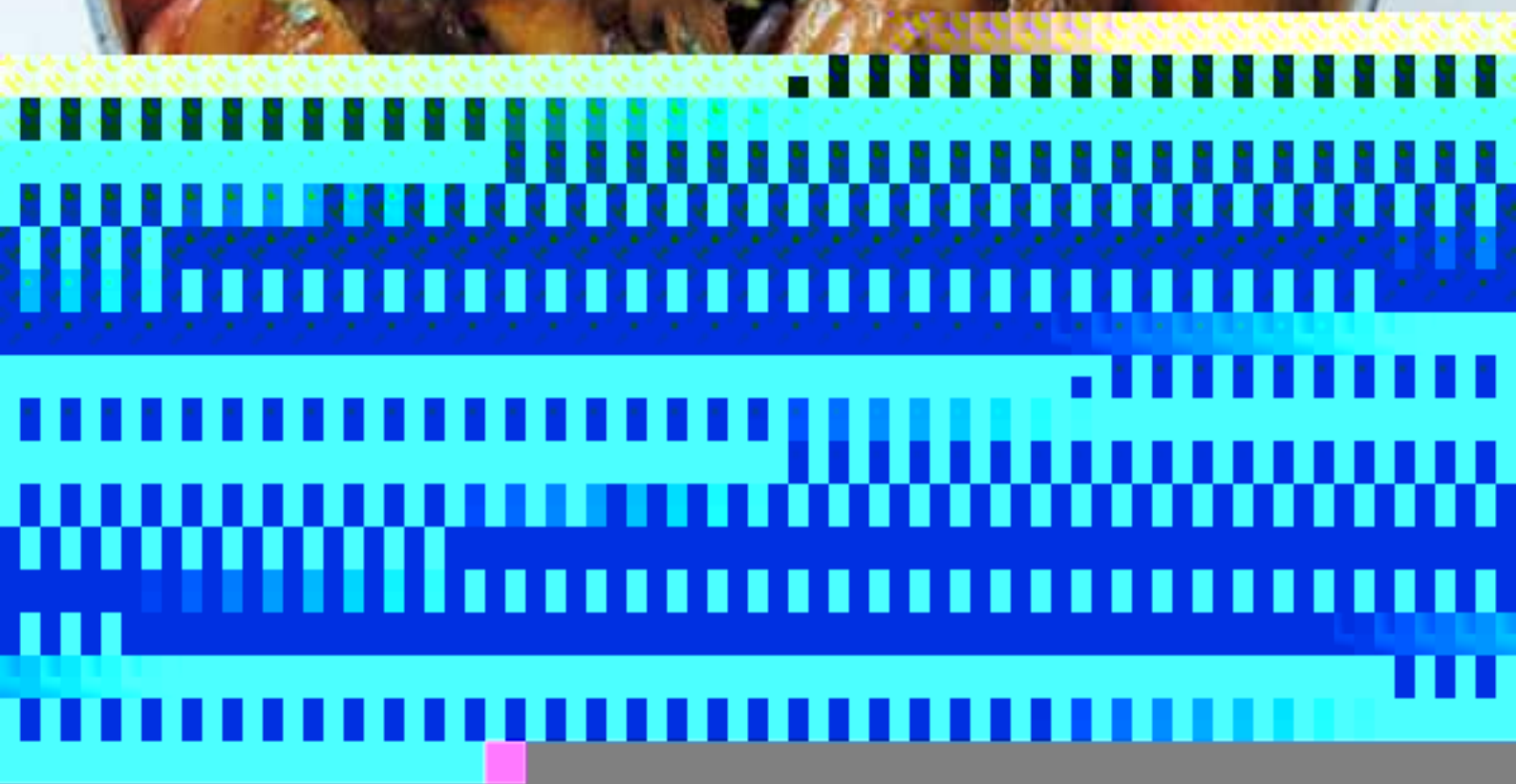
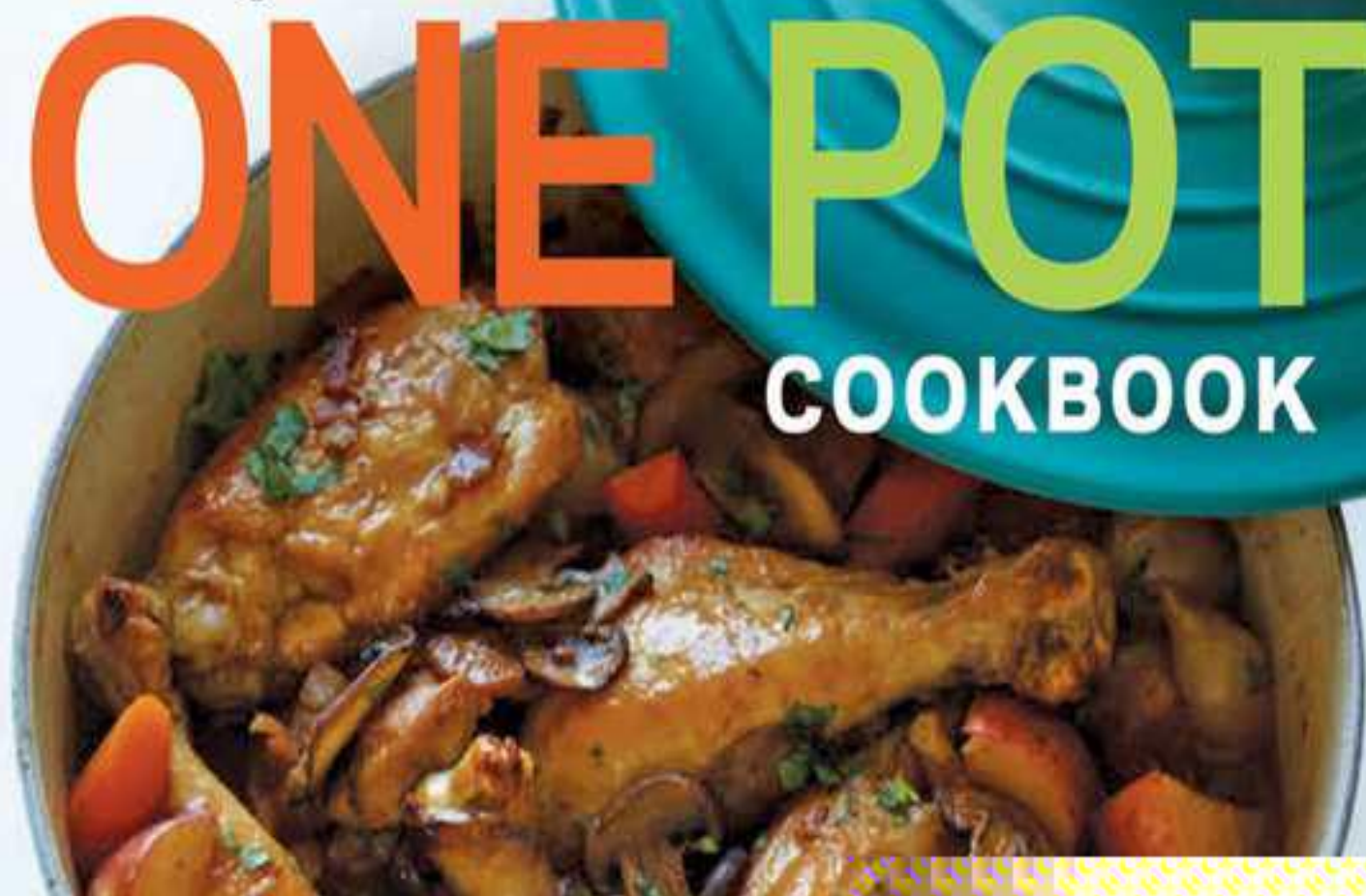




WeightWatchers®

# ONE POT

COOKBOOK



In a Bowl

## **Frisée with Smoked Salmon, Oranges & Radishes**

2 large oranges, peeled and sectioned, juice reserved

1 tablespoon red wine vinegar

1 tablespoon olive oil

1 garlic clove mashed to paste with  $\frac{1}{2}$  teaspoon salt

$\frac{1}{4}$  teaspoon ground coriander

$\frac{1}{4}$  teaspoon black pepper

2 small heads frisée (about  $\frac{1}{2}$  pound), trimmed and separated into leaves

3 large radishes, thinly sliced

1 (4-ounce) package thinly sliced smoked salmon, cut into thin strips

1 To make dressing, whisk together 2 tablespoons of reserved orange juice, the vinegar, oil, garlic paste, coriander, and pepper in serving bowl.

2 Add frisée, orange sections, radishes, and salmon to dressing; toss until mixed well.

PER SERVING (generous 2 cups): 114 Cal, 5 g Total Fat, 1 g Sat Fat, 0 g Trans Fat, 7 mg Chol, 371 mg Sod, 12 g Carb, 9 g Sugar, 3 g Fib, 6 g Prot, 49 mg Calc.

FYI The oranges can be sectioned up to several hours ahead and refrigerated, while the dressing can be prepared and set aside.

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In a Bowl

## **Feta-Topped Pasta, Tomato & Pea Salad**

1 teaspoon grated lemon zest

2 tablespoons lemon juice

1 tablespoon extra-virgin olive oil

½ teaspoon salt

¼ teaspoon black pepper

8 ounces whole wheat rotini or elbow macaroni, cooked according to package directions

2 small kirby cucumbers, cut on diagonal into ¼-inch slices and then into matchsticks

1 cup halved grape or cherry tomatoes

1 cup frozen baby peas, thawed

1 large shallot, minced

2 tablespoons snipped fresh dill

2 tablespoons crumbled reduced-fat feta cheese

1 To make dressing, whisk together lemon zest and juice, oil, salt, and pepper in serving bowl.

2 Rinse pasta under cold running water; drain. Add to dressing in bowl. Add all remaining ingredients except feta;

toss until mixed well. Serve sprinkled with feta.

PER SERVING (1½ cups): 286 Cal, 5 g Total Fat, 1 g Sat Fat, 0 g Trans Fat, 1 mg Chol, 388 mg Sod, 52 g Carb, 6 g Sugar, 8 g Fib, 12 g Prot, 65 mg Calc.

FYI We like using kirby cucumbers in this salad, as they don't have to be peeled and their flesh is meaty and flavorful. But if you happen to have English (seedless) cucumbers, Persian (mini) cucumbers, or regular cucumbers, on hand, use them instead.

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In a Bowl

## **Greek-Style Pasta Salad**

1 teaspoon grated lemon zest

2 tablespoons lemon juice

1 tablespoon extra-virgin olive oil

½ teaspoon salt

¼ teaspoon black pepper

8 ounces whole grain medium shells, cooked according to package directions

1 pint cherry tomatoes, halved

1 bunch arugula, trimmed and cut into 1-inch pieces

¼ cup chopped fresh flat-leaf parsley

2 tablespoons chopped pitted Kalamata olives

1 To make dressing, whisk together lemon zest and juice, oil, salt, and pepper in serving bowl.

2 Rinse pasta under cold running water; drain. Add to dressing along with remaining ingredients; toss until mixed well.

PER SERVING (about 2 cups): 262 Cal, 6 g Total Fat, 1 g Sat Fat, 0 g Trans Fat, 0 mg Chol, 372 mg Sod, 47 g Carb, 5 g

Sugar, 6 g Fib, 10 g Prot, 125 mg Calc.

#### HEALTHY EXTRA

Add ½ cup diced red onion to the salad along with the other ingredients in step 2 for a bit of zesty flavor.

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In a Bowl

## **Lemony Brown Rice & Spinach Salad**

2 tablespoons cider vinegar

1 tablespoon extra-virgin olive oil

Grated zest of ½ orange

1 large garlic clove mashed to paste with ¾ teaspoon salt

¼ teaspoon ground allspice

¼ teaspoon black pepper

2 cups lightly packed baby spinach

1 cup brown basmati rice, cooked according to package directions and cooled (makes about 3 cups cooked)

1 cup canned chickpeas, rinsed and drained

½ cup roasted peppers (not packed in oil), diced

12 fresh basil leaves, thinly sliced

1 To make dressing, whisk together vinegar, oil, orange zest, garlic paste, allspice, and black pepper in serving bowl.

2 Add all remaining ingredients except basil to dressing; toss until mixed well. Add basil and gently toss.

PER SERVING (about 11/3 cups): 251 Cal, 6 g Total Fat, 1 g Sat Fat, 0 g Trans Fat, 0 mg Chol, 599 mg Sod, 46 g Carb, 2 g



Sugar, 5 g Fib, 7 g Prot, 32 mg Calc.

HEALTHY EXTRA

Add 1 cup sliced celery to the salad in step 2.

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In a Bowl

## **Tabbouleh-Style Barley Salad**

1 teaspoon grated lemon zest

3 tablespoons lemon juice

2 tablespoons thinly sliced fresh mint

1 garlic clove, minced

$\frac{1}{8}$  teaspoon black pepper

1 pound tomatoes, seeded and cut into  $\frac{1}{2}$ -inch dice

1 cup pearl barley (not quick-cooking) or brown rice, cooked according to package directions and cooled

$\frac{1}{2}$  cup chopped fresh flat-leaf parsley

2 scallions, thinly sliced

Whisk together lemon zest and juice, mint, garlic, and pepper in serving bowl. Add remaining ingredients; toss until mixed well.

**PER SERVING (1½ cups):** 206 Cal, 1 g Total Fat, 0 g Sat Fat, 0 g Trans Fat, 0 mg Chol, 313 mg Sod, 46 g Carb, 4 g Sugar, 10 g Fib, 6 g Prot, 51 mg Calc.

**FYI** To cut a tomato into small dice, cut out the core, then cut the tomato into  $\frac{1}{2}$ -inch slices. Stack half of the slices and cut into  $\frac{1}{2}$ -inch-wide strips, then cut the strips crosswise into  $\frac{1}{2}$ -inch dice. Repeat with the remaining slices of tomato.

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In a Bowl

## **Bulgur Salad with Citrus & Mint**

2 large oranges, peeled and sectioned, juice reserved

2 small pink grapefruit, peeled and sectioned, juice reserved

1 tablespoon extra-virgin olive oil

½ teaspoon salt

¼ teaspoon black pepper

1 cup bulgur, prepared according to package directions and cooled

1 small red onion, thinly sliced

3 tablespoons thinly sliced fresh mint

1 To make dressing, whisk together 1 tablespoon each of reserved orange and grapefruit juices, the oil, salt, and pepper in serving bowl.

2 Cut orange and grapefruit sections crosswise into thirds. Add to dressing along with remaining ingredients; toss until mixed well.

PER SERVING (1½ cups): 233 Cal, 4 g Total Fat, 1g Sat Fat, 0 g Trans Fat, 0 mg Chol, 298 mg Sod, 47 g Carb, 16 g Sugar, 10 g Fib, 6 g Prot, Alcohol, 69 mg Calc.

FYI Bulgur wheat, a staple in Middle Eastern cooking, is made of wheat kernels that have been steamed, dried, and crushed. It has a pleasantly chewy texture and nutty flavor. Best of all, bulgur needs only to be rehydrated—not cooked. It comes in coarse, medium, and fine grinds. Look for it in the supermarket and health food stores.

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## Black-Eyed Pea & Peach Salad

In a Bowl

## **Black-Eyed Pea & Peach Salad**

3 tablespoons lemon juice

1 tablespoon olive oil

2 teaspoons ground cumin

$\frac{3}{4}$  teaspoon salt

$\frac{1}{2}$  teaspoon black pepper

Pinch cayenne

2 (15½-ounce) cans black-eyed peas, rinsed and drained

2 large peaches, halved, pitted, and cut into wedges

1 red bell pepper, chopped

1 yellow bell pepper, chopped

1 bunch watercress, trimmed

6 scallions, thinly sliced

3 celery stalks, chopped

To make dressing, whisk together lemon juice, oil, cumin, salt, and black pepper in serving bowl. Add all remaining ingredients; toss until mixed well.

PER SERVING (about 2 cups): 192 Cal, 4 g Total Fat, 0 g Sat Fat, 0 g Trans Fat, 0 mg Chol, 368 mg Sod, 30 g Carb, 9 g Sugar, 7 g Fib, 9 g Prot, 115 mg Calc.

#### HEALTHY EXTRA

Peaches and tomatoes make a surprisingly delicious combination. During the summer and early fall, go to the farmers' market and pick up green zebra tomatoes or other heirloom varieties. Add 2 tomatoes, coarsely chopped, to the salad.

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In a Bowl

## **Turkey–Mango Chutney Sandwiches**

1 ( $\frac{3}{4}$ -pound) piece cooked skinless turkey breast, cut into  $\frac{1}{4}$ -inch matchsticks

$\frac{1}{3}$  cup lightly packed fresh cilantro leaves

$\frac{1}{4}$  cup reduced-fat sour cream

3 tablespoons mango chutney

$\frac{1}{8}$  teaspoon black pepper

1 $\frac{1}{3}$  cups lightly packed mixed baby salad greens

4 (2-ounce) whole grain sandwich rolls, split

12 small tomato slices

1 Toss together turkey, cilantro, sour cream, chutney, and pepper in medium bowl.

2 Divide salad greens evenly among bottom halves of rolls; top each with 3 tomato slices and one-fourth of turkey mixture. Cover with tops of rolls.

PER SERVING (1 sandwich): 337 Cal, 7 g Total Fat, 2 g Sat Fat, 0 g Trans Fat, 76 mg Chol, 458 mg Sod, 38 g Carb, 6 g Sugar, 5 g Fib, 32 g Prot, 100 mg Calc.

HEALTHY EXTRA

Make this tasty sandwich even better by layering each sandwich with thinly sliced cucumber and red onion.

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In a Bowl

## **Salmon Sandwiches with Dill Mayo**

1 (15-ounce) can no-salt-added salmon, drained

2 hard-cooked large egg whites

3 tablespoons reduced-fat mayonnaise

3 tablespoons snipped fresh dill

Grated zest and juice of 1 lemon

2 teaspoons Dijon mustard

$\frac{1}{2}$  teaspoon salt

$\frac{1}{4}$  teaspoon black pepper

1 cup alfalfa or broccoli sprouts

8 thin slices dark bread

1 large tomato, thinly sliced

16 thin slices unpeeled cucumber

1 Flake salmon into medium bowl. Grate egg whites over salmon. Add mayonnaise, dill, lemon zest and juice, mustard, salt, and pepper, stirring until mixed well.

2 Place  $\frac{1}{4}$  cup of sprouts on each of 4 slices of bread and top evenly with tomato and cucumber slices. Spread one-fourth of

salmon mixture on each sandwich and cover with remaining slices of bread. Cut each sandwich in half.

PER SERVING (½ sandwich): 216 Cal, 6 g Total Fat, 1 g Sat Fat, 0 g Trans Fat, 24 mg Chol, 450 mg Sod, 25 g Carb, 7 g Sugar, 3 g Fib, 16 g Prot, 177 mg Calc.

#### HEALTHY EXTRA

A leaf or two of crisp romaine lettuce is an enticing addition to these sandwiches. Serve some unsweetened pickles alongside.

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In a Bowl

## **Asian Flavors Shrimp Salad Sandwiches**

1 pound cooked peeled and deveined small shrimp

1 cup halved cherry tomatoes

6 scallions, thinly sliced

¼ cup reduced-fat mayonnaise

2 tablespoons chopped fresh cilantro

2 teaspoons seasoned rice vinegar

½ teaspoon Asian (dark) sesame oil

¼ teaspoon salt

⅛ teaspoon black pepper

12 small inner romaine lettuce leaves

4 (2-ounce) whole grain rolls, split

1 Mix together shrimp, tomatoes, scallions, mayonnaise, cilantro, vinegar, oil, salt, and pepper in medium bowl.

2 Place 3 lettuce leaves on bottom half of each roll. Top each with about ¾ cup shrimp salad; cover with tops of rolls.

PER SERVING (1 sandwich): 312 Cal, 7 g Total Fat, 1 g Sat Fat, 0 g Trans Fat, 221 mg Chol, 857 mg Sod, 35 g Carb, 8 g

Sugar, 6 g Fib, 30 g Prot, 131 mg Calc.

FYI In supermarkets and fish stores, shrimp is labeled small, medium, large, and so on. Although these names help a bit, they are not used consistently. When shrimp is purchased for retail, it is bought according to the number of shrimp per pound. Knowing the number of shrimp per pound can help you figure how much you need. Here's how shrimp is graded: colossal is 15 to the pound, jumbo is 21–25 to the pound, extra-large is 26–30 to the pound, large is 31–35 to the pound, and medium is 35–40 to the pound.

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## Maine-Style Crab Rolls

In a Bowl

## Maine-Style Crab Rolls

1 pound lump crabmeat, picked over

6 tablespoons fat-free mayonnaise

¼ cup chopped fresh flat-leaf parsley

½ teaspoon grated  
lemon zest

⅛ teaspoon black pepper

1 cup lightly packed thinly sliced romaine lettuce

4 split top whole wheat hot dog rolls, split, doughy centers removed, and toasted

1 Stir together crabmeat, mayonnaise, parsley, lemon zest, and pepper in medium bowl.

2 Divide lettuce among rolls, top each with generous ½ cup of crab salad.

PER SERVING (1 sandwich): 247 Cal, 4 g Total Fat, 1 g Sat Fat, 0 g Trans Fat, 82 mg Chol, 813 mg Sod, 27 g Carb, 7 g Sugar, 4 g Fib, 28 g Prot, 135 mg Calc.

### HEALTHY EXTRA

Serve the crab rolls with sliced tomatoes dressed with fresh lemon juice, a sprinkling of snipped fresh chives, and a touch of salt and pepper.



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In a Bowl

## **Curried Tofu Salad Sandwiches**

1 (1-pound) package reduced-fat firm tofu, drained

2 scallions, finely sliced

2 tablespoons reduced-fat mayonnaise

$\frac{3}{4}$  teaspoon curry powder

$\frac{1}{2}$  teaspoon salt

$\frac{1}{4}$  teaspoon black pepper

8 thin slices whole grain bread, toasted

12 thin tomato slices

1 cup lightly packed alfalfa sprouts

1 With fork, mash tofu in medium bowl. Add scallions, mayonnaise, curry powder, salt, and pepper, stirring until mixed well.

2 Spread  $\frac{1}{2}$  cup of tofu mixture on each of 4 slices of bread. Top each with 3 tomato slices and  $\frac{1}{4}$  cup of sprouts; cover with remaining slices of bread.

PER SERVING (1 sandwich): 225 Cal, 5 g Total Fat, 1 g Sat Fat, 0 g Trans Fat, 0 mg Chol, 617 mg Sod, 28 g Carb, 5 g Sugar, 6 g Fib, 17 g Prot, 277 mg Calc.

## HEALTHY EXTRA

Enjoy these good-for-you sandwiches with a red onion and cucumber salad dressed with unseasoned rice vinegar and topped with torn fresh mint.

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## **CHAPTER 2**



# IN A SKILLET

## QUICK & EASY BREAKFASTS, LUNCHESES & DINNERS

The skillet, also known as a frying pan, is a flat-bottomed pan with low sides that flare outward. It has one long handle and usually no lid. These handy pans are great for browning and sautéing meat, chicken, fish, eggs, vegetables, and potatoes, especially because their low sides make it easy to turn food.

### Types

Early skillets were made of **iron, copper, and cast iron**. In the U.S. in the mid-1800s, manufacturers, such as the Griswold and Wagner Companies, began producing lighter, easier-to-handle cast-iron skillets, which remain popular to this day. These almost indestructible pans—which become nonstick through years of use—are often passed down from generation to generation. Other companies, such as Lodge, manufacture cast-iron skillets today. They can be found in department stores, big box stores, and kitchenware stores.

**Nonstick skillets** were first produced by DuPont in 1956 under the Teflon brand name. Since then, improvements have been made, including the development of nonstick surfaces that either are more resistant to or impervious to scratches, such as the high-end brand GreenPan™, which can be heated to 450°F and is also ovenproof. When purchasing a nonstick skillet, choose one that has more than one layer of nonstick coating and feels heavy, which means it will retain heat well and brown foods better. Look for oven-safe handles so the pan can go from stovetop to oven with ease.

Appreciated for their sleek look, **stainless steel skillets** have the ability to hold heat well and cook food evenly. They are

also extremely durable. High-end brands, such as All-Clad, boast a hand-polished, mirror-finish exterior. These skillets are produced using a three-ply bond core that incorporates an aluminum center, which helps conduct heat better.

**Enamel cast-iron skillets**, such as Le Creuset, have been produced in France since 1925 and are meant to last a lifetime. These skillets have either a stone-colored enamel interior or a matte black enamel finish that is practically nonstick. Enamel cast iron distributes heat evenly, which prevents hot spots and also retains heat longer than some other cookware, which is especially useful when serving directly from the pan.

The first **electric skillet** was manufactured by Sunbeam in 1953 and was called a “controlled heat automatic fry pan.” The square-shaped cast-aluminum pan had a built-in cooking element and a heat control in the handle. The brochure featured an aproned homemaker happily cooking up nine fried eggs at one time. Electric skillets range in size from 12 to 16 inches and often come with lids. They are available round and square, and some are nonstick. Electric skillets are appreciated for their ability to maintain constant heat.

### **Sizes and Shapes**

Skillets range in size from about 6 inches to 14 inches. For most kitchens, it is recommended to have a small skillet (6 to 8 inches), a medium skillet (8 to 10 inches), and a large skillet (11 to 12 inches). Skillets are measured across the diameter at the top.

### **Basics for Care**

These days, **cast-iron skillets** often come already seasoned (nonstick). If you buy one that isn't, here's how to do it: Wipe the inside of the skillet with a light coating of flavorless vegetable oil. Place the pan in a 350°F oven for 1 hour. Remove it from the oven and let it cool completely, then wipe

the skillet dry with a paper towel. To clean a cast-iron skillet, rinse it under hot water as soon as it is cool enough to be handled to prevent any food from sticking, then use a nonabrasive powder cleaner or kosher salt and a stiff brush to remove any food particles. Dry the pan immediately to prevent rusting.

To ensure that the coating of a **nonstick skillet** lasts, clean it gently and avoid scratching the surface. Wash the skillet using hot, soapy water and a sponge or nylon scrub pad. The nonstick surface should prevent any food from sticking.

To clean a **stainless steel skillet**, immerse it in warm water once it has cooled down slightly. Apply a paste of nonabrasive powder cleanser mixed with water and rub in a circular motion from the center outward using a sponge or nylon scrub pad. Wash the pan with hot, soapy water, rinse it well, and dry it thoroughly. Avoid using a steel wool pad, which would scratch the surface. These pans can also be washed in the dishwasher.

**Enamel cast-iron skillets** are easy to care for. Let them cool down completely before washing them to avoid shocking the enamel due to the change in temperature. Hand-wash the pan with hot, soapy water, then rinse under warm water and dry it thoroughly. If any food remains stuck, soak the pan for about 15 minutes, then use a nylon scrub pad to remove the residue. Enamel-coated skillets are dishwasher safe, but it is not recommended, as the detergent will dull the enamel surface over time.

The lid of an **electric skillet** is dishwasher safe. The skillet itself should be washed by hand using hot, soapy water, taking care not to get the heating element or electric plug wet. Refer to the manufacturer's instruction booklet for details.

In a Skillet

## **Zucchini & Mint Frittata**

1 tablespoon olive oil

1 large red onion, thinly sliced

2 garlic cloves, minced

2 zucchini, cut into matchsticks

1 orange bell pepper, cut into thin strips

½ teaspoon salt

¼ teaspoon black pepper

1 (16-ounce) container fat-free egg substitute

2 tablespoons thinly sliced fresh mint

1 teaspoon balsamic vinegar

**1** Preheat oven to 350°F.

**2** Heat oil in 10-inch ovenproof nonstick skillet over medium heat. Add onion and cook, stirring, until softened, about 5 minutes. Stir in garlic and cook, stirring, until fragrant, about 30 seconds. Increase heat to medium-high; add zucchini, bell pepper, salt, and black pepper. Cook, stirring frequently, until vegetables are softened, about 8 minutes. Remove skillet from heat.

**3** Stir egg substitute, mint, and vinegar into vegetables until combined well. Cook, without stirring, until eggs begin to set, about 3 minutes. Place skillet in oven and bake until eggs are set, about 12 minutes longer. Slide frittata onto plate and cut into 4 wedges.

**PER SERVING (1 wedge):** 102 Cal, 4 g Total Fat, 1 g Sat Fat, 0 g Trans Fat, 0 mg Chol, 473 mg Sod, 7 g Carb, 3 g Sugar, 1 g Fib, 11 g Prot, 59 mg Calc.

**FYI** Here's the easiest way to quickly and neatly slice fresh mint—or basil—leaves. Stack the leaves (it's best to use leaves of equal size) and roll them up jelly-roll style, starting with a long side. With a very sharp large knife, thinly slice the mint crosswise.

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In a Skillet

## **Goat Cheese–Chive Frittata**

1 tablespoon olive oil

1 red onion, thinly sliced

$\frac{1}{4}$  teaspoon salt

$\frac{1}{8}$  teaspoon black pepper

1 red bell pepper, cut into matchsticks

1 garlic clove, minced

1 (16-ounce) container fat-free egg substitute

2 tablespoons reduced-fat (2%) milk

2 tablespoons snipped fresh chives

$\frac{1}{4}$  cup crumbled soft goat cheese

**1** Preheat oven to 350°F.

**2** Heat oil in 10-inch ovenproof nonstick skillet over medium heat. Add onion, salt, and black pepper; cook, stirring, until softened, about 5 minutes. Stir in bell pepper and cook, stirring, until softened, about 5 minutes. Stir in garlic and cook, stirring, until fragrant, about 30 seconds longer.

**3** Stir egg substitute, milk, and 1 tablespoon of chives into vegetables until combined well. Cook, without stirring, until eggs begin to set, about 3 minutes. Sprinkle goat cheese and

remaining 1 tablespoon chives evenly over eggs. Place skillet in oven and bake until eggs are set, about 12 minutes longer. Slide frittata onto plate and cut into 4 wedges.

**PER SERVING (1 wedge):** 115 Cal, 5 g Total Fat, 2 g Sat Fat, 0 g Trans Fat, 4 mg Chol, 356 mg Sod, 5 g Carb, 3 g Sugar, 1 g Fib, 12 g Prot, 70 mg Calc.

**FYI** It's easier than you might think to cut a bell pepper into uniform matchstick strips, otherwise known as julienne. Here's how: With a sharp knife, cut off the stem end and base of the pepper, then cut the pepper in half. Remove the seeds and membranes and discard. Place one pepper half, skin side down, on the cutting board and cut into 1/4-inch-thick strips.

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In a Skillet

## **Lobster Mac 'n' Cheese**

1 tablespoon butter

2 tablespoons all-purpose flour

1 (14½-ounce) can diced fire-roasted tomatoes

1 cup shredded reduced-fat Cheddar cheese

½ cup fat-free milk

⅓ cup grated Parmesan cheese

½ teaspoon mustard powder

¼ teaspoon black pepper

4 cups cooked whole wheat elbow macaroni

¾ pound lobster meat, cut into small chunks

2 tablespoons chopped fresh parsley

**1** Melt butter in large nonstick skillet over medium-high heat. Add flour and cook, stirring constantly, until roux is golden, about 1 minute. Add tomatoes and cook, stirring constantly, until mixture bubbles and is slightly thickened, about 3 minutes.

**2** Add Cheddar, milk, Parmesan, mustard powder, and pepper to flour mixture; cook, stirring, until cheese is melted and sauce is smooth, about 2 minutes. Add macaroni and lobster;



cook, tossing, until heated through and mixed well, about 2 minutes. Serve sprinkled with parsley.

**PER SERVING (generous 1 cup):** 320 Cal, 9 g Total Fat, 5 g Sat Fat, 0 g Trans Fat, 74 mg Chol, 529 mg Sod, 34 g Carb, 4 g Sugar, 3 g Fib, 28 g Prot, 406 mg Calc.

**FYI** If you like, an equal amount of chopped cooked shrimp or lump crabmeat can be substituted for the lobster.

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In a Skillet

## **Diner Turkey Hash Patties with Scrambled Eggs**

3 teaspoons canola oil

1 onion, finely chopped

2 celery stalks, chopped

1 (7-ounce) baking potato, peeled and chopped

½ pound ground skinless turkey breast

1 large egg white

1 tablespoon Worcestershire sauce

½ teaspoon ground sage

½ teaspoon salt

½ teaspoon black pepper

3 cups fat-free egg substitute

2 tablespoons chopped fresh parsley

2 tablespoons snipped fresh chives

**1** Heat 2 teaspoons of oil in large nonstick skillet over medium heat. Add onion and celery; cook, stirring, until softened, about 5 minutes. Add potato and cook, stirring until almost cooked through, about 10 minutes. Transfer to plate and let cool. Wipe skillet clean.

**2** Mix together cooled onion mixture, the turkey, egg white, Worcestershire sauce, sage, salt, and pepper in bowl until combined well. With damp hands, shape mixture into 12 (½-inch-thick) patties.

**3** Heat remaining 1 teaspoon oil in skillet over medium heat. Add patties, in batches if needed, and cook until browned and cooked through, about 6 minutes per side. Transfer to platter and keep warm. Wipe skillet clean.

**4** Spray skillet with nonstick spray and set over medium heat. Pour egg substitute into skillet; add parsley and chives. Cook until eggs begin to set, about 1½ minutes, pushing egg mixture toward center of skillet to form large soft curds, cooking eggs until set, about 3 minutes longer. Serve with hash patties.

**PER SERVING (2 patties and 2 eggs):** 142 Cal, 3 g Total Fat, 0 g Sat Fat, 0 g Trans Fat, 15 mg Chol, 410 mg Sod, 9 g Carb, 2 g Sugar, 2 g Fib, 21 g Prot, 61 mg Calc.

**HEALTHY EXTRA**

Serve sliced navel oranges alongside the patties and eggs.

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## Fresh Corn & Blueberry Pancakes

In a Skillet

## **Fresh Corn & Blueberry Pancakes**

2 cups all-purpose flour

½ cup yellow cornmeal

2 tablespoons sugar

1 tablespoon + 1 teaspoon baking powder

¼ teaspoon salt

1¾ cups low-fat (1%) milk

½ cup fat-free egg substitute

1 tablespoon canola oil

¾ cup fresh or frozen blueberries

¾ cup fresh corn kernels (about 2 ears of corn) or frozen corn kernels

6 teaspoons pure maple syrup, warmed

**1** Whisk together flour, cornmeal, sugar, baking powder, and salt in medium bowl. Make a well in middle of flour mixture. Combine milk, egg substitute, and oil in well; with fork stir until mixed thoroughly. With rubber spatula, stir flour mixture into milk mixture just until flour mixture is moistened (batter will be lumpy). Gently stir in blueberries and corn.

**2** Spray nonstick griddle with nonstick spray and set over medium heat. Pour scant 1/4 cupfuls of batter onto griddle.

Cook until bubbles appear and edges of pancakes look dry, about 3 minutes. Turn pancakes over and cook until golden brown on second side, about 3 minutes longer. Transfer to platter and keep warm. Repeat with remaining batter, spraying griddle between batches, making total of 24 pancakes. Serve with maple syrup.

**PER SERVING (4 pancakes and 1 teaspoon maple syrup):**

324 Cal, 4 g Total Fat, 1 g Sat Fat, 0 g Trans Fat, 4 mg Chol, 482 mg Sod, 62 g Carb, 13 g Sugar, 2 g Fib, 10 g Prot, 169 mg Calc.

**FYI** Making a well is a classic cooking technique used when combining wet and dry ingredients for pasta dough, gnocchi dough, pancakes, and quick breads. Whisk together the dry ingredients in a bowl, then push the mixture to the sides of the bowl to create an empty space in the middle of the bowl, known as a “well.” The wet ingredients are poured into the well and the dry ingredients are then gradually mixed in.

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In a Skillet

## **Yogurt Pancakes with Any Berry Sauce**

1½ cups fresh blueberries, raspberries, blackberries, or a combination

1 tablespoon granulated sugar

1 tablespoon lemon juice

¼ teaspoon ground nutmeg

1⅓ cups white whole wheat flour

1 teaspoon baking powder

¼ teaspoon baking soda

¼ teaspoon salt

1¼ cups plain fat-free yogurt

1 large egg

1 tablespoon canola oil

1 tablespoon confectioners' sugar

**1** To make sauce, combine berries, granulated sugar, lemon juice, and nutmeg in small saucepan; bring to boil over medium-high heat. Reduce heat and simmer, stirring occasionally, until berries soften, about 8 minutes; transfer to serving bowl.

**2** Meanwhile, whisk together flour, baking powder, baking soda, and salt in medium bowl. Make a well in center of flour mixture. Combine yogurt, egg, and oil in well; with fork, stir until mixed thoroughly. With rubber spatula, stir flour mixture into yogurt mixture just until flour mixture is moistened (batter will be lumpy).

**3** Generously spray nonstick griddle with nonstick spray and set over medium heat. Pour scant 1/4 cupfuls of batter onto griddle. Cook until bubbles appear and edges of pancakes look dry, about 3 minutes. Turn pancakes over and cook until golden brown on second side, about 3 minutes longer. Transfer to platter and keep warm. Repeat with remaining batter, making total of 12 pancakes. Dust pancakes with confectioners' sugar and serve with berry sauce.

**PER SERVING (3 pancakes and about 3 tablespoons sauce):** 299 Cal, 6 g Total Fat, 1 g Sat Fat, 0 g Trans Fat, 55 mg Chol, 438 mg Sod, 52 g Carb, 17 g Sugar, 2 g Fib, 11 g Prot, 192 mg Calc.

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In a Skillet

## Heavenly Hots

½ cup cake flour (not self-rising)

3 tablespoons sugar

½ teaspoon baking soda

1 (16-ounce) container fat-free sour cream

¾ cup fat-free egg substitute

1 (6-ounce) container fresh raspberries

**1** Whisk together flour, sugar, and baking soda in small bowl. Whisk in sour cream and egg substitute until smooth.

**2** Spray nonstick griddle with nonstick spray and set over medium heat. Drop ⅛ cupfuls of batter onto griddle. Cook until bubbles appear and edges of pancakes look dry, about 2 minutes. Gently turn pancakes over and cook until golden brown on second side, about 2 minutes longer. Transfer to platter and keep warm. Repeat with remaining batter, spraying griddle between batches, making total of 24 pancakes. Serve topped with raspberries.

**PER SERVING (6 pancakes and about 8 raspberries):** 213 Cal, 1 g Total Fat, 0 g Sat Fat, 0 g Trans Fat, 10 mg Chol, 388 mg Sod, 43 g Carb, 9 g Sugar, 3 g Fib, 9 g Prot, 170 mg Calc.

**FYI** Heavenly hots are mini pancakes that are creamy, feather light, and irresistibly tangy. Their proportion of 4 parts sour

cream to 1 part flour is unlike any other pancake batter, but that is what makes them so light. Take care when flipping them, as they are very delicate.

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In a Skillet

## **Eggs in Purgatory**

4 cups water

1 teaspoon cider vinegar

4 large eggs

2 (14½-ounce) cans reduced-sodium petite diced tomatoes

¼ teaspoon salt

¼ teaspoon red pepper flakes

1½ tablespoons very thinly sliced fresh basil + 4 small sprigs

4 slices whole grain country-style bread, toasted

2 tablespoons grated Parmesan cheese

**1** To poach eggs, combine water and vinegar in 10-inch nonstick skillet and bring to boil over medium-high heat. Reduce heat to bare simmer. Break 1 egg into cup. Holding cup close to water, slip in egg. Repeat with remaining eggs. Cook until whites are firm but yolks are still soft, about 5 minutes. With slotted spoon, transfer eggs, one at a time, to paper towel-lined plate. Keep warm. Pour out water from skillet; wipe skillet dry.

**2** Combine tomatoes, salt, and pepper flakes in same skillet; bring to boil over medium-high heat. Reduce heat and simmer,

stirring occasionally, until liquid is almost evaporated, about 6 minutes. Remove skillet from heat and stir in sliced basil.

**3** Place 1 slice of toast in each of 4 shallow bowls. Spoon about ½ cup of tomato sauce over each slice of toast; place poached egg on top of each slice of toast and sprinkle evenly with Parmesan. Garnish each serving with basil sprig.

**PER SERVING (1 dish):** 249 Cal, 7 g Total Fat, 3 g Sat Fat, 0 g Trans Fat, 220 mg Chol, 638 mg Sod, 33 g Carb, 11 g Sugar, 3 g Fib, 12 g Prot, 380 mg Calc.

HEALTHY EXTRA

Round out this meal by starting off with a classic Italian salad of arugula, sliced radicchio, and sliced endive.

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## **Open-Face Gruyère-Vegetable Melts**

In a Skillet

## **Open-Face Gruyère-Vegetable Melts**

1 teaspoon olive oil

1 onion, thinly sliced

2 zucchini, thinly sliced

1 red bell pepper, diced

1 garlic clove, minced

½ teaspoon dried oregano

¼ teaspoon salt

¼ teaspoon black pepper

4 thin slices whole wheat bread, toasted

2 tomatoes, sliced

12 large basil leaves

1 cup shredded Gruyère cheese

1 cup lightly packed baby arugula

**1** Preheat broiler.

**2** Heat oil in large nonstick skillet over medium-high heat. Add onion, zucchini, bell pepper, garlic, oregano, salt, and black pepper; cook, stirring, until vegetables are softened, about 5 minutes.

**3** Arrange slices of toast on rack of broiler pan. Top each slice with one-fourth each of tomatoes and basil. Top each with one-fourth of vegetable mixture and sprinkle evenly with Gruyère. Broil until cheese is melted, about 1 minute. Top evenly with arugula.

**PER SERVING (1 open-face sandwich):** 241 Cal, 11 g Total Fat, 6 g Sat Fat, 0 g Trans Fat, 30 mg Chol, 386 mg Sod, 23 g Carb, 9 g Sugar, 5 g Fib, 14 g Prot, 351 mg Calc.

#### HEALTHY EXTRA

To help keep you on target, serve a bowl of fresh berries of your choice for dessert. Enjoy up to 1 cup for each serving.

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## **Red Curry Tofu-Noodle Bowl**



In a Skillet

## **Red Curry Tofu-Noodle Bowl**

1 (15-ounce) package low-fat firm tofu

3 teaspoons canola oil

1 tablespoon grated peeled fresh ginger

3 garlic cloves, minced

1½ teaspoons Thai red curry paste

1 red onion, chopped

1 (14½-ounce) can diced tomatoes

1 cup light (reduced-fat) coconut milk

2 teaspoons sugar

12 ounces small broccoli florets

½ teaspoon salt

3 cups hot cooked whole wheat capellini

**1** Wrap tofu in paper towels and place on plate. Place small skillet on top and weight with large can of food. Let stand until excess liquid is pressed out, about 20 minutes. Discard liquid; cut tofu into ½-inch cubes.

**2** Heat 1½ teaspoons of oil in large nonstick skillet over medium-high heat. Add tofu and cook, turning, until golden, about 3 minutes; transfer to plate. Add remaining 1½

teaspoons oil to skillet. Add ginger, garlic, and curry paste; cook, stirring, until fragrant, about 30 seconds. Reduce heat to medium; add onion and cook, stirring, until softened, about 5 minutes.

**3** Add tomatoes, coconut milk, and sugar to skillet; bring to boil. Reduce heat and simmer, stirring, until mixture is slightly thickened, about 5 minutes. Add broccoli, tofu, and salt; cook, covered, until broccoli is tender, about 10 minutes longer. Serve in bowls over capellini.

**PER SERVING (1⅓ cups tofu mixture and ½ cup capellini):** 219 Cal, 7 g Total Fat, 1 g Sat Fat, 0 g Trans Fat, 0 mg Chol, 437 mg Sod, 31 g Carb, 5 g Sugar, 5 g Fib, 13 g Prot, 187 mg Calc.

#### HEALTHY EXTRA

Straw mushrooms, ready to use right from the can, make a tasty addition to this spicy noodle bowl. Add about ½ cup of drained mushrooms to the skillet along with the tomatoes in step 3.

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In a Skillet

## **Filet Mignon & Mushroom Stroganoff**

2 tablespoons all-purpose flour

$\frac{1}{4} + \frac{1}{8}$  teaspoon salt

$\frac{1}{8}$  teaspoon black pepper

10 ounces filet mignon, trimmed and cut into  $\frac{1}{2}$ -inch pieces

1 tablespoon olive oil

1 large red onion, thinly sliced

$\frac{1}{2}$  pound cremini mushrooms, sliced

1 cup reduced-sodium beef broth

$\frac{1}{4}$  cup reduced-fat sour cream

$\frac{1}{4}$  cup chopped fresh flat-leaf parsley

3 cups hot cooked yolk-free whole wheat noodles

**1** Combine flour,  $\frac{1}{4}$  teaspoon of salt, and the pepper in large zip-close plastic bag. Add beef and seal bag; toss until coated evenly, shaking off excess flour.

**2** Heat oil in large nonstick skillet over medium heat. Add beef and cook, stirring frequently, until lightly browned, about 4 minutes; transfer to plate.

**3** Add onion to skillet and cook, stirring, until softened, about 5 minutes. Add to beef on plate. Add mushrooms and remaining  $\frac{1}{8}$  teaspoon salt to skillet; cook, stirring frequently, until softened, about 6 minutes. Add broth; reduce heat and simmer until juices are slightly reduced, about 3 minutes.

**4** Return beef and onion to skillet along with any accumulated juices; cook, stirring, until heated through, about 2 minutes longer. Remove skillet from heat; stir in sour cream and parsley. Serve with noodles.

**PER SERVING ( $\frac{1}{2}$  cup stroganoff and  $\frac{3}{4}$  cup noodles):** 333 Cal, 11 g Total Fat, 4 g Sat Fat, 0 g Trans Fat, 47 mg Chol, 299 mg Sod, 33 g Carb, 4 g Sugar, 4 g Fib, 25 g Prot, 66 mg Calc.

**FYI** While food historians agree that this dish gets its name from Count Stroganoff, a 19th century Russian noble, there are differing accounts regarding the true origins of the dish. It is believed that while the dish had been prepared long before the count gained recognition for it, the dish did not gain in popularity until the count, a great home entertainer, made it famous.

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In a Skillet

## **Sunday Supper Braciolo**

1 cup coarse whole wheat bread crumbs (about 2 slices bread)

¼ cup grated Parmesan cheese

¼ cup sliced fresh basil

3 large garlic cloves, minced

Pinch red pepper flakes

8 (2-ounce) thin slices beef top round, trimmed

¾ teaspoon salt

¼ teaspoon black pepper

1 tablespoon olive oil

1 pound cremini mushrooms, sliced

1 (14½-ounce) can diced tomatoes

1 teaspoon dried oregano

4 cups hot cooked whole wheat penne or rigatoni

**1** Stir together bread crumbs, Parmesan, basil, half of garlic, and the pepper flakes on sheet of wax paper.

**2** Place slices of beef between two pieces of plastic wrap; pound with meat mallet or bottom of small heavy saucepan to

1/8-inch thickness. Sprinkle beef with 1/2 teaspoon of salt and 1/8 teaspoon of black pepper. Sprinkle bread crumb mixture evenly over beef, pressing lightly so it adheres. Roll up each slice of beef beginning with short side. Secure each roll with toothpick.

**3** Heat oil in large nonstick skillet over medium-high heat. Add beef rolls and cook until browned on all sides, about 4 minutes. Transfer to large plate.

**4** Add mushrooms and remaining garlic, 1/4 teaspoon salt, and 1/8 teaspoon black pepper to skillet. Cook, stirring, until mushrooms are softened, about 5 minutes. Return beef with any accumulated juices to skillet; stir in tomatoes with their juice and the oregano; bring to simmer. Cook, covered, until beef is very tender when pierced with fork, about 30 minutes. Transfer braciolo to platter; remove toothpicks. Spoon some tomato sauce over braciolo. Toss remaining sauce with pasta and serve alongside.

**PER SERVING (1 braciolo, about 1/2 cup sauce, and 1/2 cup pasta):** 283 Cal, 6 g Total Fat, 2 g Sat Fat, 0 g Trans Fat, 30 mg Chol, 569 mg Sod, 33 g Carb, 5 g Sugar, 4 g Fib, 22 g Prot, 106 mg Calc.

**FYI** When freezing food in plastic containers, be sure to look for the snowflake icon, an indication that the containers are recommended for freezer use.

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In a Skillet

## **Charred Beef Salad with Noodles & Mixed Greens**

⅓ cup lime juice

2 tablespoons Asian fish sauce

1 tablespoon reduced-sodium soy sauce

1 tablespoon packed brown sugar

1 tablespoon canola oil

3 garlic cloves, minced

⅛ teaspoon black pepper

1 pound beef top round, trimmed and cut into thin strips

1 (7-ounce) package rice stick noodles (vermicelli)

1 bunch watercress, trimmed

1 large red bell pepper, cut into thin strips

1 large tomato, seeded and diced

1 cup bean sprouts

⅓ cup lightly packed fresh cilantro leaves

¼ cup thinly sliced fresh mint

¼ cup unsalted peanuts, finely chopped

**1** To make dressing, whisk together lime juice, fish sauce, soy sauce, brown sugar, oil, garlic, and black pepper in serving

bowl. Transfer 2 tablespoons of dressing to large zip-close plastic bag; add beef. Squeeze out air and seal bag; turn to coat beef. Refrigerate, turning bag occasionally, at least 30 minutes or up to 3 hours.

**2** Meanwhile, put noodles in large bowl and add enough hot water to cover. Cover bowl with plastic wrap and soak until noodles are softened, about 10 minutes. Drain.

**3** Heat large heavy nonstick or cast-iron skillet over high heat. Remove beef from marinade; discard marinade. Lightly pat beef dry with paper towels. Cook beef, in batches, turning once, until cooked through and lightly charred along edges, about 3 minutes per batch; transfer to dressing in bowl.

**4** Add noodles, watercress, bell pepper, tomato, bean sprouts, cilantro, and mint to dressing in bowl; toss until mixed well. Top with beef mixture and sprinkle with peanuts.

**PER SERVING (about 2 cups):** 324 Cal, 9 g Total Fat, 2 g Sat Fat, 0 g Trans Fat, 37 mg Chol, 595 mg Sod, 34 g Carb, 5 g Sugar, 2 g Fib, 24 g Prot, 69 mg Calc.

**FYI** The easiest way to thinly slice a piece of beef is to first put it on a plate or sheet of foil and freeze until very firm, which will take about 30 minutes. When slicing, be sure to use a long thin-bladed knife for the best results.

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In a Skillet

## **Bolognese Sauce with Bacon & Fennel**

$\frac{3}{4}$  pound ground lean beef (7% fat or less)

4 slices turkey bacon, chopped

1 onion, chopped

1 carrot, chopped

1 celery stalk, chopped

2 garlic cloves, minced

$\frac{1}{2}$  teaspoon ground fennel

$\frac{1}{2}$  teaspoon ground cumin

1 (28-ounce) can crushed tomatoes

$\frac{1}{2}$  cup dry red wine

$\frac{1}{4}$  teaspoon black pepper

6 cups hot cooked whole wheat spaghetti

$\frac{3}{4}$  cup fat-free ricotta cheese

$\frac{1}{4}$  cup chopped fresh mint

**1** Heat large nonstick skillet over medium heat. Add beef and bacon; cook, breaking beef up with side of spoon, until beef and bacon are browned, about 5 minutes. Add onion, carrot, celery, garlic, fennel, and cumin; cook, stirring, until vegetables are softened, about 5 minutes.

**2** Add tomatoes, wine, and pepper to skillet; bring to boil. Reduce heat and simmer, stirring occasionally, until slightly thickened, about 15 minutes.

**3** Divide spaghetti equally among 6 large shallow bowls; top evenly with Bolognese sauce and ricotta. Sprinkle with mint.

**PER SERVING (about  $\frac{2}{3}$  cup sauce, 1 cup pasta, and 2 tablespoons ricotta):** 381 Cal, 7 g Total Fat, 2 g Sat Fat, 0 g Trans Fat, 46 mg Chol, 484 mg Sod, 53 g Carb, 4 g Sugar, 10 g Fib, 28 g Prot, 191 mg Calc.

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In a Skillet

## **Cuban-Style Picadillo**

1 tablespoon olive oil

1 large green bell pepper, chopped

1 red onion, chopped

3 garlic cloves, minced

1 pound ground lean beef (7% fat or less)

1 (14½-ounce) can diced tomatoes

2 teaspoons ground cumin

1 teaspoon hot pepper sauce

½ teaspoon salt

¼ teaspoon black pepper

1 cup frozen baby peas

¼ cup dark raisins

¼ cup pitted green olives, coarsely chopped

3 cups hot cooked brown rice

**1** Heat oil in large nonstick skillet over medium heat. Add bell pepper, onion, and garlic; cook, stirring, until onion is golden, about 8 minutes. Add beef and cook, breaking it apart with side of spoon, until browned, about 6 minutes.

**2** Add tomatoes, cumin, pepper sauce, salt, and black pepper to skillet; bring to boil. Reduce heat and simmer, covered, until flavors are blended, about 10 minutes. Stir in peas, raisins, and olives; cook, stirring, about 5 minutes longer. Serve with rice.

**PER SERVING (scant 1 cup picadillo and ½ cup rice):** 310 Cal, 8 g Total Fat, 2 g Sat Fat, 0 g Trans Fat, 46 mg Chol, 494 mg Sod, 39 g Carb, 10 g Sugar, 5 g Fib, 20 g Prot, 50 mg Calc.

**FYI** Picadillo is a very versatile dish. It can be used as a stuffing for lightly cooked vegetables, including zucchini, tomato, and baby eggplant. It's also delicious served over whole wheat pasta or as a burrito filling using whole wheat tortillas.

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In a Skillet

## **Pork Tenderloin in Sour Cream–Paprika Sauce**

1 tablespoon all-purpose flour

½ teaspoon salt

¼ teaspoon black pepper

1 pound pork tenderloin, trimmed and cut into 1-inch chunks

2 teaspoons olive oil

1 onion, thinly sliced

1 large green bell pepper, cut into thin strips

1 tablespoon paprika, preferably Hungarian

¾ cup reduced-sodium chicken broth

½ cup fat-free sour cream

2 tablespoons chopped fresh parsley

3 cups hot cooked wide whole wheat egg noodles

**1** Combine flour, salt, and black pepper in large zip-close plastic bag. Add pork; seal bag and shake until pork is coated evenly.

**2** Heat oil in large nonstick skillet over medium-high heat. Cook pork, in batches, until lightly browned, about 3 minutes per batch; transfer to plate.

**3** Add onion and bell pepper to skillet. Cook, stirring, until onion is softened, about 5 minutes; stir in paprika. Return pork with any accumulated juices to skillet. Stir in broth and bring to boil. Reduce heat and simmer, covered, until pork is tender, about 25 minutes. Remove skillet from heat; stir in sour cream until blended. Sprinkle with parsley and serve with noodles.

**PER SERVING (about 1 cup pork with sauce and  $\frac{3}{4}$  cup noodles):** 320 Cal, 6 g Total Fat, 1 g Sat Fat, 0 g Trans Fat, 77 mg Chol, 518 mg Sod, 36 g Carb, 5 g Sugar, 5 g Fib, 31 g Prot, 78 mg Calc.

**FYI** Paprika, made by finely grinding dried sweet or hot red peppers, is made in California, Spain, South America, and Hungary, which some consider the best in the world. For most dishes, sweet paprika is the way to go. For a touch of heat, reach for hot paprika. And to add deep smoky flavor to a dish, try Spanish smoked paprika, pimentón, which is made by slowly smoking peppers over an oak fire.

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In a Skillet

## **Fragrant Indian-Spiced Lamb Stew**

2 tablespoons minced peeled fresh ginger

2 teaspoons ground cumin

$\frac{3}{4}$  teaspoon salt

$\frac{1}{2}$  teaspoon ground turmeric

$\frac{1}{4}$  teaspoon ground cinnamon

$\frac{1}{8}$  teaspoon cayenne

1 pound boneless leg of lamb, trimmed and cut into  $\frac{3}{4}$ -inch chunks

$\frac{1}{3}$  cup plain fat-free yogurt

2 teaspoons canola oil

1 large onion, chopped

1 cup basmati rice

$1\frac{1}{2}$  cups reduced-sodium chicken broth

3 tablespoons chopped unsalted cashews

3 tablespoons golden raisins

**1** Combine ginger, cumin, salt, turmeric, cinnamon, and cayenne on sheet of wax paper. Put lamb in large zip-close plastic bag. Add yogurt and half of spice mixture. Squeeze out

air and seal bag; toss until coated evenly. Refrigerate at least 2 hours or up to 5 hours.

**2** Heat oil in large nonstick skillet over medium heat. Add onion and cook, stirring, until softened, about 5 minutes. Add remaining spice mixture and cook, stirring constantly, until fragrant, about 2 minutes. Add lamb and cook, stirring, about 3 minutes longer.

**3** Add rice to skillet and cook, stirring, 2 minutes. Stir in broth and bring to boil. Reduce heat and simmer, covered, until lamb is fork-tender, rice is tender, and liquid is absorbed, about 30 minutes. Remove skillet from heat; let stand 5 minutes. Serve sprinkled with cashews and raisins.

**PER SERVING (scant 1 cup lamb mixture, ½ tablespoon cashews, and ½ tablespoon raisins):** 358 Cal, 12 g Total Fat, 4 g Sat Fat, 0 g Trans Fat, 80 mg Chol, 507 mg Sod, 36 g Carb, 6 g Sugar, 2 g Fib, 26 g Prot, 73 mg Calc.

#### HEALTHY EXTRA

Serve the stew with a side of steamed whole green beans and a bowl of fragrant brown basmati rice (⅔ cup cooked brown basmati rice per serving will increase the **PointsPlus** value by **3**.)

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## **Lamb-Bulgur Meatballs in Quick Tomato Sauce**

In a Skillet

## **Lamb-Bulgur Meatballs in Quick Tomato Sauce**

1 pound ground lean lamb

½ cup bulgur

½ cup chopped fresh parsley

1 large onion, chopped

2 large garlic cloves, minced

¼ cup fat-free egg substitute

1 teaspoon ground cumin

¾ teaspoon salt

¼ teaspoon black pepper

4 teaspoons olive oil

1 (14½-ounce) can whole peeled tomatoes

1 cup fat-free tomato sauce

1 cup water

3 cups hot cooked brown rice

**1** Mix together lamb, bulgur, parsley, half of onion, half of garlic, the egg substitute, cumin, ½ teaspoon of salt, and ⅛ teaspoon of pepper in medium bowl. Knead mixture until mixed well and smooth; cover and refrigerate at least 30

minutes or up to 4 hours. Shape lamb mixture into 24 walnut-size meatballs.

**2** Heat oil in large nonstick skillet over medium heat. Add remaining onion and garlic; cook, stirring, until onion is golden, about 8 minutes. Add tomatoes with their juice, breaking them up with side of spoon.

**3** Add meatballs, tomato sauce, water, and remaining 1/4 teaspoon salt and 1/8 teaspoon pepper to skillet; bring to boil. Reduce heat and simmer, covered, turning meatballs occasionally, until cooked through and sauce is slightly thickened, about 20 minutes. Serve with rice.

**PER SERVING (4 meatballs, about 1 cup sauce, and 1/2 cup rice):** 266 Cal, 8 g Total Fat, 2 g Sat Fat, 0 g Trans Fat, 48 mg Chol, 699 mg Sod, 32 g Carb, 4 g Sugar, 5 g Fib, 18 g Prot, 59 mg Calc.

#### HEALTHY EXTRA

Round out this meal by serving it with zucchini sprinkled with chopped fresh mint. Slice the zucchini and put into a microwavable dish with a few tablespoons of water. Cover and cook on High until crisp-tender, about 5 minutes. Drain and serve sprinkled with a pinch of salt, pepper, and some mint.

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In a Skillet

## **Smoky Chicken-Seafood Paella**

3 slices turkey bacon, chopped

1 onion, chopped

3 garlic cloves, minced

2 different color bell peppers, diced

2 teaspoons smoked paprika

½ pound skinless boneless chicken breasts, cut into 1-inch chunks

¾ cup long-grain white rice

¾ cup frozen baby peas

1½ cups reduced-sodium chicken broth, warmed

¼ teaspoon saffron threads, crushed

16 littleneck clams, scrubbed

½ pound large shrimp, peeled and deveined

**1** Heat large cast-iron or heavy nonstick skillet over medium-high heat. Add bacon and cook until beginning to brown, about 3 minutes. Add onion and garlic; cook, stirring, until onion is softened, about 5 minutes. Add bell peppers and paprika; cook, stirring, until peppers are crisp-tender, about 3 minutes.

**2** Add chicken to skillet and cook, stirring occasionally, until golden, about 4 minutes. Stir in rice, peas, broth, and saffron; bring to boil. Reduce heat and simmer, covered, until liquid is almost absorbed and rice is tender, about 25 minutes longer.

**3** Scatter clams and shrimp over rice mixture. Increase heat to medium and cook, covered, until clams open and shrimp are just opaque in center, about 5 minutes. Discard any clams that do not open.

**PER SERVING (2 cups):** 371 Cal, 6 g Total Fat, 1 g Sat Fat, 0 g Trans Fat, 151 mg Chol, 433 mg Sod, 40 g Carb, 6 g Sugar, 4 g Fib, 38 g Prot, 87 mg Calc.

**FYI** Saffron is the world's most expensive spice—and for good reason. It takes over 14,000 of the small purple crocus's stigmas (each flower produces only three) to produce one ounce of saffron. Luckily the spice is so aromatic that it takes only a pinch to flavor dishes.

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In a Skillet

## **Weeknight Skillet Chicken & Rice**

1 pound skinless boneless chicken breasts, cut into 1½-inch chunks

¼ teaspoon salt

¼ teaspoon black pepper

2 teaspoons olive oil

½ pound cremini mushrooms, sliced

1 onion, chopped

1 green bell pepper, chopped

2 celery stalks, thinly sliced

2 carrots, chopped

2 large garlic cloves, minced

½ cup dry white wine or dry vermouth

1 (6-ounce) box long-grain and wild rice mix

2 cups reduced-sodium chicken broth

1 cup canned diced tomatoes, drained

1 teaspoon dried thyme

**1** Sprinkle chicken with salt and black pepper. Heat 1 teaspoon of oil in large nonstick skillet over medium-high

heat. Add chicken and cook until browned on all sides, 6 minutes; transfer to plate.

**2** Reduce heat to medium and add remaining 1 teaspoon oil to skillet. Add mushrooms, onion, bell pepper, celery, carrots, and garlic; cook, stirring, until onion is softened, about 5 minutes. Stir in wine and cook until it is evaporated, about 4 minutes.

**3** Add rice mix to skillet, stirring until grains are coated. Return chicken to skillet along with broth, tomatoes, and thyme; bring to boil. Reduce heat and simmer, covered, until broth is absorbed, rice is tender, and chicken is cooked through, about 25 minutes. Remove skillet from heat; let stand 5 minutes before serving.

**PER SERVING (about 1½ cups):** 374 Cal, 6 g Total Fat, 2 g Sat Fat, 0 g Trans Fat, 63 mg Chol, 685 mg Sod, 49 g Carb, 8 g Sugar, 6 g Fib, 31 g Prot, 82 mg Calc.

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In a Skillet

## **Zesty Arugula & Tomato Salad–Topped Turkey Cutlets**

8 (2-ounce) turkey cutlets

1 teaspoon salt

$\frac{1}{4}$  teaspoon black pepper

1 tablespoon + 2 teaspoons olive oil

1 bunch arugula, trimmed

$\frac{1}{2}$  cup lightly packed fresh basil leaves, torn

$\frac{1}{2}$  small red onion, thinly sliced

1 large tomato, chopped

1 small carrot, grated

Juice of 1 lemon

**1** Place cutlets between two pieces of plastic wrap and pound to  $\frac{1}{8}$ -inch thickness with meat mallet or bottom of small heavy saucepan. Sprinkle turkey with  $\frac{1}{2}$  teaspoon of salt and  $\frac{1}{8}$  teaspoon of pepper.

**2** Heat 1 tablespoon of oil in large nonstick skillet over medium-high heat. Add 4 cutlets and cook until cooked through, about 3 minutes per side. Transfer to plate and keep warm. Repeat with remaining cutlets.



**3** To make salad, combine arugula, basil, onion, tomato, and carrot in bowl. Drizzle with lemon juice and remaining 2 teaspoons oil; sprinkle with remaining  $\frac{1}{2}$  teaspoon salt and  $\frac{1}{8}$  teaspoon pepper. Toss. Serve cutlets topped with salad.

**PER SERVING (2 turkey cutlets and about 1 cup salad):**  
205 Cal, 7 g Total Fat, 1 g Sat Fat, 0 g Trans Fat, 45 mg Chol,  
708 mg Sod, 7 g Carb, 4 g Sugar, 2 g Fib, 30 g Prot, 113 mg  
Calc.

**FYI** During the warmer months, grill the turkey cutlets on a medium-high grill until cooked through, about 3 minutes per side.

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## **Basque-Style Cutlets with Peppers, Tomato & Bacon**

In a Skillet

## **Basque-Style Cutlets with Peppers, Tomato & Bacon**

3 teaspoons olive oil

4 (1/4-pound) turkey cutlets

1 large onion, sliced

1 green bell pepper, cut into strips

1 red bell pepper, cut into strips

1 tomato, cut into thin wedges

2 ounces Canadian bacon, chopped

2 large garlic cloves, minced

$\frac{3}{4}$  cup reduced-sodium chicken broth

1 teaspoon dried oregano

$\frac{1}{2}$  teaspoon salt

$\frac{1}{4}$  teaspoon black pepper

**1** Heat 2 teaspoons of oil in large nonstick skillet over medium-high heat. Add turkey cutlets and cook until browned, about 3 minutes per side; transfer to plate.

**2** Reduce heat to medium and add remaining 1 teaspoon oil to skillet. Add onion and bell peppers; cook, stirring, until softened, about 5 minutes. Add tomato, Canadian bacon, and

garlic; cook, stirring, until tomato is softened, about 5 minutes longer.

**3** Add broth, oregano, salt, and black pepper to skillet; bring to boil. Reduce heat and simmer, covered, until flavors are blended, about 10 minutes. Return turkey to skillet and cook until heated through, about 2 minutes longer.

**PER SERVING (1 turkey cutlet and  $\frac{3}{4}$  cup vegetable mixture):** 209 Cal, 5 g Total Fat, 1 g Sat Fat, 0 g Trans Fat, 50 mg Chol, 638 mg Sod, 9 g Carb, 4 g Sugar, 2 g Fib, 32 g Prot, 29 mg Calc.

#### HEALTHY EXTRA

Enjoy this Basque dish with a side dish of mashed sweet potatoes — 2 large sweet potatoes, cooked and mashed for 4 servings will increase the per-serving **PointsPlus** value by **2**.

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In a Skillet

## **Spinach & Provolone–Stuffed Chicken**

4 (1/4-pound) chicken cutlets

¼ teaspoon black pepper

4 very thin slices prosciutto

1 (10-ounce) package frozen chopped spinach, thawed and squeezed dry

¼ cup grated Parmesan cheese

2 slices reduced-fat provolone cheese, each cut in half

1 tablespoon olive oil

1 (14½-ounce) can reduced-sodium chicken broth

1 tablespoon finely chopped fresh parsley

**1** Place chicken cutlets between two pieces of plastic wrap and pound to even thickness with meat mallet or bottom of small heavy saucepan.

**2** Sprinkle chicken with pepper. Place 1 slice of prosciutto on top of each cutlet. Spread spinach evenly over prosciutto and sprinkle evenly with Parmesan. Top each cutlet with ½ slice of provolone. Roll up each chicken cutlet starting at tapered end. Secure each roll with toothpick.

**3** Heat oil in large nonstick skillet over medium-high heat. Add chicken rolls and cook until golden brown on all sides,

about 4 minutes. Add broth and cook, scraping up browned bits from bottom of skillet with wooden spoon. Bring broth to boil; reduce heat and simmer, covered, until chicken is cooked through, about 10 minutes longer.

**4** Transfer chicken to platter and keep warm. Increase heat under skillet to high and cook until pan liquid is syrupy, about 5 minutes. Pour over chicken and sprinkle with parsley.

**PER SERVING (1 chicken roll and about 2 tablespoons pan sauce):** 270 Cal, 12 g Total Fat, 4 g Sat Fat, 0 g Trans Fat, 86 mg Chol, 919 mg Sod, 5 g Carb, 1 g Sugar, 2 g Fib, 36 g Prot, 274 mg Calc.

#### HEALTHY EXTRA

Serve this tasty dish with a side of whole wheat penne topped with chopped tomato and thinly sliced basil (½ cup cooked whole wheat penne per serving will increase the **PointsPlus** value by 2).

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In a Skillet

## **Turkey Sausage with Sun-Dried Tomato Couscous**

2 teaspoons olive oil

6 sweet Italian-style turkey sausages (about 1 pound)

1 onion, chopped

1 green bell pepper, diced

2 garlic cloves, minced

1 1/4 cups reduced-sodium chicken broth

1 (6-ounce) bag baby spinach

1 cup whole wheat couscous

6 moist-packed sun-dried tomatoes (not packed in oil),  
chopped

1/8 teaspoon black pepper

**1** Heat oil in large nonstick skillet over medium-high heat. Add sausages and cook, turning often, until browned and cooked through about 6 minutes. Transfer to plate and keep warm.

**2** Reduce heat to medium. Add onion, bell pepper, and garlic to skillet; cook, stirring, until onion is softened, about 5 minutes.

**3** Return sausages to skillet. Add broth and bring to boil over medium-high heat. Stir in spinach and cook, stirring occasionally, until beginning to wilt, about 2 minutes. Stir in couscous, sun-dried tomatoes, and black pepper. Cover and remove skillet from heat. Let stand until liquid is absorbed and couscous is tender, about 5 minutes. Fluff couscous with fork.

**PER SERVING (1 sausage and about ½ cup couscous mixture):** 243 Cal, 10 g Total Fat, 0 g Sat Fat, 0 g Trans Fat, 45 mg Chol, 692 mg Sod, 23 g Carb, 4 g Sugar, 5 g Fib, 17 g Prot, 44 mg Calc.

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In a Skillet

## **Street Fair Sausage, Potatoes & Peppers**

4 sweet or hot Italian-style turkey sausages, pierced with fork

¼ cup water

1 tablespoon olive oil

1 (1-pound) package refrigerated fully cooked cubed potatoes

2 large red or green bell peppers, cut into thick strips

1 large onion, sliced

1 large garlic clove, minced

¼ teaspoon salt

¼ teaspoon black pepper

**1** Combine sausages and water in large nonstick skillet and bring to boil. Reduce heat and simmer, covered, 5 minutes. Uncover and cook, turning sausages occasionally, until well browned and cooked through, about 10 minutes longer; transfer to plate. When cool enough to handle, thickly slice sausages. Wipe skillet dry.

**2** Add oil to heat and sim