



EatingWell Favorite Recipes for Kids

Breakfast Mini Pizzas	2
Healthy Pancakes	2
EatingWell's Pepperoni Pizza	3
Pizza Roll-Up Bento Lunch	3
Strawberry & Cream Cheese Sandwich	4
Almond-Crusted Chicken Fingers	4
Oven-Fried Fish & Chips	5
Baked Mac & Cheese	6
Old-Fashioned Spaghetti & Meatballs	6
Peanut Noodles with Shredded Chicken & Vegetables.....	7
EatingWell Sloppy Joes.....	7
The EatingWell Taco	8
EatingWell Crispy Taco Shells.....	8
Lean & Spicy Taco Meat	8
Sweet & Sour Chicken with Brown Rice	9
Hamburger Buddy	9

Breakfast Mini Pizzas

Makes: 1 serving

Active time: 10 minutes Total: 10 minutes

Heart Health Diabetes Weight Loss Gluten Free

Pizza's not just for dinner! Here we combine two kid favorites—mini pizzas and scrambled eggs—for a breakfast treat adults and kids will both love.

- 1 large egg, beaten
- 2 tablespoons prepared marinara sauce
- 1 whole-wheat English muffin, split and toasted
- 2 tablespoons shredded Italian cheese blend
- 2 slices pepperoni (optional)



1. Preheat oven or toaster oven broiler.
2. Coat a small nonstick skillet with cooking spray and heat over medium-high heat. Add egg and cook, stirring often, until set into soft curds, 1 to 2 minutes. Spread marinara sauce on English muffin halves. Top with the scrambled egg, cheese and pepperoni (if using). Broil until the cheese is melted, 1 to 3 minutes.

Per serving: 265 calories; 10 g fat (4 g sat, 3 g mono); 197 mg cholesterol; 30 g carbohydrate; 4 g added sugars; 16 g protein; 5 g fiber; 528 mg sodium; 310 mg potassium.

Nutrition bonus: Calcium (28% daily value), Iron & Magnesium (16% dv), Folate & Zinc (15% dv).

Carbohydrate servings: 1½

Exchanges: 1½ starch, 1 high-fat meat

Healthy Pancakes

Makes: 6 servings, 2 pancakes each

Active time: 30 minutes Total: 30 minutes

Heart Health Diabetes Weight Loss Gluten Free

These healthy pancakes are made with 100 percent whole-wheat flour and get an additional fiber boost from flaxseed meal.

- 2½ cups whole-wheat flour
- 1 cup buttermilk powder (see *Tip*)
- 5 tablespoons dried egg whites, such as Just Whites
- ¼ cup sugar
- ½ tablespoons baking powder
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 cup flaxseed meal
- 1 cup nonfat dry milk
- ½ cup wheat bran or oat bran
- ½ cups nonfat milk
- ¼ cup canola oil
- 1 teaspoon vanilla extract

1. Whisk flour, buttermilk powder, dried egg whites, sugar, baking powder, baking soda and salt in a large bowl. Stir in flaxseed meal, dry milk and bran. (Makes 6 cups dry mix.)

2. Combine milk, oil and vanilla in a glass measuring cup.

3. Place 2 cups pancake mix in a large bowl. (Refrigerate the remaining pancake mix in an airtight container for up to 1 month or freeze for up to 3 months.) Make a well in the center of the pancake mix. Whisk in the milk mixture until just blended; do not overmix. (The batter will seem quite thin, but will thicken up as it stands.) Let stand for 5 minutes.

4. Coat a nonstick skillet or griddle with cooking spray and place over medium heat. Whisk the batter. Using ¼ cup batter for each pancake, cook pancakes until the edges are dry and bubbles begin to form, about 2 minutes. Turn over and cook until golden brown, about 2 minutes longer. Adjust heat as necessary for even browning.

Per serving: 276 calories; 14 g fat (2 g sat, 7 g mono); 7 mg cholesterol; 28 g carbohydrate; 3 g added sugars; 11 g protein; 5 g



fiber; 471 mg sodium; 395 mg potassium.

Nutrition bonus: Calcium (29% daily value).

Carbohydrate servings: 1½

Exchanges: 2 starch, 1 very lean meat, 2 fat (mono)

Variations:

Chocolate-Chocolate Chip Pancakes:

Fold ½ cup cocoa powder and 3 ounces chocolate chips into the batter.

Blueberry: Fold 1 cup frozen blueberries into the batter.

Banana-Nut: Fold 1 cup thinly sliced bananas and 4 tablespoons finely chopped toasted pecans into the batter.

Tip: Buttermilk powder is a useful substitute for fresh buttermilk. Look in the baking section or with the powdered milk in most markets.



EatingWell's Pepperoni Pizza

Makes: 6 servings

Active time: 15 minutes **Total:** 35 minutes

To make ahead: Use leftover tomato sauce and pumpkin to make a second batch of pizza sauce. Refrigerate for up to 5 days or freeze for 3 months.

Heart Health Diabetes Weight Loss Gluten Free

Pepperoni pizza gets a healthful makeover with whole-wheat pizza dough and a flavorful tomato sauce that, thanks to the addition of pumpkin puree, provides extra beta carotene and fiber. We've topped the pie with low-fat turkey pepperoni, but if you like, use your favorite sliced vegetables instead.

1 pound prepared whole-wheat pizza dough (see *Tip*), thawed if frozen

1 cup canned unseasoned pumpkin puree

½ cup no-salt-added tomato sauce

½ teaspoon garlic powder

1 cup shredded part-skim mozzarella cheese

½ cup grated Parmesan cheese

2 ounces sliced turkey pepperoni ($\frac{1}{2}$ cup)

1. Place oven rack in the lowest position; preheat to 450°F. Coat a large baking sheet with cooking spray.

2. Roll out dough on a lightly floured surface to the size of the baking sheet. Transfer to the baking sheet. Bake until puffed and lightly crisped on the bottom, 8 to 10 minutes.

3. Whisk pumpkin puree, tomato sauce and garlic powder in a small bowl until combined.

4. Spread sauce evenly over the baked crust. Top with mozzarella, Parmesan and pepperoni. Bake until the crust is crispy on the edges and the cheeses have melted, about 12 minutes.

Per serving: 282 calories; 10 g fat (3 g sat, 2 g mono); 30 mg cholesterol; 36 g carbohydrate; 1 g added sugars; 16 g protein; 3 g fiber; 597 mg sodium; 230 mg potassium.

Nutrition bonus: Vitamin A (133% daily value), Calcium (23% dv).

Carbohydrate servings: 2½

Exchanges: 2 starch, 1 vegetable, 1½ medium-fat meat

Tip: Look for balls of whole-wheat pizza dough at your supermarket, fresh or frozen and without any hydrogenated oils.



Pizza Roll-Up Bento Lunch

Makes: 1 serving

Active time: 15 minutes **Total:** 15 minutes

To make ahead: Cover and refrigerate the pizza roll-up for up to 1 day.

Heart Health Diabetes Weight Loss Gluten Free

This easy pizza-inspired roll-up is a kid-pleaser. Make crunchy vegetables more appealing by selecting colorful varieties like orange and purple cauliflower—and don't forget the dip! Keep 'em smiling with watermelon cut into fun shapes with cookie cutters.

1 8-inch whole-wheat flour tortilla

2 tablespoons prepared pizza sauce

12 leaves baby spinach

3 tablespoons shredded part-skim mozzarella

½ cup cucumber spears

½ cup cauliflower florets

2 tablespoons low-fat creamy dressing, such as ranch

1 cup small watermelon pieces

6 chocolate wafer cookies

1. Place tortilla on a plate and spread pizza sauce over it. Top with an even layer of spinach and sprinkle cheese on top. Microwave on High until the cheese is just melted, about 45 seconds. Carefully roll the tortilla up. Let cool for 10 minutes before slicing into pieces, if desired. Pack the slices in a medium container.

2. Pack cucumber and cauliflower in another medium container. Nestle a small, dip-size container among the vegetables and add dressing.

3. Pack watermelon in one small container and cookies in another small container.

Per serving: 414 calories; 11 g fat (2 g sat, 1 g mono); 15 mg cholesterol; 64 g carbohydrate; 8 g added sugars; 15 g protein; 6 g fiber; 659 mg sodium; 431 mg potassium.

Nutrition bonus: Vitamin C (77% daily value), Vitamin A (30% dv), Calcium (21% dv).

Carbohydrate servings: 4

Exchanges: 2 starch, 1 fruit, 1 vegetable, 1 carbohydrate (other), 1 medium-fat meat

Strawberry & Cream Cheese Sandwich

Makes: 1 serving

Active time: 5 minutes Total: 5 minutes

Heart Health Diabetes Weight Loss Gluten Free

Sliced strawberries and reduced-fat cream cheese come together in a sandwich for this quick and healthy lunchbox treat.

1 tablespoon reduced-fat cream cheese (Neufchâtel)
1/4 teaspoon honey
1/6 teaspoon freshly grated orange zest
2 slices very thin whole-wheat sandwich bread
2 medium strawberries, sliced



Combine cream cheese, honey and orange zest in a bowl. Spread bread with the cheese mixture. Place sliced strawberries on 1 piece of bread, top with the other.

Per serving: 123 calories; 4 g fat (2 g sat, 1 g mono); 8 mg cholesterol; 19 g carbohydrate; 2 g added sugars; 4 g protein; 3 g fiber; 217 mg sodium; 75 potassium.

Nutrition bonus: Vitamin C (25% daily value).

Carbohydrate servings: 1

Exchanges: 1 starch, 1 fat

Almond-Crusted Chicken Fingers

Makes: 4 servings

Active time: 20 minutes Total: 40 minutes

Heart Health Diabetes Weight Loss Gluten Free

Instead of batter-dipped, deep-fried nuggets, we coat chicken tenders in a seasoned almond and whole-wheat flour crust and then oven-fry them to perfection.

Canola oil cooking spray

1/2 cup sliced almonds
1/4 cup whole-wheat flour
1/2 teaspoons paprika
1/2 teaspoon garlic powder
1/2 teaspoon dry mustard
1/4 teaspoon salt
1/6 teaspoon freshly ground pepper
1 1/2 teaspoons extra-virgin olive oil
4 large egg whites
1 pound chicken tenders

1. Preheat oven to 475°F. Line a baking sheet with foil. Set a wire rack on the baking sheet and coat it with cooking spray.
2. Place almonds, flour, paprika, garlic powder, dry mustard, salt and pepper in a food processor; process until the almonds are finely chopped and the paprika is mixed throughout, about 1 minute. With the motor running, drizzle in oil; process until combined. Transfer the mixture to a shallow dish.
3. Whisk egg whites in a second shallow dish. Add chicken tenders and turn to coat. Transfer each tender to the almond mixture; turn to coat evenly. (Discard any remaining egg white and almond mixture.) Place the tenders on the prepared rack and coat with cooking spray; turn and spray the other side.
4. Bake the chicken fingers until golden brown, crispy and no longer pink in the center, 20 to 25 minutes.

Per serving: 184 calories; 7 g fat (1 g sat, 3 g mono); 63 mg cholesterol; 4 g carbohydrate; 0 g added sugars; 26 g protein; 1 g fiber; 147 mg sodium; 264 mg potassium.

Carbohydrate servings: 0

Exchanges: 3 very lean meat, 1/2 fat



Tip: Chicken tenders, virtually fat-free, are a strip of rib meat typically found attached to the underside of the chicken breast, but they can also be purchased separately. Four 1-ounce tenders will yield a 3-ounce cooked portion. Tenders are perfect for quick stir-fries, chicken satay or kid-friendly breaded "chicken fingers."

Oven-Fried Fish & Chips

Makes: 4 servings

Active time: 25 minutes Total: 45 minutes

Heart Health Diabetes Weight Loss Gluten Free

Fish and chips are traditionally sold wrapped in paper to soak up all the grease—not a good sign. To cut the calories in half and reduce the fat, we coat the delicate fish in a crispy cornflake crust and then bake it along with sliced potatoes. Serve with coleslaw and malt vinegar or lemon wedges.

Canola or olive oil cooking spray
1½ pounds russet potatoes, scrubbed and cut into ¼-inch-thick wedges
4 teaspoons canola oil
1½ teaspoons Cajun or Creole seasoning, divided
2 cups cornflakes
¼ cup all-purpose flour
¼ teaspoon salt
2 large egg whites, beaten
1 pound Pacific cod (see *Tip*) or haddock, cut into 4 portions

1. Position racks in upper and lower third of oven; preheat to 425°F. Coat a large baking sheet with cooking spray. Set a wire rack on another large baking sheet; coat with cooking spray.
2. Place potatoes in a colander. Thoroughly rinse with cold water, then pat dry completely with paper towels. Toss the potatoes, oil and ¾ teaspoon Cajun (or Creole) seasoning in a large bowl. Spread on the baking sheet without the rack. Bake on the lower oven rack, turning every 10 minutes, until tender and golden, 30 to 35 minutes.

3. Meanwhile, coarsely grind cornflakes in a food processor or blender or crush in a sealable plastic bag. Transfer to a shallow dish. Place flour, the remaining ¾ teaspoon Cajun (or Creole) seasoning and salt in another shallow dish and egg whites in a third shallow dish. Dredge fish in the flour mixture, dip it in egg white and then coat all sides with the ground cornflakes. Place on the prepared wire rack. Coat both sides of the breaded fish with cooking spray.

4. Bake the fish on the upper oven rack until opaque in the center and the breading is golden brown and crisp, about 20 minutes.

Per serving: 309 calories; 5 g fat (0 g sat, 3 g mono); 45 mg cholesterol; 45 g carbohydrate; 0 g added sugars; 21 g protein; 3 g fiber; 561 mg sodium; 990 mg potassium.

Nutrition bonus: Vitamin C (57% daily value), Potassium (29% dv).

Carbohydrate servings: 3

Exchanges: 3 starch, 3 lean meat

Tip: Overfishing and trawling have drastically reduced the number of cod in the Atlantic Ocean and destroyed its seafloor. A better choice is Pacific cod (a.k.a. Alaska cod); it is more sustainably fished and has a larger, more stable population.





Baked Mac & Cheese

Makes: 4 servings

Active time: 25 minutes **Total:** 55 minutes

To make ahead: Prepare through Step 4. Cover and refrigerate for up to 2 days or freeze for up to 3 months. Thaw in the refrigerator, if necessary, then bake for 35 to 45 minutes.

Heart Health Diabetes Weight Loss Gluten Free

Our healthy update of the favorite comfort food takes advantage of extra-sharp Cheddar balanced with creamy low-fat cottage cheese. A layer of spinach in the middle, may help picky eaters down their vegetables. Whole-wheat pasta adds extra fiber.

3 tablespoons plain dry breadcrumbs (see Tip)

1 teaspoon extra-virgin olive oil

½ teaspoon paprika

1 16-ounce or 10-ounce package frozen spinach, thawed

1¼ cups low-fat milk, divided

3 tablespoons all-purpose flour

2 cups shredded extra-sharp Cheddar cheese

1 cup low-fat cottage cheese

⅛ teaspoon ground nutmeg
¼ teaspoon salt
Freshly ground pepper to taste
8 ounces (2 cups) whole-wheat elbow macaroni or penne

1. Put a large pot of water on to boil. Preheat oven to 450°F. Coat an 8-inch-square (2 quart) baking dish with cooking spray.
 2. Mix breadcrumbs, oil and paprika in a small bowl. Place spinach in a fine-mesh strainer and press out excess moisture.
 3. Heat 1½ cups milk in a large heavy saucepan over medium-high heat until steaming. Whisk remaining ¼ cup milk and flour in a small bowl until smooth; add to the hot milk and cook, whisking constantly, until the sauce simmers and thickens, 2 to 3 minutes. Remove from heat and stir in Cheddar until melted. Stir in cottage cheese, nutmeg, salt and pepper.
 4. Cook pasta for 4 minutes, or until not quite tender. (It will continue to cook during baking.) Drain and add to the cheese sauce; mix well. Spread half the pasta mixture in the prepared baking dish. Spoon the spinach on top. Top with the remaining pasta; sprinkle with the breadcrumb mixture.
 5. Bake the casserole until bubbly and golden, 25 to 30 minutes.
- Per serving:** 573 calories; 22 g fat (11 g sat, 1 g mono); 68 mg cholesterol; 62 g carbohydrate; 0 g added sugars; 36 g protein; 9 g fiber; 907 mg sodium; 565 mg potassium.
- Nutrition bonus:** Vitamin A (292% daily value), Calcium (74% dv), Folate (38% dv), Potassium (17% dv), Iron (15% dv).
- Carbohydrate servings:** 3½
- Exchanges:** 3 starch, 1 vegetable, 3½ medium-fat meat
- 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. To dry breadcrumbs, spread the fresh crumbs on a baking sheet and bake at 250°F until crispy, about 15 minutes.



Old-Fashioned Spaghetti & Meatballs

Makes: 6 servings

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

Heart Health Diabetes Weight Loss Gluten Free

To stretch the ground beef, we use high-fiber bulgur and whole-wheat breadcrumbs in the meatballs, which are baked rather than fried.

Meatballs

⅓ cup bulgur
½ cup hot water
4 ounces lean ground beef
4 ounces hot Italian sausage
1 medium onion, very finely chopped
2 large egg whites, lightly beaten
3 cloves garlic, very finely chopped
1 teaspoon dried oregano
½ teaspoon salt
½ teaspoon freshly ground pepper
1 cup fresh breadcrumbs, preferably whole-wheat

Sauce & Spaghetti

4 cups prepared marinara sauce
½ cup slivered fresh basil leaves or chopped fresh parsley
1 pound whole-wheat spaghetti or linguine
½ cup freshly grated Parmesan or Romano cheese (1 ounce)

1. To prepare meatballs: Combine bulgur and water in a small bowl. Let stand until the

bulgur is tender and the liquid is absorbed, about 30 minutes.

2. Preheat oven to 350°F. Coat a rack with cooking spray and place it over a baking sheet lined with foil.

3. Combine ground beef, sausage, onion, egg whites, garlic, oregano, salt, pepper, breadcrumbs and the soaked bulgur in a large bowl; mix well. Form the mixture into 1-inch meatballs (about 24). Place the meatballs on the rack and bake for 25 minutes. Blot well with paper towel.

4. To prepare sauce & spaghetti: Put a large pot of lightly salted water on to boil. Bring sauce to a simmer in a Dutch oven. Add the meatballs to the sauce and simmer, covered, for 20 minutes. Stir in basil (or parsley).

5. Meanwhile, cook spaghetti (or linguine) until just tender, 8 to 10 minutes. Drain and transfer to a serving bowl. Top with the sauce and meatballs and serve with grated cheese.

Per serving: 492 calories; 8 g fat (3 g sat, 3 g mono); 28 mg cholesterol; 85 g carbohydrate; 0 g added sugars; 27 g protein; 17 g fiber; 568 mg sodium; 383 mg potassium.

Nutrition bonus: Magnesium (40% daily value), Zinc (34% dv), Vitamin C (32% dv), Iron (30% dv), Calcium & Vitamin A (23% dv), Folate (20% dv).

Carbohydrate servings: 4

Exchanges: 5 starch, 3 vegetable, 1½ medium-fat meat



Peanut Noodles with Shredded Chicken & Vegetables

Makes: 6 servings, 1½ cups each

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

To make ahead: Cover and refrigerate for up to 2 days. To serve, stir in 2 tablespoons warm water per portion; serve cold or reheat in microwave.

Heart Health Diabetes Weight Loss Gluten Free

If you can't find a bagged vegetable medley for this easy noodle bowl, choose 12 ounces of cut vegetables from your market's salad bar and create your own mix.

1 pound boneless, skinless chicken breasts

½ cup smooth natural peanut butter

2 tablespoons reduced-sodium soy sauce

2 teaspoons minced garlic

1½ teaspoons chile-garlic sauce, or to taste (see *Tip*)

1 teaspoon minced fresh ginger

8 ounces whole-wheat spaghetti

1 12-ounce bag fresh vegetable medley, such as carrots, broccoli, snow peas

1. Put a large pot of water on to boil for cooking pasta.
2. Meanwhile, place chicken in a skillet or saucepan and add enough water to cover; bring to a boil. Cover, reduce heat to low and simmer gently until cooked through and no longer pink in the middle, 10 to 12 minutes. Transfer the chicken to a cutting board. When cool enough to handle, shred into bite-size strips.
3. Whisk peanut butter, soy sauce, garlic, chile-garlic sauce and ginger in a large bowl.
4. Cook pasta in the boiling water until not quite tender, about 1 minute less than specified in the package directions. Add vegetables and cook until the pasta and vegetables are just tender, 1 minute more. Drain, reserving 1 cup of the cooking liquid. Rinse the pasta and vegetables with cool water to refresh. Stir the reserved cooking liquid into the peanut sauce; add the pasta, vegetables and chicken; toss well to coat. Serve warm or chilled.

Per Serving: 371 calories; 13 g fat (2 g sat, 1 g mono); 42 mg cholesterol; 38 g carbohydrate; 0 g added sugars; 27 g protein; 8 g fiber; 369 mg sodium; 378 mg potassium.

Nutrition bonus: Vitamin A (76% daily value), Vitamin C (48% dv), Magnesium (21% dv), Iron (16% dv).

Carbohydrate servings: 2

Exchanges: 2 starch, 1½ vegetable, 3 lean meat

Tip: Chile-garlic sauce (or chili-garlic sauce, or paste) is a blend of ground chiles, garlic and vinegar and is commonly used to add heat and flavor to Asian soups, sauces and stir-fries. It can be found in the Asian section of large supermarkets and keeps up to 1 year in the refrigerator.



EatingWell Sloppy Joes

Makes: 8 servings, generous ½ cup filling each

Active time: 35 minutes **Total:** 45 minutes

To make ahead: The filling will keep in the freezer for up to 1 month.

Heart Health Diabetes Weight Loss Gluten Free

Our updated Sloppy Joe takes lean ground beef and adds chopped cremini mushrooms and diced fresh plum tomatoes, all in a zesty sauce. Served on a whole-wheat bun, it's a hearty dinner sandwich that will please adults and kids alike.

12 ounces 90%-lean ground beef

1 large onion, finely diced

2 cups finely chopped cremini mushrooms (about 4 ounces)

5 plum tomatoes, diced

2 tablespoons all-purpose flour

½ cup water

¼ cup cider vinegar

¼ cup chili sauce, such as Heinz

¼ cup ketchup

8 whole-wheat hamburger buns, toasted if desired

1. Crumble beef into a large nonstick skillet; cook over medium heat until it starts to sizzle, about 1 minute. Add onion and mushrooms and cook, stirring occasionally, breaking up the meat with a wooden spoon, until the vegetables are soft and the moisture has evaporated, 8 to 10 minutes.
2. Add tomatoes and flour; stir to combine. Stir in water, vinegar, chili sauce and ketchup and bring to a simmer, stirring often. Reduce heat to a low simmer and cook, stirring occasionally, until the sauce is thickened and the onion is very tender, 8 to 10 minutes. Serve warm on buns.

Per serving: 232 calories; 6 g fat (2 g sat, 2 g mono); 28 mg cholesterol; 31 g carbohydrate; 5 g added sugars; 14 g protein; 5 g fiber; 403 mg sodium; 504 mg potassium.

Nutrition bonus: Zinc (21% daily value), Vitamin C (16% dv).

Carbohydrate servings: 2

Exchanges: 2 starch, 1½ lean meat

Crispy Beef Tacos

Makes: 6 servings, 2 filled tacos each

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

To make ahead: Store taco shells in an airtight container for up to 2 days. Reheat at 375°F for 1 to 2 minutes before serving. Refrigerate taco meat in an airtight container for up to 1 day. Reheat just before serving.

Equipment: Baked-taco rack (or see Tips)

Heart Health Diabetes Weight Loss Gluten Free

Building the perfect taco is a very personal task. Fill your baked crispy taco shells with our lean and spicy taco meat, then add plenty of fresh toppings. With a side of beans you'll have a meal that's as healthy as it is fun.

Crispy Taco Shells

12 6-inch corn tortillas

Canola oil cooking spray

¾ teaspoon chili powder, divided

¼ teaspoon salt, divided

Lean & Spicy Taco Meat

8 ounces 93%-lean ground beef

8 ounces 99%-lean ground turkey breast

½ cup chopped onion

1 10-ounce can diced tomatoes with green chiles or 1¼ cups petite-diced tomatoes

½ teaspoon ground cumin

½ teaspoon ground chipotle chile pepper (see Tip) or 1 teaspoon chili powder

½ teaspoon dried oregano

Toppings

3 cups shredded romaine lettuce

¾ cup shredded reduced-fat Cheddar cheese

¾ cup diced tomatoes

¾ cup prepared salsa

¼ cup diced red onion

1. To prepare taco shells: Preheat oven to 375°F.

2. Wrap 4 tortillas in a barely damp cloth or paper towel and microwave on High until steamed, about 30 seconds. (Alternatively, wrap in foil and heat in the preheated oven until steaming, 5 to 7 minutes.) Coat both sides with cooking spray; sprinkle a little chili powder and salt on one side.

3. Drape each tortilla over a panel on a baked-taco rack and bake until crispy and brown, 7 to 10 minutes. (Or see Tips.)

4. Remove the shells from the rack and repeat Steps 2 and 3 with the remaining 8 tortillas.

5. To prepare taco meat: Place beef, turkey and onion in a large nonstick skillet over medium heat. Cook, breaking up the meat with a wooden spoon, until cooked through, about 10 minutes. Transfer to a colander to drain off fat. Wipe out the pan. Return the meat to the pan and add tomatoes, cumin, ground chipotle (or chili powder) and oregano. Cook over medium heat, stirring occasionally, until most of the liquid has evaporated, 3 to 6 minutes.

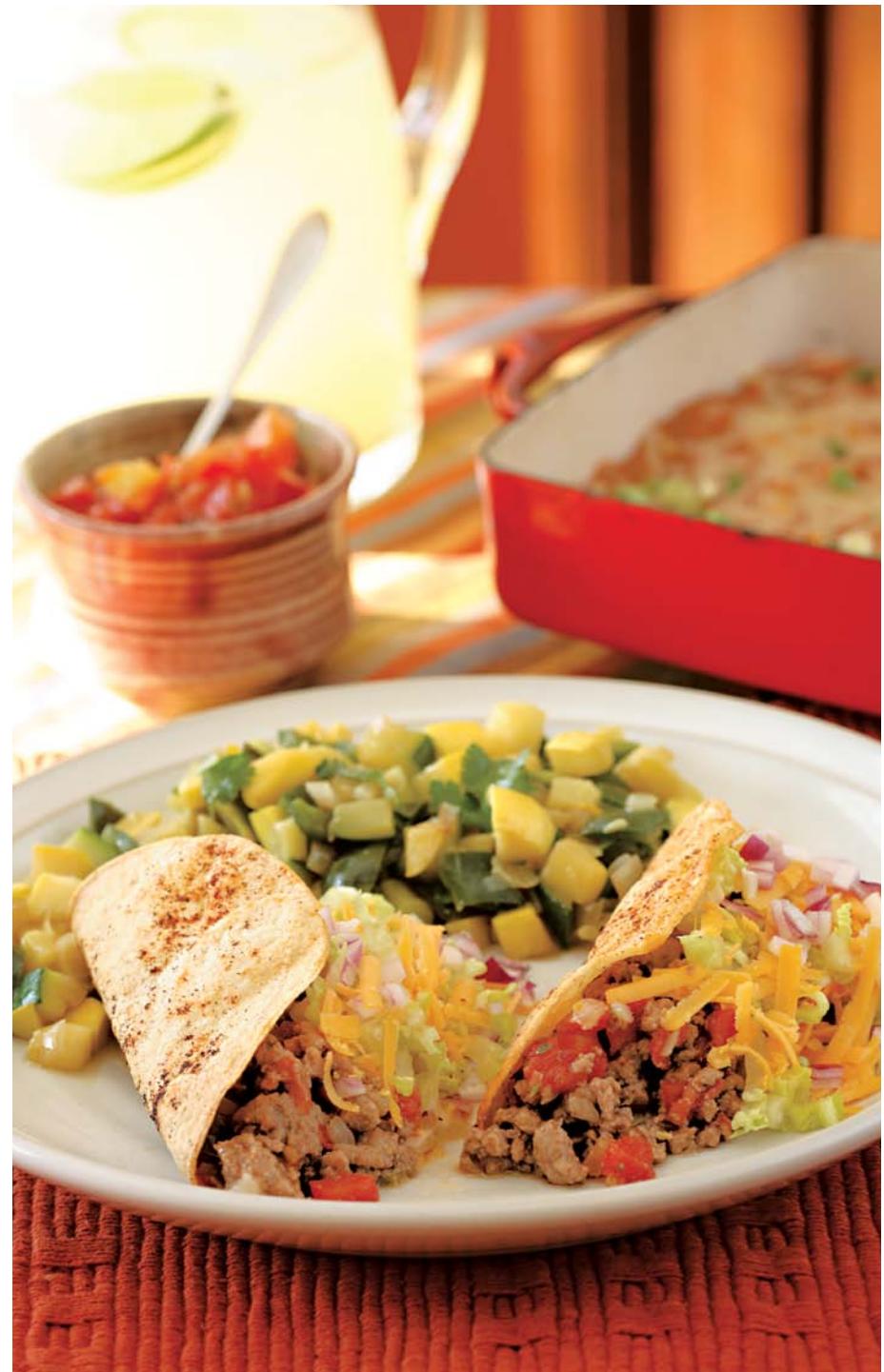
6. To assemble: Fill each taco shell with a generous 3 tablespoons taco meat, ¼ cup lettuce, 1 tablespoon cheese, 1 tablespoon tomato, 1 tablespoon salsa and 1 teaspoon onion.

Per serving: 98 calories; 2 g fat (1 g sat, 1 g mono); 35 mg cholesterol; 3 g carbohydrate; 17 g protein; 1 g fiber; 243 mg sodium; 26 mg potassium.

Carbohydrate servings: 0

Exchanges: 3½ very lean meat

Tip: To make taco shells, working with 6 tortillas at a time, wrap in a barely damp cloth or paper towel and microwave on High until steamed, about 30 seconds. Lay the tortillas on a clean work surface and coat both sides with cooking spray. Then carefully drape each tortilla over two bars of the oven rack. Bake at 375°F until crispy, 7 to 10 minutes.





Sweet & Sour Chicken with Brown Rice

Makes: 4 servings (about 1½ cups stir-fry & ½ cup rice each)

Active time: 30 minutes **Total:** 35 minutes

Heart Health Diabetes Weight Loss Gluten Free

In about the time it takes to order and pick up Chinese takeout, you can make this much healthier version of sweet & sour chicken. (Use tofu instead of chicken for a vegetarian version.) Be sure to cut the vegetables into similar-size pieces so they all cook at about the same rate.

- 2 cups instant brown rice
- ¼ cup seasoned rice vinegar
- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons cornstarch
- 2 tablespoons apricot preserves
- 2 tablespoons canola oil, divided
- 1 pound chicken tenders (see *Tip*), cut into bite-size pieces
- 4 cloves garlic, minced
- 2 teaspoons finely grated or minced fresh ginger
- 1 cup reduced-sodium chicken broth

- 6 cups bite-size pieces of vegetables, such as snow peas, broccoli and bell peppers
- 1 5-ounce can sliced water chestnuts, drained

1. Prepare rice according to the package directions.
2. Meanwhile, whisk vinegar, soy sauce, cornstarch and apricot preserves in a small bowl. Set aside.
3. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add chicken and cook, undisturbed, for 2 minutes. Continue cooking, stirring occasionally, until no longer pink on the outside and just starting to brown in spots, about 2 minutes more. Transfer to a plate.
4. Add the remaining 1 tablespoon oil, garlic and ginger to the pan and cook, stirring, until fragrant, 20 to 30 seconds. Add broth and bring to a boil, stirring constantly. Add vegetables, reduce heat to a simmer, cover and cook until the vegetables are tender-crisp, 4 to 6 minutes. Stir in water chestnuts and the chicken. Whisk the reserved sauce and add to the pan. Simmer, stirring constantly, until the sauce is thickened and the chicken is heated through, about 1 minute. Serve with the rice.

Per serving: 491 calories; 12 g fat (1 g sat, 5 g mono); 63 mg cholesterol; 64 g carbohydrate; 6 g added sugars; 31 g protein; 7 g fiber; 729 mg sodium; 646 mg potassium.

Nutrition bonus: Vitamin C (247% daily value), Vitamin A (76% dv), Magnesium (28% dv), Folate (20% dv), Potassium (19% dv), Iron (16% dv), Zinc (15% dv).

Carbohydrate servings: 4

Exchanges: 2½ starch, 2 vegetable, 3 lean meat



Hamburger Buddy

Makes: 6 servings, about 1½ cups each

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

Heart Health Diabetes Weight Loss Gluten Free

Very finely chopping onion, mushrooms and carrots in the food processor is not only fast—it makes the vegetables hard to detect for picky eaters. They also form the base for the sauce of this ground beef skillet supper. Serve with a green salad.

- 3 cloves garlic, crushed and peeled
- 2 medium carrots, cut into 2-inch pieces
- 10 ounces white mushrooms, large ones cut in half
- 1 large onion, cut into 2-inch pieces
- 1 pound 90%-lean ground beef
- 2 teaspoons dried thyme
- ¾ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 cups water

- 1 14-ounce can reduced-sodium beef broth, divided
- 8 ounces whole-wheat elbow noodles (2 cups)
- 2 tablespoons Worcestershire sauce
- 2 tablespoons all-purpose flour
- ½ cup reduced-fat sour cream
- 1 tablespoon chopped fresh parsley or chives for garnish

1. Fit a food processor with the steel blade attachment. With the motor running, drop garlic through the feed tube and process until minced, then add carrots and mushrooms and process until finely chopped. Turn it off, add onion, and pulse until roughly chopped.

2. Cook beef in a large straight-sided skillet or Dutch oven over medium-high heat, breaking it up with a wooden spoon, until no longer pink, 3 to 5 minutes. Stir in the chopped vegetables, thyme, salt and pepper and cook, stirring often, until the vegetables start to soften and the mushrooms release their juices, 5 to 7 minutes.

3. Stir in water, 1½ cups broth, noodles and Worcestershire sauce; bring to a boil. Cover, reduce heat to medium and cook, stirring occasionally, until the pasta is tender, 8 to 10 minutes.

4. Whisk flour with the remaining ¼ cup broth in a small bowl until smooth; stir into the hamburger mixture. Stir in the sour cream. Simmer, stirring often, until the sauce is thickened, about 2 minutes. Serve sprinkled with parsley (or chives), if desired.

Per serving: 321 calories; 9 g fat (4 g sat, 3 g mono); 56 mg cholesterol; 38 g carbohydrate; 0 g added sugars; 23 g protein; 5 g fiber; 558 mg sodium; 583 mg potassium.

Nutrition bonus: Vitamin A (70% daily value), Zinc (33% dv), Iron (23% dv), Potassium (17% dv).

Carbohydrate servings: 2

Exchanges: 2 starch, 1 vegetable, 2 medium-fat meats

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, 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.)