

Eating Well for Heart Health Meal Plan

# 1,200-Calorie Level



EatingWell

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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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**White Bean Soup (Fassoulatha),** page 17

# Welcome to a heart-healthy meal plan that tastes good.

**Y**es, of course you care about your heart and you're happy to follow an eating plan designed to keep it healthy—so long as the food doesn't taste like cardboard... and the plan doesn't involve cooking a dozen recipes in a single day or stopping at 17 different stores to get your groceries. In short, you're looking for a heart-healthy eating plan that is delicious *and* "doable."

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 a calorie target that's right for you and help you get enough of nutrients you might be falling short on, such as calcium and fiber. On the flip side, the plans limit nutrients that, when eaten in excess, are linked with heart disease. Per the recommendations of the *2010 Dietary Guidelines for Americans*, we've limited saturated fat, trans fat, refined grains, sodium, dietary cholesterol and added sugar. The meal plan includes a variety of fruits and vegetables and no and low-fat milk. The plans also keep added sugars—we're talking honey, molasses, etc., as well as refined white sugar—to a minimum.

**➤ Hint:**  
Start the plan on a Sunday. The program is designed so that you're often cooking bigger-batch meals on Day 1—and eating leftovers later in the week.

Now you're thinking, how can such a controlled diet *not* taste like cardboard? The secret is these menus use wholesome, healthy ingredients that are inherently delicious. These tasty whole foods are, at times, dressed up—but with herbs and spices rather than loads of butter, sugar and salt.

It's important, too, to note the plans are 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. The calculated result is your daily calorie goal if your aim is to maintain. 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 between two levels, take your pick. Obviously, you'll lose weight a little faster at the lower level. Note: The x12 calculation assumes a generally sedentary lifestyle so if you exercise regularly, you may want to go with the higher calorie level. Ditto if you find you're losing more weight than you'd like on your selected calorie 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 may have changed.)


$$\begin{array}{r} 145 \text{ [lb.]} \\ \times 12 \\ \hline 1,740 \text{ [calories]} \\ - 500 \text{ [calories]} \\ \hline 1,240 \text{ calories} \end{array}$$

➔ 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, simply replace it

↘ **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 ingredients (e.g., quinoa) may be new to you.

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) and you'd rather have a cup of cherries (87 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 (saving about 100 calories by ditching 1 slice of bread). 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. 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 or you opt for cream or flavored creamer (make sure it doesn't contain partially hydrogenated oils!)—be sure to eliminate the extra calories somewhere else. And, don't lose count of the calories and sodium in condiments, which can pack more than you might think—2 tablespoons of ketchup, for instance, has 30 calories and 334 mg sodium!

## 3 Assess and adjust.

**Are you losing more weight than planned**—or are you always 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 – try increasing the intensity or the duration of your physical activity.

**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:** In places, we've recommended egg substitutes to keep cholesterol down. Prefer fresh eggs? Simply swap in egg whites. On the flip side, if you love the convenience of eggs in a carton, you can use the egg substitutes where we call for egg whites. **Either way, remember this: one large egg white equals 2 tablespoons of liquid egg whites.**



# “Let’s Make It Work” Cheat Sheet

Following a structured meal plan, you may find that you want to make some changes. Don’t sweat it. Read through this section to find guidance for making healthful swaps that won’t sabotage your success.

**The problem:** The plan says to eat 1 ounce of cheese—and you don’t know how much that is.

**The solution:** Generally, 1 ounce of cheese is about ¼ cup shredded. But we highly recommend getting an inexpensive digital kitchen scale to measure portions accurately.

**The problem:** You really like your lattes.

**The solution:** Many meals on the plan include a cup of nonfat milk. If you choose to mix that milk with espresso (and you’re not restricting caffeine for any reason), who are we to say that’s not a brilliant idea? Do keep in mind, though, that **1 cup of milk is 8 ounces and typically the smallest latte you can buy is 12 ounces, so you’ll need to adjust calories.** Also, if you’re ordering out, don’t forget to specify “nonfat” milk—the default at most coffee shops is 2% or whole.



**The problem:** Eating plain yogurt isn’t your style, or at least not yet.

**The solution:** Stir in some fresh fruit. Or substitute a fruit-flavored yogurt. Whatever solution you choose, be sure to account for any extra calories (and, if you’re using a sweetener, added sugars) and subtract them from somewhere else.

**The problem:** You get bored drinking plain water.

**The solution:** Make it a seltzer. Better yet, make it seltzer with a squeeze of lime or a twist of lemon. Or try unsweetened iced tea. If you’re craving more flavor, try splashing a little bit of 100% fruit juice into your seltzer: ¼ cup of cranberry juice goes a long way and costs you only 34 calories.



**The problem:** You like something on those steamed vegetables (or plain grains).

**The solution:** Sure! There are lots of ways to jazz up vegetables or grains, calorie-free. Try chopped fresh herbs, such as cilantro, parsley, dill or tarragon; a sprinkle of curry powder, garlic powder or lemon pepper; a squeeze of lemon or lime juice and/or the zest; a splash of rice vinegar, balsamic or sherry vinegar—or a couple of dashes of a flavorful hot sauce (check the sodium, though, as hot sauce can pack nearly 200 mg of sodium per teaspoon).

**The problem:** You like to switch up your snacks, but the plan repeats the same ones.

**The solution:** If varying your snacks helps keep you engaged, go for it! We limited the number of different snacks to keep the length of your weekly shopping list reasonable and also because some research suggests that people who eat the same thing day after day have an easier time making healthy changes. Need ideas? Consult our “Swap-In Snacks” (page 5).

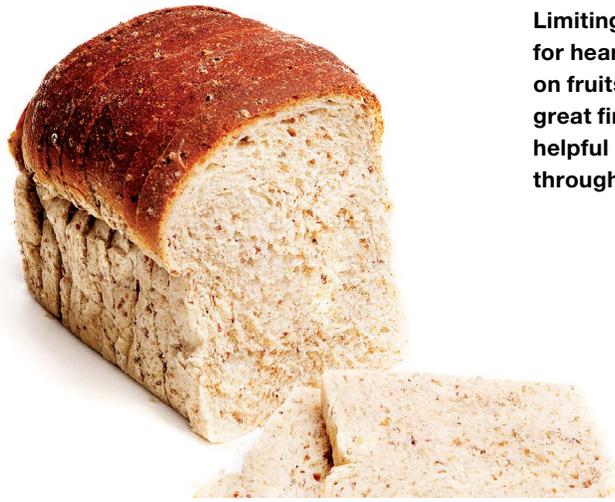


**The problem:** Blueberries aren’t in season. Buying them fresh is breaking the bank.

**The solution:** Consider buying frozen. **Frozen fruits and vegetables are just as nutritious as fresh—sometimes even more so since they’re picked, and frozen, at peak ripeness.** (Just

double-check the ingredient list to make sure there are no added sugars or salt.) To thaw, simply place your serving in the fridge overnight.





Limiting sodium is important for heart health—loading up on fruits and vegetables is a great first step. Use these helpful hints to guide you through the other aisles.

## Shopping tips to keep sodium down

- ✓ **Canned beans and tomatoes:** Look for ones labeled “no-sodium” or “low-sodium.” (These terms are regulated by the FDA and mean less than 5 mg and 140 mg per serving respectively.)
- ✓ **Broth:** Some store-bought broth delivers close to 1,000 mg sodium/cup. Choose reduced-sodium (averaging 500 mg/cup), no-salt-added (averaging 200 mg/cup) or low-sodium (140 mg or less/cup) stock or broth. Some are lower in sodium, but not labeled as such—so compare among brands.
- ✓ **Breads and cereals:** Most store-bought breads and rolls have a significant amount of salt added to them. Compare nutrition information when choosing. (As a point of reference, the multigrain sandwich thin in these plans has 170 mg of sodium, which is lower than many other options.)
- ✓ **Meat, poultry and seafood:** Check labels to avoid meat, especially turkey and pork, “enhanced” with a sodium solution.
- ✓ **Cheeses:** Many cheeses, including Cheddar, feta and Parmesan, are high in sodium—which is one reason you’ll see a lot of Swiss, a cheese that’s naturally lower in sodium, in these meal plans. If you’re planning to make a switch, consider that you’re likely adding sodium.

## Swap-In Snacks

Sticking to the snacks (and meals) prescribed in the plans will ensure that your day is nutritionally balanced—but it’s fine to go “off script” once in a while. Cups of yogurt or lower-sodium cottage cheese make great mini meals, as do pieces of whole fresh fruit. Or try one of these under-150-calorie picks:



**1. Cheesy Popcorn:** Toss 1 cup of air-popped popcorn with 2 tablespoons of Parmesan and cayenne pepper to taste. *75 calories; 3 g fat (2 g sat, 1 g mono); 9 mg cholesterol; 7 g carbohydrate; 0 g added sugars; 5 g protein; 1 g fiber; 153 mg sodium; 43 mg potassium.*



**2. Chocolate & Nut Butter Bites:** Top a ¼-ounce square of bittersweet chocolate with ½ teaspoon of almond butter (or your favorite nut butter). *79 calories; 6 g fat (2 g sat, 1 g mono); 0 mg cholesterol; 9 g carbohydrate; 6 g added sugars; 1 g protein; 1 g fiber; 12 mg sodium; 20 mg potassium.*



**3. Hummus & Vegetables:** Dip ¾ cup mixed vegetables (e.g., baby carrots, cherry tomatoes, red bell pepper slices) into 3 tablespoons prepared hummus. *108 calories; 5 g fat (1 g sat, 2 g mono); 0 mg cholesterol; 13 g carbohydrate; 0 g added sugars; 5 g protein; 5 g fiber; 196 mg sodium; 274 mg potassium.*

**4. Pistachios & Cherries:** Combine ½ ounce dried cherries with ½ ounce unsalted shelled pistachios. *106 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 23 g carbohydrate; 0 g added sugars; 1 g protein; 1 g fiber; 0 mg sodium; 293 mg potassium.*

**5. Pears & Blue Cheese:** Top 1 cup sliced water-packed canned pears with 1 tablespoon crumbled blue cheese. *96 calories; 2 g fat (1 g sat, 1 g mono); 5 mg cholesterol; 19 g carbohydrate; 0 g added sugars; 2 g protein; 4 g fiber; 104 mg sodium; 147 mg potassium.*

# Week One: 1,200-Calorie Meal Plan

Blue indicates recipes in this book.  
 indicates leftovers.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	
BREAKFAST	Scramble: Lightly coat pan with cooking spray; add ½ cup nonfat egg substitute, ½ cup mushrooms, 1 Tbsp. each diced red bell pepper and scallions and 1¼ oz. low-fat Swiss cheese 146 1 medium banana 105	1 cup spoon-size shredded wheat cereal 167 1 cup skim milk 83 1 kiwi 42	6 oz. nonfat plain Greek yogurt 100 1 cup blueberries 84 1 pear 103	1 cup cooked oatmeal 166 1 cup skim milk 83 1 orange 62	Egg sandwich: Lightly coat pan with cooking spray and scramble ½ cup nonfat egg substitute; serve on 1 multigrain sandwich thin 172 1 kiwi 42 1 cup skim milk 83	1 cup spoon-size shredded wheat cereal 167 1 cup skim milk 83 ½ cup blueberries 42	Egg sandwich: Lightly coat pan with cooking spray and scramble ½ cup nonfat egg substitute, 3 tomato slices and 1 oz. low-fat Swiss cheese; serve on 1 multigrain sandwich thin 232 1 kiwi 42	
	<b>Total Calories 251</b>	<b>Total Calories 292</b>	<b>Total Calories 287</b>	<b>Total Calories 311</b>	<b>Total Calories 297</b>	<b>Total Calories 292</b>	<b>Total Calories 274</b>	
	6 dried apricot halves 51	6 oz. nonfat plain Greek yogurt 100	1 medium banana 105	12 baby carrots 42	6 dried apricot halves 51	1 cup cantaloupe 54	4 dried apricot halves 34	
<b>Total Calories 51</b>	<b>Total Calories 100</b>	<b>Total Calories 105</b>	<b>Total Calories 42</b>	<b>Total Calories 51</b>	<b>Total Calories 54</b>	<b>Total Calories 34</b>		
MORNING SNACK	Salad: 2 cups mixed salad greens and 12 cherry tomatoes with 1 Tbsp. <b>Raspberry Vinaigrette</b> 137 2 multigrain crispbreads 48 6 oz. nonfat plain Greek yogurt 100	<b>North Country Braised Chicken</b>  268 2 multigrain crispbreads 48	Veggie sandwich: 1 oz. low-fat Swiss cheese, 3 tomato slices, ¼ cup alfalfa sprouts and 1 Tbsp. cholesterol-free mayonnaise on 1 multigrain sandwich thin 211 6 oz. nonfat plain Greek yogurt 100	1 cup 1% cottage cheese (no salt added) 163 1 cup cantaloupe 54 1 medium banana 105	6 oz. nonfat plain Greek yogurt 100 1½ cups cantaloupe 82 1 pear 103 1 multigrain crispbread 24	Veggie sandwich: 1 oz. low-fat Swiss cheese, 3 tomato slices, ¼ cup alfalfa sprouts and 1 Tbsp. cholesterol-free mayonnaise on 1 multigrain sandwich thin 211 6 oz. nonfat plain Greek yogurt 100	Salad: 2 cups mixed salad greens and 12 cherry tomatoes with 1 Tbsp. <b>Raspberry Vinaigrette</b>  137 2 multigrain crispbreads 48 6 oz. nonfat plain Greek yogurt 100	
	<b>Total Calories 285</b>	<b>Total Calories 316</b>	<b>Total Calories 311</b>	<b>Total Calories 322</b>	<b>Total Calories 309</b>	<b>Total Calories 311</b>	<b>Total Calories 285</b>	
	12 unsalted dry-roasted almonds 103	12 baby carrots 42	6 dried apricot halves 51	1 oz. low-fat Swiss cheese 49 1 multigrain crispbread 24	12 unsalted dry-roasted almonds 103	2 multigrain crispbreads 48	1 medium apple 95	
<b>Total Calories 103</b>	<b>Total Calories 42</b>	<b>Total Calories 51</b>	<b>Total Calories 73</b>	<b>Total Calories 103</b>	<b>Total Calories 48</b>	<b>Total Calories 95</b>		
LUNCH	<b>North Country Braised Chicken</b> 268 ½ cup whole-wheat fettuccine 87 4 spears steamed broccoli with a squeeze of lemon 52	<b>Sweet &amp; Sour Tofu</b> 275 ½ cup cooked brown rice 109	<b>Grilled Rosemary-Salmon Skewers</b> 172 ½ cup cooked quinoa 111 Salad: 2 cups baby spinach and ½ cup tomato slices with 1 Tbsp. <b>Raspberry Vinaigrette</b>  112	<b>Paprika-Herb Rubbed Chicken</b> 127 Confetti couscous: ¾ cup cooked whole-wheat couscous mixed with 1 Tbsp. each diced red bell pepper and scallions 209 1½ cups steamed green beans 66	<b>Pork Chops with Orange-Soy Sauce</b> 162 ¾ cup cooked quick-cooking barley with 1 Tbsp. scallions 131 1 cup cooked spinach 65	<b>Cajun Pecan-Crusted Catfish</b> 302 1 cup cooked collard greens 61 ¾ cup steamed carrots with a pinch of cumin 41	<b>Turkey with Blueberry Pan Sauce</b> 220 ½ cup cooked whole-wheat orzo 99 1½ cups steamed sugar snap peas 101	
	<b>Total Calories 407</b>	<b>Total Calories 384</b>	<b>Total Calories 395</b>	<b>Total Calories 402</b>	<b>Total Calories 358</b>	<b>Total Calories 404</b>	<b>Total Calories 420</b>	
	1 medium apple 95	¾ cup blueberries 63	1 kiwi 42	2 gingersnap cookies 58	1 medium apple 95	1 cup blueberries 84	½ cup vanilla or strawberry nonfat frozen yogurt 95	
<b>Total Calories 95</b>	<b>Total Calories 63</b>	<b>Total Calories 42</b>	<b>Total Calories 58</b>	<b>Total Calories 95</b>	<b>Total Calories 84</b>	<b>Total Calories 95</b>		
AFTERNOON SNACK								
DINNER								
EVENING SNACK								

# 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

#### Fruit

- 3 medium apples
- 3 medium bananas
- 6 cups blueberries
- 1 cantaloupe
- 4 kiwis
- 1 large oranges
- 3 lemons
- 6 medium pears

#### Vegetables

- ½ cup alfalfa sprouts
- ½ lb. broccoli spears
- 1 lb. baby carrots
- 1 large carrot
- 1 green bell pepper
- 2 red bell peppers
- ½ lb. green beans
- ½ cup sliced mushrooms
- 1 large rutabaga
- 4 cups mixed salad greens (about 4 oz.)
- 1 bunch scallions
- 2 medium shallots
- 2 cups baby spinach (about 2 oz.)
- ½ lb. sugar snap peas
- 4 cups cherry tomatoes
- 3 tomatoes

#### Fresh Herbs

- ginger (2-inch piece)
- 1 bunch rosemary
- 1 bunch thyme

### Oils, Vinegars & Condiments

- grapeseed oil
- raspberry vinegar

### Dry Goods

- 2 cups corn flakes
- 2 cups spoon-size shredded wheat
- 10 multigrain crispbreads such as Wasa
- 2 gingersnap cookies

### Bread

- 4 multigrain sandwich thins

### Canned & Bottled Goods

- 1 20-oz. can pineapple chunks with juice

### Refrigerator Items

- 1 cups apple cider
- 1 cup orange juice
- 14 oz. firm tofu

### Dairy

- ½ cup nonfat buttermilk
- 7 6-oz. containers nonfat, plain yogurt
- 1 cup 1% fat cottage cheese (no salt added)
- 6 oz. sliced low-fat Swiss cheese
- 1½ cups fat-free pasteurized egg substitute

### Meat & Seafood

- 3 lb. boneless, skinless chicken breast
- 1 lb. turkey breast tenderloin
- 1½ 1¾ lb. bone-in pork loin chops
- 1 lb. farm-raised catfish fillets
- 1 lb. wild salmon fillets

### Freezer

- 1 cup frozen collard greens
- 1 cup frozen spinach
- ½ cup vanilla or strawberry nonfat frozen yogurt

## Check Your Pantry For:

### Oils, Vinegars & Condiments

- extra-virgin olive oil
- canola oil
- balsamic vinegar
- rice vinegar
- reduced-sodium soy sauce
- hot sauce
- ketchup
- cholesterol-free mayonnaise
- nonstick cooking spray

### Flavorings

- salt
- kosher salt
- pepper
- chili powder
- cumin
- garlic salt
- oregano
- paprika
- thyme
- herbes de Provence
- onions, red and white
- garlic

### Dry Goods

- whole-wheat fettuccine
- whole-wheat orzo
- quick-cooking barley
- whole-wheat couscous
- quinoa
- medium-grain brown rice
- all-purpose flour
- rolled oats
- brown sugar
- cornstarch

### Nuts, Seeds & Fruits

- whole unsalted almonds
- whole unsalted pecans
- dried apricots

### Canned & Bottled Goods

- reduced-sodium chicken broth

### Refrigerator Items

- skim milk

# Week Two: 1,200-Calorie Meal Plan

Blue indicates recipes in this book.  
 indicates leftovers.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	
BREAKFAST	2 oat waffles 139 ¾ cup strawberries 40 6 oz. nonfat plain Greek yogurt 100 <b>Total Calories 279</b>	1 cup spoon-size shredded wheat cereal 167 1 cup skim milk 83 1 cup strawberries 53 <b>Total Calories 303</b>	1 cup cooked oatmeal 166 2 Tbsp. golden raisins 62 1 orange 62 <b>Total Calories 290</b>	2 oat waffles 139 ¾ cup strawberries 40 6 oz. nonfat plain Greek yogurt 100 <b>Total Calories 279</b>	1 cup spoon-size shredded wheat cereal 167 1 cup skim milk 83 1 kiwi 42 <b>Total Calories 292</b>	6 oz. nonfat plain Greek yogurt 100 1 medium banana 105 1½ cups strawberries 80 <b>Total Calories 285</b>	1 cup cooked oatmeal 166 2 Tbsp. golden raisins 62 ¾ cup skim milk 62 <b>Total Calories 290</b>	
	MORNING SNACK	2 prunes 46 <b>Total Calories 46</b>	1 brown-rice cake 35 <b>Total Calories 35</b>	2 prunes 46 <b>Total Calories 46</b>	2 oz. low-fat Swiss cheese 98 1 multigrain crispbread 24 <b>Total Calories 122</b>		30 sugar snap peas 43 <b>Total Calories 43</b>	2 prunes 46 <b>Total Calories 46</b>
		LUNCH	Veggie pita: 1 oz. low-fat Swiss cheese, 3 tomato slices and ½ avocado (sliced) in 1 4-inch whole-wheat pita bread 248 ½ cup fresh pineapple 41 <b>Total Calories 289</b>	<b>White Bean Soup (Fassoulatha)</b>  258 1 whole-wheat roll 74 <b>Total Calories 332</b>	Veggie pita: 1 oz. low-fat Swiss cheese, 3 tomato slices and ½ avocado (sliced) in 1 4-inch whole-wheat pita bread 248 1 medium apple 95 <b>Total Calories 343</b>	Veggie cottage cheese: 1 cup 1% cottage cheese (no salt added) topped with 18 cherry tomatoes and 1 cup each diced red bell pepper and sliced cucumber 278 1 kiwi 42 <b>Total Calories 320</b>	Tuna pita: 6 oz. canned light tuna in water (no salt added), drained, mixed with 2 Tbsp. scallions and 1 Tbsp. cholesterol-free mayonnaise in 1 4-inch whole-wheat pita bread 318 <b>Total Calories 318</b>	Veggie cottage cheese: 1 cup 1% cottage cheese (no salt added) topped with 18 cherry tomatoes and 1 cup each diced red bell pepper and sliced cucumber 278 1 kiwi 42 <b>Total Calories 320</b>
AFTERNOON SNACK			2 Tbsp. hummus 52 15 sugar snap peas 21 <b>Total Calories 73</b>	1 oz. low-fat Swiss cheese 49 1 multigrain crispbread 24 <b>Total Calories 73</b>	10 baby carrots 35 <b>Total Calories 35</b>	15 sugar snap peas 21 <b>Total Calories 21</b>	1 oz. low-fat Swiss cheese 49 1 multigrain crispbread 24 <b>Total Calories 73</b>	2 oz. low-fat Swiss cheese 98 1 multigrain crispbread 24 <b>Total Calories 122</b>
	DINNER		<b>White Bean Soup (Fassoulatha)</b> 258 1 whole-wheat roll 74 Salad: 2 cups mixed salad greens with 1 Tbsp. <b>Honey-Mustard Vinaigrette</b> 102 <b>Total Calories 434</b>	<b>Tofu with Peanut-Ginger Sauce</b> 221 ½ cup cooked brown rice 109 1½ cups steamed broccoli with a squeeze of lemon 82 <b>Total Calories 412</b>	<b>Thyme- &amp; Sesame-Crusted Halibut</b> 225 Salad: 2 cups mixed salad greens and 1 oz. diced part-skim mozzarella cheese with 1 Tbsp. <b>Honey-Mustard Vinaigrette</b>  188 <b>Total Calories 413</b>	<b>Chipotle-&amp;-Orange Grilled Chicken</b> 150 1 medium baked sweet potato 103 Corn sauté: 1 cup corn and 2 Tbsp. scallions sautéed with ½ tsp. olive oil 156 <b>Total Calories 409</b>	<b>Baked Curried Brown Rice &amp; Lentil Pilaf</b> 338 Roasted cauliflower: 1½ cups cauliflower roasted with 1 tsp. olive oil 80 <b>Total Calories 418</b>	<b>Poached Salmon with Creamy Piccata Sauce</b> 229 ½ cup cooked quinoa 111 5 spears steamed asparagus 17 <b>Total Calories 357</b>
		EVENING SNACK	1 orange 62 <b>Total Calories 62</b>	½ cup fresh pineapple 41 <b>Total Calories 41</b>	6 oz. nonfat plain Greek yogurt 100 <b>Total Calories 100</b>	1 medium apple 95 <b>Total Calories 95</b>	6 oz. nonfat plain Greek yogurt 100 <b>Total Calories 100</b>	1 medium apple 95 <b>Total Calories 95</b>

# 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

- 3 medium apples
- 1 avocado
- 1 medium banana
- 3 kiwis
- 3 lemons
- 3 oranges
- 1 cup fresh pineapple chunks
- 1½ lb. strawberries

#### Vegetables

- 5 asparagus spears
- 2 red bell peppers
- ½ lb. broccoli
- ½ lb. baby carrots,
- 2 large carrots
- ½ lb. cauliflower florets
- 2 celery stalks
- 1 cucumber (large)
- ½ lb. green beans
- 2 oz. sliced mushrooms
- 4 oz. red potatoes
- 3 bunches scallions
- 4 cups mixed salad greens (about 4 oz.)
- 1 medium shallot
- 4 cups baby spinach (about 4 oz.)
- ¾ lb. sugar snap peas
- 1 medium sweet potato (about ¼ lb.)
- 6 cups cherry tomatoes
- 4 medium tomatoes

### Fresh Herbs

- ginger (2-inch piece)
- 1 bunch dill

### Condiments & Flavorings

- 4 tsp. capers
- 1 Tbsp. chipotle peppers in adobo
- 1 tsp. red curry paste

### Dry Goods

- 1 cup dried brown lentils
- 1 lb. dried small white beans
- 2 cups spoon-size shredded wheat
- 2 brown-rice cakes
- 3 multigrain crispbreads, such as Wasa

### Bread

- 2 whole-wheat dinner rolls (small)
- 4 whole-wheat pita bread (4-inch)

### Canned & Bottled Goods

- 6 oz. canned chunk light tuna, packed in water
- 1 cup white wine

### Refrigerator Items

- ½ cup hummus
- 14 oz. firm tofu

### Dairy

- 5 6-oz. containers nonfat plain yogurt
- ¼ cup reduced-fat sour cream
- 2 cups 1% fat cottage cheese (no salt added)
- 1 oz. shredded part-skim mozzarella
- 9 oz. sliced low-fat Swiss cheese

### Meat & Seafood

- 2 lb. boneless, skinless chicken breast
- 1¼ lb. Pacific halibut fillets
- 1 lb. wild salmon fillets

### Freezer

- 4 frozen oat waffles, such as Eggo Golden Oat
- 2 Tbsp. orange juice concentrate, unsweetened
- 1 cup frozen white sweet corn
- ½ cup vanilla or strawberry nonfat frozen yogurt

## Check Your Pantry For:

### Oils, Vinegars & Condiments

- extra-virgin olive oil
- balsamic vinegar
- rice vinegar
- white-wine vinegar
- reduced-sodium soy sauce
- Dijon mustard
- cholesterol-free mayonnaise

### Flavorings

- salt
- pepper
- 1 cinnamon stick
- cayenne pepper
- oregano
- thyme
- onions, red and white
- garlic

### Dry Goods

- quinoa
- brown basmati rice
- medium-grain brown rice
- all-purpose flour
- rolled oats
- honey
- molasses

### Nuts, Seeds & Fruits

- peanut butter, unsalted
- sesame seeds
- prunes
- golden raisins

### Canned & Bottled Goods

- reduced-sodium chicken broth

### Refrigerator Items

- skim milk
- unsalted butter

# Week Three: 1,200-Calorie Meal Plan

Blue indicates recipes in this book.  
 indicates leftovers.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>BREAKFAST</b>	Scramble: Lightly coat pan with cooking spray; add ½ cup egg whites, ½ cup mushrooms and 2 oz. low-fat Swiss cheese 183 1 medium banana 105	1 cup spoon-size shredded wheat cereal 167 1 cup skim milk 83	Egg sandwich: Lightly coat pan with cooking spray and scramble ½ cup egg whites with 1 oz. low-fat Swiss cheese; serve on 1 multigrain sandwich thin 226 1 orange 62	1 cup spoon-size shredded wheat cereal 167 1 cup skim milk 83	1 cup cooked oatmeal 166 1 cup skim milk 83	1 cup spoon-size shredded wheat cereal 167 1 cup skim milk 83	Egg sandwich: Lightly coat pan with cooking spray and scramble ½ cup egg whites with 2 oz. low-fat Swiss cheese; serve on 1 multigrain sandwich thin 275
	<b>Total Calories 288</b>	<b>Total Calories 250</b>	<b>Total Calories 288</b>	<b>Total Calories 250</b>	<b>Total Calories 249</b>	<b>Total Calories 250</b>	<b>Total Calories 275</b>
<b>MORNING SNACK</b>	1 medium apple 95	3 dried apricot halves 25	6 dried apricot halves 51	6 dried apricot halves 51	1 orange 62	1 brown-rice cake 35	10 dried apricot halves 84
	<b>Total Calories 95</b>	<b>Total Calories 25</b>	<b>Total Calories 51</b>	<b>Total Calories 51</b>	<b>Total Calories 62</b>	<b>Total Calories 35</b>	<b>Total Calories 84</b>
<b>LUNCH</b>	Raita: Mix 6 oz. nonfat plain Greek yogurt with 1 cup each diced tomato and cucumber; season with cumin and crushed red pepper to taste 146 2 multigrain crispbreads 48 1 pear 103	Whole-Wheat Fusilli with Beef Ragu  319	Raita: Mix 6 oz. nonfat plain Greek yogurt with 1 cup each diced tomato and cucumber; season with cumin and crushed red pepper to taste 146 2 multigrain crispbreads 48 1 pear 103	Veggie sandwich: 1 oz. low-fat Swiss cheese, 3 tomato slices and ½ avocado (sliced) on 1 multigrain sandwich thin 274 1 medium apple 95	Raita: Mix 6 oz. nonfat plain Greek yogurt with 1 cup each diced tomato and cucumber; season with cumin and crushed red pepper to taste 146 2 multigrain crispbreads 48 1 medium banana 105	Veggie sandwich: 1 oz. low-fat Swiss cheese, 3 tomato slices and ½ avocado (sliced) on 1 multigrain sandwich thin 274 ¾ cup grapes 78	Raita: Mix 6 oz. nonfat plain Greek yogurt with 1 cup diced tomato and ½ cup cucumber; season with cumin and crushed red pepper to taste 139 2 multigrain crispbreads 48 1 medium banana 105
	<b>Total Calories 297</b>	<b>Total Calories 319</b>	<b>Total Calories 297</b>	<b>Total Calories 369</b>	<b>Total Calories 299</b>	<b>Total Calories 352</b>	<b>Total Calories 292</b>
<b>AFTERNOON SNACK</b>	3 dried apricot halves 25	1 oz. low-fat Swiss cheese 49	½ cup blueberries 42	15 baby carrots 53	1 medium apple 95	6 dried apricot halves 51	
	<b>Total Calories 25</b>	<b>Total Calories 49</b>	<b>Total Calories 42</b>	<b>Total Calories 53</b>	<b>Total Calories 95</b>	<b>Total Calories 51</b>	
<b>DINNER</b>	Whole-Wheat Fusilli with Beef Ragu 319 Salad: 2 cups baby spinach with 1 Tbsp. Raspberry Vinaigrette 96	Lentil Burgers 374 15 baby carrots 53	Salmon with Pepita-Lime Butter 185 1 cup cooked wild rice 166 Mixed veggies: Slice and steam 1 cup zucchini, ½ cup red bell pepper and ¼ whole red onion 60	Curried Tofu Salad 128 1 whole-wheat roll 114 1 oz. sweet potato chips 141 Cucumber salad: 1 cup sliced cucumber with ½ Tbsp. Raspberry Vinaigrette  55	Oven-Fried Fish & Chips 322 6 spears steamed broccoli with a squeeze of lemon 78	Peanut Noodles with Shredded Chicken & Vegetables 371 Cucumber salad: 1 cup sliced cucumber with 1 tsp. sesame oil 54	Spicy Tunisian Grilled Chicken 131 Confetti couscous: 1 cup cooked whole-wheat couscous mixed with 1 Tbsp. each diced red bell pepper and scallions 277 ½ cup steamed carrots with a pinch of cumin 27
	<b>Total Calories 415</b>	<b>Total Calories 427</b>	<b>Total Calories 411</b>	<b>Total Calories 438</b>	<b>Total Calories 400</b>	<b>Total Calories 425</b>	<b>Total Calories 435</b>
<b>EVENING SNACK</b>	½ cup vanilla or strawberry nonfat frozen yogurt 95	6 oz. nonfat plain Greek yogurt topped with ½ cup blueberries 142	½ cup vanilla or strawberry nonfat frozen yogurt 95	½ cup blueberries 42	½ cup vanilla or strawberry nonfat frozen yogurt 95	½ cup vanilla or strawberry nonfat frozen yogurt 95	½ cup vanilla or strawberry nonfat frozen yogurt 95
	<b>Total Calories 95</b>	<b>Total Calories 142</b>	<b>Total Calories 95</b>	<b>Total Calories 42</b>	<b>Total Calories 95</b>	<b>Total Calories 95</b>	<b>Total Calories 95</b>

# 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

- 3 medium apples
- 3 medium bananas
- 1½ cups fresh blueberries
- 2 cups grapes
- 1 lemon
- 1 lime
- 2 oranges
- 2 pears

#### Vegetables

- 1 avocado
- 1 red bell pepper
- ½ lb. broccoli
- 1 lb. baby carrots
- 3 large carrots
- 1 head celery
- 8 oz. cremini mushrooms
- 3 cucumbers (large)
- 1 head Boston lettuce
- 1½ lb. russet potatoes
- 2 bunches scallions
- 2 cups baby spinach (about 2 oz.)
- 10 medium tomatoes
- 1 12-oz. bag vegetable medley
- 1 zucchini (medium)

#### Fresh Herbs

- ginger (2-inch piece)

### Oils, Vinegars & Condiments

- grapeseed oil
- raspberry vinegar
- 1½ tsp. chile-garlic sauce
- 2 Tbsp. mango chutney, such as Major Grey

### Dry Goods

- 2 cups corn flakes cereal
- 3 cups spoon-size shredded wheat
- 1 brown-rice cake
- 1 oz. sweet potato chips
- 8 multigrain crispbreads, such as Wasa

### Bread

- 4 multigrain sandwich thins
- 2 slices whole-wheat bread
- 4 whole-wheat hamburger buns
- 1 whole-wheat dinner roll

### Canned & Bottled Goods

- 1 28-oz. can diced tomatoes
- 1 15-oz. can lentils
- ½ cup red wine

### Refrigerator Items

- 14 oz. firm tofu

### Dairy

- 1 6-oz. container low-fat plain yogurt
- 5 6-oz. containers nonfat plain yogurt
- 8 oz. sliced low-fat Swiss cheese
- 1½ cups pasteurized egg whites

### Meat & Seafood

- 2 lb. boneless, skinless chicken breast
- 8 oz. 90%-lean ground beef
- 1¼ lb. Pacific cod fillets
- 1 lb. wild salmon fillets

### Freezer

- 2½ cups vanilla or strawberry nonfat frozen yogurt

## Check Your Pantry For:

### Oils, Vinegars & Condiments

- extra-virgin olive oil
- canola oil
- sesame oil
- reduced-sodium soy sauce
- Worcestershire sauce
- cholesterol-free mayonnaise
- nonstick cooking spray

### Flavorings

- salt
- kosher salt
- pepper
- Cajun seasoning
- caraway seeds
- chili powder
- coriander seeds
- crushed red pepper
- cumin
- curry powder
- fennel seeds
- garlic powder
- marjoram
- onions, red and white
- garlic

### Dry Goods

- whole-wheat fusilli
- whole-wheat spaghetti
- whole-wheat couscous
- wild rice
- all-purpose flour
- rolled oats

### Nuts, Seeds & Fruits

- unsalted peanut butter
- roasted pumpkin seeds (pepitas), unsalted
- walnuts
- apricots

### Refrigerator Items

- skim milk
- eggs
- unsalted butter

# Week Four: 1,200-Calorie Meal Plan

Blue indicates recipes in this book.  
 indicates leftovers.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>BREAKFAST</b>	Italian scrambled egg: Lightly coat pan with cooking spray and scramble ½ cup nonfat egg substitute with 1 tomato slice, ¼ cup diced part-skim mozzarella cheese and 2 Tbsp. fresh basil 169 1½ cups strawberries 80	1 cup spoon-size shredded wheat cereal 167 1 cup skim milk 83	Italian scrambled egg: Lightly coat pan with cooking spray and scramble ½ cup nonfat egg substitute with 1 tomato slice, ¼ cup diced part-skim mozzarella cheese and 2 Tbsp. fresh basil 169 1½ cups strawberries 80	1 cup spoon-size shredded wheat cereal 167 1 cup skim milk 83	6 oz. nonfat plain Greek yogurt 100 1 cup strawberries 53 1 pear 103	1 cup spoon-size shredded wheat cereal 167 1 cup skim milk 83	Scallion scrambled egg: Lightly coat pan with cooking spray and scramble ½ cup nonfat egg substitute with 1 tomato slice, ¼ cup diced part-skim mozzarella cheese and 1 Tbsp. scallions 170 1½ cups strawberries 80
	<b>Total Calories 249</b>	<b>Total Calories 250</b>	<b>Total Calories 249</b>	<b>Total Calories 250</b>	<b>Total Calories 256</b>	<b>Total Calories 250</b>	<b>Total Calories 250</b>
<b>MORNING SNACK</b>	1 brown-rice cake 35	1 brown-rice cake 35	1 medium apple 95	6 baby carrots 21	1 brown-rice cake 35	1 brown-rice cake 35	2 Tbsp. dried tart cherries 57
	<b>Total Calories 35</b>	<b>Total Calories 35</b>	<b>Total Calories 95</b>	<b>Total Calories 21</b>	<b>Total Calories 35</b>	<b>Total Calories 35</b>	<b>Total Calories 57</b>
<b>LUNCH</b>	Avocado salad pita: ½ avocado (mashed) mixed with ¼ cup chickpeas (rinsed) and 1 Tbsp. lemon juice in 1 4-inch whole-wheat pita bread 262 6 oz. nonfat plain Greek yogurt 100	<b>Penne with Vodka Sauce &amp; Capicola</b>  311 1 orange 62	Raita: Mix 6 oz. nonfat plain Greek yogurt with 1 cup each diced tomato and cucumber; season with cumin and crushed red pepper to taste 146 2 multigrain crispbreads 48 1 medium banana 105	Avocado salad pita: ½ avocado (mashed) mixed with ¼ cup chickpeas (rinsed) and 1 Tbsp. lemon juice in 1 4-inch whole-wheat pita bread 262 6 oz. nonfat plain Greek yogurt 100	1 cup 1% cottage cheese (no salt added) 163 Salad: 2 cups mixed salad greens and 12 cherry tomatoes with 1 Tbsp. <b>Lemon-Mint Vinaigrette</b>  115 1 medium banana 105	Veggie pita: 2 oz. low-fat Swiss cheese, 3 tomato slices and ½ avocado (sliced) in 1 4-inch whole-wheat pita bread 297 1 orange 62	Raita: Mix 6 oz. nonfat plain Greek yogurt with 1 cup each diced tomato and cucumber; season with cumin and crushed red pepper to taste 146 2 multigrain crispbreads 48 1 pear 103
	<b>Total Calories 362</b>	<b>Total Calories 373</b>	<b>Total Calories 299</b>	<b>Total Calories 362</b>	<b>Total Calories 383</b>	<b>Total Calories 359</b>	<b>Total Calories 297</b>
<b>AFTERNOON SNACK</b>	12 baby carrots 42	12 cherry tomatoes 37	6 baby carrots 21	12 cherry tomatoes 37	12 baby carrots 42	12 cherry tomatoes 37	12 baby carrots 42
	<b>Total Calories 42</b>	<b>Total Calories 37</b>	<b>Total Calories 21</b>	<b>Total Calories 37</b>	<b>Total Calories 42</b>	<b>Total Calories 37</b>	<b>Total Calories 42</b>
<b>DINNER</b>	<b>Penne with Vodka Sauce &amp; Capicola</b> 311 Salad: 2 cups mixed salad greens, 12 cherry tomatoes and 1 cup cucumber with 1 Tbsp. <b>Lemon-Mint Vinaigrette</b> 129	<b>Tomato-&amp;-Olive-Stuffed Portobello Caps</b> 118 ¾ cup cooked whole-wheat couscous 204 Salad: 2 cups baby spinach and ½ cup strawberries with 1 Tbsp. <b>Lemon-Mint Vinaigrette</b>  101	<b>Wasabi Salmon Burgers</b> 174 ½ cup cooked brown rice 109 1½ cups steamed snow peas 104 Cucumber salad: 1 cup sliced cucumber dressed with 1 tsp. sesame oil and 1 Tbsp. rice vinegar whisked together 54	<b>Wok-Seared Chicken Tenders with Asparagus &amp; Pistachios</b> 224 1 cup cooked brown rice 218	<b>Sautéed Haddock with Orange-Shallot Sauce</b> 205 ¾ cup cooked quick-cooking barley 129 1½ cups steamed spinach 62	<b>Marmalade Chicken</b> 227 ½ cup cooked whole-wheat orzo 99 1½ cups steamed green beans with a squeeze of lemon 66 Salad: 2 cups mixed salad greens with 1 Tbsp. <b>Lemon-Mint Vinaigrette</b>  78	<b>Apple-&amp;-Fennel Roasted Pork Tenderloin</b> 269 1 medium baked sweet potato 103 6 spears steamed broccoli with a squeeze of lemon 78
	<b>Total Calories 440</b>	<b>Total Calories 423</b>	<b>Total Calories 441</b>	<b>Total Calories 442</b>	<b>Total Calories 396</b>	<b>Total Calories 470</b>	<b>Total Calories 450</b>
<b>EVENING SNACK</b>	½ cup vanilla or strawberry nonfat frozen yogurt 95	6 oz. nonfat plain Greek yogurt 100	½ cup vanilla or strawberry nonfat frozen yogurt 95	½ cup vanilla or strawberry nonfat frozen yogurt 95	½ cup vanilla or strawberry nonfat frozen yogurt 95	1 cup strawberries 53	6 oz. nonfat plain Greek yogurt 100
	<b>Total Calories 95</b>	<b>Total Calories 100</b>	<b>Total Calories 95</b>	<b>Total Calories 95</b>	<b>Total Calories 95</b>	<b>Total Calories 53</b>	<b>Total Calories 100</b>

# 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

- 2 large apples
- 1 medium apple
- 2 medium bananas
- 4 lemons
- 4 oranges
- 2 pears
- 2½ lb. strawberries

#### Vegetables

- 1½ lb. asparagus
- 2 avocados
- ½ lb. broccoli
- 1½ lb. baby carrots
- 2 cucumbers (large)
- 1 fennel bulb with fronds
- ½ lb. green beans
- 4 portobello mushroom caps (about 14 oz.)
- 6 cups mixed salad greens (about 6 oz.)
- 2 bunches scallions
- 3 large shallots
- 6 oz. snow peas
- 2 cups baby spinach (about 2 oz.)
- 1 medium sweet potato (about ¼ lb.)
- 10 cups cherry tomatoes
- 5 medium tomatoes
- 6 plum tomatoes

### Fresh Herbs

- ginger (2-inch piece)
- 1 bunch basil
- 1 bunch mint
- 1 bunch parsley
- 1 bunch rosemary

### Condiments & Flavorings

- 1 tsp. chile-garlic sauce
- 1 Tbsp. oyster sauce
- ½ cup Kalamata olives, pitted

### Dry Goods

- 3 cups spoon-size shredded wheat
- 4 brown-rice cakes
- 4 multigrain crispbreads, such as Wasa

### Bread

- 3 whole-wheat pita breads (4-inch)

### Nuts, Seeds & Fruits

- 2 Tbsp. orange marmalade

### Canned & Bottled Goods

- 1 28-oz. can crushed tomatoes
- 1 15-oz. can chickpeas
- ½ cup white wine
- ½ cup vodka

### Refrigerator Items

#### Dairy

- ¼ cup half-&-half
- 7 6-oz. containers nonfat plain yogurt
- 1 cup 1% fat cottage cheese (no salt added)
- 1¼ cups shredded part-skim mozzarella
- 2 oz. sliced low-fat Swiss cheese
- 1½ cups fat-free pasteurized egg substitute

#### Meat & Seafood

- 2 lb. chicken tenders
- 1 lb. pork tenderloin
- 2 oz. capicola or pancetta
- 1 lb. haddock fillets
- 1 lb. wild salmon fillets

#### Freezer

- 1½ cups frozen spinach
- 2 cups vanilla or strawberry nonfat frozen yogurt

## Check Your Pantry For:

### Oils, Vinegars & Condiments

- extra-virgin olive oil
- canola oil
- sesame oil
- cider vinegar
- red-wine vinegar
- rice vinegar
- reduced-sodium soy sauce
- Worcestershire sauce
- Dijon mustard
- nonstick cooking spray

### Flavorings

- salt
- kosher salt
- pepper
- crushed red pepper
- cumin
- wasabi powder
- onions, red and white
- garlic

### Dry Goods

- whole-wheat orzo
- whole-wheat penne
- quick-cooking barley
- whole-wheat couscous
- medium-grain brown rice
- all-purpose flour
- sugar
- honey
- cornstarch

### Nuts, Seeds & Fruits

- pistachios
- tart dried cherries

### Canned & Bottled Goods

- reduced-sodium chicken broth

### Refrigerator Items

- skim milk
- unsalted butter
- eggs

# Dinner: Vegetarian



## Baked Curried Brown Rice & Lentil Pilaf

**Makes:** 4 servings, 1¼ cups each  
**Active time:** 5 minutes **Total:** 1 hour

Pop this fast and fragrant vegetarian dish into the oven and forget it till the timer rings.

- |   |  |
|---|--|
| 1 tablespoon butter                       | 4 ⅛-inch-thick slices peeled fresh ginger                                    |
| 1 cup brown basmati or brown jasmine rice | 1-2 teaspoons red curry paste (see <i>Tip</i> ) or 1 tablespoon curry powder |
| 4¼ cups water                             | ½ teaspoon salt  |
| 1 cup brown lentils                       | 4 scallions, trimmed and sliced  |
| 4 cloves garlic, peeled                   |  |
| 1 cinnamon stick                          |  |

1. Place rack in lower third of oven; preheat to 350°F.
  2. Melt butter over medium-high heat in a large ovenproof Dutch oven; add rice and cook, stirring, until lightly toasted, about 1½ minutes. (If using curry powder, add it now and cook, stirring, until fragrant, about 15 seconds.) Add water. Stir in lentils, garlic cloves, cinnamon stick, ginger, curry paste, if using, and salt; bring to a boil, stirring to dissolve the curry paste.
  3. Cover the pot tightly with a lid or foil. Transfer to the oven and bake until the rice and lentils are tender and all the water is absorbed, 50 to 55 minutes. Fluff with a fork, removing the cinnamon stick and ginger slices. Serve garnished with scallions.
- Per serving:** 338 calories; 5 g fat (2 g sat, 1 g mono); 8 mg cholesterol; 62 g carbohydrate; 0 g added sugars; 16 g protein; 13 g fiber; 327 mg sodium; 578 mg potassium.  
**Nutrition bonus:** Folate (65% daily value), Iron (31% dv), Potassium (17% dv)  
**Carbohydrate Servings:** 3½  
**Exchanges:** 3½ starch, 1½ very lean meat, ½ fat

**Tip:** Red curry paste is a blend of chile peppers, garlic, lemongrass and galangal (a root with a flavor similar to ginger). Look for it in jars or cans in the Asian section of the supermarket or specialty stores.



## Curried Tofu Salad

**Makes:** 6 servings, 2/3 cup each  
**Active time:** 20 minutes **Total:** 20 minutes  
**To make ahead:** Cover and refrigerate for up to 2 days.

Red grapes and mango chutney infuse a little sweetness into this vegetarian nod to the classic curried chicken salad.

- |   |  |
|---|--|
| 3 tablespoons low-fat plain yogurt              | 1 14-ounce package extra-firm water-packed tofu, drained, rinsed and finely crumbled (see <i>Tip</i> ) |
| 2 tablespoons reduced-fat mayonnaise            | 2 stalks celery, diced   |
| 2 tablespoons prepared mango chutney            | 1 cup red grapes, sliced in half   |
| 2 teaspoons hot curry powder, preferably Madras | ½ cup sliced scallions   |
| ¼ teaspoon salt                                 | ¼ cup chopped walnuts  |
- Freshly ground pepper to taste**

Whisk yogurt, mayonnaise, chutney, curry powder, salt and pepper in a large bowl. Stir in tofu, celery, grapes, scallions and walnuts.

**Per serving:** 128 calories; 7 g fat (1 g sat, 1 g mono); 0 mg cholesterol; 13 g carbohydrate; 7 g protein; 2 g fiber; 254 mg sodium; 268 mg potassium.

**Nutrition bonus:** Calcium (17% daily value).

**Carbohydrate Servings:** 1

**Exchanges:** 1 other carb, 1 medium-fat meat

**Tip:** We prefer water-packed tofu from the refrigerated section of the supermarket. Crumbling it into uneven pieces creates more surface area, improving the texture and avoiding the blocky look that turns many people away.



## Lentil Burgers

**Makes:** 4 servings

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

**To make ahead:** Prepare through Step 1, tightly wrap in plastic and refrigerate for up to 1 day or freeze for up to 3 months. If frozen, let defrost in the refrigerator before cooking.

Walnuts and fresh marjoram accent these vegan lentil burgers. Substitute oregano for marjoram if you like. Look for vegetarian Worcestershire—flavored with molasses,

soy sauce and vinegar instead of anchovies—near other bottled sauces in natural-foods stores or in the natural-foods section of well-stocked supermarkets.

- |   |   |
|---|---|
| 1 large clove garlic, peeled  | 2 teaspoons Worcestershire sauce, vegetarian or regular |
| ¼ teaspoon kosher salt  | 3 teaspoons canola oil, divided                         |
| ½ cup walnuts, toasted  | 4 whole-wheat hamburger buns, toasted                   |
| 2 slices whole-wheat sandwich bread, crusts removed, torn into pieces | 4 pieces leaf lettuce                                   |
| 1 tablespoon chopped fresh marjoram or 1 teaspoon dried               | 4 slices tomato or jarred roasted red pepper            |
| ¼ teaspoon freshly ground pepper                                      | 4 thin slices red onion                                 |
| 1½ cups cooked or canned (rinsed) lentils                             |   |

1. Coarsely chop garlic; sprinkle with salt and mash to a paste with the side of the knife. Coarsely chop walnuts in a food processor. Add bread, marjoram, pepper and the garlic paste; process until coarse crumbs form. Add lentils and Worcestershire; process until the mixture just comes together in a mass. Form into four 3-inch patties (about ⅓ cup each).

2. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Cook the patties until browned on the bottom, 2 to 4 minutes. Carefully turn over; reduce heat to medium-low. Drizzle the remaining 1 teaspoon oil around the burgers and cook until browned on the other side and heated through, 4 to 6 minutes more. Serve on buns with lettuce, tomato (or red pepper) and onion.

**Per serving:** 374 calories; 15 g fat (2 g sat, 4 g mono); 0 mg cholesterol; 49 g carbohydrate; 4 g added sugars; 15 g protein; 12 g fiber; 368 mg sodium; 615 mg potassium.

**Nutrition bonus:** Folate (47% daily value), Iron (28% dv), Magnesium (27% dv), Potassium (18% dv), Zinc (18% dv)

**Carbohydrate Servings:** 3

**Exchanges:** 3½ starch, 2 lean meat, 2½ fat



## Sweet & Sour Tofu

**Makes:** 4 servings, 1½ cups each

**Active time:** 35 minutes **Total:** 40 minutes

**To make ahead:** The tofu can be marinated (Step 1) up to 30 minutes in advance.

This Chinese-restaurant standard is a simple dish to prepare at home. If you like, add a pinch of crushed red pepper or chile-garlic sauce to give the sauce a little heat.

- |  |  |
|--|--|
| 1 20-ounce can pineapple chunks or tidbits, packed in juice                                | 2 teaspoons cornstarch                                 |
| 3 tablespoons rice-wine vinegar  | 2 tablespoons canola oil, divided                      |
| 2 tablespoons ketchup  | 2 tablespoons minced garlic                            |
| 2 tablespoons reduced-sodium soy sauce   | 1 tablespoon minced ginger                             |
| 1 tablespoon brown sugar   | 1 large red bell pepper, cut into ½-by-2-inch strips   |
| 1 14-ounce package extra-firm water-packed tofu, drained, rinsed and cut into ½-inch cubes | 1 large green bell pepper, cut into ½-by-2-inch strips |

1. Drain and set aside pineapple, reserving ¼ cup of the juice. Whisk the reserved pineapple juice, vinegar, ketchup, soy sauce and sugar in a medium bowl until smooth. Place tofu in a large bowl; toss with 3 tablespoons of the sauce. Let marinate for at least 5 minutes and up to 30 minutes.

2. Meanwhile, add cornstarch to the remaining sauce and whisk until smooth.

3. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Transfer the tofu to the pan using a slotted spoon; whisk any remaining marinade into the bowl of reserved sauce. Cook the tofu, stirring every 1 to 2 minutes, until golden brown, 7 to 9 minutes total. Transfer to a plate.

4. Add the remaining oil to the pan and heat over medium heat. Add garlic and ginger and cook, stirring constantly, until fragrant, about 30 seconds. Add red and green peppers and cook, stirring often, until just tender, 2 to 3 minutes. Pour in the reserved sauce and cook, stirring, until thickened, about 30 seconds. Add the tofu and pineapple and cook, stirring gently, until heated through, about 2 minutes more.

**Per serving:** 275 calories; 12 g fat (1 g sat, 6 g mono); 0 mg cholesterol; 37 g carbohydrate; 4 g added sugars; 10 g protein; 4 g fiber; 368 mg sodium; 549 mg potassium.

**Nutrition bonus:** Vitamin C (100% daily value), Vitamin A (32% dv), Calcium (24% dv), Magnesium (18% dv), Potassium (16% dv), Iron (15% dv)

**Carbohydrate Servings:** 2

**Exchanges:** 1 fruit, 1 other carb, 1 medium-fat meat, 1 fat (mono)



## Tofu with Peanut-Ginger Sauce

**Makes:** 4 servings, generous  $\frac{3}{4}$  cup each

**Active time:** 15 minutes **Total:** 25 minutes

Tofu and vegetables get a dramatic lift from a spicy peanut sauce in this low-calorie, nutrient-packed vegetarian entree.

### Sauce

- 5 tablespoons water
- 4 tablespoons smooth natural peanut butter
- 1 tablespoon rice vinegar (*see Tip*) or white vinegar
- 2 teaspoons reduced-sodium soy sauce
- 2 teaspoons honey
- 2 teaspoons minced ginger
- 2 cloves garlic, minced

### Tofu & Vegetables

- 14 ounces extra-firm tofu, preferably water-packed
- 2 teaspoons extra-virgin olive oil
- 4 cups baby spinach (6 ounces)
- $1\frac{1}{2}$  cups sliced mushrooms (4 ounces)
- 4 scallions, sliced (1 cup)

**1. To prepare sauce:** Whisk water, peanut butter, rice vinegar (or white vinegar), soy sauce, honey, ginger and garlic in a small bowl.

**2. To prepare tofu:** Drain and rinse tofu; pat dry. Slice the block crosswise into eight  $\frac{1}{2}$ -inch-thick slabs. Coarsely crumble each slice into smaller, uneven pieces.

**3.** Heat oil in a large nonstick skillet over high heat. Add tofu and cook in a single layer, without stirring, until the pieces begin to turn golden brown on the bottom, about 5 minutes. Then gently stir and continue cooking, stirring occasionally, until all sides are golden brown, 5 to 7 minutes more.

**4.** Add spinach, mushrooms, scallions and the peanut sauce and cook, stirring, until the vegetables are just cooked, 1 to 2 minutes more.

**Per serving:** 221 calories; 14 g fat (2 g sat, 3 g mono); 0 mg cholesterol; 15 g carbohydrate; 3 g added sugars; 12 g protein; 4 g fiber; 231 mg sodium; 262 mg potassium.

**Nutrition bonus:** Vitamin A (33% daily value), Calcium (21% dv), Iron (19% dv), Vitamin C (17%)

**Carbohydrate Servings:** 1

**Exchanges:** 2 vegetable 2 medium-fat meat

**Tip:** Rice vinegar (or rice-wine vinegar) is mild, slightly sweet vinegar made from fermented rice. Find it in the Asian section of supermarkets and specialty stores.



## Tomato-&-Olive-Stuffed Portobello Caps

**Makes:** 4 servings

**Active time:** 35 minutes **Total:** 40 minutes

Portobello caps make excellent mini casseroles. Here, they hold a tomato, cheese and olive stuffing that grills up to a smoky perfection.

- |  |  |
|--|--|
| $\frac{3}{8}$ cup chopped plum tomatoes  | $\frac{1}{8}$ teaspoon freshly ground pepper |
| $\frac{1}{2}$ cup shredded part-skim mozzarella cheese                               | 4 portobello mushroom caps, 5 inches wide    |
| $\frac{1}{4}$ cup chopped Kalamata olives  | 2 tablespoons lemon juice                    |
| 1 teaspoon minced garlic   | 2 teaspoons reduced-sodium soy sauce         |
| 2 teaspoons extra-virgin olive oil, divided  |  |
| $\frac{1}{2}$ teaspoon finely chopped fresh rosemary or $\frac{1}{8}$ teaspoon dried |  |

**1.** Combine tomatoes, cheese, olives, garlic, 1 teaspoon oil, rosemary and pepper in a small bowl.

**2.** Preheat grill to medium.

**3.** Discard mushroom stems. Remove brown gills from the undersides of the caps using a spoon; discard gills. Mix the remaining 1 teaspoon oil, lemon juice and soy sauce in a small bowl. Brush the mixture over both sides of the caps.

**4.** Oil a grill rack (*see Tip*). Place the caps on the rack, stem sides down, cover and grill until soft, about 5 minutes per side. Remove from the grill and fill with the tomato mixture. Return to the grill, cover, and cook until the cheese is melted, about 3 minutes more.

**Per serving:** 118 calories; 8 g fat (2 g sat, 4 g mono); 9 mg cholesterol; 7 g carbohydrate; 0 g added sugars; 7 g protein; 2 g fiber; 338 mg sodium; 430 mg potassium.

**Nutrition bonus:** Vitamin C (26% daily value)

**Carbohydrate Servings:**  $\frac{1}{2}$

**Exchanges:** 1 vegetable, 1 high-fat meat

**To oil a grill rack:** Oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)



## White Bean Soup (Fassoulatha)

**Makes:** 8 servings

**Active time:** 30 minutes **Total:** 2½ hours

Creamy white beans provide the heft and protein to this simple, flavorful soup. The recipe calls for dried beans, but to make this recipe in under 30 minutes, you can use four 15-ounce cans of your favorite white beans (rinse well to cut the sodium in the canning liquid).

- |  |   |
|--|---|
| <b>1 pound dried white beans, soaked overnight</b> | <b>2 large ripe tomatoes, peeled and mashed, or 1 tablespoon tomato paste</b> |
| <b>2 tablespoons extra-virgin olive oil</b>        | <b>2 teaspoons dried oregano</b>  |
| <b>2 large onions, finely chopped</b>              | <b>1 teaspoon salt</b>  |
| <b>2 stalks celery, finely chopped</b>             | <b>¼ teaspoon cayenne pepper</b>  |
| <b>2 large carrots, finely chopped</b>             | <b>Freshly ground pepper to taste</b>   |
| <b>1 quart water</b>                               |   |

**1.** Drain beans and cook them, covered, in a large pot of boiling water until tender, about 1½ hours. Drain.

**2.** Heat oil in a Dutch oven or soup pot over medium heat. Sauté onions, celery and carrots for 3 to 5 minutes. Add water, the cooked beans, tomatoes, oregano, salt, cayenne and pepper. Simmer vegetables are tender, about 20 minutes. Taste and adjust seasonings.

**Per serving:** 258 calories; 5 g fat (1 g sat, 3 g mono); 0 mg cholesterol; 43 g carbohydrate; 0 g added sugars; 13 g protein; 16 g fiber; 326 mg sodium; 895 mg potassium.

**Nutrition bonus:** Vitamin A (70% daily value), Folate (52% dv), Magnesium (27% dv), Potassium (26% dv), Iron (24% dv), Vitamin C (17% dv)

**Carbohydrate Servings:** 2½

**Exchanges:** 2 starch, 1 vegetable, 2 very lean meat, 1 fat

# Dinner: Fish & Seafood



## Cajun Pecan-Crusted Catfish

**Makes:** 4 servings

**Active time:** 15 minutes **Total:** 40 minutes

Here, catfish fillets are coated in a spicy melange of cornflakes and pecans and baked for a traditional yet surprisingly healthy take on a battered bayou favorite.

- |  |  |
|--|--|
| ½ cup nonfat buttermilk  | ¼ teaspoon garlic salt   |
| ¼ teaspoon hot sauce, such as Tabasco, or ⅛ teaspoon cayenne pepper, or to taste | 2 cups cornflakes  |
| ½ teaspoon dried oregano   | ½ cup pecan pieces   |
| ½ teaspoon chili powder  | 1 pound catfish fillets, about 1 inch thick, cut into 4 portions |

1. Preheat oven to 375°F. Line a baking sheet with foil.
2. Blend buttermilk, hot sauce (or cayenne), oregano, chili powder and garlic salt in a shallow dish. Pulse cornflakes in a food processor until coarse crumbs form. Transfer to a large plate. Pulse pecans in the food processor until coarsely chopped; mix the pecans with the cornflake crumbs. (*Alternatively, place cornflakes in a sealable bag and crush with a rolling pin; chop nuts with a knife.*)
3. Dip each catfish fillet in the buttermilk mixture, then dredge in the cornflake mixture, coating both sides. Transfer to the prepared baking sheet.
4. Bake the catfish for 25 minutes, or until it flakes easily with a fork. Serve immediately.

**Per serving:** 302 calories; 17 g fat (2 g sat, 8 g mono); 63 mg cholesterol; 17 g carbohydrate; 0 g added sugars; 21 g protein; 3 g fiber; 240 mg sodium; 438 mg potassium.

**Carbohydrate Servings:** 1

**Exchanges:** 1 starch, 3 lean meat, 1 fat



## Grilled Rosemary-Salmon Skewers

**Makes:** 4 servings, 2 skewers each

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

**To make ahead:** Prepare the skewers (Step 2), cover and refrigerate for up to 8 hours. Proceed with grilling (Steps 1 & 3) when ready to serve.

**Equipment:** Eight 12-inch skewers

If you can find (or grow) them, use sturdy rosemary branches, stripped of leaves, as skewers for these Italian salmon kebabs; they'll add a subtle, smoky flavor that hints of pine. Oil your grill well to prevent sticking, don't move the kebabs around unnecessarily and keep a close eye on the fire to avoid flare-ups.

- |                                      |   |
|--------------------------------------|---|
| 2 teaspoons minced fresh rosemary    | ½ teaspoon kosher salt  |
| 2 teaspoons extra-virgin olive oil   | ¼ teaspoon freshly ground pepper  |
| 2 cloves garlic, minced              | 1 pound center-cut salmon fillet, skinned ( <i>see Tip, page 19</i> ) and cut into 1-inch cubes |
| 1 teaspoon freshly grated lemon zest | 1 pint cherry tomatoes  |
| 1 teaspoon lemon juice               |   |

1. Preheat grill to medium-high.
2. Combine rosemary, oil, garlic, lemon zest, lemon juice, salt and pepper in a medium bowl. Add salmon; toss to coat. Alternating the salmon and tomatoes, divide among eight 12-inch skewers.
3. Oil the grill rack. Grill the skewers, carefully turning once, until the salmon is cooked through, 4 to 6 minutes total. Serve immediately.

**Per serving:** 172 calories; 7 g fat (1 g sat, 3 g mono); 53 mg cholesterol; 4 g carbohydrate; 0 g added sugars; 23 g protein; 1 g fiber; 200 mg sodium; 607 mg potassium.

**Nutrition bonus:** Vitamin C (21% daily value), Potassium (17% dv), Vitamin A (16% dv).

**Carbohydrate Servings:** 0

**Exchanges:** 3½ lean meat



## 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, this recipe coats the delicate fish in a crispy cornflake crust and then bakes it along with sliced potatoes.

<b>Canola or olive oil cooking spray</b>	<b>2 cups cornflakes</b>
<b>1½ pounds russet potatoes, scrubbed and cut into ¼-inch-thick wedges</b>	<b>¼ cup all-purpose flour</b>
<b>4 teaspoons canola oil</b>	<b>¼ teaspoon salt</b>
<b>1½ teaspoons Cajun or Creole seasoning, divided</b>	<b>2 large egg whites, beaten</b>
	<b>1 pound cod or haddock, cut into 4 portions</b>

**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 ¾ 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:** 322 calories; 5 g fat (0 g sat, 3 g mono); 53 mg cholesterol; 45 g carbohydrate; 0 g added sugars; 24 g protein; 3 g fiber; 351 mg sodium; 1,031 mg potassium.

**Nutrition bonus:** Vitamin C (57% daily value), Potassium (29% dv).

**Carbohydrate Servings:** 3

**Exchanges:** 3 starch, 3 lean meat



## Poached Salmon with Creamy Piccata Sauce

**Makes:** 4 servings

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

Easy poached salmon is sophisticated with a creamy caper-and-lemon sauce.

<b>1 pound center-cut salmon fillet, skinned (see Tip) and cut into 4 portions</b>	<b>2 tablespoons lemon juice</b>
<b>1 cup dry white wine, divided</b>	<b>4 teaspoons capers, rinsed</b>
<b>2 teaspoons extra-virgin olive oil</b>	<b>¼ cup reduced-fat sour cream</b>
<b>1 large shallot, minced</b>	<b>¼ teaspoon salt</b>
	<b>1 tablespoon chopped fresh dill</b>

**1.** Place salmon in a large skillet. Add ½ cup wine and enough water to just cover the salmon. Bring to a boil over high heat. Reduce to a simmer, turn the salmon over, cover and cook for 5 minutes. Remove from the heat.

**2.** Meanwhile, heat oil in a medium skillet over medium-high heat. Add shallot and cook, stirring, until fragrant, about 30 seconds. Add the remaining ½ cup wine; boil until slightly reduced, about 1 minute. Stir in lemon juice and capers; cook 1 minute more. Remove from the heat; stir in sour cream and salt. To serve, top the salmon with the sauce and garnish with dill.

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

**Carbohydrate Servings:** 0

**Exchanges:** 3 lean meat, 1 fat

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



## Salmon with Pepita-Lime Butter

**Makes:** 4 servings

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

Lime juice, chili powder and pepitas give this salmon Mexican flair.

- |   |  |
|---|--|
| <b>2 tablespoons unsalted pepitas (see Tip)</b> | <b>¼ teaspoon chili powder</b>   |
| <b>1 tablespoon butter</b>                      | <b>1 pound salmon fillet, skinned (see Tip, page 19) and cut into 4 portions</b> |
| <b>½ teaspoon freshly grated lime zest</b>      | <b>½ teaspoon salt</b>   |
| <b>2 tablespoons lime juice</b>                 | <b>¼ teaspoon freshly ground pepper</b>  |

1. Toast pepitas (see Tip). Place in a small bowl with butter, lime zest, lime juice and chili powder.
2. Generously coat a large nonstick skillet with cooking spray and place over medium heat. Sprinkle salmon with salt and pepper, add to the pan and cook until browned and just cooked through in the center, 2 to 4 minutes per side. Remove the pan from the heat. Transfer the salmon to a plate. Add the butter-lime mixture to the hot pan; stir until the butter is melted. Serve the salmon topped with the sauce.

**Per serving:** 185 calories; 9 g fat (3 g sat, 3 g mono); 61 mg cholesterol; 1 g carbohydrate; 0 g added sugars; 24 g protein; 0 g fiber; 350 mg sodium; 466 mg potassium.

**Carbohydrate Servings:** 0

**Exchanges:** 3 lean meat, 1 fat

**Tip:** Pepitas (hulled pumpkin seeds) can be found in the bulk-foods section of natural-foods stores or Mexican groceries. To toast, place pepitas in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.



## Sautéed Haddock with Orange-Shallot Sauce

**Makes:** 4 servings

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

In this easy haddock recipe, the fish's delicate flavor is wonderfully balanced by the sweet and savory combination of orange, shallot and mustard. You can also make this haddock recipe with flounder or sole.

- |  |  |
|--|--|
| <b>⅓ cup all-purpose flour</b>                       | <b>½ cup dry white wine</b>                |
| <b>¼ teaspoon salt, or to taste</b>                  | <b>1 cup freshly squeezed orange juice</b> |
| <b>Freshly ground pepper to taste</b>                | <b>2 heaping teaspoons Dijon mustard</b>   |
| <b>1 pound haddock fillets, flounder or sole</b>     | <b>2 teaspoons butter</b>                  |
| <b>1 tablespoon extra-virgin olive oil</b>           | <b>2 tablespoons chopped fresh parsley</b> |
| <b>1 large shallot, finely chopped (about ⅓ cup)</b> |  |

1. Mix flour, salt and pepper in a shallow dish. Thoroughly dredge fish fillets in the mixture.
2. Heat oil in a large nonstick skillet over medium-high heat until shimmering but not smoking. Add the fish and cook until lightly browned and just opaque in the center, 3 to 4 minutes per side. Transfer to a plate and cover loosely with foil.
3. Add shallot to the pan and cook over medium-high heat, stirring often, until softened and beginning to brown, about 3 minutes. Add wine and bring to a simmer, scraping up any browned bits. Cook until most of the liquid has evaporated, 1 to 2 minutes. Add orange juice and mustard; bring to a boil. Reduce heat to low and simmer until the sauce thickens a bit, about 5 minutes. Add butter and parsley; stir until the butter has melted. Transfer fish to individual plates, top with sauce and serve.

**Per serving:** 205 calories; 6 g fat (2 g sat, 3 g mono); 63 mg cholesterol; 13 g carbohydrate; 0 g added sugars; 19 g protein; 0 g fiber; 322 mg sodium; 516 mg potassium.

**Nutrition bonus:** Vitamin C (59% daily value).

**Carbohydrate Servings:** 1

**Exchanges:** ½ fruit, ½ vegetable, 3 lean protein, 1 fat



## Thyme- & Sesame-Crusted Halibut

**Makes:** 4 servings

**Active time:** 10 minutes **Total:** 30 minutes

Quickly roasting fish at high heat keeps it moist and succulent. The thyme-and-sesame crust gives this halibut a distinctive finish.

- |   |   |
|---|---|
| 2 tablespoons lemon juice                           | 2 tablespoons sesame seeds                |
| 2 tablespoons extra-virgin olive oil                | 1½-2 teaspoons dried thyme leaves         |
| 1 clove garlic, minced                              | ¼ teaspoon coarse sea salt or kosher salt |
| Freshly ground pepper to taste                      | Lemon wedges                              |
| 1¼ pounds halibut or mahi-mahi, cut into 4 portions |   |

1. Preheat oven to 450°F. Line a baking sheet with foil.
2. Mix lemon juice, oil, garlic and pepper in a shallow glass dish. Add fish and turn to coat. Cover and marinate in the refrigerator for 15 minutes.
3. Meanwhile, toast sesame seeds in a small dry skillet over medium-low heat, stirring constantly, until golden and fragrant, 2 to 3 minutes. Transfer to a small bowl to cool. Mix in thyme.
4. Sprinkle the fish with salt and coat evenly with the sesame seed mixture, covering the sides as well as the top. Transfer the fish to the prepared baking sheet and roast until just opaque in the center, 10 to 14 minutes. Serve with lemon wedges.

**Per serving:** 225 calories; 11 g fat (2 g sat, 6 g mono); 69 mg cholesterol; 2 g carbohydrate; 0 g added sugars; 28 g protein; 1 g fiber; 244 mg sodium; 655 mg potassium.

**Nutrition bonus:** Potassium (19% daily value)

**Carbohydrate Servings:** 0

**Exchanges:** 4½ very lean protein, 1½ fat



## Wasabi Salmon Burgers

**Makes:** 4 servings

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

Bring out the flavors of salmon with a Japanese-inspired infusion of ginger, sesame oil and wasabi. You could also serve these on whole-wheat buns, perhaps with reduced-fat mayonnaise and sliced cucumbers as condiments—just account for calories accordingly.

- |   |  |
|---|--|
| 2 tablespoons reduced-sodium soy sauce                    | 2 scallions, finely chopped              |
| 1½ teaspoons wasabi powder (see <i>Tip</i> )              | 1 egg, lightly beaten                    |
| ½ teaspoon honey  | 2 tablespoons minced peeled fresh ginger |
| 1 pound salmon fillet, skinned (see <i>Tip, page 19</i> ) | 1 teaspoon toasted sesame oil            |

1. Whisk soy sauce, wasabi powder and honey in a small bowl until smooth. Set aside.
2. With a large chef's knife, chop salmon using quick, even, straight-up-and-down motions (do not rock the knife through the fish or it will turn mushy). Continue chopping, rotating the knife, until you have a mass of roughly ¼-inch pieces. Transfer to a large bowl. Add scallions, egg, ginger and oil; stir to combine. Form the mixture into 4 patties. The mixture will be moist and loose, but holds together nicely once the first side is cooked.
3. Coat a large nonstick skillet with cooking spray and heat over medium heat for 1 minute. Add the patties and cook for 4 minutes. Turn and continue to cook until firm and fragrant, about 3 minutes. Spoon the reserved wasabi glaze evenly over the burgers and cook for 15 seconds more. Serve immediately.

**Per serving:** 174 calories; 7 g fat (2 g sat, 2 g mono); 100 mg cholesterol; 3 g carbohydrate; 1 g added sugars; 25 g protein; 0 g fiber; 342 mg sodium; 484 mg potassium.

**Carbohydrate Servings:** 0

**Exchanges:** 4 lean meat

**Tip:** Wasabi powder, when mixed with water, becomes the green paste most of us know from sushi restaurants. The powder is available in jars in the Asian aisle of most supermarkets or in almost all Asian markets. Store at room temperature for up to 1 year.

# Dinner: Poultry



## Chipotle-&-Orange Grilled Chicken

**Makes:** 4 servings

**Active time:** 10 minutes **Total:** 25 minutes

Chipotle peppers in adobo sauce contribute a rich smokiness to this quick orange-infused barbecue sauce.

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|---|---|
| 2 tablespoons orange-juice concentrate, thawed                                | 2 teaspoons unsulfured molasses                     |
| 1 tablespoon finely chopped chipotle peppers in adobo sauce (see <i>Tip</i> ) | 1 teaspoon Dijon mustard                            |
| 1 tablespoon balsamic vinegar   | 1 pound boneless, skinless chicken breasts, trimmed |
|   | Salt to taste                                       |

1. Preheat grill or broiler.
2. Whisk together orange-juice concentrate, chipotle pepper, vinegar, molasses and mustard in a small bowl.
3. Lightly oil the grill or broiler rack (see *Tip*). Season chicken with salt and grill or broil for 2 minutes. Turn, brush with the glaze and cook for 4 minutes, brushing occasionally with glaze. Turn again, brush with the glaze, and cook until the center is no longer pink, 1 to 2 minutes longer.

**Per serving:** 150 calories; 3 g fat (1 g sat, 1 g mono); 63 mg cholesterol; 7 g carbohydrate; 2 g added sugars; 23 g protein; 0 g fiber; 227 mg sodium; 302 mg potassium.

**Nutrition bonus:** Vitamin C (21% daily value), Calcium (20% dv)

**Carbohydrate Servings:** ½

**Exchanges:** 3½ very lean meat

**Tip:** Chipotle chiles in adobo sauce are smoked jalapeños packed in a flavorful sauce. Look for the small cans with the Mexican foods in large supermarkets. Once opened, they'll keep up to 2 weeks in the refrigerator or 6 months in the freezer.



## Lemon & Dill Chicken

**Makes:** 4 servings

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

Fresh lemon and dill create a quick Greek-inspired pan sauce for simple sautéed chicken breasts.

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|---|---|
| 4 boneless, skinless chicken breasts (1-1¼ pounds)        | 3 cloves garlic, minced                   |
| Salt & freshly ground pepper to taste                     | 1 cup reduced-sodium chicken broth        |
| 3 teaspoons extra-virgin olive oil or canola oil, divided | 2 teaspoons flour                         |
| ¼ cup finely chopped onion                                | 2 tablespoons chopped fresh dill, divided |
|   | 1 tablespoon lemon juice                  |

1. Season chicken breasts on both sides with salt and pepper. Heat 1½ teaspoons oil in a large heavy skillet over medium-high heat. Add the chicken and sear until well browned on both sides, about 3 minutes per side. Transfer chicken to a plate and tent with foil.

2. Reduce heat to medium. Add the remaining 1½ teaspoons oil to the pan. Add onion and garlic and cook, stirring, for 1 minute. Whisk broth, flour, 1 tablespoon dill and lemon juice in a measuring cup and add to pan. Cook, whisking, until slightly thickened, about 3 minutes.

3. Return the chicken and any accumulated juices to the pan; reduce heat to low and simmer until the chicken is cooked through, about 4 minutes. Transfer the chicken to a warmed platter. Season sauce with salt and pepper and spoon over the chicken. Garnish with the remaining 1 tablespoon chopped fresh dill.

**Per serving:** 170 calories; 6 g fat (1 g sat, 4 g mono); 63 mg cholesterol; 3 g carbohydrate; 0 g added sugars; 24 g protein; 0 g fiber; 339 mg sodium; 272 mg potassium.

**Carbohydrate Servings:** 0

**Exchanges:** 3 lean meat, 1 fat



## Marmalade Chicken

**Makes:** 4 servings

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

Orange marmalade and freshly grated orange zest make a deliciously tangy sauce for quick-cooking chicken tenders.

- |   |   |
|---|---|
| 1 cup reduced-sodium chicken broth        | ½ teaspoon kosher salt                      |
| 2 tablespoons red-wine vinegar            | ¼ teaspoon freshly ground pepper            |
| 2 tablespoons orange marmalade            | 6 teaspoons extra-virgin olive oil, divided |
| 1 teaspoon Dijon mustard                  | 2 large shallots, minced                    |
| 1 teaspoon cornstarch                     | 1 teaspoon freshly grated orange zest       |
| 1 pound chicken tenders (see <i>Tip</i> ) |   |

1. Whisk broth, vinegar, marmalade, mustard and cornstarch in a medium bowl. Sprinkle chicken with salt and pepper. Heat 4 teaspoons oil in a large skillet over medium-high heat. Add the chicken and cook until golden, about 2 minutes per side. Transfer to a plate and cover with foil to keep warm.

2. Add the remaining 2 teaspoons oil and shallots to the pan and cook, stirring often, until beginning to brown, about 30 seconds. Whisk the broth mixture and add it to the pan. Bring to a simmer, scraping up any browned bits. Reduce heat to maintain a simmer; cook until the sauce is slightly reduced and thickened, 30 seconds to 2 minutes. Add the chicken; return to a simmer. Cook, turning once, until the chicken is heated through, about 1 minute. Remove from the heat and stir in orange zest.

**Per serving:** 227 calories; 10 g fat (2 g sat, 6 g mono); 63 mg cholesterol; 10 g carbohydrate; 6 g added sugars; 24 g protein; 0 g fiber; 357 mg sodium; 296 mg potassium.

**Carbohydrate Servings:** ½

**Exchanges:** ½ other carbohydrate, 3½ lean meat

**Tip:** Chicken tenders are the virtually fat-free strips of rib meat typically found attached to the underside of chicken breasts. They can also be purchased separately. Four 1-ounce tenders will yield a 3-ounce cooked portion.



## North Country Braised Chicken

**Makes:** 8 servings

**Active time:** 30 minutes **Total:** 45 minutes

Homey, hearty and flavorful, this easy chicken stew recipe sings with apple cider, rutabaga and pears.

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|--|--|
| 4 boneless, skinless chicken breasts (8-9 ounces each) | 1 large rutabaga, peeled and cut into ¼-by-2-inch julienne |
| ¼ cup all-purpose flour                                | 1 cup reduced-sodium chicken broth                         |
| 3 teaspoons canola oil, divided                        | 4 firm ripe pears  |
| ½ teaspoon salt, divided                               | ¼ cup lemon juice  |
| ½ teaspoon ground pepper, divided                      | 1 tablespoon chopped fresh thyme or 1 teaspoon dried       |
| 2 medium onions, coarsely chopped                      |  |
| 1 cup apple cider                                      |  |

1. Cut each chicken breast in half on the diagonal to make 8 roughly equal portions. Place flour on a plate and dredge the chicken to coat well on all sides, shaking off excess. (Reserve unused flour.)

2. Heat 1 teaspoon oil in a Dutch oven over medium-high heat. Add half the chicken and cook until golden, about 3 minutes per side. Remove to a plate and season with ½ teaspoon each salt and pepper. Add 1 teaspoon oil to the pot and brown the remaining chicken. Remove to the plate and season with ½ teaspoon each salt and pepper. Set aside.

3. Reduce heat to medium-low. Heat the remaining 1 teaspoon oil and add onions. Stir until golden brown, about 5 minutes. Add the reserved flour and stir 1 minute more. Gradually add apple cider and stir until thickened, about 2 minutes. Add rutabaga and broth. Bring to a simmer. Reduce heat to low, cover and simmer until the rutabaga is tender, 15 to 20 minutes.

4. Meanwhile, peel pears and cut into ½-inch dice. Transfer to a bowl and stir in lemon juice and thyme. Add to the cooked rutabaga and season with the remaining ¼ teaspoon each salt and pepper. Lay the reserved chicken on top; cover. Cook until the chicken is no longer pink in the center and the pears are tender, 5 to 6 minutes more.

**Per serving:** 268 calories; 5 g fat (1 g sat, 2 g mono); 63 mg cholesterol; 32 g carbohydrate; 0 g added sugars; 26 g protein; 6 g fiber; 291 mg sodium; 701 mg potassium.

**Nutrition bonus:** Vitamin C (57% daily value), Potassium (20% dv)

**Carbohydrate Servings:** 2

**Exchanges:** 1½ fruit, 2 vegetable, 3 lean meat



## Paprika-Herb Rubbed Chicken

**Makes:** 4 servings

**Active time:** 5 minutes **Total:** 25 minutes

**To make ahead:** Store the rub in an airtight container for up to 3 months; coat the chicken with the rub up to 30 minutes before grilling or broiling.

A simple combination of herbes de Provence, paprika, salt and pepper makes a flavorful rub.

- |   |  |
|---|--|
| <b>1</b> tablespoon herbes de Provence<br>(see <i>Tip</i> ) | <b>¼</b> teaspoon freshly ground pepper              |
| <b>2</b> teaspoons paprika                                  | <b>1-1¼</b> pounds boneless, skinless chicken breast |
| <b>½</b> teaspoon kosher salt                               |  |

1. Combine herbes de Provence, paprika, salt and pepper in a small bowl.
2. Coat both sides of chicken with the rub up to 30 minutes before grilling or broiling.
3. Preheat grill to medium-high or position a rack in upper third of oven and preheat broiler.
4. **To grill:** Oil the grill rack. Grill the chicken, turning once, until an instant-read thermometer inserted into the thickest part registers 165°F, 4 to 8 minutes per side.  
**To broil:** Line a broiler pan (or baking sheet) with foil and coat with cooking spray. Place the chicken on the foil. Broil, watching carefully and turning at least once, until an instant-read thermometer inserted into the thickest part registers 165°F, 10 to 15 minutes total.

**Per serving:** 127 calories; 3 g fat (1 g sat, 1 g mono); 63 mg cholesterol; 1 g carbohydrate; 0 g added sugars; 23 g protein; 1 g fiber; 196 mg sodium; 223 mg potassium.

**Carbohydrate Servings:** 0

**Exchanges:** 3 lean meat

**Tip:** Herbes de Provence is a mixture of dried herbs commonly used in the south of France. You can find commercial mixtures in well-stocked supermarkets, in the bulk spice section at some natural foods stores and/or gourmet markets. It's also easy to make your own. Mix 1 tablespoon each (or equal proportions) dried thyme, rosemary, oregano, marjoram and savory in a small jar. If desired, add a pinch of dried lavender and crushed aniseed.



## Peanut Noodles with Shredded Chicken & Vegetables

**Makes:** 6 servings, 1½ cups each

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

**To make ahead:** Cover and refrigerate for up to 2 days. To serve, stir in 2 tablespoons warm water per portion; serve cold or reheat in microwave.

If you can't find a bagged vegetable medley for this easy noodle bowl, choose 12 ounces of cut vegetables from your market's salad bar and create your own mix.

- |   |  |
|---|--|
| <b>1</b> pound boneless, skinless chicken breasts | <b>1½</b> teaspoons chile-garlic sauce, or to taste (see <i>Tip</i> )              |
| <b>½</b> cup smooth natural peanut butter         | <b>1</b> teaspoon minced fresh ginger  |
| <b>2</b> tablespoons reduced-sodium soy sauce     | <b>8</b> ounces whole-wheat spaghetti  |
| <b>2</b> teaspoons minced garlic                  | <b>1</b> 12-ounce bag fresh vegetable medley, such as carrots, broccoli, snow peas |

1. Put a large pot of water on to boil for cooking pasta.
2. Meanwhile, place chicken in a skillet or saucepan and add enough water to cover; bring to a boil. Cover, reduce heat to low and simmer gently until cooked through and no longer pink in the middle, 10 to 12 minutes. Transfer the chicken to a cutting board. When cool enough to handle, shred into bite-size strips.
3. Whisk peanut butter, soy sauce, garlic, chile-garlic sauce and ginger in a large bowl.
4. Cook pasta in the boiling water until not quite tender, about 1 minute less than specified in the package directions. Add vegetables and cook until the pasta and vegetables are just tender, 1 minute more. Drain, reserving 1 cup of the cooking liquid. Rinse the pasta and vegetables with cool water to refresh. Stir the reserved cooking liquid into the peanut sauce; add the pasta, vegetables and chicken; toss well to coat. Serve warm or chilled.

**Per serving:** 371 calories; 13 g fat (2 g sat, 1 g mono); 42 mg cholesterol; 38 g carbohydrate; 0 g added sugars; 27 g protein; 8 g fiber; 369 mg sodium; 378 mg potassium.

**Nutrition bonus:** Vitamin A (76% daily value), Vitamin C (48% dv), Magnesium (21% dv), Iron (16% dv).

**Carbohydrate Servings:** 2½

**Exchanges:** 2 starch, 1½ vegetable, 3 lean meat

**Tip:** Chile-garlic sauce (or chili-garlic sauce, or paste) is a blend of ground chiles, garlic and vinegar. It can be found in the Asian section of large supermarkets.



## Spicy Tunisian Grilled Chicken

**Makes:** 4 servings

**Active time:** 5 minutes **Total:** 25 minutes

**To make ahead:** Store the rub in an airtight container for up to 3 months; coat the chicken with the rub up to 30 minutes before grilling or broiling.

This spicy rub of coriander, caraway and hot pepper is lovely on grilled chicken. If you prefer your food less spicy, reduce the amount of crushed red pepper.

2 teaspoons coriander seeds	1/2 teaspoon kosher salt
2 teaspoons caraway seeds	1-1/4 pounds boneless, skinless chicken breast (see <i>Tip</i> )
3/4 teaspoon crushed red pepper	
3/4 teaspoon garlic powder	

1. Grind coriander seeds, caraway seeds and crushed red pepper in a spice grinder (or mortar and pestle) until finely ground. Transfer to a small bowl and stir in garlic powder and salt.
2. Coat both sides of chicken with the rub up to 30 minutes before grilling or broiling.
3. Preheat grill to medium-high or position a rack in upper third of oven and preheat broiler.
4. **To grill:** Oil the grill rack (see *Tip*). Grill the chicken, turning once, until an instant-read thermometer inserted into the thickest part registers 165°F, 4 to 8 minutes per side. **To broil:** Line a broiler pan (or baking sheet) with foil and coat with cooking spray. Place the chicken on the foil. Broil, watching carefully and turning at least once, until an instant-read thermometer inserted into the thickest part registers 165°F, 10 to 15 minutes total.

**Per serving:** 131 calories; 3 g fat (1 g sat, 1 g mono); 63 mg cholesterol; 2 g carbohydrate; 0 g added sugars; 23 g protein; 1 g fiber; 195 mg sodium; 228 mg potassium.

**Carbohydrate Servings:** 0

**Exchanges:** 3 lean meat

**Tip:** It's difficult to find an individual chicken breast small enough for one portion. Removing the thin strip of meat from the underside of a 5-ounce breast—the chicken tender—removes about 1 ounce of meat and yields a perfect 4-ounce portion. Wrap and freeze the tenders and when you have gathered enough, use them in a stir-fry or for oven-baked chicken fingers.



## Turkey with Blueberry Pan Sauce

**Makes:** 4 servings

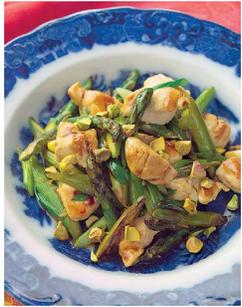
**Active time:** 35 minutes **Total:** 40 minutes

Blueberries are terrific in both sweet and savory dishes and they work especially well with thyme.

1/4 cup all-purpose flour	1/4 cup chopped shallots
3/4 teaspoon salt, divided	1 tablespoon chopped fresh thyme
1/2 teaspoon freshly ground pepper	2 cups blueberries
1 pound turkey tenderloin (see <i>Tip</i> )	3 tablespoons balsamic vinegar
1 tablespoon extra-virgin olive oil	

1. Preheat oven to 450°F. Whisk flour, 1/2 teaspoon salt and pepper in a shallow dish. Dredge turkey in the mixture. (Discard any leftover flour.)
  2. Heat oil in a large ovenproof skillet over high heat. Add the turkey; cook until golden brown on one side, 3 to 5 minutes. Turn the turkey over and transfer the pan to the oven. Roast until the turkey is just cooked through and no longer pink in the middle, 15 to 20 minutes. Transfer the turkey to a plate and tent with foil to keep warm.
  3. Place the skillet over medium heat. (Take care, the handle will still be very hot.) Add shallots and thyme and cook, stirring constantly, until the shallots begin to brown, 30 seconds to 1 minute. Add blueberries, vinegar and the remaining 1/4 teaspoon salt; continue cooking, stirring occasionally and scraping up any brown bits, until the blueberries burst and release their juices and the mixture becomes thick and syrupy, 4 to 5 minutes. Slice the turkey and serve with the blueberry pan sauce.
- Per serving:** 220 calories; 5 g fat (1 g sat, 3 g mono); 45 mg cholesterol; 17 g carbohydrate; 0 g added sugars; 29 g protein; 2 g fiber; 285 mg sodium; 157 mg potassium.
- Nutrition bonus:** Vitamin C (15%)
- Carbohydrate Servings:** 1
- Exchanges:** 1 fruit, 4 very lean meat

**Tip:** A turkey tenderloin is an all-white piece that comes from the rib side of the breast. Tenderloins typically weigh between 7 and 14 ounces each and can be found with other turkey products in the meat section of most supermarkets.



## Wok-Seared Chicken Tenders with Asparagus & Pistachios

**Makes:** 4 servings, about 1¼ cups each

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

Here's an East-meets-West stir-fry that will soon become a family favorite.

- |   |  |
|---|--|
| 1 tablespoon toasted sesame oil                                       | 2 tablespoons minced fresh ginger                        |
| 1½ pounds fresh asparagus, tough ends trimmed, cut into 1-inch pieces | 1 tablespoon oyster-flavored sauce                       |
| 1 pound chicken tenders, cut into bite-size pieces                    | 1 teaspoon chile-garlic sauce (see <i>Tip, page 24</i> ) |
| 4 scallions, trimmed and cut into 1-inch pieces                       | ¼ cup shelled salted pistachios, coarsely chopped        |

Heat oil in a wok or large skillet over high heat. Add asparagus; cook, stirring, for 2 minutes. Add chicken; cook, stirring, for 4 minutes. Stir in scallions, ginger, oyster sauce and chile-garlic sauce; cook, stirring, until the chicken is juicy and just cooked through, 1 to 2 minutes more. Stir in pistachios and serve immediately.

**Per serving:** 224 calories; 10 g fat (2 g sat, 4 g mono); 63 mg cholesterol; 8 g carbohydrate; 0 g added sugars; 27 g protein; 3 g fiber; 278 mg sodium; 510 mg potassium.

**Nutrition bonus:** Folate (36% daily value), Vitamin A (22% dv), Vitamin C (17% dv).

**Carbohydrate Servings:** ½

**Exchanges:** 1 vegetable, 4 lean meat, 1 fat

# Dinner: Meat



## Apple-&Fennel Roasted Pork Tenderloin

**Makes:** 4 servings

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

Roasted apples, fennel and red onion team up perfectly with roasted pork tenderloin.

- |   |   |
|---|---|
| 2 large sweet-tart apples, such as Fuji or Braeburn, sliced   | 1 tablespoon plus 2 teaspoons canola oil, divided |
| 1 large bulb fennel, trimmed, cored and thinly sliced, plus 1 tablespoon chopped fronds for garnish | 1 pound pork tenderloin, trimmed                  |
| 1 large red onion, sliced   | 1 teaspoon kosher salt                            |
|   | ¼ teaspoon freshly ground pepper                  |
|   | 3 tablespoons cider vinegar                       |

1. Position racks in upper and lower thirds of oven; preheat to 475°F.
  2. Toss apples, sliced fennel and onion with 1 tablespoon oil in a large bowl. Spread out on a rimmed baking sheet. Roast on the lower oven rack, stirring twice, until tender and golden, 30 to 35 minutes.
  3. About 10 minutes after the apple mixture goes into the oven, sprinkle pork with salt and pepper. Heat the remaining 2 teaspoons oil in a large ovenproof skillet over medium-high heat. Sear the pork on one side, about 2 minutes. Turn the pork over and transfer the pan to the top oven rack. Roast until just barely pink in the center and an instant-read thermometer registers 145°F, 12 to 14 minutes.
  4. Transfer the pork to a cutting board and let rest for 5 minutes. Immediately stir vinegar into the pan (be careful, the handle will be hot), scraping up any browned bits, then add to the apple mixture. Thinly slice the pork; serve with the apple mixture and sprinkle with fennel fronds.
- Per serving:** 269 calories; 9 g fat (1 g sat, 5 g mono); 74 mg cholesterol; 23 g carbohydrate; 0 g added sugars; 25 g protein; 5 g fiber; 374 mg sodium; 882 mg potassium.
- Nutrition bonus:** Vitamin C (26% daily value), Potassium (26% dv), Zinc (16% dv)
- Carbohydrate Servings:** 1 | **Exchanges:** 1 fruit, 1 vegetable, 3 lean meat



## Penne with Vodka Sauce & Capicola

**Makes:** 6 servings

**Active time:** 20 minutes **Total:** 35 minutes

Our velvety tomato sauce is spiked with cubes of flavorful capicola and a little bit of vodka.

- |   |                                  |
|---|----------------------------------|
| 12 ounces whole-wheat penne                                   | 1 28-ounce can crushed tomatoes  |
| 1 2-ounce piece capicola, or pancetta, finely diced (see Tip) | ¼ cup half-and-half              |
| 1 small onion, chopped  | 2 teaspoons Worcestershire sauce |
| 3 cloves garlic, chopped                                      | ¼-½ teaspoon crushed red pepper  |
| ½ cup vodka   | ¼ cup chopped fresh basil        |
|   | Freshly ground pepper to taste   |

1. Bring a large pot of water to a boil. Cook penne until just tender, 12 minutes or according to package directions.
  2. Meanwhile, cook capicola (or pancetta) in a large saucepan over medium heat until crisp, about 4 minutes. Drain on a paper towel.
  3. Return the saucepan to medium-low heat; add onion and garlic and cook until the onion is translucent, about 1 minute. Increase heat to high; add vodka and bring to a boil. Boil until reduced by about half, about 2 minutes. Stir in tomatoes, half-and-half, Worcestershire sauce and crushed red pepper to taste; reduce to a simmer and cook until thickened, about 10 minutes.
  4. Drain the pasta; serve topped with the sauce and sprinkled with the capicola (or pancetta), basil and pepper.
- Per serving:** 311 calories; 3 g fat (1 g sat, 1 g mono); 9 mg cholesterol; 53 g carbohydrate; 0 g added sugars; 13 g protein; 7 g fiber; 324 mg sodium; 514 mg potassium.
- Nutrition bonus:** Vitamin C (23% daily value), Vitamin A (22% dv), Iron (20% dv), Magnesium (19% dv)
- Carbohydrate Servings:** 3½ | **Exchanges:** 3 starch, 1 vegetable

**Tip:** Capicola and pancetta can be found in the deli section of most large supermarkets. Buy one thick piece for this recipe.



## Pork Chops with Orange-Soy Sauce

**Makes:** 4 servings

**Active time:** 20 minutes **Total:** 30 minutes

This dish uses a very traditional French technique: you first brown meat in a skillet, then roast it in the oven. Make sure you use cookware that's oven-safe, preferably cast iron or stainless steel.

- |  |   |
|--|---|
| <b>1 cup orange juice</b>                    | <b>4 bone-in pork chops (1½-1¾ pounds), trimmed</b> |
| <b>1 tablespoon reduced-sodium soy sauce</b> | <b>¼ teaspoon salt, or to taste</b>                 |
| <b>2 cloves garlic, minced</b>               | <b>Freshly ground pepper to taste</b>               |
| <b>½ teaspoon dried thyme</b>                | <b>2 teaspoons canola oil</b>                       |

1. Preheat oven to 400° F. Combine orange juice, soy sauce, garlic and thyme in a small bowl. Set aside.
2. Season pork chops with salt and pepper. Heat oil in a large ovenproof skillet, preferably cast-iron, over high heat. Add the pork chops and sear until browned, 1 to 2 minutes per side.
3. Transfer the pan to the oven and bake the chops until just cooked through, about 5 minutes. Transfer the chops to a plate and keep warm.
4. Add the reserved orange juice mixture to the pan (take care, the handle will still be hot); cook over high heat until the sauce is reduced by half, 3 to 5 minutes. Return the chops to the skillet; heat through, turning to coat. Serve with the pan sauce.

**Per serving:** 162 calories; 6 g fat (2 g sat, 3 g mono); 47 mg cholesterol; 7 g carbohydrate; 0 g added sugars; 18 g protein; 0 g fiber; 321 mg sodium; 447 mg potassium.

**Nutrition bonus:** Vitamin C (54% daily value)

**Carbohydrate Servings:** ½ | **Exchanges:** ½ fruit, 2½ lean protein



## Whole-Wheat Fusilli with Beef Ragu

**Makes:** 6 servings, about 1½ cups each

**Active time:** 30 minutes **Total:** 1 hour

**To make ahead:** Prepare through Step 3. Cover and refrigerate the sauce for up to 2 days or freeze for up to 3 months.

This chunky, full-bodied sauce is a good match for hearty whole-wheat pasta. A little lean ground beef augmented with mushrooms equals a rich, meaty sauce that has a minimum of saturated fat.

- |  |  |
|--|--|
| <b>8 ounces 90%-lean ground beef</b>   | <b>½ cup dry red wine</b>                                      |
| <b>1 teaspoon extra-virgin olive oil</b>   | <b>1-2 teaspoons fennel seeds, crushed</b>                     |
| <b>2 medium carrots, chopped</b>   | <b>Large pinch of crushed red pepper</b>                       |
| <b>1 medium onion, chopped</b>   | <b>¼ teaspoon salt, or to taste</b>                            |
| <b>1 stalk celery, chopped</b>   | <b>12 ounces whole-wheat fusilli or rotini</b>                 |
| <b>6 ounces cremini or baby bella mushrooms, wiped clean and coarsely chopped (2 cups)</b> | <b>2 tablespoons chopped fresh parsley (optional)</b>          |
| <b>2 cloves garlic, minced</b>   | <b>6 tablespoons freshly grated Parmesan cheese (optional)</b> |
| <b>1 28-ounce can diced tomatoes (not drained)</b>   |  |

1. Cook beef in a large skillet over medium-high heat, breaking it up with a wooden spoon, until browned, 4 to 5 minutes. Transfer to a strainer or colander and drain off fat.
  2. Heat oil in the skillet over medium-high heat. Add carrots, onion and celery; cook, stirring occasionally, until the onion softens and begins to brown, 4 to 5 minutes. Add mushrooms and garlic; reduce heat to medium and cook, stirring occasionally, until the mushrooms begin to soften, 3 to 4 minutes.
  3. Add tomatoes and mash with a potato masher. Add wine, fennel seeds, crushed red pepper, salt and the meat; bring to a simmer. Reduce heat to low; cover and cook, stirring occasionally, until the sauce is slightly thickened and the flavors have developed, about 30 minutes.
  4. Meanwhile, bring a large pot of lightly salted water to a boil. Cook pasta until just tender, 9 to 11 minutes or according to package directions. Drain and toss with the sauce. Sprinkle with parsley, if desired. Pass Parmesan separately, if using.
- Per serving:** 319 calories; 3 g fat (1 g sat, 1 g mono); 23 mg cholesterol; 54 g carbohydrate; 0 g added sugars; 16 g protein; 9 g fiber; 212 mg sodium; 413 mg potassium.
- Nutrition bonus:** Vitamin A (60% daily value), Fiber (36% dv), Potassium (21% dv).
- Carbohydrate Servings:** 0 | **Exchanges:** 3 starch, 1 vegetable, 1 lean protein

# Salad Dressings



## Honey-Mustard Vinaigrette

**Makes:** about ½ cup

**Active time:** 5 minutes **Total:** 5 minutes

Here is a great, all-purpose salad dressing. The pleasing pungency of Dijon mustard makes it a good match for slightly bitter greens, but it's great with pretty much every vegetable.

- |  |   |
|--|---|
| 1 clove garlic, minced                           | 1/8 teaspoon salt                               |
| 1 tablespoon white-wine vinegar                  | Freshly ground pepper to taste                  |
| 1½ teaspoons Dijon mustard<br>(coarse or smooth) | 1/3 cup extra-virgin olive oil or<br>canola oil |
| 1/2 teaspoon honey                               |   |

Whisk garlic, vinegar, mustard, honey, salt and pepper in a small bowl. Slowly whisk in oil.

**Per tablespoon:** 84 calories; 9 g fat (1 g sat, 5 g mono); 0 mg cholesterol; 1 g carbohydrate; 0 g added sugars; 0 g protein; 0 g fiber; 49 mg sodium; 3 mg potassium.

**Carbohydrate Servings:** 0

**Exchanges:** 2 fat (mono)



## Lemon-Mint Vinaigrette

**Makes:** about ¾ cup

**Active time:** 10 minutes **Total:** 10 minutes

The sunny fresh flavors of tart lemon and cool mint combine to make a lively dressing that adds sparkle to salads of all sorts.

- |                            |                                |
|----------------------------|--------------------------------|
| 1/3 cup lemon juice        | 1/3 cup extra-virgin olive oil |
| 1 tablespoon Dijon mustard | 1/3 cup chopped fresh mint     |
| 1 teaspoon sugar           | 1/8 teaspoon salt              |
| 1 clove garlic, minced     | Freshly ground pepper to taste |

Whisk lemon juice, mustard, sugar and garlic in a small bowl until blended. Drizzle in oil, whisking until blended. Stir in mint, salt and pepper.

**Per tablespoon:** 60 calories; 6 g fat (1 g sat, 5 g mono); 0 mg cholesterol; 1 g carbohydrate; 0 g added sugars; 0 g protein; 0 g fiber; 41 mg sodium; 14 mg potassium.

**Carbohydrate Servings:** 0

**Exchanges:** 1 fat



## Raspberry Vinaigrette

**Makes:** about ½ cup

**Active time:** 5 minutes **Total:** 5 minutes

**To make ahead:** Cover and refrigerate for up to 1 week.

Mild-tasting grapeseed oil is the ideal foil for fruity raspberry vinegar and they come together beautifully in this simple dressing.

**2 tablespoons raspberry vinegar**  
**⅛ teaspoon salt**

**Freshly ground pepper to taste**  
**⅓ cup grapeseed oil or canola oil**

Whisk vinegar, salt and pepper in a small bowl. Slowly whisk in oil.

**Per tablespoon:** 82 calories; 9 g fat (1 g sat, 1 g mono); 0 mg cholesterol; 0 g carbohydrate; 0 g added sugars; 0 g protein; 0 g fiber; 38 mg sodium; 1 mg potassium.

**Carbohydrate Servings:** 0

**Exchanges:** 2 fat

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