

# A MONTH OF EASY DINNERS: *28-Day Dinner Plan*



EatingWell®

# YOUR MONTH OF MEALS!



# 28-DAY DINNER PLAN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Eggplant Parmesan</b> (cook one, freeze one) Serve with sautéed spinach</p>	 <p><b>Chickpea &amp; Chorizo Fideos</b> Serve with roasted cauliflower</p>	 <p><b>Chicken Stew with Turnips &amp; Mushrooms</b> Serve with olive bread</p>	 <p><b>Rosemary Lentils &amp; Greens on Toasted Bread</b> Serve with sliced tomato and red onion salad</p>	 <p><b>Salmon Cakes with Olives, Lemon &amp; Dill</b> (serve half, freeze half) Serve over mixed greens; top with Tzatziki (or yogurt sauce)</p>	 <p><b>Cowboy Beef &amp; Bean Chili with Whole-Grain Cornbread</b></p>	 <p><b>Duck Chiles Rellenos with Belizean Habanero Hot Sauce</b>, rice and guacamole</p>
 <p><b>Shrimp Dumplings</b> (cook half, freeze half) Serve with bell pepper, edamame &amp; cucumbers seasoned with rice vinegar</p>	 <p><b>Brussels Sprout &amp; Potato Hash</b> Serve with rye toast</p>	 <p><b>Creamy Green Chile Chicken Soup</b> Serve with cheese quesadillas</p>	 <p><b>Apricot-Chile Glazed Salmon</b> Serve with couscous and grilled asparagus</p>	 <p><b>Creamy Mustard Chicken</b> Serve with steamed green beans</p>	 <p><b>Grape Chutney</b> Serve with pork tenderloin and spinach salad</p>	 <p><b>Broccoli Rabe &amp; Turkey Sausage Lasagna</b> (cook one, freeze one) Serve with a mixed green salad</p>
 <p><b>South Texas Steak Fajitas</b> with Belizean Habanero Hot Sauce (Week 1) and brown rice</p>	 <p><b>Salmon Cakes with Olives, Lemon &amp; Dill</b> (freezer, Week 1) on buns with lettuce &amp; tomato, with roasted red potatoes</p>	 <p><b>Chard &amp; Chorizo Frittata</b> Serve with roasted acorn squash</p>	 <p><b>Panzanella</b> Serve with grilled or broiled chicken breast</p>	 <p><b>Braised Cauliflower &amp; Squash Penne Pasta</b> Serve with arugula, pine nut &amp; fennel salad</p>	 <p><b>Shrimp Dumplings</b> (freezer, Week 2) Serve with vegetable fried rice</p>	 <p><b>Eating Well King Ranch Casserole</b> (cook one, freeze one) Serve with red cabbage, black bean &amp; avocado salad</p>
 <p><b>White Turkey Chili</b> Serve with tortilla chips and guacamole (thaw frozen Eggplant Parmesan in refrigerator)</p>	 <p><b>Pork Milanese with Mashed Sweet Potato</b> Serve with broccolini</p>	 <p><b>Eggplant Parmesan</b> (freezer, Week 1) Serve with mixed greens and garlic bread</p>	 <p><b>Orzo &amp; Grape Salad with Feta &amp; Mint</b> Serve with pan-seared or broiled lamb chops</p>	 <p><b>Quick Risotto with Shrimp, Corn &amp; Edamame</b> Serve with a mixed green salad</p>	<p>Breakfast for Dinner: <b>French Toast with Pear-Cranberry Compote</b> Serve with turkey sausage patties</p>	 <p><b>Roasted Garlic &amp; Leek Bread Casserole</b> Serve with roasted chicken</p>

# WEEK 1 DINNER PLAN

## Shopping List

This list outlines everything you need to make all the recipes for the week:

### SHOP FOR:

#### FRESH FRUIT & VEGETABLES

- 2 lemons
- 2 limes
- 1 large carrot
- 1 head cauliflower
- 1 pound eggplant
- 1 bag mixed greens
- 2 bunches kale
- 12 ounces baby spinach
- 8 ounces sliced cremini mushrooms
- 8 ounces white mushrooms
- 3 fresh habanero chiles
- 4 medium poblano peppers
- 1 bunch scallions
- 2 large turnips
- 1 red onion
- 4 yellow onions
- 4 large tomatoes

#### FRESH HERBS & FLAVORINGS

- 1 bunch fresh dill or thyme
- 1 bunch fresh rosemary
- 2 heads garlic

#### DRY GOODS & BREAD

- 14- to 16-ounce package whole-wheat angel hair pasta
- $\frac{1}{2}$  cup bulgur
- 1 cup French green lentils
- $1\frac{1}{4}$  cups yellow cornmeal
- Coarse dry whole-wheat breadcrumbs
- 1 loaf country bread
- 1 loaf olive bread

#### CANNED & BOTTLED GOODS

- 32-ounce box reduced-sodium chicken broth
- 32-ounce box reduced-sodium beef broth
- 2 28-ounce cans crushed tomatoes
- 14-ounce can petite diced tomatoes
- 15-ounce can chickpeas
- 2 15-ounce cans no-salt-added kidney beans
- $\frac{1}{2}$  cup pitted green olives
- $\frac{1}{2}$  cup pitted Kalamata olives
- Ancho chili powder

#### NUTS, SEEDS & DRIED FRUIT

- $\frac{1}{4}$  cup slivered almonds

#### REFRIGERATOR ITEMS & DAIRY

- $\frac{1}{4}$  cup reduced-fat sour cream
- $1\frac{1}{2}$  cups shredded part-skim mozzarella cheese
- Parmesan cheese
- Liquid egg whites
- Guacamole
- Tzatziki sauce

#### MEAT & SEAFOOD

- $1\frac{1}{2}$  pounds boneless, skinless chicken breasts
- 2 duck or chicken legs and thighs (about 9 ounces each)
- 1 pound 90%-lean ground beef
- 2 ounces Spanish chorizo (or pepperoni)
- $2\frac{1}{2}$  pounds wild salmon

### CHECK YOUR PANTRY FOR:

#### OILS, VINEGARS & CONDIMENTS

- Canola oil
- Extra-virgin olive oil
- Olive oil cooking spray
- White vinegar
- Worcestershire sauce
- Tomato paste

#### FLAVORINGS

- Salt
- Black pepper
- Crushed red pepper
- Chili powder
- Cumin
- Italian seasoning
- Paprika

#### DRY GOODS

- Brown rice
- White whole-wheat flour
- Whole-wheat flour
- Baking powder
- Cornstarch
- Honey

#### SPIRITS

- 12-ounce bottle lager-style beer
- Dry white wine (1 cup)

#### NUTS, SEEDS & DRIED FRUIT

- Raisins

#### REFRIGERATOR ITEMS

- Low-fat milk
- Eggs, large

# WEEK 1: Sunday

(cook one, freeze one) Serve with sautéed spinach.



## Eggplant Parmesan

**Makes:** 2 casseroles, 4 servings each (about  $\frac{3}{4}$  cup)

**Active time:** 45 minutes **Total:** 2½ hours

**To make ahead:** Prepare through Step 6, cover and freeze (unbaked) for up to 3 months. Thaw in the refrigerator for 2 days. Uncover and bake at 400°F for 40 to 45 minutes.

*Eggplant Parmesan doesn't have to include layers of deep-fried eggplant and mountains of cheese. This version has just enough melty mozzarella between layers of breaded baked eggplant. Don't skip the step of salting the eggplant, especially if you want to freeze one of the casseroles. Salting helps to draw out extra moisture so the eggplant holds up better in the freezer. Serve with a salad of bitter greens tossed with a red-wine vinaigrette.*

2 eggplants (about 1 pound each), cut into 12 slices each  
1½ teaspoons kosher salt, divided  
¾ cup whole-wheat flour  
¾ cup liquid egg whites or 6 large egg whites  
2½ cups fine dry breadcrumbs (see *Tips*), preferably whole-wheat  
3 tablespoons Italian seasoning, divided  
4 tablespoons extra-virgin olive oil, divided  
Olive oil cooking spray  
2 28-ounce cans crushed tomatoes (see *Tips*)  
1½ cups shredded part-skim mozzarella cheese, divided

4 tablespoons finely shredded Parmigiano-Reggiano cheese, divided  
Fresh basil for garnish

1. Place 2 layers of paper towels on a baking sheet or cutting board. Place half the eggplant slices on the paper towels. Sprinkle with  $\frac{3}{4}$  teaspoon salt. Cover with another double layer of paper towels. Top with the remaining eggplant slices and sprinkle with the remaining  $\frac{3}{4}$  teaspoon salt. Cover with another double layer of paper towels. Let stand at room temperature for 1 hour.
2. Position oven racks in upper and lower positions and place a large baking sheet on each rack to heat; preheat to 425°F.
3. Blot the eggplant slices with more paper towels. Put flour in one shallow dish, egg whites in another. Combine breadcrumbs and 2 tablespoons Italian seasoning in a third dish. Dip each slice of eggplant in the flour, shaking off excess. Dip in the egg, letting the excess drip off, then press into the breadcrumbs.
4. Remove the heated baking sheets from the oven and add 2 tablespoons oil to each, tilting to coat. Place half the eggplant on each baking sheet, not letting the slices touch. Generously coat the tops with cooking spray. Bake for 15 minutes. Flip the slices over and continue baking until golden brown, about 15 minutes more.
5. Combine crushed tomatoes and the remaining 1 tablespoon Italian seasoning in a medium bowl.
6. To assemble: Coat two 8-inch-square baking dishes with cooking spray. Spread  $\frac{1}{2}$  cup of the tomatoes in each prepared baking dish. Make a layer of 6 eggplant slices over the sauce. Spread with 1 cup of tomatoes and sprinkle with  $\frac{1}{4}$  cup

mozzarella. Top with the remaining 6 slices of eggplant, a generous 1 cup tomatoes,  $\frac{1}{2}$  cup mozzarella and 2 tablespoons Parmesan.

**7. To serve:** Bake until the sauce is bubbling and the cheese is melted, about 15 minutes. Serve garnished with basil, if desired. **To freeze:** Let unbaked casserole(s) cool to room temperature. Tightly wrap with heavy-duty foil (or freezer paper) and freeze. (To prevent foil from sticking to the cheese, coat with cooking spray first.)

**Per serving:** 294 calories; 14 g fat (4 g sat, 7 g mono); 13 mg cholesterol; 33 g carbohydrate; 0 g added sugars; 14 g protein; 9 g fiber; 459 mg sodium; 716 mg potassium. **Nutrition bonus:** Vitamin C (35% daily value), Calcium (28% dv), Potassium & Iron (20% dv).

**Tips:** To make your own breadcrumbs, trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse (or fine) crumbs form. To make dry breadcrumbs (coarse or fine), spread on a baking sheet and bake at 250°F until dry, 10 to 15 minutes. One slice of bread makes about  $\frac{1}{2}$  cup fresh breadcrumbs or  $\frac{1}{3}$  cup dry breadcrumbs.

■ Sodium amounts vary widely among brands of crushed tomatoes. And although it's hard to find any that are labeled "low-sodium," for the best tomato flavor we use brands that have little or no added sodium. Compare nutrition labels and choose one that has 190 mg sodium or less per  $\frac{1}{2}$ -cup serving.

# WEEK 1: Monday

Serve with roasted cauliflower.



## Chickpea & Chorizo Fideos

**Makes:** 4 servings, about 1½ cups each

**Active time:** 25 minutes

**Total:** 25 minutes

*This quick, one-pot Spanish pasta gets a smoky flavor from chorizo. If you can't find Spanish chorizo, pepperoni works well in its place. Serve with a green salad drizzled with sherry vinaigrette.*

3 tablespoons extra-virgin olive oil, divided  
½ package whole-wheat angel hair pasta (7–8 ounces), broken into 2-inch pieces  
2 large cloves garlic, minced

½ cup chopped Spanish chorizo or pepperoni (about 2 ounces)  
1 14-ounce can petite diced tomatoes  
1½ cups water  
½ cup dry white wine  
1 15-ounce can chickpeas, rinsed  
3 scallions (½ bunch), sliced

1. Heat 2 tablespoons oil in a Dutch oven over medium heat. Add pasta pieces and cook, stirring, until toasted and browned in spots, 2 to 3 minutes. Transfer to a bowl.
2. Add the remaining 1 tablespoon oil to the pan and heat over medium heat. Add garlic and chorizo (or pepperoni) and cook, stirring, until fragrant, about 1 minute. Add tomatoes,

water, wine and the toasted pasta; bring to a boil. Reduce heat to a simmer and cook, stirring occasionally, until the pasta is tender and most of the liquid is absorbed, about 8 minutes. Stir in chickpeas and scallions and cook 1 minute more.

**Per serving:** 474 calories; 18 g fat (4 g sat, 11 g mono); 12 mg cholesterol; 62 g carbohydrate; 0 g added sugars; 16 g protein; 11 g fiber; 483 mg sodium; 546 mg potassium.

**Nutrition bonus:** Magnesium (29% daily value), Vitamin C (25% dv), Folate & Iron (24% dv), Zinc (18% dv), Potassium (16% dv).

# WEEK 1: Tuesday

Serve with olive bread.



## Chicken Stew with Turnips & Mushrooms

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

**Active time:** 45 minutes

**Total:** 45 minutes

*In this healthy chicken stew recipe, we save prep time by using pre-sliced mushrooms and pre-chopped kale (found near packaged fresh greens). If you don't like turnips, potatoes are an easy substitution.*

1½ pounds boneless, skinless chicken breasts, trimmed  
½ teaspoon salt, divided  
¼ teaspoon freshly ground pepper  
2 tablespoons extra-virgin olive oil, divided  
2 large turnips (about 1 pound), peeled (see *Tip*) and cut into 1-inch pieces  
8 ounces sliced cremini mushrooms  
1 medium onion, sliced  
2 cloves garlic, minced

½ cup dry white wine  
4 cups chopped kale  
3 cups reduced-sodium chicken broth  
1 teaspoon fresh chopped rosemary  
3 tablespoons cornstarch  
3 tablespoons water

1. Cut chicken into 1-inch pieces and sprinkle with ¼ teaspoon each salt and pepper.
2. Heat 1 tablespoon oil in a Dutch oven over medium-high heat. Add the chicken and cook, stirring frequently, until lightly browned, 3 to 4 minutes. Transfer to a plate.
3. Add the remaining 1 tablespoon oil to the pot. Add turnips, mushrooms, onion and garlic and cook, stirring occasionally, until the onion is limp, 3 to 5 minutes. Add wine and cook, stirring, for 1 minute. Stir in kale, broth and rosemary. Return the chicken and any accumulated juices to the pot; bring to a boil. Reduce heat to maintain a simmer, cover and cook, stirring once or twice, until the turnips are tender, about 10 minutes.

4. Meanwhile, mix cornstarch and water in a small bowl. Stir the mixture into the stew and cook until thickened, about 3 minutes. Remove from heat and season the stew with the remaining ¼ teaspoon salt.

**Per serving:** 239 calories; 7 g fat (1 g sat, 4 g mono); 52 mg cholesterol; 17 g carbohydrate; 0 g added sugars; 24 g protein; 3 g fiber; 581 mg sodium; 787 mg potassium. **Nutrition bonus:** Vitamin A (138% daily value), Vitamin C (114% dv), Potassium (22% dv).

**Tip:** Be sure to peel turnips well to remove all the thick skin before cooking. To peel, cut off one end to create a flat surface so you can keep it steady on the cutting board. Follow the contour of the vegetable with your knife to remove the skin. Or, if you use a vegetable peeler, peel around the root about three times to remove all the fibrous skin.

# WEEK 1: Wednesday

Serve with sliced tomato & red onion salad.



## Rosemary Lentils & Greens on Toasted Bread

**Makes:** 4 servings, 1 cup lentils & kale and 1 slice bread each

**Active time:** 30 minutes

**Total:** 1 hour 10 minutes

*This rosemary-infused lentil and greens recipe is a perfect topping for toasted bread. Serve as a vegetarian main dish for 4 or a hearty side dish for 8.*

3 cloves garlic, divided  
2 tablespoons extra-virgin olive oil plus 4 teaspoons, divided  
 $\frac{1}{2}$  teaspoon crushed red pepper  
2 tablespoons tomato paste  
2 teaspoons chopped fresh rosemary  
4 cups water  
1 cup French green lentils (see *Tips*)  
8 cups chopped kale (1-pound bunch)  
 $\frac{3}{4}$  teaspoon kosher or sea salt

4 slices stale crusty bread (see *Tips*)

1. Mince 2 garlic cloves. Heat 2 tablespoons oil in a Dutch oven over medium heat. Add the minced garlic and crushed red pepper and cook until fragrant, about 1 minute. Add tomato paste and rosemary and cook, stirring, for 1 minute. Add water; bring to a boil. Add lentils, reduce heat to a simmer, partially cover and cook for 40 minutes.
2. Add kale and salt; cover and cook, stirring occasionally, until the lentils and kale are tender, about 10 minutes more.
3. Meanwhile, preheat oven to 375°F.
4. Brush bread slices with  $\frac{1}{2}$  teaspoon oil each. Bake until toasted, 8 to 10 minutes.
5. Cut the remaining garlic clove in half and rub the toast with a cut side of the garlic. Serve each toast topped with about 1 cup of the lentil mixture, drizzled with  $\frac{1}{2}$  teaspoon of the remaining oil.

**Per serving:** 422 calories; 15 g fat (2 g sat, 10 g mono); 0 mg cholesterol; 56 g carbohydrate; 3 g added sugars; 19 g protein; 13 g fiber; 568 mg sodium; 753 mg potassium.

**Nutrition bonus:** Vitamin A (164% daily value), Vitamin C (44% dv), Iron (27% dv).

**Tips:** We like French green lentils instead of brown when we want lentils that hold their shape (instead of breaking down) when cooked. Look for them in natural-foods stores and some supermarkets.

■ To stale bread naturally, store at room temperature in a paper (not plastic) bag for 2 to 5 days. If you don't want to wait, bake sliced bread on a large baking sheet at 250°F until crisped and dry, 15 to 20 minutes.

# WEEK 1: Thursday

(serve half, freeze half) Serve over mixed greens; top with Tzatziki (or yogurt sauce).



## Salmon Cakes with Olives, Lemon & Dill

**Makes:** 8 servings, 1 salmon cake each

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

**To make ahead:** Prepare through Step 3, cool completely, then wrap airtight and freeze for up to 3 months. Reheat at 450°F for 20 minutes or wrap in a paper towel and microwave for 2 to 3 minutes.

*Studded with briny olives, bright lemon zest and a touch of dill, this healthy, easy salmon cake recipe is perfect for dinner and for freezing.*

*Whether you serve the salmon cakes on a bun like a burger with lettuce and tomato or paired with a mixed green salad, try a dollop of reduced-fat mayo mixed with lemon juice on top.*

4 scallions, quartered

½ cup pitted Kalamata olives

3 tablespoons coarsely chopped fresh dill or thyme

Zest of 2 lemons

½ teaspoon salt

½ teaspoon freshly ground pepper

2½ pounds wild salmon (see *Tip*), skinned and cut into 2-inch chunks

4 teaspoons extra-virgin olive oil, divided

**1.** Place scallions, olives and dill (or thyme) in a food processor and pulse until finely chopped. Transfer to a large bowl. Stir in lemon zest, salt and pepper.

**2.** Working in 3 or 4 batches, pulse salmon just 2 or 3 times to finely chop, but not puree. Add the chopped salmon to the bowl; gently mix until combined. (*Alternatively, finely chop salmon, scallions, olives and herbs by hand before combining with lemon zest, salt and pepper.*) Divide the mixture into 8 patties, about 3 inches in diameter and ¾ inch

thick. Chill in the refrigerator for at least 20 minutes (or up to 2 hours) before cooking.

**3.** Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add 4 salmon cakes and cook until browned on both sides and just cooked through, 6 to 8 minutes total. Repeat with the remaining oil and salmon cakes.

**Per serving:** 214 calories; 10 g fat (2 g sat, 5 g mono); 66 mg cholesterol; 2 g carbohydrate; 0 g added sugars; 29 g protein; 1 g fiber; 339 mg sodium; 551 mg potassium. **Nutrition bonus:** Potassium (16% daily value).

**Tip:** Wild-caught salmon from the Pacific (Alaska and Washington) is considered the best choice for the environment because it is more sustainably fished and has a more stable population. Farmed salmon, including Atlantic, should be avoided, as it endangers the wild salmon population.

# WEEK 1: Friday

Serve with **Whole-Grain Cornbread** (next page).



## Cowboy Beef & Bean Chili

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

**Active time:** 40 minutes **Total:** 1½ hours

**To make ahead:** Cover and refrigerate for up to 3 days or freeze for up to 3 months.

*Anything but dainty, this healthy cowboy beef and bean chili recipe is hearty with the addition of mushrooms and beer. To keep the saturated fat low, we use one pound of ground beef and add whole-grain bulgur to boost the volume and fiber in this chili recipe. After all the ingredients are added to the pot, we like to slowly simmer our chili for close to an hour to develop the best flavor, but if you're in a hurry, reduce the liquid by half and simmer for 20 to 25 minutes.*

3 tablespoons extra virgin olive oil or canola oil  
1 pound 90%-lean ground beef  
1 large onion, diced  
4 cloves garlic, minced  
8 ounces mushrooms, diced (about 3 cups)

½ cup bulgur  
2 tablespoons Worcestershire sauce  
2 tablespoons ancho chile powder (see *Tip*)  
1 tablespoon chili powder  
1 tablespoon paprika  
2 teaspoons ground cumin  
½ teaspoon salt  
2 15-ounce cans no-salt-added kidney beans, rinsed  
3 cups reduced-sodium beef broth  
1 12-ounce bottle lager-style beer

1. Heat oil in a Dutch oven over medium-high heat. Add ground beef, onion and garlic. Cook, stirring and breaking up the meat with a wooden spoon, until the meat is no longer pink, 3 to 5 minutes.
2. Add mushrooms and cook, stirring occasionally, until the mushrooms are starting to soften, 5 to 7 minutes.
3. Add bulgur, Worcestershire sauce, ancho chile powder, regular chili powder, paprika, cumin and salt and cook, stirring, until aro-

matic, 30 seconds to 1 minute.

4. Stir in kidney beans, then pour in broth and beer; bring to a boil.

5. Reduce heat to a simmer, partially cover the pot and cook, stirring occasionally, until the liquid is reduced and thickened and the bulgur is tender, about 50 minutes.

**Per serving:** 393 calories; 14 g fat (4 g sat, 8 g mono); 49 mg cholesterol; 38 g carbohydrate; 0 g added sugars; 27 g protein; 15 g fiber; 593 mg sodium; 1,044 mg potassium.

**Nutrition bonus:** Zinc (37% daily value), Vitamin A (36% dv), Potassium (29% dv), (Iron 28% dv), Magnesium (21% dv).

**Tip:** Ancho chile powder, made from dried poblano peppers, has a mild, sweet spicy flavor. Look for it in the spice section of well-stocked supermarkets. Other mildly spicy chili powder can be used in its place.

# WEEK 1: Friday

## Whole-Grain Cornbread

Makes: 9 servings

Active time: 10 minutes Total: 45 minutes

To make ahead: Cool and store airtight at room temperature for up to 1 day or refrigerate for up to 3 days. Reheat if desired.

Made with whole-grain cornmeal and white whole-wheat flour, this healthy cornbread recipe is quick enough for a weeknight and perfect to serve with chili or instead of dinner rolls.

We like to make a few extra batches of the dry mix and store it in the freezer. To make a batch of cornbread, just measure out 2 cups of dry mix and combine with the liquid ingredients. Serve the leftovers with a drizzle of honey for a treat or in the morning with scrambled eggs for breakfast. If you don't want to pull out your food processor, you can skip pureeing the corn in Step 2 and instead whisk an 8-ounce can of creamed corn with the egg, milk, oil and sugar before combining with the dry ingredients.

1½ cups yellow cornmeal, preferably whole-grain (see *Tips*)  
¾ cup white whole-wheat flour (see *Tips*)  
1 teaspoon baking powder  
½ teaspoon salt  
1 cup corn kernels, fresh or frozen, thawed  
1 large egg  
¾ cup low-fat milk  
3 tablespoons canola oil  
3 tablespoons honey or sugar

1. Preheat oven to 350°F. Coat an 8-inch-square baking pan with cooking spray.
2. Whisk cornmeal, flour, baking powder and salt in a large bowl. Pulse corn and egg in a food processor or blender until almost smooth. Add milk, oil and honey (or sugar); pulse until combined. Add the liquid ingredients to the dry ingredients and stir until just combined. Scrape the batter into the prepared pan, spreading evenly.
3. Bake the cornbread until a toothpick inserted in the center comes out clean, 25 to 30 minutes. Let cool in the pan for at least 10 minutes. Serve warm or at room temperature.

**Per serving:** 187 calories; 6 g fat (1 g sat, 3 g mono); 22 mg cholesterol; 30 g carbohydrate; 6 g added sugars; 5 g protein; 3 g fiber; 209 mg sodium; 147 mg potassium.

**Tips:** Whole-grain cornmeal (with the nutritious germ and fiber-rich bran left intact) is increasingly available in well-stocked supermarkets. Look for "whole grain" on the label. For this recipe, we recommend using "fine" or "medium" whole-grain cornmeal.

■ White whole-wheat flour, made from a special variety of white wheat, is light in color and flavor but has the same nutritional properties as regular whole-wheat flour. It is available at large supermarkets and natural-foods stores and online at [bobsredmill.com](http://bobsredmill.com) or [kingarthurflour.com](http://kingarthurflour.com). Store it in the freezer.



# WEEK 1: Saturday

Serve with **Belizean Habanero Hot Sauce** (*next page*), rice & guacamole.



## Duck Chiles Rellenos

**Makes:** 4 servings

**Active time:** 45 minutes **Total:** 1 hour

**To make ahead:** Prepare through Step 6 (omit almonds); refrigerate peppers and filling separately for up to 1 day. To serve, stir in almonds and finish Step 7.

*The days of just stuffing chiles with cheese to make chiles rellenos are over. Case in point: this duck-filled chile relleno recipe with onion, garlic, tomato, green olives, almonds and raisins. If you prefer, this chile relleno recipe also works with chicken instead of duck; use 1 cup chopped cooked chicken in Step 6.*

2 duck legs and thighs (leg quarters, about 9 ounces each)  
4 medium poblano peppers or New Mexican green chiles (see *Tip*)  
1 teaspoon canola oil  
½ medium onion, chopped  
1 clove garlic, chopped  
1 cup chopped fresh tomato  
1 tablespoon white vinegar  
½ cup chopped pitted green olives  
¼ cup slivered almonds, chopped

1 tablespoon raisins, chopped

¼ teaspoon salt

¼ cup reduced-fat sour cream

Cilantro leaves for garnish

**1.** Preheat grill to medium.

**2.** Remove skin from duck legs and thighs by sliding a paring knife under it and making little cuts in the membrane to release the skin from the meat. (Discard skin.)

**3.** Place the duck and peppers on the grill. Grill the duck, turning occasionally, until an instant-read thermometer inserted in the thickest part without touching bone registers 165°F, about 15 minutes. Grill the peppers, turning occasionally, until blistered on all sides, about 15 minutes total.

**4.** When the duck is cool enough to handle, strip the meat off the bones and finely chop. Peel the peppers and cut them open on one side to remove the seeds; leave stems intact if possible. Set aside.

**5.** Preheat oven to 375°F.

**6.** Heat oil in a large skillet over medium heat. Add onion and garlic and cook, stirring, until soft, about 2 minutes. Add tomato and vinegar and cook, stirring, until the tomato

starts to break down, about 3 minutes. Stir in the duck, olives, almonds, raisins and salt. Remove from the heat.

**7.** Stuff each pepper with about ½ cup of the filling and place on a baking sheet. Bake until heated through, 10 to 15 minutes. Serve each relleno with 1 tablespoon sour cream, garnished with cilantro leaves, if desired.

**Per serving:** 201 calories; 12 g fat (3 g sat, 6 g mono); 35 mg cholesterol; 13 g carbohydrate; 0 g added sugars; 11 g protein; 4 g fiber; 400 mg sodium; 510 mg potassium.

**Nutrition bonus:** Vitamin C (172% daily value), Vitamin A (19% dv).

**Tip:** Poblano peppers (sometimes called pasilla peppers) are dark green in color, about 6 inches long and can be fiery or relatively mild; there's no way to tell until you taste them. New Mexico chiles (aka Anaheim chiles) are 7 to 10 inches long, ripen from green to red and are mildly spicy. The two can be used interchangeably and are found at most large supermarkets.

# WEEK 1: Saturday

## Belizean Habanero Hot Sauce

**Makes:** 1½ cups

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

**To make ahead:** Cover and refrigerate for up to 2 weeks or freeze for up to 3 months. Stir before serving.

*This bright orange hot sauce recipe is perfect for spicing up eggs, soups and seafood. To cut the heat, use a little more carrot or fewer habanero peppers. Scotch bonnet peppers can be substituted.*

1 tablespoon canola oil  
1 small onion, chopped  
½ cup chopped carrots  
1 cup water  
3 fresh habanero chiles, stems and seeds removed, chopped  
¼ cup lime juice  
½ teaspoon salt

1. Heat oil in a medium saucepan over medium heat. Add onion and cook, stirring, until soft, 3 to 4 minutes. Add carrots and water. Bring to a boil. Reduce the heat and simmer until the carrots are soft, about 10 minutes.
2. Carefully pour the mixture into a blender; let stand to cool slightly, about 5 minutes. Add habaneros, lime juice and salt; blend until smooth.

**Per tablespoon:** 9 calories; 1 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 1 g carbohydrate; 0 g added sugars; 0 g protein; 0 g fiber; 51 mg sodium; 20 mg potassium.



# WEEK 2 DINNER PLAN

## Shopping List

This list outlines everything you need to make all the recipes for the week:

### SHOP FOR:

#### FRESH FRUIT & VEGETABLES

- 1 bunch purple grapes
- 1 bunch asparagus
- 2 bunches broccoli rabe
- 1 pound Brussels sprouts
- 1 small head napa cabbage
- 1 large cucumber
- 1 pound green beans
- 1 bag mixed greens
- 1 large bag baby spinach
- 4 New Mexican green chiles
- 1 red bell pepper
- 1 onion
- 1 bunch scallions
- 4 shallots

#### FRESH HERBS & FLAVORINGS

- 1 bunch cilantro
- 1 bunch sage
- 1 head garlic
- 2-inch piece ginger

#### OILS, VINEGARS & CONDIMENTS

- 4 teaspoon toasted sesame oil
- $\frac{1}{4}$  cup white balsamic vinegar

#### DRY GOODS & BREAD

- 1 box whole-wheat lasagna noodles
- 8 corn tortillas
- 1 loaf rye bread

#### CANNED & BOTTLED GOODS

- 32-ounce box reduced-sodium chicken broth
- 28-ounce can crushed tomatoes
- 14-ounce can no-salt added diced tomatoes
- $\frac{1}{4}$  cup Kalamata olives
- 1 tablespoon capers

#### NUTS, SEEDS & DRIED FRUIT

- 3 tablespoon apricot jam

#### REFRIGERATOR ITEMS & DAIRY

- $\frac{1}{4}$  cup reduced fat sour cream
- 15-ounce container part-skim ricotta cheese
- 4 ounces shredded Monterey Jack or Cheddar cheese
- 1 cup shredded mozzarella cheese
- Salsa
- 48 wonton wrappers

#### MEAT & SEAFOOD

- 1 pound boneless, skinless chicken breast
- 4 thin-sliced chicken breasts (about 1 pound)
- 1 pound Italian turkey sausage
- 1 pound pork tenderloin
- 1 $\frac{1}{4}$  pounds center-cut wild salmon fillet
- 1 $\frac{1}{4}$  pounds raw shrimp (16-20 per pound)

#### FREEZER

- 1 small bag frozen edamame
- 1 large bag frozen shredded hash browns

### CHECK YOUR PANTRY FOR:

#### OILS, VINEGARS & CONDIMENTS

- Canola oil
- Extra-virgin olive oil
- Olive oil cooking spray
- Rice vinegar
- Reduced-sodium soy sauce
- Dijon mustard

#### FLAVORINGS

- Salt
- Black pepper
- White pepper
- Garlic powder
- Italian seasoning
- New Mexico red chili powder
- Oregano
- Rosemary
- Yellow mustard seeds

#### DRY GOODS

- Whole-wheat couscous
- All-purpose flour
- Cornstarch

#### SPIRITS

- Dry red wine
- Dry sherry
- Dry white wine

#### REFRIGERATOR ITEMS

- Low-fat milk
- Parmesan cheese
- Eggs, large (4)

# WEEK 2: Sunday

(cook half, freeze half) Serve with edamame, bell pepper & cucumbers seasoned with rice vinegar.



## Shrimp Dumplings

**Makes:** 48 dumplings, for 8 servings

**Active time:** 1 hour 20 minutes

**Total:** 1 hour 20 minutes

**To make ahead:** Prepare through Step 3; freeze for up to 3 months.

*These shrimp-and-cabbage dumplings make a big batch so you can freeze some for later.*

*Serve with reduced-sodium soy sauce or mix up this quick dipping sauce:  $\frac{1}{2}$  cup reduced-sodium soy sauce mixed with 2 tablespoons lime juice and 2 teaspoons toasted sesame oil. To vary the filling, try ground turkey instead of the shrimp. Look for wonton wrappers in a refrigerated case—usually near tofu.*

1 $\frac{3}{4}$  pounds raw shrimp (16-20 per pound; see *Tip*) peeled and deveined

1 $\frac{1}{2}$  cups chopped napa cabbage

1 bunch scallions, chopped

4 small cloves garlic, chopped

1 $\frac{1}{2}$  tablespoons finely chopped fresh ginger

4 teaspoons toasted sesame oil

1 tablespoon reduced-sodium soy sauce

$\frac{1}{4}$  teaspoon ground white pepper

48 wonton wrappers

Cornstarch for sprinkling

8 teaspoons canola oil, divided

2 cups warm water, divided

**1.** Pulse shrimp, cabbage, scallions, garlic, ginger, sesame oil, soy sauce and pepper in a food processor until finely chopped.

**2.** Set out wonton wrappers, a small bowl of water and a large baking sheet lined with parchment paper and sprinkled with cornstarch. Place 6 wrappers at a time on a clean work surface and spoon about 1 tablespoon filling into the center of each. Wet your finger and run it around the edge of a wrapper, fold two opposite corners toward the middle of the filling just until they overlap, then fold the other two corners over the top to form a square. Press to seal in the middle. Place on the prepared baking sheet, not letting them touch. If all the dumplings won't fit in one layer, place parchment paper between layers.

**3. To freeze:** Freeze uncooked dumplings, uncovered, on the parchment-lined baking sheet until solid, at least 8 hours. Once frozen, transfer the dumplings to an airtight container or freezer bag and return to the freezer.

**4. To serve:** Heat 2 teaspoons canola oil in a large nonstick skillet over medium heat. Add 12 dumplings (fresh or frozen) in a single layer, seam-side down and not touching. Add

$\frac{1}{2}$  cup warm water to the pan. Cover and cook until starting to brown on the bottom, about 8 minutes. Turn them over and cook, uncovered, until brown on the other side, about 1 minute more. Repeat with the remaining oil, water and dumplings, if desired.

**Per serving:** 281 calories; 9 g fat (1 g sat, 4 g mono); 129 mg cholesterol; 31 g carbohydrate; 0 g added sugars; 19 g protein; 1 g fiber; 492 mg sodium; 228 mg potassium.

**Nutrition bonus:** Folate (19% daily value).

**Tips:** For sustainable shrimp, look for shrimp that's certified by an agency like the Marine Stewardship Council. If you can't find it, choose wild-caught shrimp from North America—it's more likely to be sustainably caught.

■ Look for wonton wrappers in the refrigerated case in the produce department—usually near the tofu. For this recipe, we use square wonton wrappers, which are sometimes labeled "round wrappers" even though they are not round.

# WEEK 2: Monday

Serve with rye toast.



## Brussels Sprout & Potato Hash

**Makes:** 4 servings, 1 egg & 1 cup hash each

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

*This hash is perfect for a cool fall evening. Look for hash browns that don't have added salt to help keep sodium in check.*

3 tablespoons extra-virgin olive oil  
¼ cup chopped onion  
½ teaspoon dried rosemary  
5 cups frozen shredded hash browns  
½ teaspoon salt  
½ teaspoon freshly ground pepper  
1 pound Brussels sprouts, trimmed and thinly sliced  
⅓ cup finely shredded Parmesan cheese

4 large eggs

1. Heat oil in a large nonstick skillet over medium-high heat. Add onion and rosemary; cook, stirring, until beginning to brown, about 2 minutes. Stir in hash browns, salt and pepper. Spread into an even layer. Cook, undisturbed, for 4 minutes.
2. Reduce heat to medium. Stir in Brussels sprouts, spread back into an even layer and cook, stirring every 2 to 3 minutes and returning to an even layer, until golden brown, 12 to 14 minutes total. Remove from heat and stir in cheese.
3. Meanwhile, bring 2 inches of water to a boil in a Dutch oven. Reduce to a gentle simmer. Break an egg into a small bowl, sub-

merge the bowl's lip in the water and slide the egg in. Repeat with the remaining eggs. Cook for 4 minutes for soft set, 5 minutes for medium set and 8 minutes for hard set. Transfer the eggs to a clean dish towel to drain. Serve the eggs over the hash.

**Per serving:** 377 calories; 18 g fat (4 g sat, 11 g mono); 192 mg cholesterol; 41 g carbohydrate; 0 g added sugars; 14 g protein; 7 g fiber; 594 mg sodium; 489 mg potassium.

**Nutrition bonus:** Vitamin C (129% daily value), Vitamin A (26% dv), Folate (25% dv), Iron (18% dv), Calcium (15% dv).

# WEEK 2: Tuesday

Serve with cheese quesadillas.



## Creamy Green Chile Chicken Soup

**Makes:** 4 servings, 1½ cups each

**Active time:** 50 minutes | **Total:** 50 minutes

Here's a favorite Southwestern chicken soup recipe featuring the exquisite New Mexican green chile (but poblano peppers work well too). Traditional versions of this creamy green chile chicken soup recipe are made with heavy cream or half-and-half, but our recipe for this healthy chicken soup is made creamy with thickened low-fat milk.

1 pound boneless, skinless chicken breast, trimmed  
2 cups reduced-sodium chicken broth  
4 New Mexican green chiles or poblano peppers (see *Tip*)  
½ cup dry white wine  
½ cup all-purpose flour  
2 cups reduced-fat milk  
½ teaspoon salt  
¼ teaspoon ground white pepper  
¼ teaspoon dried oregano, preferably Mexican

2 tablespoons minced cilantro

**1.** Preheat grill to medium-high (if grilling chiles) or preheat oven to 400°F (if roasting chiles).

**2.** Place chicken and broth in a large saucepan; bring to a boil. Cover, reduce heat to a simmer and cook, turning the chicken halfway through, until no longer pink in the middle, 10 to 15 minutes, depending on size. Remove from the heat. Transfer the chicken to a clean cutting board, leaving the broth in the pan. When cool enough to handle, shred or chop the chicken into bite-size pieces.

**3.** Meanwhile, grill chiles, turning frequently, until blistered on all sides, about 15 minutes. (Alternatively, roast on a baking sheet, turning once or twice with tongs, until blackened in places, 15 to 20 minutes.) When cool enough to handle, peel and remove stems and seeds. Finely chop 2 chiles; puree the other 2 in a food processor or blender with ¼ cup of the hot broth.

**4.** Whisk ½ cup of the broth in a bowl with wine and flour until smooth. Return the pan with the broth to medium heat and whisk in

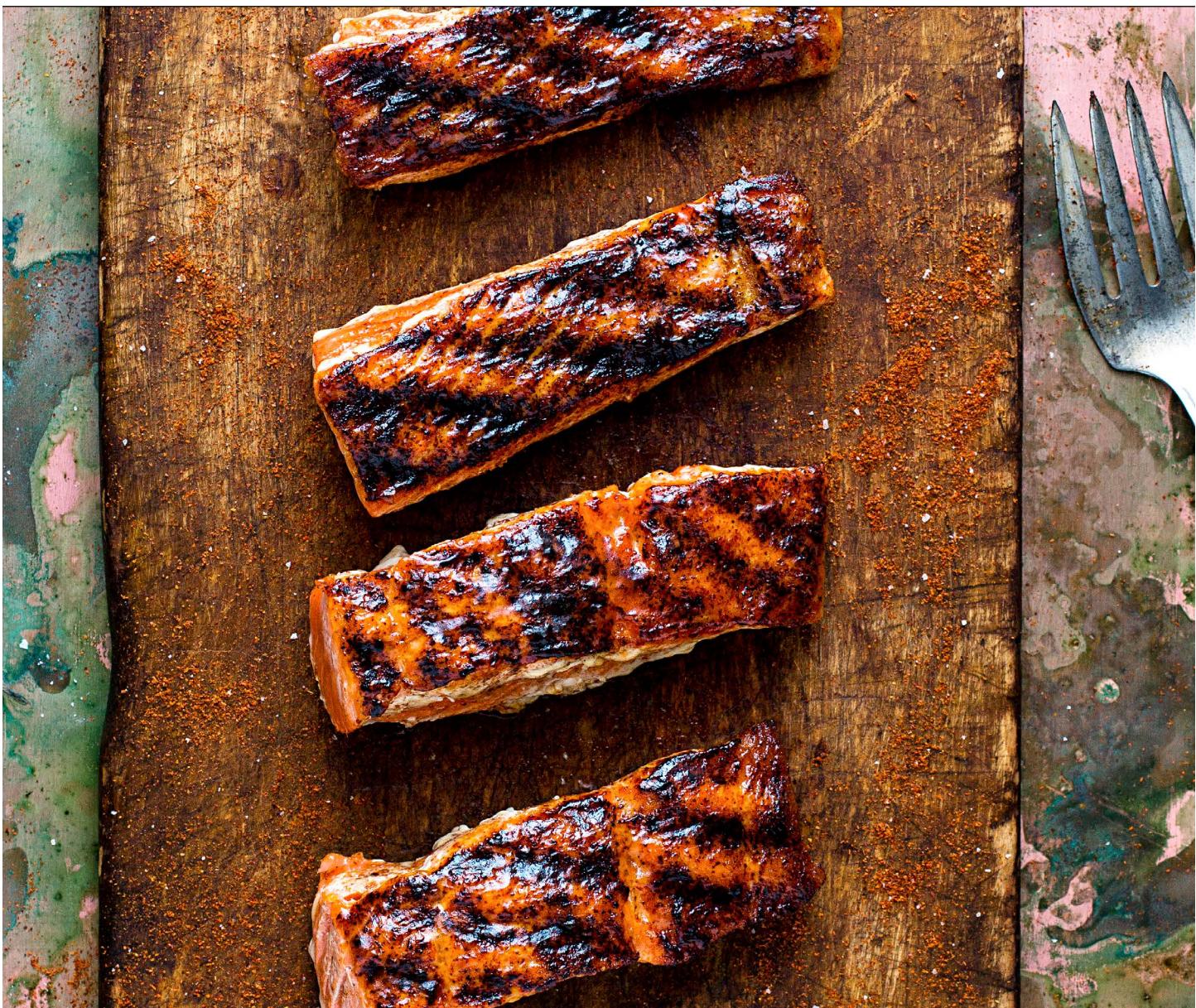
the flour mixture until well combined. Stir in the chopped and pureed chiles and the chicken. Add milk, salt, white pepper and oregano; heat, stirring frequently, until steaming and hot, but not boiling, 10 to 15 minutes. Remove from the heat and stir in cilantro.

**Per serving:** 299 calories; 5 g fat (2 g sat, 2 g mono); 72 mg cholesterol; 26 g carbohydrate; 0 g added sugars; 32 g protein; 2 g fiber; 687 mg sodium; 737 mg potassium. **Nutrition bonus:** Vitamin C (280% daily value), Potassium (21% dv), Vitamin A (20% dv), Calcium (18% dv), Iron & Magnesium (15% dv).

**Tip:** New Mexico chiles (aka Anaheim chiles) are 7 to 10 inches long, ripen from green to red and are mildly spicy. Poblano peppers (sometimes called pasilla peppers) are dark green in color, about 6 inches long and can be fiery or relatively mild; there's no way to tell until you taste them. The two can be used interchangeably and are found at most large supermarkets.

# WEEK 2: Wednesday

Serve with couscous and grilled asparagus.



## Apricot-Chile Glazed Salmon

**Makes:** 4 servings

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

A sweet-hot glaze that marries fruit and chiles makes this easy grilled salmon special. Use jam rather than preserves for a smoother, prettier glaze. Look for New Mexico chile powder in well-stocked supermarkets or online at Amazon.com.

2 tablespoons New Mexico red chile powder  
½ teaspoon salt  
1¼-1½ pounds center-cut wild salmon (see *Tip*), skinned  
3 tablespoons apricot jam

1. Preheat grill to medium-high. (No grill? See *Oven Variation*, below.)
2. Combine chile powder and salt in a small bowl. Rub onto both sides of salmon.
3. Place jam in a small saucepan; heat over medium heat, stirring, until melted.
4. Oil the grill rack. Grill the salmon 4 minutes, then turn it over. Using a pastry brush, coat the top of the salmon with the jam. Close the grill; cook until the salmon easily flakes with a fork, 3 to 5 minutes more. To serve, cut into 4 portions.

**Per serving:** 215 calories; 6 g fat (1 g sat, 2 g mono); 66 mg cholesterol; 12 g carbohydrate; 6 g added sugars; 29 g protein; 1 g fiber; 433 mg sodium; 613 mg potassium.

**Nutrition bonus:** Vitamin A (29% daily value), Potassium (18% dv), omega-3s.

**OVEN VARIATION:** Prepare through Step 3. Bake in a shallow baking pan at 350°F, about 15 minutes.

**Tip:** Wild-caught salmon from the Pacific (Alaska and Washington) is considered the best choice for the environment because it is more sustainably fished and has a more stable population. Farmed salmon, including Atlantic, should be avoided, as it endangers the wild salmon population.

# WEEK 2: Thursday

Serve with steamed green beans.



## Creamy Mustard Chicken

**Makes:** 4 servings, 1 cutlet & 1 cup pasta with  $\frac{1}{4}$  cup sauce each  
**Active time:** 35 minutes  
**Total:** 35 minutes

*Thin-sliced chicken breasts (sometimes labeled chicken cutlets) cook up quickly and are delicious smothered in a velvety, light mustard sauce garnished with fresh chopped sage. If you can't find chicken cutlets, cut boneless, skinless chicken breast into 4-ounce pieces and place between pieces of plastic wrap. Pound with a meat mallet, rolling pin or heavy skillet until flattened to about  $\frac{1}{2}$  inch thick.*

$\frac{1}{2}$  package whole-wheat angel hair pasta (7-8 ounces)  
4 thin-sliced chicken breasts or cutlets (about 1 pound)  
 $\frac{1}{2}$  teaspoon garlic powder  
 $\frac{1}{2}$  teaspoon salt, divided  
 $\frac{1}{2}$  teaspoon freshly ground pepper, divided

$\frac{1}{4}$  cup all-purpose flour  
3 tablespoons extra-virgin olive oil, divided  
1 large shallot, finely chopped  
 $\frac{1}{2}$  cup dry white wine  
 $\frac{1}{2}$  cup water  
 $\frac{1}{4}$  cup reduced-fat sour cream  
2 tablespoons Dijon mustard  
2 tablespoons chopped fresh sage, plus more for garnish

1. Bring a large saucepan of water to a boil. Add pasta and cook according to package instructions. Drain.
2. Meanwhile, sprinkle chicken with garlic powder and  $\frac{1}{4}$  teaspoon each salt and pepper. Place flour in a shallow bowl and coat both sides of the chicken, shaking off any excess. Reserve 2 teaspoons flour; discard the rest.
3. Heat 2 tablespoons oil in a large skillet over medium-high heat. Cook the chicken, turning once, until golden brown and cooked through, 3 to 4 minutes per side. Transfer to a clean plate.

4. Reduce heat to medium and add the remaining 1 tablespoon oil to the pan. Add shallot and cook, stirring, until beginning to brown, 30 seconds to 1 minute. Add wine and cook, stirring occasionally, for 1 minute. Combine water with the reserved 2 teaspoons flour. Add to the pan and cook, stirring, until thickened, about 1 minute. Remove from the heat; stir in sour cream, mustard, 2 tablespoons sage and the remaining  $\frac{1}{4}$  teaspoon each salt and pepper. Return the chicken to the pan and turn to coat with the sauce.

5. Top the pasta with half the sauce, the chicken and then the remaining sauce. Garnish with more sage, if desired.

**Per serving:** 447 calories; 16 g fat (3 g sat, 10 g mono); 69 mg cholesterol; 42 g carbohydrate; 0 g added sugars; 31 g protein; 6 g fiber; 456 mg sodium; 367 mg potassium. **Nutrition bonus:** Magnesium (25% daily value), Iron (16% dv).

# WEEK 2: Friday

Serve with pork tenderloin & spinach salad.



## Grape Chutney

**Makes:** 1¼ cups

**Active time:** 10 minutes **Total:** 20 minutes

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

*With just a few minutes of prep, you can make a chutney to serve with roast pork or chicken or to use as a sandwich spread. Purple grapes give it the richest color, but red grapes taste great too.*

- 1 tablespoon extra-virgin olive oil
- ½ cup minced shallots
- 2 cups halved seedless purple or red grapes
- ½ cup dry sherry
- ¼ cup white balsamic vinegar or rice vinegar
- 1 teaspoon yellow mustard seeds
- ¼ teaspoon salt

Heat oil in a medium saucepan over medium heat. Add shallots and cook, stirring, until softened, about 2 minutes. Add grapes, sherry, vinegar, mustard seeds and salt. Bring to a simmer and cook, stirring occasionally, until the grapes have broken down, 10 to 20 minutes.

**Per ¼-cup serving:** 110 calories; 3 g fat (0 g sat, 2 g mono); 0 mg cholesterol; 16 g carbohydrate; 0 g added sugars; 1 g protein; 1 g fiber; 124 mg sodium; 204 mg potassium.

# WEEK 2: Saturday

(cook one, freeze one) Serve with a mixed green salad.



## Broccoli Rabe & Turkey Sausage Lasagna

**Makes:** 2 casseroles, 4 servings each  
(about 1½ cups)

**Active time:** 1 hour **Total:** 2 hours

**To make ahead:** Prepare through Step 4, cover and freeze (unbaked) for up to 3 months. Thaw in the refrigerator for 2 days. Bake, covered, at 400°F for 45 minutes; uncover and bake until the cheese is golden, 15 to 20 minutes more.

*This lasagna has plenty of broccoli rabe and goes light on turkey sausage, so it's lower in fat and calories than traditional lasagnas. Feel free to make one larger lasagna (in a 9-by-13-inch pan) instead of two smaller ones; just increase the cooking time a bit for the larger pan size.*

1 pound Italian turkey sausage, hot or sweet, casings removed  
1 medium onion, finely chopped  
¼ cup chopped garlic  
12 cups chopped broccoli rabe, tough stems removed (about 1½ bunches)  
½ cup water  
½ cup red wine  
1 tablespoon Italian seasoning  
1 28-ounce can crushed tomatoes (see *Tip*)  
1 14-ounce can no-salt-added diced tomatoes  
¼ cup chopped Kalamata olives

1 tablespoon capers, rinsed  
1 15-ounce container part-skim ricotta cheese  
½ cup grated Parmigiano-Reggiano cheese  
1 teaspoon freshly ground pepper  
12 whole-wheat lasagna noodles (1 box), divided  
1 cup shredded part-skim mozzarella cheese, divided

1. Preheat oven to 375°F. Coat two 8-inch-square baking dishes with cooking spray.
2. Cook sausage in a Dutch oven over medium heat, crumbling with a spoon, until no longer pink, 8 to 10 minutes. Transfer to a bowl with a slotted spoon. Add onion and garlic to the pot and cook, stirring, until starting to soften, about 3 minutes. Add broccoli rabe and water and bring to a simmer; cook, stirring occasionally, until the greens are wilted and most of the water is evaporated, about 5 minutes. Add wine; increase heat to high and cook until mostly evaporated, about 3 minutes. Add Italian seasoning, crushed and diced tomatoes, olives and capers; reduce heat to maintain a lively simmer and cook for 5 minutes. Remove from heat.
3. Combine ricotta, Parmesan and pepper in a small bowl. Break enough off the end of each lasagna noodle so they can fit into the baking dish (it's OK if they don't break in a straight line); reserve the broken pieces for another use, if desired.

**4. To assemble:** Spoon ½ cup of the sauce into each prepared baking dish. Cover with 3 lasagna noodles. Dollop ½ cup of the cheese mixture on top, spreading gently. Top with about ½ cup sausage and 1 cup sauce. Repeat the layers, ending with the rest of the sauce. Sprinkle each lasagna with ½ cup mozzarella.

**5. To serve:** Coat a piece of foil with cooking spray and cover the baking dish. Bake for 30 minutes. Uncover and bake until the cheese is golden, about 20 minutes more. Let stand 15 minutes before serving. **To freeze:** Let unbaked lasagna(s) cool to room temperature. Tightly wrap with heavy-duty foil (or freezer paper) and freeze. (To prevent foil from sticking to the cheese, coat with cooking spray first.)

**Per serving:** 388 calories; 15 g fat (6 g sat, 5 g mono); 71 mg cholesterol; 34 g carbohydrate; 0 g added sugars; 30 g protein; 7 g fiber; 679 mg sodium; 751 mg potassium. **Nutrition bonus:** Vitamin C (49% daily value), Calcium (45% dv), Vitamin A (43% dv), Zinc (30% dv), Iron (28% dv), Magnesium (24% dv), Folate (23% dv), Potassium (21% dv).

**Tip:** Sodium amounts vary widely among brands of crushed tomatoes. And although it's hard to find any that are labeled "low-sodium," for the best tomato flavor we use brands that have little or no added sodium. Compare nutrition labels and choose one that has 190 mg sodium or less per ½-cup serving.

# WEEK 3 DINNER PLAN

**Shopping List** This list outlines everything you need to make all the recipes for the week (*not including the dishes frozen in previous weeks*):

## SHOP FOR:

### FRESH FRUIT & VEGETABLES

- 2 limes
- 1 bunch asparagus
- 1 head cauliflower
- 1 fennel bulb
- 6 ounces arugula
- 1 bunch chard
- 1 head lettuce
- 8 ounces mushrooms
- 3 New Mexican green chiles or poblano peppers
- 3 jalapeños
- 2 red bell peppers
- 3 yellow onions
- 1 pound red potatoes
- 1 bunch scallions
- 1 acorn squash
- 2 cups peeled, cubed butternut squash
- 4 pounds tomatoes

### FRESH HERBS & FLAVORINGS

- 1 bunch basil
- 1 bunch cilantro
- 1 bunch parsley
- 1 head garlic
- 1-inch piece ginger

### DRY GOODS & BREAD

- 8 ounces whole-wheat penne
- 1 cup instant brown rice
- 12 6-inch corn tortillas
- 8 6-inch flour tortillas
- 4 whole-wheat burger buns
- 1 loaf country bread

### CANNED & BOTTLED GOODS

- 32-ounce box reduced-sodium chicken broth
- 32-ounce box “no-chicken” broth or vegetable broth
- 1 bottle Italian salad dressing
- One 7-ounce can or two 4-ounce cans diced green chiles
- 1/4 cup sliced black olives

### NUTS, SEEDS & DRIED FRUIT

- Pine nuts

### REFRIGERATOR ITEMS & DAIRY

- 1/2 cup reduced-fat sour cream
- 1 cup shredded Colby-Jack cheese
- 1/2 cup shredded Parmesan cheese
- 1/4 cup Pecorino Romano
- 1 dozen large eggs

### MEAT & SEAFOOD

- 3 pounds boneless, skinless chicken breast
- 1 pound skirt steak
- 2 ounces Spanish chorizo or pepperoni

## CHECK YOUR PANTRY FOR:

### OILS, VINEGARS & CONDIMENTS

- Canola oil
- Extra-virgin olive oil
- Toasted sesame oil
- Red-wine vinegar
- Rice vinegar
- Reduced-sodium soy sauce
- Worcestershire sauce

### FLAVORINGS

- Salt
- Black pepper
- Crushed red pepper
- Bay leaf
- Chili powder
- Cumin
- Garlic powder
- Thyme

### DRY GOODS

- Brown rice
- Whole-wheat flour

### SPIRITS

- 12-ounce bottle pale ale or lager-style beer

# WEEK 3: Sunday

Serve with **Belizean Habanero Hot Sauce** (Week 1) & brown rice.



## South Texas Steak Fajitas

**Makes:** 4 servings, 2 fajitas (with  $\frac{1}{2}$  cup filling) each

**Active time:** 40 minutes

**Total:** 40 minutes (plus 8-24 hours marinating time)

*In the late 1970s, fajitas were “discovered” in south Texas; by now they’re a Tex-Mex staple. Serve them with fresh pico de gallo, guacamole and cold beer. Bottled Italian salad dressing is a tasty (and convenient) part of the marinade. For a healthy choice, pick dressing with a short ingredient list including canola or olive oil.*

### Steak & Marinade

- 3 fresh jalapeño peppers, stems and seeds removed
- 1 small onion, quartered
- $\frac{1}{4}$  cup fresh cilantro
- $\frac{3}{4}$  cup beer, pale ale or lager
- $\frac{1}{2}$  cup Italian salad dressing
- $\frac{1}{3}$  cup lime juice
- 1 tablespoon Worcestershire sauce
- 1½ teaspoons garlic powder
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon ground cumin
- 1 bay leaf
- 1 pound skirt steak (see Tip)

### Fajita Vegetables

- 1 tablespoon canola oil
- 3 New Mexican green chiles or poblano peppers, seeded and cut into  $\frac{1}{2}$ -inch strips
- 1 medium onion, halved and cut into  $\frac{1}{2}$ -inch-wide strips
- $\frac{1}{8}$  teaspoon salt
- 8 6-inch flour tortillas, heated

- 1. To marinate steak:** Place jalapeños, quartered onion and cilantro in a blender or food processor and blend until finely chopped. Add beer, salad dressing, lime juice, Worcestershire sauce, garlic powder, 1 teaspoon salt and cumin and puree until smooth. Stir in bay leaf. Place steak in a gallon-size sealable plastic bag and pour the marinade over it. Close and refrigerate, turning occasionally, for at least 8 hours and up to 24 hours.
- 2. To grill steak:** Preheat grill to medium-high.
- 3.** Remove the steak from the marinade and place on the grill. (Discard marinade.) Grill 3 to 4 minutes per side for medium. Remove the steak to a clean cutting board and let rest for 5 minutes.
- 4. To prepare vegetables:** Meanwhile, heat oil in a large skillet over high heat until shimmering. Add chiles and onion strips,

sprinkle with  $\frac{1}{8}$  teaspoon salt and cook, stirring, until blackened in spots and just softened, 4 to 6 minutes.

**5.** Holding your knife at a 45-degree angle to the steak, very thinly slice across the grain—this helps keep the fajita tender. Serve the steak and vegetables on a platter with the tortillas so everyone can make their own fajitas at the table.

**Per serving:** 467 calories; 20 g fat (5 g sat, 10 g mono); 74 mg cholesterol; 40 g carbohydrate; 0 g added sugars; 30 g protein; 3 g fiber; 792 mg sodium; 753 mg potassium.

**Nutrition bonus:** Vitamin C (218% daily value), Zinc (41% dv), Iron (29% dv), Folate (22% dv), Potassium (21% dv).

**Tips:** Thin, flavorful skirt steak—a relatively inexpensive, thin, long cut with a rich, beefy flavor—is so often used for fajitas that it’s sometimes referred to as fajita steak. It stays tender if cooked quickly. If overcooked, it can be tough. Skirt steak is becoming more widely available, but it’s a good idea to call ahead to make sure your market has it or ask the butcher to order it for you.

# WEEK 3: Tuesday

Serve with roasted acorn squash.



## Chard & Chorizo Frittata

**Makes:** 4 servings

**Active time:** 40 minutes

**Total:** 40 minutes

*Frittatas are the ultimate no-fuss dinner, and that's why we love them for busy weeknights. In this one, we sauté earthy chard, chorizo and hash browns in the pan before adding the eggs. The broiler finishes cooking the eggs and turns the top of the frittata a lovely golden brown.*

7 large eggs  
3 scallions ( $\frac{1}{2}$  bunch), sliced  
 $\frac{1}{2}$  cup shredded Parmesan cheese  
 $\frac{1}{4}$  teaspoon freshly ground pepper  
 $\frac{1}{8}$  teaspoon salt  
2 tablespoons extra-virgin olive oil

4 cups chopped chard (1 small bunch)  
 $\frac{1}{2}$  cup finely diced Spanish chorizo or pepperoni (about 2 ounces)  
3 cups frozen shredded hash browns

1. Position rack in upper third of oven; preheat broiler.
2. Whisk eggs, scallions, cheese, pepper and salt in a large bowl.
3. Heat oil in a large cast-iron skillet (or broiler-safe nonstick skillet) over medium-high heat. Add chard and chorizo (or pepperoni) and cook, stirring frequently, until the chard is wilted, 2 to 3 minutes. Stir in hash browns. Pat the mixture into an even layer in the pan.
4. Pour the egg mixture into the pan and evenly spread to the edges. Cook over medium-high heat, lifting around the edges with a heatproof

spatula to allow uncooked egg to flow under, until set around the edges, 3 to 4 minutes. Place the skillet under the broiler until the top is cooked and the eggs are slightly browned, 3 to 4 minutes. Let stand 5 minutes.

5. To release the frittata from the pan, run the spatula around the edges, then underneath, until you can slide or lift it out onto a cutting board or serving plate. Cut into wedges and serve.

**Per serving:** 384 calories; 24 g fat (8 g sat, 12 g mono); 345 mg cholesterol; 22 g carbohydrate; 0 g added sugars; 20 g protein; 3 g fiber; 683 mg sodium; 356 mg potassium.

**Nutrition bonus:** Vitamin A (57% daily value), Vitamin C (22% dv), Calcium (20% dv), Iron (17% dv).

# WEEK 3: Wednesday

Serve with grilled or broiled chicken breast.



## Panzanella

**Makes:** 6 servings, about 1½ cups

**Active time:** 20 minutes

**Total:** 25 minutes

*This classic Italian bread salad, full of bright acidity and the sweetness of basil, is one of the finest ways to enjoy the last of summer's tomatoes. Bring out your best olive oil and vinegar.*

2 pounds ripe tomatoes  
¼ cup finely chopped red onion  
¼ cup chopped flat-leaf parsley  
3 tablespoons finely slivered fresh basil  
4 cups torn bite-size pieces stale crusty white bread (see *Tip*)

¼ cup extra-virgin olive oil  
3 tablespoons red-wine vinegar or sherry vinegar  
½ teaspoon kosher or sea salt  
¼ teaspoon freshly ground pepper

1. Cut larger tomatoes into wedges or chunks; cut any cherry tomatoes into halves or quarters. Combine in a large bowl with onion, parsley and basil. Add bread.
2. Whisk oil, vinegar, salt and pepper in a small bowl. Pour it over the salad and gently toss to coat the bread well. Let stand for about 5 minutes before serving.

**Per serving:** 192 calories; 11 g fat (2 g sat, 7 g mono); 0 mg cholesterol; 21 g carbohydrate; 1 g added sugars; 4 g protein; 3 g fiber; 248 mg sodium; 418 mg potassium.

**Nutrition bonus:** Vitamin C (41% daily value), Vitamin A (31% dv), Folate (15% dv).

**Tip:** To stale bread naturally, store at room temperature in a paper (not plastic) bag for 2 to 5 days. If you don't want to wait, bake sliced or cubed bread on a large baking sheet at 250°F until crisped and dry, 15 to 20 minutes. One 1-pound loaf (12 to 14 slices) yields 8 to 10 cups 1-inch pieces.

# WEEK 3: Thursday

Serve with arugula, pine nut & fennel salad.



## Braised Cauliflower & Squash Penne Pasta

**Makes:** 4 servings, about 1½ cups each  
**Active time:** 30 minutes **Total:** 30 minutes

*Here we cook pasta and vegetables in broth rather than water to make this warming vegetarian pasta extra flavorful. The starch from the pasta combines with the broth as it simmers and creates a silky sauce. And you can make the whole dish in just one pot, so cleanup is a breeze.*

- 1 tablespoon extra-virgin olive oil
- 3 large cloves garlic, minced
- 1 teaspoon dried thyme
- ¼ teaspoon crushed red pepper

- 4 cups “no-chicken” broth or vegetable broth
- 8 ounces whole-wheat penne (about 3 cups)
- 2 cups 1-inch cauliflower florets
- 2 cups 1-inch pieces peeled butternut squash
- Freshly ground pepper to taste
- ¼ cup finely shredded Pecorino Romano cheese

Heat oil in a large saucepan over medium-high heat. Add garlic, thyme and crushed red pepper and cook, stirring, for 1 minute. Add broth, penne, cauliflower and squash. Bring to a boil over high heat. Reduce heat to a lively simmer and cook, uncovered, until the pasta

is tender and the liquid is thickened and greatly reduced, 14 to 16 minutes. Remove from heat, stir in pepper and let stand for 5 minutes. Serve topped with cheese.

**Per serving:** 330 calories; 8 g fat (2 g sat, 3 g mono); 4 mg cholesterol; 56 g carbohydrate; 0 g added sugars; 11 g protein; 9 g fiber; 594 mg sodium; 475 mg potassium. **Nutrition bonus:** Vitamin A (148% daily value), Vitamin C (52% dv), Calcium (17% dv), Iron (15% dv).

**Make It for Two:** Halve all the ingredients (use 2 garlic cloves) and prepare in a medium saucepan; simmer for 10 to 15 minutes.

# WEEK 3: Saturday

(cook one, freeze one) Serve with red cabbage, black bean & avocado salad.



## EatingWell King Ranch Casserole

**Makes:** 2 casseroles, 4 servings each (about 1½ cups)

**Active time:** 1 hour **Total:** 1½ hours

**To make ahead:** Prepare through Step 4, cover and freeze (unbaked) for up to 3 months. Thaw in the refrigerator for 2 days. Uncover and bake at 375°F for about 50 minutes.

*This Tex-Mex casserole is typically made with cans of cream-of-something soup. We've lightened it up considerably by making a home-made cream sauce and loaded it up with veggies at the same time. You'll never guess that a serving of our version has 300 fewer calories and two-thirds less fat than the original.*

2 pounds boneless, skinless chicken breasts, trimmed  
1 tablespoon canola oil  
8 ounces mushrooms, chopped  
1 medium onion, diced  
1 medium red or green bell pepper, diced  
4 cloves garlic, minced  
4 teaspoons chili powder

½ cup whole-wheat flour or all-purpose flour  
3 cups reduced-sodium chicken broth  
1½ cups diced fresh tomatoes  
½ cup reduced-fat sour cream  
1 7-ounce can or two 4-ounce cans diced green chiles, drained  
¾ teaspoon salt  
12 6-inch corn tortillas, cut in half, divided  
1 cup shredded Colby-Jack cheese, divided

1. Preheat oven to 375°F. Coat two 8-inch-square baking dishes with cooking spray.
2. Place chicken in a large saucepan and add water to cover by 1 inch. Bring to a boil. Reduce heat and simmer until just cooked through, 10 to 15 minutes. Transfer to a clean cutting board. Dice when cool.
3. Meanwhile, heat oil in a large skillet over medium heat. Add mushrooms and onion and cook, stirring occasionally, until all the mushroom liquid has evaporated, 7 to 9 minutes. Add bell pepper and cook, stirring, until just tender, about 3 minutes. Add garlic and chili powder; stir for 1 minute. Add flour and cook,

stirring, for 30 seconds. Add broth and cook, stirring, until thickened, 3 to 5 minutes. Remove from heat. Stir in tomatoes, sour cream, chiles, salt and the chicken.

**4. To assemble:** Spread 1 cup filling in each prepared baking dish. Layer on 4 tortilla halves and top with 1 cup filling. Repeat 2 more layers of tortillas and filling, ending with the rest of the filling. Sprinkle cheese and olives on top.

**5. To serve:** Bake until hot and bubbly, 20 to 25 minutes. Let stand for 15 minutes before serving. **To freeze:** Let unbaked casserole(s) cool to room temperature. Tightly wrap with heavy-duty foil (or freezer paper) and freeze. (To prevent foil from sticking to the cheese, coat with cooking spray first.)

**Per serving:** 356 calories; 13 g fat (5 g sat, 4 g mono); 81 mg cholesterol; 29 g carbohydrate; 0 g added sugars; 33 g protein; 5 g fiber; 698 mg sodium; 662 mg potassium.

**Nutrition bonus:** Vitamin C (52% daily value), Vitamin A (27% dv), Calcium, Magnesium & Potassium (19% dv), Zinc (16% dv), Iron (15% dv).

# WEEK 4 DINNER PLAN

**Shopping List** This list outlines everything you need to make all the recipes for the week (*not including the dishes frozen in previous weeks*):

## SHOP FOR:

### FRESH FRUIT & VEGETABLES

- 1 bag cranberries, fresh or frozen
- 1 bunch seedless grapes (2 cups)
- 2 lemons
- 2 pears
- 1 bunch broccolini
- 12 ounces mixed greens
- 2 leeks
- 1 onion
- 1 red onion
- 1 bunch scallions
- 2 sweet potatoes
- 2 zucchini

### FRESH HERBS & FLAVORINGS

- 1 bunch mint
- 1 bunch sage
- 1 bunch thyme
- 2 heads garlic

### DRY GOODS & BREAD

- ½ cup bulgur
- 1 cup whole-wheat orzo
- 2 cups instant brown rice
- Tortilla chips
- 2 loaves country bread

### CANNED & BOTTLED GOODS

- 2 32-ounce boxes reduced-sodium chicken broth
- 2 15-ounce cans no-salt-added white beans
- 2 4-ounce cans green chiles

### REFRIGERATOR ITEMS & DAIRY

- Low-fat milk
- ¼ cup reduced-fat sour cream
- 4 ounces reduced-fat cream cheese
- ½ cup feta cheese
- ½ cup shredded Parmesan cheese
- 1 cup shredded raclette or Gruyère cheese
- Guacamole

### MEAT & SEAFOOD

- 4-5 pound whole chicken
- 1 pound 93%-lean ground turkey
- Turkey breakfast sausage
- 1 pound pork tenderloin
- 1 pound lamb chops
- 1 pound peeled and deveined raw shrimp

### FROZEN

- Corn
- Shelled edamame

## CHECK YOUR PANTRY FOR:

### OILS, VINEGARS & CONDIMENTS

- Canola oil
- Extra-virgin olive oil

### FLAVORINGS

- Salt
- Black pepper
- White pepper
- Cardamom
- Coriander
- Cumin
- Oregano
- Vanilla

### DRY GOODS

- All-purpose flour
- Whole-wheat breadcrumbs
- Honey
- Sugar

### SPIRITS

- Dry white wine

### REFRIGERATOR ITEMS

- Parmesan cheese
- Eggs, large
- Butter

# WEEK 4: Sunday

Serve with tortilla chips & guacamole. (Put frozen Eggplant Parmesan in refrigerator to thaw for Tuesday)



## White Turkey Chili

**Makes:** 6 servings, about 1 1/2 cups each

**Active time:** 40 minutes **Total:** 1 1/2 hours

**To make ahead:** Cover and refrigerate for up to 3 days or freeze for up to 3 months.

*This healthy white turkey chili recipe is gorgeous, with flecks of green from zucchini, oregano and green chiles. To keep the saturated fat low, we use one pound of ground turkey and add whole-grain bulgur to boost the volume and fiber in this chili recipe. After all the ingredients are added to the pot, we like to slowly simmer our chili for close to an hour to develop the best flavor, but if you're in a hurry, reduce the liquid by half and simmer for 20 to 25 minutes.*

- 3 tablespoons extra-virgin olive oil or canola oil
- 1 pound 93%-lean ground turkey
- 1 large onion, diced

4 cloves garlic, minced  
2 medium zucchini, diced (about 3½ cups)  
½ cup bulgur  
2 tablespoons dried oregano  
4 teaspoons ground cumin  
½ teaspoon ground coriander  
½ teaspoon white pepper  
¼ teaspoon salt  
2 15-ounce cans no-salt-added white beans, rinsed  
2 4-ounce cans green chiles, mild or hot  
4 cups reduced-sodium chicken broth

1. Heat oil in a Dutch oven over medium-high heat. Add ground turkey, onion and garlic. Cook, stirring and breaking up the meat with a wooden spoon, until the meat is no longer pink, 3 to 5 minutes.
2. Add zucchini and cook, stirring occasionally, until the zucchini is starting to soften, 5 to 7 minutes.
3. Add bulgur, oregano, cumin, coriander, white pepper and salt and cook, stirring, until aromatic, 30 seconds to 1 minute.
4. Stir in white beans and chiles, then pour in broth; bring to a boil.
5. Reduce heat to a simmer, partially cover the pot and cook, stirring occasionally, until the liquid is reduced and thickened and the bulgur is tender, about 50 minutes.

**Per serving:** 356 calories; 14 g fat (2 g sat, 5 g mono); 43 mg cholesterol; 35 g carbohydrate; 0 g added sugars; 26 g protein; 10 g fiber; 722 mg sodium; 898 mg potassium.

**Nutrition bonus:** Vitamin C (48% daily value), Iron (28% dv), Potassium (26% dv), Magnesium (25% dv), Zinc (15% dv).

# WEEK 4: Monday

Serve with broccolini.



## Pork Milanese with Mashed Sweet Potato

**Makes:** 4 servings,

2 pork medallions & about  $\frac{1}{2}$  cup sweet potato each

**Active time:** 30 minutes

**Total:** 30 minutes

*You'll swear that these crispy pork medallions were deep-fried, when in fact they achieve their delectable crispy crust with a nonstick skillet and a mere 3 tablespoons extra-virgin olive oil. To round out the meal, serve with steamed broccolini with a squeeze of lemon.*

2 large sweet potatoes (about 2 pounds)  
2 tablespoons all-purpose flour  
1 large egg, lightly beaten  
 $\frac{3}{4}$  cup coarse dry breadcrumbs, preferably whole-wheat  
 $\frac{1}{4}$  cup finely shredded Parmesan cheese  
1 pound pork tenderloin, trimmed and cut crosswise into 8 slices (medallions)  
 $\frac{1}{2}$  teaspoon salt, divided  
 $\frac{1}{2}$  teaspoon freshly ground pepper, divided

3 tablespoons extra-virgin olive oil  
 $\frac{1}{4}$  cup reduced-fat sour cream  
1 tablespoon chopped fresh sage  
4 lemon wedges (optional)

1. Prick sweet potatoes in several places with a fork. Place on a plate and microwave on High until tender all the way through, 10 to 15 minutes.
2. Meanwhile, place flour in a shallow dish and egg in another dish. Combine bread crumbs and Parmesan in a third dish. Press pork medallions down with your hand so they are all about  $\frac{1}{2}$  inch thick. Sprinkle with  $\frac{1}{4}$  teaspoon each salt and pepper. Coat both sides of the pork first in the flour, shaking off any excess, then dip in egg. Finally, coat on both sides with the breadcrumb mixture, pressing to help the crumbs stick.
3. Heat oil in a large nonstick skillet over medium heat. Add the pork and cook, turning once, until golden brown and an instant-read thermometer inserted in the center registers 145°F, 4 to 5 minutes per side (see *Tip*). Transfer to a clean plate and let rest while you finish the sweet potatoes.

4. When the sweet potatoes are cool enough to handle, cut open and scoop the flesh into a medium bowl. Mash with sour cream, sage and the remaining  $\frac{1}{4}$  teaspoon each salt and pepper. Serve the pork with the mashed sweet potato and a lemon wedge, if desired.

**Per serving:** 469 calories; 18 g fat (5 g sat, 10 g mono); 130 mg cholesterol; 43 g carbohydrate; 0 g added sugars; 33 g protein; 6 g fiber; 527 mg sodium; 1,159 mg potassium.

**Nutrition bonus:** Vitamin A (534% daily value), Vitamin C (45% dv), Potassium (33% dv), Zinc (20% dv), Magnesium (19% dv), Iron (17% dv).

**Tip:** Is Your Pork Done? If you cook pork so every speck of pink is gone, you are likely overcooking—making it dry. Pork that is cooked to an internal temperature of 145°F and allowed to rest for 3 minutes is safe to eat even if it's still a little pink in the middle. Cured pork (e.g., cured ham and smoked pork chops) is pink both before and after cooking.

# WEEK 4: Wednesday

Serve with pan-seared or broiled lamb chops.

## Orzo & Grape Salad with Feta & Mint

**Makes:** 6 servings, about 3/4 cup each

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

*This brightly flavored, healthy orzo pasta salad recipe is a bright, refreshing and easy side dish to pair with chicken or lamb. Great served warm, room temperature or cold, this healthy pasta salad recipe is also delicious when made with quinoa instead of orzo.*

1 cup orzo, preferably whole-wheat  
2 tablespoons extra-virgin olive oil  
2 tablespoons lemon juice  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon freshly ground pepper  
2 cups quartered or halved seedless grapes  
 $\frac{1}{3}$  cup crumbled feta cheese  
 $\frac{1}{4}$  cup chopped fresh mint  
2 tablespoons finely chopped red onion

1. Bring a large saucepan of water to a boil. Add orzo and cook until just tender, about 8 minutes. Drain in a colander and rinse with cold water until cool.
2. Meanwhile, whisk oil, lemon juice, salt and pepper in a large bowl. Add grapes, feta, mint, onion and the orzo; toss to combine.

**Per serving:** 202 calories; 7 g fat (2 g sat, 4 g mono); 7 mg cholesterol; 30 g carbohydrate; 0 g added sugars; 5 g protein; 5 g fiber; 192 mg sodium; 130 mg potassium.



# WEEK 4: Thursday

Serve with a mixed green salad.



## Quick Risotto with Shrimp, Corn & Edamame

**Makes:** 4 servings, 1½ cups each

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

*This “risotto” is fast because it uses instant brown rice instead of arborio rice and gets its velvety texture from cream cheese.*

1 tablespoon extra-virgin olive oil  
1 bunch scallions, sliced, white and green parts separated  
2 cups instant brown rice  
1 cup dry white wine  
2 cups reduced-sodium chicken broth  
1 pound peeled and deveined raw shrimp (see Tip)  
1 cup frozen shelled edamame

1 cup frozen corn, thawed  
4 ounces reduced-fat cream cheese, cut into small pieces  
½ cup finely shredded Parmesan cheese  
¼ teaspoon freshly ground pepper

1. Heat oil in a large nonstick skillet over medium heat. Add scallion whites and rice; cook, stirring, 1 minute. Add wine and cook on medium-high until most of it is evaporated, 2 minutes. Add broth; return to a boil. Reduce heat, cover and simmer for 5 minutes. Place shrimp on the rice. Return to a simmer. Cover and cook until the shrimp are cooked through, 5 to 7 minutes.
2. Stir in edamame, corn and cream cheese until the cream cheese is incorporated. Simmer, uncovered, stirring occasionally, until most of

the liquid is evaporated, 4 to 5 minutes more. Remove from heat; stir in Parmesan and pepper. Top with scallion greens.

**Per serving:** 525 calories; 17 g fat (6 g sat, 5 g mono); 173 mg cholesterol; 49 g carbohydrate; 0 g added sugars; 32 g protein; 5 g fiber; 716 mg sodium; 672 mg potassium.

**Nutrition bonus:** Folate (37% daily value), Magnesium (34% dv), Calcium (26% dv), Zinc (23% dv), Potassium (19% dv).

**Tip:** For sustainable shrimp, look for shrimp that's certified by an agency like the Marine Stewardship Council. If you can't find it, choose wild-caught shrimp from North America—it's more likely to be sustainably caught.

# WEEK 4: Friday

Serve with turkey sausage patties.



## French Toast with Pear-Cranberry Compote

**Makes:** 4 servings, 2 slices & about  $\frac{1}{2}$  cup compote each

**Active time:** 30 minutes

**Total:** 50 minutes

**To make ahead:** Prepare compote (Step 1), cover and refrigerate for up to 5 days; reheat before serving.

*This French toast is fragrant with vanilla and cardamom. Paired with a sweet-tart pear-cranberry compote, it's a delicious end for any bread that's been forgotten a little too long. Look for dried lemon peel (for the compote) in the spices section of well-stocked supermarkets.*

### Compote

2 large ripe but firm pears, peeled and chopped  
1 cup cranberries, fresh or frozen  
 $\frac{1}{2}$  cup water  
2 tablespoons sugar  
2 tablespoons honey  
 $1\frac{1}{2}$  teaspoons dried lemon peel (optional)

$\frac{1}{4}$  teaspoon kosher or sea salt  
2 teaspoons fresh lemon juice

### French Toast

4 large eggs  
1 cup low-fat milk  
2 teaspoons vanilla extract  
 $\frac{1}{2}$  teaspoon ground cardamom, divided  
8 slices stale bread (see Tip)  
6 teaspoons butter, divided

**1. To prepare compote:** Combine pears, cranberries, water, sugar, honey, lemon peel (if using) and salt in a medium saucepan. Bring to a boil over medium-high heat. Reduce heat to medium-low, cover and gently simmer, stirring occasionally, until the cranberries have broken down and the pears are very tender, 30 minutes. Remove from heat and stir in lemon juice.

**2. To prepare French toast:** While the compote is simmering, whisk eggs, milk, vanilla and  $\frac{1}{4}$  teaspoon cardamom in a medium bowl. Place bread in a 9-by-13-inch baking dish, in 2 layers if necessary. Pour the egg mixture over the bread. Let sit until the compote is done, occasionally turning and pressing gently to help the bread soak up all the egg mixture.

**3. Preheat oven to 200°F.**

**4. Heat  $1\frac{1}{2}$  teaspoons butter in a large non-stick skillet over medium heat until melted and hot. Sprinkle the bread with the remaining  $\frac{1}{4}$  teaspoon cardamom. Add 2 slices bread, cardamom-side down to the pan. Cook until golden, 2 to 3 minutes per side. Transfer to the oven to keep warm. Repeat in three more batches with the remaining butter and bread.**

**5. Serve the French toast with the warm compote.**

**Per serving:** 470 calories; 13 g fat (6 g sat, 5 g mono); 177 mg cholesterol; 70 g carbohydrate; 19 g added sugars; 19 g protein; 10 g fiber; 559 mg sodium; 464 mg potassium.

**Nutrition bonus:** Magnesium (23% daily value), Calcium (19% dv), Folate (18% dv), Iron (17% dv), Zinc (16% dv).

**Tip:** To stale bread naturally, store at room temperature in a paper (not plastic) bag for 2 to 5 days. If you don't want to wait, bake sliced bread on a large baking sheet at 250°F until crisped and dry, 15 to 20 minutes.

# WEEK 4: Saturday

Serve with roasted chicken.



## Roasted Garlic & Leek Bread Casserole

**Makes:** 6 servings, about  $\frac{3}{4}$  cup each

**Active time:** 50 minutes

**Total:** 1 hour 20 minutes

*This stuffing-like vegetable-and-bread casserole is inspired by the vegetable tians of Provence. The soaked stale bread binds leeks, nutty raclette cheese, abundant roasted garlic and thyme. Serve with roast chicken and a green salad to make a swoon-worthy meal.*

- 1 large head garlic
- 3 tablespoons extra-virgin olive oil, divided
- 3 cups water plus 2 tablespoons, divided
- 8 slices stale bread, crusts removed (see *Tips*)
- 4 cups halved and thinly sliced leeks (about 2 large leeks; see *Tip*), white and light green parts only
- $\frac{1}{2}$  teaspoon kosher or sea salt, divided
- 1 cup shredded raclette or Gruyère cheese
- 1 tablespoon chopped fresh thyme
- $\frac{1}{4}$  teaspoon freshly ground pepper

1. Preheat oven to 375°F.
2. Remove the outer skin from the garlic and place the head in a small baking dish. Drizzle with  $\frac{1}{2}$  teaspoon oil. Add  $\frac{1}{4}$  inch water to the dish. Roast, uncovered, until tender but still firm, about 30 minutes. Let cool slightly, then peel the cloves. Thinly slice and set aside.
3. Meanwhile, bring 3 cups water to a boil. Place bread in a shallow heatproof dish large enough to hold it in a single layer. Pour in enough water to nearly submerge it. Let stand until the bread is saturated, 3 to 5 minutes. Transfer the bread to a colander in batches and gently press out the liquid. The bread should be somewhat moist, but not dripping. Tear it into irregular pieces. Transfer to a large bowl.
4. Heat 1 tablespoon oil in a large skillet or Dutch oven over medium heat until shimmering. Add leeks, 2 tablespoons water and  $\frac{1}{4}$  teaspoon salt, partially cover and cook, stirring occasionally, until the leeks are tender but still bright green, 5 to 7 minutes.
5. Add the leeks to the bowl of bread along with the sliced garlic,  $1\frac{1}{2}$  tablespoons oil, cheese, thyme, pepper and the remaining  $\frac{1}{4}$  teaspoon salt; gently combine with your hands or a spoon. Spread the mixture into a shallow baking dish large enough to hold it in a 1-inch layer, such as a 9-by-13-inch pan. Drizzle with the remaining 1 teaspoon oil.
6. Bake until crisp and golden in spots, about 30 minutes. Serve warm.

**Per serving:** 279 calories; 15 g fat (5 g sat, 8 g mono); 21 mg cholesterol; 26 g carbohydrate; 2 g added sugars; 12 g protein; 4 g fiber; 352 mg sodium; 241 mg potassium. **Nutrition bonus:** Calcium (28% daily value), Vitamin A (24% dv), Vitamin C (16% dv).

**Tip:** To clean leeks, trim off green tops and white roots and split lengthwise. Place in plenty of water and swish around to release any sand or soil. Drain. Repeat until no grit remains.

■ To stale bread naturally, store at room temperature in a paper (not plastic) bag for 2 to 5 days. If you don't want to wait, bake sliced or cubed bread on a large baking sheet at 250°F until crisped and dry, 15 to 20 minutes. One 1-pound loaf (12 to 14 slices) yields 8 to 10 cups 1-inch pieces.

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