



EatingWell Favorite

FALL Recipes

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Roast Chicken & Sweet Potatoes

Makes: 4 servings

Active time: 15 minutes **Total:** 45 minutes

Heart Health Diabetes Weight Loss Gluten Free

Caramelized sweet potatoes and red onion are the bed for chicken thighs that cook up fast in a very hot oven—perfect for a quick healthy chicken dinner. Serve with a fall salad of mixed greens, sliced apples and blue cheese.

- 2 tablespoons whole-grain or Dijon mustard
- 2 tablespoons chopped fresh thyme or 2 teaspoons dried
- 2 tablespoons extra-virgin olive oil, divided
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- 1½-2 pounds bone-in chicken thighs, skin removed
- 2 medium sweet potatoes, peeled and cut into 1-inch pieces
- 1 large red onion, cut into 1-inch wedges

1. Position rack in lower third of oven; preheat to 450°F. Place a large rimmed baking sheet in the oven to preheat.

2. Combine mustard, thyme, 1 tablespoon oil and ¼ teaspoon each salt and pepper in a small bowl; spread the mixture evenly on chicken.

3. Toss sweet potatoes and onion in a bowl with the remaining 1 tablespoon oil and ¼ teaspoon each salt and pepper. Carefully remove the baking sheet from the oven and spread the vegetables on it. Place the chicken on top of the vegetables.

4. Return the pan to the oven and roast, stirring the vegetables once halfway through, until the vegetables are tender and beginning to brown and an instant-read thermometer inserted into a chicken thigh registers 165°F, 30 to 35 minutes.

Per serving: 408 calories; 17 g fat (4 g sat, 9 g mono); 86 mg cholesterol; 34 g carbohydrate; 0 g added sugars; 27 g protein; 5 g fiber; 554 mg sodium; 636 mg potassium.

Nutrition bonus: Vitamin A (449% daily value), Vitamin C (44% dv), Zinc (20% dv), Potassium (19% dv), Iron (16% dv).

Carbohydrate Servings: 2

Exchanges: 1½ starch, 1½ vegetable, 4½ lean meat, 1½ fat





Chicken Potpie with Biscuits

Makes: 6 servings

Active time: 30 minutes

Total: 1 hour 20 minutes

To make ahead: Prepare through Step 3; cool, cover and refrigerate for up to 2 days or freeze for up to 3 months. Let stand uncovered at room temperature while oven preheats. (If frozen, thaw overnight in the refrigerator before baking.) Bake until bubbling and golden, 50 to 55 minutes.

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In this lightened-up recipe for chicken potpie, creamy chicken stew is topped with flaky biscuits for quintessential comfort food. Our recipe for chicken potpie takes advantage of convenient frozen mixed vegetables to keep it quick.

Filling

- 2 teaspoons canola oil
- 1 small onion, chopped
- 1 16-ounce bag frozen mixed vegetables, thawed
- ½ cup all-purpose flour
- 1 teaspoon dried thyme
- 1 14-ounce can reduced-sodium chicken broth
- ¾ cup nonfat milk
- 3 cups chopped cooked chicken breast (see Tip)
- ⅓ cup chopped flat-leaf parsley
- ½ teaspoon freshly ground pepper
- ¼ teaspoon salt

Biscuits

- 1¼ cups whole-wheat or white whole-wheat flour
- 1 cup all-purpose flour
- 1 tablespoon baking powder
- 1½ teaspoons sugar
- ¼ teaspoon salt
- 4 tablespoons cold unsalted butter, cubed
- 5 tablespoons canola oil
- ¾ cup nonfat milk

1. To prepare filling: Heat oil in a large skillet over medium heat. Add onion; cook, stirring occasionally, until tender, 3 to 5 minutes. Add vegetables; cook, stirring, until hot, 2 to 3 minutes. Sprinkle with flour and thyme; stir to coat. Add broth and milk and stir until thickened, 4 to 6 minutes. Stir in chicken, parsley, pepper and salt. Transfer to a 9-by-13 inch (or 3-quart) baking dish.

2. Preheat oven to 350°F.

3. To prepare biscuits: Whisk whole-wheat flour, all-purpose flour, baking powder, sugar and salt in a large bowl. Add butter and rub together with your fingertips until the mixture begins to look like cornmeal. Drizzle with oil and toss to coat. Drizzle with milk and mix together. Turn dough out onto a lightly floured surface and knead a few times. Roll or pat the dough into a 10-by-6-inch rectangle, then cut into 6 biscuits. (Or use a cookie cutter, if you prefer.) Place biscuits on top of the filling with equal space in between (they'll only partially cover the top).

4. Bake the potpie until it is bubbling around the edges and the biscuits are light brown, 38 to 40 minutes. Let cool for 10 minutes before serving.

Per serving: 584 calories; 25 g fat (7 g sat, 11 g mono); 81 mg cholesterol; 59 g carbohydrate; 1 g added sugars; 34 g protein; 7 g fiber; 708 mg sodium; 658 mg potassium.

Nutrition bonus: Vitamin A (91% daily value), Calcium & Folate (27% dv).

Carbohydrate Servings: 3½

Exchanges: 3½ starch, 2 vegetable, 3 lean meat, 4 fat

Tip: If you don't have leftover chicken, you can quickly cook chicken by poaching it. Place boneless, skinless chicken breasts in a skillet or saucepan. Add lightly salted water to cover and bring to a boil. Cover, reduce heat to a simmer and cook until no longer pink in the middle, 10 to 20 minutes, depending on size. (1 pound raw boneless, skinless chicken breasts = about 2½ cups chopped or shredded cooked chicken.)



Cheddar-Stuffed Mini Meatloaves with Chipotle Glaze

Makes: 4 servings

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

Equipment: 4 mini loaf pans or a baking sheet

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

- 1 pound lean (90% or leaner) ground beef**
- ½ cup chopped onion**
- ⅓ cup fine, dry, whole-wheat breadcrumbs**
- 1 large egg**
- 6 tablespoons ketchup, preferably no-salt-added**
- 2 teaspoons chili powder**
- 1 teaspoon ground cumin**
- ¼ teaspoon salt**
- ¼ teaspoon freshly ground pepper**
- ½ cup shredded extra-sharp Cheddar cheese**
- ⅛ teaspoon ground chipotle pepper**

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

2. Combine beef, onion, breadcrumbs, egg, 2 tablespoons ketchup, chili powder, cumin, salt and pepper in a bowl; mix well. Divide the mixture into 4 even portions and place in the prepared baking dishes. Make a 1 ½-inch-deep indentation with your finger down the length of each meatloaf. Stuff each with 2 tablespoons cheese and pinch the edges closed to seal.

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

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

Per serving: 382 calories; 17 g fat (7 g sat, 6 g mono); 148 mg cholesterol; 18 g carbohydrate; 4 g added sugars; 37 g protein; 2 g fiber; 378 mg sodium; 467 mg potassium.

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

Carbohydrate Servings: 1

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

Vegetarian Shepherd's Pies

Makes: 4 servings, about 2 cups each

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

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



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

½ cup buttermilk

1 tablespoon butter

¾ teaspoon salt, divided

½ teaspoon freshly ground pepper, divided

1 tablespoon extra-virgin olive oil

1 large onion, finely diced

1 cup finely diced carrot

1 tablespoon water

¾ cup frozen corn kernels, thawed

1 teaspoon chopped fresh thyme or ½ teaspoon dried

3 tablespoons all-purpose flour

1 14-ounce can vegetable broth

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

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

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

3. Heat oil in a large skillet over medium-high heat. Add onion, carrot and water. Cover and cook, stirring occasionally, until softened, 3 to 5 minutes. Stir in corn, thyme and the remain-

ing ½ teaspoon salt and ¼ teaspoon pepper; cook, stirring occasionally, for 2 minutes. Sprinkle with flour and stir to coat. Stir in broth. Bring to a simmer; cook, stirring, for 1 minute. Stir in lentils and cook, stirring constantly, for 2 minutes.

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

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

Nutrition bonus: Vitamin A (65% daily value), Folate (45% dv), Vitamin C (25% dv), Potassium (24% dv), Iron (20% dv), Magnesium (16% dv).

Carbohydrate Servings: 3

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

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



Mini Brie & Apple Quiches

Makes: 30 quiches

Active time: 15 minutes **Total:** 30 minutes

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We love the way Brie and apples taste together in these mini quiches. Mini phyllo cups make it swift and simple to create an elegant appetizer.

- 30 mini phyllo shells (two 1.9-ounce packages; see *Tip*)**
- ½ medium apple, peeled and finely diced**
- 5 large eggs**
- 1 teaspoon Dijon mustard**
- ¼ teaspoon salt**
Pinch of freshly ground pepper
Pinch of ground nutmeg
- 4 ounces Brie (½ small wheel), cut into 30 squares**

1. Preheat oven to 350°F.

2. Arrange phyllo shells on a large parchment-lined baking sheet. Divide apple among the shells.

3. Whisk eggs, mustard, salt, pepper and nutmeg in a large measuring cup. Pour the egg mixture over the apple (do not overfill the shells). Place a Brie square in each shell.

4. Bake until the egg is set, the Brie is melted and the phyllo is starting to brown around the edges, about 15 minutes. Let cool slightly before serving.

Per quiche: 39 calories; 2 g fat (1 g sat, 1 g mono); 39 mg cholesterol; 3 g carbohydrate; 0 g added sugars; 2 g protein; 0 g fiber; 65 mg sodium; 20 mg potassium.

Carbohydrate Servings: 0

Exchanges: 1 fat

Tip: Mini phyllo shells, or fillo shells, are available in the freezer section near frozen appetizers. They do not need to be defrosted before filling and baking.

Broccoli, Beef & Potato Hotdish

Makes: 8 serving

Active time: 45 minutes

Total: 1 hour 40 minutes

To make ahead: Prepare through Step 6; cover and refrigerate for up to 1 day or freeze for up to 1 month (defrost in the refrigerator for 2 days before baking). Let stand at room temperature for 30 minutes before baking (Step 7).

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This easy casserole, full of ground beef, roasted broccoli and topped with hash browns, was inspired by the classic Minnesota Tater Tot hotdish. Roasting the broccoli before adding it to the casserole gives the whole dish a much more complex and exciting flavor, but it's by no means necessary. If you want to keep it simple, skip roasting the broccoli (Step 2) and use 6 cups frozen broccoli, thawed, in its place (omit 1 tablespoon oil, as well).

- 1½ pounds broccoli, cut into 1-inch florets (about 6 cups)**
- 2 tablespoons canola oil, divided**
- 1½ pounds 95%-lean ground beef**
- 1 large onion, chopped**
- 2 tablespoons Worcestershire sauce**
- 1 teaspoon garlic powder**
- 1¼ teaspoons salt, divided**
- 4 cups low-fat milk**
- ⅓ cup cornstarch**
- 2 cups shredded sharp Cheddar cheese, preferably orange**
- ¼ teaspoon ground turmeric**
- 4 cups frozen hash-brown or precooked shredded potatoes (see Tip)**
- 1 large egg, lightly beaten**
- ½ teaspoon freshly ground pepper**
- Canola or olive oil cooking spray**
- ¼ teaspoon Hungarian paprika, preferably hot**

1. Preheat oven to 450°F.
 2. Toss broccoli with 1 tablespoon oil in a large bowl. Spread out on a baking sheet and roast, stirring once halfway through, until just soft and browned in spots, about 15 minutes.
 3. Meanwhile, heat the remaining 1 tablespoon oil in a large skillet over medium heat. Add beef and onion and cook, breaking up the beef with a wooden spoon, until the beef is browned and the onion is softened, 10 to 12 minutes. Stir in Worcestershire, garlic powder and ¼ teaspoon salt. Set aside.
 4. Whisk milk and cornstarch in a large saucepan. Bring to a boil over medium-high heat, whisking often, until bubbling and thickened enough to coat the back of a spoon, 6 to 8 minutes total. Remove from the heat and stir in Cheddar, ¾ teaspoon salt and turmeric until the cheese is melted.
 5. Spread the beef mixture in a 9-by-13-inch (or similar 3-quart) baking dish. Top with the broccoli and pour the cheese sauce evenly over the top.
 6. Combine potatoes, egg, pepper and the remaining ¼ teaspoon salt in a medium bowl. Sprinkle evenly over the casserole. Coat the top with cooking spray.
 7. Bake the casserole until it is bubbling and the potatoes are beginning to brown, about 40 minutes. Sprinkle with paprika. Let stand for 10 minutes before serving.
- Per serving:** 411 calories; 19 g fat (10 g sat, 8 g mono); 115 mg cholesterol; 26 g carbohydrate; 0 g added sugars; 34 g protein; 4 g fiber; 737 mg sodium; 861 mg potassium.
- Nutrition bonus:** Vitamin C (140% daily value), Vitamin A (63% dv), Calcium (42% dv), Zinc (41% dv), Potassium (25% dv), Folate & Iron (20% dv), Magnesium (16% dv).
- Carbohydrate Servings:** 2
- Exchanges:** 1 starch, ½ low-fat milk, 1 vegetable, 3 medium-fat meat, 1 fat



Tip: Precooked shredded potatoes can be found in the dairy section of most supermarkets or near other fresh prepared vegetables in the refrigerated produce section. To make your own, halve 1 pound

unpeeled baking potatoes; cook in lightly salted boiling water until slightly tender but still firm in the center, 7 to 10 minutes. Let cool on a clean cutting board. Shred using the large holes of a box grater.



Chickpea, Spinach & Squash Gnocchi

Makes: 4 servings, 1½ cups each

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

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Currants add a surprising touch of sweetness to this simple sauté of chickpeas, spinach, squash and gnocchi. We prefer the texture of shelf-stable gnocchi, but if sodium is an issue for you, opt for frozen instead.

- 1 pound frozen or shelf-stable gnocchi
- 1 tablespoon plus 1 teaspoon extra-virgin olive oil
- 2 cups thinly sliced peeled butternut squash or unpeeled delicata squash (1- to 2-inch-long slices)
- ½ cup sliced shallots (1-2 medium)
- 2 cloves garlic, minced
- 1 14-ounce can vegetable broth
- 2 tablespoons currants
- 1 tablespoon chopped fresh sage or 1 teaspoon dried rubbed
- ¼ teaspoon freshly ground pepper
- 8 cups fresh spinach, coarsely chopped

- 1 15-ounce can chickpeas, rinsed
- ¼ cup balsamic vinegar reduction or 2 tablespoons balsamic vinegar (see Tip)

1. If using frozen gnocchi, cook in a large pot of boiling water according to package directions. Drain, rinse and pat dry. (If using shelf-stable gnocchi, skip this step.)
2. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add gnocchi and cook, stirring often, until starting to brown, 5 to 7 minutes. Transfer to a bowl.
3. Add the remaining 1 teaspoon oil, squash, shallots and garlic to the pan and cook, stirring, for 2 minutes. Stir in broth, currants, sage and pepper. Bring to a boil. Reduce heat to maintain a simmer and cook, stirring, until the squash is almost cooked through, 6 to 8 minutes. Add spinach, chickpeas and the gnocchi and cook, gently stirring, until the spinach is wilted, about 2 minutes more. Serve drizzled with balsamic reduction (or balsamic vinegar).

Per serving: 458 calories; 7 g fat (1 g sat, 4 g mono); 0 mg cholesterol; 88 g carbohydrate; 0 g added sugars; 15 g protein; 10 g fiber; 620 mg sodium; 597 mg potassium.

Nutrition bonus: Vitamin A (225% daily value), Vitamin C (53% dv), Folate (33% dv), Iron (28% dv), Magnesium (19% dv), Potassium (17% dv), Calcium (16% dv).

Carbohydrate Servings: 5

Exchanges: 5 starch, 1 vegetable, 1 lean meat, 1 fat

Tip: Balsamic vinegar reduction, simply balsamic vinegar that is cooked down until thick and syrupy, is sometimes called balsamic glaze or balsamic drizzle. Look for it with other vinegars in well-stocked supermarkets. Or make it yourself: Bring 1 cup balsamic vinegar to a boil in a small saucepan over medium-high heat. Cook until syrupy and reduced to about ¼ cup, 10 to 14 minutes. (Watch the syrup carefully in the last few minutes of reducing to prevent burning.)

Salmon & Roasted Vegetable Salad

Makes: 4 servings

Active time: 25 minutes **Total:** 45 minutes

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

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Toss roasted vegetables and salmon with a flavor-packed vinaigrette to serve on top of greens for a hearty dinner salad. For a twist, add a poached or fried egg on top.

- 6 cups cubed (½-inch) peeled root vegetables, such as potatoes, turnips, carrots and beets
- 3 tablespoons extra-virgin olive oil, divided
- ¾ teaspoon freshly ground pepper, divided
- ½ teaspoon salt, divided
- 2 tablespoons sherry vinegar or red-wine vinegar
- 1 teaspoon minced garlic
- 1 teaspoon whole-grain mustard
- 1 teaspoon minced anchovy fillet or paste
- 8 cups mixed salad greens
- 2 6- to 7-ounce cans boneless, skinless wild Alaskan salmon, drained and flaked
- 2 scallions, sliced

1. Preheat oven to 450°F.
2. Toss root vegetables in a large bowl with 1 tablespoon oil, ½ teaspoon pepper and ¼ teaspoon salt. Spread in a single layer on a large rimmed baking sheet. Roast for 15 minutes. Stir and continue roasting until soft and golden brown in spots, 13 to 15 minutes more.
3. Meanwhile, whisk the remaining 2 tablespoons oil, vinegar, garlic, mustard, anchovy and the remaining ¼ teaspoon each pepper and salt in a large bowl. Reserve 2 tablespoons of the dressing in small bowl. Add the salad greens to the large bowl and toss to combine; divide among 4 dinner plates.



4. When the vegetables are done, transfer them to the large bowl and gently combine with the reserved dressing, salmon and scallions. Top the greens with the salmon and vegetables.

Per serving: 314 calories; 12 g fat (2 g sat, 8 g mono); 24 mg cholesterol; 32 g carbohydrate; 0 g added sugars; 21 g protein; 7 g fiber; 708 mg sodium; 1,010 mg potassium.

Nutrition bonus: Vitamin C (65% daily value), Vitamin A (60% dv), Folate (53% dv), Potassium (29% dv), Magnesium (24% dv), Iron (22% dv), source of omega-3s.

Carbohydrate Servings: 1½

Exchanges: 2 starch, 1 vegetable, 2 ½ lean meat, 2 fat



Acorn Squash Stuffed with Chard & White Beans

Makes: 4 servings

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

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Acorn squash's natural shape makes it just right for stuffing. This filling has Mediterranean flair: olives, tomato paste, white beans and Parmesan cheese.

- 2 medium acorn squash, halved and seeded
- 1 teaspoon plus 2 tablespoons extra-virgin olive oil, divided
- 1/2 teaspoon salt, divided
- 1/2 teaspoon freshly ground pepper, divided
- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 2 tablespoons water
- 1 tablespoon tomato paste
- 8 cups chopped chard leaves (about 1 large bunch chard)
- 1 15-ounce can white beans, rinsed
- 1/4 cup chopped kalamata olives
- 1/3 cup coarse dry whole-wheat breadcrumbs (see Tip)
- 1/3 cup grated Parmesan cheese

1. Cut a small slice off the bottom of each squash half so it rests flat. Brush the insides with 1 teaspoon oil; sprinkle with 1/4 teaspoon each salt and pepper. Place in a 9-by-13-inch (or similar-size) microwave-safe dish. Cover with plastic wrap and microwave on High until the squash is fork-tender, about 12 minutes.

2. Meanwhile, heat 1 tablespoon oil in a large skillet over medium heat. Add onion; cook, stirring, until starting to brown, 2 to 3 minutes. Add garlic; cook, stirring, for 1 minute. Stir in water, tomato paste and the remaining 1/4 teaspoon each salt and pepper. Stir in chard, cover and cook until tender, 3 to 5 minutes. Stir in white beans and olives; cook until heated through, 1 to 2 minutes more. Remove from the heat.

3. Position rack in center of oven; preheat broiler.

4. Combine breadcrumbs, Parmesan and the remaining 1 tablespoon oil in a bowl. Fill each squash half with about 1 cup of the chard mixture. Place in a baking pan or on a baking sheet. Sprinkle with the breadcrumb mixture. Broil in the center of the oven until the breadcrumbs are browned, 1 to 2 minutes.

Per serving: 342 calories; 13 g fat (3 g sat, 8 g mono); 6 mg cholesterol; 49 g carbohydrate; 0 g added sugars; 11 g protein; 12 g fiber; 665 mg sodium; 1,155 mg potassium.

Nutrition bonus: Vitamin A (99% daily value); Vitamin C (63% dv), Magnesium & Potassium (33% dv), Iron (20% dv), Calcium (19% dv).

Carbohydrate Servings: 2 1/2

Exchanges: 3 starch, 1 vegetable, 1/2 plant-based protein, 2 fat

Tip: We like Ian's brand of coarse dry whole-wheat breadcrumbs, labeled "Panko breadcrumbs." Find them in the natural-foods section of large supermarkets. To make your own breadcrumbs, trim crusts from firm sandwich bread. Tear the bread into pieces and process in a food processor until coarse crumbs form. Spread on a baking sheet and bake at 250°F until dry, about 15 minutes. One slice makes about 1/3 cup breadcrumbs.

Roasted Pumpkin-Apple Soup

Makes: 12 servings, about 1 cup each

Active time: 30 minutes

Total: 1 hour 10 minutes

To make ahead: Cover and refrigerate for up to 3 days. Reheat in the microwave on High, covered, stirring frequently, or on the stovetop over medium heat.

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Apples add just a hint of sweetness to this velvety pumpkin soup. Try it as a delightful first course for a special meal.

4 pounds pie pumpkin or butternut squash, peeled, seeded and cut into 2-inch chunks (see Tips)

4 large sweet-tart apples, such as Empire, Cameo or Braeburn, unpeeled, cored and cut into eighths

1/4 cup extra-virgin olive oil

1 1/4 teaspoons salt, divided

1/4 teaspoon freshly ground pepper

1 tablespoon chopped fresh sage

6 cups reduced-sodium chicken broth or vegetable broth

1/3 cup chopped hazelnuts, toasted (see Tips)

2 tablespoons hazelnut oil

1. Preheat oven to 450°F.

2. Toss pumpkin (or squash), apples, olive oil, 1 teaspoon salt and pepper in a large bowl. Spread evenly on a large rimmed baking sheet. Roast, stirring once, for 30 minutes. Stir in sage and continue roasting until very tender and starting to brown, 15 to 20 minutes more.

3. Transfer about one-third of the pumpkin (or squash) and apples to a blender along with 2 cups broth. Puree until smooth. Transfer to a Dutch oven and repeat for two more batches. Season with the remaining 1/4 teaspoon salt and heat through over medium-low heat, stirring constantly to prevent splattering, for about 6 minutes. Serve each portion topped with hazelnuts and a drizzle of hazelnut oil.



Per serving: 180 calories; 9 g fat (1 g sat, 7 g mono); 0 mg cholesterol; 25 g carbohydrate; 0 g added sugars; 3 g protein; 6 g fiber; 525 mg sodium; 569 mg potassium.

Nutrition bonus: Vitamin A (290% daily value), Vitamin C (40% dv), Potassium (16% dv).

Carbohydrate Servings: 1

Exchanges: 1 starch, 1/2 fruit, 2 fat

Tips:

Make it easier to cut a pumpkin, acorn squash or other winter squash: pierce in several places with a fork; microwave on High for 45 to 60 seconds. Use a large sharp knife to cut in half. Remove the seeds and stringy fibers with a spoon.

To toast chopped nuts, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.



Mom's Apple Squares

Makes: 12 serving

Active time: 40 minutes

Total: 3½ hours (including cooling time)

To make ahead: Prepare the crust (Step 1), wrap tightly and refrigerate for up to 2 days or freeze for up to 6 months.

Equipment: Parchment paper

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Traditional recipes for apple squares often use plenty of trans fat–laden shortening in the crust. We replaced it with a mixture of canola oil and butter and swapped out half the all-purpose flour for whole-wheat pastry flour for a little fiber. They are best enjoyed slightly warm. Gently reheat any leftovers in the oven or toaster oven to recrisp the crust.

- 1¼ cups whole-wheat pastry flour
- 1¼ cups all-purpose flour
- 2 tablespoons sugar, plus ¾ cup, divided
- ¾ teaspoon salt
- ¼ teaspoon baking powder
- 4 tablespoons cold unsalted butter
- 5 tablespoons canola oil

- ⅓ cup ice water
- 1 large egg, separated
- 4 cups thinly sliced firm tart apples, such as Granny Smith, Empire or Cortland, peeled if desired
- 1 teaspoon ground cinnamon

1. Whisk whole-wheat flour, all-purpose flour, 2 tablespoons sugar, salt and baking powder in a large bowl. Cut butter into small pieces and quickly rub them into the dry ingredients with your fingers until smaller but still visible. Add oil and toss with a fork to combine. Whisk water and egg yolk in a small bowl. Add to the flour mixture and stir until it begins to come together. Knead the dough with your hands in the bowl a few times until it forms a ball. Divide the dough in half and shape into 5-inch disks. Wrap each in plastic and refrigerate for at least 1 hour.
2. Preheat oven to 400°F. Coat a 9-by-13-inch baking pan with cooking spray and line the bottom and sides with parchment paper.
3. Combine apples, the remaining ¾ cup sugar and cinnamon in a large bowl.
4. Roll one portion of dough between sheets of parchment or wax paper into a 9-by-13-inch rectangle. Peel off the top sheet and invert the dough into the prepared pan. Peel off the remaining paper. Trim the dough so it covers just the bottom of the pan. Spread the apple filling evenly over the dough. Using the parchment or wax paper, roll out the remaining dough, invert it over the filling and trim the edges so it just covers the filling. Whisk the egg white in a bowl until frothy and evenly brush over the top crust. Lightly sprinkle the crust with additional sugar, if desired.
5. Bake until golden brown and bubbling, 40 to 45 minutes. Let cool for at least 1 hour before cutting into 12 squares.

Per serving: 253 calories; 10 g fat (3 g sat, 4 g mono); 28 mg cholesterol; 37 g carbohydrate; 15 g added sugars; 3 g protein; 2 g fiber; 163 mg sodium; 49 mg potassium.

Carbohydrate Servings: 2½

Exchanges: 1 starch, 1½ other carbohydrate, 2 fat

Pumpkin Bread

Makes: 2 loaves, 12 slices each

Active time: 15 minutes **Total:** 3 hours (including cooling time)

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Canned pumpkin puree and whole-wheat flour come together in this healthy homemade pumpkin bread. The canned pumpkin helps keep the bread moist and tender. If you like the flavor of pumpkin pie spice, feel free to add a pinch or two to season the bread.

- 2½ cups all-purpose flour
- 2 cups whole-wheat flour, preferably white whole-wheat (see Tip)
- 1 tablespoon baking powder
- 2 teaspoons baking soda
- 2 teaspoons salt
- 2 large eggs
- 2 large egg whites
- 2 cups packed light brown sugar
- 3 cups canned unseasoned pumpkin puree
- ½ cup canola oil

1. Preheat oven to 350°F. Coat two 9-by-5-inch loaf pans with cooking spray.
2. Stir all-purpose flour, whole-wheat flour, baking powder, baking soda and salt in a large bowl. Whisk eggs, egg whites, brown sugar, pumpkin and oil in another large bowl. Add the pumpkin mixture to the dry ingredients and mix until just combined. Scrape the batter into the prepared pans and smooth the tops.
3. Bake the loaves until the tops are golden brown and a cake tester inserted in the center comes out clean, 50 to 60 minutes. Cool in the pans for 10 minutes. Turn the loaves out onto a wire rack to cool completely.



Per slice: 210 calories; 5 g fat (1 g sat, 3 g mono); 16 mg cholesterol; 38 g carbohydrate; 18 g added sugars; 4 g protein; 2 g fiber; 377 mg sodium; 125 mg potassium.

Nutrition bonus: Vitamin A (96% daily value), Iron (15% dv)

Carbohydrate Servings: 2½

Exchanges: 1 starch, 1 carbohydrate (other), ½ vegetable, 1 fat

Tip: White whole-wheat flour, made from a special variety of white wheat, is light in color and flavor but has the same nutritional properties as regular whole-wheat flour. It is available at large supermarkets and natural-foods stores and online at bobsredmill.com or kingarthurfLOUR.com. Store it in the freezer.



Slow-Cooker Stout & Chicken Stew

Makes: 8 servings, about 1⅓ cups each

Active time: 45 minutes

Slow-cooker time: 4-8 hours

To make ahead: Trim chicken, chop bacon; prep onion and garlic; defrost peas. Refrigerate in separate containers.

Equipment: 5- to 6-quart slow cooker

Heart Health Diabetes Weight Loss Gluten Free

Chicken thighs can take plenty of cooking without getting tough or drying out, which makes them perfect for the slow cooker. Here we braise them in Guinness stout along with hearty vegetables, with just the right amount of bacon for added savoriness.

6 tablespoons plus ½ cup all-purpose flour, divided

1 teaspoon salt, divided, plus more to taste

½ teaspoon freshly ground pepper, plus more to taste

2½ pounds boneless, skinless chicken thighs, trimmed

4 teaspoons extra-virgin olive oil, divided

3 pieces bacon, chopped

1⅓ cups Guinness beer or other stout (14-ounce can)

1 pound whole baby carrots or large carrots cut into 1-inch pieces

1 8-ounce package cremini or button mushrooms, halved if large

2 cups chopped onion

4 cloves garlic, minced

1½ teaspoons dried thyme

1 cup reduced-sodium chicken broth

2 cups frozen baby peas, thawed

1. Combine 6 tablespoons flour with ½ teaspoon each salt and pepper in a shallow bowl. Dredge chicken thighs in the mixture to coat completely; transfer to a plate.

2. Heat 2 teaspoons oil in a large skillet over medium-high heat. Add half the chicken and cook until well browned, 2 to 4 minutes per side; transfer to a 5- to 6-quart slow cooker. Reduce heat to medium and repeat with the remaining 2 teaspoons oil and chicken thighs. Arrange the chicken in an even layer in the slow cooker.

3. Add bacon to the pan and cook, stirring often, for 2 minutes. Sprinkle the remaining ½ cup flour over the bacon and cook, stirring constantly, for 2 minutes more. Add stout and use a wooden spoon to scrape up any browned bits from the bottom of the pan. Pour the mixture over the chicken. Add carrots, mushrooms, onion, garlic and thyme, spreading in an even layer over the chicken. Pour broth over the top.

4. Cover and cook until the chicken is falling-apart tender, 4 hours on High or 7 to 8 hours on Low.

5. Stir in peas, cover and cook until the peas are heated through, 5 to 10 minutes more. Season with the remaining ½ teaspoon salt and pepper.

Per serving: 365 calories; 13 g fat (3 g sat, or 6 g mono); 88 mg cholesterol; 28 g carbohydrate; 0 g added sugars; 30 g protein; 4 g fiber; 570 mg sodium; 650 mg potassium.

Nutrition bonus: Vitamin A (200% daily value), Folate & Zinc (23% dv), Vitamin C (22% dv), Potassium (19% dv), Iron (17% dv).

Carbohydrate Servings: 2½

Exchanges: 1 starch, 2 vegetable, 3 lean meat, 1 fat

Apple-&-Leek-Stuffed Pork Tenderloin

Makes: 4 servings

Active time: 1 hour 10 minutes

Total: 1 hour 10 minutes

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Stuff pork tenderloin with apple and leek to take it from ordinary to elegant. Our easy method of tying the roast together keeps the filling inside while you brown and roast it. We use applejack, brandy made from apple cider, for depth of flavor in the pan sauce, but you can use ½ cup cider if you prefer.

- 2 tablespoons extra-virgin olive oil, plus 1 teaspoon, divided**
- 1 cup chopped leek, white and light green parts only, rinsed**
- 1 sweet apple, such as Braeburn, Honeycrisp or Macoun, peeled and chopped**
- 1 teaspoon chopped fresh thyme, plus 1 sprig, divided**
- ¾ teaspoon salt, divided**
- ¾ teaspoon freshly ground pepper, divided**
- 1-1¼ pounds pork tenderloin, trimmed**
- 2 cloves garlic, peeled**
- ½ cup applejack or apple brandy**
- 2 cups apple cider**
- 2 teaspoons cornstarch**
- 2 teaspoons Dijon mustard**

1. Preheat oven to 450°F.
2. Heat 1 tablespoon oil in a large skillet over medium heat. Add leek and cook, stirring, until beginning to soften, about 3 minutes. Add apple, chopped thyme, ½ teaspoon salt and ¼ teaspoon pepper and cook, stirring occasionally, until the apple is beginning to soften, about 2 minutes. Transfer the mixture to a bowl to cool. Rinse out the pan.
3. To butterfly the tenderloin, lay it on a large cutting board. Holding the knife blade flat and parallel to the board, make a lengthwise cut through the center of the meat, stopping short of the opposite edge so that the tenderloin remains in one piece. Open as you would a

book. Cover with plastic wrap. With a meat mallet, rolling pin or heavy pan, pound the pork to an even ¼-inch thickness.

4. Spread the apple mixture in the center of the pork, leaving a 1-inch border all around. Starting at a long side, roll up the pork to enclose the filling. To keep the stuffing from falling out during roasting, fold in about 1 inch of the two short ends. Tie kitchen string firmly lengthwise around the roast to secure the two ends. Then tie it crosswise with string at 2-inch intervals. Lightly brush the roast with 1 teaspoon oil and sprinkle with the remaining ¼ teaspoon salt and ½ teaspoon pepper.

5. Heat the remaining 1 tablespoon oil in the skillet over medium-high heat. Reduce the heat to medium and brown the roast on all sides, about 4 minutes total. Transfer the roast to a rimmed baking sheet (set the pan aside). Place in the oven and roast until an instant-read thermometer inserted into the thickest part registers 145°F, about 15 minutes. Let rest on a clean cutting board for 5 minutes.

6. Meanwhile, prepare the sauce. Crush garlic with the flat side of a knife. Return the pan to medium-high heat. Add applejack (or apple brandy), thyme sprig and the garlic; bring to a boil and cook for 1 minute. Whisk cider and cornstarch and add to the pan. Return to a boil and cook, stirring occasionally, until thickened and reduced by just over half (to about ¾ cup), 8 to 10 minutes. Remove from the heat; discard the garlic and thyme. Whisk in mustard and any juice from the baking sheet. Slice the pork and serve with the sauce.

Per serving: 366 calories; 11 g fat (2 g sat, 7 g mono); 74 mg cholesterol; 27 g carbohydrate; 0 g added sugars; 24 g protein; 1 g fiber; 561 mg sodium; 534 mg potassium.

Nutrition bonus: Potassium (15% daily value).

Carbohydrate Servings: 2

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



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- 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.
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