kind of barrier for the spice mixture so it won't overwhelm the finished dish. Place the yogurt mixture and chicken in a large zip-top plastic bag and refrigerate overnight. Make the tomato and beet mixture, omitting the cilantro, and refrigerate. Before serving, remove the chicken from the marinade, season, and grill. Sprinkle cilantro over beet salad.

Chicken Posole and Corn Bread Muffins

Hands-on: 26 min. Total: 40 min.

Bake the muffins ahead and refrigerate in a zip-top plastic bag. Warm in a toaster oven or at 350° for 5 minutes or so. Make the soup up to a week ahead.

- 1/3 cup 1% low-fat milk
- 1 teaspoon chili powder
- 1 jalapeño pepper, minced, seeded, and divided
- 1 large egg
- 1 (6.5-ounce) package corn bread and muffin mix

Cooking spray

- 5 canned tomatillos
- 1/2 cup chopped fresh cilantro
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon black pepper
- 1 tablespoon olive oil
- 1 cup chopped onion
- 2 garlic cloves, minced
- 2 cups unsalted chicken stock (such as Swanson)
- 1 cup canned white hominy, drained
- 2 (6-ounce) skinless, boneless chicken breast halves
- 1 tablespoon lime juice
- 1/4 cup thinly sliced radishes

1. Preheat oven to 400°.

2. Combine milk, chili powder, 1 tablespoon jalapeño, and egg in a bowl; stir with a whisk. Add muffin mix; stir just until combined. Divide

batter among 4 (8-ounce) ramekins coated with cooking spray. Place ramekins on a baking sheet. Bake at 400° for 15 minutes or until a wooden pick inserted in the center comes out clean. Cool on a wire rack 5 minutes; remove muffins from ramekins.

3. Combine remaining minced jalapeño, tomatillos, and next 4 ingredients (through black pepper) in a food processor, and process until almost smooth.

4. Heat a Dutch oven over medium-high heat. Add oil to pan; swirl to coat. Add onion; cook 4 minutes, stirring occasionally. Add garlic;

sauté 30 seconds. Stir in tomatillo mixture, stock, and hominy; bring to a boil. Add chicken to pan; simmer, covered, 5 minutes. Turn chicken over; simmer, covered, 5 minutes or until chicken is done. Place chicken on a cutting board; cut into bite-sized pieces. Return chicken to pan. Stir in lime juice. Divide soup evenly among 4 bowls; top with radishes. Serve with corn muffins.

SERVES 4 (serving size: 1 1/2 cups soup, 1 tablespoon radishes, and 1 muffin)

CALORIES 399; **FAT** 10g (sat 1.6g, mono 3.8g, poly 1.2g); **PROTEIN** 28g; **CARB** 49g; **FIBER** 4g; **SUGARS** 4g (est. added sugars 0g); **CHOL** 102mg; **IRON** 2mg; **SODIUM** 687mg; **CALC** 83mg

TO MAKE AHEAD

Make the posole ahead, and refrigerate up to a week, or freeze up to 2 months. Instead of 4 large muffins, bake 6 standard muffins and refrigerate in a zip-top plastic bag. Warm muffins just before serving.





Texas-Style Chili with Brisket

Hands-on: 40 min. Total: 2 hr. 45 min.

Texas chili is purely beef-driven: no beans allowed. This version boasts smoky, complex, deep flavor from a mix of dried chiles and chili powders, while corn flour gives it extra body.

- 3 pounds flat-cut beef brisket, trimmed and cut into 1-inch cubes
- 1 pound beef stew meat
- 2 teaspoons freshly ground black pepper, divided
- 1³/₄ teaspoons kosher salt, divided
- 5 teaspoons canola oil, divided
- 4 cups chopped yellow onion
- 2 tablespoons dried oregano
- 1¹/₂ tablespoons paprika
- 1 tablespoon chili powder
- 1 tablespoon ancho chile powder
- 1 tablespoon ground cumin
- 6 garlic cloves, finely chopped
- 2 dried bay leaves
- 1 dried ancho chile, seeded

- 1 (6-ounce) can unsalted tomato paste
- 4¹/₂ cups water, divided
- 1 (12-ounce) lager beer (such as Shiner)
- 5 tablespoons masa harina
- 2 teaspoons hot sauce (such as Tabasco)
- ¹/₂ cup chopped green onions

1. Sprinkle beef with 1 teaspoon pepper and 1 teaspoon salt. Heat a large Dutch oven over medium-high heat. Add 1 teaspoon oil to pan; swirl to coat. Add one-quarter of beef to pan; sauté 3 minutes or until well browned on all sides. Remove beef from pan. Repeat procedure 3 times with 3 teaspoons oil and remaining beef.

2. Add remaining 1 teaspoon oil to pan; swirl to coat. Add onion and next 8 ingredients (through dried ancho chile); sauté 3 minutes. Stir

in remaining 1 teaspoon black pepper, remaining ³/₄ teaspoon salt, and tomato paste; cook 1 minute, stirring constantly. Stir in 4 cups water and beer; bring to a simmer. Reduce heat to medium-low, cover, and cook 2 hours or until beef is very tender. Combine remaining ¹/₂ cup water and masa in a small bowl, stirring with a whisk until smooth. Add masa mixture and hot sauce to pan; cook 3 minutes or until slightly thickened. Discard the dried ancho chile and bay leaves. Sprinkle with green onions.

SERVES 10 (serving size: about 1 cup)

CALORIES 347; **FAT** 13.4g (sat 3.9g, mono 6.7g, poly 1.4g); **PROTEIN** 41g; **CARB** 17g; **FIBER** 4g; **SUGARS** 3g (est. added sugars 0g); **CHOL** 119mg; **IRON** 6mg; **SODIUM** 569mg; **CALC** 74mg

TO MAKE AHEAD

As with many beef dishes, this classic Texas chili tastes even better the next day, so making ahead is a great option. Because it contains less liquid than other soups and stews, reheating slowly is key. Start over medium-low heat, and leave the lid on so no liquid evaporates. Stir occasionally so that the chunks of beef can heat through. Go ahead and discard the chile and bay leaves before cooling and refrigerating; their flavor will be spent, and the chile could start to add unwanted bitter flavors over time.

Shrimp and White Bean Cakes with Roasted Garlic Sauce

Hands-on: 35 min. Total: 1 hr. 25 min. These seafood cakes get incredible flavor from slow-roasted garlic and heft from whole-grain bulgur. It's a great way to get more seafood into your family's diet: Serve with a salad or in place of burger patties.

- 1 whole garlic head
- 7 teaspoons olive oil, divided
- ½ cup plain fat-free Greek yogurt
- 1 teaspoon fresh lime juice
- ½ teaspoon freshly ground black pepper, divided
- ¼ teaspoon kosher salt, divided
- ½ pound peeled and deveined medium shrimp, divided
- 1 (15-ounce) can cannellini beans or other white beans, rinsed and drained, divided
- ½ cup cooked bulgur
- ¼ cup coarsely chopped fresh cilantro leaves

1. Preheat oven to 375°.
2. Remove white papery skin from garlic head (do not peel or separate cloves). Drizzle 1 teaspoon oil over garlic; wrap in foil. Bake at 375° for 1 hour; cool 10 minutes. Separate cloves; squeeze into a small bowl to extract pulp. Discard skins. Mash garlic using the back of a spoon.

TO MAKE AHEAD

Roast the head of garlic and cook the bulgur (or simply soak overnight in water) up to a week ahead. Mix and form the cakes, and refrigerate on a sheet pan or in an airtight container separated by layers of parchment paper. Brush the cakes with oil while the broiler preheats. Prepare the yogurt sauce and a green salad while the patties cook in the oven.

Stir in yogurt, juice, ¼ teaspoon pepper, and ⅛ teaspoon salt.

3. Place 3 shrimp and ⅔ cup cannellini beans in a food processor; pulse until blended but not quite pureed. Add remaining shrimp, remaining beans, cooked bulgur, cilantro, remaining ¼ teaspoon pepper, and remaining ⅛ teaspoon salt to food processor; pulse until coarsely chopped. Fill a ¼-cup dry measuring cup with shrimp mixture. Invert onto a platter lined with parchment paper; gently pat into a 2½-inch-wide patty. Repeat procedure with remaining shrimp

mixture, forming 8 cakes. Refrigerate cakes for 20 minutes.

4. Preheat broiler to high.

5. Brush a jelly-roll pan with 1 tablespoon oil. Arrange cakes on pan; brush tops with remaining 1 tablespoon oil. Broil 5 minutes or until browned. Carefully turn cakes over. Brush tops with oil from pan. Broil an additional 5 minutes or until browned. Serve with sauce.

SERVES 4 (serving size: 2 cakes and about 2 tablespoons sauce)

CALORIES 223; **FAT** 9g (sat 1.3g, mono 5.9g, poly 1.3g); **PROTEIN** 18.7g; **CARB** 17.2g; **FIBER** 3.8g; **SUGARS** 2g (est. added sugars 0g); **CHOL** 86mg; **IRON** 2.6mg; **SODIUM** 364mg; **CALC** 91mg



Five-Bean Chili

Hands-on: 30 min. Total: 1 hr. 15 min.
Here is a make-ahead chili that both meat lovers and vegetarians will love: It packs in all the classic flavors you want and is loaded with beans that give the dish a rich, almost meaty character. Serving this chili the next day lets flavors meld—if the beans soak up a lot of liquid overnight, you can add more vegetable broth or water.

- 1 tablespoon canola oil
- 2 cups prechopped onion
- 1 cup chopped carrot
- 2 tablespoons unsalted tomato paste
- 2 tablespoons minced fresh garlic
- 1½ teaspoons dried oregano
- 1½ teaspoons chili powder
- 1 teaspoon kosher salt
- ½ teaspoon Spanish smoked paprika
- 4 cups stemmed and torn kale
- 3 cups organic vegetable broth
- 2 red bell peppers, chopped
- 1 jalapeño pepper, seeded and chopped
- 1 (14.5-ounce) can unsalted diced tomatoes, undrained
- 1 (15-ounce) can unsalted black beans, rinsed and drained
- 1 (15-ounce) can unsalted kidney beans, rinsed and drained
- 1 (15.5-ounce) can unsalted chickpeas (garbanzo beans), rinsed and drained
- 1 (15.8-ounce) can unsalted Great Northern beans, rinsed and drained
- 1 (16-ounce) can unsalted pinto beans, rinsed and drained

1. Heat a large Dutch oven over medium heat. Add oil to pan; swirl to coat. Add onion and carrot; sauté 10 minutes or until tender.

Stir in tomato paste and the next 5 ingredients (through smoked paprika); cook 2 minutes, stirring constantly. Add kale and remaining ingredients. Cover and simmer for 45 minutes.

SERVES 8 (serving size: about 1½ cups)
CALORIES 221; **FAT** 2.8g (sat 0.2g, mono 1.2g, poly 0.7g); **PROTEIN** 11g; **CARB** 39g; **FIBER** 12g; **SUGARS** 7g (est. added sugars 1g); **CHOL** 0mg; **IRON** 3mg; **SODIUM** 520mg; **CALC** 153mg

SERVE WITH

Cheesy Corn Bread Croutons

Hands-on: 17 min. Total: 1 hr. 15 min.
These toasted corn bread cubes are great for topping a bowl of chili because they don't fall apart into crumbs.

- 1 cup fine cornmeal
- 1.5 ounces all-purpose flour (about ⅓ cup)
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ teaspoon baking soda
- ½ cup low-fat buttermilk
- 2 tablespoons butter, melted and cooled
- 2 ounces sharp cheddar cheese, shredded (about ½ cup)
- 1 large egg, lightly beaten

Cooking spray

1. Preheat oven to 400°.
2. Combine first 5 ingredients in a medium bowl, stirring with a whisk. Stir in remaining ingredients except cooking spray. Spread batter in an 8-inch square metal baking pan coated with cooking spray. Bake at 400° for 20 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack 10 minutes. Invert onto rack, and cool completely.

3. Cut corn bread into 36 (1⅓-inch) cubes. Spread in an even layer on a baking sheet; bake at 400° for 10 minutes or until bread is toasted.

SERVES 12 (serving size: 3 croutons)
CALORIES 107; **FAT** 4.2g (sat 2.4g, mono 1.1g, poly 0.4g); **PROTEIN** 3g; **CARB** 14g; **FIBER** 1g; **SUGARS** 1g (est. added sugars 0g); **CHOL** 26mg; **IRON** 1mg; **SODIUM** 247mg; **CALC** 70mg

SERVE IT UP

Yes, you can simply reheat the chili and sprinkle the croutons on top, but why not create a toppings bar for a little extra weeknight fun? Set up bowls of diced avocado, thinly sliced radishes, extra shredded cheese, chopped white onion, and lime wedges on your counter or kitchen island so diners can top their servings as they like. The next night, make Mexi-style salads: Add chili-bar toppings to chopped lettuce, and top with pan-grilled chicken or beef. Toast leftover corn bread croutons at 350° for about 10 minutes or until deep golden, and top each salad. Finish it off with a simple lime vinaigrette.





Turkey Burgers with Cranberry-Apple Relish

Hands-on: 28 min. Total: 28 min.

Mix and shape the patties ahead; store in an airtight container separated by squares of parchment paper. Prepare the relish ahead, and refrigerate.

- 1/2 cup fresh cranberries
- 1/2 cup coarsely chopped apple
- 1 teaspoon grated orange rind
- 2 tablespoons fresh orange juice
- 2 teaspoons sugar
- 3/8 teaspoon salt, divided
- 2 teaspoons olive oil
- 1/2 cup finely chopped onion
- 1/4 cup plain breadcrumbs
- 1/4 cup chopped fresh flat-leaf parsley
- 1 tablespoon chopped fresh sage
- 1/4 teaspoon freshly ground black pepper
- 1 pound ground turkey
- Cooking spray

- 4 (1/2-ounce) slices reduced-fat white cheddar cheese
- 3/4 cup baby arugula leaves
- 4 (1 1/2-ounce) whole-wheat hamburger buns, toasted

- 1.** Place first 5 ingredients in a mini food processor. Pulse 10 times or until coarsely chopped. Stir in 1/8 teaspoon salt; set aside.
- 2.** Heat a small skillet over medium heat. Add oil; swirl to coat. Add onion to pan; sauté 3 minutes or until tender. Cool slightly. Combine onion, breadcrumbs, parsley, sage, pepper, turkey, and remaining 1/4 teaspoon salt in a large bowl, stirring just until combined. Divide mixture into 4 equal portions, shaping each into a 4-inch patty.
- 3.** Heat a grill pan over medium-high heat; coat with cooking spray.

Add patties to pan; grill 5 minutes. Turn patties over; grill 3 minutes. Top each with 1 cheese slice; grill 2 minutes or until cheese melts and turkey is done.

- 4.** Divide arugula evenly among bottom halves of buns. Top each serving with 1 patty. Divide relish evenly among servings; top with top halves of buns.

SERVES 4 (serving size: 1 burger)

CALORIES 415; **FAT** 17.4g (sat 5.3g, mono 5.4g, poly 4.1g); **PROTEIN** 30.2g; **CARB** 36.3g; **FIBER** 4.9g; **SUGARS** 9g (est. added sugars 4g); **CHOL** 94mg; **IRON** 2.8mg; **SODIUM** 648mg; **CALC** 194mg

SERVE WITH

Sweet Potato Wedges

Hands-on: 10 min. Total: 22 min.

- 2 medium sweet potatoes (about 1 1/2 pounds)
- 1 tablespoon olive oil
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- Cooking spray

- 1.** Preheat oven to 450°.

2. Peel potatoes; cut in half lengthwise. Cut each half lengthwise into thirds. Place potatoes in a bowl; add oil, salt, and pepper, tossing to coat. Arrange potato wedges on a baking sheet coated with cooking spray; bake at 450° for 10 minutes. Turn potatoes; bake 10 to 12 minutes or until tender.

SERVES 4 (serving size: 3 sweet potato wedges)

CALORIES 178; **FAT** 3.6g (sat 0.5g, mono 2.5g, poly 0.4g); **PROTEIN** 3g; **CARB** 5g; **FIBER** 0g; **SUGARS** 10g (est. added sugars 0g); **CHOL** 0mg; **IRON** 1mg; **SODIUM** 214mg; **CALC** 51mg

Nutritional Analysis

OUR PHILOSOPHY

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

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

BREAKING DOWN THE NUMBERS

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

CALORIES PER DAY

1,600–2,000

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

SODIUM PER DAY

2,300mg or less

SATURATED FAT PER DAY

20g or less

ADDED SUGARS* PER DAY

38g or less

as recommended by the American Heart Association

*Naturally occurring sugars are found in foods that also tend to contain essential vitamins, minerals, protein, water, and fiber. Added sugars are simply empty calories. As of November 2018, the FDA does not require manufacturers to list added sugars on their labels, and the USDA has no specific requirement. We proactively set our guidelines at 38g or less and include total and estimated added sugars with every recipe.

HOW TO PORTION

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

SEAFOOD

5 ounces cooked

BEEF AND PORK

3 ounces cooked

CHICKEN

**4½ ounces cooked breast
or 3 ounces cooked thigh**

GRAINS

**About ½ cup,
preferably whole**

FRUITS AND VEGETABLES

At least ½ cup

ALCOHOL

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

Breads

- 90 Cheesy Corn Bread Croutons

Grains

- 28 Cauliflower Risotto Cakes
48 Cherry, Chicken, and Pecan Wheat Berry Salad
47 Crunchy Bulgur Bowl with Kale, Chicken, and Pear
55 Farro, Green Bean, and Fennel Salad with Tuna
39 Grilled Chipotle Chicken Breasts with Herbed Wheat Berry and Roasted Tomato Salad
65 Slow Cooker Red Beans and Rice
28 Sweet Onion Risotto with Sautéed Kale
39 Wheat Berry and Vegetable Sauté

Main Dishes

BEEF

- 85 Balsamic Hanger Steak with Greens and Parmesan
32 Beef and Cheddar Enchiladas
74 Slow Cooker Barbacoa Brisket
60 Slow Cooker Beef and Cabbage with Potatoes and Carrots
62 Slow Cooker Ropa Vieja
13 Stuffed Poblano Peppers
64 Sweet and Tangy Slow Cooker Brisket
32 Traditional Beef Pot Roast with Carrots

FISH & SHELLFISH

- 36 Chile-Garlic Shrimp with Coconut Rice and Snap Peas
36 Chipotle Shrimp Lettuce Wraps
89 Shrimp and White Bean Cakes with Roasted Garlic Sauce

PORK

- 40 Grilled Pork Tenderloin with Orange-Sesame Asparagus and Rice
15 Pork and Shiitake Pot Stickers
72 Slow Cooker Pulled Pork with Bourbon-Peach Barbecue Sauce

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17 Chicken Enchilada Casserole

- 12 Chicken Tikka Masala
27 Chicken Tinga Tacos
27 Garlic-Sage Roasted Chicken with Kale and Radicchio Caesar Salad
8 Individual White Chicken Pizzas
31 Mustard-Glazed Chicken with Roasted Vegetables
67 Slow Cooker Chicken Mole
70 Slow Cooker Chicken with 40 Cloves of Garlic
80 Spaghetti Squash Lasagna with Spinach
27 Thai Green Curry Chicken
86 Yogurt-Marinaded Chicken with Beet Salad

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10 Spaghetti and Meatballs in Tomato-Basil Sauce
51 Thai-Style Vegetable Rice Noodles
52 Tortellini with Snap Peas and Pesto
56 Tuna-Fennel Pasta Salad
22 Turkey Tetrazzini

Salads

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35 Chicken Salad with Bok Choy, Almonds, and Apricots
47 Grilled Steak Panzanella with Pickled Vegetables
48 Kale and Beet Salad with Salmon
78 Parsley-Fennel Salad with Mustard Vinaigrette
52 Radicchio Caesar Salad

- 56 Thai Steak Salad
39 Wheat Berry, Spinach, and Strawberry Salad

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40 Pork Sandwiches with Pickled Slaw
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92 Turkey Burgers with Cranberry-Apple Relish and Sweet Potato Wedges

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82 Turkey Meatball Soup with Greens
73 White Bean Chili with Corn Chip Crunch
11 White Bean, Sage, and Sausage Soup



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