



myfitnesspal



# 30 Healthy Log It Now Recipes 200, 300, & 400 Calorie Dishes

IDEAS FOR BREAKFAST, LUNCH, DINNER & SNACKS



RECIPES BY  
CookingLight



**myfitnesspal**

©COPYRIGHT 2014  
ALL RIGHTS RESERVED.

This book or any portion thereof  
may not be reproduced or used in any manner whatsoever  
without the express written permission of the publisher.

You know that overwhelming feeling you get at the end of the day when all you have left is 400 calories and you still need to eat dinner? Yeah, it happens to me too! Most nights, just figuring out what to eat is complicated enough. Factor in the time it takes to log your meal afterwards and it's no wonder our supermarkets have become flooded with convenience foods.

We want to make cooking easier for you and take the work out of food logging, which is why we're excited to announce our newest feature, the Log It button, which makes it quick and easy to get the nutrition data for home cooked meals into your MyFitnessPal food diary.

**Now logging is as easy as a click of a button. To log any recipe in this cookbook, simply click the blue Log It button located under the image of each recipe.** You'll be able to save it into your food diary for the day, or add it to your recipe box for a meal down the road.

I set out to find a bunch of great tasting, healthy recipes from Cooking Light to help us stay on track no matter how many calories we have left in our "budget". Whether you're looking for recipes to help you meet specific nutrition goals such as low-carb, high fiber, or if you just needs some fresh ideas for healthy, easy dishes to make at home, we've got you covered. To simplify the steps and help save you time, be sure to check out the blueprint beneath each recipe, too.

I hope you enjoy the recipes and our new Log It button!

Elle Penner, MPH RD  
MyFitnessPal Registered Dietitian  
Food & Nutrition Editor

## ICON LEGEND

- |   |  |
|---|--|
|  SERVES     |  SERVING SIZE |
|  TOTAL TIME |  LOW CARB     |
|  VEGETARIAN |  LOW SODIUM   |
|  VEGAN      |  KID FRIENDLY |
|  HIGH-FIBER |  HIGH PROTEIN |
|  DAIRY FREE |  GLUTEN FREE  |

# Log It Now Recipes

## TABLE OF CONTENTS

<b>How To Cut Your Cooking Time in Half</b>	<b>5</b>
<b>How to Be a Master Meal Planner (PLUS Meal Planning Template)</b>	<b>6</b>
<b>10 Ways To Make Healthy Cooking Affordable</b>	<b>7</b>
<b>200 Calories or Less: Snacks &amp; Desserts</b>	<b>9</b>
Apps & Snacks	9
Desserts	15
<b>300 Calories or Less: Breakfasts and Lunches</b>	<b>21</b>
Breakfasts	21
Lunches	27
<b>400 Calories or Less: Dinners</b>	<b>33</b>
<b>Recipe Index</b>	<b>45</b>



# How To Cut Your **COOKING TIME IN HALF**

Time is one of the biggest hurdles when it comes to cooking at home—there never seems to be enough of it! Here are 6 ways to help you cut corners and shave minutes off your prep time, without sacrificing your healthy eating goals.

- 1. Stock up weekly** Plan ahead, make a list, and buy enough groceries to get you through the week. Last minute trips to the store creates headaches—not to mention an opportunity to hit the drive through.
- 2. Find related recipes** Dishes that feature similar ingredients make planning, buying, and prep easier. For example, you could make a big batch of brown rice to serve with a stir-fry one night, and save the extras to use in burritos later in the week.
- 3. Prep ahead** Do all of your chopping and measuring when you have time, so later in the week when you're spread thin you'll be able to whip together a meal in minutes.
- 4. Buy some time** If there's room in your budget, consider picking up pre-washed, pre-chopped fruits and veggies. Or use packaged, frozen veggies—they're already the perfect size and cut for most recipes.
- 5. Make your own frozen meals** The next time you whip up a tasty meal, consider doubling the recipe. Leftovers can be portioned out into individual containers and placed in the freezer for quick weeknight dinners and easy brown-bag lunches.
- 6. Use the microwave** Nuking a potato takes less than half the time of baking it in the oven—just poke a few holes in it with a fork and cook it on high for about 10 minutes. You can steam veggies and other dishes in mere minutes in the microwave, too.



# Be a Master Meal Planner

## MEAL PLANNING TEMPLATE

Planning ahead takes the guess work out of cooking meals, gives you more control over your portions, helps you avoid unnecessary calories, and can save you money!

The meal planning process is easier than it seems. All you need to do is fill in your recipes for the week (start with the ones in this book!), write up a grocery list, hit the store and get cooking. Print off this handy template and you'll be a master meal planner in no time!

MEALS	MON	TUES	WED	THURS	FRI	SAT	SUN
BREAKFAST							
LUNCH							
DINNER							
SNACKS/ DESSERTS							

# 10 Ways To Make **HEALTHY COOKING** AFFORDABLE

Eating healthy on a budget doesn't mean you have to give up flavor, fun, or time. It's possible to buy fresh foods without spending your entire paycheck or resorting to a slow-cooker lifestyle. With a little planning and prep you can eat well and still have time and money leftover to enjoy life. Keep these 10 tips for healthy eating on a budget in mind on your next grocery trip.

## 1. Eat before you shop

Impulse buys can add up to a busted grocery budget. (Those quick-grab treats don't do anything good for your waistline either.)

## 2. Pay attention to specials

Pick up the sales flyer at the front of the store to find out which produce is in season and see the deals of the week. Also, watch out for little hangtags in the aisles calling out savings.

## 3. Reach for store brands

For things like milk, butter, brown rice, cereal, frozen veggies and more, in-house brands are just as tasty as the name brands—and they can be dollars cheaper!

## 4. Don't pass up ripe produce

Many grocery stores slash prices on extra ripe fruit and veggies. Cut everything up when you get home, freeze it, and you've got

fresh produce that will last for weeks. Frozen fruit gives a vitamin boost to smoothies, hot oatmeal, and more, while frozen veggies can be tossed into casseroles, soups, and stir-frys.

## 5. Skip the fancy steaks

Save the filet mignon and t-bones for special occasions, and opt for leaner, less expensive cuts of meat and ground beef instead. Flank steak can be dressed up with spices, and roasts make a nice meal that will provide plenty of next-day leftovers. Also, consider buying beef in bulk. Stock up when meat goes on sale, or go in with friends to purchase a side of beef—you

can get 100lbs. for around \$3.60 per pound. (Be sure to store everything in the freezer!)

## 6. Invest in eggs

Packed with protein—one whole egg contains all of the essential amino acids. Eggs are also inexpensive compared to other protein sources, and don't have to be relegated to breakfast recipes.

## 7. Get a whole chicken

It might seem like less work to pick up packages of pre-cut breasts, but it's often more cost effective to get an entire bird. Whole chickens will set you back around \$1.15 per pound—a



bargain compared to the upwards of \$6 per pound you'll shell out for individually cut and packaged pieces. A three-pound bird takes a little over an hour to cook, but then you've got several meals worth of food—saving you time later.

#### 8. Fill up on frozen goods

Frozen fruits and veggies are packaged up at their peak, helping to lock in nutrients and making them just as nutritious as their fresh counterparts. (Just be sure to read the labels and skip anything with added sugar or sodium.) Other frosty goodies, like wild-caught fish and pasture-raised beef and bison, can also be great buys. They're often dollars less than what you'll find at the meat counter.

#### 9. Visit the bulk aisle

Staples like brown rice and beans are even less expensive when you skip all the packaging and scoop them out of the bulk bins—about \$.60 per pound for brown rice and about \$1.50 per pound for beans. Cook up a big pot of each and toss them into quick meals throughout the week.

#### 10. Hit up the farmers' market

Because the middleman (the grocery store) gets cut out, local growers can often offer better deals for fresh, in-season produce. Don't be afraid to buy a lot—fresh fruits and veggies can be cut up and stored in the freezer for later.

*"It's possible to buy fresh foods without spending your entire paycheck or resorting to a slow-cook lifestyle. With a little planning and prep you can eat well and still have time and money leftover to enjoy life."*





200 CALORIES OR LESS:

# Apps & Snacks

# SWEET & SPICY PUMPKIN SEEDS

These pumpkin seeds make a delicious snack delivering a slight sweetness with a kick thanks to chili powder and red pepper. Each serving packs a good amount of protein delivering 9 grams of protein per 2 tablespoons--munch on that!



8 SERVINGS



16 MIN



2 TABLESPOONS

## INGREDIENTS

- 1 cup unsalted pumpkin seed kernels
- 1 tablespoon canola oil
- 1 teaspoon sugar
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chipotle chile powder
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground cinnamon
- Dash of ground red pepper

## INSTRUCTIONS

1. Place 1 cup pumpkin seeds in a large skillet over medium heat. Cook for 4 minutes or until toasted, stirring constantly (seeds will pop slightly).
2. Combine canola oil and remaining ingredients in a large bowl; add seeds, tossing to coat. Arrange seeds in a single layer on a paper towel-lined baking sheet. Cool 10 minutes.

© Photo Johnny Autry; Styling: Mary Clayton Carl



CLICK TO LOG THIS RECIPE

## NUTRITIONAL INFO

<b>CALORIES</b>	<b>165</b>
Fat	13g
Saturated fat	2g
Monounsaturated fat	1g
Polyunsaturated fat	1g
Protein	9g
Carbohydrate	3g
Fiber	1g
Sugars	1g
Cholesterol	0mg
Iron	14%
Sodium	55mg
Calcium	1%
Potassium	4mg
Vitamin A	0%
Vitamin C	0%



## BLUEPRINTS

**WHILE PUMPKIN SEEDS TOAST,** measure and mix the oil, sugar and spices you'll coat the pumpkin seeds in.

### PREP POINTER

For even more kick, add an extra 1/8 teaspoon ground red pepper.

CookingLight  
**DIET**

# BAKED MOZZARELLA BITES

Serve this quick after-school snack to your kids as an alternative to traditional fried cheese sticks. Each serving of 3 mozzarella bites packs 7 grams of protein and is less than 100 calories.

 4 SERVINGS  18 MIN

 3 MOZZARELLA BITES & 1 TABLESPOON OF SAUCE

## INGREDIENTS

- 1/3 cup panko (Japanese breadcrumbs)
- 3 (1-ounce) sticks part-skim mozzarella string cheese
- 3 tablespoons egg substitute
- Cooking spray
- 1/4 cup lower-sodium marinara sauce (such as McCutcheon's)

## INSTRUCTIONS

1. Preheat oven to 425°F.
2. Heat a medium skillet over medium heat. Add 1/3 cup panko to pan, and cook for 2 minutes or until toasted, stirring frequently. Remove from heat, and place the panko in a shallow dish.
3. Cut mozzarella sticks into 1-inch pieces. Working with one piece at a time, dip cheese in egg substitute; dredge in panko. Place cheese on a baking sheet coated with cooking spray. Bake at 425°F for 3 minutes or until the cheese is softened and thoroughly heated.
4. Pour the marinara sauce into a microwave-safe bowl. Microwave at HIGH 1 minute or until thoroughly heated, stirring after 30 seconds. Serve with mozzarella pieces.



© Photo John Autry; Styling: Leigh Ann Ross

 Log It

[CLICK TO LOG THIS RECIPE](#)

## NUTRITIONAL INFO

<b>CALORIES</b>	<b>98</b>
Fat	5g
Saturated fat	2g
Monounsaturated fat	0g
Polyunsaturated fat	0g
Protein	7g
Carbohydrate	7g
Fiber	0g
Sugars	1g
Cholesterol	11mg
Iron	2%
Sodium	186mg
Calcium	16%
Potassium	39mg
Vitamin A	4%
Vitamin C	1%

 V

 LC

 KF

## BLUEPRINTS

**WHILE OVEN PREHEATS,**  
bread the mozzarella sticks with panko.

**WHILE CHEESE STICKS BAKE,**  
microwave the marinara sauce.



© Photo Kiyoshi Togashi; Styling: Sarah Smart

# CRUNCHY CHICKPEAS

Craving a crunchy munchy but tired of salted peanuts? Toasted chickpeas could be your new go-to snack because it's lower in calories and fat but equally addicting!

8 SERVINGS 1/4 CUP

1 HOUR, 55 MINUTES (15 MINUTES PREP)

## INGREDIENTS

- 2 (15 1/2-ounce) cans organic chickpeas (garbanzo beans), rinsed and drained (certified gluten-free is necessary)
- 2 tablespoons canola oil
- 1 teaspoon ground cumin
- 3/4 teaspoon kosher salt
- 1/4 teaspoon ground red pepper
- 1/8 teaspoon onion powder
- 1 garlic clove, minced

## INSTRUCTIONS

1. Preheat oven to 300°F.
2. Wrap chickpeas in a towel; lightly roll to loosen skins. Discard skins. Combine chickpeas and remaining ingredients. Arrange on a baking sheet. Bake at 300°F for 1 hour and 40 minutes, stirring every 20 minutes.

Log It

[CLICK TO LOG THIS RECIPE](#)

NUTRITIONAL INFO

<b>CALORIES</b>	<b>120</b>	
Fat	5g	
Saturated fat	0g	
Monounsaturated fat	2g	
Polyunsaturated fat	1g	
Protein	5g	
Carbohydrate	18g	
Fiber	6g	
Sugars	1g	
Cholesterol	0mg	
Iron	23%	
Sodium	481mg	
Calcium	0%	
Potassium	3mg	
Vitamin A	1%	
Vitamin C	0%	

BLUEPRINTS

**WHILE OVEN PREHEATS,**  
prep chickpeas, coat them in spices and arrange them on baking sheets.

**PREP POINTER**  
Don't like our spice mix? Toss these chickpeas using your own favorite spice.

CookingLight  
**DIET**



© Photo Raymond Hom; Styling: Pamela Duncan Silver

# GRILLED STUFFED JALEPEÑOS

The rich and creamy combination of bacon, cream cheese, and cheddar nicely contrasts with the muted spice of grilled jalapeño peppers. This appetizer recipe is a healthy, fresh alternative to the popular breaded and fried version.

14 SERVINGS 40 MIN

2 PEPPER HALVES

## INGREDIENTS

- 2 center-cut bacon slices
- 4 ounces cream cheese, softened (about 1/2 cup)
- 4 ounces fat-free cream cheese, softened (about 1/2 cup)
- 1 ounce extra-sharp cheddar cheese, shredded (about 1/4 cup)
- 1/4 cup minced green onions
- 1 teaspoon fresh lime juice
- 1/4 teaspoon kosher salt
- 1 small garlic clove, minced
- 14 jalapeño peppers, halved lengthwise and seeded
- Cooking spray
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons chopped seeded tomato

## INSTRUCTIONS

1. Preheat grill to medium-high heat.
2. Cook bacon in a skillet over medium heat until crisp. Remove bacon from pan; drain on paper towels. Crumble bacon.
3. Combine crumbled bacon, cheeses, and next 4 ingredients (through garlic) in a bowl, stirring well to combine. Divide cheese mixture evenly to fill the pepper halves.
4. Place peppers, cheese sides up, on grill rack or grill grate coated with cooking spray. Cover and grill peppers 8 minutes or until bottoms of peppers are charred and cheese mixture is lightly browned.
5. Place peppers on a serving platter. Sprinkle with cilantro and tomato.



[CLICK TO LOG THIS RECIPE](#)

## NUTRITIONAL INFO

<b>CALORIES</b>	<b>57</b>
Fat	4g
Saturated fat	2g
Monounsaturated fat	1g
Polyunsaturated fat	0g
Protein	3g
Carbohydrate	2g
Fiber	0g
Sugars	1g
Cholesterol	13mg
Iron	1%
Sodium	140mg
Calcium	7%
Potassium	56mg
Vitamin A	10%
Vitamin C	11%

LC

GF

LS

## BLUEPRINTS

**WHILE OVEN PREHEATS,**  
cook bacon and prep stuffing for the peppers.

### PREP POINTER

If serving poppers for a party, stuff them in advance, then cover, chill and grill right before the guests arrive.

CookingLight  
**DIET**



© Photo Raymond Hom; Styling: Pamela Duncan Silver

# SPINACH ARTICHOKE DIP

A go-to appetizer for parties, this spinach and artichoke dip is creamy on the inside and crispy on the outside with a cheesy taste that's appealing to all. Each 1/4 cup serving is not only lower in calories and fat but packs 6 grams of protein.

22 SERVINGS 1/4 CUP 46 MIN

## INGREDIENTS

- 1/2 cup fat-free sour cream
- 1/4 teaspoon freshly ground black pepper
- 3 garlic cloves, minced
- 1 (14-ounce) can artichoke hearts, drained and chopped
- 1 (10-ounce) package frozen chopped spinach, thawed, drained, and squeezed dry
- 1 (8-ounce) block 1/3-less-fat cream cheese, softened
- 1 (8-ounce) block fat-free cream cheese, softened
- 6 ounces part-skim mozzarella cheese, shredded and divided (about 1 1/2 cups)
- 1 ounce fresh Parmesan cheese, grated and divided (about 1/4 cup)

## INSTRUCTIONS

1. Preheat oven to 350°F.
2. Combine first 7 ingredients in a large bowl, stirring until well-blended. Add 4 ounces (1 cup) mozzarella and 2 tablespoons Parmesan; stir well. Spoon mixture into a broiler-safe 1 1/2-quart glass or ceramic baking dish. Sprinkle with remaining 1/2 cup mozzarella and remaining 2 tablespoons Parmesan. Bake at 350°F for 30 minutes or until bubbly.
3. Preheat broiler to high (leave dish in oven). Broil dip for 3 minutes or until cheese is lightly browned.

## NUTRITIONAL INFO

<b>CALORIES</b>	<b>75</b>
Fat	4g
Saturated fat	3g
Monounsaturated fat	0g
Polyunsaturated fat	0g
Protein	6g
Carbohydrate	4g
Fiber	1g
Sugars	1g
Cholesterol	14mg
Iron	3%
Sodium	304mg
Calcium	15%
Potassium	75mg
Vitamin A	37%
Vitamin C	8%

LC

GF

KF

## BLUEPRINTS

**WHILE OVEN PREHEATS,**  
leave cream cheese blocks on a plate on (or near) stovetop to soften. Prep and mix ingredients for spinach dip.

### PREP POINTER

Thaw frozen spinach overnight OR run spinach under warm water while squeezing out the water. Want to use fresh spinach? Wilt it first sautee-style!



200 CALORIES OR LESS:

# Desserts

# CHOCOLATE GRANOLA APPLE WEDGES



© Photo John Autry; Styling: Cindy Barr

Want to get a healthier way to get your chocolate-y fix? With these chocolate granola apple wedges you can savor chocolate and get a serving of fruit in. At 127 calories for 4 apples wedges this makes a yummy low calorie snack.

4 SERVINGS 15 MIN

4 APPLE WEDGES

## INGREDIENTS

- 2 ounces semisweet chocolate, finely chopped (certified gluten-free if necessary)
- 1/3 cup low-fat granola without raisins
- 1 large Braeburn apple, cut into 16 wedges

## INSTRUCTIONS

1. Place chocolate in a medium microwave-safe bowl. Microwave at HIGH 1 minute, stirring every 15 seconds, or until chocolate melts.
2. Place granola in a shallow dish. Dip apple wedges, skin side up, in chocolate; allow excess chocolate to drip back into bowl. Dredge wedges in granola. Place wedges, chocolate side up, on a large plate. Refrigerate 5 minutes or until set.



[CLICK TO LOG THIS RECIPE](#)

## NUTRITIONAL INFO

<b>CALORIES</b>	<b>127</b>
Fat	4g
Saturated fat	3g
Monounsaturated fat	0g
Polyunsaturated fat	0g
Protein	1g
Carbohydrate	22g
Fiber	1g
Sugars	12g
Cholesterol	0mg
Iron	1%
Sodium	5mg
Calcium	1%
Potassium	40mg
Vitamin A	1%
Vitamin C	5%



## BLUEPRINTS

### PREP POINTERS

Prep apple wedges and granola first so you're ready to dip as soon as chocolate comes out of the microwave. If you can't find Braeburn apples, Gala or Fuji varieties also stand up to dipping and add a touch more sweetness.





© Photo Randy Mayor; Styling: Cindy Barr

# CARROT CAKE SANDWICH COOKIES

There's nothing quite like the aroma of fresh baked cookies to fill your home! Try out these heavenly carrot cake sandwich cookies filled with a vanilla cream cheese frosting. They're a portable and palatable making it an easy on-the-go treat.

14 SERVINGS 50 MIN

1 COOKIE SANDWICH

## INGREDIENTS

- 2 cups shredded carrot
- 2/3 cup packed brown sugar, divided
- 1/4 cup unsalted butter, divided
- 2 tablespoons canola oil
- 1 teaspoon grated orange rind
- 3/4 teaspoon vanilla extract, divided
- 1 large egg
- 4.5 ounces unbleached all-purpose flour (about 1 cup)
- 1 teaspoon ground cinnamon
- 3/8 teaspoon salt, divided
- 1/4 teaspoon baking soda
- 4 ounces 1/3-less-fat cream cheese, softened
- 1 cup powdered sugar

## INSTRUCTIONS

1. Preheat oven to 350°F. Cover 2 baking sheets with parchment paper; set aside.
2. Combine carrot and 3 tablespoons brown sugar in a bowl; toss to coat. Place carrot mixture in a fine mesh sieve; let stand to drain for 10 minutes. Discard liquid.
3. Place 2 tablespoons butter in a medium microwave-safe bowl. Microwave at HIGH 45 seconds or until melted. Add oil, rind, 1/2 teaspoon vanilla extract, and egg; stir with a whisk until well combined.
4. Weigh or lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, remaining brown sugar (about 1/2 cup), cinnamon, 1/4 teaspoon salt, and baking soda in a large bowl; stir well with a whisk. Add carrot mixture and butter mixture; stir until just combined.
5. Drop dough by tablespoonfuls 2 inches apart onto prepared baking sheets for a total of 28 cookies (14 per baking sheet); gently pat dough down to form 2-inch circles. Bake at 350°F for 11 minutes or until set. Remove pans from oven; let stand 3 minutes. Remove cookies from pans; cool completely on a wire rack.
6. Combine cream cheese, remaining 2 tablespoons butter, remaining 1/4 teaspoon vanilla extract, and remaining 1/8 teaspoon salt in a medium bowl; beat with a mixer at medium speed 3 minutes or until fluffy. Add powdered sugar; beat at low speed 1 minute or until well combined (do not overbeat).
7. Spread about 1 tablespoon icing on flat side of 1 cookie; top with another cookie, flat side down. Repeat the procedure with remaining cookies and filling.

CookingLight  
**DIET**

Log It

[CLICK TO LOG THIS RECIPE](#)

NUTRITIONAL INFO

<b>CALORIES</b>	<b>185</b>
Fat	8g
Saturated fat	4g
Monounsaturated fat	2g
Polyunsaturated fat	1g
Protein	2g
Carbohydrate	28g
Fiber	1g
Sugars	19g
Cholesterol	30mg
Iron	3%
Sodium	143mg
Calcium	5%
Potassium	100mg
Vitamin A	43%
Vitamin C	2%

BLUEPRINTS

**WHILE OVEN PREHEATS,**  
shred carrot. Prep cookie dough.

**WHILE COOKIES BAKE,**  
prep filling.

### PREP POINTER

Tossing shredded carrots and letting it stand for a few minutes will make carrots more tender. This is important for keeping your cookies soft and moist.

# HAZELNUT BARK



© Photo Becky Luigart-Stayner; Styling: Cindy Barr

Dried cherries and crystallized ginger add a depth of flavor to this simple, four-ingredient chocolate bark. This bittersweet treat is sure to be a hit for all you chocolate lovers out there!

 12 SERVINGS  1 OUNCE  35 MIN

## INGREDIENTS

- 3/4 cup hazelnuts (about 4 ounces)
- 1/3 cup dried cherries, coarsely chopped
- 2 tablespoons finely chopped crystallized ginger
- 6 ounces bittersweet chocolate, chopped (certified gluten-free if necessary)

## INSTRUCTIONS

1. Preheat oven to 350°F.
2. Place hazelnuts on a baking sheet. Bake at 350°F for 20 minutes, stirring once halfway through cooking. Turn nuts out onto a towel. Roll up towel; rub off skins. Coarsely chop nuts. Combine nuts, cherries, and ginger in a medium bowl.
3. Place chocolate in a microwave-safe measuring cup. Microwave at HIGH 1 minute or until chocolate melts, stirring every 15 seconds. Add to nut mixture, stirring just until combined. Spread mixture evenly on a jelly-roll pan lined with foil; freeze 1 hour. Break into pieces; serve immediately.

## NUTRITIONAL INFO

<b>CALORIES</b>	<b>167</b>
Fat	12g
Saturated fat	4g
Monounsaturated fat	5g
Polyunsaturated fat	1g
Protein	3g
Carbohydrate	15g
Fiber	2g
Sugars	11g
Cholesterol	0mg
Iron	9%
Sodium	2mg
Calcium	2%
Potassium	70mg
Vitamin A	1%
Vitamin C	1%



## BLUEPRINTS

**WHILE OVEN PREHEATS,**  
bake hazelnuts and chop the cherries, ginger and chocolate.

### QUICK FIX

If you don't have a jelly-roll pan, line a baking sheet with foil and curl the edges up to catch any wandering chocolate. You can also sub in any baking pan making sure not to pour the bark too thick!

# BANANA OATMEAL CHOCOLATE CHIP COOKIES

Mashed ripe banana adds sweetness and flavor to these chocolate chip cookies allowing you to add less sugar and butter for the same great taste.

 2 DOZEN  1 COOKIE  40 MIN

## INGREDIENTS

- 1/2 cup mashed ripe banana (about 1 medium)
- 1/2 cup packed brown sugar
- 1/4 cup butter, softened
- 1/4 cup granulated sugar
- 1 teaspoon vanilla extract
- 1 large egg
- 5.6 ounces all-purpose flour (about 1 1/4 cups)
- 2 cups old-fashioned oats
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup semisweet chocolate chips
- Cooking spray

## INSTRUCTIONS

1. Preheat oven to 350°F.
2. Combine first 5 ingredients in a large bowl; beat with a mixer at medium speed until smooth. Add egg; beat well.
3. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, oats, baking soda, and salt in a medium bowl, stirring with a whisk. Add flour mixture to banana mixture in bowl; beat with a mixer at medium speed until well blended. Stir in chocolate chips.
4. Drop batter by heaping tablespoonfuls 2 inches apart onto baking sheets coated with cooking spray. Bake at 350°F for 18 minutes or until golden. Cool on pans 2 minutes. Remove cookies from pans; cool completely on wire racks.



© Photo: Becky Luigart-Stayner; Styling: Leigh Ann Ross



[CLICK TO LOG THIS RECIPE](#)

## NUTRITIONAL INFO

<b>CALORIES</b>	<b>120</b>
Fat	4g
Saturated fat	2g
Monounsaturated fat	1g
Polyunsaturated fat	0g
Protein	2g
Carbohydrate	20g
Fiber	1g
Sugars	10g
Cholesterol	13mg
Iron	4%
Sodium	118mg
Calcium	0%
Potassium	28mg
Vitamin A	1%
Vitamin C	1%



## BLUEPRINTS

**WHILE OVEN PREHEATS,**  
make the cookie batter and drop cookies onto prepared baking sheet.

### PREP POINTER

You can continue to reduce fat and sugar by cutting out a little extra butter and sugar. Just modify the ingredient list when you Log It!





© Photo: Beau Gustafson; Katie Stoddard

# PUMPKIN CRANBERRY MUFFINS

Canned pumpkin offers the same health benefits as fresh, but is a little more convenient. It contributes both color and moistness to these fruit-filled muffins.



1 DOZEN



1 MUFFIN



50 MIN

## INGREDIENTS

- 1 1/2 cups all-purpose flour (about 6 3/4 ounces)
- 1 teaspoon baking soda
- 3/4 teaspoon ground ginger
- 1/2 teaspoon baking powder
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/8 teaspoon ground cloves
- 1 cup granulated sugar
- 1 cup canned pumpkin
- 1/2 cup low-fat buttermilk
- 1/4 cup packed light brown sugar
- 2 tablespoons canola oil
- 1 large egg
- 2/3 cup sweetened dried cranberries, chopped (such as Craisins)
- Cooking spray

## INSTRUCTIONS

1. Preheat oven to 375°F.
2. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking soda, and next 5 ingredients (through cloves); stir well with a whisk.
3. Combine granulated sugar and next 5 ingredients (through egg) in a large bowl; beat with a mixer at medium speed until well blended (about 3 minutes). Add flour mixture to sugar mixture; beat at low speed just until combined. Fold in cranberries.
4. Place 12 paper muffin cup liners in muffin cups; coat liners with cooking spray. Spoon batter into prepared cups. Bake at 375°F for 25 minutes or until muffins spring back when touched lightly in center. Remove muffins from pan immediately; place on a wire rack.

CookingLight  
**DIET**

NUTRITIONAL INFO

<b>CALORIES</b>	<b>200</b>
Calories from fat	27
Fat	3g
Saturated fat	0g
Monounsaturated fat	1g
Polyunsaturated fat	1g
Protein	3g
Carbohydrate	41g
Fiber	1g
Sugars	28g
Cholesterol	18mg
Iron	5%
Sodium	188mg
Calcium	3%
Potassium	35mg
Vitamin A	13%
Vitamin C	0%



BLUEPRINTS

**WHILE OVEN PREHEATS,**  
measure and mix muffin batter. Prep your pans for the bakin'.

### QUICK FIX

Don't have a cupcake/muffin pan? Don't fret. You can double or triple up on paper cupcake liners allowing a sturdy mold for the muffins to rise. You can also use a baking sheet, mason jar rings and cupcake liners to achieve the same results.



300 CALORIES OR LESS:

# Breakfasts



© Photo: Johnny Miller; Styling: Heather Chontos

# EGGS & HASHBROWN CASSEROLE

This dish combines an omelet stuffed with spinach, Swiss cheese, and mushrooms with a hearty side of bacon and hash browns all in one casserole pan!

 2 SERVINGS  1/6 DISH  65 MIN

## INGREDIENTS

- 8 center-cut bacon slices
- 1 1/2 cups chopped onion
- 8 ounces sliced shiitake mushroom caps
- 3 garlic cloves, minced
- 2 cups shredded hash brown potatoes (such as Simply Potatoes; certified gluten-free if necessary)
- 1/4 cup no-salt-added chicken stock (such as Swanson; certified gluten-free if necessary)
- 5 cups fresh baby spinach
- 2 tablespoons thinly sliced fresh basil
- 1/2 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 3 ounces reduced-fat Swiss cheese, finely chopped
- Cooking spray
- 1/2 cup 1% low-fat milk
- 6 large eggs, lightly beaten

## INSTRUCTIONS

1. Preheat oven to 350°F.
2. Cook bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from pan; crumble. Increase heat to medium-high. Add onion, mushrooms, and garlic to drippings in pan; sauté for 6 minutes.
3. Add potatoes and stock; cook 6 minutes, stirring frequently. Add spinach, basil, 1/4 teaspoon salt, and 1/4 teaspoon pepper; cook 2 minutes or until spinach wilts. Remove from heat; let stand 10 minutes. Stir in crumbled bacon and cheese. Place mushroom mixture in an 11 x 7-inch broiler-safe glass or ceramic baking dish coated with cooking spray.
4. Combine remaining 1/4 teaspoon salt, 1/4 teaspoon pepper, milk, and eggs in a medium bowl. Pour egg mixture over mushroom mixture. Bake at 350°F for 28 minutes.
5. Preheat broiler to high; remove dish while broiler preheats. Broil 3 minutes or until top is browned and just set. Let stand 5 minutes.

CookingLight  
**DIET**



[CLICK TO LOG THIS RECIPE](#)

<b>CALORIES</b>	<b>232</b>	 
Fat	10g	
Saturated fat	4g	
Monounsaturated fat	0g	
Polyunsaturated fat	0g	
Protein	17g	
Carbohydrate	18g	
Fiber	3g	
Sugars	4g	
Cholesterol	207mg	
Iron	9%	
Sodium	476mg	
Calcium	22%	
Potassium	506mg	
Vitamin A	58%	
Vitamin C	19%	

NUTRITIONAL INFO

BLUEPRINTS

**WHILE OVEN PREHEATS,**  
combine bacon and vegetables with remaining ingredients.

**PREP POINTER**  
The mushroom mixture can be prepared ahead of time and refrigerated overnight.



© Photo: Johnny Autry; Styling: Cindy Barr

# BREAKFAST

## QUINOA

If you're tired of oatmeal for breakfast then this recipe is a must-try! Quinoa is surprisingly filling and appetizing especially served with a helping of strawberries, bananas and toasted coconut.

4 SERVINGS 1/4 DISH 22 MIN

### INGREDIENTS

- 1/2 cup uncooked quinoa (certified gluten-free if necessary)
- 3/4 cup light coconut milk
- 2 tablespoons water
- 1 tablespoon light brown sugar
- 1/8 teaspoon salt
- 1/4 cup flaked unsweetened coconut
- 1 cup sliced strawberries
- 1 cup sliced banana

### INSTRUCTIONS

1. Preheat oven to 400°F.
2. Place quinoa in a fine sieve, and place the sieve in a large bowl. Cover quinoa with water. Using your hands, rub the grains together for 30 seconds; rinse and drain quinoa. Repeat the procedure twice. Drain well. Combine quinoa, coconut milk, 2 tablespoons water, brown sugar, and salt in a medium saucepan, and bring to a boil. Reduce heat, and simmer 15 minutes or until liquid is absorbed, stirring occasionally. Stir mixture constantly during the last 2 minutes of cooking.
3. While quinoa cooks, spread flaked coconut in a single layer on a baking sheet. Bake at 400°F for 5 minutes or until golden brown. Cool slightly.
4. Place about 1/2 cup quinoa mixture in each of 4 bowls. Top each serving with 1/4 cup strawberry slices, 1/4 cup banana slices, and 1 tablespoon toasted coconut. Serve warm.

NUTRITIONAL INFO

<b>CALORIES</b>	<b>183</b>
Fat	4g
Saturated fat	3g
Monounsaturated fat	0g
Polyunsaturated fat	0g
Protein	4g
Carbohydrate	34g
Fiber	4g
Sugars	12g
Cholesterol	0mg
Iron	7%
Sodium	84mg
Calcium	2%
Potassium	269mg
Vitamin A	0%
Vitamin C	37%

V+

DF

GF

LS

BLUEPRINTS

**WHILE OVEN PREHEATS,**  
cook quinoa.

**WHILE QUINOA COOKS,**  
toast coconut and slice the strawberry and banana. with remaining ingredients.

**PREP POINTER**  
Serve with an egg if this quinoa breakfast is not enough for you.



© Photo: Marcus Nilsson; Styling: Theo Vamvounakis

# HUEVOS RANCHEROS TACOS

This decadent knife-and-fork taco features a soft, runny egg atop beans, cheese, pico de gallo and so much more! Each taco delivers a good amount of protein and fiber.

4 SERVINGS 1 TACO 20 MIN

## INGREDIENTS

- 4 (6-inch) corn tortillas
- Cooking spray
- 1/2 cup shredded reduced-fat 4-cheese Mexican blend cheese
- 1/2 cup black beans, rinsed and drained
- 2 teaspoons olive oil
- 4 large eggs
- 1/4 teaspoon black pepper
- 1/4 cup fresh pico de gallo
- 2 tablespoons Mexican crema
- 1/2 ripe peeled avocado, chopped
- 1/4 cup fresh cilantro leaves
- 4 lime wedges

## INSTRUCTIONS

1. Preheat broiler to high.
2. Arrange tortillas on a baking sheet; lightly coat tortillas with cooking spray. Broil 2 minutes; remove pan from oven. Turn tortillas over. Top each tortilla with 2 tablespoons cheese and 2 tablespoons beans. Broil 1 minute or until cheese melts. Remove from oven.
3. Heat a large nonstick skillet over medium-high heat. Add oil to pan; swirl to coat. Crack eggs into pan; cook 2 minutes. Cover and cook 2 minutes or until whites are set. Place 1 egg in center of each tortilla; sprinkle with pepper. Top tacos evenly with pico de gallo, crema, avocado, and cilantro. Serve with lime.

## NUTRITIONAL INFO

<b>CALORIES</b>	<b>275</b>
Fat	19g
Saturated fat	5g
Monounsaturated fat	5g
Polyunsaturated fat	2g
Protein	13g
Carbohydrate	18g
Fiber	4g
Sugars	1g
Cholesterol	206mg
Iron	9%
Sodium	354mg
Calcium	18%
Potassium	169mg
Vitamin A	11%
Vitamin C	9%



## BLUEPRINTS

**WHILE BROILER PREHEATS,**  
arrange tortilla, cheese and beans to be broiled.

**WHILE TORTILLAS BROIL,**  
cook eggs.



© Photo: John Autry; Styling: Lindsey Ellis Beatty

# OATMEAL PANCAKES

Here's an interesting and healthy way to add oats to your morning meal: oatmeal pancakes. Each stack of 4 pancakes is under 300 calories and provides you with 9 grams of protein and 3 grams of fiber.

3 SERVINGS 4 PANCAKES 45 MIN

## INGREDIENTS

- 1.1 ounces all-purpose flour (1/4 cup)
- 1 cup quick-cooking oats
- 1 tablespoon sugar
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon salt
- 1 cup nonfat buttermilk
- 2 tablespoons butter, melted
- 1 large egg
- Cooking spray

## INSTRUCTIONS

1. Weigh or lightly spoon flour into a dry measuring cup; level with a knife. Combine the first 7 ingredients in a medium bowl, stirring with a whisk.
2. Combine buttermilk, butter, and egg in a small bowl. Add to flour mixture, stirring just until moist.
3. Heat a nonstick griddle over medium heat. Coat pan with cooking spray. Spoon about 2 1/2 tablespoons batter per pancake onto griddle. Turn pancakes over when tops are covered with bubbles; cook until bottoms are lightly browned.

## NUTRITIONAL INFO

<b>CALORIES</b>	<b>277</b>
Fat	12g
Saturated fat	6g
Monounsaturated fat	3g
Polyunsaturated fat	1g
Protein	9g
Carbohydrate	35g
Fiber	3g
Sugars	8g
Cholesterol	95mg
Iron	11%
Sodium	543mg
Calcium	16%
Potassium	127mg
Vitamin A	7%
Vitamin C	1%

V

KF

## BLUEPRINTS

### QUICK FIX:

Don't have a nonstick griddle? No problem! You can use any flat surface non-stick cookware.

CookingLight  
**DIET**

# STEEL CUT OATS WITH BLUEBERRY COMPOTE

Look no further for fiber than steel cut oats especially when it's topped with a zesty cinnamon-blueberry compote. You know what they say: a spoonful of blueberries helps the oatmeal go down!

 4 SERVINGS  30 MIN

 3/4 CUP OF OATMEAL + 1/4 CUP OF BLUEBERRY COMPOTE

## INGREDIENTS

- 2 cups frozen blueberries
- 1/4 cup sugar
- 1 teaspoon grated lemon rind
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon ground cinnamon, divided
- 4 cups water
- 1 cup steel-cut oats (certified gluten-free if necessary)
- 1/4 teaspoon salt
- 1 tablespoon butter

## INSTRUCTIONS

**OVERNIGHT ALERT!** Prepping steel cut oats the night before reduces cooking time the next morning. Marinating blueberry compote overnight helps it soak in more sweetness.

1. Combine blueberries, sugar, rind, juice, and 1/4 teaspoon cinnamon in a medium bowl; toss to coat. Refrigerate.
2. Bring 4 cups water to a boil in a medium saucepan. Stir in remaining 1/4 teaspoon cinnamon, oats, and salt; cook 1 minute. Remove oat mixture from heat, cover, and refrigerate in pan overnight.

## THE NEXT DAY:

3. Bring blueberry mixture to a boil in a small saucepan over high heat. Cook 6 minutes or until slightly thickened, stirring frequently. Bring oat mixture to a boil over medium-high heat; cook 5 minutes or until thoroughly heated, stirring frequently. Add butter to oat mixture.
4. Spoon 3/4 cup oatmeal into each of 4 bowls; top each serving with 1/4 cup blueberry compote.

CookingLight  
**DIET**



© Photo: Randy Mayor; Styling: Cindy Barr

 Log It

[CLICK TO LOG THIS RECIPE](#)

NUTRITIONAL INFO

<b>CALORIES</b>	<b>255</b>
Fat	6g
Saturated fat	2g
Monounsaturated fat	1g
Polyunsaturated fat	0g
Protein	5g
Carbohydrate	50g
Fiber	6g
Sugars	19g
Cholesterol	8mg
Iron	1%
Sodium	173mg
Calcium	2%
Potassium	50mg
Vitamin A	3%
Vitamin C	7%

**V**

**GF**

**HF**

BLUEPRINTS

### PREP POINTER

Can't wait overnight? Substitute steel cut oats with old-fashioned oats instead and don't worry about soaking the berries overnight.



300 CALORIES OR LESS:

# Lunches



© Photo: Randy Mayor; Food Styling: Kellie Gerber Kelley; Prop Styling: Lindsey Lower

# GREEK STYLE CHICKEN WRAPS

Make a delicious, nutritious lunch in no time flat with Greek-style chicken wraps. Combine grocery store rotisserie chicken, tomatoes, cucumbers, olives, and hummus on a flour tortilla and you have a balanced meal.

6 SERVINGS    
 1 WRAP    
 25 MIN

## INGREDIENTS

- 1 cup grape tomatoes, halved
- 3 tablespoons pitted kalamata olives, coarsely chopped
- 2 tablespoons crumbled feta cheese
- 1 1/2 tablespoons fresh lemon juice
- 1 tablespoon chopped fresh oregano
- 1 tablespoon olive oil
- 1/8 teaspoon ground red pepper
- 4 ounces shredded skinless, boneless rotisserie chicken breast (about 1 cup)
- 2 Kirby or small cucumbers, chopped
- 6 tablespoons plain hummus
- 6 (8-inch) whole-wheat flour tortillas

## INSTRUCTIONS

1. Place tomatoes, olives, feta, juice, oregano, oil, pepper, chicken, and cucumber in a large bowl; toss to combine.
2. Spread 1 tablespoon hummus over 1 side of each tortilla. Top each tortilla with about 1/2 cup chicken mixture. Roll up wraps; cut in half.

NUTRITIONAL INFO

<b>CALORIES</b> .....	<b>243</b>	<b>HF</b>
Fat .....	9g	
Saturated fat .....	2g	
Monounsaturated fat .....	2g	
Polyunsaturated fat .....	1g	
Protein .....	10g	
Carbohydrate .....	30g	
Fiber .....	5g	
Sugars .....	4g	
Cholesterol .....	12mg	
Iron .....	12%	
Sodium .....	509mg	
Calcium .....	11%	
Potassium .....	161mg	
Vitamin A .....	7%	
Vitamin C .....	16%	

### SIMPLE SUB-IN:

Any crumbly cheese such as a blue cheese will work in place of feta cheese.

### PREP POINTER

Look for plain rotisserie chicken in the deli section of your supermarket. Use the lean, mild breast meat for pastas and sandwiches, and the leg and thigh meat for more robust salads, soups, or tacos.

BLUEPRINTS

CookingLight  
**DIET**

# CRISPY VEGETABLE QUESADILLAS

A 300 calorie lunch in less than 30 minutes? Sign me up! This crispy vegetable quesadilla spices up corn, spinach and quinoa with poblano chile and Mexican hot sauce.



6 SERVINGS



21 MIN



4 QUESADILLA WEDGES + 1 LIME WEDGE  
+ 1 TABLESPOON SOUR CREAM

## INGREDIENTS

- 1 teaspoon canola oil
- 1 cup coarsely chopped poblano chile
- 1/2 cup frozen whole-kernel corn
- 3/4 cup packaged precooked quinoa
- 1/4 teaspoon salt
- 5 ounces fresh spinach (about 8 3/4 cups)
- 3 ounces sharp cheddar cheese, shredded (about 3/4 cup)
- 1 cup canned unsalted black beans, rinsed and drained
- 2 teaspoons Mexican hot sauce (such as Cholula)
- 8 (6-inch) flour tortillas
- Cooking spray
- 6 tablespoons light sour cream
- 6 lime wedges

## INSTRUCTIONS

1. Place oven rack in middle of oven. Preheat broiler to high. Place a baking sheet on rack in oven (keep pan in oven as it preheats).
2. Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Add poblano and corn; cook 5 minutes, stirring once. Add quinoa, salt, and spinach; sauté 2 minutes or until spinach wilts. Remove from heat; stir in cheese.
3. Combine beans and hot sauce in a small bowl; mash with fork until smooth. Spread 2 1/2 tablespoons bean mixture on each of 4 tortillas; top each with 1/2 cup spinach mixture and 1 tortilla. Lightly coat quesadillas with cooking spray. Arrange quesadillas on preheated pan in oven; broil 3 minutes or until lightly browned, turning once.
4. Cut each quesadilla into 6 wedges. Serve with sour cream and lime.



© Photo: Andrew Purcell; Styling: Alistair Turnbull



CLICK TO LOG THIS RECIPE

NUTRITIONAL INFO

<b>CALORIES</b>	<b>297</b>
Fat	11g
Saturated fat	5g
Monounsaturated fat	2g
Polyunsaturated fat	0g
Protein	13g
Carbohydrate	40g
Fiber	4g
Sugars	4g
Cholesterol	20mg
Iron	19%
Sodium	829mg
Calcium	27%
Potassium	185mg
Vitamin A	49%
Vitamin C	32%



BLUEPRINTS

### WHILE BROILER PREHEATS,

cook poblano, corn, quinoa, salt, spinach, cheese on skillet and set aside. Mash beans and hot sauce. Spread tortilla with bean mash and top with sauteed vegetables to make a quesadilla.

### PREP POINTER

A sparing amount of cooking spray is key to perfectly crisp quesadillas--too much and the fat absorbs into the tortilla. Plus, spreading mashed beans onto each tortilla forms a protective layer that keeps the veggie juices contained (and the tortillas crisp).

# GARLICKY GRILLED CHEESE WITH BACON & SPINACH

This garlicky sandwich combines cheese, bacon and greens for the most satisfying 300 calories you can chomp into.

 4 SERVINGS  1 SANDWICH  25 MIN

## INGREDIENTS

- 1/2 teaspoon olive oil
- 2 large garlic cloves, thinly sliced
- 4 cups baby spinach leaves
- 4 cups baby arugula leaves
- 4 center-cut bacon slices, halved
- 8 (1-ounce) rustic Italian bread slices
- 2 ounces part-skim mozzarella cheese, shredded (about 1/2 cup)
- 2 ounces fontina cheese, shredded (about 1/2 cup)

## INSTRUCTIONS

1. Heat a large skillet over medium-high heat. Add oil; swirl to coat. Add garlic to pan; sauté 1 minute. Add spinach and arugula; stir until wilted. Remove spinach mixture from pan. Return pan to medium-high heat. Add bacon; cook until crisp. Remove bacon.
2. Top 4 bread slices evenly with cheeses, bacon pieces, spinach mixture, and the remaining 4 bread slices.
3. Heat pan over medium heat. Add sandwiches to drippings in pan; weigh down with a plate. Cook 2 minutes on each side.



© Photo: Brian Woodcock; Styling: Cindy Barr

 Log It

[CLICK TO LOG THIS RECIPE](#)

## NUTRITIONAL INFO

<b>CALORIES</b>	<b>293</b>
Fat	11g
Saturated fat	5g
Monounsaturated fat	4g
Polyunsaturated fat	1g
Protein	16g
Carbohydrate	30g
Fiber	1g
Sugars	1g
Cholesterol	33mg
Iron	16%
Sodium	666mg
Calcium	24%
Potassium	237mg
Vitamin A	68%
Vitamin C	15%

## BLUEPRINTS

### PREP POINTER

Cooking the bacon after sauteing the vegetables ensures you don't get extra bacon fat into the dish you didn't bargain for.

CookingLight  
**DIET**



© Photo: John Autry; Styling: Leigh Ann Ross

# LEMONY ORZO VEGGIE SALAD WITH CHICKEN

This colorful orzo and chicken main dish salad is packed with an assortment of chopped fresh vegetables and tossed with a tangy lemon dressing. It's a great use for leftover or rotisserie chicken.

 4 SERVINGS  1 1/4 CUPS  20 MIN

## INGREDIENTS

- 3/4 cup uncooked orzo
- 1/4 teaspoon grated lemon rind
- 3 tablespoons fresh lemon juice
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon kosher salt
- 1/2 teaspoon minced garlic
- 1/4 teaspoon honey
- 1/8 teaspoon freshly ground black pepper
- 1 cup shredded skinless, boneless rotisserie chicken breast
- 1/2 cup diced English cucumber
- 1/2 cup prechopped red bell pepper
- 1/3 cup thinly sliced green onions
- 1 tablespoon chopped fresh dill
- 1/2 cup (2 ounces) crumbled goat cheese

## INSTRUCTIONS

1. Cook orzo according to package directions, omitting salt and fat. Drain and rinse with cold water; drain and place in a large bowl.
2. While orzo cooks, combine lemon rind and next 6 ingredients (through black pepper), stirring well with a whisk. Drizzle juice mixture over orzo; toss to coat. Add chicken and next 4 ingredients (through dill); toss gently to combine. Sprinkle with cheese.

NUTRITIONAL INFO

<b>CALORIES</b>	<b>263</b>
Fat	9g
Saturated fat	3g
Monounsaturated fat	3g
Polyunsaturated fat	1g
Protein	18g
Carbohydrate	27g
Fiber	3g
Sugars	2g
Cholesterol	47mg
Iron	8%
Sodium	317mg
Calcium	4%
Potassium	218mg
Vitamin A	17%
Vitamin C	48%

LS

BLUEPRINTS

**WHILE THE ORZO COOKS,**  
prep the orzo dressing.

CookingLight  
**DIET**



© Photo: Randy Mayor

# WHITE BEAN TURKEY CHILI

Crowd-pleasing white bean chili calls for canned beans and chicken broth, making prep convenient. They'll be clamoring for more of your high protein, high fiber chili.

8 SERVINGS 1 CUP 1 HOUR, 15 MIN

## INGREDIENTS

- 1 tablespoon canola oil
- 2 cups diced yellow onion (about 2 medium)
- 1 1/2 tablespoons chili powder
- 1 tablespoon minced garlic
- 1 1/2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 3 (15.8-ounce) cans Great Northern beans, rinsed and drained (certified gluten-free if necessary)
- 4 cups fat-free, less-sodium chicken broth
- 3 cups chopped cooked turkey
- 1/2 cup diced seeded plum tomato (about 1)
- 1/3 cup chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 8 lime wedges (optional)

## INSTRUCTIONS

1. Heat oil in a large Dutch oven over medium-high heat. Add onion; sauté 10 minutes or until tender and golden. Add chili powder, garlic, and cumin; sauté for 2 minutes. Add oregano and beans; cook for 30 seconds. Add broth; bring to a simmer. Cook 20 minutes.
2. Place 2 cups of bean mixture in a blender or food processor, and process until smooth. Return pureed mixture to pan. Add turkey, and cook 5 minutes or until thoroughly heated. Remove from heat. Add diced tomato, chopped cilantro, lime juice, salt, and pepper, stirring well. Garnish with lime wedges, if desired.

### NUTRITIONAL INFO

<b>CALORIES</b>	<b>272</b>
Fat	7g
Saturated fat	2g
Monounsaturated fat	2g
Polyunsaturated fat	2g
Protein	26g
Carbohydrate	28g
Fiber	8g
Sugars	2g
Cholesterol	48mg
Iron	24%
Sodium	296mg
Calcium	12%
Potassium	649mg
Vitamin A	11%
Vitamin C	14%

HF

HP

DF

GF

LS

### BLUEPRINTS

#### PREP POINTER

Pureeing the bean mixture makes the soup thicker and gives it more body.

#### SIMPLE SUB-IN

Cannellini beans will work in a pinch if you cannot find Great Northern beans.



400 CALORIES OR LESS:

# Dinners

# TENNESSEE BURGER WITH BOURBON BBQ SAUCE

We describe the Tennessee Burger with Bourbon and BBQ Sauce as a Southern triple threat--loaded with bacon, BBQ, and bourbon.

 6 SERVINGS  1 BURGER  65 MIN

## INGREDIENTS

- 3 bacon slices
- 1 teaspoon extra-virgin olive oil
- 3 cups vertically sliced red onion
- 5 tablespoons bourbon, divided
- 1 tablespoon balsamic vinegar
- 1/2 teaspoon kosher salt, divided
- 1/2 cup lower-sodium ketchup
- 1 tablespoon Dijon mustard
- 2 teaspoons honey
- 2 teaspoons hot pepper sauce
- 2 teaspoons Worcestershire sauce
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1 1/2 pounds 90% lean ground sirloin
- Cooking spray
- 6 (1 1/2-ounce) French bread hamburger buns
- 6 (1/4-inch-thick) slices tomato

## INSTRUCTIONS

1. Cook bacon in a large skillet over medium heat until crisp. Remove bacon from pan. Add oil and onion to drippings in pan; cook 15 minutes or until onion is browned and very tender, stirring occasionally. Add 3 tablespoons bourbon, vinegar, and 1/4 teaspoon salt. Cook 2 minutes or until liquid almost evaporates, stirring constantly. Remove mixture from pan. Cool 5 minutes.
2. Combine remaining 2 tablespoons bourbon, ketchup, and next 7 ingredients (through onion powder) in a small saucepan. Bring to a boil, stirring frequently. Reduce heat; simmer 5 minutes or until sauce thickens. Remove from heat.
3. Preheat grill to medium-high heat.
4. Coarsely chop 3/4 cup onion mixture; stir into beef. Divide beef mixture into 6 equal portions, gently shaping each portion into a 1/2-inch-thick patty. Press a nickel-sized indentation in center of each patty. Sprinkle evenly with remaining 1/4 teaspoon salt. Place patties on grill rack coated with cooking spray; grill 4 minutes on each side or until desired degree of doneness.
5. Spread each top and bottom bun half with 1 tablespoon sauce. Place patties on bottom halves; top each patty with 1 tomato slice. Divide remaining onion mixture evenly among servings. Top each serving with 1/2 bacon slice and top half of bun.

CookingLight  
**DIET**



© Photo: Randy Mayor; Stylist: Cindy Barr

 Log It

[CLICK TO LOG THIS RECIPE](#)

NUTRITIONAL INFO

<b>CALORIES</b>	<b>386</b>
Fat	9g
Saturated fat	3g
Monounsaturated fat	1g
Polyunsaturated fat	1g
Protein	31g
Carbohydrate	38g
Fiber	3g
Sugars	14g
Cholesterol	65mg
Iron	26%
Sodium	616mg
Calcium	8%
Potassium	306mg
Vitamin A	9%
Vitamin C	20%

HP

DF

BLUEPRINTS

**WHILE GRILL PREHEATS,**  
add onions into beef and shape into patties.

### PREP POINTER

Cook the bacon, onion and sauce ahead of time.

### SIMPLE SUB-IN

Don't have bourbon? You can replace the 5 tablespoons of bourbon with 5 teaspoons vanilla extract and 10 teaspoons of water.



© Photo: Johnny Autry and Randy Mayor; Styling: Cindy Barr

# CHICKEN WITH BRUSSELS SPROUTS & MUSTARD SAUCE

This zesty mustard sauce dresses chicken breasts and sautéed Brussels sprouts to make a delicious low carb and high protein meal. If low carb isn't your thing add in a baked potato and consider your meal complete.

4 SERVINGS 40 MIN

1 CHICKEN BREAST HALF + 2/3 CUP BRUSSELS SPROUTS + 2 TABLESPOONS SAUCE

## INGREDIENTS

- 2 tablespoons olive oil, divided
- 4 (6-ounce) skinless, boneless chicken breast halves
- 3/8 teaspoon salt, divided
- 1/4 teaspoon freshly ground black pepper
- 3/4 cup fat-free, lower-sodium chicken broth, divided (certified gluten-free if necessary)
- 1/4 cup unfiltered apple cider
- 2 tablespoons whole-grain Dijon mustard (certified gluten-free if necessary)
- 2 tablespoons butter, divided
- 1 tablespoon chopped fresh flat-leaf parsley
- 12 ounces Brussels sprouts, trimmed and halved

## INSTRUCTIONS

1. Preheat oven to 450°F.
2. Heat a large ovenproof skillet over high heat. Add 1 tablespoon oil. Sprinkle chicken with 1/4 teaspoon salt and pepper; add to pan. Cook 3 minutes or until browned. Turn chicken; place pan in oven. Bake at 450°F for 9 minutes or until done. Remove chicken from pan; keep warm. Heat pan over medium-high heat. Add 1/2 cup broth and cider; bring to a boil, scraping pan to loosen browned bits. Reduce heat to medium-low; simmer 4 minutes or until thickened. Whisk in mustard, 1 tablespoon butter, and parsley.
3. Heat remaining 1 tablespoon oil and 1 tablespoon butter in a large nonstick skillet over medium-high heat. Add Brussels sprouts; sauté 2 minutes or until lightly browned. Add remaining 1/8 teaspoon salt and 1/4 cup broth to pan; cover and cook 4 minutes or until crisp-tender. Serve sprouts with chicken and sauce.

NUTRITIONAL INFO

<b>CALORIES</b> .....	<b>355</b>
Fat .....	17g
Saturated fat .....	6g
Monounsaturated fat .....	8g
Polyunsaturated fat .....	2g
Protein .....	42g
Carbohydrate .....	9g
Fiber .....	3g
Sugars .....	2g
Cholesterol .....	140mg
Iron .....	8%
Sodium .....	586mg
Calcium .....	4%
Potassium .....	908mg
Vitamin A .....	18%
Vitamin C .....	123%

HP  
LC  
GF

BLUEPRINTS

**WHILE OVEN PREHEATS,**  
sauté and bake chicken.

**MAKE** sauce and **COOK** Brussels sprouts simultaneously.

# FALL VEGETABLE CURRY

Embrace Indian flavors by making this vegetarian meal that only takes about 40 minutes from start to finish.

 4 SERVINGS  40 MIN

 1 CUP CURRY + 2 TABLESPOONS YOGURT

## INGREDIENTS

- 1 1/2 teaspoons olive oil
- 1 cup diced peeled sweet potato
- 1 cup small cauliflower florets
- 1/4 cup thinly sliced yellow onion
- 2 teaspoons Madras curry powder
- 1/2 cup organic vegetable broth (such as Swanson; certified gluten-free if necessary)
- 1/4 teaspoon salt
- 1 (15-ounce) can chickpeas (garbanzo beans), rinsed and drained (certified gluten-free if necessary)
- 1 (14.5-ounce) can no-salt-added diced tomatoes, undrained
- 2 tablespoons chopped fresh cilantro
- 1/2 cup plain 2% reduced-fat Greek yogurt (certified gluten-free if necessary)

## INSTRUCTIONS

1. Heat olive oil in a large nonstick skillet over medium-high heat. Add sweet potato to pan; sauté 3 minutes. Decrease heat to medium. Add cauliflower, onion, and curry powder; cook 1 minute, stirring mixture constantly. Add broth and next 3 ingredients (through tomatoes); bring to a boil.
2. Cover, reduce heat, and simmer 10 minutes or until vegetables are tender, stirring occasionally.
3. Sprinkle with cilantro; serve with yogurt.



© Photo: Oxmoor House



[CLICK TO LOG THIS RECIPE](#)

NUTRITIONAL INFO

<b>CALORIES</b>	<b>225</b>
Fat	4g
Saturated fat	1g
Monounsaturated fat	2g
Polyunsaturated fat	1g
Protein	9g
Carbohydrate	39g
Fiber	6g
Sugars	6g
Cholesterol	3mg
Iron	12%
Sodium	884mg
Calcium	13%
Potassium	606mg
Vitamin A	106%
Vitamin C	44%

HF

V

GF

BLUEPRINTS

### PREP POINTER

Prep the vegetables ahead of time.

CookingLight  
**DIET**



© Photo: Johnny Autry; Styling: Cindy Barr

# SHRIMP & BROCCOLI STIR FRY

Just a touch of honey adds a slight sweetness that rounds out the flavor in this quick stir-fry. Each 1 cup serving of stir-fry delivers 23 grams of protein and pairs well with a high fiber cup of steamed brown rice.

4 SERVINGS    
 1 CUP    
 30 MIN

## INGREDIENTS

- 1 pound medium shrimp, peeled and deveined
- 1 tablespoon cornstarch (certified gluten-free if necessary)
- 2 1/2 tablespoons canola oil, divided
- 1/4 cup (1-inch) diagonally cut green onions
- 2 teaspoons minced peeled fresh ginger
- 3 garlic cloves, thinly sliced
- 2 cups broccoli florets
- 1/4 cup lower-sodium soy sauce (certified gluten-free if necessary)
- 2 tablespoons rice vinegar
- 1 teaspoon honey
- 1/8 teaspoon crushed red pepper

## INSTRUCTIONS

1. Combine shrimp and cornstarch in a medium bowl, tossing to coat. Heat a large wok or skillet over high heat. Add 1 tablespoon oil to pan; swirl to coat. Add shrimp; stir-fry 4 minutes. Remove shrimp from pan; place in a medium bowl. Add 1 1/2 teaspoons oil to pan; swirl to coat. Add green onions, ginger, and garlic to pan; stir-fry 45 seconds. Add onion mixture to shrimp.
2. Add 1 tablespoon oil to pan; swirl to coat. Add broccoli; stir-fry 1 1/2 minutes. Stir in shrimp mixture, soy sauce, and remaining ingredients; bring to a boil. Cook 1 minute or until shrimp are done and broccoli is crisp-tender.

CookingLight  
**DIET**

NUTRITIONAL INFO

<b>CALORIES</b>	<b>217</b>
Fat	9g
Saturated fat	1g
Monounsaturated fat	5g
Polyunsaturated fat	3g
Protein	23g
Carbohydrate	11g
Fiber	1g
Sugars	2g
Cholesterol	143mg
Iron	7%
Sodium	865mg
Calcium	7%
Potassium	173mg
Vitamin A	11%
Vitamin C	71%

LC

DF

GF

HP

BLUEPRINTS

### SIMPLE SUB-IN:

Don't have cornstarch? Wheat flour or rice flour will work in place of cornstarch.

### PREP POINTER

Pat the shrimp dry with paper towels before adding them to the wok so they brown nicely.



© Photo: John Autry; Styling: Cindy Barr

# GRILLED STEAK WITH BABY ARUGULA AND PARMESAN SALAD

Few people will object to steak for dinner especially if it's on a bed of lemony arugula salad. This quick and no-fluff recipe will have you enjoying dinner in just 20 minutes!

4 SERVINGS 20 MIN

1 STEAK + 1 CUP ARUGULA SALAD + 1 LEMON HALF

## INGREDIENTS

- 1 teaspoon chopped fresh thyme
- 1/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper, divided
- 4 (4-ounce) flat-iron steaks
- 2 lemons, halved
- 1 tablespoon chopped fresh chives
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon Dijon mustard (certified gluten-free if necessary)
- 1/8 teaspoon kosher salt
- 4 cups loosely packed baby arugula
- 1/4 cup (1 ounce) shaved fresh Parmigiano-Reggiano cheese

## INSTRUCTIONS

1. Heat a grill pan over medium-high heat. Rub thyme, 1/4 teaspoon salt, and 1/4 teaspoon pepper over steaks. Add steaks to pan; cook 4 minutes on each side or until desired degree of doneness. Remove steaks from pan. Add lemon halves, cut sides down, to pan; cook 3 minutes. Cut steaks across the grain into thin slices.
2. Combine remaining 1/4 teaspoon pepper, chives, and next 4 ingredients (through 1/8 teaspoon salt), stirring with a whisk. Drizzle over arugula; toss to coat. Arrange 1 steak, 1 cup arugula, and 1 lemon half on each of 4 plates; top each salad with 1 tablespoon cheese.

CookingLight  
**DIET**

NUTRITIONAL INFO

<b>CALORIES</b>	<b>258</b>
Fat	16g
Saturated fat	4g
Monounsaturated fat	3g
Polyunsaturated fat	0g
Protein	25g
Carbohydrate	4g
Fiber	1g
Sugars	1g
Cholesterol	75mg
Iron	17%
Sodium	360mg
Calcium	12%
Potassium	122mg
Vitamin A	11%
Vitamin C	27%

HP

LC

GF

LS

BLUEPRINTS

### PREP POINTER

Don't cut into the steak until you're ready to serve. This will keep the juice intact and the meat as moist as possible!



© Photo: Squire Fox; Food Styling: Marian Cooper Cairns; Prop Styling: Carla Gonzales-Hart

# SMOKY TILAPIA TACOS

Inexpensive tilapia is readily available and sustainable. Broiling makes this a no-fuss fish dish that also packs plenty of fiber and protein.

6 SERVINGS 2 TACOS 21 MIN

## INGREDIENTS

- 1 teaspoon garlic powder
- 1 teaspoon Spanish smoked paprika
- 1/4 teaspoon ground coriander
- 1/4 teaspoon freshly ground black pepper
- 3/8 teaspoon kosher salt, divided
- 2 pounds tilapia fillets
- 1 tablespoon olive oil
- 1 tablespoon finely chopped fresh cilantro
- 2 teaspoons canned chopped green chiles
- 1 diced peeled avocado
- 12 (6-inch) corn tortillas (certified gluten-free if necessary)
- Cooking spray
- 6 lime wedges

## INSTRUCTIONS

1. Preheat broiler to high.
2. Combine first 4 ingredients and 1/4 teaspoon salt. Brush fillets with oil, and sprinkle with spice mixture. Place fillets on a baking sheet. Broil 6 minutes or until fish flakes easily when tested with a fork.
3. Combine remaining 1/8 teaspoon salt, cilantro, chiles, and avocado in a bowl; lightly mash with a fork.
4. Heat tortillas on a grill pan coated with cooking spray 20 seconds on each side or until lightly charred. Divide avocado mixture and fish among tortillas. Serve with lime wedges.

Log It

[CLICK TO LOG THIS RECIPE](#)

NUTRITIONAL INFO

<b>CALORIES</b>	<b>297</b>
Fat	10g
Saturated fat	2g
Monounsaturated fat	2g
Polyunsaturated fat	1g
Protein	33g
Carbohydrate	20g
Fiber	5g
Sugars	2g
Cholesterol	77mg
Iron	10%
Sodium	201mg
Calcium	3%
Potassium	600mg
Vitamin A	4%
Vitamin C	8%

HF

HP

DF

GF

LS

LC

BLUEPRINTS

**WHILE BROILER PREHEATS,**  
make spice rub for the tilapia. Brush fillet with oil, and sprinkle with spice rub.

**WHILE FISH BROILS,**  
make avocado mixture for the tacos.

CookingLight  
**DIET**



© Photo: John Autry; Styling: Cindy Barr

# CHICKEN ENCHILADA CASSEROLE

This Tex-Mex chicken enchilada casserole is a delicious dinner option when you're craving Southwestern-style comfort food.

4 SERVINGS 1 3/4 CUPS 65 MIN

## INGREDIENTS

- Cooking spray
- 4 bone-in chicken thighs, skinned
- 1/3 cup chopped fresh cilantro, divided
- 1 cup frozen corn kernels, thawed
- 1/3 cup (3 ounces) 1/3-less-fat cream cheese, softened
- 1/2 teaspoon ground red pepper
- 1/2 teaspoon ground cumin
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 2 cups chopped onion, divided
- 6 garlic cloves, minced and divided
- 1 cup fat-free, lower-sodium chicken broth
- 2/3 cup salsa verde
- 1/4 cup water
- 2 tablespoons chopped pickled jalapeño pepper
- 9 (6-inch) corn tortillas
- 1/4 cup (1 ounce) shredded sharp cheddar cheese

## INSTRUCTIONS

1. Preheat oven to 425°F.
2. Heat a large ovenproof skillet over medium-high heat. Coat pan with cooking spray. Add chicken to pan; sauté 4 minutes on each side. Place skillet in oven; bake at 425°F for 10 minutes or until done. Remove chicken from pan; let stand 15 minutes. Remove meat from bones; shred. Discard bones. Place chicken in a medium bowl. Add 1 1/2 tablespoons cilantro, corn, and next 5 ingredients (through black pepper) to chicken; toss to combine.
3. Return pan to medium-high heat. Add 1/2 cup onion; sauté 5 minutes, stirring occasionally. Add 3 garlic cloves; sauté 30 seconds, stirring constantly. Add onion mixture to chicken mixture; stir to combine.
4. Combine remaining 1 1/2 cups onion, remaining 3 garlic cloves, broth, salsa, 1/4 cup water, and jalapeño in a medium saucepan over medium-high heat; bring to a boil. Reduce heat, and simmer 15 minutes, stirring occasionally. Remove from heat; let stand 10 minutes. Carefully pour mixture into a blender; add 2 tablespoons cilantro. Process until smooth.
5. Heat a large skillet over medium-high heat. Add 2 tortillas; cook 1 1/2 minutes on each side. Remove tortillas from pan; repeat procedure with remaining tortillas. Cut tortillas into quarters.
6. Spread 1/2 cup salsa mixture in the bottom of an 8-inch square glass or ceramic baking dish coated with cooking spray. Arrange 12 tortilla quarters over salsa mixture. Spoon half of chicken mixture over tortillas. Repeat layers, ending with tortillas. Pour remaining salsa mixture over tortillas; sprinkle evenly with cheddar cheese. Bake at 425°F for 15 minutes or until bubbly and lightly browned. Top with remaining cilantro.

CookingLight  
**DIET**

Log It

[CLICK TO LOG THIS RECIPE](#)

<b>CALORIES</b> .....	<b>378</b>
Fat .....	16g
Saturated fat .....	7g
Monounsaturated fat .....	5g
Polyunsaturated fat .....	2g
Protein .....	18g
Carbohydrate .....	37g
Fiber .....	5g
Sugars .....	6g
Cholesterol .....	72mg
Iron .....	4%
Sodium .....	924mg
Calcium .....	16%
Potassium .....	337mg
Vitamin A .....	13%
Vitamin C .....	18%

**HF**

**KF**

NUTRITIONAL INFO

BLUEPRINTS

**WHILE OVEN PREHEATS,**  
cook and shred chicken. Make the chicken filling for casserole.

**WHILE SALSA IS COOKING,**  
heat the tortillas.

# STEAK BAGUETTES WITH PESTO MAYO

Piled high with steak and veggies, the real treat on this sandwich is the sauce, a pesto mayonnaise. The tender bites of sirloin steak will have you coming back for more of this high protein, iron-rich sandwich.



4 SERVINGS



1 SANDWICH



20 MIN



© Photo: Levi Brown; Styling: Angharad Bailey

## INGREDIENTS

- 1 (12-ounce) boneless beef sirloin steak (about 1 inch thick), trimmed
- 1/4 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper
- 2 tablespoons canola mayonnaise
- 2 tablespoons refrigerated pesto sauce
- 1 (12-ounce) piece white or whole-grain baguette, split in half horizontally
- 1 cup packed baby arugula (about 1 ounce)
- 3 (1/8-inch-thick) red onion slices
- 2 plum tomatoes, thinly sliced lengthwise

## INSTRUCTIONS

1. Heat a grill pan over medium-high heat. Sprinkle steak with salt and pepper. Add steak to pan, and cook 2 1/2 minutes on each side or until desired degree of doneness. Remove the steak from pan, and let stand 5 minutes. Cut steak across grain into thin slices.
2. Combine mayonnaise and pesto, stirring until well blended. Spread mayonnaise mixture evenly over cut sides of bread. Layer bottom half of bread with arugula, red onion, steak, and tomato; top with top half of bread. Cut sandwich diagonally into 4 equal pieces.



CLICK TO LOG THIS RECIPE

### CALORIES 358

Fat	11g
Saturated fat	2g
Monounsaturated fat	4g
Polyunsaturated fat	1g
Protein	25g
Carbohydrate	39g
Fiber	2g
Sugars	1g
Cholesterol	45mg
Iron	14%
Sodium	674mg
Calcium	6%
Potassium	387mg
Vitamin A	10%
Vitamin C	13%

HP

DF

NUTRITIONAL INFO

BLUEPRINTS

### PREP POINTER

Don't cut into the steak until you're ready to serve. This will keep the juice in and the meat as moist as possible!

CookingLight  
DIET

# CHILI-GARLIC GLAZED SALMON

The sweet, salty, and spicy flavors of this colorful glaze permeate the salmon as it cooks, creating a succulent dish that tantalizes the taste buds.



4 SERVINGS



1 FILLET



11 MIN

## INGREDIENTS

- 3 tablespoons chili sauce with garlic (such as Hokan; certified gluten-free if necessary)
- 3 tablespoons minced green onions (about 3 green onions)
- 1 1/2 tablespoons low-sugar orange marmalade
- 3/4 teaspoon low-sodium soy sauce (certified gluten-free if necessary)
- 4 (6-ounce) salmon fillets
- Cooking spray

## INSTRUCTIONS

1. Preheat broiler.
2. Combine first 4 ingredients in a small bowl; brush half of chili sauce mixture over fillets. Place fillets, skin sides down, on a baking sheet coated with cooking spray. Broil fish 5 minutes; brush with remaining chili sauce mixture. Broil 2 more minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.

© Photo: Johnny Miller; Styling: Heather Chontos



CLICK TO LOG THIS RECIPE

## NUTRITIONAL INFO

<b>CALORIES</b>	<b>282</b>
Fat	11g
Saturated fat	2g
Monounsaturated fat	4g
Polyunsaturated fat	4g
Protein	34g
Carbohydrate	10g
Fiber	0g
Sugars	8g
Cholesterol	94mg
Iron	9%
Sodium	315mg
Calcium	2%
Potassium	847mg
Vitamin A	5%
Vitamin C	3%

HP

LC

GF

LS

## BLUEPRINTS

**WHILE BROILER PREHEATS,**  
make glaze for the salmon.

### SIMPLE SUB-IN

Don't have orange marmalade? You can use apricot preserves and mix in orange zest.

CookingLight  
**DIET**

# SPICED PORK TENDERLOIN WITH SAUTEED APPLES

This one-dish pork tenderloin entree is perfect for fall. Sweet spices coat lean pork tenderloin while apples get a savory treatment with shallots and thyme. Serve with a spinach salad.



4 SERVINGS



20 MIN



3 PORK MEDALLIONS + 1/2 CUP APPLE MIXTURE

## INGREDIENTS

- 3/8 teaspoon salt
- 1/4 teaspoon ground coriander
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1 pound pork tenderloin, trimmed and cut crosswise into 12 pieces
- Cooking spray
- 2 tablespoons butter
- 2 cups thinly sliced unpeeled Braeburn or Gala apple
- 1/3 cup thinly sliced shallots
- 1/8 teaspoon salt
- 1/4 cup apple cider
- 1 teaspoon fresh thyme leaves

## INSTRUCTIONS

1. Heat a large cast-iron skillet over medium-high heat. Combine first 5 ingredients; sprinkle spice mixture evenly over pork. Coat pan with cooking spray. Add pork to pan; cook 3 minutes on each side or until desired degree of doneness. Remove pork from pan; keep warm.
2. Melt butter in pan; swirl to coat. Add apple slices, 1/3 cup shallots, and 1/8 teaspoon salt; sauté 4 minutes or until apple starts to brown. Add apple cider to pan, and cook for 2 minutes or until apple is crisp-tender. Stir in thyme leaves. Serve apple mixture with the pork.

© Photo: Johnny Autry; Styling: Cindy Barr



CLICK TO LOG THIS RECIPE

## NUTRITIONAL INFO

<b>CALORIES</b>	<b>231</b>
Fat	10g
Saturated fat	5g
Monounsaturated fat	3g
Polyunsaturated fat	1g
Protein	24g
Carbohydrate	11g
Fiber	2g
Sugars	7g
Cholesterol	89mg
Iron	9%
Sodium	354mg
Calcium	1%
Potassium	488mg
Vitamin A	4%
Vitamin C	7%

HP

LC

GF

LS

## BLUEPRINTS

**WHILE PORK COOKS,**  
make sauteed apples.

# Recipe Index

# RECIPE INDEX

## B

Baked Mozzarella Bites	12
Banana Oatmeal Chocolate Chip Cookies	20
Breakfast Quinoa	24

## C

Carrot Cake Sandwich Cookies	18
Chicken Enchilada Casserole	41
Chicken with Brussels Sprouts & Mustard Sauce	36
Chili-Garlic Glazed Salmon	43
Chocolate Granola Apple Wedges	17
Crispy Vegetable Quesadillas	30
Crunchy Chickpeas	13

## E

Eggs and Hashbrown Casserole	23
------------------------------	----

## F

Fall Vegetable Curry	37
----------------------	----

## G

Garlicky Grilled Cheese with Bacon & Spinach	31
Greek Style Chicken Wraps	29
Grilled Steak with Baby Arugula Parmesan Salad	39
Grilled Stuffed Jalapeños	14

## H

Hazelnut Bark	19
Huevos Rancheros Tacos	25

## L

Lemony Orzo Veggie Salad with Chicken	32
---------------------------------------	----

## O

Oatmeal Pancakes	26
------------------	----

## P

Pumpkin Cranberry Muffins	21
---------------------------	----

## S

Shrimp & Broccoli Stir Fry	38
Smoky Tilapia Tacos	40
Spiced Pork Tenderloin with Sautéed Apples	44
Spinach Artichoke Dip	15
Steak Baguettes with Pesto Mayo	42
Steel Cut Oats with Blueberry Compote	27
Sweet & Spicy Pumpkin Seeds	11

## T

Tennessee Burger with Bourbon BBQ Sauce	35
---	----

## W

White Bean Turkey Chili	33
-------------------------	----



Find more low-calorie recipes from the new Cooking Light Diet, where you can lose weight without giving up the foods you love. Now MyFitnessPal users can log meals directly from the Cooking Light Diet. [Learn more at CookingLightDiet.com.](http://CookingLightDiet.com)