



10

TASTIEST VEGETARIAN RECIPES

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Braised Summer Vegetables with Green Herb Sauce

Makes: 6 servings, 2 cups vegetables each

Active time: 55 minutes **Total:** 1½ hours

To make ahead: Cover and refrigerate for up to 3 days. Reheat in the microwave or on the stovetop over low heat.

Heart Health Diabetes Weight Loss Gluten Free

This sophisticated dish of braised vegetables—carrots, potatoes, beans, tomatoes, bell pepper and squash—drizzled with a pestolike sauce made from garden-fresh herbs was inspired by a summer stroll through the farmers' market. Feel free to mix up the produce based on what you have on hand, and make extra sauce since it freezes well and is perfect for tossing with pasta or swirling into soups. If they're available, try adding fresh fava or other shell beans to bump up the protein in this quintessentially summery dish.

Vegetable Braise

- 2 tablespoons extra-virgin olive oil
- 2 bay leaves
- 6 small onions, halved, or 2 large onions, cut into 2-inch pieces
- 7 large cloves garlic, peeled and halved
- 3 sprigs fresh thyme
- 6 fresh sage leaves
- 12 small or 3 large carrots, peeled and cut into 3-inch lengths
- 12 ounces small new potatoes, scrubbed and cut into 1½-inch wedges
- 8 ounces yellow wax beans or a mixture of beans, trimmed and cut in half
- 5 medium tomatoes, peeled (*see Tip*), seeded and quartered, juice reserved
- 1 large yellow or orange bell pepper, cut into strips
- 1 pound summer squash, cut into 2-inch pieces
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper

Green Herb Sauce

- ⅓ cup packed fresh basil leaves
- ⅓ cup flat-leaf parsley leaves
- 2 tablespoons fresh marjoram leaves
- 1 small clove garlic
- 3 tablespoons extra-virgin olive oil
- 3 tablespoons water, or more if necessary
- 2 tablespoons capers, rinsed
- Pinch of salt

1. To prepare vegetable braise: Heat oil and bay leaves in a large Dutch oven over medium-low heat until fragrant, about 1 minute. Stir in onions, garlic, thyme and sage; cover and cook, without stirring, 3 minutes. Layer carrots, potatoes, beans, tomatoes, bell pepper and squash on top without stirring. Season with salt and pepper, and pour the reserved tomato juice over the vegetables. Cover and cook until the vegetables are tender and juicy, 40 to 60 minutes. After 30 minutes, if the pot seems dry, add a few tablespoons water.

2. To prepare green herb sauce: Puree basil, parsley, marjoram, garlic and oil in a food processor or blender. With the motor running, add water and process until the sauce is smooth and creamy. Transfer the sauce to a bowl, stir in capers and season with salt.

3. Remove the bay leaves and thyme sprigs from the vegetables. Serve drizzled with the green herb sauce.

Per serving: 250 calories; 13 g fat (2 g sat, 9 g mono); 0 mg cholesterol; 32 g carbohydrate; 0 g added sugars; 6 g protein; 7 g fiber; 352 mg sodium; 1,147 mg potassium.

Nutrition bonus: Vitamin C (178% daily value), Vitamin A (151% dv), Potassium (33% dv), Folate (24% dv), Magnesium (17% dv).

Tip: Make a small X in the bottom of each tomato and plunge into boiling water until the skins are slightly loosened, 30 seconds to 2 minutes. Transfer to a bowl of ice water for 1 minute. Peel with a paring knife, starting at the X.





Baked Mac & Cheese

Makes: 4 servings

Active Time: 25 minutes **Total:** 55 minutes

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

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Mac & cheese can be a true comfort on a gloomy day, and our healthy update takes advantage of extra-sharp Cheddar balanced with creamy low-fat cottage cheese and tucks a layer of spinach into the middle, which may help picky eaters down their vegetables. Whole-wheat pasta adds robust flavor and extra fiber.

3 tablespoons plain dry breadcrumbs
(see *Tip*)

1 teaspoon extra-virgin olive oil

¼ teaspoon paprika

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

1¾ cups low-fat milk, divided

3 tablespoons all-purpose flour

2 cups shredded extra-sharp Cheddar cheese

1 cup low-fat cottage cheese

⅛ teaspoon ground nutmeg

¼ teaspoon salt

Freshly ground pepper to taste

8 ounces (2 cups) whole-wheat elbow macaroni or penne

1. Put a large pot of water on to boil. Preheat oven to 450°F. Coat an 8-inch-square (2-quart) baking dish with cooking spray.

2. Mix breadcrumbs, oil and paprika in a small bowl. Place spinach in a fine-mesh strainer and press out excess moisture.

3. Heat 1 ½ cups milk in a large heavy saucepan over medium-high heat until steaming. Whisk remaining ¼ cup milk and flour in a small bowl until smooth; add to the hot milk and cook, whisking constantly, until the sauce simmers and thickens, 2 to 3 minutes. Remove from heat and stir in Cheddar until melted. Stir in cottage cheese, nutmeg, salt and pepper.

4. Cook pasta for 4 minutes, or until not quite tender. (It will continue to cook during baking.) Drain and add to the cheese sauce; mix well. Spread half the pasta mixture in the prepared baking dish. Spoon the spinach on top. Top with the remaining pasta; sprinkle with the breadcrumb mixture.

5. Bake the casserole until bubbly and golden, 25 to 30 minutes.

Per serving: 573 calories; 22 g fat (11 g sat, 1 g mono); 68 mg cholesterol; 62 g carbohydrate; 0 g added sugars; 36 g protein; 9 g fiber; 907 mg sodium; 565 mg potassium.

Nutrition bonus: Vitamin A (292% daily value), Calcium (74% dv), Folate (38% dv), Magnesium (27% dv), Potassium (16% dv), Iron (15% dv).

Carbohydrate Servings: 4

Exchanges: 3 starch, 1 vegetable, 3½ medium-fat meat

Tip: To make fresh breadcrumbs, trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse crumbs form. One slice of bread makes about ½ cup fresh crumbs. For dry breadcrumbs, spread the fresh crumbs on a baking sheet and bake at 250°F until crispy, about 15 minutes. One slice of fresh bread makes about ⅓ cup dry crumbs. Or use prepared coarse dry breadcrumbs. We like Ian's brand labeled "Panko breadcrumbs." Find them in the natural-foods section of large supermarkets.

Bean Bolognese

Makes: 4 servings, about ¾ cup sauce each

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

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Fiber-rich beans stand in for the beef and pork in this surprisingly rich-tasting vegetarian take on pasta Bolognese. Without the meat, the dish has only a third of the fat and 80 percent less saturated fat. To make the perfect meal, serve with a peppery arugula salad and warm, crusty Italian bread.

- 1 14-ounce can salad beans (see *Tip*) or other beans, rinsed, divided
- 2 tablespoons extra-virgin olive oil
- 1 small onion, chopped
- ½ cup chopped carrot
- ¼ cup chopped celery
- ½ teaspoon salt
- 4 cloves garlic, chopped
- 1 bay leaf
- ½ cup white wine
- 1 14-ounce can diced tomatoes
- ¼ cup chopped fresh parsley, divided
- 8 ounces whole-wheat fettuccine
- ½ cup freshly grated Parmesan cheese

1. Put a large pot of water on to boil. Mash ½ cup beans in a small bowl with a fork.

2. Heat oil in a medium saucepan over medium heat. Add onion, carrot, celery and salt; cover and cook, stirring occasionally, until softened, about 10 minutes. Add garlic and bay leaf; cook, stirring, until fragrant, about 15 seconds. Add wine; increase heat to high and boil until most of the liquid evaporates, 3 to 4 minutes. Add tomatoes and their juices, 2 tablespoons parsley and the mashed beans. Bring to a lively simmer and cook, stirring occasionally, until thickened, about 6 minutes. Add the remaining whole beans; cook, stirring occasionally, until heated through, 1 to 2 minutes more.

3. Meanwhile, cook pasta in the boiling water until just tender, about 9 minutes or according to package directions. Drain.

4. Divide the pasta among 4 bowls. Discard the bay leaf and top the pasta with the sauce; sprinkle with Parmesan and the remaining parsley.

Per serving: 443 calories; 11 g fat (3 g sat, 6 g mono); 9 mg cholesterol; 67 g carbohydrate; 0 g added sugars; 19 g protein; 13 g fiber; 739 mg sodium; 502 mg potassium.

Nutrition bonus: Vitamin A (70% daily value), Iron (28% dv), Vitamin C (27% dv), Magnesium (24% dv), Calcium (21% dv).

Carbohydrate Servings: 4

Exchanges: 3½ starch, 1½ vegetable, 1 lean meat, 1½ fat

Tip: A can of salad beans, a mixture of chickpeas, kidney and pinto beans, adds depth and variety to this recipe. Look for it in the natural-foods section of larger supermarkets or natural-foods stores. If you can't find it, substitute a can of your favorite beans.



Note: Quinoa is a delicately flavored, protein-rich grain. Rinsing removes any residue of saponin, quinoa's natural, bitter protective covering. Find it in natural-foods stores and the natural-foods sections of many supermarkets.

Tip: Toast cumin seeds in a small skillet over medium heat, stirring occasionally, until very fragrant, 2 to 5 minutes. Let cool. Grind into a powder in a spice mill or blender.



Bean Burgers with Spicy Guacamole

Makes: 6 servings

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

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These bean burgers will even please carnivores. The cornmeal coating gives a pleasant crunch and smoked paprika, cumin, cilantro and guacamole add Southwestern flavor.

- ½ cup water
- ¼ cup quinoa, rinsed (see Note, left)
- 3 tablespoons extra-virgin olive oil, divided
- ½ cup chopped red onion
- 1 clove garlic, minced
- 2½ cups cooked pinto beans, well drained
- 1 teaspoon smoked paprika
- ½ teaspoon ground toasted cumin seeds (see Tip, left)
- 3 tablespoons chopped fresh cilantro
- 3 tablespoons cornmeal, plus ⅓ cup for coating burgers
- ½ teaspoon salt
- Freshly ground pepper to taste
- 6 whole-wheat hamburger buns, toasted
- 6 lettuce leaves
- 6 tomato slices

Guacamole

- 1 ripe avocado
- 2 tablespoons finely chopped fresh cilantro
- 1 tablespoon lemon juice
- 2 teaspoons finely chopped red onion
- 1 clove garlic, minced
- ⅛ teaspoon cayenne pepper, or more to taste
- ⅛ teaspoon salt

1. Bring water to a boil in a small saucepan. Add quinoa and return to a boil. Reduce to a low simmer, cover and cook until the water has been absorbed, about 10 minutes. Uncover and let stand.

2. Heat 1 tablespoon oil in a medium skillet over medium heat. Add ½ cup onion and garlic and cook, stirring occasionally, until soft and fragrant, about 3 minutes. Add beans, paprika and ground cumin and mash the beans to a smooth paste with a potato masher or fork. Transfer the mixture to a bowl and let cool slightly. Add the quinoa, 3 tablespoons cilantro, 3 tablespoons cornmeal, ½ teaspoon salt and pepper; stir to combine.

3. Form the bean mash into 6 patties. Coat them evenly with the remaining ⅓ cup cornmeal and transfer to a baking sheet. Refrigerate for 20 minutes.

4. **To prepare guacamole:** Mash avocado with a potato masher or fork. Stir in 2 tablespoons cilantro, lemon juice, 2 teaspoons onion, garlic, cayenne and ⅓ teaspoon salt.

5. Preheat oven to 200°F.

6. Heat 1 tablespoon oil in a large cast-iron (or similar heavy) skillet over medium-high heat. Reduce heat to medium and cook 3 burgers until heated through and brown and crisp on both sides, 2 to 4 minutes per side. Transfer to the oven to keep warm. Cook the remaining 3 burgers with the remaining 1 tablespoon oil, reducing the heat as necessary to prevent overbrowning. Serve the burgers on buns with lettuce, tomato and the guacamole.

Per serving: 416 calories; 15 g fat (2 g sat, 9 g mono); 0 mg cholesterol; 60 g carbohydrate; 4 g added sugars; 14 g protein; 15 g fiber; 476 mg sodium; 778 mg potassium.

Nutrition bonus: Folate (50% daily value), Magnesium (26% dv), Potassium (22% dv), Iron & Vitamin A (20% dv), Vitamin C (17% dv).

Carbohydrate Servings: 3½

Exchanges: 3½ starch, 1 lean meat, 2½ fat

Cheese Enchiladas with Red Chile Sauce

Makes: 8 servings

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

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

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

Red Chile Sauce

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

Enchiladas

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

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

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

3. Combine beans and yogurt in a small bowl.

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

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

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

Nutrition bonus: Vitamin A (59% daily value), Calcium (27% dv).

Carbohydrate Servings: 2

Exchanges: 2½ starch, 2 medium-fat meat





Nasi Goreng

Makes: 6 servings

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

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Whole almonds add beneficial monounsaturated fats to EatingWell's spin on this Indonesian-style fried rice. For added flavor, texture and nutritional oomph, our Nasi Goreng is brimming with fresh vegetables and accompanied with fresh slices of cool cucumber and tomato. To make it vegetarian we've substituted soy sauce for the fish sauce that's typically used as a seasoning.

- 3 large eggs, beaten
- 4 small shallots, peeled
- 3 cloves garlic, peeled
- 2 tablespoons whole almonds
- 2 small chile peppers, seeded and diced
- 2 tablespoons peanut or canola oil, divided
- 2 cups finely chopped or shredded vegetables, such as yellow bell pepper, cabbage and broccoli
- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons kecap manis (see *Tip*)
- 4 cups cooked and cooled brown rice
- 2 scallions, thinly sliced
- 1 medium tomato, sliced
- 1 small cucumber, sliced

1. Generously coat a wok or large skillet with cooking spray and heat over medium-high heat. Pour in eggs, reduce heat to medium-low and cook, lifting the edges so uncooked egg flows underneath, until mostly set, 1 to 2 minutes. Slide out of the pan onto a clean cutting board. When cool enough to handle, cut into thin strips.

2. Place shallots, garlic, almonds and chiles in a food processor. Process to a thick paste. Heat 1 tablespoon oil in the wok (or pan) over medium-high heat. Add the paste and cook until fragrant, about 2 minutes. Transfer to a small bowl.

3. Heat the remaining 1 tablespoon oil over medium-high heat. Add vegetables and cook, stirring, until crisp-tender, about 2 minutes. Add the shallot paste, soy sauce, kecap manis and rice and stir until combined and heated through, about 2 minutes more. Transfer the Nasi Goreng to a platter. Top with the strips of egg and scallions. Arrange tomato and cucumber slices around the edges.

Per serving: 295 calories; 10 g fat (2 g sat, 4 g mono); 96 mg cholesterol; 43 g carbohydrate; 4 g added sugars; 9 g protein; 4 g fiber; 358 mg sodium; 417 mg potassium.

Nutrition bonus: Vitamin C (81% daily value), Magnesium (22% dv).

Carbohydrate Servings: 3

Exchanges: 2 starch, 1 vegetable, ½ medium-fat meat, 1 fat

Tip: Kecap manis is a thick, palm sugar-sweetened soy sauce. It's used as a flavoring, marinade or condiment in Indonesian cooking. Find it in Asian food markets or online at importfood.com. To substitute for kecap manis, whisk 1 part molasses with 1 part reduced-sodium soy sauce.

Saag Tofu

Makes: 4 servings, about 1¼ cups each

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

Heart Health Diabetes Weight Loss Gluten Free

Also known as *palak paneer*, *saag paneer* is an Indian classic composed mostly of spinach and paneer—a cow's-milk cheese that is curdled then pressed until firm. Here, we substitute tofu for the cheese and incorporate low-fat yogurt and sliced onions for a healthier version that retains its authenticity.

- 1 14-ounce package water-packed firm tofu, drained
- 4 teaspoons canola oil, divided
- ¾ teaspoon salt, divided
- 1 onion, sliced ¼ inch thick
- 2 medium cloves garlic, finely chopped
- 1 teaspoon freshly grated ginger
- 1 teaspoon mustard seeds
- 1 pound baby spinach
- 1 cup low-fat or nonfat plain yogurt
- 1½ teaspoons curry powder
- ¼ teaspoon ground cumin

1. Cut tofu into thirds lengthwise and eighths crosswise. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add tofu and sprinkle with ¼ teaspoon salt. Cook, stirring gently every 2 to 3 minutes, until browned on all sides, 6 to 8 minutes. Transfer to a plate.

2. Add the remaining 2 teaspoons oil to the pan and reduce heat to medium. Add onion, garlic, ginger and mustard seeds and cook until the onion is translucent, 4 to 6 minutes. Add spinach in batches small enough to fit in the pan and cook, stirring frequently, until all the spinach has been added and has wilted, 4 to 6 minutes more.

3. Meanwhile, combine yogurt, curry powder, cumin and the remaining ½ teaspoon salt in a small bowl. Add to the pan along with the tofu and cook until heated through, about 2 minutes.

Per serving: 195 calories; 11 g fat (2 g sat, 5 g mono); 4 mg cholesterol; 14 g carbohydrate; 0 g added sugars; 15 g protein; 4 g fiber; 583 mg sodium; 987 mg potassium.

Nutrition bonus: Vitamin A (214% daily value), Folate (63% dv), Vitamin C (59% dv), Calcium (44% dv), Magnesium (36% dv), Iron & Potassium (28% dv).

Carbohydrate Servings: 1

Exchanges: ½ low-fat milk, 1 vegetable, 1 medium-fat meat, 1 fat





Skillet Gnocchi with Chard & White Beans

Makes: 6 servings

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

Heart Health Diabetes Weight Loss Gluten Free

In this one-skillet supper, we toss dark leafy greens, diced tomatoes and white beans with gnocchi and top it all with gooey mozzarella. Serve with a mixed green salad with vinaigrette.

- 1 tablespoon plus 1 teaspoon extra-virgin olive oil, divided**
- 1 16-ounce package shelf-stable gnocchi (see Tip)**
- 1 medium yellow onion, thinly sliced**
- 4 cloves garlic, minced**
- ½ cup water**
- 6 cups chopped chard leaves (about 1 small bunch) or spinach**
- 1 15-ounce can diced tomatoes with Italian seasonings**
- 1 15-ounce can white beans, rinsed**
- ¼ teaspoon freshly ground pepper**
- ½ cup shredded part-skim mozzarella cheese**
- ¼ cup finely shredded Parmesan cheese**

1. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add gnocchi and cook, stirring often, until plumped and starting to brown, 5 to 7 minutes. Transfer to a bowl.

2. Add the remaining 1 teaspoon oil and onion to the pan and cook, stirring, over medium heat, for 2 minutes. Stir in garlic and water. Cover and cook until the onion is soft, 4 to 6 minutes. Add chard (or spinach) and cook, stirring, until starting to wilt, 1 to 2 minutes. Stir in tomatoes, beans and pepper and bring to a simmer. Stir in the gnocchi and sprinkle with mozzarella and Parmesan. Cover and cook until the cheese is melted and the sauce is bubbling, about 3 minutes.

Per serving: 327 calories; 7 g fat (2 g sat, 3 g mono); 8 mg cholesterol; 56 g carbohydrate; 0 g added sugars; 14 g protein; 6 g fiber; 598 mg sodium; 361 mg potassium.

Nutrition bonus: Vitamin A (54% daily value), Vitamin C (47% dv), Calcium & Iron (20% dv).

Carbohydrate Servings: 3½

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

Tip: Look for shelf-stable gnocchi near other pasta in the Italian section of most supermarkets.

Skillet Tofu Parmigiana

Makes: 4 servings

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

Heart Health Diabetes Weight Loss Gluten Free

Instead of having a greasy, battered coating, the tofu “steaks” in our revamped Parmigiana are breaded and lightly pan-fried in just a small amount of oil then topped with part-skim mozzarella, fresh basil and your favorite marinara sauce. This Italian classic will please even those who are tofu-phobic.

- ¼ cup plain dry breadcrumbs
- 1 teaspoon Italian seasoning
- 1 14-ounce package firm or extra-firm water-packed tofu, rinsed
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- 2 teaspoons plus 1 tablespoon extra-virgin olive oil, divided
- 1 small onion, chopped
- 8 ounces white mushrooms, thinly sliced
- ¼ cup grated Parmesan cheese
- ¾ cup prepared marinara sauce, preferably low-sodium
- ½ cup shredded part-skim mozzarella cheese
- 2 tablespoons chopped fresh basil

1. Combine breadcrumbs and Italian seasoning in a shallow dish. Cut tofu lengthwise into 4 steaks and pat dry. Sprinkle both sides of the tofu with garlic powder and salt and then dredge in the breadcrumb mixture.

2. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add onion and cook, stirring, until beginning to brown, about 3 minutes. Add mushrooms and cook until they release their juices and begin to brown, 4 minutes more. Transfer to a bowl.

3. Add the remaining 1 tablespoon oil to the pan. Add the tofu steaks and cook until browned on one side, about 3 minutes. Turn over and sprinkle with Parmesan. Spoon the mushroom mixture over the tofu, pour marinara over the mushrooms and scatter mozzarella on top. Cover and cook until the sauce is hot and the cheese is melted, about 3 minutes. Sprinkle with basil and serve.

Per serving: 262 calories; 16 g fat (5 g sat, 7 g mono); 13 mg cholesterol; 15 g carbohydrate; 0 g added sugars; 16 g protein; 3 g fiber; 597 mg sodium; 444 mg potassium.

Nutrition bonus: Calcium (40% daily value).

Carbohydrate Servings: 1

Exchanges: ½ starch, 1 vegetable, 1½ medium-fat meat, 2 fat





Tomato-Corn Pie

Makes: 8 servings

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

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

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

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

Crust

- $\frac{3}{4}$ cup whole-wheat pastry flour
(see Note)
- $\frac{3}{4}$ cup all-purpose flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon freshly ground pepper
- $\frac{1}{3}$ cup extra-virgin olive oil
- 5 tablespoons cold water

Filling

- 3 large eggs
- 1 cup low-fat milk
- $\frac{1}{2}$ cup shredded sharp Cheddar cheese, divided
- 2 medium tomatoes, sliced
- 1 cup fresh corn kernels (about 1 large ear; see Tip) or frozen
- 1 tablespoon chopped fresh thyme or 1 teaspoon dried
- $\frac{1}{2}$ teaspoon salt, divided
- $\frac{1}{4}$ teaspoon freshly ground pepper

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

2. Preheat oven to 400°F.

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

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

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

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

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

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

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

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

About EatingWell

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

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

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

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

About EatingWell health tags

A recipe checked...

 **Heart Health** has limited saturated fat.

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

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

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