



EatingWell Favorite **BUDGET** Recipes

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Cheddar-Stuffed Mini Meatloaves with Chipotle Glaze

Makes: 4 servings

Active time: 20 minutes **Total:** 45 minutes

Equipment: 4 mini loaf pans or a baking sheet

Cost per serving: under \$2



Individual meatloaves not only take the guesswork out of portion size, they cook quicker than a large loaf. Look for ground chipotle in the spice section of the market—it gives the glaze a hit of smoke and spice.

- 1 pound lean (90% or leaner) ground beef**
- ½ cup chopped onion**
- ⅓ cup fine, dry, whole-wheat breadcrumbs**
- 1 large egg**
- 6 tablespoons ketchup, preferably no-salt-added**
- 2 teaspoons chili powder**
- 1 teaspoon ground cumin**
- ¼ teaspoon salt**
- ¼ teaspoon freshly ground pepper**

- ½ cup shredded extra-sharp Cheddar cheese**
- ⅛ teaspoon ground chipotle pepper**

1. Preheat oven to 400°F. Coat four 8- to 12-ounce small baking dishes, such as mini loaf pans, with cooking spray and place on a rimmed baking sheet. (*Alternatively, make freeform meatloaves and bake directly on the baking sheet.*)

2. Combine beef, onion, breadcrumbs, egg, 2 tablespoons ketchup, chili powder, cumin, salt and pepper in a bowl; mix well. Divide the mixture into 4 even portions and place in the prepared baking dishes. Make a 1½-inch-deep indentation with your finger down the length of each meatloaf. Stuff each with 2 tablespoons cheese and pinch the edges closed to seal.

3. Combine the remaining 4 tablespoons ketchup and chipotle in a bowl; spread over each loaf.

4. Transfer the baking sheet to the oven. Bake until an instant-read thermometer inserted in the center of a loaf registers 165°F, 20 to 30 minutes.

Per serving: 382 calories; 17 g fat (7 g sat, 6 g mono); 148 mg cholesterol; 18 g carbohydrate; 4 g added sugars; 37 g protein; 2 g fiber; 378 mg sodium; 468 mg potassium.

Nutrition bonus: Zinc (49% daily value), Iron (23% dv).

Carbohydrate servings: 1

Exchanges: ½ starch, ½ vegetable, 4 lean meat, ½ high-fat meat

Hot Chile Grilled Cheese

Makes: 4 servings

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

Cost per serving: under \$2.50



This deconstructed version of a chile relleno turned sandwich packs some heat and an ooey-goey filling. We like the flavor of sourdough, but any kind of bread will work well.

- 4 poblano peppers (see Tip)**
- 1 14-ounce can pinto beans, preferably low-sodium, rinsed**
- 3 tablespoons prepared salsa**
- ⅛ teaspoon salt**
- ½ cup shredded Monterey Jack or Cheddar cheese**
- 2 tablespoons low-fat plain yogurt**
- 3 scallions, sliced**
- 2 tablespoons chopped fresh cilantro**
- 8 slices sourdough bread**

1. Place peppers in a microwave-safe bowl, cover with plastic wrap and microwave on High until soft, 3 to 4 minutes. Let stand, covered, until cool enough to handle.

2. Meanwhile, combine beans, salsa and salt in a medium bowl. Mash the beans with a fork until they begin to form a paste (some can remain whole). Combine cheese, yogurt, scallions and cilantro in a small bowl.

3. When the peppers are cool enough to handle, slice each one in half lengthwise and remove the stem and seeds.

4. Heat a panini maker to high. (*No panini maker? See Stovetop Variation, below.*)

5. Spread ⅓ cup of the bean mixture on each of 4 slices of bread. Top with a heaping tablespoon of the cheese mixture. Place 2 pepper halves over the cheese. Cover with the remaining slices of bread.

6. Grill the sandwiches in the panini maker until golden brown, about 4 minutes. Cut in half and serve immediately.

Per serving: 415 calories; 6 g fat (3 g sat, 1 g mono); 13 mg cholesterol; 70 g carbohydrate; 0 g added sugars; 19 g protein; 9 g fiber; 761 mg sodium; 307 mg potassium.



Nutrition bonus: Vitamin C (164% daily value), Folate (26% dv), Iron (21% dv).

Carbohydrate servings: 4½

Exchanges: 3½ starch, ½ vegetable, 1 medium-fat meat

Stovetop Variation: Place four 15-ounce cans and a medium skillet (not nonstick) by the stove. Heat 1 teaspoon canola oil in a large nonstick skillet over medium heat. Place 2 sandwiches in the pan. Place the medium skillet on top of the sandwiches, then weight it down with the cans. Cook the sandwiches until golden on one side, about 2 minutes. Reduce the heat to medium-low, flip the sandwiches, replace the top skillet and cans, and cook until the second side is golden, 1 to 3 minutes more. Repeat with another 1 teaspoon oil and the remaining 2 sandwiches.

Tip: Dark green poblano peppers, smaller than a bell pepper but larger than a jalapeño, can be fiery or relatively mild; there's no way to tell until you taste them. Find them near other fresh peppers at most large supermarkets.



Tortellini Primavera

Makes: 5 servings, about 1½ cups each

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

Cost per serving: under \$2

Heart Health Diabetes Weight Loss Gluten Free

This creamy tortellini and vegetable pasta is a real crowd pleaser. To make it even quicker, use frozen chopped vegetables instead of fresh. Serve with a green salad and whole-grain baguette.

- 1 14-ounce can vegetable broth or reduced-sodium chicken broth
- 2 tablespoons all-purpose flour
- 1 tablespoon extra-virgin olive oil
- 3 cloves garlic, sliced
- 1 cup shredded fontina cheese or ¾ cup shredded Parmesan cheese
- 1 tablespoon chopped fresh tarragon, dill or chives or 1 teaspoon dried tarragon
- ⅛ teaspoon salt
- 4 cups chopped vegetables, such as broccoli, carrots and snap peas, or 16-ounce bag frozen mixed vegetables

1 16-ounce package frozen cheese tortellini

1. Put a large pot of water on to boil.
2. Meanwhile, whisk broth and flour in a small bowl. Heat oil in a large skillet over medium heat. Add garlic and cook, stirring, until just beginning to brown, 1 to 2 minutes. Add the broth mixture to the pan, bring to a boil and cook, stirring occasionally, until the sauce is thick enough to coat the back of a spoon, about 3 minutes. Remove from the heat and stir in cheese, tarragon (or dill or chives) and salt.

3. Add vegetables and tortellini to the boiling water; return the water to a simmer and cook until the vegetables and tortellini are tender, 3 to 5 minutes. Drain; add to the pan with the sauce and stir to coat.

Per serving: 429 calories; 15 g fat (8 g sat, 4 g mono); 68 mg cholesterol; 56 g carbohydrate; 0 g added sugars; 15 g protein; 5 g fiber; 546 mg sodium; 342 mg potassium.

Nutrition bonus: Vitamin A (135% daily value), Vitamin C (39% dv), Calcium (31% dv), Folate (29% dv), Iron (15% dv).

Carbohydrate servings: 3½

Exchanges: 3 starch, 1½ vegetable, 1 high-fat meat, 2 fat

Sicilian Olive Chicken

Makes: 4 servings

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

Cost per serving: under \$3

Heart Health Diabetes Weight Loss Gluten Free

This saucy one-skillet chicken dish is full of tomatoes, spinach, olives and capers. Try Kalamata olives in place of the green Sicilians or a combination of both. Serve over whole-wheat egg noodles with a salad, or, to keep it gluten-free, with just a mixed green salad on the side.

1 14-ounce can petite diced tomatoes with garlic and olive oil or other Italian-style seasoning

1½ cups frozen chopped spinach, thawed

⅓ cup halved Sicilian or other green olives

1 tablespoon capers, rinsed

¼ teaspoon crushed red pepper, or to taste

4 4-ounce chicken cutlets (see Tip)

¼ teaspoon freshly ground pepper

1 tablespoon extra-virgin olive oil

1. Combine tomatoes, spinach, olives, capers and crushed red pepper in a bowl. Sprinkle both sides of chicken with pepper.

2. Heat oil in a large skillet over medium-high heat. Cook the chicken until browned on one side, 2 to 4 minutes. Turn it over; top with the tomato mixture. Reduce heat to medium, cover and cook until cooked through, 3 to 5 minutes.

Per serving: 213 calories; 8 g fat (2 g sat, 5 g mono); 63 mg cholesterol; 9 g carbohydrate; 0 g added sugars; 26 g protein; 3 g fiber; 555 mg sodium; 606 mg potassium.

Nutrition bonus: Vitamin A (143% daily value), Folate (24% dv), Magnesium (20% dv), Iron & Vitamin C (19% dv), Potassium (18% dv).

Carbohydrate servings: ½

Exchanges: 1½ vegetable, 3 lean meat, 1 fat.

Tip: If you can't find chicken cutlets for this recipe, you can make your own. Purchase four 5-ounce chicken breasts. Remove the tenders and trim the fat. Place the chicken between pieces of plastic wrap. Pound with a rolling pin, meat mallet or heavy skillet until flattened to about ½ inch thick.



Vegetarian Shepherd's Pies

Makes: 4 servings, about 2 cups each

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

To make ahead: Prepare the filling (Step 3), cover and refrigerate for up to 1 day.

Cost per serving: under \$1.50

Heart Health Diabetes Weight Loss Gluten Free

These mini vegetarian shepherd's pies feature lentils, carrot and corn, crowned with a velvety mashed potato topping. The recipe can also be made in a broiler-safe casserole dish. Serve with a spinach salad with oranges, walnuts and red-wine vinaigrette.

1 pound Yukon Gold or white potatoes, peeled and cut into 1-inch chunks

½ cup buttermilk

1 tablespoon butter

¾ teaspoon salt, divided

½ teaspoon freshly ground pepper, divided

1 tablespoon extra-virgin olive oil

1 large onion, finely diced

½ cup finely diced carrot

1 tablespoon water

¾ cup frozen corn kernels, thawed

1 teaspoon chopped fresh thyme or ½ teaspoon dried

3 tablespoons all-purpose flour

1 14-ounce can vegetable broth

1½ cups cooked or canned (rinsed) lentils (see Tip)

1. Place potatoes in a large saucepan and cover with 2 inches of water. Bring to a simmer over medium-high heat. Reduce heat to medium, partially cover and cook until tender, 10 to 15 minutes. Drain and return the potatoes to the pot. Add buttermilk, butter and ¼ teaspoon each salt and pepper. Mash with a potato masher until mostly smooth.

2. While the potatoes are cooking, position rack in upper third of oven; preheat broiler. Coat four 10- to 12-ounce broiler-safe ramekins (or an 8-inch-square broiler-safe baking dish) with cooking spray. Place ramekins on a broiler-safe baking sheet.

3. Heat oil in a large skillet over medium-high heat. Add onion, carrot and water. Cover and cook, stirring occasionally, until softened, 3 to 5 minutes. Stir in corn, thyme and the remaining ½ teaspoon salt and ¼ teaspoon pepper; cook, stirring occasionally, for 2 minutes. Sprinkle with flour and stir to coat. Stir in broth. Bring to a simmer; cook, stirring, for 1 minute. Stir in lentils and cook, stirring constantly, for 2 minutes.

4. Divide the hot lentil mixture among the prepared ramekins (or spread in the baking dish). Top with the mashed potatoes. Broil, rotating halfway through, until the potato is lightly browned in spots, 6 to 10 minutes.

Per serving: 326 calories; 8 g fat (3 g sat, 4 g mono); 9 mg cholesterol; 55 g carbohydrate; 0 g added sugars; 12 g protein; 10 g fiber; 679 mg sodium; 842 mg potassium.

Nutrition bonus: Vitamin A (66% daily value), Folate (44% dv), Vitamin C (25% dv), Potassium (24% dv), Iron (20% dv), Magnesium (16% dv).

Carbohydrate servings: 3

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

Tip: To cook lentils, place in a saucepan, cover with at least 1 inch of water, bring to a simmer and cook until just tender, 15 to 30 minutes, depending on the type of lentil. Drain and rinse with cold water. 1 cup dry lentils = about 2½ cups cooked. Or use canned lentils: 15-ounce can = 1½ cups. Rinse canned lentils before cooking with them to reduce the sodium by about 35%.





Pulled Pork with Caramelized Onions

Makes: 8 servings, about 1 cup each

Active time: 1 hour

Slow-cooker time: 5-9 hours

To make ahead: Prepare through Step 1, cover and refrigerate for up to 2 days. To finish, bring the sauce to a simmer and continue with Steps 2 & 3. The cooked pork can be refrigerated for up to 3 days.

Equipment: 4-quart or larger slow cooker

Heart Health Diabetes Weight Loss Gluten Free

Traditional pulled pork is barbecued, which gives it a smoky flavor. But the slow cooker happens to be the absolute easiest way to cook pulled pork—and you can get a hint of smoke by adding chipotle chile. Serve the pulled pork with potato salad, collard greens and grits. Or make it into a sandwich and serve it on a bun with coleslaw.

- 1 tablespoon extra-virgin olive oil
- 3 large onions, thinly sliced
- $\frac{1}{3}$ cup raw cane sugar, such as Demerara or turbinado (see *Tips*)
- 4 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon freshly ground pepper
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{3}$ cup cider vinegar
- 1 cup chili sauce, such as Heinz
- $1\frac{1}{2}$ -3 teaspoons minced chipotle chile in adobo sauce (see *Tips*)
- 3 pounds boneless pork shoulder or blade (butt) roast, trimmed

1. Heat oil in a large skillet over medium-high heat. Add onions and cook, stirring occasionally, until they begin to soften, 3 to 6 minutes. Add sugar and continue to cook, stirring constantly, until the onions are golden brown, 6 to 8 minutes more. Add garlic, oregano, pepper and salt and cook, stirring, for 1 minute. Add vinegar and bring to a boil. Cook until mostly evaporated, 30 seconds to 1 minute. Remove from the heat and stir in chili sauce and chipotle to taste.

2. Place pork in a 4-quart (or larger) slow cooker and cover with the sauce. Cover and cook until the pork is almost falling apart, about 4 hours on High or 8 hours on Low.

3. Transfer the pork to a cutting board and shred using two forks. Stir back into the sauce.

Per serving (without bun): 358 calories; 18 g fat (6 g sat, 9 g mono); 90 mg cholesterol; 21 g carbohydrate; 9 g added sugars; 25 g protein; 3 g fiber; 664 mg sodium; 510 mg potassium.

Nutrition bonus: Zinc (26% daily value), Vitamin C (17% dv), Iron (15% dv).

Carbohydrate servings: $\frac{1}{2}$

Exchanges: $\frac{1}{2}$ carbohydrate (other), 3 medium fat meat

Tips:

Raw cane sugar (such as Sugar in the Raw) is steam-cleaned, coarse-grained and light brown in color, with a slight molasses flavor. Find it in the natural-foods section of large supermarkets or at natural-foods stores.

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

Tomato-Corn Pie

Makes: 8 servings

Active time: 25 minutes **Total:** 2 hours

To make ahead: Prepare the crust (Step 1), wrap tightly and refrigerate for up to 3 days or freeze for up to 6 months. Cover and refrigerate the baked pie for up to 1 day.

Equipment: 9-inch pie pan, preferably deep-dish

Cost per serving: under \$1

Heart Health Diabetes Weight Loss Gluten Free

Tomatoes and corn have a natural affinity for one another: the slight acidity of tomatoes balances the sweetness of the corn. Here they partner in a delicious quiche-like pie. The dough is very forgiving and bakes up into a sturdy shell that's great for just about any savory pie or tart. Perfect for a summer brunch or try it with a tossed salad for a light supper.

Crust

$\frac{3}{4}$ cup whole-wheat pastry flour
(see *Tips*)

$\frac{3}{4}$ cup all-purpose flour

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

$\frac{1}{2}$ teaspoon freshly ground pepper

$\frac{1}{3}$ cup extra-virgin olive oil

5 tablespoons cold water

Filling

3 large eggs

1 cup low-fat milk

$\frac{1}{2}$ cup shredded sharp Cheddar cheese,
divided

2 medium tomatoes, sliced

1 cup fresh corn kernels (about 1 large
ear; see *Tips*) or frozen

1 tablespoon chopped fresh thyme or
1 teaspoon dried

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

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

1. To prepare crust: Combine whole-wheat flour, all-purpose flour, $\frac{1}{2}$ teaspoon each salt and pepper in a large bowl. Make a well in the center, add oil and water and gradually stir them in to form a soft dough. Wrap the dough in plastic and chill in the refrigerator for 15 minutes.

2. Preheat oven to 400°F.

3. Roll the dough into a 12-inch circle on a lightly floured surface. Transfer to a 9-inch pie pan, preferably deep-dish, and press into the bottom and up the sides. Trim any overhanging crust. Line the dough with a piece of foil or parchment paper large enough to lift out easily; fill evenly with pie weights or dry beans. Bake for 20 minutes. Remove the foil or paper and weights. Let cool on a wire rack for at least 10 minutes or up to 1 hour.

4. To prepare filling: Whisk eggs and milk in a medium bowl. Sprinkle half the cheese over the crust, then layer half the tomatoes evenly over the cheese. Sprinkle with corn, thyme, $\frac{1}{4}$ teaspoon each salt and pepper and the remaining $\frac{1}{4}$ cup cheese. Layer the remaining tomatoes on top and sprinkle with the remaining $\frac{1}{4}$ teaspoon salt. Pour the egg mixture over the top.

5. Bake the pie until a knife inserted in the center comes out clean, 40 to 50 minutes. Let cool for 20 minutes before serving.

Per serving: 258 calories; 14 g fat (4 g sat, 9 g mono); 79 mg cholesterol; 24 g carbohydrate; 0 g added sugars; 8 g protein; 2 g fiber; 379 mg sodium; 218 mg potassium.

Carbohydrate servings: $1\frac{1}{2}$

Exchanges: $1\frac{1}{2}$ starch, $\frac{1}{2}$ lean meat, 2 fat

Tips:

Look for whole-wheat pastry flour in large supermarkets and natural-foods stores. Store it in the freezer.

To remove corn kernels from the cob, stand an ear of corn on one end and slice the kernels off with a sharp knife.



Asparagus-Goat Cheese Soufflés

Makes: 6 servings

Active time: 30 minutes **Total:** 50 minutes

Equipment: six 10-ounce ramekins

Cost per serving: under \$2

Heart Health Diabetes Weight Loss Gluten Free

Puffy and warm, these asparagus-goat cheese soufflés are the essence of spring. Serve them alongside a big salad with a tangy vinaigrette for a light supper or a special brunch. Though these are wonderful either way, the addition of truffle oil is spectacular and decadent-tasting.

- 1 bunch asparagus (about 1 pound), trimmed
- 1½ cups nonfat milk
- 2 tablespoons butter
- 3 tablespoons all-purpose flour
- ½ teaspoon coarse salt, divided
- ¼ teaspoon freshly ground pepper
- Pinch of ground nutmeg
- 4 large egg yolks, at room temperature (see *Tips*)
- 1½ teaspoons truffle oil (optional; see *Tips*)
- 8 large egg whites, at room temperature
- 1 cup crumbled or diced aged goat cheese or Manchego cheese

1. Fill a large skillet with 1 inch of hot water and bring to a boil. Add asparagus. Partially cover and cook the asparagus until tender-crisp, about 3 minutes. Drain; refresh under cold water. Blot the asparagus dry with a clean kitchen towel, then cut into ½-inch slices.

2. Position rack on lowest level of oven; pre-heat to 375°F. Coat six 10-ounce ramekins with nonstick cooking spray. Place ramekins on a large rimmed baking sheet.

3. Heat milk in a small saucepan over medium heat until hot. Melt butter in a medium saucepan over medium-low heat. Whisk in flour and cook, whisking often, for 2 minutes. Turn off heat and slowly whisk in hot milk. Return the

heat to medium-low and continue whisking until the mixture is thickened, 3 to 4 minutes. Whisk in ¼ teaspoon salt, pepper and nutmeg. Remove from the heat and whisk in 4 egg yolks, one at a time, and truffle oil, if using. Transfer the mixture to a large bowl and stir in the asparagus and cheese.

4. Place 8 egg whites in a large bowl. Beat with an electric mixer, slowly increasing the speed, until they begin to foam. Add the remaining ¼ teaspoon salt and continue to beat until the whites hold their shape; do not overbeat. (You'll know they are ready when you lift the beaters out and the peak doesn't flop over.)

5. Using a rubber spatula, gently stir one-third of the whites into the egg yolk mixture to lighten it. Gently fold in the remaining egg whites just until blended. Divide the soufflé mixture among the prepared ramekins, filling them almost to the top. (Discard any leftover mixture or prepare another ramekin for another soufflé.)

6. Bake the soufflés on the bottom rack until puffy and golden and an instant-read thermometer inserted into the center registers 145°F, 20 to 25 minutes. Do not overcook—the centers will look soft.

Per serving: 206 calories; 13 g fat (7 g sat, 4 g mono); 150 mg cholesterol; 9 g carbohydrate; 0 g added sugars; 14 g protein; 1 g fiber; 373 mg sodium; 297 mg potassium.

Nutrition bonus: Vitamin A (22% daily value), Folate (21% dv), Calcium (16% dv).

Carbohydrate servings: ½

Exchanges: 1 vegetable, 2 medium-fat meat, 1 fat

Tips:

To bring an egg to room temperature, either set it out on the counter for 15 minutes or submerge it (in the shell) in a bowl of lukewarm (not hot) water for 5 minutes.

Look for truffle oil in small bottles near other oils in well-stocked supermarkets or gourmet food shops.





Smoky Black Bean Soup

Makes: 6 servings, 1⅓ cups each

Active time: 30 minutes **Total:** 2 hours (not including bean-soaking time)

To make ahead: Prepare through Step 3, cover and refrigerate for up to 3 days; thin with a little water if necessary after heating.

Cost per serving: under \$1.50

Heart Health Diabetes Weight Loss Gluten Free

This will probably be the most delicious black bean soup you've ever tasted. The coffee adds a slightly toasty, woody background note. The optional ham hock adds smoky, salty ham flavor. Serve with a mixed green salad or a grilled cheese sandwich. *Recipe by Joyce Hendley for EatingWell.*

- 1 pound dried black beans (2 cups)
- 2 tablespoons extra-virgin olive oil
- 2 medium onions, finely chopped, ⅓ cup reserved for garnish
- 1 red bell pepper, finely chopped
- 2 large stalks celery, chopped
- 1 jalapeño pepper, seeded and finely chopped
- 3 large cloves garlic, minced
- 1 tablespoon ground cumin

- 4 cups water
- 2 cups brewed coffee
- 1 ham hock (optional)
- 1 bay leaf
- 1 teaspoon salt, plus more if needed
- 6 tablespoons reduced-fat sour cream or plain Greek yogurt for garnish
- Chopped fresh cilantro for garnish

1. Pick over beans; rinse well. Place in a large bowl with cold water to cover by 2 inches. Let soak for at least 6 hours or overnight. (Or use the quick-soak method: Cover the beans with 2 inches of water and bring to a boil; simmer 2 minutes. Remove from the heat and let stand, covered, for 1 hour.) Drain.

2. Heat oil in a soup pot or Dutch oven over medium-high heat. Add all but ⅓ cup of the onions, bell pepper, celery, jalapeño and garlic and cook, stirring frequently, until the vegetables are beginning to brown, 5 to 8 minutes. Add cumin and cook, stirring, 1 minute more. Add the beans, water, coffee, ham hock (if using) and bay leaf; cover and bring to a boil, stirring occasionally. Skim off any foam that rises to the top, reduce the heat, cover and simmer until the beans are very tender, 1¼ to 1½ hours. If using, remove the ham hock and set it aside to cool; remove the bay leaf. Stir in salt.

3. Puree about half of the soup in a blender or food processor until fairly smooth. (Use caution when pureeing hot liquids.) Return the pureed soup to the pot and heat through. If desired, cut meat off the ham hock, trim away any fat and chop the meat into small pieces; stir back into the soup.

4. Serve the soup garnished with the reserved chopped onion, a dollop of sour cream (or yogurt) and cilantro, if desired.

Per serving: 298 calories; 8 g fat (2 g sat, 4 g mono); 6 mg cholesterol; 43 g carbohydrate; 0 g added sugars; 15 g protein; 15 g fiber; 423 mg sodium; 768 mg potassium.

Nutrition bonus: Folate (65% daily value), Vitamin C (54% dv), Magnesium (31% dv), Iron & Potassium (22% dv), Vitamin A (17% dv).

Carbohydrate servings: 2½

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

Crispy Baked Drumsticks with Honey-Mustard Sauce

Makes: 4 servings, 2 drumsticks & 2 tablespoons sauce

Active time: 20 minutes **Total:** 45 minutes

To make ahead: Cover and refrigerate the sauce (Step 4) for up to 3 days.

Cost per serving: under \$1.50

Heart Health Diabetes Weight Loss Gluten Free

These baked chicken drumsticks are crispy-crunchy outside and succulent and juicy inside. Serve with sweet potato fries and spinach salad.

⅔ cup fine dry breadcrumbs, preferably whole-wheat (see Tip)

½ teaspoon paprika

½ teaspoon onion powder

½ teaspoon salt

5 teaspoons canola oil

1 large egg

8 chicken drumsticks (about 2 pounds total), skin removed, trimmed

Honey-Mustard Sauce

¼ cup nonfat plain yogurt, preferably Greek-style

2 tablespoons Dijon mustard

2 tablespoons honey

Freshly ground pepper to taste

1. Preheat oven to 475°F. Coat a wire rack with cooking spray and set it on a large rimmed baking sheet.

2. Mix breadcrumbs, paprika, onion powder and salt in a shallow dish. Drizzle with oil and mash with a fork until the oil is thoroughly incorporated. Lightly beat egg with a fork in another shallow dish. Dip the drumsticks into the egg, then press into the breading mixture until evenly coated on both sides. (Discard any remaining mixture and/or egg.) Place the chicken on the prepared rack.

3. Bake the chicken until golden and an instant-read thermometer inserted into the thickest part of a drumstick without touching bone registers 165°F, 25 to 30 minutes.



4. **To prepare sauce:** Combine yogurt, mustard, honey and pepper in a small bowl. Serve the sauce with the drumsticks.

Per serving: 299 calories; 11 g fat (2 g sat, 5 g mono); 127 mg cholesterol; 20 g carbohydrate; 9 g added sugars; 29 g protein; 2 g fiber; 510 mg sodium; 346 mg potassium.

Nutrition bonus: Zinc (20% daily value).

Carbohydrate servings: 1

Exchanges: 1 starch, ½ other carbohydrate, 4 lean meat, 1 fat

Tip: To make your own breadcrumbs, trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until very fine. Spread on a baking sheet and bake at 250°F until dry, about 10 to 15 minutes. One slice of bread makes about ⅓ cup dry breadcrumbs.

Cheese Enchiladas with Red Chile Sauce

Makes: 8 servings

Active time: 45 minutes **Total:** 1¼ hours

To make ahead: Cover and refrigerate the sauce (Step 1) for up to 3 days.

Cost per serving: under \$3

Heart Health Diabetes Weight Loss Gluten Free

Intense, earthy and absolutely addictive, New Mexico's cheese enchiladas showcase red chile sauce at its most elemental, thickly blanketing tortillas and melted Cheddar. We've added some extra creaminess and body with locally popular pinto beans, to cut down on the classic's load of saturated fat. Top with shredded lettuce and minced onion.

Red Chile Sauce

- 2 teaspoons canola oil
- ½ cup minced white onion
- 1 clove garlic, minced
- ½ cup mild-to-medium-hot red New Mexican chile powder
- 2 cups vegetable broth or reduced-sodium chicken broth
- 1 cup water
- ½ teaspoon dried oregano, preferably Mexican
- ½ teaspoon salt

Enchiladas

- 1 15-ounce can pinto beans, rinsed and mashed, or nonfat refried beans
- 2 tablespoons low-fat plain yogurt
- 12 6-inch corn tortillas, blue corn if available
- 2 cups shredded sharp Cheddar cheese (8 ounces), divided
- ¼ cup minced white onion, plus more for garnish

1. To prepare sauce: Heat oil in a medium saucepan over medium heat. Add ½ cup onion; cook, stirring, until it begins to soften, about 1 minute. Stir in garlic and continue cooking until the onion is translucent and soft, about 2 minutes more. Stir in chile powder. Add broth, water, oregano and salt. Bring to a boil. Reduce heat to a simmer and cook until thickened and reduced by about one-third, about 20 minutes. (The sauce should be thick enough to coat a spoon lightly.)

2. To prepare enchiladas: Preheat oven to 400°F. Coat a 7-by-11-inch (or similar-size 2-quart) baking dish with cooking spray.

3. Combine beans and yogurt in a small bowl.

4. Spread about ¼ cup of the sauce in the baking dish. Arrange 4 tortillas in the dish, overlapping them to cover the bottom. Top with half the bean mixture, using the back of a spoon to spread it thin. Scatter ⅔ cup cheese and 2 tablespoons onion on top of the beans. Top with one-third of the remaining sauce, 4 tortillas, the remaining bean mixture, ⅓ cup cheese and the remaining 2 tablespoons onion. Spread half of the remaining sauce on top and cover with the remaining 4 tortillas. Top with the remaining sauce and the remaining ⅓ cup cheese.

5. Bake the enchiladas until hot and bubbling, 15 to 20 minutes. Let stand for 5 minutes before serving. Serve with additional minced onion, if desired.

Per serving: 305 calories; 14 g fat (6 g sat, 4 g mono); 30 mg cholesterol; 35 g carbohydrate; 0 g added sugars; 12 g protein; 7 g fiber; 648 mg sodium; 308 mg potassium.

Nutrition bonus: Vitamin A (58% daily value), Calcium (27% dv).

Carbohydrate servings: 2

Exchanges: 2½ starch, 2 medium-fat meat





Buffalo Chicken Casserole

Makes: 8 servings

Active time: 45 minutes **Total:** 1½ hours

To make ahead: In Step 2, cook the noodles 4 minutes less than package directions. Prepare through Step 4, cover and refrigerate for 1 day. Let stand at room temperature for 30 minutes, then bake at 400°F for 45 minutes.

Cost per serving: under \$2.50

Heart Health Diabetes Weight Loss Gluten Free

We took the classic flavors of Buffalo wings—hot sauce, blue cheese, carrots and celery—and created a finger-licking-good casserole. Serve this dish during football season to a hungry crowd and it's sure to be a hit. We don't typically recommend ingredients by brand name, but in this case we make an exception for Frank's RedHot Sauce. It has the perfect balance of spice and tang for this casserole. Texas Pete and Crystal hot sauces are suitable alternatives if you can't find Frank's.

- 12 ounces whole-wheat elbow noodles**
- 2 tablespoons canola oil**
- 3 medium carrots, sliced**
- 3 medium stalks celery, sliced**
- 1 large onion, chopped**
- 1 tablespoon minced garlic**
- 2 pounds boneless, skinless chicken breast, trimmed and cut into 1-inch cubes**
- ⅓ cup cornstarch**
- 4 cups low-fat milk**
- ⅛ teaspoon salt**
- 5 tablespoons hot sauce, preferably Frank's RedHot**
- ¾ cup crumbled blue cheese (about 4 ounces)**

1. Preheat oven to 400°F.

2. Bring a Dutch oven of water to a boil. Cook noodles until barely tender, about 2 minutes less than package directions. Drain, rinse and set aside.

3. Heat oil in the pot over medium heat. Add carrots, celery, onion and garlic and cook until beginning to soften, about 5 minutes. Add chicken and cook until no longer pink on the outside, 5 to 7 minutes. Whisk cornstarch and milk in a medium bowl; add to the pot along with salt. Bring to a boil over medium-high heat, stirring often, until bubbling and thick enough to coat the back of a spoon, about 4 minutes. Remove from the heat and stir in hot sauce.

4. Spread the noodles in a 9-by-13-inch (or similar 3-quart) baking dish. Top with the chicken mixture; sprinkle with blue cheese.

5. Bake the casserole until it is bubbling, about 30 minutes. Let stand for 10 minutes before serving.

Per serving: 441 calories; 12 g fat (5 g sat, 5 g mono); 79 mg cholesterol; 47 g carbohydrate; 0 g added sugars; 37 g protein; 5 g fiber; 671 mg sodium; 619 mg potassium.

Nutrition bonus: Vitamin A (89% daily value), Calcium (28% dv), Magnesium (20% dv), Potassium & Zinc (18% dv).

Carbohydrate Servings: 3

Exchanges: 2 starch, 1 vegetable, 3½ lean meat, 1 fat

Pepperoni & Pepper Pizza

Makes: 5 servings

Active time: 35 minutes **Total:** 2 hours

To make ahead: Prepare through Step 2, cover the bowl with plastic wrap and refrigerate for up to 1 day. Or tightly wrap the unrisen dough in oiled plastic wrap and freeze for up to 3 months. Defrost the dough in the refrigerator overnight. Let refrigerated (or previously frozen) dough stand at room temperature for 1 hour before using.

Cost per serving: under \$1.50

Heart Health Diabetes Weight Loss Gluten Free

Using mini pepperoni slices (or chopping regular-sized slices) allows you to use less pepperoni, but still get plenty of flavor on this pepperoni and pepper pizza. Use green or yellow pepper instead of red, or swap out the pepper for your favorite veggie instead. No time to make homemade dough? Look for whole-wheat pizza-dough balls at your supermarket. Check the ingredient list to make sure the dough doesn't contain any hydrogenated oils.

Thin-Crust Whole-Wheat Pizza Dough

¾ cup plus 1 tablespoon lukewarm water (105-115°F)

1 package active dry yeast (2¼ teaspoons)

1 teaspoon sugar

1 cup whole-wheat pastry flour (see Tip)

1 cup bread flour or all-purpose flour

½ teaspoon salt

1 tablespoon extra-virgin olive oil

2 tablespoons fine cornmeal

All-purpose flour for dusting

Toppings

½ cup prepared pizza or marinara sauce

⅓ cup mini pepperoni slices or chopped pepperoni

1 red bell pepper, chopped

1 cup shredded part-skim mozzarella cheese

1. To prepare dough: Stir water, yeast and sugar in a large bowl; let stand until the yeast has dissolved, about 5 minutes. Stir in whole-wheat flour, bread flour (or all-purpose flour) and salt until the dough begins to come together.

2. Turn the dough out onto a lightly floured work surface. Knead until smooth and elastic, about 10 minutes. *(Alternatively, mix the dough in a food processor or in a stand mixer with a dough hook. Process or mix until it forms a ball. Continue to process until the dough is smooth and elastic, about 1 minute more in a food processor or 4 to 5 minutes more on low speed in a stand mixer.)* Place the dough in an oiled bowl and turn to coat.

3. Cover with a clean kitchen towel; set aside in a warm, draft-free place until doubled in size, about 1 hour.

4. Position rack in lower third of oven; preheat to 450°F. Brush oil over a large baking sheet. Sprinkle the baking sheet with cornmeal to coat evenly.

5. Sprinkle flour over work surface. Roll out the dough to the size of the baking sheet and transfer to the baking sheet. Cover the dough with sauce. Scatter with pepperoni and pepper and sprinkle with cheese. Bake until the crust is crispy and the cheese is melted and starting to brown, 15 to 20 minutes.

Per serving: 364 calories; 12 g fat (4 g sat, 5 g mono); 21 mg cholesterol; 47 g carbohydrate; 1 g added sugars; 15 g protein; 5 g fiber; 553 mg sodium; 237 mg potassium.

Nutrition bonus: Vitamin C (55% daily value), Folate (28% dv), Vitamin A (21% dv), Calcium (19% dv).

Carbohydrate servings: 3

Exchanges: 3 starch, 1 high-fat meat, ½ fat

Tip: Whole-wheat pastry flour is milled from soft wheat. It contains less gluten than regular whole-wheat flour and helps ensure a tender result in baked goods while providing the nutritional benefits of whole grains. Find it at large supermarkets and natural-foods stores. Store in an airtight container in the freezer.



Chicken Breasts with Green Chile-Almond Cream Sauce

Makes: 6 servings

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

To make ahead: Cover and refrigerate the sauce (Step 1) for up to 3 days. Reheat before serving.

Cost per serving: under \$2

Heart Health Diabetes Weight Loss Gluten Free

Here we top seared chicken breasts with a green chile cream sauce that was inspired by green mole. A touch of cream adds an extra smoothness to the sauce, but it can be omitted if you avoid dairy. Serve with brown rice and a tossed green salad with mango and red onion slices.

- 2 cups unsweetened almond milk
(see *Tip*)
- ½ cup reduced-sodium chicken broth
- ¾ cup chopped seeded fresh New Mexican green chiles
- 3 scallions, sliced, white and green parts separated
- 3 tablespoons slivered almonds, toasted
- 1 clove garlic, thinly sliced
- ¾ teaspoon salt, divided
- 6 chicken breast cutlets or fillets (about 4 ounces each)
- 1 tablespoon canola oil
- 2 tablespoons whipping cream (optional)
- 1 tablespoon sesame seeds, toasted

1. Combine almond milk, broth, green chiles, scallion whites, almonds, garlic and ¼ teaspoon salt in a medium saucepan; bring to a boil. Reduce heat to a simmer and cook the mixture until reduced by half, 20 to 30 minutes. Puree with an immersion blender or puree in a blender until smooth (use caution when blending hot liquids).

2. Sprinkle chicken with the remaining ½ teaspoon salt. Heat oil in large nonstick skillet over medium-high heat. Cook half the chicken until browned, 1 to 2 minutes per side. Transfer to a plate. Cook the remaining chicken until browned.

3. Add the first batch of chicken back to the pan. Pour in the sauce and cook at a low simmer, turning occasionally, until all the chicken is cooked through and tender, 4 to 7 minutes. Remove from the heat and transfer the chicken to a serving platter. Stir cream (if using) into the sauce and pour the sauce over the chicken. Sprinkle with the reserved scallion greens and sesame seeds.

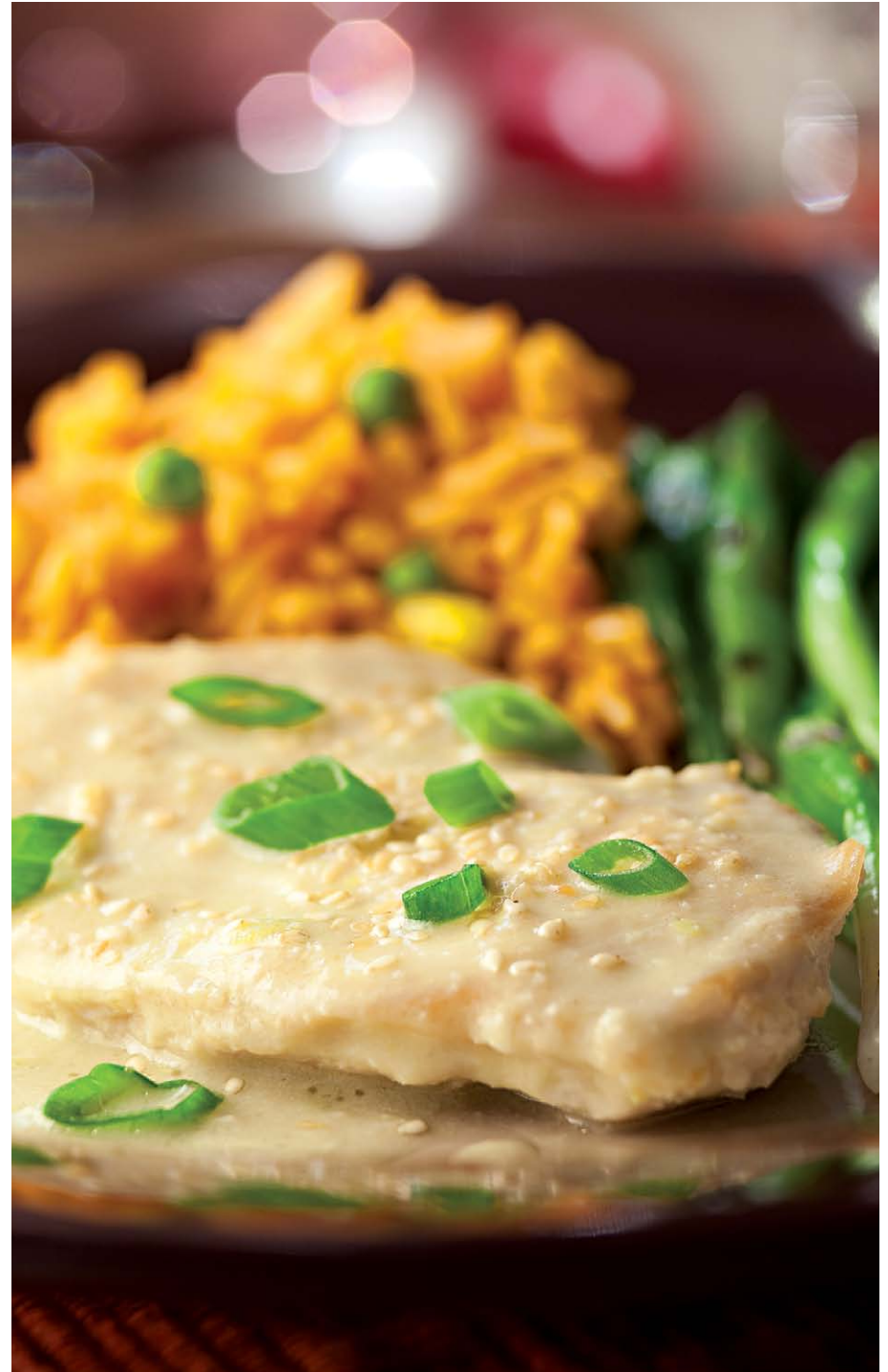
Per serving: 194 calories; 8 g fat (1 g sat, 4 g mono); 63 mg cholesterol; 4 g carbohydrate; 0 g added sugars; 25 g protein; 1 g fiber; 454 mg sodium; 323 mg potassium.

Nutrition bonus: Vitamin C (78% daily value).

Carbohydrate servings: 0

Exchanges: 3 lean meat, 1 fat

Tip: Look for almond milk near other shelf-stable or refrigerated dairy-free milks, such as soymilk and rice milk. Pacific and Blue Diamond make unsweetened varieties. Try the leftovers in a fruit smoothie.



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 **Heart Health** has limited saturated fat.

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 **Gluten Free** does not contain wheat, rye, barley or oats.
(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)