

Cook Once, Eat Twice

TONIGHT'S DINNER BECOMES TOMORROW'S
WRAP, SANDWICH, PIZZA, SALAD, OR CASSEROLE.



INCLUDES
8 SLOW
COOKER
RECIPES



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LEFTOVERS TAKE ON A WHOLE NEW MEANING—AND LOOK—WHEN THEY'RE TRANSFORMED WITH JUST A FEW SIMPLE TWEAKS INTO SOMETHING FRESH AND NEW. MAKE THE MOST OUT OF TONIGHT'S DINNER BY TURNING IT INTO TOMORROW'S ENTIRELY DIFFERENT DISH.



Beef & Pork

TONIGHT

HERB-SCENTED FLANK STEAK

PREP: 25 MINUTES **MARINATE:** 4 TO 24 HOURS **GRILL:** 17 MINUTES
MAKES: 6 TO 8 SERVINGS + RESERVES

- 1 2- to 2½-pound beef flank steak
- ¼ cup Dijon mustard
- ¼ cup dry red wine
- 1 large shallot, finely chopped
- 2 tablespoons olive oil
- 2 tablespoons snipped fresh basil or 1 teaspoon dried basil, crushed
- 1 tablespoon snipped fresh oregano or 1 teaspoon dried oregano, crushed
- 1 tablespoon snipped fresh thyme or 1 teaspoon dried thyme, crushed
- 1 teaspoon salt
- ½ teaspoon cracked black pepper

1 Trim fat from steak. Score both sides of steak in a diamond pattern by making shallow diagonal cuts at 1-inch intervals. Place steak in a large resealable plastic bag set in a shallow dish.

2 For marinade, in a small bowl combine mustard, wine, shallot, oil, basil, oregano, thyme, salt, and pepper. Pour marinade over steak. Seal bag; turn to coat steak. Marinate in the refrigerator for 4 to 24 hours, turning bag occasionally. Drain steak, reserving marinade.

3 For a charcoal grill, grill steak on the rack of an uncovered grill directly over medium coals for 17 to 21 minutes for medium (160°F), turning and brushing once with marinade halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place steak on grill rack over heat. Cover and grill as above.) Discard any remaining marinade.

4 Thinly slice steak diagonally across the grain. Serve three-fourths of the steak. Transfer the remaining steak slices to an airtight storage container; cover and chill for up to 3 days or freeze for up to 1 month. Use in Flank Steak Vinaigrette Salad.

PER SERVING: 221 cal., 12 g total fat (4 g sat. fat), 40 mg chol., 533 mg sodium, 1 g carbo., 0 g fiber, 24 g pro.



TOMORROW

FLANK STEAK VINAIGRETTE SALAD

START TO FINISH: 30 MINUTES **MAKES:** 4 SERVINGS

- 1 recipe Sweet Pepper Salsa
- 12 ounces tiny new potatoes, quartered
- 8 ounces sugar snap pea pods, trimmed
- 6 cups packaged mixed salad greens
- ¼ recipe (6 ounces) Herb-Scented Flank Steak

1 Prepare Sweet Pepper Salsa. Cover and chill for up to 4 hours.

2 In a covered large saucepan cook potatoes in enough boiling lightly salted water to cover for 10 minutes. Add pea pods. Cook for 1 minute more; drain. Rinse with cold water; drain again.

3 In a very large bowl combine salad greens and potato mixture; set aside. Pour ½ cup of the Sweet Pepper Salsa over meat; toss gently to coat. Pour the remaining salsa mixture over greens mixture; toss gently to coat. To serve, transfer greens mixture to a serving platter. Arrange meat on top of greens mixture.

SWEET PEPPER SALSA: In a medium bowl combine 1 medium green sweet pepper, seeded and finely chopped; ¼ cup finely chopped, peeled jicama; 2 tablespoons finely chopped red onion; 1 tablespoon snipped fresh cilantro; 1½ teaspoons red wine vinegar; ½ of a fresh serrano chile pepper, seeded and chopped,* and ½ teaspoon salt. In a screw-top jar combine ½ cup olive oil, ½ cup cider vinegar, 1 tablespoon snipped fresh cilantro, 1 to 2 teaspoons sugar, 1 teaspoon Dijon mustard, ¼ teaspoon salt, and ⅛ teaspoon black pepper. Pour over pepper mixture; toss gently to combine. Cover and chill.

***TIP** Because chile peppers contain oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

PER SERVING: 380 cal., 23 g total fat (4 g sat. fat), 26 mg chol., 298 mg sodium, 27 g carbo., 5 g fiber, 17 g pro.



TONIGHT

SOUTHWESTERN TRI-TIP ROAST

PREP: 20 MINUTES **ROAST:** 30 MINUTES **STAND:** 15 MINUTES
OVEN: 425°F **MAKES:** 4 SERVINGS + RESERVES

- 1 1¾- to 2-pound boneless beef tri-tip roast (bottom sirloin)
- 1 recipe Southwestern Rub
- 1 8-ounce pouch cooked seasoned black beans
- Sour cream, snipped fresh cilantro, and lime wedges (optional)

1 Preheat oven to 425°F. Trim fat from roast. Sprinkle Southwestern Rub over meat; rub over surface of meat. Place roast on rack in a shallow roasting pan. Roast, uncovered, for 30 to 35 minutes or until meat thermometer inserted in center of roast registers 135°F. Cover with foil; let stand 15 minutes. Temperature of meat after standing should be 145°F. (For medium, roast 40 to 45 minutes or until thermometer registers 150°F. Cover with foil; let stand for 15 minutes. Temperature of meat after standing should be 160°F.)

2 Prepare black beans according to the package directions. Slice meat. Transfer half of the beef to container. Cover and chill for up to 3 days; use in Southwestern Salad Plates. Serve remaining meat with cooked beans and, if desired, sour cream, snipped fresh cilantro, and lime wedges.

SOUTHWESTERN RUB: Combine 1½ teaspoons chili powder; 1½ teaspoons paprika; 1 teaspoon packed brown sugar; 1 teaspoon ground cumin; ½ teaspoon garlic powder; ½ teaspoon dried thyme, crushed; ½ teaspoon black pepper; ¼ teaspoon salt; and ¼ teaspoon cayenne pepper.

PER 4 OUNCES MEAT + ½ CUP BEANS: 228 cal., 9 g total fat (3 g sat. fat), 64 mg chol., 261 mg sodium, 11 g carbo., 4 g fiber, 24 g pro.

TOMORROW

SOUTHWESTERN SALAD PLATES

START TO FINISH: 20 MINUTES **MAKES:** 4 SERVINGS

- 6 cups torn mixed salad greens
- 1 cup purchased corn relish
- ½ recipe Southwestern Tri-Tip Roast, sliced
- 1 cup halved cherry or grape tomatoes
- ½ of a small red onion, thinly sliced
- Snipped fresh rosemary (optional)
- Soft breadsticks (optional)

1 Arrange greens on four chilled dinner plates. Top with half of the corn relish. Arrange beef, tomato halves, and onion on top. Spoon remaining corn relish over all. If desired, sprinkle with rosemary and serve with breadsticks.

PER SERVING: 274 cal., 9 g total fat (3 g sat. fat), 64 mg chol., 483 mg sodium, 26 g carbo., 2 g fiber, 22 g pro.

TRY A TRI-TIP

KEEP THIS VERSATILE CUT IN MIND FOR OTHER BUDGET-FRIENDLY DINNERS.

A tri-tip beef roast is an economical cut of meat that comes from the sirloin section. This lean cut of meat is a good choice for roasting and grilling. You also can cut it into steaks or into cubes for kabobs. Because it contains so little fat, be sure not to cook it past medium doneness (150°F).

TONIGHT

SUNDAY OVEN POT ROAST

PREP: 30 MINUTES **ROAST:** 2 HOURS 5 MINUTES **OVEN:** 325°F
MAKES: 4 SERVINGS + RESERVES

- 3½-pound boneless beef chuck pot roast
Salt and black pepper
- 2 tablespoons olive oil or vegetable oil
- 1 14.5-ounce can beef broth
- 1 cup chopped onion (1 large)
- 2 stalks celery, cut into 2-inch pieces
- 5 cups assorted vegetables such as peeled Yukon gold or sweet potatoes, cut into 2-inch chunks; parsnips, peeled and cut into 2-inch chunks; whole shallots or garlic bulbs, halved horizontally; and/or small carrots, peeled and cut into 1½-inch pieces
- 3 tablespoons all-purpose flour

1 Preheat oven to 325°F. Trim fat from meat. Sprinkle meat with salt and pepper. In a large Dutch oven heat oil over medium heat. Add roast; brown on all sides. Transfer roast to a 13×9×2-inch baking pan. Add beef broth, onion, and celery to pan. Cover with foil.

2 Bake, covered, for 1¼ hours. Remove celery with slotted spoon; discard. Add desired vegetables around roast. Bake, uncovered, for 50 to 60 minutes more or until meat and vegetables are tender, spooning juices over meat and vegetables twice during roasting.

3 Using a slotted spoon, transfer meat and vegetables to a platter; keep warm. For gravy, place pan juices in glass measuring cup; skim off any fat. Discard enough juices or add water to equal 1½ cups. In a saucepan whisk together ¼ cup water and flour until well combined; add the 1½ cups juices. Cook and stir until thickened and bubbly; cook and stir 1 minute more. Season with salt and pepper. Cut enough meat to make 2 cups. Transfer cut-up meat and ½ cup sauce to a covered container. Cover; chill for up to 3 days. Use in Beef Stroganoff Casserole. Serve remaining meat with gravy and vegetables.

PER SERVING: 419 cal., 14 g total fat (4 g sat. fat), 112 mg chol., 584 mg sodium, 29 g carbo., 4 g fiber, 43 g pro.



TOMORROW

BEEF STROGANOFF CASSEROLE

PREP: 35 MINUTES **BAKE:** 30 MINUTES **OVEN:** 350°F
MAKES: 4 SERVINGS

- 12 ounces dried campanelle or penne pasta, cooked and drained
- 2 cups reserved meat and ½ cup reserved gravy from Sunday Oven Pot Roast
- 2 tablespoons butter
- 2 large fresh portobello mushrooms, stems removed and coarsely chopped (about 4 cups)
- 1 medium sweet onion, cut into thin wedges
- 2 cloves garlic, minced
- 3 tablespoons all-purpose flour
- 2 tablespoons tomato paste
- 1 14.5-ounce can beef broth
- 1 tablespoon Worcestershire sauce
- 1 teaspoon smoked paprika or Spanish paprika
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 8-ounce carton sour cream
- 1 tablespoon prepared horseradish
- 1 teaspoon snipped fresh dill or ¼ teaspoon dried dill

1 Preheat oven to 350°F. Remove meat from container, reserving gravy. Using two forks, shred meat into bite-size pieces. Set aside.

2 In a large skillet cook mushrooms, onion, and garlic in butter until tender. Stir in flour and tomato paste. Stir in reserved gravy, beef broth, Worcestershire sauce, paprika, salt, and pepper. Cook and stir until thickened and bubbly. Remove from heat. Stir in ½ cup of the sour cream. Combine meat, mushroom mixture, and pasta. Transfer to ungreased 3-quart casserole. Bake, covered, about 30 minutes or until hot.

3 Meanwhile, combine the remaining sour cream, the horseradish, and dill. Serve with meat mixture. If desired, garnish with *fresh dill sprigs*.

PER SERVING: 485 cal., 18 g total fat (10 g sat. fat), 72 mg chol., 770 mg sodium, 56 g carbo., 4 g fiber, 26 g pro.

TONIGHT

ITALIAN POT ROAST

PREP: 20 MINUTES **COOK:** 9 TO 10 HOURS (LOW) OR 4½ TO 5 HOURS (HIGH)
MAKES: 4 SERVINGS + RESERVES

- 1 3-pound boneless beef chuck pot roast
- 1 teaspoon garlic salt
- 1 teaspoon fennel seeds, crushed
- ½ teaspoon black pepper
- 2 medium fennel bulbs, trimmed, cored, and chopped, or 2 cups chopped celery (4 stalks)
- 1½ cups chopped carrots (3 medium)
- 1 cup chopped onion (1 large)
- 1 26-ounce jar tomato-based pasta sauce
- 2 to 3 cups hot cooked penne pasta
- Grated Parmesan cheese (optional)

- 1 Trim fat from roast. In a small bowl stir together garlic salt, fennel seeds, and pepper; rub onto roast on all sides.
- 2 In a 5- to 6-quart slow cooker stir together chopped fennel, carrots, and onion. Place roast on top of vegetables. Add pasta sauce.
- 3 Cover and cook on low-heat setting for 9 to 10 hours or on high-heat setting for 4½ to 5 hours.
- 4 Remove one-third of the roast (10 ounces) and 2 cups of the sauce. Transfer meat and sauce to separate covered containers. Cover and chill for up to 3 days or freeze for up to 1 month. Use in Beef and Olive Calzones. Serve remaining roast and sauce over hot cooked pasta. If desired, sprinkle with Parmesan cheese.

PER SERVING: 535 cal., 13 g total fat (4 g sat. fat), 134 mg chol., 944 mg sodium, 47 g carbo., 6 g fiber, 55 g pro.



SLOW
COOKER
RECIPE



TOMORROW

BEEF AND OLIVE CALZONES

PREP: 20 MINUTES **BAKE:** 18 MINUTES **COOL:** 5 MINUTES
OVEN: 400°F **MAKES:** 4 CALZONES

Nonstick cooking spray

- 1 13.8-ounce package refrigerated pizza dough
- 10 ounces reserved beef roast and 2 cups reserved sauce from Italian Pot Roast
- 1 cup finely shredded Italian-blend cheeses (4 ounces)
- ¼ cup sliced pitted ripe olives

- 1 Preheat oven to 400°F. Line a baking sheet with foil; lightly coat foil with cooking spray. Unroll pizza dough on prepared baking sheet. Cut dough in half crosswise and lengthwise to make 4 rectangles; set aside. Chop leftover roast (should have about 2 cups); set aside.
- 2 In a food processor or blender puree reserved sauce. In a medium bowl stir together ⅓ cup of the pureed sauce, the chopped roast, cheese, and olives. Place about ½ cup beef mixture in center of each dough rectangle. For each calzone, fold a short edge of a dough rectangle over filling to opposite edge, stretching slightly if necessary. Seal edges with the tines of a fork. Arrange calzones on the prepared baking sheet.
- 3 Prick tops of calzones to allow steam to escape. Bake, uncovered, for 18 to 20 minutes or until golden. Let cool for 5 minutes before serving. Meanwhile, in a small saucepan heat the remaining pureed sauce; serve with calzones.

PER CALZONE: 165 cal., 17 g total fat (6 g sat. fat, g trans fat), 87 mg chol., 951 mg sodium, 40 g carbo., 4 g fiber, 37 g pro.

CRUSHING FENNEL SEEDS

USE A MORTAR AND PESTLE TO CRUSH SEEDS SUCH AS FENNEL. THE BOWL IS THE MORTAR AND THE UTENSIL IS THE PESTLE.



TONIGHT

SPICE-RUBBED BEEF TENDERLOIN

PREP: 15 MINUTES **GRILL:** 60 MINUTES **STAND:** 15 MINUTES
MAKES: 6 SERVINGS + RESERVES

- 1 tablespoon chili powder
- 1 tablespoon ground coriander
- 1 tablespoon packed brown sugar
- 1 teaspoon paprika
- 1 teaspoon dry mustard
- 1 teaspoon salt
- ½ teaspoon garlic powder
- ¼ teaspoon cayenne pepper
- 1 3- to 4-pound center-cut beef tenderloin roast

- 1** For rub, in a small bowl combine chili powder, coriander, brown sugar, paprika, dry mustard, salt, garlic powder, and cayenne pepper. Sprinkle rub over roast and rub in with your fingers.
- 2** For a charcoal grill, arrange hot coals around a drip pan. Test for medium-high heat above the pan. Place roast on grill rack over drip pan. Cover and grill for 60 to 75 minutes for medium rare (135°F). (For a gas grill, preheat grill. Reduce heat to medium-high. Adjust for indirect cooking. Grill as directed, except place roast on a rack in a shallow roasting pan.) Remove meat from grill. Cover meat with foil; let stand for 15 minutes. Temperature of meat after standing should be 145°F.
- 3** Cut roast into slices; serve warm. Transfer half of the slices to an airtight storage container; cover and chill for up to 3 days or freeze for up to 1 month (thaw overnight in the refrigerator before using). Use in Mop Sauce Beef Sandwiches.

PER 4 OUNCES: 193 cal., 10 g total fat (4 g sat. fat), 70 mg chol., 253 mg sodium, 2 g carbo., 0 g fiber, 24 g pro.

TOMORROW

MOP SAUCE BEEF SANDWICHES

PREP: 15 MINUTES **COOK:** 30 MINUTES **GRILL:** 5 MINUTES
MAKES: 6 SANDWICHES

- 1 cup strong brewed coffee
- 1 cup ketchup
- ½ cup Worcestershire sauce
- ¼ cup butter or margarine
- 1 tablespoon sugar
- ½ to 1 teaspoon black pepper
- ½ teaspoon salt
- ½ recipe Spice-Rubbed Beef Tenderloin
- 6 French-style rolls, unsliced
- 6 ounces cheddar or Monterey Jack cheese, thinly sliced

- 1** In a large saucepan combine coffee, ketchup, Worcestershire sauce, butter, sugar, pepper, and salt. Bring to boiling, stirring occasionally; reduce heat. Simmer, uncovered, for 30 minutes, stirring frequently. Reserve ½ cup of the sauce. Add beef to remaining sauce in saucepan; heat through.
- 2** Cut ½ inch from top of each roll. Hollow out the rolls (reserve bread tops, if desired, and/or save bread scraps for another use). Add beef to the rolls and spoon reserved sauce over each. Top with cheese and, if desired, reserved bread tops.
- 3** For a charcoal grill, arrange medium-hot coals around the outer edge of the grill. Test for medium heat above center of grill. Place rolls on the grill rack in the center of the grill. Cover and grill for 5 to 10 minutes or until cheese melts. (For a gas grill, preheat grill. Reduce heat to medium. Adjust heat for indirect cooking. Add rolls to grill rack over burner that is off. Cover and grill as directed.)

PER SANDWICH: 549 cal., 28 g total fat (15 g sat. fat), 120 mg chol., 1,615 mg sodium, 37 g carbo., 2 g fiber, 35 g pro.

TONIGHT

CLASSIC DINER MEAT LOAF

PREP: 20 MINUTES **BAKE:** 1 HOUR **STAND:** 10 MINUTES **OVEN:** 350°F
MAKES: 4 SERVINGS + RESERVES

- 2 eggs, lightly beaten
- $\frac{2}{3}$ cup milk
- 2 cups soft whole wheat bread crumbs
- $\frac{1}{4}$ cup thinly sliced green onions (2)
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dried thyme or oregano, crushed
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon black pepper
- 1½ pounds lean ground beef
- $\frac{1}{4}$ cup ketchup
- 1 tablespoon balsamic vinegar
- 1 clove garlic, minced

1 Preheat oven to 350°F. Line a 2-quart rectangular baking dish with foil; set aside. In a large bowl combine eggs and milk. Stir in bread crumbs, green onions, Worcestershire sauce, thyme, salt, and pepper. Add beef; mix well. Shape meat mixture into an 8×5-inch rectangle in the prepared baking dish. Bake for 50 minutes; spoon off fat.

2 Meanwhile, combine ketchup, vinegar, and garlic. Spread over meat loaf. Bake about 10 minutes more or until done (160°F).

3 Let stand for 10 minutes before serving. Spoon off any fat. Cut into slices. Transfer 4 slices to an airtight container. Cover and chill for up to 2 days. Use in Next-Day Grilled Meat Loaf Sandwiches. Serve remaining meat loaf.

PER SERVING: 251 cal., 15 g total fat (6 g sat. fat), 112 mg chol., 3125 mg sodium, 9 g carbo., 1 g fiber, 20 g pro.



TOMORROW

NEXT-DAY GRILLED MEAT LOAF SANDWICHES

PREP: 15 MINUTES **GRILL:** 9 MINUTES **MAKES:** 4 SANDWICHES

- 4 $\frac{3}{4}$ -inch slices Classic Diner Meat Loaf
- 4 slices provolone cheese (optional)
- $\frac{2}{3}$ cup bottled roasted red sweet peppers, cut into thin strips
- $\frac{1}{4}$ cup mayonnaise
- 2 teaspoons bottled minced roasted garlic
- 8 slices bread (potato or sourdough)
- 1 cup fresh baby arugula or baby spinach

1 Lightly grease a grill pan or an indoor electric grill; heat over medium heat. Place meat loaf slices on grill. Grill about 8 minutes or until heated through, carefully turning once halfway through grilling. Top with cheese. Grill for 1 to 2 minutes more or until cheese is melted.

2 Finely chop $\frac{1}{4}$ cup of the roasted red peppers; place in a small bowl. Add mayonnaise and garlic. Mash with a fork to combine. Spread mayonnaise mixture on one side of each bread slice. Top 4 bread slices with warmed meat loaf slices, arugula, remaining red pepper strips, and the remaining bread slices.

PER SANDWICH: 499 cal., 28 g total fat (8 g sat. fat), 117 mg chol., 743 mg sodium, 37 g carbo., 3 g fiber, 24 g pro.

WHAT'S A GRILL PAN?

THIS HEAVY STOVETOP PAN GIVES FOOD APPEALING GRILL MARKS AND LOW-FAT RESULTS. THE GROOVES ALLOW THE FAT TO DRAIN AWAY FROM THE FOOD.

TONIGHT

MEATBALL LASAGNA

PREP: 1 HOUR **BAKE:** 1 HOUR 15 MINUTES **STAND:** 15 MINUTES
OVEN: 350°F/375°F **MAKES:** 8 SERVINGS + RESERVES

- 1½ cups soft whole wheat bread crumbs (about 2 slices)
- 1 cup jarred roasted red sweet peppers, drained and finely chopped
- ½ cup refrigerated or frozen egg product, thawed
- ⅓ cup purchased tomato sauce
- ½ cup snipped fresh basil
- ¼ cup snipped fresh Italian (flat-leaf) parsley
- 2 pounds lean ground beef
- 1½ cups shredded reduced-fat mozzarella cheese (6 ounces)
- ½ of a 15-ounce container (¾ cup) light ricotta cheese
- ¼ cup soft goat cheese (chèvre)
- 1½ cups purchased light or low-fat tomato basil pasta sauce
- 6 dried regular or whole wheat lasagna noodles, cooked
- 2 roasted, quartered green sweet peppers (see tip, below right)

1 Preheat oven to 350°F. Combine crumbs, red peppers, egg product, tomato sauce, basil, parsley, ½ teaspoon salt, and ¼ teaspoon black pepper. Add beef; mix well. Shape into 48 meatballs. Place in foil-lined 15×10×1-inch baking pan. Bake about 20 minutes or until done (160°F). Transfer 24 meatballs to covered container. Chill for up to 2 days. Use in Mediterranean Pita Melts. In bowl mix 1 cup of the mozzarella cheese, the ricotta cheese, and the goat cheese; set aside.

2 Increase oven temperature to 375°F. Spread ½ cup of the pasta sauce in a 2-quart rectangular baking dish. Layer 2 of the noodles in the dish. Arrange meatballs on noodles in dish. Add 2 more noodles. Top with cheese mixture and green peppers. Top with remaining noodles. Spread the remaining pasta sauce over noodles.

4 Bake, covered, for 50 minutes. Uncover and sprinkle with the remaining ½ cup mozzarella cheese. Bake, uncovered, for 5 to 10 minutes more or until heated through. Let stand for 15 minutes before serving. If desired, garnish with snipped fresh basil.

PER SERVING: 263 cal., 8 g total fat (4 g sat. fat), 54 mg chol., 468 mg sodium, 22 g carbo., 2 g fiber, 23 g pro



TOMORROW

MEDITERRANEAN PITA MELTS

PREP: 20 MINUTES **BROIL:** 5 MINUTES **MAKES:** 6 PITA MELTS

- 1 6-ounce carton plain low-fat yogurt
- ⅓ cup chopped, seeded cucumber
- 2 teaspoons snipped fresh mint
- 1 clove garlic, minced
- 24 reserved meatballs from Meatball Lasagna
- 3 large whole wheat pita bread rounds, split in half horizontally
- 3 large plum tomatoes, thinly sliced
- ½ cup crumbled reduced-fat feta cheese (2 ounces)
- ¼ cup chopped roasted red sweet peppers*

1 In a small bowl combine yogurt, cucumber, mint, garlic, and dash salt. Set aside. Preheat broiler. Line a 15×10×1-inch baking pan with foil; lightly coat foil with *nonstick cooking spray*. Place meatballs on the prepared pan. Broil 3 to 4 inches from heat for 3 to 5 minutes or until heated through, turning once. Slide the foil and meatballs off the pan and onto a wire rack; cover meatballs with foil to keep warm.

3 Place pita bread halves, cut sides up, on a baking sheet. Top pita halves with tomatoes, the meatballs, and the feta cheese. Broil about 2 minutes or until heated through. Spoon yogurt mixture over pita melts. Top with roasted red peppers.

PER PITA MELT: 266 cal., 7 g total fat (3 g sat. fat), 52 mg chol., 596 mg sodium, 26 g carbo., 4 g fiber, 26 g pro

***TIP** To roast peppers, line a large baking sheet with foil. Halve or quarter peppers and remove seeds. Place pepper pieces, cut sides down, on prepared baking sheet. Roast, uncovered, in a 425°F oven about 20 minutes or until pepper quarters are charred. Wrap in the foil; let stand for 20 minutes. Using a small sharp knife, peel the skins from pepper quarters.





SLOW
COOKER
RECIPE

TONIGHT

BARBECUED BRISKET

PREP: 15 MINUTES **COOK:** 12 TO 14 HOURS (LOW) OR 6 TO 7 HOURS (HIGH)
MAKES: 6 SERVINGS + RESERVES

- 1 4- to 4½-pound fresh beef brisket
Black pepper
 - 1 16-ounce package peeled fresh baby carrots
 - 2 stalks celery, cut into ½-inch slices
 - 1½ cups bottled smoke-flavored barbecue sauce
 - 2 tablespoons quick-cooking tapioca, crushed
 - 2 tablespoons Dijon mustard
 - 1 tablespoon Worcestershire sauce
 - 4 cups mashed potatoes or hot cooked noodles
- 1** Trim fat from brisket. If necessary, cut brisket in half to fit into a 5- to 6-quart slow cooker. Sprinkle brisket with pepper. In the cooker combine carrots and celery. Place brisket on vegetables. In a small bowl combine barbecue sauce, tapioca, mustard, and Worcestershire sauce; pour over brisket.
 - 2** Cover and cook on low-heat setting for 12 to 14 hours or on high-heat setting for 6 to 7 hours.
 - 3** Transfer brisket to cutting board; cut in half. Thinly slice half of brisket across the grain. Skim fat from cooking liquid. Serve cooking liquid with sliced brisket, vegetables, and mashed potatoes.
 - 4** Slice remaining half of brisket. Place slices in an airtight container; cover and chill for up to 24 hours or freeze for up to 1 month; use in Chutney-Beef Panini.

PER SERVING: 441 cal., 7 g total fat (3 g sat. fat), 65 mg chol., 1,580 mg sodium, 54 g carbo., 5 g fiber, 37 g pro.



TOMORROW

CHUTNEY-BEEF PANINI

PREP: 10 MINUTES **COOK:** 5 MINUTES PER BATCH
MAKES: 6 SANDWICHES

- ½ recipe Barbecued Brisket
 - ½ cup mango chutney
 - 12 slices whole wheat bread
 - 6 slices provolone cheese (6 ounces)
 - Olive oil or melted butter
- 1** Thaw brisket, if frozen. Finely snip chutney. Spread evenly on one side of each bread slice. Arrange brisket slices on 6 of the bread slices. Top with provolone cheese. Cover with the remaining bread slices, chutney sides down. Lightly brush bread with olive oil.
 - 2** Preheat an indoor grill or a panini grill according to manufacturer's directions, or griddle or skillet over medium heat. Place sandwiches, a few at a time, on hot grill, griddle, or skillet. If using a covered indoor grill, close lid and grill for 5 to 6 minutes or until bread toasts and cheese melts. (If using an uncovered indoor grill, griddle, or skillet, place a heavy plate on top of the sandwiches. Cook for 2 to 3 minutes or until bottoms toast. Carefully remove plate, turn sandwiches over, and top with the plate. Cook for 2 to 3 minutes more or until bread toasts and cheese melts.)

PER SANDWICH: 508 cal., 20 g total fat (8 g sat. fat), 82 mg chol., 770 mg sodium, 33 g carbo., 3 g fiber, 46 g pro.

TONIGHT

SPICY BEEF SLOPPY JOES

PREP: 20 MINUTES **COOK:** 4 TO 8 HOURS (LOW) OR 4 TO 5 HOURS (HIGH)
MAKES: 6 SANDWICHES + RESERVES

- 2 pounds lean ground beef
- 2 16-ounce jars salsa
- 3 cups sliced fresh mushrooms (8 ounces)
- 1½ cups shredded carrots (3 medium)
- 1½ cups finely chopped red and/or green sweet peppers (2 medium)
- ⅓ cup tomato paste
- 2 teaspoons dried basil, crushed
- 1 teaspoon dried oregano, crushed
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- 4 cloves garlic, minced
- 6 kaiser rolls, split and toasted

1 In a very large skillet cook beef, half at a time, over medium heat until browned, stirring to break meat into pieces. Drain off fat. In a 5- to 6-quart slow cooker stir together beef, salsa, mushrooms, carrots, sweet peppers, tomato paste, basil, oregano, salt, cayenne pepper, and garlic.

2 Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.

3 Transfer 5 cups of the meat mixture to a covered container. Cover and chill for up to 3 days or freeze for up to 1 month. Use in Spicy Beef Taco Salad. Serve remaining meat mixture on toasted kaiser rolls.

PER SANDWICH: 294 cal., 8 g total fat (3 g sat. fat), 36 mg chol., 756 mg sodium, 37 g carbo., 3 g fiber, 18 g pro.



SLOW
COOKER
RECIPE



TOMORROW

SPICY BEEF TACO SALAD

START TO FINISH: 25 MINUTES **MAKES:** 6 SERVINGS

- 5 cups reserved meat mixture from Spicy Beef Sloppy Joes
- 1 15-ounce can black beans, rinsed and drained
- 1 2.25-ounce can sliced pitted ripe olives, drained
- 1 teaspoon Mexican or taco seasoning
- 6 baked crisp salad shells
- 9 cups torn iceberg lettuce
- 1 cup shredded cheddar cheese (4 ounces)
- 1 cup chopped tomatoes (2 medium)
- ⅓ cup sour cream

1 In a large saucepan stir together reserved meat mixture, the beans, olives, and seasoning. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes.

2 To serve, place salad shells on serving plates; fill with lettuce. Add meat mixture. Top with cheese, tomato, and sour cream.

PER SERVING: 495 cal., 26 g total fat (10 g sat. fat), 84 mg chol., 1181 mg sodium, 41 g carbo., 9 g fiber, 32 g pro.

LIGHTEN UP

SWAP LEAN GROUND CHICKEN OR TURKEY BREAST FOR THE GROUND BEEF IN THE SLOPPY JOES AND USE REDUCED-FAT CHEESE IN THE SALAD.



TONIGHT

CUBAN-STYLE PORK ROAST

PREP: 15 MINUTES **MARINATE:** 3 TO 6 HOURS **GRILL:** 45 MINUTES
STAND: 15 MINUTES **MAKES:** 4 TO 6 SERVINGS + RESERVES

- 1 1½- to 2-pound boneless pork top loin roast (single loin)
- ½ cup orange juice
- 3 tablespoons lemon juice
- 1 tablespoon soy sauce
- 1 teaspoon dried oregano, crushed
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 4 cloves garlic, minced

- 1** Trim fat from pork. Place pork in a resealable plastic bag set in shallow dish. For marinade, whisk together orange juice, lemon juice, soy sauce, oregano, salt, pepper, and garlic. Pour marinade over pork; seal bag. Marinate in refrigerator for 3 to 6 hours, turning bag occasionally. Drain pork, discarding marinade.
- 2** For charcoal grill, arrange medium-hot coals around a drip pan. Test for medium heat above pan. Place pork, fat side up, on grill rack over pan. Cover; grill 45 to 60 minutes or until thermometer registers 150°F. (For a gas grill, preheat grill. Reduce heat to medium. Adjust for indirect cooking. Place pork on grill rack over burner that is turned off; grill as directed.) Remove pork. Cover; let for stand for 15 minutes. Temperature of meat after standing should be 160°F. Transfer one-fourth of the roast to airtight container. Cover; chill for up to 3 days or freeze for up to 1 month. Use in Cuban Panini with Quick Pickle. Slice remaining pork.

PER 4 OUNCES: 217 cal., 11 g total fat (4 g sat. fat), 82 mg chol., 162 mg sodium, 1 g carbo., 0 g fiber, 27 g pro.



TOMORROW

CUBAN PANINI WITH QUICK PICKLE

PREP: 20 MINUTES **GRILL:** 6 MINUTES
MAKES: 2 SERVINGS

- 1 cup thinly sliced cucumber
- ¼ cup thinly sliced red onion
- 1 tablespoon lime juice
- 1 teaspoon snipped fresh oregano
- 1 teaspoon sugar
- 1 1-pound loaf country-style bread
- 4 ounces sliced Swiss cheese
- 6 ounces thinly sliced Cuban-Style Pork Roast
- 2 tablespoons olive oil

- 1** For quick pickle, in a bowl combine cucumber, onion, lime juice, oregano, and sugar; set aside.
- 2** Cut two ¾-inch slices from the bread. (Reserve remaining bread for another use.) Top one slice with half of the cheese and all the pork. Using a slotted spoon, place quick pickle on pork. Top with remaining cheese and second bread slice. Brush both sides of sandwich with olive oil.
- 3** For a charcoal grill, arrange medium-hot coals around the edge of grill. Test for medium heat in center of grill. Place sandwich on grill rack in the center of the grill. Place a baking sheet on top of the sandwich and weight it with two bricks. Cover; grill for 6 to 8 minutes or until bread is golden brown, turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Adjust for indirect cooking. Wait for 2 minutes to allow the grill rack to cool slightly. Place sandwich on the side that burner is turned off. Grill as directed.) To serve, cut sandwich in half.

PER ½ SANDWICH: 574 cal., 38 g total fat (14 g sat. fat), 102 mg chol., 386 mg sodium, 24 g carbo., 2 g fiber, 36 g pro.

TONIGHT

PORK ROAST WITH EGGPLANT AND WHITE BEANS

PREP: 40 MINUTES **CHILL:** OVERNIGHT **ROAST:** 1 HOUR 45 MINUTES
STAND: 15 MINUTES **OVEN:** 325°F **MAKES:** 4 TO 6 SERVINGS + RESERVES

- 1 4- to 6-pound pork center rib roast (about 8 ribs)
 - 2 tablespoons snipped fresh rosemary
 - 1 tablespoon olive oil
 - 3 cloves garlic, minced
 - ½ cup olive oil
 - 2 peeled white eggplants or small eggplants, halved lengthwise
 - 8 ounces baby yellow pattypan squash, halved, or yellow summer squash, cubed
 - 1 15-ounce can cannellini beans (white kidney) beans, rinsed and drained
 - 1 cup chicken broth or dry white wine
 - 2 tablespoons snipped fresh sage
 - ½ teaspoon finely shredded lemon peel
- 1 Trim fat from roast. Rub roast with rosemary, the 1 tablespoon olive oil, and garlic. Cover and chill overnight.
 - 2 Preheat oven to 325°F. Place meat, bone side down, in a shallow roasting pan. Insert an oven-going meat thermometer into center of roast. Roast for 1¾ to 2½ hours or until thermometer registers 155°F. Remove roast from oven. Cover with foil; let stand for 15 minutes. Temperature of the meat after standing should be 160°F.
 - 3 In a very large skillet heat ½ cup olive oil. Add eggplant, cut sides down; cook for 10 minutes, adding squash after 5 minutes. Stir in beans, broth, sage, and lemon peel. Cook, covered, about 5 minutes more or until squash is tender. Season with salt and black pepper.
 - 4 To serve, remove pork from bone and slice. Place 8 ounces of the meat in a covered container; chill for up to 3 days. Use in Pork and Berry Salad. Serve remaining pork with eggplant mixture.
- PER SERVING:** 374 cal., 23 g total fat (5 g sat. fat), 71 mg chol., 324 mg sodium, 12 g carbo., 4 g fiber, 33 g pro.



TOMORROW

PORK AND BERRY SALAD

PREP: 20 MINUTES **MAKES:** 6 SERVINGS

- 8 ounces reserved meat from Pork Roast with Eggplant and White Beans
 - 6 cups torn mixed greens
 - 3 cups mixed berries, such as sliced strawberries, blueberries, and/or raspberries
 - ½ cup bottled reduced-calorie balsamic vinaigrette or your favorite vinaigrette
- 1 Chop or slice meat. Arrange 1 cup of greens on each of 6 serving plates. Top with meat and berries. Drizzle each with about 1½ tablespoons vinaigrette.
- PER SERVING:** 221 cal., 9 g total fat (2 g sat. fat), 56 mg chol., 229 mg sodium, 11 g carbo., 2 g fiber, 23 g pro.

WHITE EGGPLANTS

WHITE EGGPLANTS ARE SMALLER, DENSER, AND LESS BITTER THAN PURPLE EGGPLANTS. HOWEVER, THE SKIN IS TOUGHER, SO BE SURE TO PEEL THEM BEFORE COOKING.



TONIGHT

GARLIC AND THYME ROASTED PORK

PREP: 25 MINUTES **ROAST:** 35 MINUTES **STAND:** 10 MINUTES
OVEN: 425°F **MAKES:** 4 SERVINGS + RESERVES

- 2 1-pound pork tenderloins
- ½ cup panko (Japanese-style bread crumbs)
- ¼ cup bottled roasted garlic
- 3 tablespoons snipped fresh thyme
- 1 pound tiny new potatoes, quartered
- 4 medium carrots, quartered
- 2 fennel bulbs, trimmed and cut into wedges
- 3 tablespoons olive oil
- ½ cup apple juice

- 1** Preheat oven to 425°F. Place tenderloins on rack in roasting pan. Combine crumbs, garlic, and 2 tablespoons of the thyme. Spread over tenderloins. Sprinkle with *kosher salt* and *black pepper*.
- 2** Combine potatoes, carrots, fennel, oil, the remaining 1 tablespoon thyme, 1 teaspoon *kosher salt*, and ¼ teaspoon *black pepper*. Arrange vegetable mixture in a single layer around meat.
- 3** Roast, uncovered, for 35 to 40 minutes or until thermometer registers 155°F. Remove meat from pan. Cover; let stand for 10 minutes. Temperature of the meat after standing should be 160°F.
- 4** Use a slotted spoon to remove vegetables from the pan. Stir apple juice into pan. Cook and stir over medium heat, scraping up any of the browned bits. Return vegetables to pan; toss to mix.
- 5** Serve 1 tenderloin with vegetable mixture. Cover and chill remaining tenderloin for Roast Pork, Fig, and Goat Cheese Sandwiches.

PER 3 OUNCES MEAT + 1 CUP VEGETABLE MIXTURE: 418 cal., 13 g total fat (2 g sat. fat), 74 mg chol., 797 mg sodium, 46 g carbo., 8 g fiber, 30 g pro.

TOMORROW

ROAST PORK, FIG, AND GOAT CHEESE SANDWICHES

START TO FINISH: 10 MINUTES
MAKES: 4 SANDWICHES

- 8 ½-inch slices crusty bread (lightly toasted if desired)
- 2 tablespoons butter or margarine, softened
- 2 teaspoons spicy Dijon mustard
- Reserved roasted pork from Garlic and Thyme Roasted Pork, sliced
- ½ cup fig, apricot, plum, or tomato preserves
- 2 ounces goat cheese (*chèvre*)
- Baby spinach, arugula, or watercress

- 1** Spread the bread slices with butter. Spread 4 of the bread slices with mustard. Top with sliced pork, preserves, goat cheese, and spinach. Top with the remaining bread slices. Cut each sandwich in half.

PER SANDWICH: 708 cal., 20 g total fat (8 g sat. fat), 77 mg chol., 1,201 mg sodium, 99 g carbo., 9 g fiber, 33 g pro.

GOAT CHEESE OPTIONS

YOU CAN USE A SPREADABLE SOFT GOAT CHEESE FOR THESE FRUITY SANDWICHES. OR SLICE OR CRUMBLE A SEMISOFT (SEMI-RIPENED) GOAT CHEESE.

TONIGHT

ADOBO PORK TOSTADAS

PREP: 30 MINUTES **COOK:** 10 TO 12 HOURS (LOW) OR 5 TO 6 HOURS (HIGH)
MAKES: 4 SERVINGS + RESERVES

- 1 3- to 3½-pound boneless pork shoulder roast
- 1 1.5-ounce can tomato sauce
- ½ cup chicken broth
- 2 tablespoons finely chopped canned chipotle peppers in adobo sauce (see tip, page 4)
- 6 cloves garlic, minced (1 tablespoon)
- ½ teaspoon salt
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ¼ teaspoon black pepper
- 1 cup canned refried beans
- 8 corn tostada shells
- 1 cup shredded lettuce
- 1 cup chopped tomatoes (2 medium)
- 1 avocado, halved, seeded, peeled, and sliced
- 1 cup crumbled queso fresco (4 ounces)
- ½ cup sour cream

1 Trim fat from roast; cut into chunks. Place pork in a 4- to 5-quart slow cooker. In a bowl combine tomato sauce, broth, chipotle peppers, garlic, salt, cumin, coriander, and pepper; pour over pork in cooker.

2 Cover; cook on low-heat setting for 10 to 12 hours or high-heat setting for 5 to 6 hours. Remove pork from cooker. Shred pork. Transfer 3 cups of the pork and 2 cups of the sauce to a covered container. Cover; chill for up to 3 days. Use in Chipotle Pork Tamale Casserole. Mix remaining pork with ½ cup of the sauce. Discard remaining sauce.

3 Spread refried beans over tostada shells. Top with pork mixture. Divide lettuce, tomatoes, avocado, and cheese evenly among tostadas. Top with sour cream.

PER SERVING: 680 cal., 36 g total fat (12 g sat. fat), 144 mg chol., 988 mg sodium, 40 g carbo., 8 g fiber, 48 g pro.



TOMORROW

CHIPOTLE PORK TAMALE CASSEROLE

PREP: 15 MINUTES **BAKE:** 35 MINUTES **OVEN:** 375°F
MAKES: 4 SERVINGS

- 1 16-ounce tube refrigerated cooked polenta, sliced ½ inch thick
- 3 cups reserved pork and 2 cups reserved sauce from Adobo Pork Tostadas
- 1 cup shredded cheddar cheese (4 ounces)
- ½ cup chopped tomato (1 medium)
- ¼ cup sliced green onions (2)

1 Preheat oven to 375°F. In a 2-quart square baking dish arrange polenta slices, overlapping as necessary. Top with reserved pork. Remove layer of fat from sauce; discard fat. Spoon ½ cup of the reserved sauce over pork.

2 Bake, covered, for 30 minutes. Top with cheese. Bake, uncovered, about 5 minutes more or until cheese is melted. Meanwhile, heat the remaining sauce. Sprinkle tomato and onions over casserole. Serve with warm sauce.

PER SERVING: 488 cal., 21 g total fat (10 g sat. fat), 143 mg chol., 1,215 mg sodium, 27 g carbo., 4 g fiber, 44 g pro.

FREEZE FRAME

MOST MEAT AND POULTRY DISHES CAN BE FROZEN IN AIRTIGHT CONTAINERS FOR UP TO 3 MONTHS. THAW IN THE REFRIGERATOR BEFORE USING.



TONIGHT

CURRIED PORK AND APPLE STEW

PREP: 25 MINUTES **COOK:** 60 MINUTES **MAKES:** 4 SERVINGS + RESERVES

- 4 pounds boneless pork shoulder
 - 4 medium green tart cooking apples
 - 2 tablespoons vegetable oil
 - 2 medium onions, cut into thin wedges
 - 1 teaspoon curry powder
 - 1 teaspoon ground coriander
 - ½ teaspoon ground cumin
 - 2 14.5-ounce cans chicken broth
 - 2 cups packaged peeled baby carrots, halved lengthwise
 - 1 2-pound butternut squash, peeled, seeded, and cubed (3 cups)
- Sour cream

1 Trim fat from pork; cut into 1-inch cubes. Peel, core, and chop 2 apples. In a large pot brown pork, half at a time, in hot oil; drain. Return all pork to pot; add chopped apples, onions, curry powder, coriander, and cumin. Cook and stir for 2 minutes. Add broth, ½ teaspoon *salt*, and ¼ teaspoon *black pepper*. Bring to boiling; reduce heat. Simmer, covered, for 30 minutes, stirring occasionally.

2 Add carrots to pot. Return to boiling; reduce heat. Simmer, covered, for 20 minutes, stirring occasionally. Meanwhile, cut remaining apples into ¼-inch-thick wedges; add to pot along with squash. Cook, covered, for 10 to 12 minutes more or until pork and vegetables are tender. Remove half of mixture from pot; cool quickly in ice bath and transfer to a container. Cover and chill up to 3 days. Use in Mediterranean Pork and Couscous. Serve remaining mixture; top with sour cream.

PER 1½ CUPS: 510 cal., 23 g total fat (7 g sat. fat), 159 mg chol., 752 mg sodium, 30 g carbo., 6 g fiber, 47 g pro.



TOMORROW

MEDITERRANEAN PORK AND COUSCOUS

START TO FINISH: 25 MINUTES **MAKES:** 4 TO 6 SERVINGS

- ½ recipe Curried Pork and Apple Stew (6 cups)
- ½ cup raisins
- 1½ cups water
- 1 cup couscous
- ½ cup plain yogurt
- 1 tablespoon snipped fresh Italian (flat-leaf) parsley
- ¼ teaspoon finely shredded orange peel
- ¼ teaspoon salt
- ⅛ teaspoon black pepper
- ½ cup sliced almonds, toasted
- 1 cup shredded fresh spinach
- 2 ounces goat cheese, crumbled (optional)

1 Place stew in a large skillet. Stir in raisins. Bring to boiling; reduce heat. Simmer, uncovered, about 12 minutes or until slightly thickened, stirring occasionally. Meanwhile, in a medium saucepan bring the water to boiling. Stir in couscous. Remove from heat and set aside.

2 For yogurt sauce, in a small bowl stir together yogurt, parsley, orange peel, salt, and pepper.

3 Stir almonds into stew mixture. Fluff couscous with a fork. Divide couscous among shallow bowls. Top with stew mixture, yogurt sauce, spinach, and, if desired, goat cheese.

PER 1½ CUPS: 802 cal., 27 g total fat (7 g sat. fat), 155 mg chol., 925 mg sodium, 85 g carbo., 10 g fiber, 57 g pro.

TONIGHT

HAM WITH MAPLE-PECAN SAUCE

PREP: 20 MINUTES **BAKE:** 1 HOUR 45 MINUTES **OVEN:** 325°F
MAKES: 12 TO 16 SERVINGS + RESERVES

- 1 5- to 6-pound cooked boneless ham
- 1½ cups pure maple syrup or maple-flavored syrup
- 1½ cups orange marmalade
- 2 tablespoons butter
- ¾ cups pecans, toasted*

1 Preheat oven to 325°F. If desired, score ham by making ¼-inch-deep diagonal cuts in a diamond pattern. Place ham on a rack in a shallow baking pan. Insert an oven-going meat thermometer into center of ham.

2 Bake for 1½ to 2¼ hours or until thermometer registers 140°F.

3 Meanwhile, for sauce, in a small saucepan combine maple syrup and marmalade. Heat and stir over medium heat until bubbly. Whisk in butter until smooth. Remove from heat.

4 Brush ham with some of the sauce. Bake about 15 minutes more or until thermometer registers 140°F. Heat the remaining sauce; stir in pecans. Pass sauce with the ham. Transfer leftover ham to an airtight container. Cover and chill for up to 3 days. Use in Potato-Ham Bake.

***TIP** To toast nuts, preheat oven to 350°F. Spread nuts in a shallow baking pan. Bake for 5 to 10 minutes or until golden brown, checking frequently so they don't burn.

PER SERVING: 605 cal., 24 g total fat (6 g sat. fat), 171 mg chol., 2,659 mg sodium, 54 g carbo., 1 g fiber, 43 g pro.



TOMORROW

POTATO-HAM BAKE

PREP: 25 MINUTES **BAKE:** 30 MINUTES **STAND:** 5 MINUTES
OVEN: 400°F **MAKES:** 4 SERVINGS

- 1 pound Yukon gold potatoes, sliced
- 1 8-ounce tub light cream cheese spread with chive and onion
- ¾ cup milk
- ¼ cup finely shredded Parmesan cheese (1 ounce)
- ¼ teaspoon black pepper
- 1 tablespoon snipped fresh tarragon or ½ teaspoon dried tarragon, crushed
- 8 ounces reserved ham from Ham with Maple-Pecan Sauce, cut into bite-size pieces (about 1½ cups)
- 1 pound fresh asparagus spears, cut into 2- to 3-inch pieces
Tarragon sprigs (optional)
Freshly ground black pepper

1 Preheat oven to 400° F. In medium saucepan cook potatoes, covered, in small amount of lightly salted boiling water 5 to 7 minutes or just until tender. Drain; transfer potatoes to a large bowl; set aside.

2 For sauce, in same saucepan combine cream cheese, milk, 2 tablespoons of the Parmesan cheese, and pepper. Heat and stir over low heat until smooth. Remove from heat; stir in tarragon.

3 In a 1½-quart baking dish layer potatoes, ham, asparagus, and sauce. Bake, covered, for 20 minutes. Uncover; sprinkle with the remaining 2 tablespoons Parmesan cheese. Bake for 10 to 12 minutes. Let stand for 5 minutes. If desired, garnish with fresh tarragon sprigs. Sprinkle with freshly ground black pepper.

PER SERVING: 346 cal., 16 g total fat (9 g sat. fat), 67 mg chol., 1,162 mg sodium, 30 g carbo., 5 g fiber, 22 g pro.



Poultry & Fish

TONIGHT

ROASTED ITALIAN CHICKEN

PREP: 30 MINUTES **ROAST:** 1 HOUR 15 MINUTES **STAND:** 10 MINUTES
OVEN: 375°F **MAKES:** 6 SERVINGS + RESERVES

- ¼ cup balsamic vinegar
- ¼ cup olive oil
- ¼ cup snipped fresh oregano or 2 teaspoons dried oregano, crushed
- ¼ cup snipped fresh basil or 2 teaspoon dried basil, crushed
- 2 tablespoons lemon juice
- 2 tablespoons snipped fresh thyme
- 2 teaspoons salt
- 2 teaspoons coarsely ground black pepper
- 8 cloves garlic, minced
- 2 3- to 3½-pound whole broiler-fryer chickens

- 1** Preheat oven to 375°F. On one side of each chicken, slip your fingers between the skin and breast meat, forming a pocket; repeat on other side of chicken. In a small bowl whisk together balsamic vinegar, oil, oregano, basil, lemon juice, thyme, salt, pepper, and garlic. Divide vinegar mixture in half; set aside one half. Divide the remaining herb mixture between pockets of both chickens, spreading evenly.
- 2** Tie drumsticks to the tail. Twist the wing tips under the back. Place chickens, breast sides up, on a rack in a shallow roasting pan.
- 3** Roast, uncovered, for 1 hour. Cut string between chicken drumsticks. Brush chickens with remaining herb mixture. Roast for 15 to 30 minutes more or until drumsticks move easily in their sockets, chicken is no longer pink, and meat thermometer registers 180°F. Transfer chicken to a serving platter. Cover with foil; let stand for 10 minutes before carving one of the chickens. Remove meat from the remaining chicken. Place in an airtight container. Cover and chill for up to 3 days or freeze for up to 1 month. Use in Chicken Supreme Casserole.

PER SERVING: 376 cal., 27 g total fat (7 g sat. fat), 115 mg chol., 476 mg sodium, 3 g carbo., 0 g fiber, 29 g pro.



TOMORROW

CHICKEN SUPREME CASSEROLE

PREP: 25 MINUTES **BAKE:** 30 MINUTES **STAND:** 10 MINUTES
OVEN: 350°F **MAKES:** 6 TO 8 SERVINGS

- 8 ounces dried rotini pasta
- 1 16-ounce package frozen stir-fry vegetables (broccoli, carrots, onions, red peppers, celery, water chestnuts, and mushrooms)
- ½ recipe Roasted Italian Chicken
- 2 10.75-ounce cans condensed cream of chicken soup
- 2 cups milk
- ¼ cup mayonnaise
- ¼ teaspoon black pepper
- 2 cups cubed French bread
- 2 tablespoons butter, melted
- ¼ teaspoon garlic powder
- Freshly ground black pepper

- 1** Preheat oven to 350°F. Cook pasta according to package directions, except add the stir-fry vegetables the last 5 minutes of cooking; drain well.
- 2** Meanwhile, chop enough chicken to make 2 cups. (Reserve any remaining chicken for another use.) In a large bowl stir together soup, milk, mayonnaise, and pepper. Stir in cooked pasta mixture and chicken.
- 3** Spoon into an ungreased 3-quart rectangular baking dish. In a medium bowl toss bread cubes with melted butter and garlic powder; sprinkle over pasta mixture.
- 4** Bake, uncovered, for 30 to 35 minutes or until heated through and bread cubes are golden brown. Let stand for 10 minutes before serving. Sprinkle with freshly ground pepper.

PER SERVING: 584 cal., 25 g total fat (8 g sat. fat), 71 mg chol., 1,123 mg sodium, 60 g carbo., 4 g fiber, 28 g pro.



TONIGHT

CHICKEN CACCIATORE

PREP: 30 MINUTES **COOK:** 50 MINUTES **MAKES:** 4 SERVINGS + RESERVES

- 4 pounds meaty chicken pieces (breast halves, thighs, and drumsticks), skinned
- 2 tablespoons olive oil
- 2 cups sliced fresh mushrooms
- 1 large onion, sliced
- 3 cloves garlic, minced
- 1 28-ounce can diced tomatoes, undrained
- $\frac{3}{4}$ cup dry white wine or chicken broth
- 1 6-ounce can tomato paste
- 2 teaspoons sugar
- 2 teaspoons dried Italian seasoning, crushed
- 2 cups hot cooked fettuccine or linguine

- 1** In a very large skillet brown chicken in hot oil over medium heat about 15 minutes, turning to brown all sides. Remove chicken, reserving drippings in skillet. Set chicken aside.
- 2** Add mushrooms, onion, and garlic to skillet. Cook and stir for 5 minutes. Return chicken to skillet. Combine undrained tomatoes, wine, tomato paste, sugar, Italian seasoning, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{4}$ teaspoon black pepper. Pour over chicken in skillet. Bring to boiling; reduce heat. Simmer, covered, for 30 to 35 minutes or until chicken is no longer pink (170°F for breasts; 180°F for thighs and drumsticks), turning once.
- 3** Remove half of the chicken and sauce mixture to a storage container. Cover and chill for up to 3 days. Use in Chicken and Mushroom Polenta. Serve remaining chicken over pasta.

PER 3 OUNCES CHICKEN + $\frac{1}{2}$ CUP VEGETABLES + $\frac{1}{2}$ CUP PASTA: 372 cal., 8 g total fat (1 g sat. fat), 96 mg chol., 597 mg sodium, 35 g carbo., 4 g fiber, 37 g pro.

TOMORROW

CHICKEN AND MUSHROOM POLENTA

START TO FINISH: 35 MINUTES **MAKES:** 4 TO 6 SERVINGS

- $\frac{1}{2}$ recipe Chicken Cacciatore
- 1 tablespoon olive oil
- 1 medium zucchini, halved lengthwise and sliced
- 4 ounces cremini mushrooms, quartered
- 1 medium red sweet pepper, cut into bite-size strips
- 1 recipe Cheesy Polenta

- 1** Remove Chicken Cacciatore from sauce; set sauce aside. Remove meat from bones; discard bones. Chop chicken meat into bite-size pieces; set aside.
- 2** In a large skillet heat olive oil over medium-high heat. Add zucchini, mushrooms, and sweet pepper. Cook and stir for 3 to 4 minutes or until vegetables are tender. Stir in chicken and reserved sauce. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes. Serve chicken mixture over Cheesy Polenta.

CHEESY POLENTA: In a medium saucepan bring $2\frac{3}{4}$ cups water to boiling. In a medium bowl stir together 1 cup yellow cornmeal, 1 cup cold water, and 1 teaspoon salt. Slowly add cornmeal mixture to boiling water, stirring constantly. Reduce heat to medium-low. Cook for 10 to 15 minutes or until mixture is very thick, stirring frequently and adjusting heat to maintain slow boil. Stir in $\frac{1}{2}$ cup shredded fontina cheese (2 ounces).

PER $1\frac{3}{4}$ CUPS CHICKEN MIXTURE + $\frac{3}{4}$ CUP POLENTA: 554 cal., 20 g total fat (7 g sat. fat), 129 mg chol., 1,417 mg sodium, 46 g carbo., 6 g fiber, 44 g pro.

TONIGHT

CREAMY BASIL CHICKEN

PREP: 25 MINUTES **COOK:** 6 TO 7 HOURS (LOW) OR 3 TO 3½ HOURS (HIGH)
MAKES: 4 SERVINGS + RESERVES

- 2 cups sliced mushrooms
- 2 medium red and/or yellow sweet peppers, cut into strips
- 1 large onion, sliced
- 4 ounces cooked pancetta or bacon, chopped
- 8 cloves garlic, minced
- 3 tablespoons quick-cooking tapioca, crushed
- 8 skinless, boneless chicken breast halves (2½ to 3 pounds)
- 1 cup chicken broth
- ¼ cup dry white wine or vermouth
- 1 pound fresh asparagus spears, cut into 2-inch lengths
- ⅓ cup whipping cream (no substitutes)
- ½ cup snipped fresh basil or 1 tablespoon dried basil, crushed
- 2 cups hot cooked orzo pasta
- 2 tablespoons snipped fresh basil
- 2 tablespoons grated Parmesan cheese

- 1** In 5- to 6-quart slow cooker stir together mushrooms, sweet peppers, onion, pancetta, and garlic. Sprinkle with tapioca. Place chicken on top of mixture in cooker. Pour broth and wine over all.
- 2** Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3½ hours.
- 3** If using low-heat setting, turn to high-heat setting. Stir in asparagus, whipping cream, and the ½ cup fresh basil or 1 tablespoon dried basil. Cover and cook for 30 minutes more.
- 4** Reserve 4 of the chicken breast halves; place in an airtight container. Cover and chill for up to 3 days or freeze for up to 3 months. Use in Chicken and Wild Rice Chowder. Serve remaining chicken and all of the vegetables and sauce with hot cooked orzo. Sprinkle with the 2 tablespoons fresh basil, and the Parmesan cheese.

PER SERVING: 556 cal., 21 g total fat (9 g sat. fat), 132 mg chol., 892 mg sodium, 43 g carbo., 5 g fiber, 47 g pro.



TOMORROW

CHICKEN AND WILD RICE CHOWDER

PREP: 20 MINUTES **COOK:** 25 MINUTES **MAKES:** 4 SERVINGS

- 4 reserved chicken breasts from Creamy Basil Chicken
- 3 tablespoons butter
- 1 cup sliced carrots (2 medium)
- 1 cup sliced celery (2 stalks)
- 1 cup quartered mushrooms
- 3 tablespoons all-purpose flour
- 2 14.5-ounce cans chicken broth
- ¾ cup cooked wild rice
- ¼ teaspoon black pepper
- 1½ cups half-and-half or light cream
- 2 tablespoons dry sherry (optional)

- 1** Chop chicken; set aside.
- 2** In a large saucepan melt butter over medium heat. Add carrots, celery, and mushrooms; cook until tender. Stir in flour. Add chopped chicken, the chicken broth, wild rice, and pepper. Cook and stir until mixture is bubbly and slightly thickened. Stir in half-and-half and, if desired, sherry. Heat through.

PER SERVING: 445 cal., 22 g total fat (13 g sat. fat), 140 mg chol., 1,019 mg sodium, 21 g carbo., 2 g fiber, 40 g pro.

WILD RICE

WILD RICE TRIPLES IN VOLUME WHEN COOKED. FOR ¾ CUP, COOK ¼ CUP RICE IN A ½ CUP WATER FOR 40 MINUTES.



SLOW
COOKER
RECIPE



TONIGHT

CHIPOTLE STEWED CHICKEN

PREP: 15 MINUTES **COOK:** 8 TO 9 HOURS (LOW) OR 4 TO 4½ HOURS (HIGH)
MAKES: 4 SERVINGS + RESERVES

- 2 medium red sweet peppers, cut into 1-inch pieces
- 1 medium onion, cut into thin wedges
- 2 tablespoons quick-cooking tapioca
- 8 chicken drumsticks, skinned
- 8 chicken thighs, skinned
- 1 14.5-ounce can diced tomatoes, undrained
- 1 6-ounce can tomato paste
- 2 to 3 tablespoons finely chopped canned chipotle peppers in adobo sauce (see tip, page 4)
- 2 teaspoons sugar
- 1 teaspoon salt
- 2 16-ounce packages refrigerated mashed potatoes

1 In a 5- to 6-quart slow cooker place sweet peppers and onion. Sprinkle with tapioca. Top with chicken drumsticks and thighs. In a medium bowl stir together undrained tomatoes, tomato paste, chipotle peppers, sugar, and salt. Pour over chicken in cooker.

2 Cover and cook on low-heat setting for 8 to 9 hours or on high-heat setting for 4 to 4½ hours.

3 Remove 4 thighs, 4 drumsticks, and 1 cup of sauce; place chicken and sauce in separate storage containers. Cover and chill for up to 3 days. Use in Wraps with Lime Cream. Prepare mashed potatoes according to package directions. Serve remaining chicken and sauce with potatoes.

PER SERVING: 477 cal., 9 g total fat (2 g sat. fat), 136 mg chol., 1,110 mg sodium, 52 g carbo., 4 g fiber, 43 g pro.

TOMORROW

WRAPS WITH LIME CREAM

START TO FINISH: 15 MINUTES **MAKES:** 4 WRAPS

Reserved chicken and sauce from Chipotle Stewed Chicken

- ¼ cup mayonnaise
- ¼ cup sour cream
- 1 tablespoon lime juice
- ¼ teaspoon salt
- 4 10-inch flour tortillas
- 4 lettuce leaves
- 2 tablespoons snipped fresh cilantro (optional)
- Lime wedges

1 Remove chicken meat from bones; discard bones. Using 2 forks, shred chicken. In a large skillet heat shredded chicken and reserved sauce over medium heat until heated through.

2 Meanwhile, in a small bowl stir together mayonnaise, sour cream, lime juice, and salt. Warm tortillas according to package directions.

3 Place a lettuce leaf on each tortilla. Using a slotted spoon, spoon chicken mixture on tortillas, just below center. Top each with 2 tablespoons of sour cream mixture and, if desired, sprinkle with cilantro. Fold bottom edge of a tortilla up and over filling. Fold one side in slightly, then roll up from the bottom. Repeat with remaining tortillas. Serve wraps with lime wedges.

PER WRAP: 486 cal., 23 g total fat (6 g sat. fat), 146 mg chol., 688 mg sodium, 28 g carbo., 2 g fiber, 39 g pro.

TONIGHT

INDIAN-SPICED CHICKEN THIGHS

PREP: 20 MINUTES **COOK:** 7 TO 8 HOURS (LOW) OR 3 ½ TO 4 HOURS (HIGH)
MAKES: 6 SERVINGS + RESERVES

- 2 cups thinly sliced onions (4 medium)
- ¼ cup quick-cooking tapioca
- 8 cloves garlic, minced
- 4 to 4½ pounds skinless, boneless chicken thighs (24 to 30)
- 1 tablespoon ground cumin
- 2 teaspoons salt
- 2 teaspoons curry powder
- 1½ teaspoons ground coriander
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- ¼ teaspoon cayenne pepper
- ¼ teaspoon black pepper
- 1 14.5-ounce can chicken broth
- 1 6-ounce carton plain yogurt
- 3 cups hot cooked basmati rice

- 1** Place onions in a 5- or 6-quart slow cooker; sprinkle with tapioca and garlic. Top with chicken. Sprinkle with cumin, salt, curry powder, coriander, cinnamon, cloves, cayenne, and black pepper. Pour chicken broth over all.
- 2** Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3½ to 4 hours.
- 3** Remove half of the chicken thighs (12 to 15) and half of the onion mixture (about 2 cups); place in an airtight container. Cover and chill for up to 3 days. Use in Coconut Chicken and Couscous.
- 4** Transfer remaining chicken to a serving platter. Cover and keep warm. Whisk yogurt into remaining onion mixture in cooker. Serve chicken and yogurt sauce with rice. If desired, sprinkle with snipped fresh mint, finely shredded lemon peel, and toasted slivered almonds.

PER SERVING: 347 cal., 7 g total fat (2 g sat. fat), 123 mg chol., 645 mg sodium, 33 g carbo., 1 g fiber, 35 g pro.



TOMORROW

COCONUT CHICKEN AND COUSCOUS

START TO FINISH: 20 MINUTES **MAKES:** 6 SERVINGS

- ½ recipe Indian-Spiced Chicken Thighs
- 1 14-ounce can unsweetened coconut milk
- 4 teaspoons cornstarch
- ½ teaspoon curry powder
- ¼ cup raisins
- 3 cups hot cooked couscous
- Toasted shredded coconut (optional)

- 1** Remove chicken from onion mixture; cut chicken into ¾-inch pieces. In a large saucepan heat the chicken and the onion mixture over medium heat until hot.
- 2** In a medium bowl stir together coconut milk, cornstarch, and curry powder; stir into chicken mixture. Stir in raisins. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 2 minutes more. Serve with hot cooked couscous. If desired, sprinkle with toasted coconut.

PER SERVING: 466 cal., 19 g total fat (12 g sat. fat), 121 mg chol., 647 mg sodium, 37 g carbo., 2 g fiber, 36 g pro.

BASMATI RICE

BASMATI RICE IS NOTED FOR ITS FINE TEXTURE AND A NUTTY FLAVOR AND AROMA. IF IT'S NOT, YOU CAN SUBSTITUTE ANY LONG GRAIN RICE.



TONIGHT

CRUNCHY CHICKEN STRIPS

PREP: 25 MINUTES **BAKE:** 10 MINUTES **OVEN:** 425°F
MAKES: 2 MEALS (4 SERVINGS EACH) + RESERVES

Nonstick cooking spray

7 cups bite-size cheddar fish-shape crackers or 14 cups pretzels (14 ounces)

1½ cups bottled buttermilk ranch salad dressing

2 pounds chicken breast tenderloins

Bottled buttermilk ranch salad dressing (optional)

- 1** Preheat oven to 425°F. Line two 15×10×1-inch baking pans with foil. Lightly coat foil with cooking spray; set aside.
- 2** Crush crackers* (you should have 5 cups); transfer to a shallow dish. In another shallow dish place the 1½ cups ranch dressing. Dip chicken tenderloins into dressing, allowing excess to drip off; dip into cracker crumbs to coat. Arrange chicken in prepared pans. Lightly coat chicken with cooking spray.
- 3** Bake, uncovered, for 10 to 15 minutes or until chicken is no longer pink (170°F), rotating pans halfway through baking. Serve half of the chicken strips. If desired, serve with additional ranch dressing.
- 4** Cool remaining chicken strips for 20 minutes. Place in an airtight container; cover and chill for up to 3 days or freeze for up to 1 month. Use in Ranch-Style Chicken Salad.

PER SERVING: 582 cal., 35 g total fat (7 g sat. fat), 90 mg chol., 765 mg sodium, 34 g carbo., 1 g fiber, 33 g pro.

TOMORROW

RANCH-STYLE CHICKEN SALAD

PREP: 20 MINUTES **BAKE:** 15 MINUTES **OVEN:** 400°F
MAKES: 4 TO 6 SERVINGS

½ recipe Crunchy Chicken Strips

1 10-ounce package torn mixed salad greens

½ cup halved cherry tomatoes

½ cup red, yellow, and/or green sweet pepper strips (½ medium)

¼ cup sliced red onion

2 slices precooked bacon, heated according to package directions and crumbled

½ cup bottled ranch salad dressing

- 1** To reheat strips, preheat oven to 400°F. Arrange chilled or frozen strips in a single layer on a baking sheet. Bake, uncovered, until heated through (allow 15 minutes for chilled and 20 minutes for frozen strips).
- 2** Arrange greens on salad plates. Top with chicken strips, tomatoes, sweet peppers, onion, and bacon. Drizzle with dressing.

PER SERVING: 765 cal., 52 g total fat (9 g sat. fat), 94 mg chol., 1,178 mg sodium, 41 g carbo., 3 g fiber, 35 g pro.

***NO-FUSS CRUMBS:** Place the crackers in a resealable plastic bag and crush with a rolling pin; empty the bag and discard bag.



TONIGHT

TERIYAKI TURKEY TENDERLOINS

PREP: 30 MINUTES **MARINATE:** 1 HOUR **GRILL:** 12 MINUTES
MAKES: 4 SERVINGS + RESERVES

- 4 turkey breast tenderloins (about 2 pounds total)
- ½ cup soy sauce
- ¼ cup packed brown sugar
- ¼ cup lemon juice
- 2 tablespoons vegetable oil
- 2 teaspoons grated fresh ginger
- 2 cloves garlic, minced
- 1 recipe Hot Pineapple Slaw

- 1** Split each turkey breast tenderloin in half horizontally to make a total of eight steaks. Place turkey in a resealable plastic bag set in a shallow dish. For marinade, in a small bowl combine soy sauce, brown sugar, lemon juice, oil, ginger, and garlic. Pour marinade over turkey. Seal bag; turn to coat turkey. Marinate in the refrigerator for 1 to 2 hours, turning bag once.
- 2** Drain turkey, reserving marinade. For a charcoal grill, place turkey on the rack of an uncovered grill directly over medium coals. Grill for 12 to 15 minutes or until turkey is no longer pink (170°F), turning once and brushing with reserved marinade halfway through grilling. Discard any remaining marinade. (For a gas grill, preheat grill. Reduce heat to medium. Place turkey on grill rack over heat. Cover and grill as above.)
- 3** Transfer 4 of the turkey steaks to an airtight container. Cover and chill for up to 3 days or freeze for up to 1 month. Use in Thai Curried Noodle Bowl. Serve remaining turkey steaks with Hot Pineapple Slaw.

HOT PINEAPPLE SLAW In a medium saucepan cook ¼ cup thinly sliced green onions and ⅙ teaspoon crushed red pepper in 1 tablespoon vegetable oil for 2 minutes. Stir in 2 cups shredded napa cabbage, 1 cup bite-size fresh pineapple pieces, ¼ cup green sweet pepper cut into thin strips, 1 teaspoon toasted sesame oil, and dash salt. Cook and stir just until cabbage is wilted.

PER SERVING: 239 cal., 8 g total fat (1 g sat. fat), 68 mg chol., 557 mg sodium, 12 g carbo., 2 g fiber, 29 g pro.



TOMORROW

THAI CURRIED NOODLE BOWL

MAKES: 4 SERVINGS

- 1 12- to 14-ounce package wide rice stick noodles
- 4 reserved grilled turkey steaks from Teriyaki Turkey Tenderloins
- 1 tablespoon vegetable oil
- ¾ cup coarsely chopped carrots
- 1 cup sliced fresh shiitake mushrooms, stems removed, or 1 cup sliced fresh white mushrooms
- ¾ cup coarsely chopped red sweet pepper (1 small)
- 2 green onions, bias-sliced into ¼-inch pieces
- 1 14-ounce can regular or light unsweetened coconut milk
- 3 to 4 teaspoons red curry paste
- 1½ teaspoons sugar
- 1 tablespoon lime juice
- ¼ cup chopped dry-roasted peanuts
- 2 tablespoons snipped fresh cilantro

- 1** In a large pot cook noodles in lightly salted boiling water for 5 minutes. Drain and return noodles to pan; keep warm.
- 2** Meanwhile, chop turkey; set aside. In a large skillet heat oil over medium-high heat. Add carrots; stir-fry for 3 minutes. Add mushrooms, sweet pepper, and green onions; stir-fry for 2 minutes more. Add coconut milk, curry paste, and sugar. Reduce heat to medium, stirring until combined. Add chicken, lime juice, and the noodles; heat through. Remove from heat. Add peanuts and cilantro. Toss gently to mix. (Mixture thickens as it stands.)
- 3** Transfer noodle mixture to a warm serving bowl. Serve immediately.

PER SERVING: 776 cal., 35 g total fat (21 g sat. fat), 62 mg chol., 411 mg sodium, 88 g carbo., 5 g fiber, 29 g pro.

TONIGHT

HERB-ROASTED TURKEY AND VEGETABLES

PREP: 30 MINUTES **ROAST:** 1 HOUR 35 MINUTES **STAND:** 10 MINUTES
OVEN: 400°F/350°F **MAKES:** 4 SERVINGS + RESERVES

- 2 tablespoons snipped fresh parsley
- 4 cloves garlic, minced
- 1 teaspoon snipped fresh rosemary
- 1 teaspoon snipped fresh thyme
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 2¾- to 3¼-pound turkey breast portion with bone, skin removed
- Nonstick cooking spray
- 3 cups tiny red potatoes, quartered (about 1 pound)
- 2 cups baby carrots with tops trimmed and halved lengthwise
- 2 cups white and/or red pearl onions trimmed and halved
- 1 tablespoon olive oil

1 Preheat oven to 400°F. In a bowl combine parsley, garlic, rosemary, thyme, salt, and pepper. Set aside 1 tablespoon of the herb mixture.

2 Place turkey, bone side down, on a rack in a shallow roasting pan. Coat with cooking spray. Rub the remaining herb mixture evenly over turkey breast portion. Roast, uncovered, for 20 minutes.

3 In a large bowl toss potatoes, carrots, and onions with reserved 1 tablespoon herb mixture and olive oil. Arrange vegetables around turkey in pan. Reduce oven temperature to 350°F. Roast for 1¼ to 1½ hours more or until juices run clear (170°F), stirring vegetables once. Transfer turkey to cutting board; tent with foil and let stand for 10 minutes. Trim meat from bone. Transfer 10 ounces of the turkey (2 cups) and 2 cups of the vegetables to an airtight container. Cover and store in the refrigerator for up to 2 days. Use in Turkey and Bean Soup. Serve the remaining turkey and vegetables.

PER SERVING: 231 cal., 3 g total fat (1 g sat. fat), 69 mg chol., 219 mg sodium, 21 g carbo., 3 g fiber, 30 g pro.



TOMORROW

TURKEY AND BEAN SOUP

PREP: 20 MINUTES **COOK:** 10 MINUTES **MAKES:** 6 SERVINGS

- 2 teaspoons olive oil
- ½ cup chopped leeks
- 1 clove garlic, minced
- 2 cups vegetables reserved from Herb-Roasted Turkey and Vegetables
- 2 14.5-ounce cans reduced-sodium chicken broth
- 1¾ cups water
- 1 15-ounce can cannellini (white kidney) beans, rinsed and drained
- 1 small green sweet pepper, seeded and chopped
- 10 ounces reserved turkey from Herb-Roasted Turkey and Vegetables
- Fresh herb sprigs (optional)

1 In a large saucepan heat olive oil over medium heat. Add leeks and garlic; cook for 3 to 5 minutes or until leeks are tender, stirring occasionally.

2 Meanwhile, cut carrots and any large potato pieces in the reserved vegetables in half. Add reserved vegetables, chicken broth, the water, cannellini beans, and sweet pepper to the leek mixture. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes.

3 Cut turkey into ¾-inch cubes. Add turkey to soup; heat through. If desired, garnish servings with fresh herbs.

PER SERVING: 189 cal., 3 g total fat (0 g sat. fat), 39 mg chol., 542 mg sodium, 21 g carbo., 5 g fiber, 23 g pro.

WASHING LEEKS

LEEKs OFTEN CONTAIN SAND OR DIRT. CUT, CHOP, OR SLICE THE LEEKS AND RINSE WELL WITH COLD WATER TO REMOVE ALL THE GRIT.

TONIGHT

ROSEMARY-LEMON TUNA STEAKS

PREP: 15 MINUTES **MARINATE:** 1 HOUR **GRILL:** 8 MINUTES
MAKES: 4 SERVINGS + RESERVES

- 6 6-ounce fresh or frozen skinless tuna or swordfish steaks, cut 1 inch thick
- ½ cup dry white wine
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 tablespoon snipped fresh rosemary or ½ teaspoon dried rosemary, crushed
- 1 tablespoon snipped fresh oregano or ½ teaspoon dried oregano, crushed
- ¼ teaspoon salt

- 1** Thaw fish, if frozen. Rinse fish; pat dry. Set aside. Place fish in a resealable plastic bag set in a shallow dish.
- 2** For marinade, in a small bowl combine wine, lemon juice, oil, garlic, the 1 tablespoon fresh rosemary or ½ teaspoon dried rosemary, oregano, and salt. Pour marinade over fish. Seal bag; turn to coat fish. Marinate in the refrigerator for 1 to 2 hours, turning bag occasionally. Drain fish, discarding marinade.
- 3** For a charcoal grill, place fish on the greased rack of an uncovered grill directly over medium coals. Grill for 8 to 12 minutes or until fish flakes easily when tested with a fork, turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place fish on greased grill rack over heat. Cover and grill as above.) Place 2 of the fish steaks in a storage container. Cover and chill for up to 2 days. Use in Salad Niçoise. If desired, garnish with *lemon slices* and *fresh rosemary sprigs*.

PER SERVING: 277 cal., 10 g total fat (2 g sat. fat), 71 mg chol., 106 mg sodium, 0 g carbo., 0 g fiber, 43 g pro.



TOMORROW

SALAD NIÇOISE

PREP: 40 MINUTES **CHILL:** 2 TO 24 HOURS **MAKES:** 4 SERVINGS

- 8 ounces fresh green beans (2 cups)
- 12 ounces tiny new potatoes, scrubbed and sliced (8)
- 1 recipe Niçoise Dressing or ½ cup bottled balsamic vinaigrette salad dressing
- Spring greens and/or baby lettuce
- 2 grilled tuna steaks (8 ounces) from Rosemary-Lemon Tuna Steaks
- 2 medium tomatoes, cut into wedges
- 2 hard-cooked eggs, sliced, halved, or quartered
- ½ cup niçoise or kalamata olives
- ¼ cup thinly sliced green onions (2)
- 4 anchovy fillets, drained, rinsed, and patted dry (optional)

- 1** Wash green beans; remove ends and strings. In a large saucepan cook green beans and potatoes, covered, in a small amount of lightly salted boiling water for about 10 minutes or just until tender. Drain; place vegetables in a medium bowl. Cover and chill for 2 to 24 hours.
- 2** To serve, line 4 salad plates with lettuce leaves. Using a fork, break tuna into chunks. Arrange tuna, chilled vegetables, tomatoes, eggs, and olives on the lettuce-lined plates. Sprinkle each serving with green onions. If desired, top each salad with an anchovy fillet. Shake dressing; drizzle over each salad.

NIÇOISE DRESSING: In a screw-top jar combine ¼ cup extra virgin olive or vegetable oil; ¼ cup white wine vinegar or white vinegar; 1 teaspoon honey; 1 teaspoon snipped fresh tarragon or ¼ teaspoon dried tarragon, crushed; 1 teaspoon Dijon mustard; ¼ teaspoon salt; and dash black pepper. Cover and shake well. Makes about ½ cup.

PER 2 CUPS: 473 cal., 28 g total fat (5 g sat. fat), 134 mg chol., 512 mg sodium, 32 g carbo., 7 g fiber, 25 g pro.



TONIGHT

SALMON WITH ROASTED TOMATOES AND SHALLOTS

PREP: 20 MINUTES **ROAST:** 30 MINUTES **OVEN:** 400°F
MAKES: 4 SERVINGS + RESERVES

- 2 pounds fresh or frozen salmon fillet(s), skinned if desired
- 3 cups grape tomatoes
- 2 shallots, thinly sliced
- 4 teaspoons snipped fresh oregano or 1 teaspoon dried oregano, crushed
- 1 tablespoon olive oil
- ½ teaspoon salt
- ½ teaspoon black pepper
- 4 cloves garlic, minced

1 Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Preheat oven to 400°F. In a greased 13×9×2-inch baking pan toss together tomatoes, shallots, oregano, olive oil, ¼ teaspoon of the salt, ¼ teaspoon of the pepper, and the garlic.

2 Roast, uncovered, for 15 minutes. Place fish, skin side(s) down, on top of tomato mixture. Sprinkle fish with remaining ¼ teaspoon salt and remaining ¼ teaspoon pepper. Roast, uncovered, for 15 to 18 minutes or until fish begins to flake when tested with a fork. Using two large pancake turners, transfer salmon to cutting board.

3 If desired, remove and discard skin. Reserve half of the cooked salmon for Salmon Pasta Toss. Place the reserved cooked salmon in a storage container. Cover; store in the refrigerator up to 3 days or freeze up to 3 months. Use in Salmon Pasta Sauce. Serve remaining salmon with tomato mixture.

PER 3 OUNCES SALMON + ¼ CUP TOMATO MIXTURE: 304 cal., 19 g total fat (4 g sat. fat), 62 mg chol., 294 mg sodium, 9 g carbo., 2 g fiber, 25 g pro.

TOMORROW

SALMON PASTA TOSS

START TO FINISH: 25 MINUTES **MAKES:** 6 SERVINGS

- 1 0.5-ounce envelope pesto mix
- 3 tablespoons olive oil
- 12 ounces dried fettuccine
- 1 16-ounce jar dried-tomato Alfredo sauce
- 1 14.5-ounce can diced tomatoes with basil, oregano, and garlic, undrained
- 1 7-ounce jar roasted red sweet peppers, drained and coarsely chopped (1 cup)
- ½ cup finely shredded Parmesan cheese (2 ounces)
- ⅓ cup milk
- ½ of the cooked salmon from Salmon with Roasted Tomatoes and Shallots

1 In a small bowl stir together pesto mix and olive oil; set aside.

2 Meanwhile, in a large pot cook fettuccine according to package directions. Drain well; return to pot. Stir in pesto mixture, Alfredo sauce, undrained tomatoes, sweet pepper, ¼ cup of the Parmesan cheese, and the milk. Heat through.

3 Break salmon into large chunks; gently fold into pasta mixture. Heat through. Transfer to a serving bowl. Sprinkle with the ¼ cup remaining Parmesan cheese.

PER 1½ CUPS: 561 cal., 24 g total fat (6 g sat. fat), 59 mg chol., 1,166 mg sodium, 56 g carbo., 3 g fiber, 29 g pro.

TONIGHT

SEA BASS WITH WILTED GREENS

PREP: 25 MINUTES **GRILL:** 4 TO 6 MINUTES PER ½-INCH THICKNESS

MARINATE: 30 MINUTES **MAKES:** 4 SERVINGS + RESERVES

- 8 4- to 5-ounces fresh or frozen sea bass, tilapia, or catfish fillets
- 2 teaspoons finely shredded orange peel
- ⅔ cup orange juice
- ⅓ cup olive oil
- 2 tablespoons snipped fresh chives
- 4 cloves garlic, minced
- 6 cups torn fresh spinach
- ⅔ cup red grape tomatoes or red teardrop tomatoes, halved

1 Thaw fish, if frozen. Rinse fish; pat dry with paper towels. Measure thickness of fish; set aside. For vinaigrette, in a screw-top jar combine orange peel, orange juice, oil, chives, garlic, and ½ teaspoon salt. Cover and shake well. Set aside ¼ cup of the vinaigrette.

2 Place fish in a shallow dish. Pour the remaining vinaigrette over fish; turn fish to coat. Cover and marinate in the refrigerator for 30 minutes. Drain fish, discarding marinade.

3 Place fish in a well-greased grill basket, tucking under any thin edges. For a charcoal grill, grill fish on the rack of an uncovered grill directly over medium coals for 4 to 6 minutes per ½-inch thickness of fish or until fish flakes easily when tested with a fork, turning basket once. Remove fish from basket; keep warm. (For a gas grill, preheat grill. Reduce heat to medium. Place fish on greased grill basket. Place basket on grill rack over heat. Cover and grill as above.)

4 In a large skillet heat reserved ¼ cup vinaigrette over medium heat. Add spinach, tossing to coat. Remove from heat. Stir in tomatoes. Divide spinach mixture evenly among 4 dinner plates. Top with fish fillets. Place 4 remaining fillets in an airtight container. Cover and chill for up to 2 days. Use in Grilled Fish Tacos with Pineapple Salsa.

PER 4 SERVINGS: 201 cal., 10 g total fat (2 g sat. fat), 46 mg chol., 231 mg sodium, 5 g carbo., 1 g fiber, 23 g pro.



TOMORROW

GRILLED FISH TACOS WITH PINEAPPLE SALSA

START TO FINISH: 20 MINUTES **MAKES:** 6 TACOS

- 4 reserved fish fillets from Sea Bass with Wilted Greens
- 2 teaspoons olive oil
- 6 6-inch corn tortillas
- ¾ cup fresh or canned juice-pack chopped pineapple
- ⅓ cup refrigerated fresh salsa or bottled salsa
- ¼ cup chopped green sweet pepper
- 1 tablespoon snipped fresh cilantro
- 1 cup baby salad greens
- Lime wedges (optional)

1 For pineapple salsa, in a small bowl combine pineapple, salsa, sweet pepper, and cilantro.

2 Using a fork, flake fish into bite-size pieces.

3 To serve, divide greens among tortillas. Top with fish and pineapple mixture. If desired, serve with lime wedges.

PER TACO: 159 cal., 4 g total fat (1 g sat. fat), 31 mg chol., 93 mg sodium, 15 g carbo., 2 g fiber, 16 g pro.

REHEATING COOKED FISH

FISH OVERCOOKS QUICKLY AND BECOMES DRY AND CHEWY. MICROWAVE THE GRILLED FISH JUST UNTIL IT'S WARM AND CHECK IT OFTEN.



Pasta, Rice & Beans



TONIGHT

PASTA MARGHERITA

START TO FINISH: 30 MINUTES **MAKES:** 4 SERVINGS + RESERVES

- 16 ounces packaged dried plain and/or spinach-flavored angel hair pasta or spaghetti
- ¼ cup olive oil
- 1 medium onion, cut into thin wedges
- 4 cloves garlic, minced
- 10 roma tomatoes, chopped
- 1 teaspoon salt
- ½ teaspoon crushed red pepper
- 8 ounces tiny fresh mozzarella balls (pearls) or 1-inch fresh mozzarella balls, quartered
- ½ cup shredded fresh basil
- Finely shredded Parmesan cheese

- 1** In a large pot cook pasta according to package directions; drain. Return pasta to pot; keep warm.
- 2** Meanwhile, in a very large skillet heat oil over medium heat. Add onion and garlic. Cook and stir about 4 minutes or until onion is tender. Stir in tomatoes, salt, and crushed red pepper. Cook and stir for 2 to 3 minutes or until tomatoes soften.
- 3** Add tomato mixture to pasta; toss to coat. Add mozzarella cheese and basil; toss to coat. Remove half of the mixture to a storage container; cover and chill for up to 24 hours. Use in Chicken and Spinach Pasta Salad. Serve remaining mixture with Parmesan cheese.

PER 1½ CUPS: 388 cal., 15 g total fat (6 g sat. fat), 22 mg chol., 428 mg sodium, 48 g carbo., 3 g fiber, 15 g pro.

TOMORROW

CHICKEN AND SPINACH PASTA SALAD

START TO FINISH: 15 MINUTES **MAKES:** 6 TO 8 SERVINGS

- ½ recipe Pasta Margherita, chilled (about 7 cups)
- 2 cups shredded cooked chicken
- 4 cups baby spinach and/or arugula
- ½ cup halved kalamata olives
- 2 tablespoons olive oil
- 2 tablespoons red wine vinegar
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 ounce Parmesan cheese, shaved (optional)

- 1** In a very large bowl toss together Pasta Margherita, chicken, spinach, and olives. In a small bowl whisk together olive oil, vinegar, salt, and pepper. Drizzle oil mixture over pasta mixture; toss to coat.* Serve chilled. If desired, top with shaved Parmesan cheese.

***EASY TOSS:** Use tongs to toss the salad. Drizzle with the dressing and toss again.

PER 2 CUPS: 410 cal., 19 g total fat (5 g sat. fat), 56 mg chol., 636 mg sodium, 34 g carbo., 3 g fiber, 24 g pro.



TONIGHT

ZESTY VEGETABLE PASTA SAUCE

PREP: 30 MINUTES **COOK:** 10 TO 12 HOURS (LOW) OR 5 TO 6 HOURS (HIGH)
MAKES: 6 SERVINGS + RESERVES

- 2 small eggplant, peeled if desired and cut into 1-inch cubes (6 cups)
- 1 cup chopped onion (2 medium)
- 2 cups chopped green or red sweet pepper (3 medium)
- 4 teaspoons bottled minced garlic or 8 cloves garlic, minced
- 4 14.5-ounce cans Italian-style stewed tomatoes, cut up
- 1 6-ounce can Italian-style tomato paste
- 2 tablespoons packed brown sugar
- 2 tablespoons dried Italian seasoning, crushed
- ¼ to ½ teaspoon crushed red pepper
- ⅓ cup sliced pitted kalamata olives or sliced pitted ripe olives
- Hot cooked fettuccine or linguine
- Finely shredded or grated Parmesan cheese (optional)

- 1** In a 5- to 7-quart slow cooker stir together eggplant, onion, sweet pepper, garlic, undrained tomatoes, tomato paste, brown sugar, Italian seasoning, and red pepper.
- 2** Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 5 to 6 hours. Remove bay leaves and discard.
- 3** Transfer 5 cups of the sauce to an airtight container. Cover and chill for up to 3 days. Use in Double-Sauced Vegetable Lasagna. Stir olives into remaining sauce. Serve over pasta and, if desired, sprinkle with Parmesan cheese.

PER SERVING: 339 cal., 4 g total fat (0 g sat. fat), 0 mg chol., 548 mg sodium, 65 g carbo., 5 g fiber, 10 g pro.



TOMORROW

DOUBLE-SAUCE VEGETABLE LASAGNA

PREP: 35 MINUTES **BAKE:** 50 MINUTES **STAND:** 10 MINUTES **OVEN:** 350°F
MAKES: 12 SERVINGS

- 1 16-ounce jar Alfredo sauce
- 1 10-ounce package frozen chopped broccoli, thawed and well drained
- 2 cups shredded mozzarella cheese (8 ounces)
- ¾ cup finely shredded Parmesan cheese (6 ounces)
- 5 cups reserved Zesty Vegetable Pasta Sauce
- 1 9-ounce package no-boil lasagna noodles

- 1** Preheat oven to 350°F. In a large bowl stir together Alfredo sauce and broccoli; set aside. In a medium bowl combine the mozzarella and Parmesan cheeses. Spread 1 cup of the reserved sauce in the bottom of a greased 3-quart rectangular baking dish. Top with 4 lasagna noodles, overlapping and breaking noodles as necessary to fit. Spread half of the broccoli mixture over the noodles. Sprinkle with ½ cup of the cheese mixture. Top with 4 more noodles. Spread 1 cup of the reserved sauce over the noodles. Sprinkle with ½ cup cheese mixture. Top with 4 more noodles. Spread the remaining broccoli mixture over the noodles. Sprinkle with ½ cup of the cheese mixture. Top with the remaining lasagna noodles, reserved sauce, and cheese mixture.
- 2** Bake, covered, for 40 minutes. Uncover and bake for 10 to 15 minutes more or until lasagna is heated through. Let stand for 10 minutes before serving.

PER SERVING: 329 cal., 18 g total fat (3 g sat. fat), 37 mg chol., 341 mg sodium, 28 g carbo., 2 g fiber, 13 g pro.

SKIP-A-STEP NOODLES

TAKE NO-BOIL NOODLES STRAIGHT FROM THE PACKAGE AND LAYER IN THE LASAGNA. THE SAUCE COOKS THE NOODLES WHILE THE LASAGNA BAKES.



TONIGHT

VEGETABLE RISOTTO

PREP: 30 MINUTES **COOK:** 30 MINUTES
MAKES: 4 SERVINGS + RESERVES

- 7 cups chicken broth
- 2 cups Arborio rice or long grain rice
- 1 teaspoon paprika
- 2½ cups peeled and cubed butternut squash
- 2 small turnips, peeled and chopped
- 1½ cups chopped red sweet peppers (2)
- 1 cup coarsely chopped carrots (2 medium)
- 2 cups fresh cremini mushrooms, quartered
- 1¼ cups chopped zucchini (1 medium)
- ½ cup sliced green onions (4)
- 2 tablespoons olive oil
- Fresh thyme leaves

1 In a saucepan bring broth to boiling; reduce heat. Cover; keep warm. In a 4-quart pot combine rice, 1 cup water, and paprika; bring to boiling. Reduce heat; simmer and stir until most liquid is absorbed. Add squash, turnips, peppers, carrots, and 1 cup of the broth; bring to boiling. Reduce heat; simmer and stir until most of the liquid is absorbed. Add 5 cups of the broth, 1 cup at a time, stirring until liquid is absorbed (about 20 minutes).

2 Add mushrooms, zucchini, green onions, and remaining 1 cup broth. Cook and stir about 10 minutes or until liquid absorbs, vegetables are tender, and rice is tender yet slightly firm in center.

3 Remove from heat; stir in olive oil. Place half of the risotto in an airtight container. Cover and chill for up to 3 days. Use in Veggie Risotto Cakes. Serve remaining risotto in bowls. Garnish with thyme.

PER 1½ CUPS: 495 cal., 7 g total fat (1 g sat. fat), 0 mg chol., 1,711 mg sodium, 100 g carbo., 7 g fiber, 11 g pro.

TOMORROW

VEGGIE RISOTTO CAKES

PREP: 30 MINUTES **COOK:** 16 MINUTES **OVEN:** 300°F
MAKES: 6 TO 7 SERVINGS

- ½ recipe Vegetable Risotto
- ½ cup grated Parmesan cheese
- 2 tablespoons snipped fresh Italian (flat-leaf) parsley
- 1 cup all-purpose flour
- 2 eggs, lightly beaten
- 1 cup fine dry bread crumbs
- 6 tablespoons olive oil
- 1 recipe Horseradish Sour Cream

1 Preheat oven to 300°F. In a large bowl stir together the Vegetable Risotto, Parmesan cheese, and parsley. Form mixture into twelve to fourteen ¾-inch-thick patties.

2 Place flour, eggs, and bread crumbs in three separate shallow dishes. Coat 1 patty with flour, tapping off excess. Coat in the eggs, letting excess drip off, then dip in the bread crumbs to coat. Repeat with remaining patties.

3 In a large skillet heat 3 tablespoons of the olive oil over medium heat. Add 6 to 7 risotto patties in a single layer. Fry about 4 minutes or until golden on one side. Turn; fry about 4 minutes more or until second side is golden. Drain on paper towels. Repeat with remaining patties and oil. Keep risotto cakes warm in oven. Serve with Horseradish Sour Cream. Top with additional snipped parsley.

HORSERADISH SOUR CREAM: In a small bowl stir together one 8-ounce carton sour cream, 2 tablespoons prepared horseradish, and 2 teaspoons Dijon mustard.

PER 2 CAKES: 562 cal., 28 g total fat (8 g sat. fat), 96 mg chol., 915 mg sodium, 64 g carbo., 4 g fiber, 14 g pro.

TONIGHT

GARBANZO BEAN STEW

START TO FINISH: 35 MINUTES **MAKES:** 4 (1½ -CUP) SERVINGS + RESERVES

- 3 15-ounce cans garbanzo beans (chickpeas), rinsed and drained
- 2 14.5-ounce cans vegetable broth
- 1 pound red-skin potatoes, cut into ¾-inch pieces
- ¾ cup chopped red sweet pepper (1 medium)
- ½ cup chopped onion (1 medium)
- 3 cloves garlic, minced
- 1 teaspoon ground cumin
- ½ teaspoon paprika
- ¼ teaspoon cayenne pepper
- 1 14.5-ounce can diced tomatoes, undrained

- 1** In a 5- or 6-quart pot stir together garbanzo beans, vegetable broth, potatoes, sweet pepper, onion, garlic, cumin, paprika, and cayenne pepper. Bring to boiling; reduce heat. Simmer, covered, about 10 minutes or until vegetables are tender.
- 2** Stir in undrained tomatoes. Return to boiling; reduce heat. Simmer, covered, for 10 minutes more. Measure 4 cups of the stew and transfer to a storage container. Seal and store in the refrigerator for up to 3 days. Use in Falafel-Style Patties with Tahini Sauce. Ladle remaining stew into bowls.

PER SERVING: 245 cal., 3 g total fat (0 g sat. fat), 0 mg chol., 1,251 mg sodium, 46 g carbo., 8 g fiber, 10 g pro.



TOMORROW

FALAFEL-STYLE PATTIES WITH TAHINI SAUCE

PREP: 30 MINUTES **COOK:** 8 MINUTES **MAKES:** 4 SERVINGS

- 4 cups reserved Garbanzo Bean Stew
- ½ cup soft bread crumbs
- 2 tablespoons olive oil
- ⅓ cup plain low-fat yogurt
- 1 tablespoon tahini
- 2 teaspoons lemon juice
- ¼ cup chopped, seeded cucumber
- Salt and black pepper
- 2 pita bread rounds, halved crosswise
- ½ cup chopped tomato (1 medium)
- 1 cup shredded lettuce

- 1** Drain liquid from reserved stew; discard liquid. In a medium bowl mash stew with a potato masher. Stir in bread crumbs. Shape mixture into eight ¾-inch-thick patties.
- 2** In a large nonstick skillet heat oil over medium heat. Cook patties, four at a time, in hot oil for 2 minutes per side or until golden brown. Drain patties on paper towels.
- 3** Meanwhile, in a small bowl stir together yogurt, tahini, and lemon juice. Stir in cucumber; season to taste with salt and pepper.
- 4** Serve patties with tahini sauce, pita bread, chopped tomato, and shredded lettuce.

PER SERVING: 364 cal., 11 g total fat (2 g sat. fat), 1 mg chol., 1126 mg sodium, 54 g carbo., 7 g fiber, 12 g pro.

FALAFEL

THESE MIDDLE EASTERN PATTIES ARE TRADITIONALLY MADE WITH GROUND GARBANZO BEANS AND DEEP-FRIED.

TONIGHT

SPICY VEGETABLE CHILI

START TO FINISH: 40 MINUTES **MAKES:** 6 SERVINGS + RESERVES

- 2 tablespoons vegetable oil
- 2 cups chopped onions (2 large)
- 1½ cups chopped green sweet peppers (2 medium)
- 1 cup chopped celery (2 stalks)
- 8 cloves garlic, minced
- 2 28-ounce cans diced tomatoes, undrained
- 1 6-ounce can tomato paste
- 2 tablespoons chili powder
- 1 tablespoon Worcestershire sauce
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano, crushed
- ¼ teaspoon cayenne pepper (optional)
- 1 teaspoon bottled hot pepper sauce
- 2 15- to 16-ounce cans dark red kidney beans, rinsed and drained
- 2 15- to 16-ounce cans pinto beans, rinsed and drained
- 1 15-ounce can whole kernel corn, drained
- Slivered green onions (optional)
- Sour cream (optional)

1 In a 6- or 8-quart pot heat oil over medium heat. Add onions, sweet peppers, celery, and garlic; cook until tender. Stir in undrained tomatoes, tomato paste, chili powder, Worcestershire sauce, cumin, oregano, cayenne pepper (if desired), hot pepper sauce, and 1 cup water. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes.

2 Stir in kidney beans, pinto beans, and corn. Return to boiling; reduce heat. Simmer, uncovered, for 10 minutes.

3 Transfer 6 cups chili to an airtight container. Cover and chill for up to 3 days or freeze for up to 1 month. Use in Cincinnati-Style Chili and Noodles. Serve remaining chili in bowls. If desired, sprinkle with green onions and top with sour cream.

PER SERVING: 229 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 733 mg sodium, 48 g carbo., 11 g fiber, 12 g pro.



TOMORROW

CINCINNATI-STYLE CHILI AND NOODLES

START TO FINISH: 20 MINUTES **MAKES:** 6 SERVINGS

- 8 ounces dried spaghetti
- 6 cups reserved Spicy Vegetable Chili
- ½ ounce unsweetened chocolate, chopped
- ½ teaspoon ground cinnamon
- ⅛ teaspoon ground allspice
- ⅛ teaspoon ground cloves
- Shredded cheddar or American cheese
- Finely chopped onion

1 Cook spaghetti according to package directions; drain.

2 Meanwhile, in a large saucepan heat reserved chili over medium heat until bubbly. Stir in chocolate, cinnamon, allspice, and cloves. Cook and stir until chocolate melts. Serve chili over spaghetti. Sprinkle with cheese and onion.

PER SERVING: 398 cal., 8 g total fat (4 g sat. fat), 16 mg chol., 813 mg sodium, 67 g carbo., 10 g fiber, 18 g pro.

WHAT IS CINCINNATI CHILI

THIS STYLE OF CHILI IS SERVED OVER PASTA AND FLAVORED WITH CINNAMON, ALLSPICE, CLOVES, AND CHOCOLATE. IT'S TYPICALLY MADE WITH BEEF; THE ABOVE VERSION IS MEAT-FREE.