Eating Well for Healthy Balance Meal Plan

1,200-Calorie Level
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The information and meal plans provided in this document are not intended to be a substitute for professional medical advice. Always consult with your physician or other qualified health provider before beginning a meal plan.

Recipes and meal plans were analyzed using The Food Processor® SQL Nutrition Analysis Software (version 10.9.0) from ESHA Research, Salem, OR.

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Welcome to a Healthy Meal Plan That Makes Sense.

When you’re trying to eat better, sometimes you just want someone to tell you what to eat. You want a nutritionally balanced plan that works in the real world. Which is to say you don’t want to cook a dozen recipes in a single day or have to shop at 17 different stores. What’s more, you want everything on this “perfect” plan to taste delicious: after all, why would you eat anything you don’t enjoy, especially if you’re cutting calories?

These meal plans are all that and more. Developed by EatingWell’s team of Test Kitchen experts and registered dietitians, the plans meet high standards for “good taste” and “good health.” They’re designed to keep you at the calorie target that’s right for you and help you get enough of nutrients, such as calcium and fiber, you might be falling short on (not to mention less of ones most people overdo, such as sodium). The meal plans help you meet these nutritional needs by suggesting the very sorts of foods recommended by the Dietary Guidelines for Americans: vegetables, fruits, whole grains and lean proteins (including low-fat dairy). And while they encourage a healthy variety, they are also practical, making use of leftovers so you aren’t wasting food. Finally, and perhaps best of all, the plans are completely customizable—which means you eat what you like. Because isn’t that what really matters when you’re trying to create healthier habits that stick? Let’s get started!

How to Use This Program:

1. Pick the right plan.

Calculate your daily calorie target. To estimate how many calories you need each day to stay at the weight you are right now, multiply your current weight by 12. If you want to lose about a pound per week, subtract 500 calories from the number you calculated with this (x12) formula; to lose about two pounds per week, subtract 1,000 calories. Round up to 1,200 calories if you’ve calculated a smaller number: below that level, it’s hard to get all the nutrients your body needs.

Choose the plan that’s best for you—start with the level closest to the calorie target you just calculated: 1,200, 1,500, 1,800, 2,000 or 2,200. If you’re in between two, take your pick. Obviously, you’ll lose weight a little faster at the lower level.

Example:
If your current weight is 145 pounds and your goal is to lose 1 pound per week…

(P.S. If you lose a substantial amount of weight on the plan, you may want to run the calculation again, as your calorie needs will have changed.)

145 [lb.] × 12 = 1,740 [calories]
1,740 [calories] – 500 [calories] = 1,240 calories
1,200-calorie meal plan
How to Use This Program (continued):

2 Customize menus to suit your tastes.

Mix and match whole meals. Our meal plans are flexible, allowing you to swap meals within a category (e.g., breakfast or dinner) and still keep calories consistent. For example, if Tuesday’s breakfast doesn’t sound good to you, you can simply replace it with Friday’s. Similarly, since most recipes in the plans serve four, you may have, and want to use, leftovers in place of a “regularly scheduled” meal. On the flip side, some weeks plan for leftovers—we’ve marked those for you—so if you didn’t make that meal, you’ll have to adjust. Keep in mind that once you start making changes there’s no guarantee that your new, customized plan will be 100 percent nutritionally balanced. (And be sure to adjust your shopping list accordingly!)

Make single swaps. If the plan suggests a banana (105 calories) for a snack and you’d rather have a cup of cherries (97 calories), go for it. That said, if you find yourself noshing on higher-calorie dried cranberries instead (187 calories per ½ cup), be sure to subtract the extra 80 or so calories from somewhere else—you might consider having your sandwich at lunch open-face, for example. Find calorie counts for common foods at the USDA’s Nutrient Database: http://ndb.nal.usda.gov.

Account for extras. Our menus don’t include many (calorie-containing) beverages. Water is the best way to hydrate when you’re aiming to slim down. But if breakfast just isn’t breakfast without a little OJ, and juice isn’t on the day’s plan, have some—knowing that ½ cup (4 ounces) delivers the calories of a whole orange, minus the 4 grams of fiber. If you like a glass of wine or a beer with dinner, have it in place of dessert or bread (a 5-ounce glass of wine or 12-ounce bottle of beer generally has 125 to 150 calories). Coffee and tea are freebies, even with a splash of low-fat milk—but if you use more than ¼ cup of milk or you opt for cream (or flavored creamer), be sure to count those calories and eliminate them somewhere else. And on the topic of extras, don’t lose count of the calories in condiments, which can pack more than you might think—2 tablespoons of ketchup, for instance, has 30 calories!

Hint: Don’t forget to read labels! We may list a serving of lemon yogurt as having 105 calories—but pick up one with 220 calories and, over a year, the extra calories could add up to more than 10 pounds!

3 Assess and adjust.

Are you eating enough? If you’re losing weight rapidly but also feeling very hungry, you might want to bump up to the next calorie level. We all burn calories at different rates. The formula you used in Step 1 assumes a relatively low level of physical activity, so if you exercise regularly it may underestimate your calorie needs.

Are you eating too much? If you’re trying to lose weight and following the plans religiously, but the scale isn’t budging, make sure you’re not underestimating your portion sizes: measure, or weigh, everything you eat for a week and see if that jump-starts your weight loss. If you’re still not losing—and you’re remembering that healthy weight loss is a slow-and-steady one to two pounds per week—consider dropping to a lower calorie level, making sure not to dip below 1,200 calories per day.

Consider: Maybe you’re doing it just right! Give yourself credit for your small successes and don’t get down on yourself when you slip up. Just acknowledge the “mishap” and move on. Little lapses are part of every journey toward healthier habits. You’re on your way!

Hint: We assume you may already have some ingredients at home, and so instead of listing them in the main shopping list we tell you to check your pantry for these foods. Do read the pantry list carefully, as some healthy ingredients (e.g., quinoa) may be new to you.
## Week One: 1,200-Calorie Meal Plan

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>DAY 2</th>
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<td>Multi-Grain Waffles</td>
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<tr>
<td>1 cup hot oatmeal</td>
<td>1 Tbsp. golden raisins</td>
<td>1 cup bran flakes cereal</td>
<td>1 Tbsp. peanut butter and 1 tsp. cinnamon sugar</td>
<td>1/2 cup orange juice</td>
<td>1 cup bran flakes cereal</td>
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<td>1 cup strawberries</td>
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<td>1/2 cup baby carrots</td>
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<td>1 kiwi</td>
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<td>1/2 cup orange juice</td>
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<td>1/2 cup low-fat vanilla yogurt</td>
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<td>6 oz. nonfat vanilla Greek yogurt</td>
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<td>1/2 cup low-fat vanilla yogurt</td>
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<td>1 part-skim mozzarella string cheese</td>
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<td>White Chili</td>
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<td>1/2 cup baby carrots</td>
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<td>1/2 cup baby carrots</td>
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<td>1 cup lentil soup</td>
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<td>1/2 cup sugar snap peas</td>
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<td>1/2 cup unsweetened applesauce</td>
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<td>4 whole-wheat crackers</td>
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<td>Portobello “Philly Cheese Steak” Sandwich</td>
<td>Portobello “Philly Cheese Steak” Sandwich</td>
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<td>Portobello “Philly Cheese Steak” Sandwich</td>
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<td>3 oz. frozen oven fries</td>
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<td>Spinach salad: 1/2 cup baby spinach with 1 Tbsp. Creamy Garlic Dressing</td>
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<td>White Chili topped with 1 cup green leaf lettuce</td>
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<tr>
<td>1 orange</td>
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<td>1/2 cup low-fat vanilla yogurt</td>
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<td>“Cocoa-Nut” Bananas</td>
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**Week One: Shopping List**

This list outlines everything you need to make all the recipes for the week, plus all the sides and snacks for ONE person to follow the plan.

### Shop For:
**Produce**
- 2 apples
- 4 apricots
- 3 bananas
- 2 cups grapes
- 1 kiwi
- 2 lemons
- 1 mango
- 2 mandarin oranges or 4 clementines
- 3 oranges
- ½ cup fresh pineapple
- 6 oz. strawberries

**Vegetables**
- ½ lb. asparagus
- 1 avocado
- 1 cup broccoli
- 2½ cups baby carrots
- 4 carrots
- 1 cucumber
- 1½ cups green beans
- 6 cups mixed greens (about 6 oz.)
- 2 heads Boston lettuce
- 1 head green leaf lettuce
- 4 portobello mushrooms
- 3 red bell peppers
- ½ cup new potatoes
- 1 bunch scallions
- 4 medium shallots
- 11½ cups spinach
- (about 12 oz.)
- 1½ cups sugar snap peas
- 3 cups cherry tomatoes

**Fruit**
- 2 blueberries
- 4 clementines
- ½ cup fresh pineapple
- 3 bananas
- 4 apricots
- 2 apples

**Dairy**
- 2½ cups buttermilk
- buttermilk powder
- 1 6-oz. container nonfatChanges Atlantis: 19m
- vanilla Greek yogurt, such as Chobani
- 1 container cherry 2%
- Greek yogurt, such as Chobani
- 1½ cups low-fat vanilla yogurt
- ¼ cup nonfat cottage cheese
- 1 cup shredded sharp Cheddar cheese (4 oz.)
- 2 slices reduced-fat Cheddar cheese
- 1 part-skim mozzarella stick
- 3 oz. reduced-fat provolone cheese
- 2 oz. sliced reduced-fat Swiss cheese

**Bread**
- 5 4-inch whole-wheat pita breads
- 4 8-inch whole-wheat tortillas
- 4 whole-wheat hamburger buns
- 3 whole-wheat English muffins

**Canned & Bottled Goods**
- 1 14.5-oz. can lentil soup
- 1 cup unsweetened applesauce
- 2 4-oz. cans green chilies
- 2 oz. roasted red peppers
- 1 8-oz. can water chestnuts

**Refrigerator Items**
- ¼ cup hummus
- ¼ cup pesto

**Check Your Pantry For:**
**Oils, Vinegars & Condiments**
- canola oil
- extra-virgin olive oil
- peanut oil
- sesame oil
- cooking spray
- balsamic vinegar
- cider vinegar
- rice vinegar
- white-wine vinegar
- white vinegar
- reduced-sodium soy sauce
- Dijon mustard
- ketchup
- reduced-fat mayonnaise

**Flavorings**
- salt
- pepper
- cardamom
- cayenne pepper
- small dried chile peppers
- Chinese 5-spice powder
- cinnamon
- coriander
- cumin
- oregano
- vanilla extract
- onions, red and white
- garlic

**Meat & Seafood**
- 1 lb. boneless, skinless chicken breast
- 4 cups cooked turkey or chicken
- 1 lb. lean ground turkey
- 12 oz. sliced deli turkey
- 1½ lb. London broil
- 1 lb. medium shrimp
- 1 lb. wild salmon

**Freezer**
- 3 oz. wedge-cut French fries, such as Alexia

**Dry Goods**
- whole-wheat flour
- rolled oats
- whole-wheat crackers
- cocoa powder
- sugar
- brown sugar
- honey
- baking powder
- baking soda

**Nuts, Seeds & Fruits**
- unsalted dry-roasted almonds
- natural peanut butter
- sesame seeds
- golden raisins
- apricot preserves
- cherry preserves

**Canned & Bottled Goods**
- reduced-sodium chicken broth
- cannellini beans
- great northern beans (3 15-oz. cans)
- chunk light tuna in water (2 6-oz. cans)
- red wine
- white wine

**Refrigerator Items**
- 4½ cups skim milk
- Parmesan cheese
- large eggs
- orange juice
- butter
# Week Two: 1,200-Calorie Meal Plan

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<td>1 cup skim milk</td>
<td>1 cup cantaloupe</td>
<td>1 cup hot oatmeal</td>
<td>1 cup nonfat low-calorie yogurt</td>
<td>1 cup bran flakes cereal</td>
<td>1 cup bran flakes cereal</td>
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<td>Egg Salad</td>
<td>Blue Ribbon Meatloaf</td>
<td>Torteillini &amp; Zucchini Soup</td>
<td>Chicken Stuffed with Golden Onions &amp; Fontina</td>
<td>Pork Chops with Orange &amp; Fennel Salad</td>
<td>EatingWell Power Salad</td>
<td>Turkey-Swiss sandwich</td>
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<tr>
<td>14-inch whole-wheat pita bread</td>
<td>1 cup nonfat low-calorie vanilla or lemon yogurt</td>
<td>1 cup red bell pepper</td>
<td>1 cup mashed butternut squash</td>
<td>1/2 cup cooked green peas</td>
<td>1 oz. unsalted unsalted dry-roasted pistachios</td>
<td>1/2 cup cooked long-grain brown rice</td>
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<td>Blue Ribbon Meatloaf</td>
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<td>Chicken Stuffed with Golden Onions &amp; Fontina</td>
<td>Pork Chops with Orange &amp; Fennel Salad</td>
<td>EatingWell Power Salad</td>
<td>Turkey-Swiss sandwich</td>
<td>Seared Steaks with Caramelized Onions &amp; Gorgonzola</td>
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<tr>
<td>Mashed potatoes: 1/2 cup red potatoes, with skin, boiled and mashed with 1 Tbsp. olive oil</td>
<td>1 whole-wheat roll</td>
<td>1 cup mashed butternut squash</td>
<td>1/2 cup cooked green peas</td>
<td>1/2 cup cooked green beans</td>
<td>1 oz. unshelled unsalted dry-roasted pistachios</td>
<td>1 medium baked sweet potato</td>
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**Notes:**
- Blue indicates recipes in this book.
- indicates leftovers.

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Week Two: Shopping List

This list outlines everything you need to make all the recipes for the week, plus all the sides and snacks for ONE person to follow the plan.

Shop For:
Produce
Fruit
☐ 2 apples
☐ 2 bananas
☐ 1 cantaloupe
☐ 3 kiwis
☐ 1 lemon
☐ 1 lime
☐ 6 oranges
☐ 1 papaya
☐ 1 cup fresh pineapple
☐ 1½ cups raspberries
☐ 1 cup fresh pineapple
☐ 1 cup fresh pineapple

Vegetables
☐ 1 avocado
☐ 1 cup broccoli
☐ 4½ cups baby carrots
☐ 4 carrots
☐ 2 stalks celery
☐ ½ cup corn (fresh or frozen)
☐ 1 fennel bulb
☐ 1 cup green beans
☐ 9 cups mixed greens
☐ 2 lettuce leaves
☐ 1 cup peas (or frozen)
☐ 2 red bell peppers
☐ 1 jalapeño pepper
☐ ½ cup red potatoes
☐ 1 bunch scallions
☐ 10 cups baby spinach
☐ 2½ cups cherry tomatoes
☐ 3 medium shallots
☐ 2 stalks celery
☐ 4 carrots
☐ 4 ½ cups baby carrots
☐ 1 cup broccoli
☐ 1 avocado

Dairy
☐ 1 ½ cups buttermilk
☐ buttermilk powder
☐ 3 cups nonfat low-calorie vanilla or lemon yogurt, such as Stonyfield brand
☐ ½ cup nonfat plain yogurt
☐ 1 ½ cups low-fat cottage cheese
☐ ¾ cup nonfat cottage cheese
☐ ¼ cup crumbled blue cheese
☐ ½ cup grated Cheddar cheese
☐ 6 oz. fontina cheese
☐ 2 oz. soft goat cheese
☐ 3 part-skim mozzarella sticks
☐ 2 oz. low-fat Swiss cheese

Meat & Seafood
☐ 1 lb. boneless, skinless chicken breast
☐ 1 lb. chicken tenders
☐ 1 ½ lb. lean ground turkey
☐ 5 oz. sliced turkey
☐ 1 ½ lb. extra-lean (95%) ground beef
☐ 1 lb. beef tenderloin
☐ 4 4-oz. boneless pork chops
☐ 3 oz. Canadian bacon
☐ 8 oz. wild salmon

Check Your Pantry For:
Oils, Vinegars & Condiments
☐ canola oil
☐ extra-virgin olive oil
☐ cooking spray
☐ balsamic vinegar
☐ cider vinegar
☐ red wine vinegar
☐ white-wine vinegar
☐ barbecue sauce
☐ hot sauce
☐ Dijon mustard
☐ yellow mustard
☐ low-fat mayonnaise

Flavorings
☐ salt
☐ pepper
☐ chili powder
☐ cinnamon
☐ cumin
☐ fennel seeds
☐ garlic powder
☐ dry mustard
☐ paprika
☐ thyme
☐ onions, red and white
☐ garlic

Dry Goods
☐ whole-wheat couscous
☐ long-grain brown rice
☐ all-purpose flour
☐ whole wheat flour
☐ rolled oats
☐ wheat germ
☐ whole-wheat breadcrumbs
☐ multigrain crispbreads, such as Wasa
☐ sugar
☐ brown sugar
☐ baking powder
☐ baking soda
☐ cornstarch

Nuts, Seeds & Fruits
☐ sliced almonds
☐ natural unsalted peanut butter

Canned & Bottled Goods
☐ reduced-sodium beef broth
☐ reduced-sodium chicken broth
☐ vegetable broth
☐ black beans
☐ 6-oz. can chunk light tuna in water

Refrigerator Items
☐ 3 ¼ cups skim milk
☐ 1 dozen large eggs
☐ orange juice
☐ butter

Refrigerator Items
☐ 3 oz. sweet potato fries, such as Alexia
☐ 1 box butternut squash puree (1 cup)
**Week Three: 1,200-Calorie Meal Plan**

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<td>Zucchini &amp; corn: ½ cup diced zucchini and ¼ cup corn sautéed with 1 tsp. olive oil and seasoned with cumin and oregano to taste</td>
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**Notes:** Blue indicates recipes in this book. indicates leftovers.
Week Three: Shopping List

This list outlines everything you need to make all the recipes for the week, plus all the sides and snacks for ONE person to follow the plan.

Shop For:

Produce

Fruit
- 5 apples
- 7 bananas
- 3½ cups blueberries
- 2½ cups grapes
- 1 kiwi
- 2 lemons
- 1 lime
- 1 orange
- 3 peaches
- 2 pears

Vegetables
- 3½ cups baby carrots
- 1 small head bok choy
- 1 carrot
- 1 cucumber
- 1½ lb. green beans
- 5 oz. mixed greens
- 1 head iceberg lettuce
- 1 head romaine lettuce
- 10 oz. mushrooms
- 1½ lb. potato
- 10 oz. mushrooms
- 1 head radicchio
- 2 bunches scallions
- 1 shallot
- 6 oz. snow peas
- 2 cups baby spinach
- 4 cups spinach
- ¼ cup sugar snap peas
- 4 oz. sweet potato
- 1 bunch Swiss chard
- 2 plum tomatoes
- 1 tomato (1 cup sliced)
- 1 zucchini

Fresh Herbs
- chives
- dill
- parsley
- tarragon
- thyme

Dry Goods
- 1 lb. gnocchi
- 1 cup wild rice
- 2 cups corn flakes
- 1 cup bran flakes
- 1 brown-rice cake
- maple syrup
- 1 package active dry yeast

Bread
- 4 whole-wheat hamburger buns
- 3 slices multigrain bread
- 1 small whole-wheat bagel
- 1 whole-wheat English muffin
- 1 4-inch whole-wheat pita bread

Canned & Bottled Goods
- 1 15-oz. can tomatoes with Italian seasoning
- 1 14-oz. can low-sodium nonfat split pea soup
- 12 oz. roasted red peppers
- 2 4-oz. cans green chiles
- 2 Tbsp. pickled jalapeño
- ¼ cup California ripe olives
- 2 Tbsp. low-calorie Caesar dressing

Refrigerator Items
- ¼ cup apple cider

Dairy
- ¾ cup nonfat buttermilk
- 3 6-oz. containers nonfat vanilla Greek yogurt, such as Chobani
- 2 cups nonfat low-calorie vanilla or lemon yogurt, such as Stonyfield
- ½ cup low-fat vanilla yogurt
- ½ cup low-sodium low-fat cottage cheese
- 8 oz. reduced-fat cream cheese (Neufchâtel)
- 1 tsp. cream cheese
- 1 cup shredded Monterey Jack cheese
- ½ cup shredded pepper Jack cheese
- ½ cup shredded part-skim mozzarella
- 4 oz. feta cheese
- 1 oz. low-fat Swiss cheese
- 2 slices reduced-fat Cheddar cheese

Meat & Seafood
- 1 5-lb. chicken
- 1 lb. boneless, skinless chicken breast
- 1 lb. ground bison or lean ground beef
- 1 lb. pork tenderloin
- 10 oz. deli sliced maple ham
- 1 lb. cod

Flavorings
- salt
- pepper
- Cajun or Creole seasoning
- chili powder
- ground chipotle powder
- cinnamon
- cumin
- nutmeg
- oregano
- paprika
- onions, red and white
- garlic

Canned & Bottled Goods
- 1 lb. cod
- 1 lb. nonfat or low-fat plain yogurt
- Parmesan cheese
- 5 large eggs
- orange juice

Oils, Vinegars & Condiments
- canola oil
- extra-virgin olive oil
- sesame oil
- cooking spray
- reduced-sodium soy sauce
- cider vinegar
- red-wine vinegar
- horseradish
- Dijon mustard
- yellow mustard
- low-fat mayonnaise

Check Your Pantry For:

Dairy
- ½ cup nonfat vanilla or strawberry frozen yogurt

Dry Goods
- whole-wheat pastry flour
- rolled oats
- commele
- multigrain crispbreads, such as Wasa
- sugar
- brown sugar
- honey
- baking powder
- baking soda
- cornstarch

Canned & Bottled Goods
- reduced-sodium chicken broth
- black beans
- white beans
- 6-oz can chunk light tuna in water

Refrigerator Items
- 5 cups skim milk
- nonfat or low-fat plain yogurt
- Parmesan cheese
- 5 large eggs
- orange juice

Whole Foods
- 10

Shop For:

Produce

Fruit
- 5 apples
- 7 bananas
- 3½ cups blueberries
- 2½ cups grapes
- 1 kiwi
- 2 lemons
- 1 lime
- 1 orange
- 3 peaches
- 2 pears

Vegetables
- 3½ cups baby carrots
- 1 small head bok choy
- 1 carrot
- 1 cucumber
- 1½ lb. green beans
- 5 oz. mixed greens
- 1 head iceberg lettuce
- 1 head romaine lettuce
- 10 oz. mushrooms
- 1½ lb. potato
- 10 oz. mushrooms
- 1 head radicchio
- 2 bunches scallions
- 1 shallot
- 6 oz. snow peas
- 2 cups baby spinach
- 4 cups spinach
- ¼ cup sugar snap peas
- 4 oz. sweet potato
- 1 bunch Swiss chard
- 2 plum tomatoes
- 1 tomato (1 cup sliced)
- 1 zucchini

Fresh Herbs
- chives
- dill
- parsley
- tarragon
- thyme

Dry Goods
- 1 lb. gnocchi
- 1 cup wild rice
- 2 cups corn flakes
- 1 cup bran flakes
- 1 brown-rice cake
- maple syrup
- 1 package active dry yeast

Bread
- 4 whole-wheat hamburger buns
- 3 slices multigrain bread
- 1 small whole-wheat bagel
- 1 whole-wheat English muffin
- 1 4-inch whole-wheat pita bread

Canned & Bottled Goods
- 1 15-oz. can tomatoes with Italian seasoning
- 1 14-oz. can low-sodium nonfat split pea soup
- 12 oz. roasted red peppers
- 2 4-oz. cans green chiles
- 2 Tbsp. pickled jalapeño
- ¼ cup California ripe olives
- 2 Tbsp. low-calorie Caesar dressing

Refrigerator Items
- ¼ cup apple cider

Dairy
- ¾ cup nonfat buttermilk
- 3 6-oz. containers nonfat vanilla Greek yogurt, such as Chobani
- 2 cups nonfat low-calorie vanilla or lemon yogurt, such as Stonyfield
- ½ cup low-fat vanilla yogurt
- ½ cup low-sodium low-fat cottage cheese
- 8 oz. reduced-fat cream cheese (Neufchâtel)
- 1 tsp. cream cheese
- 1 cup shredded Monterey Jack cheese
- ½ cup shredded pepper Jack cheese
- ½ cup shredded part-skim mozzarella
- 4 oz. feta cheese
- 1 oz. low-fat Swiss cheese
- 2 slices reduced-fat Cheddar cheese

Meat & Seafood
- 1 5-lb. chicken
- 1 lb. boneless, skinless chicken breast
- 1 lb. ground bison or lean ground beef
- 1 lb. pork tenderloin
- 10 oz. deli sliced maple ham
- 1 lb. cod

Flavorings
- salt
- pepper
- Cajun or Creole seasoning
- chili powder
- ground chipotle powder
- cinnamon
- cumin
- nutmeg
- oregano
- paprika
- onions, red and white
- garlic

Canned & Bottled Goods
- reduced-sodium chicken broth
- black beans
- white beans
- 6-oz can chunk light tuna in water

Refrigerator Items
- 5 cups skim milk
- nonfat or low-fat plain yogurt
- Parmesan cheese
- 5 large eggs
- orange juice

Whole Foods
- 10
# Week Four: 1,200-Calorie Meal Plan

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<td>½ cup low-sodium low-fat cottage cheese 81</td>
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Week Four: Shopping List

This list outlines everything you need to make all the recipes for the week, plus all the sides and snacks for ONE person to follow the plan.

Shop For:

Produce

Fruit
- 3 apples
- 3 bananas
- ½ cup blackberries
- 1 cup blueberries
- 1 cantaloupe
- 1 kiwi
- 4 lemons
- 1 lime
- 5 oranges
- 2 pears
- ½ cups fresh pineapple
- 3 cups raspberries

Vegetables
- 2 cups alfalfa sprouts
- ½ lb. asparagus
- 1 cup broccoli
- ½ cup baby carrots
- 1 carrot
- 2 stalks celery
- ½ cup corn (fresh or frozen)
- 1 cucumber
- 1 cup green beans
- 4 cups mixed salad greens (about 3 oz.)
- 4 lemons
- 1½ cups sugar snap peas or snow peas
- 2 lb. delicata squash
- 1 cup mixed salad greens
- 1 cucumber
- 2 stalks celery
- 1 carrot
- 3 cups raspberries

Refrigerator Items
- 1 cup hummus

Dairy
- 16 oz. nonfat peach yogurt
- 2 cups nonfat, low-calorie vanilla or lemon yogurt, such as Stonyfield
- 2 6-oz. containers nonfat, vanilla Greek yogurt, such as Chobani
- 6 oz. low-fat raspberry fruit-on-the-bottom yogurt
- ½ cup nonfat plain yogurt
- ½ cup low-fat cottage cheese
- ½ cup low-sodium low-fat cottage cheese
- ¼ cup part-skim ricotta
- 8 oz. reduced-fat cream cheese (Neufchâtel)
- 1 cup shredded reduced-fat Cheddar cheese
- 2 part-skim mozzarella cheese sticks
- ½ cup shredded Gruyère or Swiss cheese
- ¼ cup shredded Swiss cheese

Check Your Pantry For:

Oils, Vinegars & Condiments
- hoisin sauce
- soya sauce
- reduced sodium soy sauce
- red-wine vinegar
- sesame oil
- extra-virgin olive oil
- canola oil
- hoi sin sauce
- barbecue sauce
- barbecue sauce
- Dijon mustard
- honey mustard
- whole-grain waffles
- whole-grain waffles

Dried Goods
- quinoa
- brown rice
- rolled oats
- honey
- rolled oats
- plain dry bread crumbs
- honey
- unsalted creamy peanut butter
- jelly
- reduced-sodium chicken broth
- white wine
- reduced-sodium chicken broth

Nuts, Seeds & Fruits
- sliced almonds
- pecans
- unsalted creamy peanut butter
- jelly
- reduced-sodium chicken broth

Canned & Bottled Goods
- 1 bag each carrots, corn, and green beans (or 4 cups mixed frozen vegetables)
- 1 cup nonfat vanilla or strawberry frozen yogurt

Check Your Pantry For:

Dried Goods
- quinoa
- brown rice
- rolled oats
- plain dry bread crumbs
- honey
- unsalted creamy peanut butter
- jelly
- reduced-sodium chicken broth

Nuts, Seeds & Fruits
- sliced almonds
- pecans
- unsalted creamy peanut butter
- jelly
- reduced-sodium chicken broth

Canned & Bottled Goods
- 1 bag each carrots, corn, and green beans (or 4 cups mixed frozen vegetables)
- 1 cup nonfat vanilla or strawberry frozen yogurt

Check Your Pantry For:
### Banana-Blueberry Muffins

**Active Time:** 20 minutes **Total:** 1 hour

**To make ahead:** Wrap and store at room temperature for up to 2 days or freeze for up to 1 month. To defrost and heat frozen muffins, remove plastic wrap, wrap in a paper towel and microwave on High for 30-45 seconds.

**Equipment:** Muffin tin with 12 (½-cup) cups.

Buttermilk lends a slight tanginess to the winning combination of bananas and blueberries.

- ¾ cup nonfat or low-fat buttermilk
- ¾ cup packed light brown sugar
- ¼ cup canola oil
- 2 large eggs
- 1 cup mashed ripe bananas (about 3 medium)
- 1¼ cups whole-wheat pastry flour
- 1 cup all-purpose flour
- 1½ teaspoons baking powder
- ¼ teaspoon ground cinnamon
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¼ teaspoon ground nutmeg
- 1¼ cups blueberries, fresh or frozen

1. Preheat oven to 400°F. Coat 12 (½-cup) muffin cups with cooking spray or line with paper liners.
2. Whisk buttermilk, brown sugar, oil and eggs in a large bowl. Stir in mashed bananas.
3. Whisk whole-wheat pastry flour, all-purpose flour, baking powder, cinnamon, baking soda, salt and nutmeg in a medium bowl.
4. Fold the dry ingredients into the wet ingredients and stir until just combined. Fold in blueberries. Divide the batter among the prepared muffin cups (they will be full).
5. Bake until the tops are golden brown and a wooden skewer inserted in the center of a muffin comes out clean, 20 to 25 minutes. Cool in the pan for 10 minutes, then remove and let cool on a wire rack for at least 5 minutes more before serving.

**Per muffin:** 232 calories; 6 g fat (1 g sat, 3 g mono); 31 mg cholesterol; 41 g carbohydrate; 0 g added sugars; 4 g protein; 3 g fiber; 248 mg sodium; 163 mg potassium.

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### Breakfast Parfait

**Active Time:** 10 minutes **Total:** 10 minutes

Start your day right, nutritionally speaking, with this dairy and fruit mix.

- ¾ cup low-fat cottage cheese or low-fat plain yogurt
- 1 cup pineapple chunks, papaya chunks or cling peaches
- 2 teaspoons toasted wheat germ

Place cottage cheese (or yogurt) in a small bowl. Top with fruit and sprinkle with wheat germ.

**Per serving (with cottage cheese, pineapple):** 247 calories; 3 g fat (2 g sat, 0 g mono); 15 mg cholesterol; 40 g carbohydrate; 20 g protein; 3 g fiber; 632 mg sodium; 479 mg potassium.

**Nutrition bonus:** Calcium (33% daily value), Vitamin C (29% dv).
Mini Mushroom-amp;-Sausage Quiches
Makes: 1 dozen mini quiches
Active Time: 30 minutes Total: 1 hour
To make ahead: Individually wrap in plastic and refrigerate for up to 3 days or freeze for up to 1 month. To reheat, remove plastic, wrap in a paper towel and microwave on High for 30 to 60 seconds.

These crustless mini quiches are like portable omelets. Turkey sausage and sautéed mushrooms keep them light and savory. Small and satisfying, they're also a good finger food for your next cocktail party. A good-quality nonstick muffin tin works best for this recipe. If you don’t have one, line a regular muffin tin with foil baking cups.

8 ounces turkey breakfast sausage, removed from casing and crumbled into small pieces  1 teaspoon extra-virgin olive oil
8 ounces mushrooms, sliced  1 cup 1% milk
1/4 cup shredded Swiss cheese  1 teaspoon freshly ground pepper
1 egg white  1/4 cup sliced scallions

1. Position rack in center of oven; preheat to 325°F. Coat a nonstick muffin tin generously with cooking spray.
2. Heat a large nonstick skillet over medium-high heat. Add sausage and cook until golden brown, 6 to 8 minutes. Transfer to a bowl to cool. Add oil to the pan. Add mushrooms and cook, stirring often, until golden brown, 5 to 7 minutes. Transfer mushrooms to the bowl with the sausage. Let cool for 5 minutes. Stir in scallions, cheese and pepper.
3. Whisk eggs, egg whites and milk in a medium bowl. Divide the egg mixture evenly among the prepared muffin cups. Sprinkle a heaping tablespoon of the sausage mixture into each cup.
4. Bake until the tops are just beginning to brown, 25 minutes. Let cool on a wire rack for 5 minutes. Place a rack on top of the pan, flip it over and turn the quiches out onto the rack. Turn upright and let cool completely.

Per quiche: 104 calories; 7 g fat (2 g sat, 2 g mono); 111 mg cholesterol; 3 g carbohydrate; 0 g added sugars; 8 g protein; 0 g fiber; 168 mg sodium; 186 mg potassium.

Multi-Grain Waffles
Makes: 8 servings, 2 waffles each
Active time: 30 minutes Total: 45 minutes
To make ahead: Wrap any leftovers individually in plastic wrap and refrigerate for up to 2 days or freeze for up to 1 month. Reheat in a toaster or toaster oven.

Traditional waffles are a butter-laden, high-carb indulgence, but they make the transition to good fats and smart carbs beautifully, yielding crisp, nutty-tasting waffles with all the sweet pleasure of the original. The batter can also be used for pancakes.

2 cups buttermilk  1/2 cup old-fashioned rolled oats
1/2 cup whole-wheat flour  1/4 cup toasted wheat germ or cornmeal
1/2 teaspoon baking powder  1/4 teaspoon baking soda
1 teaspoon salt  1 teaspoon ground cinnamon
2 large eggs, lightly beaten  1/4 cup packed brown sugar
1 tablespoon canola oil  2 teaspoons vanilla extract

1. Mix buttermilk and oats in a medium bowl; let stand for 15 minutes.
2. Whisk whole-wheat flour, all-purpose flour, wheat germ (or cornmeal), baking powder, baking soda, salt and cinnamon in a large bowl.
3. Stir eggs, sugar, oil and vanilla into the oat mixture. Add the wet ingredients to the dry ingredients; mix with a rubber spatula just until moistened.
4. Coat a waffle iron with cooking spray and preheat. Spoon in enough batter to cover three-fourths of the surface (about 2/3 cup for an 8-by-8-inch waffle iron). Cook until waffles are crisp and golden brown, 4 to 5 minutes. Repeat with remaining batter.

Per serving: 195 calories; 5 g fat (1 g sat, 2 g mono); 49 mg cholesterol; 31 g carbohydrate; 8 g protein; 2 g fiber; 327 mg sodium; 220 mg potassium.
**Savory Breakfast Muffins**

**Makes:** 1 dozen muffins  
**Active time:** 20 minutes  
**Total:** 45 minutes  
**To make ahead:** Individually wrap in plastic and refrigerate for up to 3 days or freeze for up to 1 month. To reheat, remove plastic, wrap in a paper towel and microwave on High for 30 to 60 seconds.

If you’re tired of sweet breakfast muffins or just looking for a savory breakfast, try these—you’ll love the smoky flavor from the Canadian bacon and the fresh-tasting combination of red bell pepper and scallions.

- 2 cups whole-wheat flour  
- 1 cup all-purpose flour  
- 1 tablespoon baking powder  
- ½ teaspoon baking soda  
- ¼ teaspoon freshly ground pepper  
- ½ teaspoon salt  
- 2 eggs  
- 1½ cups buttermilk  
- 3 tablespoons extra-virgin olive oil  
- 2 tablespoons butter, melted  
- 1 cup thinly sliced scallions (about 1 bunch)  
- ¾ cup diced Canadian bacon (3 ounces)  
- ½ cup grated Cheddar cheese  
- ½ cup finely diced red bell pepper

1. Preheat oven to 400°F. Coat 12 muffin cups with cooking spray.  
2. Combine whole-wheat flour, all-purpose flour, baking powder, baking soda, pepper and salt in a large bowl.  
3. Whisk eggs, buttermilk, oil and butter in a medium bowl. Fold in scallions, bacon, cheese and bell pepper. Make a well in the center of the dry ingredients. Add the wet ingredients and mix with a rubber spatula until just moistened. Scoop the batter into the prepared pan (the cups will be very full).  
4. Bake the muffins until the tops are golden brown, 20 to 22 minutes. Let cool in the pan for 5 minutes. Loosen the edges and turn the muffins out onto a wire rack to cool slightly before serving.

**Per muffin:** 230 calories; 9 g fat (3 g sat, 5 g mono); 46 mg cholesterol; 29 g carbohydrate; 10 g protein; 344 mg sodium; 213 mg potassium.  
**Nutrition bonus:** Vitamin C (16% daily value), Calcium (15% dv).

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**Creamy Spinach Dip**

**Makes:** about 2½ cups  
**Active time:** 15 minutes  
**Total:** 15 minutes  
**To make ahead:** Cover and refrigerate for up to 3 days. Stir before serving.

Try this light spinach dip made healthier with reduced-fat cream cheese, nonfat yogurt and low-fat cottage cheese instead of full-fat cheese, mayonnaise and sour cream. It will save you a whopping 84 calories and 10 grams of fat per serving when compared to traditional versions.

- 1 small shallot, peeled  
- 1 5-ounce can water chestnuts, rinsed  
- ½ cup reduced-fat cream cheese (Neufchâtel)  
- ½ cup low-fat cottage cheese  
- 1 tablespoon lemon juice  
- ½ teaspoon salt  
- 6 ounces baby spinach  
- 2 tablespoons chopped fresh chives

Pulse shallot and water chestnuts in a food processor until coarsely chopped. Add cream cheese, cottage cheese, yogurt, lemon juice, salt and pepper and pulse until just combined. Add spinach and chives and pulse until incorporated.

**Per ¼-cup serving:** 55 calories; 3 g fat (2 g sat, 1 g mono); 10 mg cholesterol; 4 g carbohydrate; 3 g protein; 1 g fiber; 212 mg sodium; 148 mg potassium.  
**Nutrition bonus:** Vitamin A (35% daily value).
Curried Chicken Pitas

**Makes:** 4 servings  
**Active time:** 15 minutes  
**Total:** 15 minutes

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To make ahead: Cover and refrigerate the salad (Step 1) for up to 2 days.

Cranberries and pear are sweet counterpoints in this tangy curried chicken salad. Toasted sliced almonds add a nutty crunch.

- 6 tablespoons nonfat plain yogurt  
- ¼ cup low-fat mayonnaise  
- 1 tablespoon curry powder  
- 2 cups cooked, cubed chicken breast  
- 1 ripe but firm pear, diced  
- 1 stalk celery, finely diced

1. Combine yogurt, mayonnaise and curry powder in a large bowl. Add chicken, pear, celery, cranberries and almonds; toss to combine.
2. Fill each pita half with ½ cup chicken salad and ¼ cup sprouts.

**Per serving:** 351 calories; 9 g fat (2 g sat, 4 g mono); 61 mg cholesterol; 42 g carbohydrate; 0 g added sugars; 27 g protein; 6 g fiber; 349 mg sodium; 440 mg potassium.

**Nutrition bonus:** Magnesium (18% daily value).

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Egg Salad

**Makes:** 1 serving  
**Active time:** 10 minutes  
**Total:** 10 minutes

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To make ahead: Cover and refrigerate for up to 2 days

Try this easy egg salad on your favorite multigrain bread or on top of lightly dressed salad greens.

- 2 hard-boiled eggs, peeled and chopped  
- 2 tablespoons finely diced celery  
- 1 tablespoon low-fat mayonnaise  
- 2 teaspoons Dijon mustard  
- 1 teaspoon minced scallion greens  
- Freshly ground pepper to taste

Mash eggs in a small bowl with a fork. Stir in celery, mayonnaise, mustard, scallion greens and pepper until combined.

**Per serving:** 173 calories; 12 g fat (3 g sat, 4 g mono); 373 mg cholesterol; 4 g carbohydrate; 0 g added sugars; 13 g protein; 0 g fiber; 394 mg sodium; 166 mg potassium.
**EatingWell Power Salad**

*Makes:* 2 servings, about 4 cups each  
*Active time:* 10 minutes  
*Total:* 10 minutes  
*To make ahead:* Cover and refrigerate the dressing for up to 1 week.

Our version of a chef’s salad keeps the satisfaction factor with lean turkey breast and reduced-fat Swiss cheese—and adds plenty of colorful vegetables to the mix.

### Creamy Dill Ranch Dressing

| 1 small shallot, peeled | 6 cups mixed salad greens |
| ¾ cup nonfat cottage cheese | 1 cup shredded carrots |
| ¼ cup reduced-fat mayonnaise | 2 tablespoons red onion chopped |
| 2 tablespoons buttermilk powder | 10 cherry tomatoes |
| 2 tablespoons white-wine vinegar | 4 slices roast turkey breast, cut up (3 ounces) |
| ¼ cup nonfat milk | 2 slices reduced-fat Swiss cheese, cut up (2 ounces) |
| 1 tablespoon chopped dill | ¼ teaspoon salt |
| ¼ teaspoon freshly ground pepper |  |

1. **To prepare dressing:** With the food processor running, add shallot through the feed tube and process until finely chopped. Add cottage cheese, mayonnaise, buttermilk powder and vinegar. Process until smooth, scraping down the sides as necessary, about 3 minutes. Pour in milk while the processor is running. Scrape down the sides, add dill, salt and pepper and process until combined. (Makes 1¼ cups.)

2. **To prepare salad:** Toss greens, carrots, onion and ¼ cup dressing in a large bowl until coated. Divide between 2 plates. Arrange tomatoes, turkey and cheese on top of the salad.

*Per serving:* 176 calories; 3 g fat (1 g sat, 1 g mono); 28 mg cholesterol; 22 g carbohydrate; 20 g protein; 7 g fiber; 724 mg sodium; 442 mg potassium.

**Nutrition bonus:** Vitamin A (319% daily value), Calcium (31% dv), Vitamin C (26% dv).

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**Ham & Red Pepper Spread**

*Makes:* 2 cups  
*Active time:* 15 minutes  
*Total:* 15 minutes  
*To make ahead:* Cover and refrigerate for up to 3 days.

Spread this creamy ham and roasted red pepper dip on Belgian endive, crackers or toasted baguette or use it as a dip for vegetables.

1½ cups diced ham (about 8 ounces)  
1 cup diced roasted red peppers  
½ teaspoon smoked paprika  
1 tablespoon sherry vinegar  
8 ounces reduced-fat cream cheese (Neufchâtel), softened  
¼ cup chopped fresh parsley

Pulse ham, peppers, paprika and vinegar in a food processor until the ham is finely chopped. Transfer the mixture to a medium bowl. Add cream cheese and parsley. Stir until smooth.

*Per 2-tablespoon serving:* 72 calories; 3 g fat (2 g sat, 1 g mono); 18 mg cholesterol; 3 g carbohydrate; 0 g added sugars; 6 g protein; 0 g fiber; 534 mg sodium; 114 mg potassium.
# Mixed Greens with Grapes & Feta

**Makes:** 8 servings, about 1 1/2 cups each  
**Active time:** 15 minutes  
**Total:** 15 minutes  
**To make ahead:** The dressing will keep, covered, in the refrigerator for up to 2 days

Contrasting sweet grapes with savory feta cheese and crisp, colorful greens, this salad makes an elegant first course.

## Dressing
- 1/4 cup extra-virgin olive oil
- 2 tablespoons red-wine vinegar
- 1/4 teaspoon salt, or to taste  
- Freshly ground pepper to taste

## Salad
- 8 cups mesclun salad greens (5 ounces)
- 1 head radicchio, thinly sliced
- 2 cups halved seedless grapes (about 1 pound), preferably red and green
- 1/4 cup crumbled feta or blue cheese

1. To prepare dressing: Whisk (or shake) oil, vinegar, salt and pepper in a small bowl (or jar) until blended.  
2. To prepare salad: Just before serving, toss greens and radicchio in a large bowl. Drizzle the dressing on top and toss to coat. Divide the salad among 8 plates. Scatter grapes and cheese over each salad; serve immediately  

**Per serving:** 133 calories; 10 g fat (3 g sat, 6 g mono); 13 mg cholesterol; 9 g carbohydrate; 3 g protein; 1 g fiber; 239 mg sodium; 183 mg potassium.

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# Southwestern Salad with Black Beans

**Makes:** 1 serving  
**Active time:** 20 minutes  
**Total:** 20 minutes  
**To make ahead:** Cover and refrigerate leftover dressing for up to 3 days.

Here we top salad greens with black beans, sweet corn and grape tomatoes and bring it all together with a tangy avocado-lime dressing for a Mexican-inspired salad. Try this salad for a take-along lunch. To keep the salad greens from getting soggy, pack the greens, salad toppings and dressing in separate containers and toss together just before eating.

## Ingredients
- 1/2 ripe avocado  
- 3/4 cup packed fresh cilantro  
- 1/2 cup nonfat plain yogurt  
- 2 scallions, chopped  
- 1 clove garlic, quartered  
- 1 tablespoon lime juice  
- 1/2 teaspoon sugar  
- 1/2 teaspoon salt  
- 3 cups mixed greens  
- 1/2 cup black beans, canned (rinsed) or cooked  
- 1/2 cup corn kernels, fresh or frozen (thawed)  
- 1/2 cup grape tomatoes

1. Place avocado, cilantro, yogurt, scallions, garlic, lime juice, sugar and salt in a blender; blend until smooth.  
2. Place greens in an individual salad bowl; toss with 2 tablespoons of the dressing. (Refrigerate the remaining dressing.) Top the greens with black beans, corn and tomatoes.  

**Per serving:** 235 calories; 4 g fat (1 g sat, 2 g mono); 0 mg cholesterol; 43 g carbohydrate; 0 g added sugars; 13 g protein; 13 g fiber; 307 mg sodium; 1,325 mg potassium.  

**Nutrition bonus:** Vitamin A (108% daily value), Vitamin C (79% dv), Folate (77% dv), Potassium (38% dv), Iron (27% dv), Magnesium (21% dv), Calcium (18% dv).
**Turkey & Balsamic Onion Quesadillas**

**Makes:** 4 servings  
**Active time:** 15 minutes  
**Total:** 20 minutes

Not your traditional quesadilla, these feature deli turkey and Cheddar cheese, along with onions quickly marinated in balsamic vinegar.

1 small red onion, thinly sliced  
¼ cup balsamic vinegar  
4 8-inch whole-wheat tortillas  
1 cup shredded sharp Cheddar cheese  
8 slices deli turkey, preferably smoked (8 ounces)

1. Combine onion and vinegar in a bowl; let marinate for 5 minutes. Drain, reserving the vinegar for another use, such as salad dressing.

2. Warm 2 tortillas in a large nonstick skillet over medium-high heat for about 45 seconds, then flip. Pull the tortillas up the edges of the pan so they are no longer overlapping. Working on one half of each tortilla, sprinkle one-fourth of the cheese, cover with 2 slices of turkey and top with one-fourth of the onion. Fold the tortillas in half, flatten gently with a spatula and cook until the cheese starts to melt, about 2 minutes. Flip and cook until the second side is golden, 1 to 2 minutes more. Transfer to a plate and cover to keep warm. Make 2 more quesadillas with the remaining ingredients.

**Per serving:** 333 calories; 12 g fat (6 g sat, 0 g mono); 56 mg cholesterol; 31 g carbohydrate; 24 g protein; 2 g fiber; 867 mg sodium; 101 mg potassium.

**Nutrition bonus:** Calcium (31% daily value).

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**Tuscan-Style Tuna Salad**

**Makes:** 4 servings, 1 cup each  
**Active time:** 10 minutes  
**Total:** 10 minutes  
**To make ahead:** Cover and refrigerate for up to 2 days.

This streamlined version of a northern Italian idea is perfect for a weekday meal: no-fuss, no-cook and big taste. You can even make it ahead and store it, covered, in the refrigerator for several days. If you do, use it as a wrap filling for the next day’s lunch.

2 6-ounce cans chunk light tuna, drained  
1 15-ounce can small white beans, such as cannellini or great northern, rinsed  
10 cherry tomatoes, quartered  
4 scallions, trimmed and sliced  
2 tablespoons extra-virgin olive oil  
2 tablespoons lemon juice  
¼ teaspoon salt  
Freshly ground pepper to taste

Combine tuna, beans, tomatoes, scallions, oil, lemon juice, salt and pepper in a medium bowl. Stir gently. Refrigerate until ready to serve.

**Per serving:** 253 calories; 8 g fat (1 g sat, 5 g mono); 53 mg cholesterol; 20 g carbohydrate; 0 g added sugars; 31 g protein; 6 g fiber; 453 mg sodium; 451 mg potassium.

**Nutrition bonus:** Folate (25% daily value), Vitamin C (19% dv).
Black Bean Nacho Pizza
Makes: 6 servings
Active time: 1 hour  Total: 2 hours
To make ahead: Prepare dough through Step 3, cover the bowl with plastic wrap and refrigerate for up to 1 day. Or tightly wrap the unrisen dough in oiled plastic wrap and freeze for up to 3 months. Defrost the dough in the refrigerator overnight. Let refrigerated (or previously frozen) dough stand at room temperature for 1 hour before using. (Makes 1 pound of dough.)

Easy Whole-Wheat Pizza Dough
¾ cup plus 2 tablespoons lukewarm water (105-115°F)
1 package active dry yeast (2½ teaspoons)
1 teaspoon sugar
½ teaspoon salt
1 cup whole-wheat flour
1 cup bread flour or all-purpose flour, plus additional for dusting
2 tablespoons yellow cornmeal

Topping
1 cup canned black beans, rinsed
½ cup chopped jarred roasted red peppers
1 medium clove garlic, quartered
1 tablespoon chili powder
¼ teaspoon salt
Yellow cornmeal for dusting
1 cup shredded Monterey Jack cheese
2 medium plum tomatoes, diced
4 medium scallions, thinly sliced
¼ cup chopped pitted ripe black olives
2 tablespoons chopped pickled jalapeños

1. Stir water, yeast, sugar and salt in a large bowl; let stand until the yeast has dissolved, about 5 minutes. Stir in whole-wheat flour, bread flour (or all-purpose flour) and cornmeal until the dough begins to come together.
2. Turn the dough out onto a lightly floured work surface. Knead until smooth and elastic, about 10 minutes. (Alternatively, mix the dough in a food processor. Process until it forms a ball, then process for 1 minute to knead.)
3. Place the dough in an oiled bowl and turn to coat. Cover with a clean kitchen towel and set aside in a warm, draft-free place until doubled in size, about 1 hour.
4. When you’re ready to make your pizza, turn the dough out onto a lightly floured surface. Dust the top with flour; dimple with your fingertips to shape into a thick, flattened circle—don’t worry if it’s not perfectly symmetrical. Then use a rolling pin to roll into a circle about 14 inches in diameter.
5. Preheat grill to low. (For an oven variation, see below.)
6. Place beans, peppers, garlic, chili powder and salt in a food processor and process until smooth, scraping down the sides as needed.
7. Sprinkle cornmeal onto a pizza peel or large baking sheet. Roll out the dough and transfer it to the prepared peel or baking sheet, making sure the underside of the dough is completely coated with cornmeal.
8. Slide the crust onto the grill rack; close the lid. Cook until lightly browned, 3 to 4 minutes.
9. Using a large spatula, flip the crust. Spread the bean mixture on the crust, leaving a 1-inch border. Quickly layer on cheese, tomatoes, scallions, olives and pickled jalapeños.
10. Close the lid again and grill until the cheese has melted and the bottom of the crust has browned, about 8 minutes.

Per serving: 317 calories; 8 g fat (4 g sat, 2 g mono); 17 mg cholesterol; 46 g carbohydrate; 14 g protein; 6 g fiber; 701 mg sodium; 330 mg potassium.

Nutrition bonus: Folate (35% daily value), Vitamin A (23% dv), Calcium (19% dv), Iron (17% dv).

Pizza in the oven: Place a pizza stone on the lowest rack; preheat oven to 450°F for at least 20 minutes. Roll out the dough and place on a cornmeal-dusted pizza peel or inverted baking sheet, using enough cornmeal so that the dough slides easily. Slide the dough onto the preheated stone and cook until the bottom begins to crisp, about 3 minutes. Remove the crust from the oven using a large spatula and place it uncooked-side down on the peel or baking sheet, making sure the underside of the crust is completely coated with cornmeal. Quickly add the toppings and slide the pizza back onto the stone. Continue baking until the toppings are hot and the bottom of the crust has browned, 12 to 15 minutes.
**Portobello “Philly Cheese Steak” Sandwich**

Makes: 4 sandwiches  
**Active time:** 25 minutes  
**Total:** 25 minutes

Cheese steaks are a Philadelphia tradition: thin slices from a rich and very fatty slab of beef, fried up and topped with a heavy cheese sauce. We’ve cut down on the fat considerably—but not on the taste. Make this vegetarian by using vegetable broth in place of chicken stock.

1. Heat oil in a large nonstick skillet over medium-high heat. Add onion and cook, stirring often, until softened, 3 to 5 minutes. Stir in rice and garlic; cook, stirring, 1 to 2 minutes. Stir in wine and simmer until it has mostly evaporated. Add broth and bring to a boil.  
2. Bake until the rice is just tender, 50 minutes to 1 hour.  
3. Steam asparagus, peas and bell pepper until crisp-tender, about 4 minutes.  
4. Fold the steamed vegetables, Parmesan, parsley, chives, lemon zest and pepper into the risotto. Serve immediately.

**Per serving:** 258 calories; 9 g fat (3 g sat, 3 g mono); 12 mg cholesterol; 35 g carbohydrate; 0 g added sugars; 12 g protein; 6 g fiber; 529 mg sodium; 708 mg potassium.

**Nutrition bonus:** Vitamin C (94% daily value), Vitamin A (30% dv), Calcium (24% dv), Potassium (20% dv), Folate (16% dv).

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**Baked Risotto Primavera**

Makes: 6 servings, about 1 cup each  
**Active time:** 25 minutes  
**Total:** 1 hour 10 minutes

This updated classic calls for nutty-tasting short-grain brown rice instead of the traditional white arborio. Because the cooking time is longer with whole-grain rice, this risotto is cooked in the oven rather than on the stovetop, eliminating the need for almost constant stirring.

1. Preheat oven to 425°F.  
2. Heat oil in a Dutch oven or ovenproof high sided skillet over medium heat. Add onions and cook, stirring occasionally, until softened, 3 to 5 minutes. Stir in rice and garlic; cook, stirring, 1 to 2 minutes. Stir in wine and simmer until it has mostly evaporated. Add broth and bring to a boil.  
3. Bake until the rice is just tender, 50 minutes to 1 hour.  
4. Shortly before the risotto is done, steam asparagus, peas and bell pepper until crisp-tender, about 4 minutes.  
5. Fold the steamed vegetables, Parmesan, parsley, chives, lemon zest and pepper into the risotto. Serve immediately.

**Per serving:** 265 calories; 8 g fat (3 g sat, 3 g mono); 11 mg cholesterol; 34 g carbohydrate; 0 g added sugars; 12 g protein; 4 g fiber; 607 mg sodium; 431 mg potassium.

**Nutrition bonus:** Vitamin C (80% daily value), Vitamin A (29% dv), Calcium (24% dv), Magnesium (18% dv).
Skillet Gnocchi with Chard & White Beans
Makes: 6 servings
Active time: 30 minutes  Total: 30 minutes

In this one-skillet supper, we toss dark leafy greens, diced tomatoes and white beans with gnocchi and top it all with gooey mozzarella.

1 tablespoon plus 1 teaspoon extra-virgin olive oil, divided
1 16-ounce package shelf-stable gnocchi
1 medium yellow onion, thinly sliced
4 cloves garlic, minced
½ cup water
6 cups chopped chard leaves (about 1 small bunch) or spinach
1 15-ounce can diced tomatoes with Italian seasonings
1 15-ounce can white beans, rinsed
¼ teaspoon freshly ground pepper
½ cup shredded part-skim mozzarella cheese
¼ cup finely shredded Parmesan cheese

1. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add gnocchi and cook, stirring often, until plumped and starting to brown, 5 to 7 minutes. Transfer to a bowl.
2. Add the remaining 1 teaspoon oil and onion to the pan and cook, stirring, over medium heat, for 2 minutes. Stir in garlic and water. Cover and cook until the onion is soft, 4 to 6 minutes. Add chard (or spinach) and cook, stirring, until starting to wilt, 1 to 2 minutes. Stir in tomatoes, beans and pepper and bring to a simmer. Stir in the gnocchi and sprinkle with mozzarella and Parmesan. Cover and cook until the cheese is melted and the sauce is bubbling, about 3 minutes.

Per serving: 327 calories; 7 g fat (2 g sat, 3 g mono); 8 mg cholesterol; 56 g carbohydrate; 14 g protein; 6 g fiber; 598 mg sodium; 361 mg potassium.
Nutrition bonus: Vitamin A (54% daily value), Vitamin C (47% dv), Calcium & Iron (20% dv).

Tortellini & Zucchini Soup
Makes: 6 servings, about 1⅓ cups each
Active time: 25 minutes  Total: 40 minutes

Everyone knows tortellini make a quick weeknight pasta dinner—but they also add substance that turns this quick, colorful vegetable soup into a meal. One caveat: Read the label carefully; avoid pasta products made with hydrogenated oils or unnecessary preservatives.

2 tablespoons extra-virgin olive oil
2 large carrots, finely chopped
1 large onion, diced
2 tablespoons minced garlic
1 teaspoon chopped fresh rosemary
2⅓ cups vegetable broth
2 medium zucchini, diced
9 ounces (about 2 cups) fresh or frozen tortellini, preferably spinach-&-cheese
2 teaspoons red-wine vinegar
4 plum tomatoes, diced

1. Heat oil in a Dutch oven over medium heat. Add carrots and onion; stir, cover and cook, stirring occasionally, until the onion is soft and just beginning to brown, 6 to 7 minutes. Stir in garlic and rosemary and cook, stirring often, until fragrant, about 1 minute.
2. Stir in broth and zucchini; bring to a boil. Reduce heat to a simmer and cook, stirring occasionally, until the zucchini is beginning to soften, about 3 minutes. Add tortellini and tomatoes and simmer until the tortellini are plump and the tomatoes are beginning to break down, 6 to 10 minutes. Stir vinegar into the hot soup just before serving.

Per serving: 203 calories; 8 g fat (2 g sat, 4 g mono); 10 mg cholesterol; 28 g carbohydrate; 7 g protein; 4 g fiber; 385 mg sodium; 400 mg potassium.
Nutrition bonus: Vitamin A (104% daily value), Vitamin C (35% dv).
**Dinner: Fish & Seafood**

### Crab Quesadillas

**Makes:** 4 servings  
**Active time:** 30 minutes  
**Total:** 30 minutes

These quesadillas have an irresistibly creamy filling. They also make great appetizers.

- 1 cup shredded reduced-fat Cheddar cheese  
- 2 ounces reduced-fat cream cheese, softened  
- 4 scallions, chopped  
- ½ medium red bell pepper, finely chopped  
- ¼ cup chopped fresh cilantro  
- 2 tablespoons chopped pickled jalapeños (optional)  
- 1 teaspoon freshly grated orange zest  
- 1 tablespoon orange juice  
- 8 ounces pasteurized crabmeat, drained if necessary  
- 4 8-inch whole-wheat tortillas  
- 2 teaspoons canola oil, divided

1. Combine Cheddar, cream cheese, scallions, bell pepper, cilantro, jalapeños (if using), orange zest and juice in a medium bowl. Gently stir in crab. Lay tortillas out on a work surface. Spread one-fourth of the filling on half of each tortilla. Fold tortillas in half, pressing gently to flatten.

2. Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Place 2 quesadillas in the pan and cook, turning once, until golden on both sides, 3 to 4 minutes total. Transfer to a cutting board and tent with foil to keep warm. Repeat with the remaining 1 teaspoon oil and quesadillas. Cut each quesadilla into 4 wedges.

**Per serving:** 302 calories; 10 g fat (4 g sat, 3 g mono); 82 mg cholesterol; 29 g carbohydrate; 24 g protein; 3 g fiber; 786 mg sodium; 122 mg potassium.

**Nutrition bonus:** Vitamin C (57% daily value), Calcium (31% dv), Vitamin A (27% dv), Iron (26% dv).

### Oven-Fried Fish & Chips

**Makes:** 4 servings  
**Active time:** 25 minutes  
**Total:** 45 minutes

Fish and chips are traditionally sold wrapped in paper to soak up all the grease—not a good sign. To cut the calories in half and reduce the fat, we coat the delicate fish in a crispy cornflake crust and then bake it along with sliced potatoes.

- Canola or olive oil cooking spray  
- 1½ pounds russet potatoes, scrubbed and cut into ¼-inch-thick wedges  
- 4 teaspoons canola oil  
- 1 cup all-purpose flour  
- ¼ teaspoon salt  
- 2 large egg whites, beaten  
- 1 pound cod or haddock, cut into 4 portions

1. Position racks in upper and lower third of oven; preheat to 425°F. Coat a large baking sheet with cooking spray. Set a wire rack on another large baking sheet; coat with cooking spray.

2. Place potatoes in a colander. Thoroughly rinse with cold water, then pat dry completely with paper towels. Toss the potatoes, oil and ¾ teaspoon Cajun (or Creole) seasoning in a large bowl. Spread on the baking sheet without the rack. Bake on the lower oven rack, turning every 10 minutes, until tender and golden, 30 to 35 minutes.

3. Meanwhile, coarsely grind cornflakes in a food processor or blender or crush in a sealable plastic bag. Transfer to a shallow dish. Place flour, the remaining 3/4 teaspoon Cajun (or Creole) seasoning and salt in another shallow dish and egg whites in a third shallow dish. Dredge fish in the flour mixture, dip it in egg white and then coat all sides with the ground cornflakes. Place on the prepared wire rack. Coat both sides of the breaded fish with cooking spray.

4. Bake the fish on the upper oven rack until opaque in the center and the breading is golden brown and crisp, about 20 minutes.

**Per serving:** 310 calories; 5 g fat (0 g sat, 3 g mono); 45 mg cholesterol; 45 g carbohydrate; 0 g added sugars; 21 g protein; 3 g fiber; 561 mg sodium; 990 mg potassium.

**Nutrition bonus:** Vitamin C (57% daily value), Potassium (28% dv).
Salsa-Roasted Salmon

Makes: 2 servings
Active time: 10 minutes  Total: 25 minutes
To make ahead: The salsa (Step 2) will keep, covered, in the refrigerator for up to 1 day.

Fire up the food processor, add a few simple ingredients, and you’ve got a vibrant-tasting salsa in minutes. Other fish and even chicken or turkey could stand in for the salmon—adjust the roasting time accordingly.

1 medium plum tomato, roughly chopped  ½ teaspoon chili powder
½ small onion, roughly chopped  ⅛ teaspoon ground cumin
1 clove garlic, peeled and quartered  ⅛ teaspoon salt
1 small jalapeño pepper, seeded and roughly chopped  2 or 3 dashes hot sauce
1 teaspoon cider vinegar

1. Preheat oven to 400°F.
2. Place tomato, onion, garlic, jalapeño, vinegar, chili powder, cumin, salt and hot sauce to taste in a food processor; process until finely chopped and uniform.
3. Place salmon in a medium roasting pan; spoon the salsa on top. Roast until the salmon is just cooked through, 12 to 15 minutes.

Per serving: 256 calories; 15 g fat (4 g sat, 4 g mono); 62 mg cholesterol; 4 g carbohydrate; 0 g added sugars; 24 g protein; 1 g fiber; 362 mg sodium; 545 mg potassium.

Nutrition bonus: Vitamin C (32% daily value), Potassium (16% dv).

Salmon with Roasted Chile-Mango Sauce

Makes: 4 servings
Active time: 30 minutes  Total: 30 minutes

Pungent red chiles and sweet mango flavor this robust sauce, which accents simply broiled salmon wonderfully. Broiling salmon will perfume your kitchen, so if you prefer, cook the salmon on the grill, over direct heat, 8 to 12 minutes total.

3 teaspoons extra-virgin olive oil, divided
1 medium mango, ripe, slightly soft, peeled and diced (about 1 cup)
½ cup thinly sliced shallot (about 1 medium)
2 teaspoons coriander seed
2 tablespoons fresh cilantro, finely chopped, divided
1-2 dried red chiles, such as Thai, cayenne or chile de arbol, stem end removed
4 medium cloves garlic, minced
½ teaspoon salt
1 pound salmon fillet, skin removed

1. Position oven rack in upper third of oven; preheat broiler. Coat a broiler pan with cooking spray.
2. Heat 1 teaspoon oil in a small skillet over medium heat. Add shallot, coriander and chile(s); cook, stirring, until the shallot begins to brown and the spices smell fragrant, 2 to 3 minutes. Transfer the shallot mixture to a food processor or blender. Add the remaining 2 teaspoons oil and mango. Process until almost smooth (it will be slightly gritty from the bruised coriander seed). Transfer the sauce to a small bowl; stir in 1 tablespoon cilantro.
3. Combine garlic and salt in a small bowl. Spread the salted garlic on top of the salmon. Place the salmon, garlic side up, on the prepared broiling pan. Broil, 3 to 4 inches from heat, until opaque in the center, 8 to 14 minutes, depending on the thickness. Serve the salmon topped with the sauce and sprinkled with the remaining 1 tablespoon cilantro.

Per serving: 288 calories; 12 g fat (2 g sat, 6 g mono); 72 mg cholesterol; 18 g carbohydrate; 0 g added sugars; 27 g protein; 2 g fiber; 352 mg sodium; 870 mg potassium.

Nutrition bonus: Vitamin C (56% daily value), Potassium & Vitamin A (25% dv), Folate (18% dv).
Shrimp & Pesto Pasta
Makes: 6 servings, 1½ cups each
Active time: 35 minutes  Total: 35 minutes

The spring flavors of asparagus and pesto combine beautifully with fettuccine and shrimp in a light and simple pasta dish that works for family or casual entertaining.

1. Bring a large pot of water to a boil. Add fettuccine and cook for 3 minutes less than the package directions specify. Add asparagus and continue cooking until the pasta and asparagus are just tender, about 3 minutes more. Reserving ¼ cup of the cooking water, drain the fettuccine and asparagus and return to the pot. Stir in peppers and pesto. Cover to keep warm.
2. Heat oil in a large skillet over medium heat. Add shrimp and cook, stirring occasionally, until pink, about 3 minutes. Add wine, increase heat to high and continue cooking until the shrimp are curled and the wine is reduced, about 3 minutes. Add the shrimp and the reserved cooking water to the pasta; toss to coat. Season with pepper and serve immediately.

Per serving: 303 calories; 8 g fat (2 g sat, 4 g mono); 99 mg cholesterol; 34 g carbohydrate; 0 g added sugars; 19 g protein; 6 g fiber; 268 mg sodium; 310 mg potassium.

Nutrition bonus: Folate (23% daily value), Magnesium (21% dv), Vitamin A (16% dv).

Smoky Maple-Mustard Salmon
Makes: 4 servings
Active time: 5 minutes  Total: 15 minutes

It doesn’t get much easier—or more delicious—than this speedy recipe for roast salmon topped with a smoky maple-mustard sauce. The sweetness of the maple balances the tangy mustard; smoked paprika or ground chipotle adds another layer of flavor. Ask at the fish counter to have the salmon cut into four 4-ounce fillets with the skin removed.

1. Preheat oven to 450°F. Line a baking sheet with foil and coat with cooking spray.
2. Combine mustard, maple syrup, paprika (or chipotle), pepper and salt in a small bowl. Place salmon fillets on the prepared baking sheet. Spread the mustard mixture evenly on the salmon. Roast until just cooked through, 8 to 12 minutes.

Per serving: 148 calories; 4 g fat (1 g sat, 2 g mono); 53 mg cholesterol; 4 g carbohydrate; 3 g added sugars; 23 g protein; 0 g fiber; 276 mg sodium; 434 mg potassium.
Dinner: Poultry

**Almond-Crusted Chicken Fingers**

*Makes: 4 servings  
*Active time: 20 minutes  
*Total: 40 minutes

Instead of batter-dipped, deep-fried nuggets, we coat chicken tenders in a seasoned almond and whole-wheat flour crust and then oven-fry them to perfection. With half the fat of standard breaded chicken tenders, you can enjoy to your (healthy) heart’s content.

**Ingredients**
- Canola oil cooking spray
- ½ cup sliced almonds
- ⅛ cup whole-wheat flour
- ½ teaspoon garlic powder
- ½ teaspoon dry mustard
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1½ teaspoons extra-virgin olive oil
- 4 large egg whites
- 1 pound chicken tenders

**Instructions**
1. Preheat oven to 475°F. Line a baking sheet with foil. Set a wire rack on the baking sheet and coat it with cooking spray.
2. Place almonds, flour, paprika, garlic powder, dry mustard, salt and pepper in a food processor; process until the almonds are finely chopped and the paprika is mixed throughout, about 1 minute. With the motor running, drizzle in oil; process until combined. Transfer the mixture to a shallow dish.
3. Whisk egg whites in a second shallow dish. Add chicken tenders and turn to coat. Transfer each tender to the almond mixture; turn to coat evenly. (Discard any remaining egg white and almond mixture.) Place the tenders on the prepared rack and coat with cooking spray; turn and spray the other side.
4. Bake the chicken fingers until golden brown, crispy and no longer pink in the center, 20 to 25 minutes.

**Per serving:** 184 calories; 7 g fat (1 g sat, 3 g mono); 63 mg cholesterol; 4 g carbohydrate; 0 g added sugars; 26 g protein; 1 g fiber; 147 mg sodium; 264 mg potassium.

**Chicken Stuffed with Golden Onions & Fontina**

*Makes: 4 servings  
*Active time: 35 minutes  
*Total: 35 minutes

A semi-firm cheese that's nonetheless quite creamy, fontina melts into pure heaven. Combined with caramelized onions, fontina becomes a nutty, gooey, irresistible filling for chicken breasts.

**Ingredients**
- 4 teaspoons extra-virgin olive oil, divided
- 1½ cups thinly sliced red onion
- 2 teaspoons minced fresh rosemary, divided
- ⅛ teaspoon salt
- Freshly ground pepper to taste
- ⅔ cup shredded fontina cheese, preferably aged
- 4 boneless, skinless chicken breasts (about 1 pound), trimmed of fat
- ½ cup white wine
- 1 cup reduced-sodium chicken broth
- 4 teaspoons all-purpose flour

**Instructions**
1. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add onion and 1 teaspoon rosemary; cook, stirring occasionally, until the onion is golden brown, 6 to 7 minutes. Season with salt and pepper. Let cool; stir in fontina.
2. Meanwhile, cut a horizontal slit along the thin, long edge of each chicken breast half, nearly through to the opposite side. Stuff each breast with ¼ cup of the onion-cheese mixture.
3. Heat the remaining 2 teaspoons oil in the same skillet over medium-high heat. Add the chicken and cook until golden, about 5 minutes per side. Transfer to a plate and cover with foil to keep warm.
4. Add wine and the remaining 1 teaspoon rosemary to the pan. Cook over medium-high heat for 2 minutes. Whisk broth and flour in a bowl until smooth; add to the pan, reduce heat to low and whisk until the sauce thickens, about 1 minute. Return the chicken to the pan and coat with the sauce. Cook, covered, until the chicken is just cooked through, 2 to 4 minutes. Serve the chicken topped with the sauce.

**Per serving:** 287 calories; 13 g fat (5 g sat, 6 g mono); 84 mg cholesterol; 7 g carbohydrate; 0 g added sugars; 29 g protein; 1 g fiber; 413 mg sodium; 341 mg potassium.
Five-Spice Turkey & Lettuce Wraps
Makes: 4 servings, 1 ¼ cups filling each
Active time: 30 minutes  Total: 30 minutes
To make ahead: Prepare the filling (through Step 2), cover and refrigerate for up to 1 day. Serve cold or reheat in the microwave.

Based on a popular Chinese dish, these fun wraps also make appealing appetizers for entertaining.

½ cup water
½ cup instant brown rice
2 teaspoons sesame oil
1 pound 93%-lean ground turkey
1 tablespoon minced fresh ginger
large red bell pepper, finely diced
1 8-ounce can water chestnuts, rinsed and chopped
½ cup reduced-sodium chicken broth

2 tablespoons hoisin sauce
1 teaspoon five-spice powder
½ teaspoon salt
2 heads Boston lettuce, leaves separated
½ cup chopped fresh herbs, such as cilantro, basil, mint and/or chives
1 large carrot, shredded

1. Bring water to a boil in a small saucepan. Add rice; reduce heat to low, cover and cook for 5 minutes. Remove from the heat.
2. Meanwhile, heat oil in a large nonstick pan over medium-high heat. Add turkey and ginger; cook, crumbling with a wooden spoon, until the turkey is cooked through, about 6 minutes. Stir in the cooked rice, bell pepper, water chestnuts, broth, hoisin sauce, five-spice powder and salt; cook until heated through, about 1 minute.
3. To serve, spoon portions of the turkey mixture into lettuce leaves, top with herbs and carrot and roll into wraps.

Per serving: 286 calories; 11 g fat (2 g sat, 1 g mono); 65 mg cholesterol; 24 g carbohydrate; 0 g added sugars; 26 g protein; 5 g fiber; 596 mg sodium; 414 mg potassium.
Nutrition bonus: Vitamin A (146% daily value), Vitamin C (97% dv), Folate & Iron (23% dv).

Lemon Chicken Stir-Fry
Makes: 4 servings, about 1 ½ cups each
Active time: 40 minutes  Total: 40 minutes

Spiked with lots of zesty lemon, this delectable chicken stir-fry has a colorful mix of snow peas, carrots and scallions. But feel free to substitute other thinly sliced vegetables, such as bell peppers or zucchini.

1 lemon
½ cup reduced-sodium chicken broth
3 tablespoons reduced-sodium soy sauce
2 teaspoons cornstarch
1 tablespoon canola oil
1 pound boneless, skinless chicken breasts, trimmed and cut into 1-inch pieces
10 ounces mushrooms, halved or quartered
1 cup diagonally sliced carrots (¼ inch thick)
2 cups snow peas (6 ounces), stems and strings removed
1 bunch scallions, cut into 1-inch pieces, white and green parts divided
1 tablespoon chopped garlic

1. Grate 1 teaspoon lemon zest and set aside. Juice the lemon and whisk 3 tablespoons of the juice with broth, soy sauce and cornstarch in a small bowl.
2. Heat oil in a large skillet over medium-high heat. Add chicken and cook, stirring occasionally, until just cooked through, 4 to 5 minutes. Transfer to a plate with tongs. Add mushrooms and carrots to the pan and cook until the carrots are just tender, about 5 minutes. Add snow peas, scallion whites, garlic and the reserved lemon zest. Cook, stirring, until fragrant, 30 seconds. Whisk the broth mixture and add to the pan; cook, stirring, until thickened, 2 to 3 minutes. Add scallion greens and the chicken and any accumulated juices; cook, stirring, until heated through, 1 to 2 minutes.

Per serving: 223 calories; 7 g fat (1 g sat, 3 g mono); 63 mg cholesterol; 14 g carbohydrate; 0 g added sugars; 28 g protein; 3 g fiber; 555 mg sodium; 716 mg potassium.
Nutrition bonus: Vitamin A (120% daily value), Vitamin C (61% dv), Potassium (20% dv).
Pecan-Crusted Chicken

Makes: 4 servings
Active time: 30 minutes  Total: 30 minutes

This recipe coats tender chicken breasts with a buttery pecans flavored with spicy chipotle and zesty orange.

4 boneless, skinless chicken breasts (1-1¼ pounds), trimmed
⅓ cup pecan halves or pieces
¼ cup plain dry breadcrumbs
1½ teaspoons freshly grated orange zest
⅛ teaspoon salt
⅛ teaspoon ground chipotle pepper
1 large egg white
2 tablespoons water
1 tablespoon canola oil, divided

1. Working with one piece of chicken at a time, place between sheets of plastic wrap and pound with a meat mallet or heavy skillet until flattened to an even ¼-inch thickness.
2. Place pecans, breadcrumbs, orange zest, salt and ground chipotle in a food processor and pulse until the pecans are finely ground. Transfer the mixture to a shallow dish. Whisk egg white and water in a shallow dish until combined. Dip each chicken breast in the egg-white mixture, then dredge both sides in the pecan mixture.
3. Heat 1½ teaspoons oil in a large nonstick skillet over medium heat. Add half the chicken and cook until browned on the outside and no longer pink in the middle, 2 to 4 minutes per side. Transfer to a plate and cover to keep warm. Carefully wipe out the pan with a paper towel and add the remaining oil. Cook the remaining chicken.

Per serving: 270 calories; 15 g fat (2 g sat, 8 g mono); 63 mg cholesterol; 7 g carbohydrate; 0 g added sugars; 26 g protein; 2 g fiber; 411 mg sodium; 271 mg potassium.

Quick Chicken Cordon Bleu

Makes: 4 servings
Active time: 35 minutes  Total: 35 minutes

To make traditional cordon bleu, you layer prosciutto (or other ham) and cheese in between thin slices of chicken or veal, then bread and sauté the whole stack. This quick, easy version keeps the flavors the same, but skips the fussy layering and breading steps.

4 boneless, skinless chicken breasts (1½ pounds), trimmed and tenders removed
¼ teaspoon freshly ground pepper, divided
¼ cup coarse dry whole-wheat breadcrumbs
1 tablespoon chopped fresh parsley or thyme
4 teaspoons extra-virgin olive oil, divided
¼ cup chopped ham (about 1 ounce)

1 cup shredded Gruyère or Swiss cheese
2 tablespoons reduced-fat cream cheese

1. Preheat oven to 400°F.
2. Sprinkle chicken with ¼ teaspoon pepper and salt. Combine cheese and cream cheese in a bowl. Combine the remaining ¼ teaspoon pepper with breadcrumbs, parsley (or thyme) and 2 teaspoons oil in another bowl.
3. Heat the remaining 2 teaspoons oil in a large, ovenproof nonstick skillet over medium heat. Add half the chicken and cook until browned on the outside and no longer pink in the middle, 2 to 4 minutes per side. Transfer to a plate and cover to keep warm. Carefully wipe out the pan with a paper towel and add the remaining oil. Cook the remaining chicken.
4. Bake until the chicken is no longer pink in the center and an instant-read thermometer registers 165°F, 5 to 7 minutes.

Per serving: 245 calories; 12 g fat (4 g sat, 6 g mono); 82 mg cholesterol; 4 g carbohydrate; 28 g protein; 1 g fiber; 314 mg sodium; 216 mg potassium.
Seared Chicken with Apricot Sauce

Makes: 4 servings  
Active time: 30 minutes  Total: 30 minutes

Fresh apricots, white wine, apricot preserves and tarragon combine in a quick sauce that’s delicious on chicken. We pound the chicken thin so that it cooks in just a couple of minutes. Let this basic recipe inspire you to create your own variations. Try different combinations of wine (or even fruit juice with a touch of vinegar) and other fruits and preserves.

4 boneless, skinless chicken breasts (about 1 1/4 pounds), trimmed and tenders removed  
3/4 teaspoon salt, divided  
1/4 teaspoon freshly ground pepper  
1/4 cup all-purpose flour  
1 tablespoon canola oil  
3/4 cup dry white wine

1. Place chicken breasts between 2 pieces of plastic wrap. Pound with a rolling pin, meat mallet or heavy skillet until flattened to an even thickness, about 1/2 inch. Sprinkle with 1/4 teaspoon salt and pepper. Place flour in a shallow dish. Dredge the chicken in the flour, shaking off excess. (Discard any leftover flour.)

2. Heat oil in a large skillet over medium heat. Add the chicken and cook until browned and no longer pink in the center, 3 to 5 minutes per side. Transfer to a plate, cover and keep warm. (If necessary, cook the chicken in two batches with an additional 1 tablespoon oil.)

3. Off the heat, add wine and shallot to the pan. Return to medium heat and cook, scraping up any browned bits, until slightly reduced, about 3 minutes. Add apricots and cook until the fruit begins to break down, 2 to 3 minutes. Stir in preserves, tarragon and the remaining 1/2 teaspoon salt. Return the chicken to the pan and cook until heated through, 1 to 2 minutes. Serve the chicken with the sauce.

Per serving: 303 calories; 7 g fat (1 g sat, 3 g mono); 91 mg cholesterol; 18 g carbohydrate; 4 g added sugars; 32 g protein; 1 g fiber; 608 mg sodium; 686 mg potassium.

Nutrition bonus: Potassium (20% daily value), Vitamin A (16% dv).

Simple Roast Chicken

Makes: 8 servings  
Active time: 15 minutes  Total: 2 hours 20 minutes  
Equipment: Kitchen string

There’s no reason to get overly fussy with complicated techniques for a flavorful, rich and simple roast chicken, the ultimate comfort food.

1. Preheat oven to 375°F.

2. Place onion, garlic, tarragon and thyme into the cavity of the chicken. Tie the legs together with kitchen string, mostly closing the cavity opening. Pull the wings so the tips overlap on top of the breast; tie in place, wrapping string around the wings and body. Rub the chicken with oil, salt and pepper. Set in a roasting pan, breast-side down.

3. Roast the chicken for 25 minutes. Turn breast-side up and continue roasting, basting occasionally with pan juices, until a thermometer inserted into the thickest part of the thigh, without touching bone, registers 175°F, 1 1/4 to 1 1/2 hours. Transfer to a cutting board; let rest for 10 minutes. Remove the string before carving.

Per 3-ounce serving (without skin): 294 calories; 10 g fat (2 g sat, 5 g mono); 150 mg cholesterol; 1 g carbohydrate; 0 g added sugars; 47 g protein; 0 g fiber; 465 mg sodium; 575 mg potassium.

Nutrition bonus: Zinc (19% daily value), Potassium (16% dv).
White Chili

Makes: 6 servings, 1½ cups each  
Active time: 10 minutes  Total: 45 minutes

This fragrant “white” chili is an unusual, delicious alternative to traditional tomato-based chili. Serve with lime wedges.

1 tablespoon canola oil  
1½ cups chopped onion  
2 4-ounce cans chopped green chiles  
1 teaspoon dried oregano  
1 teaspoon ground cumin  
¼-½ teaspoon cayenne pepper  
3 15-ounce cans great northern beans, rinsed  
4 cups reduced-sodium chicken broth  
4 cups diced cooked skinless turkey or chicken  
2 tablespoons cider vinegar

Heat oil in a large pot or Dutch oven over medium-high heat. Add onion; cook, stirring occasionally, until softened, about 5 minutes. Stir in chiles, oregano, cumin and cayenne. Cook, stirring occasionally, for 5 minutes. Stir in beans and broth; bring to a simmer. Cook, stirring occasionally, for 20 minutes. Add turkey (or chicken) and vinegar; cook for 5 minutes more. Serve.

Per serving: 446 calories; 6 g fat (1 g sat, 2 g mono); 64 mg cholesterol; 51 g carbohydrate; 0 g added sugars; 46 g protein; 11 g fiber; 492 mg sodium; 1,234 mg potassium.

Nutrition bonus: Folate (48% daily value), Magnesium & Potassium (35% dv), Vitamin C (33% dv), Iron (29% dv), Zinc (23% dv).
Asian Salisbury Steaks with Sautéed Watercress
Makes: 2 servings
Active time: 25 minutes Total: 30 minutes

Back in the 19th century, an English doctor named J.H. Salisbury prescribed beef for all manner of ailments. We think he’d love this healthy update of the ground-beef-and-onions classic that bears his name. The sautéed watercress is an excellent foil to the meaty glazed beef.

6 ounces 90%-lean ground beef
1/2 cup finely diced red bell pepper
1/2 cup chopped scallions
2 tablespoons plain dry breadcrumbs
2 tablespoons hoisin sauce, divided
1 tablespoon minced fresh ginger
1 1/2 teaspoons canola oil, divided
8 cups trimmed watercress (2 bunches or one 4-ounce bag)
1/4 cup Shao Hsing rice wine or dry sherry

1. Place rack in upper third of oven; preheat the broiler. Coat a broiler pan and rack with cooking spray.
2. Gently mix beef, bell pepper, scallions, breadcrumbs, 1 tablespoon hoisin sauce and ginger in a medium bowl until just combined. Form the mixture into 2 oblong patties and place on the prepared broiler-pan rack. Brush the tops of the patties with 1/2 teaspoon oil. Broil, flipping once, until cooked through, about 4 minutes per side.
3. Meanwhile, heat the remaining 1 teaspoon oil in a large skillet over high heat. Add watercress and cook, stirring often, until just wilted, 1 to 3 minutes. Divide the watercress between 2 plates. Return the pan to medium-high heat. Add rice wine (or sherry) and the remaining 1 tablespoon hoisin sauce. Cook, stirring, until smooth, bubbling and slightly reduced, about 1 minute. Top the watercress with the Salisbury steaks and drizzle with the pan sauce.

Per serving: 303 calories; 13 g fat (4 g sat, 6 g mono); 56 mg cholesterol; 17 g carbohydrate; 21 g protein; 392 mg sodium; 611 mg potassium.
Nutrition bonus: Vitamin C (99% daily value), Vitamin A (55% dv), Zinc (30% dv), Potassium (17% dv), Iron (16% dv).

Blue Ribbon Meatloaf
Makes: 8 servings, one 1-inch slice each
Active time: 10 minutes Total: 2 hours

In revisiting this classic, we put the meat back in the “loaf” by using ultra-lean ground beef and turkey. With fresh whole-wheat breadcrumbs and beer-simmered sweet onions, you’ll never notice the missing fat.

2 teaspoons canola oil
1 medium sweet onion, chopped (2 cups)
1 12-ounce bottle dark or amber beer
1 teaspoon dried thyme
1 teaspoon dry mustard
3/4 teaspoon salt
1/8 teaspoon freshly ground pepper

1 1/4 pounds 95%-lean ground beef
1 1/4 pounds 93%-lean ground turkey
1 cup fresh whole-wheat breadcrumbs
1 large egg, lightly beaten
1 egg white, lightly beaten

1. Preheat oven to 375°F. Coat an 8 1/2-by-4 1/2-inch loaf pan with cooking spray.
2. Heat oil in a large nonstick skillet over medium-high heat. Add onion and cook, stirring often, until translucent and starting to brown, about 5 minutes. Pour in beer and increase heat to high. Bring to a vigorous boil; cook until the liquid is quite syrupy and the mixture reduces to about 3/4 cup, 8 to 10 minutes. Transfer to a large bowl. Stir in thyme, dry mustard, salt and pepper. Let cool for 10 minutes.
3. Add beef, turkey, breadcrumbs, parsley, egg and egg white to the onion mixture. With clean hands, mix thoroughly and transfer to the prepared pan.
4. Bake the meatloaf until an instant-read thermometer registers 160°F when inserted into the center, about 1 hour 20 minutes. Let rest for 5 minutes; drain accumulated liquid from the pan and slice.

Per serving: 259 calories; 9 g fat (2 g sat, 2 g mono); 101 mg cholesterol; 10 g carbohydrate; 0 g added sugars; 31 g protein; 1 g fiber; 339 mg sodium; 46 mg potassium.
Nutrition bonus: Zinc (20% daily value).
Green Chile Bison Burger

Makes: 4 servings
Active time: 40 minutes Total: 40 minutes
To make ahead:

Take a trip to the Southwest with this juicy green-chile cheeseburger made with rich-tasting ground bison. You could make these with freshly roasted green chiles, but canned green chiles, which you can find near other Mexican food in most supermarkets, keep this recipe a snap to make when you’re in a hurry.

1/4 cup thinly sliced red onion
1 pound ground bison or lean (90% or leaner) ground beef
2 4-ounce cans diced green chiles, drained, divided
1/2 cup shredded pepper Jack cheese, divided
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper
4 whole-wheat hamburger buns, toasted
1 cup very thinly sliced iceberg or romaine lettuce

1. Preheat grill to medium-high (or see Stovetop Variation).
2. Place onion in a small bowl and cover with cold water.
3. Place bison (or beef), 1 can drained chiles, 1/4 cup cheese, salt and pepper in a medium bowl. Gently combine without overmixing. Form into 4 patties, about 3/4 inch thick.
4. Oil the grill rack. Grill the burgers, turning once, until an instant-read thermometer inserted in the center registers 155°F (165°F for beef), 4 to 5 minutes per side. Top each burger with an equal portion of the remaining green chiles and sprinkle with the remaining 1/4 cup cheese. Cook until the cheese is melted, about 1 minute more.
5. Drain the onion. Assemble the burgers on toasted buns with onion and shredded lettuce.

Per serving: 349 calories; 15 g fat (6 g sat, 5 g mono); 75 mg cholesterol; 26 g carbohydrate; 4 g added sugars; 31 g protein; 3 g fiber; 678 mg sodium; 596 mg potassium.

Nutrition bonus: Zinc (44% daily value), Vitamin C (31% dv), Iron (28% dv), Calcium (19% dv), Magnesium & Potassium (17% dv), Folate (16% dv).

Stovetop Variation: Coat a nonstick pan, preferably cast-iron (or a grill pan), with cooking spray and heat over medium-high heat for 1 to 2 minutes. Add burgers, reduce heat to medium and cook, turning once, until an instant-read thermometer registers 155°F (for bison) or 165° (for beef), 4 to 5 minutes per side.

London Broil with Cherry-Balsamic Sauce

Makes: 6 servings
Active time: 10 minutes Total: 50 minutes (including marinating time)
To make ahead: Marinate the meat (Step 1) for up to 8 hours

London broil is a thicker cut of steak that benefits from the tenderizing effects of a marinade. Ours does its job and then doubles as a sauce when simmered with some shallots. Use any steak leftovers on top of a salad or in a sandwich with fresh spinach leaves.

1/3 cup dry red wine
1/4 cup balsamic vinegar
2 tablespoons cherry preserves
2 cloves garlic, minced
1/2 teaspoon salt
Freshly ground pepper to taste

1. Whisk wine, vinegar, cherry preserves, garlic, salt and pepper in a small bowl. Place the marinade in a shallow glass dish. Pour the marinade over the meat and turn to coat. Cover and marinate in the refrigerator, turning several times, for at least 20 minutes or up to 8 hours.
2. Remove the meat from the marinade. Pour the marinade into a small saucepan; add shallot and set aside. Brush a ridged grill pan or heavy skillet with oil; heat over medium-high heat. Add the meat and cook for 10 to 12 minutes per side for medium-rare, depending on thickness, or until it reaches desired doneness. (It may appear that the meat is burning but don’t worry, it will form a pleasant crust.) Transfer the meat to a cutting board; let rest for 5 minutes.
3. While the meat is cooking, bring the marinade to a boil; cook over medium-high heat for 5 to 7 minutes, or until it is reduced to about 1/2 cup. Remove from the heat; add butter and whisk until melted.
4. Slice the meat thinly against the grain. Add any juices on the cutting board to the sauce. Serve the meat with the sauce.

Per serving: 221 calories; 8 g fat (3 g sat, 3 g mono); 74 mg cholesterol; 9 g carbohydrate; 4 g added sugars; 25 g protein; 0 g fiber; 258 mg sodium; 478 mg potassium.

Nutrition bonus: Zinc (33% daily value), Potassium (21% dv).
Maple-Chili Glazed Pork Medallions
Makes: 4 servings
Active time: 20 minutes  Total: 20 minutes

Pork medallions are quick and easy to prepare, and are particularly tasty with a maple-chili glaze.

1 teaspoon chili powder  2 teaspoons canola oil  1% pound pork tenderloin, trimmed and cut crosswise into 1-inch-thick medallions
½ teaspoon salt  ¼ cup apple cider
¼ teaspoon ground chipotle pepper  1 tablespoon maple syrup

1. Mix chili powder, salt and ground chipotle in a small bowl. Sprinkle over both sides of pork.
2. Heat oil in a large skillet over medium-high heat. Add the pork and cook until golden, 1 to 2 minutes per side. Add cider, syrup and vinegar to the pan. Bring to a boil, scraping up any browned bits. Reduce the heat to medium and cook, turning the pork occasionally to coat, until the sauce is reduced to a thick glaze, 1 to 3 minutes. Serve the pork drizzled with the glaze.

Per serving: 167 calories; 5 g fat (1 g sat, 2 g mono); 74 mg cholesterol; 6 g carbohydrate; 24 g protein; 0 g fiber; 363 mg sodium; 478 mg potassium.

Oven-Barbecued Pork Chops
Makes: 4 servings
Active time: 20 minutes  Total: 30 minutes

Need a little summertime flavor? Try this swift recipe and enjoy a “barbecue” indoors.

1½-1¾ pounds bone-in, ¼-inch-thick pork rib chops, trimmed  3 teaspoons canola oil, divided
1 medium onion, diced  1 clove garlic, minced
1% cup orange juice  1½ cup barbecue sauce

1. Preheat oven to 400°F.
2. Sprinkle pork chops with salt and pepper. Heat 2 teaspoons oil in a large oven-proof skillet over high heat. Add the pork and cook until beginning to brown, 1 to 2 minutes per side. Transfer to a plate.
3. Add the remaining 1 teaspoon oil to the pan. Add onion and cook, stirring, until softened, 3 to 4 minutes. Stir in garlic and cook, stirring, until fragrant, 30 seconds. Add orange juice and cook until most of the liquid has evaporated, 30 seconds to 1 minute. Stir in barbecue sauce. Return the pork chops to the pan, turning several times to coat with the sauce.
4. Transfer the pan to the oven and bake until the pork chops are barely pink in the middle and an instant-read thermometer registers 145°F, 6 to 10 minutes. Serve the sauce over the pork chops.

Per serving: 245 calories; 10 g fat (2 g sat, 5 g mono); 51 mg cholesterol; 15 g carbohydrate; 20 g protein; 1 g fiber; 190 mg sodium; 349 mg potassium.

Nutrition bonus: Vitamin C (21% daily value).
Pork Chops with Orange & Fennel Salad

Makes: 4 servings
Active time: 35 minutes  Total: 35 minutes

Fennel-crusted pork chops with a warm citrus-and-fennel salad is a terrific antidote to a dreary winter day.

3 navel oranges
1 teaspoon lemon juice
½ teaspoon cornstarch
½ teaspoon salt, divided
4 4-ounce boneless pork chops, ½ inch thick, trimmed
2 teaspoons fennel seeds, roughly chopped or coarsely ground in a spice grinder

¼ teaspoon freshly ground pepper
1 tablespoon extra-virgin olive oil
1 large fennel bulb, cored and thinly sliced
1 shallot, chopped
3 cups watercress or arugula, tough stems removed

1. Remove the skin and white pith from oranges with a sharp knife. Working over a bowl, cut the segments from their surrounding membranes. Squeeze juice in the bowl before discarding membranes. Transfer the segments with a slotted spoon to another bowl. Whisk lemon juice, sugar, cornstarch and ¼ teaspoon salt into the bowl with the orange juice. Set aside.

2. Season pork chops on both sides with fennel seeds, the remaining ¼ teaspoon salt and pepper. Heat oil in a large nonstick skillet over medium heat. Add the chops and cook until browned and just cooked through, 2 to 3 minutes per side. Transfer to a plate and tent with foil to keep warm.

3. Add sliced fennel and shallot to the pan and cook, stirring, for 1 minute. Add watercress (or arugula) and cook, stirring, until it begins to wilt, 1 to 2 minutes more. Stir in the reserved orange segments, then transfer the contents of the pan to a platter.

4. Add the reserved orange juice mixture and any accumulated juices from the pork chops to the pan. Cook, stirring constantly, until slightly thickened, about 1 minute. Serve the pork chops on the fennel salad, drizzled with the pan sauce.

Per serving: 257 calories; 10 g fat (2 g sat, 5 g mono); 66 mg cholesterol; 20 g carbohydrate; 1 g added sugars; 24 g protein; 5 g fiber; 378 mg sodium; 819 mg potassium.

Nutrition bonus: Vitamin C (135% daily value), Vitamin A (24% dv), Potassium (23% dv).

Seared Steaks with Caramelized Onions & Gorgonzola

Makes: 4 servings
Active time: 30 minutes  Total: 30 minutes

In our humble opinion, steak is best topped with sweet caramelized onions and salty Gorgonzola cheese. We recommend seeking out good-quality Gorgonzola for the best flavor, but any will work.

2 tablespoons canola oil, divided
2 large onions, sliced (about 4 cups)
1 tablespoon brown sugar
½ cup reduced-sodium beef broth
1 tablespoon balsamic vinegar
½ teaspoon salt, divided
¼ teaspoon freshly ground pepper
1 pound beef tenderloin (filet mignon) or sirloin steak, 1-1¼ inches thick, trimmed and cut into 4 steaks
½ cup crumbled Gorgonzola or blue cheese

1. Heat 1 tablespoon oil over medium heat in a large skillet. Add onions and brown sugar and cook, stirring often, until the onions are very tender and golden brown, about 15 minutes. Add broth, vinegar and ¼ teaspoon salt and cook, stirring, until the liquid has almost evaporated, 3 to 4 minutes more. Transfer the onions to a bowl; cover to keep warm. Clean and dry the pan.

2. Sprinkle the remaining ¼ teaspoon salt and pepper on both sides of each steak. Heat the remaining 1 tablespoon oil in the pan over medium-high heat. Add the steaks and cook until browned, 3 to 5 minutes. Turn them over and top with cheese. Reduce heat to medium-low, cover and cook until the cheese is melted and the steaks are cooked to desired doneness, 3 to 5 minutes for medium-rare. Serve the steaks with the caramelized onions.

Per serving: 314 calories; 17 g fat (5 g sat, 8 g mono); 81 mg cholesterol; 11 g carbohydrate; 28 g protein; 1 g fiber; 532 mg sodium; 552 mg potassium.

Nutrition bonus: Zinc (33% daily value), Potassium (16% dv).
Dinner: Salads & Sides

Lemon-Dill Green Beans
Makes: 4 servings, about 1 cup each  
Active time: 15 minutes  Total: 25 minutes

This lemon and dill vinaigrette is a natural complement to green beans. It’s also great tossed with steamed asparagus or drizzled over sliced fresh tomatoes.

Ingredients:
- 1 pound green beans, trimmed
- 4 teaspoons chopped fresh dill
- 1 tablespoon minced shallot
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lemon juice
- 1 teaspoon whole-grain mustard
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

Instructions:
1. Bring an inch of water to a boil in a large saucepan fitted with a steamer basket. Add green beans, cover and cook until tender-crisp, 5 to 7 minutes. Remove from the heat.
2. Meanwhile, whisk dill, shallot, oil, lemon juice, mustard, salt and pepper in a large bowl. Add the green beans and toss to coat. Let stand about 10 minutes before serving to blend flavors.

Per serving: 73 calories; 4 g fat (1 g sat, 3 g mono); 0 mg cholesterol; 10 g carbohydrate; 0 g added sugars; 2 g protein; 4 g fiber; 163 mg sodium; 178 mg potassium.

Nutrition bonus: Vitamin C (21% daily value), Vitamin A (16% dv).

Quick Vegetable Sauté
Makes: 4 servings, about ¾ cup each  
Active time: 15 minutes  Total: 15 minutes

Add a little shallot and dried dill or tarragon to any mixture of frozen vegetables and have a delicious side dish on the table fast. If you’d like to make this recipe with fresh vegetables instead, cut them into bite-size pieces and add a tablespoon or two of water to the skillet when you add the vegetables; adjust the cooking time as needed.

Ingredients:
- 1 tablespoon extra-virgin olive oil
- 1 small shallot, minced
- 4 cups mixed frozen vegetables, such as corn, carrots and green beans
- ½ teaspoon dried dill or tarragon
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

Instructions:
Heat oil in a large skillet over medium heat. Add shallot and cook, stirring, until softened, about 1 minute. Stir in frozen vegetables. Cover and cook, stirring occasionally, until the vegetables are tender, 4 to 6 minutes. Stir in dill (or tarragon), salt and pepper.

Per serving: 107 calories; 4 g fat (1 g sat, 3 g mono); 0 mg cholesterol; 17 g carbohydrate; 0 g added sugars; 3 g protein; 3 g fiber; 178 mg sodium; 294 mg potassium.

Nutrition bonus: Vitamin A (128% daily value), Vitamin C (16% dv).
Roasted Delicata Squash & Onions
Makes: 4 servings, about 1 cup each
Active time: 15 minutes  Total: 45 minutes

Roasting intensifies delicata squash’s flavor. Seasoned with rosemary and maple, this recipe’s great with pork or turkey.

2 pounds delicata squash
(about 2 large)
1 medium red onion, sliced
2 tablespoons extra-virgin olive oil, divided
¼ teaspoon salt

1 teaspoon chopped fresh rosemary
1 tablespoon maple syrup
1 tablespoon Dijon mustard

1. Preheat oven to 425°F.
2. Cut squash in half lengthwise, then crosswise; scoop out the seeds. Cut lengthwise into ½-inch-thick wedges. Toss with onion, 1 tablespoon oil and salt in a large bowl. Spread in an even layer on a baking sheet.
3. Roast, stirring once or twice, until tender and beginning to brown, about 30 minutes.
4. Combine the remaining 1 tablespoon oil, rosemary, syrup and mustard in a small bowl. Toss the vegetables with the dressing.

Per serving: 164 calories; 7 g fat (1 g sat, 5 g mono); 0 mg cholesterol; 26 g carbohydrate; 3 g added sugars; 2 g protein; 7 g fiber; 204 mg sodium; 599 mg potassium.
Nutrition bonus: Vitamin A (430% daily value), Vitamin C (52% dv), Potassium (17% dv).

Spinach Salad with Japanese Ginger Dressing
Makes: 4 servings, about ½ cup each
Active time: 20 minutes  Total: 20 minutes
To make ahead: Cover and refrigerate the dressing (Step 1) for up to 5 days.

This spinach salad tossed with ginger dressing was inspired by the salads served at Japanese steakhouses across the U.S.

3 tablespoons minced onion
3 tablespoons peanut or canola oil
2 tablespoons distilled white vinegar
1½ tablespoons finely grated fresh ginger
1 tablespoon ketchup
1 tablespoon reduced-sodium soy sauce
¼ teaspoon minced garlic
¼ teaspoon salt
Freshly ground pepper to taste
10 ounces fresh spinach
1 large carrot, grated
1 medium red bell pepper, very thinly sliced

1. Combine onion, oil, vinegar, ginger, ketchup, soy sauce, garlic, salt and pepper in a blender. Process until combined.
2. Toss spinach, carrot and bell pepper with the dressing in a large bowl until evenly coated.

Per serving: 135 calories; 11 g fat (2 g sat, 5 g mono); 0 mg cholesterol; 9 g carbohydrate; 3 g protein; 3 g fiber; 391 mg sodium; 559 mg potassium.
Nutrition bonus: Vitamin A (212% daily value), Vitamin C (100% dv), Folate (39% dv), Magnesium & Potassium (16% dv).
Salad Dressings

Champagne Vinaigrette
Makes: ⅔ cup, for 8 servings
Active time: 5 minutes Total: 5 minutes
To make ahead: Cover and refrigerate for up to 1 week.

Whirring this champagne vinaigrette in the blender gives it a creamy consistency. If you don’t have a blender, just mince the shallots, then whisk the ingredients in a medium bowl.

1 small shallot, peeled and quartered
⅛ cup champagne vinegar or white-wine vinegar
⅛ cup extra-virgin olive oil
1 tablespoon Dijon mustard
¾ teaspoon salt
Freshly ground pepper to taste

Combine shallot, vinegar, oil, mustard, salt and pepper in a blender. Puree until smooth.

Per serving: 51 calories; 5 g fat (1 g sat, 4 g mono); 0 mg cholesterol; 1 g carbohydrate; 0 g protein; 0 g fiber; 182 mg sodium; 4 mg potassium.

Creamy Garlic Dressing
Makes: about 1 cup
Active time: 5 minutes Total: 5 minutes
To make ahead: Cover and refrigerate for up to 5 days.

Enriched with low-fat buttermilk and reduced-fat mayonnaise, this thick, garlicky dressing makes a sumptuous topping for potato, pasta or romaine salads.

½ cup buttermilk
¼ cup reduced-fat mayonnaise
1½ tablespoons lemon juice
2 tablespoons freshly grated Parmesan cheese
2 teaspoons reduced-sodium soy sauce
1 clove garlic, minced
⅛ teaspoon salt
Freshly ground pepper to taste

Combine buttermilk, mayonnaise, lemon juice, Parmesan, soy sauce, garlic, salt and pepper in a blender; blend until smooth.

Per tablespoon: 10 calories; 0 g fat (0 g sat, 0 g mono); 1 mg cholesterol; 1 g carbohydrate; 1 g protein; 0 g fiber; 89 mg sodium; 6 mg potassium.
Cucumber Herb Vinaigrette

Makes: about 1 ¼ cups
Active time: 10 minutes  Total: 10 minutes
To make ahead: Cover and refrigerate for up to 3 days.

As the base of this herb-spiked dressing, pureed cucumber provides a mellow grassy flavor and a luxurious texture. Pureeing vegetables into a salad dressing is a great way to give it body (and to sneak in more low-cal vegetables). Experiment with tomatoes, arugula and/or roasted garlic to create your own dressing magic.

Puree cucumber, oil, vinegar, chives, parsley, yogurt, mustard, horseradish, sugar and salt in a blender until smooth.

| 1 small cucumber, peeled, seeded and chopped | 1 tablespoon nonfat or low-fat plain yogurt |
| ¼ cup extra-virgin olive oil | 1 teaspoon Dijon mustard |
| 2 tablespoons red-wine vinegar | 1 teaspoon prepared horseradish |
| 2 tablespoons chopped fresh chives | 1 teaspoon sugar |
| 2 tablespoons chopped fresh parsley | ½ teaspoon salt |

Per tablespoon: 28 calories; 3 g fat (0 g sat, 2 g mono); 0 mg cholesterol; 1 g carbohydrate; 0 g protein; 0 g fiber; 63 mg sodium; 16 mg potassium.

Garlic-Dijon Vinaigrette

Makes: about 1 ¾ cups
Active time: 10 minutes  Total: 10 minutes
To make ahead: Cover and refrigerate for up to 1 week.

This garlicky mustard vinaigrette is great to have in your repertoire as it goes with almost anything. The recipe makes plenty so you can fix it once and then have it on hand for several days. The garlic is delicious but bold here; use fewer cloves if you want to tone it down.

Combine oil, lemon juice, vinegar, mustard and garlic in a blender, a jar with a tight-fitting lid or a medium bowl. Blend, shake or whisk until smooth. Season with salt and pepper.

Per tablespoon: 38 calories; 4 g fat (1 g sat, 3 g mono); 0 mg cholesterol; 0 g carbohydrate; 0 g protein; 0 g fiber; 70 mg sodium; 6 mg potassium.
Goat Cheese & Tomato Dressing

Makes: about 1 cup  
Active time: 10 minutes  
Total: 10 minutes  
To make ahead: Cover and refrigerate for up to 3 days.

Tomatoes and goat cheese pair deliciously in this dressing. If you don’t have tarragon, try this with another fresh herb like basil or thyme.

<table>
<thead>
<tr>
<th>¼ cup crumbled goat cheese</th>
<th>½ teaspoon salt</th>
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<tbody>
<tr>
<td>2 tablespoons white-wine vinegar</td>
<td>Freshly ground pepper to taste</td>
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<tr>
<td>2 teaspoons maple syrup</td>
<td>1 tablespoon chopped fresh tarragon</td>
</tr>
<tr>
<td>¼ cup extra-virgin olive oil</td>
<td>2 plum tomatoes, seeded and chopped</td>
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Combine goat cheese, vinegar and maple syrup in a blender or food processor and blend until combined. Add oil and tomatoes and blend until smooth. Season with salt and pepper. Stir in tarragon.

Per tablespoon: 44 calories; 4 g fat (1 g sat, 3 g mono); 2 mg cholesterol; 1 g carbohydrate; 1 g protein; 0 g fiber; 85 mg sodium; 24 mg potassium.
Evening Snack

“Cocoa-Nut” Bananas
Makes: 4 servings
Active time: 10 minutes  Total: 10 minutes

Cocoa- and coconut-crusted bananas are a treat for the whole family.

- 4 teaspoons cocoa powder
- 4 teaspoons toasted unsweetened coconut
- 2 bananas, sliced on the bias

Place cocoa and coconut on separate plates. Roll each banana slice in the cocoa, shake off the excess, then dip in the coconut.

Per serving: 60 calories; 1 g fat (1 g sat, 0 g mono); 0 mg cholesterol; 13 g carbohydrate; 1 g added sugars; 1 g protein; 2 g fiber; 2 mg sodium; 217 mg potassium.

Pineapple-Raspberry Parfaits
Makes: 4 parfaits
Active time: 5 minutes  Total: 5 minutes

You won’t mind serving dessert on a busy weekday after assembling these quick parfaits.

- 2 8-ounce containers (2 cups) nonfat peach yogurt
- ½ pint fresh raspberries (about 1¼ cups)
- 1½ cups fresh, frozen or canned pineapple chunks

Divide and layer yogurt, raspberries and pineapple into 4 glasses.

Per serving: 112 calories; 0 g fat (0 g sat, 0 g mono); 3 mg cholesterol; 24 g carbohydrate; 5 g protein; 3 g fiber; 58 mg sodium; 114 mg potassium.

Nutrition bonus: Vitamin C (73% daily value).

Tea-Scented Mandarins
Makes: 4 servings
Active time: 5 minutes  Total: 10 minutes

An unusual combination of ingredients make a delicious dessert or a healthful afternoon break.

- 2 cups mandarin orange or clementine segments
- ½ cup hot black tea
- 2 tablespoons honey
- Pinch of ground cardamom

Place orange (or clementine) segments in a small bowl. Pour tea over them and drizzle with honey and sprinkle with cardamom.

Per serving: 63 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 16 g carbohydrate; 1 g protein; 2 g fiber; 2 mg sodium; 179 mg potassium.

Nutrition bonus: Vitamin C (44% daily value).
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