



# EatingWell Favorite Mediterranean Recipes

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## Feta & Spinach Couscous Patties

**Makes:** 4 servings

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

**To make ahead:** Cover and refrigerate the yogurt sauce (Step 2) for up to 6 hours.

Heart Health  Diabetes  Weight Loss  Gluten Free

Feta, spinach and dill flavor these tofu patties. Slice some lemon wedges and pick up some whole-wheat pita bread to serve with this Greek-inspired meal.

- 1 cup water
- $\frac{2}{3}$  cup whole-wheat couscous
- $\frac{1}{2}$  cup nonfat plain Greek yogurt
- $\frac{2}{3}$  cup shredded seeded cucumber
- $\frac{3}{4}$  teaspoon garlic powder, divided
- $\frac{1}{4}$  teaspoon salt
- $\frac{3}{4}$  cup silken tofu
- 1 10-ounce package frozen chopped spinach, thawed and squeezed dry
- $\frac{2}{3}$  cup crumbled feta cheese
- $\frac{1}{4}$  cup snipped fresh dill
- $\frac{1}{4}$  cup minced red onion
- $\frac{1}{2}$  teaspoon freshly ground pepper
- 2 tablespoons extra-virgin olive oil, divided
- 4 cups sliced or torn green leaf lettuce
- Grape tomatoes, halved, for garnish

1. Bring water to a boil in a medium saucepan. Stir in couscous, cover and remove from the heat. Let stand for 5 minutes.

2. Combine yogurt, cucumber,  $\frac{1}{4}$  teaspoon garlic powder and salt in a small bowl.

3. Mash tofu with a fork in a large bowl. Add spinach, feta, dill, onion, pepper, the remaining  $\frac{1}{2}$  teaspoon garlic powder and the couscous; stir until well combined. Form into 8 patties, using about  $\frac{1}{2}$  cup for each.

4. Place a baking sheet in the oven and pre-heat to the lowest setting. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add 4 patties and cook, turning once, until lightly golden on both sides, about 6 minutes total. Transfer to the baking sheet. Repeat with the remaining oil and patties. Serve over lettuce, topped with the yogurt sauce and garnished with tomatoes, if desired.

**Per serving:** 317 calories; 14 g fat (5 g sat, 7 g mono); 22 mg cholesterol; 35 g carbohydrate; 0 g added sugars; 16 g protein; 7 g fiber; 494 mg sodium; 509 mg potassium.

**Nutrition bonus:** Vitamin A (252% daily value), Folate (45% dv), Calcium (28% dv), Magnesium (21% dv), Iron (19% dv).

**Carbohydrate servings:** 2

**Exchanges:**  $1\frac{1}{2}$  starch, 1 vegetable, 1 medium-fat meat, 2 fat



## Baked Stuffed Eggplant

**Makes:** 4 servings

**Active time:** 30 minutes **Total:**  $1\frac{1}{4}$  hours

**To make ahead:** Loosely cover and refrigerate for up to 3 days.

Heart Health  Diabetes  Weight Loss  Gluten Free

These stuffed eggplants are filled with peppers, onion, garlic and tomatoes. Serve it along with olives, hummus, warm pita and tabbouleh for a fantastic vegetarian feast.

- 2 small-to-medium Italian eggplants (6-8 inches long, 10-12 ounces each)
- 3 tablespoons plus 2 teaspoons extra-virgin olive oil, divided
- 1 teaspoon salt, divided
- 1 large onion
- 2 cloves garlic
- 1 large green bell pepper, cut lengthwise into quarters
- 3 plum tomatoes
- $\frac{1}{2}$  cup plus 3 tablespoons chopped flat-leaf parsley, divided
- 1 teaspoon sugar
- 2 bay leaves
- Lemon wedges for serving

1. Preheat oven to 400°F. Coat a large roasting pan with cooking spray.

2. Remove leaves from eggplants, but leave the stems on. Cut the eggplants in half lengthwise, through the stem. Using a small sharp knife, make a deep slit lengthwise down the flesh side of each eggplant half: start about 1 inch below the stem and stop about 1 inch from the bottom. Do not cut completely through the skin.

3. Brush the eggplant all over with 2 tablespoons oil. Sprinkle the eggplant flesh with  $\frac{1}{4}$  teaspoon salt. Place cut-side down in the prepared roasting pan. Bake for 15 minutes.

4. Meanwhile, quarter and thinly slice onion. Finely chop garlic. Thinly slice 1 bell pepper quarter and set aside; dice the remaining pepper. Cut 1 tomato into 4 wedges and set aside; dice the remaining 2 tomatoes.

5. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add onion and garlic; cook, stirring, for 1 minute. Add the diced bell pepper, the diced tomatoes,  $\frac{1}{2}$  cup parsley, sugar, bay leaves and the remaining  $\frac{3}{4}$  teaspoon salt. Cook, stirring, for 3 minutes. Remove from heat; discard bay leaves.

6. After the eggplant has baked for 15 minutes, remove from the oven. Carefully turn each eggplant half over and use 2 spoons to open and widen the slits. Stuff the slits with the vegetable mixture, pressing it down gently. Place a wedge of tomato in the middle of each half; evenly divide the reserved sliced pepper among the halves.

7. Add  $\frac{1}{4}$  inch hot water to the roasting pan. Drizzle the eggplant with the remaining 2 teaspoons oil. Bake 30 minutes more.

8. Let cool for at least 15 minutes. Serve warm or cool completely, refrigerate and serve cold. Garnish with the remaining 3 tablespoons parsley and lemon wedges.

**Per serving:** 192 calories; 13 g fat (2 g sat, 10 g mono); 0 mg cholesterol; 18 g carbohydrate; 1 g added sugars; 3 g protein; 7 g fiber; 595 mg sodium; 632 mg potassium.

**Nutrition bonus:** Vitamin C (103% daily value), Vitamin A (29% dv), Potassium (18% dv), Folate (17% dv).

**Carbohydrate servings:** 1

**Exchanges:** 2 vegetable, 3 fat

## Mediterranean Roasted Broccoli & Tomatoes

**Makes:** 4 servings, about 1 cup each

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

Heart Health  Diabetes  Weight Loss  Gluten Free

This dish of roasted broccoli and tomatoes is tossed with bright Mediterranean ingredients just before serving.

**12 ounces broccoli crowns, trimmed and cut into bite-size florets (about 4 cups)**

**1 cup grape tomatoes**

**1 tablespoon extra-virgin olive oil**

**2 cloves garlic, minced**

**¼ teaspoon salt**

**½ teaspoon freshly grated lemon zest**

**1 tablespoon lemon juice**

**10 pitted black olives, sliced**

**1 teaspoon dried oregano**

**2 teaspoons capers, rinsed (optional)**



1. Preheat oven to 450°F.

2. Toss broccoli, tomatoes, oil, garlic and salt in a large bowl until evenly coated. Spread in an even layer on a baking sheet. Bake until the broccoli begins to brown, 10 to 13 minutes.

3. Meanwhile, combine lemon zest and juice, olives, oregano and capers (if using) in a large bowl. Add the roasted vegetables; stir to combine. Serve warm.

**Per serving:** 79 calories; 5 g fat (1 g sat, 4 g mono); 0 mg cholesterol; 8 g carbohydrate; 0 g added sugars; 3 g protein; 4 g fiber; 251 mg sodium; 379 mg potassium.

**Nutrition bonus:** Vitamin C (145% daily value), Vitamin A (59% dv), Folate (17% dv).

**Carbohydrate servings:** ½

**Exchanges:** 1 vegetable, 1 fat

## Lemon-Garlic Sardine Fettuccine

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

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

Heart Health  Diabetes  Weight Loss  Gluten Free

Even sardine skeptics will enjoy this lemony pasta with crispy breadcrumbs. Substitute two 5- to 6-ounce cans chunk light tuna for the sardines if you prefer. If you are using tuna or can't find sardines packed in tomato sauce, add 2 tablespoons tomato paste in Step 4 with the lemon juice. Serve with a salad of bitter greens tossed with a lemon vinaigrette.

**8 ounces whole-wheat fettuccine**

**4 tablespoons extra-virgin olive oil, divided**

**4 cloves garlic, minced**

**1 cup fresh breadcrumbs (see Tip), preferably whole-wheat**

**¼ cup lemon juice**

**1 teaspoon freshly ground pepper**

**½ teaspoon salt**

**2 3- to 4-ounce cans boneless, skinless sardines, preferably in tomato sauce, flaked**

**½ cup chopped fresh parsley**

**¼ cup finely shredded Parmesan cheese**

1. Bring a large pot of water to a boil. Cook pasta until just tender, 8 to 10 minutes or according to package directions. Drain.

2. Meanwhile, heat 2 tablespoons oil in a small nonstick skillet over medium heat. Add garlic and cook, stirring, until fragrant and sizzling but not brown, about 20 seconds. Transfer the garlic and oil to a large bowl.

3. Heat the remaining 2 tablespoons oil in the pan over medium heat. Add breadcrumbs and cook, stirring, until crispy and golden brown, 5 to 6 minutes. Transfer to a plate.

4. Whisk lemon juice, pepper and salt into the garlic oil. Add the pasta to the bowl along with sardines, parsley and Parmesan. Gently stir to combine. Serve sprinkled with the breadcrumbs.



**Per serving:** 480 calories; 21 g fat (4 g sat, 13 g mono); 60 mg cholesterol; 60 g carbohydrate; 1 g added sugars; 23 g protein; 9 g fiber; 716 mg sodium; 479 mg potassium.

**Nutrition bonus:** Vitamin C (32% daily value), Magnesium (30% dv), Calcium (27% dv), Iron (25% dv), Vitamin A (17% dv), Zinc (16% dv), Folate (15% dv), omega-3s.

**Carbohydrate servings:** 3

**Exchanges:** 3 starch, 1½ medium-fat meat, 3 fat

**Tip:** To make fresh breadcrumbs, trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse crumbs form. One slice of bread makes about ½ cup fresh crumbs.



## Mediterranean Couscous Cabbage Rolls

**Makes:** 4 servings, 2 rolls & ⅓ cup sauce each

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

**To make ahead:** Prepare through Step 5; cool sauce; refrigerate sauce and cabbage rolls separately for up to 8 hours. Reheat the sauce before finishing with Step 6.

Heart Health  Diabetes  Weight Loss  Gluten Free

We love the subtle flavor of cinnamon with fresh mint in these vegetarian cabbage rolls stuffed with couscous, olives and feta cheese. Don't worry if the cabbage leaves tear a little when you pull them off the head; they will wrap up just fine. As a precaution, cook a couple extra leaves and roll two partly overlapping if needed. Serve with roasted butternut squash tossed with olive oil, cinnamon and garlic.

- ¾ cups water, divided
- 8 large Savoy or green cabbage leaves
- ¾ teaspoon salt, divided
- 1 cup whole-wheat couscous

- 2 tablespoons extra-virgin olive oil
- 4 cloves garlic, minced
- 4 cups chopped plum tomatoes
- 2 teaspoons red-wine vinegar
- 1 teaspoon sugar
- ¼ teaspoon ground cinnamon
- ⅓ cup crumbled feta cheese
- 3 tablespoons chopped Kalamata olives
- 2 tablespoons chopped fresh mint, plus more for garnish

1. Bring 2 ½ cups water to a boil in a large skillet. Add cabbage leaves, cover, reduce heat to medium-high and simmer until softened, about 5 minutes.
  2. Bring 1 ½ cups water and ¼ teaspoon salt to a boil in a small saucepan. Stir in couscous, cover and remove from the heat. Let stand for at least 5 minutes.
  3. Transfer the cabbage leaves to a clean work surface to cool. Discard the water and dry the pan.
  4. Heat oil in the skillet over medium heat. Add garlic and cook, stirring often, until fragrant, about 30 seconds. Add tomatoes, vinegar, sugar, cinnamon, the remaining ½ teaspoon salt and the remaining ¼ cup water. Cover and cook, stirring occasionally, until the tomatoes are mostly broken down, 8 to 10 minutes.
  5. Meanwhile stir feta, olives and 2 tablespoons mint into the couscous. Mound about ½ cup of the couscous mixture at the stem end of each cabbage leaf. Roll into a bundle, tucking in the sides.
  6. When the tomato sauce is ready, add the cabbage rolls seam-side down. Cover and cook until the rolls are hot all the way through and the cabbage is very tender, 5 to 8 minutes. Serve the cabbage rolls topped with the sauce. Garnish with mint, if desired.
- Per serving:** 334 calories; 12 g fat (3 g sat, 7 g mono); 11 mg cholesterol; 49 g carbohydrate; 1 g added sugars; 11 g protein; 9 g fiber; 710 mg sodium; 498 mg potassium.
- Nutrition bonus:** Vitamin C (55% daily value), Vitamin A (38% dv), Iron (15% dv).
- Carbohydrate servings:** 3
- Exchanges:** 2½ starch, 1 vegetable, 2 fat



## Mediterranean Wrap

**Makes:** 4 servings

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

Heart Health  Diabetes  Weight Loss  Gluten Free

This wrap is stuffed with chicken tenders and couscous with a hit of lemon and a healthy dose of fresh herbs.

- ½ cup water
- ⅓ cup couscous, preferably whole-wheat
- 1 cup chopped fresh parsley
- ½ cup chopped fresh mint
- ¼ cup lemon juice
- 3 tablespoons extra-virgin olive oil
- 2 teaspoons minced garlic
- ¼ teaspoon salt, divided
- ¼ teaspoon freshly ground pepper
- 1 pound chicken tenders
- 1 medium tomato, chopped
- 1 cup chopped cucumber
- 4 10-inch spinach or sun-dried tomato wraps or tortillas

1. Bring water to a boil in a small saucepan. Stir in couscous and remove from the heat. Cover and let stand for 5 minutes. Fluff with a fork. Set aside.

2. Meanwhile, combine parsley, mint, lemon juice, oil, garlic, ⅓ teaspoon salt and pepper in a small bowl.

3. Toss chicken tenders in a medium bowl with 1 tablespoon of the parsley mixture and the remaining ⅓ teaspoon salt. Place the tenders in a large nonstick skillet and cook over medium heat until cooked though, 3 to 5 minutes per side. Transfer to a clean cutting board. Cut into bite-size pieces when cool enough to handle.
4. Stir the remaining parsley mixture into the couscous along with tomato and cucumber.
5. To assemble wraps, spread about ¾ cup of the couscous mixture onto each wrap. Divide the chicken among the wraps. Roll the wraps up like a burrito, tucking in the sides to hold the ingredients in. Serve cut in half.

**Per serving:** 517 calories; 19 g fat (4 g sat, 12 g mono); 63 mg cholesterol; 54 g carbohydrate; 0 g added sugars; 32 g protein; 6 g fiber; 660 mg sodium; 568 mg potassium.

**Nutrition bonus:** Vitamin C (55% daily value), Vitamin A (41% dv), Iron (34% dv), Folate (30% dv), Potassium (17% dv), Calcium (16% dv), Magnesium (15% dv).

**Carbohydrate servings:** 3½

**Exchanges:** 3 starch, 4 lean meat, 2 fat

## Spanish-Inspired Tomato Salad

**Makes:** 8 servings, about 1 cup each

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

**To make ahead:** The fried breadcrumbs (Step 2) will keep, airtight, at room temperature for up to 1 day.

Heart Health  Diabetes  Weight Loss  Gluten Free

This simple salad, topped with crunchy garlicky breadcrumbs, is the perfect vehicle to showcase a unique, colorful mix of tomatoes—any size, shape or color will be delicious. While sherry vinegar adds a special touch, red-wine vinegar works too.

- 1/3 cup plus 2 tablespoons extra-virgin olive oil, divided
- 5 cloves garlic, minced
- 1 teaspoon paprika, preferably smoked
- 1 cup fresh breadcrumbs, preferably whole-wheat (see *Tip*, page 3)
- 3 tablespoons sherry vinegar or red-wine vinegar
- 1 teaspoon freshly ground pepper
- 1/2 teaspoon sugar
- 1/4 teaspoon salt
- 3 pounds tomatoes, cut into wedges
- 1 cup chopped fresh parsley
- 16 caperberries (see *Tip*) or 1/4 cup capers, rinsed
- 6 anchovy fillets, chopped, plus more whole fillets for garnish

1. Heat 1/3 cup oil in a large nonstick skillet over medium heat. Add garlic and paprika and cook, stirring, until the garlic is fragrant and sizzling, but not brown, about 20 seconds. Transfer to a large bowl to cool.

2. Heat the remaining 2 tablespoons oil in the pan over medium heat. Add breadcrumbs, and cook, stirring, until crispy and golden brown, about 5 minutes. Transfer the breadcrumbs to a plate.

3. Whisk vinegar, pepper, sugar and salt into the garlic-paprika oil. Add tomatoes, parsley, caperberries (or capers) and chopped anchovies; gently stir to combine.

4. Transfer the tomato salad to a platter and top with the fried breadcrumbs. Garnish with anchovies, if desired.

**Per serving:** 188 calories; 14 g fat (2 g sat, 10 g mono); 3 mg cholesterol; 14 g carbohydrate; 0 g added sugars; 4 g protein; 3 g fiber; 402 mg sodium; 476 mg potassium.

**Nutrition bonus:** Vitamin C (54% daily value), Vitamin A (42% dv).

**Carbohydrate servings:** 1

**Exchanges:** 1/2 starch, 1 vegetable, 2 1/2 fat

**Tip:** Capers are dried and pickled small flower buds from a shrub native to the Mediterranean. Caperberries are the more mature fruit produced by the shrub. They are about the size of an olive, starchier than the smaller caper and usually sold with the stem still attached. Look for them in well-stocked supermarkets near olives and pickles.





## Grilled Shrimp Skewers over White Bean Salad

**Makes:** 6 servings, about ¾ cup salad and 4 shrimp each

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

**To make ahead:** Cover and refrigerate the salad and shrimp separately for up to 1 day.

**Equipment:** Six 8- to 10-inch skewers

Heart Health  Diabetes  Weight Loss  Gluten Free

Fresh herbs make all the difference in this light, summery bean salad that in turn makes an aromatic bed for the easy grilled shrimp. The shrimp and salad are wonderful together but you could also make them separately.

- 1 teaspoon finely grated lemon zest
- ⅓ cup lemon juice
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons packed fresh oregano, minced
- 2 tablespoons packed fresh sage, minced
- 2 tablespoons minced fresh chives
- 1 teaspoon freshly ground pepper
- ½ teaspoon salt
- 2 15-ounce cans cannellini beans, rinsed
- 12 cherry tomatoes, quartered
- 1 cup finely diced celery
- 24 raw shrimp (21-25 count; see *Tips*), peeled and deveined

1. Combine lemon zest, lemon juice, oil, oregano, sage, chives, pepper and salt in a large bowl. Reserve 2 tablespoons of the dressing in a small bowl. Add beans, tomatoes and celery to the large bowl; toss well.
2. Preheat grill to medium-high or place a grill pan over medium-high heat until hot.
3. Thread shrimp onto 6 skewers. (If using a grill pan, you don't need to skewer the shrimp.)

4. Oil the grill rack (see *Tips*) or the grill pan. Grill the shrimp until pink and firm, turning once, about 4 minutes total. Serve the shrimp on the white bean salad, drizzled with the reserved dressing.

**Per serving:** 212 calories; 8 g fat (1 g sat, 5 g mono); 95 mg cholesterol; 22 g carbohydrate; 0 g added sugars; 17 g protein; 8 g fiber; 575 mg sodium; 242 mg potassium.

**Nutrition bonus:** Vitamin C (20% daily value).

**Carbohydrate servings:** 1

**Exchanges:** 1 starch, 1 vegetable, 2½ lean meat, 1½ fat

### Tips:

Both wild-caught and farm-raised shrimp can damage the surrounding ecosystems when not managed properly. Look for shrimp certified by an independent agency, such as Wild American Shrimp or Marine Stewardship Council. If you can't find certified shrimp, choose wild-caught shrimp from North America—it's more likely to be sustainably caught. Shrimp is usually sold by the number needed to make one pound. For example, "21-25 count" means there will be 21 to 25 shrimp in a pound. Size names, such as "large" or "extra large," are not standardized.

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

## Grilled Halibut Salad Niçoise

**Makes:** 6 servings

**Active time:** 1 hour 10 minutes **Total:** 1½ hours

**To make ahead:** Prepare potatoes (Step 2) and green beans (Step 3), cover and refrigerate separately for up to 3 days.

Heart Health  Diabetes  Weight Loss  Gluten Free

Salad niçoise, a classic French salad, is typically made with tuna. Here we use sweet grilled halibut (in season in midsummer) or striped bass. To make it quicker, substitute 2 or 3 cans of drained chunk light tuna. Or skip the fish altogether for a vegetarian main-course salad. (Recipe by Nancy Baggett for EatingWell.)

### Vinaigrette

- 1 medium clove garlic
- ¼ teaspoon salt
- 5 tablespoons extra-virgin olive oil
- 6 tablespoons fresh orange juice, plus more to taste
- ¼ cup white-wine vinegar or red-wine vinegar
- 1 tablespoon Dijon mustard

### Salad

- 1½ pounds red potatoes (5-6 medium), scrubbed and halved
- 1¼ pounds green beans, trimmed
- Juice of 1 large lemon
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon salt, divided
- 1 pound Pacific halibut or striped bass
- ¼ teaspoon coarsely ground pepper, plus more to taste
- 1 large head Boston lettuce
- ½ cups grape tomatoes
- 3 hard-boiled eggs (see Tip), peeled and cut into wedges
- ¼ cup sliced pitted black Niçoise or Kalamata olives
- ¼ cup finely chopped fresh parsley

**1. To prepare vinaigrette:** Peel the garlic and smash with the side of a chef's knife. Using a fork, mash the garlic with ¼ teaspoon salt in a small bowl to form a coarse paste. Whisk in 5 tablespoons oil. Add 6 tablespoons orange juice, vinegar and mustard; whisk until well blended. Taste and whisk in up to 4 tablespoons more juice to mellow the flavor; season with more salt, if desired. Set aside at room temperature.

**2. To prepare salad:** Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add potatoes; cook until tender, 10 to 15 minutes. Remove to a cutting board. When cool enough to handle, slice and place in a shallow bowl. Drizzle with ½ cup vinaigrette; set aside.

**3.** Add beans to the steamer basket; cook until bright green and just tender, 4 to 6 minutes. Rinse in a colander with cold water until cool. Drain well. Place in a medium bowl and toss with 2 tablespoons vinaigrette.

**4.** Combine lemon juice, 2 tablespoons oil and ¼ teaspoon salt in a sturdy sealable plastic bag; shake until the salt dissolves. Add fish and marinate for up to 20 minutes while you ready the grill.

**5.** Preheat grill to medium-high for 10 minutes, then reduce heat to medium. (For a charcoal grill, wait until the flames subside and only coals and some ash remain—flames will cause the oil on the fish to burn.)

**6.** Drain the fish and pat dry with paper towels. Season with the remaining ¼ teaspoon salt and ¼ teaspoon pepper. Oil the grill rack (see Tip, page 6). Grill the fish, turning once, until browned and just cooked through, 4 to 5 minutes per side for halibut; 3 to 4 minutes per side for bass.

**7.** Arrange lettuce leaves on a large serving platter. Arrange the fish (whole or flaked into large chunks), potatoes, green beans and tomatoes on top. Drizzle with the remaining vinaigrette. Garnish with eggs, olives, parsley and pepper to taste.



**Per serving:** 430 calories; 23 g fat (4 g sat, 16 g mono); 130 mg cholesterol; 35 g carbohydrate; 0 g added sugars; 23 g protein; 6 g fiber; 580 mg sodium; 1,394 mg potassium.

**Nutrition bonus:** Vitamin C (79% daily value), Vitamin A (47% dv), Potassium (40% dv), Folate (30% dv), Magnesium (22% dv), Iron (16% dv).

**Carbohydrate servings:** 2

**Exchanges:** ½ starch, 2 vegetable, 2½ lean meat, 3 fat

**Tip:** To hard-boil eggs, place eggs in a single layer in a saucepan; cover with water. Bring to a simmer over medium-high heat. Reduce heat to low and cook at the barest simmer for 10 minutes. Remove from heat, pour out hot water and cover with ice-cold water. Let stand until cool enough to handle before peeling.



## Orecchiette with Broccoli Rabe & Chickpeas

**Makes:** 2 servings, 2 cups each

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

Heart Health  Diabetes  Weight Loss  Gluten Free

The assertive flavor of broccoli rabe and rosemary are paired with sturdy chickpeas in this satisfying pasta dish. When buying broccoli rabe, check to make sure the bottoms of the stems are relatively tight, green and moist. If you prefer a milder taste, use broccolini or regular broccoli instead.

- 4 ounces whole-wheat orecchiette or chiocciole (about 1½ cups)
- ½ bunch broccoli rabe, ends trimmed and cut into 2-inch pieces
- ¾ cup vegetarian chicken-flavored broth (see *Tips*)
- 2 teaspoons all-purpose flour
- 1 tablespoon extra-virgin olive oil
- 4 large cloves garlic, minced
- ½ teaspoon minced fresh rosemary or ¼ teaspoon dried
- 1 8-ounce can chickpeas, rinsed
- 2 teaspoons red-wine vinegar
- ⅛ teaspoon salt

- ¼ teaspoon freshly ground pepper
- ⅓ cup Toasted Breadcrumbs

1. Bring a large saucepan of water to a boil. Cook pasta for 6 minutes. Add broccoli rabe and continue cooking, stirring occasionally, until the pasta and broccoli rabe are just tender, about 3 minutes more. Drain. Rinse and dry the pot.

2. Whisk broth and flour in a small bowl. Heat oil in the pot over medium-high heat. Add garlic and rosemary and cook, stirring, until fragrant, 30 seconds to 1 minute. Whisk in the broth mixture. Bring to a simmer, whisking constantly, until it thickens. Add chickpeas, vinegar, salt, pepper and the pasta mixture. Cook, stirring constantly, until heated through and coated with the sauce, about 2 minutes.

**Per serving:** 412 calories; 9 g fat (1 g sat, 6 g mono); 0 mg cholesterol; 74 g carbohydrate; 0 g added sugars; 22 g protein; 11 g fiber; 656 mg sodium; 451 mg potassium.

**Nutrition bonus:** Vitamin C (242% daily value), Vitamin A (207% dv), Folate (29% dv), Iron (27% dv), Zinc (21% dv), Calcium (18% dv).

**Carbohydrate servings:** 4½

**Exchanges:** 4 starch, 1½ vegetable, 1 lean meat, 1½ fat

### Tips:

**Chicken-flavored broth, a vegetarian broth despite its name, is preferable to vegetable broth in some recipes for its hearty, rich flavor. Sometimes called “No-Chicken Broth,” it can be found with the soups in the natural-foods section of most supermarkets.**



## Paprika-Spiced Butter Beans & Polenta

**Makes:** 4 servings, 1½ cups each

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

Heart Health  Diabetes  Weight Loss  Gluten Free

This is a satisfying vegetarian meal complete with plenty of heart-healthy spinach, onions, peppers and beans. The bold flavors of smoked paprika and sherry vinegar give it punch and a Spanish flair.

- 4 teaspoons extra-virgin olive oil, divided
- 1 16-ounce tube prepared plain polenta, cut into ½-inch cubes
- 1 clove garlic, minced
- 1 small onion, halved and thinly sliced
- 1 red bell pepper, diced
- ½ teaspoon paprika, preferably smoked, plus more for garnish
- 1 15-ounce can butter beans, rinsed
- 4 cups packed baby spinach
- ¾ cup vegetable broth
- ½ cup shredded Manchego or Monterey Jack cheese
- 2 teaspoons sherry vinegar

1. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add polenta and cook in a single layer, stirring occasionally, until beginning to brown, 8 to 10 minutes. Transfer to a plate.

2. Reduce the heat to medium, add the remaining 2 teaspoons oil and garlic to the pan, and cook, stirring, until fragrant, 30 seconds. Add onion and bell pepper; cook, stirring, until just tender, 3 to 5 minutes. Sprinkle with paprika; cook, stirring, for 30 seconds. Stir in beans, spinach and broth; cook, stirring, until the beans are heated through and the spinach is wilted, 2 to 3 minutes. Remove from the heat; stir in cheese and vinegar. Serve vegetables over polenta. Sprinkle with paprika, if desired.

**Per serving:** 211 calories; 8 g fat (2 g sat, 4 g mono); 7 mg cholesterol; 29 g carbohydrate; 0 g added sugars; 11 g protein; 5 g fiber; 690 mg sodium; 657 mg potassium.

**Nutrition bonus:** Vitamin A (107% daily value), Vitamin C (89% dv), Calcium & Folate (25% dv), Potassium (19% dv), Iron (16% dv).

**Carbohydrate servings:** 2

**Exchanges:** 1½ starch, 1 vegetable, 1 lean meat, 1 fat





## Mediterranean Tuna Antipasto Salad

**Makes:** 4 servings

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

Heart Health  Diabetes  Weight Loss  Gluten Free

Packed with protein and fiber, this tuna and bean salad is ready in a flash. For an extra kick, add a pinch of crushed red pepper or cayenne.

- 1 15- to 19-ounce can beans, such as chickpeas, black-eyed peas or kidney beans, rinsed
  - 2 5- to 6-ounce cans water-packed chunk light tuna, drained and flaked (see Tip)
  - 1 large red bell pepper, finely diced
  - ½ cup finely chopped red onion
  - ½ cup chopped fresh parsley, divided
  - 4 teaspoons capers, rinsed
  - 1½ teaspoons finely chopped fresh rosemary
  - ½ cup lemon juice, divided
  - 4 tablespoons extra-virgin olive oil, divided
- Freshly ground pepper to taste

- ¼ teaspoon salt
- 8 cups mixed salad greens

Combine beans, tuna, bell pepper, onion, parsley, capers, rosemary, ¼ cup lemon juice and 2 tablespoons oil in a medium bowl. Season with pepper. Combine the remaining ¼ cup lemon juice, 2 tablespoons oil and salt in a large bowl. Add salad greens; toss to coat. Divide the greens among 4 plates. Top each with the tuna salad.

**Per serving:** 318 calories; 16 g fat (2 g sat, 11 g mono); 12 mg cholesterol; 28 g carbohydrate; 0 g added sugars; 17 g protein; 8 g fiber; 505 mg sodium; 776 mg potassium.

**Nutrition bonus:** Vitamin C (162% daily value), Vitamin A (100% dv), Folate (56% dv), Potassium (23% dv), Iron (22% dv), Magnesium (19% dv).

**Carbohydrate servings:** 1½

**Exchanges:** 1 starch, 1 vegetable, 2½ lean meat, 2 fat

**Tip:** Chunk light tuna, which comes from the smaller skipjack or yellowfin, has less mercury than canned white albacore tuna.



## Grilled Tomato Gazpacho

**Makes:** 6 servings, 1 scant cup each

**Active time:** 35 minutes **Total:** 1 hour 35 minutes

**To make ahead:** Cover and refrigerate for up to 1 day. Stir and garnish just before serving.

Heart Health  Diabetes  Weight Loss  Gluten Free

Grill the vegetables for this refreshing soup earlier in the day or even the night before.

- 2 pounds ripe plum tomatoes
- 1 small red bell pepper
- 1 English cucumber, peeled and seeded, divided
- ½ cup torn fresh or day-old country bread (crusts removed)
- 1 small clove garlic
- 2-3 tablespoons red-wine vinegar
- 1 tablespoon chopped fresh parsley
- ¼ teaspoon piment d'Espelette or hot Spanish paprika or pinch of cayenne pepper
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 tablespoons extra-virgin olive oil

1. Preheat grill to medium-high.

2. Grill tomatoes and bell pepper, turning a few times, until they soften and the skins are blistered and charred in spots, about 8 minutes. Transfer the pepper to a plastic bag and let it steam until cool enough to handle. Peel off the skin; cut the pepper in half and discard the stem and seeds. Place one half in a blender. When the tomatoes are cool enough to handle, core and roughly chop. Add the tomatoes, skins and all, to the blender.

3. Add half the cucumber to the blender along with bread, garlic, vinegar to taste, parsley, piment d'Espelette (or paprika or cayenne), salt and pepper. Blend until smooth. Add oil and blend until well combined. Refrigerate until room temperature or chilled, at least 1 hour.

4. Before serving, finely dice the remaining cucumber and bell pepper; stir half of each into the gazpacho and garnish with the remaining cucumber and bell pepper.

**Per serving:** 84 calories; 5 g fat (1 g sat, 4 g mono); 0 mg cholesterol; 9 g carbohydrate; 0 g added sugars; 2 g protein; 2 g fiber; 219 mg sodium; 406 mg potassium.

**Nutrition bonus:** Vitamin C (62% daily value), Vitamin A (33% dv).

**Carbohydrate servings:** 0

**Exchanges:** ½ vegetable, 1 fat



## Salmon Panzanella

**Makes:** 4 servings, 2 cups salad & 3 ounces salmon each

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

Heart Health  Diabetes  Weight Loss  Gluten Free

This traditional Italian bread salad is full of tomatoes and cucumber and gets a protein boost with the addition of grilled salmon.

- 8 Kalamata olives, pitted and chopped
- 3 tablespoons red-wine vinegar
- 1 tablespoon capers, rinsed and chopped
- ¼ teaspoon freshly ground pepper, divided
- 3 tablespoons extra-virgin olive oil
- 2 thick slices day-old whole-grain bread, cut into 1-inch cubes
- 2 large tomatoes, cut into 1-inch pieces
- 1 medium cucumber, peeled (if desired), seeded and cut into 1-inch pieces
- ¼ cup thinly sliced red onion
- ¼ cup thinly sliced fresh basil
- 1 pound center-cut salmon, skinned (see *Tips*) and cut into 4 portions
- ½ teaspoon kosher salt

1. Preheat grill to high.
2. Whisk olives, vinegar, capers and ⅛ teaspoon pepper in a large bowl. Slowly whisk in oil until combined. Add bread, tomatoes, cucumber, onion and basil.

3. Oil the grill rack (see *Tip*, page 6). Season both sides of salmon with salt and the remaining ⅛ teaspoon pepper. Grill the salmon until cooked through, 4 to 5 minutes per side.

4. Divide the salad among 4 plates and top each with a piece of salmon.

**Per serving:** 308 calories; 17 g fat (3 g sat, 11 g mono); 53 mg cholesterol; 14 g carbohydrate; 0 g added sugars; 26 g protein; 5 g fiber; 385 mg sodium; 761 mg potassium.

**Nutrition bonus:** Vitamin C (32% daily value), Vitamin A (25% dv), Potassium (22% dv), Folate (17% dv),

**Carbohydrate servings:** 1

**Exchanges:** ½ starch, 1½ vegetable, 3 lean meat, 2 fat

### Tips:

**How to skin a salmon fillet:** Place salmon fillet on a clean cutting board, skin-side down. Starting at the tail end, slip the blade of a long knife between the fish flesh and the skin, holding down firmly with your other hand. Gently push the blade along at a 30° angle, separating the fillet from the skin without cutting through either.

# About EatingWell

The EatingWell mission is to provide the inspiration and information people need to make healthy eating a way of life.


- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.


EatingWell reaches millions of consumers through the award-winning *EatingWell* Magazine, [www.EatingWell.com](http://www.EatingWell.com), EatingWell cookbooks and licensing partners that trust EatingWell to provide healthy recipes, how-to instruction, diet and nutrition articles and custom healthy-eating solutions.


We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!


## About EatingWell health tags

A recipe checked...

 **Heart Health** has limited saturated fat.

 **Diabetes** is low in calories and meets limits for Carbohydrate Servings.

 **Weight Loss** has reduced calories (and limited saturated fat).

 **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.)