

healthy in a hurry

Great ideas for meals in minutes!



PHOTOGRAPHY BY PETER ARDITO; FOOD STYLISTS: PATSY JAMIESON WITH ELLEN FALSGRAFF; PROP STYLIST: CLAUDIA VENON

Weeknight Dinner Plan: No-Fuss Budget Suppers

Shopping List

This list outlines everything you need to make all the recipes for the week:

Shop For:

Produce

Fruit

- ☐ 1 large lime

Vegetables & Fresh Herbs

- ☐ 1 bunch asparagus
- ☐ 1 bunch chard
- ☐ 1 small red onion
- ☐ 1 lb. new potatoes
- ☐ 4 medium russet potatoes
- ☐ 1 large shallot
- ☐ 2 medium zucchini

Fresh Herbs & Flavorings

- ☐ 1 bunch basil
- ☐ 1 bunch chives
- ☐ 1 bunch cilantro
- ☐ 1 head garlic

Dry Goods & Bread

- ☐ 8 oz. whole-wheat penne or ziti
- ☐ 8 (6-inch) whole-wheat flour tortillas

Canned & Bottled Goods

- ☐ 1 15-oz. can black beans
- ☐ 2 8-oz. cans no-salt-added tomato sauce

Refrigerator Items & Dairy

- ☐ 1 lb. spinach-and-cheese ravioli
- ☐ ½ cup reduced-fat cottage cheese
- ☐ ½ cup half-and-half
- ☐ ½ cup reduced-fat sour cream
- ☐ ¾ cup Italian blend shredded cheese
- ☐ ¼ cup shredded Parmesan cheese
- ☐ 1 cup shredded pepper Jack cheese
- ☐ 1 cup shredded Swiss cheese
- ☐ ⅔ cup orange juice

Meat & Seafood

- ☐ 8 chicken drumsticks
- ☐ 2 large links turkey sausage
- ☐ 5 oz. ham
- ☐ 4 slices center-cut bacon

Freezer

- ☐ 1 16-oz. bag pepper and onion mix

Check Your Pantry For:

Oils, Vinegars & Condiments

- ☐ canola oil

Flavorings

- ☐ salt
- ☐ ground black pepper
- ☐ ground white pepper
- ☐ cumin
- ☐ garlic powder
- ☐ onion powder
- ☐ oregano

Dry Goods

- ☐ all-purpose flour

Spirits

- ☐ dry white wine

Canned & Bottled Goods

- ☐ tomato paste

Refrigerator Items

- ☐ butter

Weeknight Dinner Plan: No-Fuss Budget Suppers

Monday



Spinach Ravioli with Zucchini Ribbons



Makes: 4 servings,
generous 1 cup each
Active time: 30 minutes
Total: 30 minutes
Cost per serving: under \$2

Here we combine gorgeous long ribbons of zucchini with spinach-and-cheese-stuffed ravioli and a light cream sauce for a satisfying vegetarian main dish.

- 2 medium zucchini, very thinly sliced lengthwise (see *Tip*, left)
- 1 pound fresh or frozen spinach-and-cheese ravioli

- 2 cloves garlic, crushed
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup half-and-half
- 2 teaspoons all-purpose flour
- 1 tablespoon butter
- 1 large shallot, minced
- $\frac{1}{4}$ cup dry white wine
- $\frac{1}{4}$ cup thinly sliced fresh basil
- $\frac{1}{4}$ teaspoon freshly ground pepper
- $\frac{1}{4}$ cup shredded Parmesan cheese

1. Put a pot of water on to boil. Place sliced zucchini in a large colander and set it in the sink. Cook ravioli according to package directions. Pour the ravioli and cooking liquid over the zucchini in the colander.
2. Meanwhile, mash garlic and salt together in a small bowl with a fork to form a coarse paste. Combine half-and-half and flour in

another small bowl and place near the stove.

3. Heat butter in a large skillet over medium-high heat. Add shallot and the garlic paste and cook, stirring, until fragrant, about 1 minute. Add wine and cook, stirring, until almost completely evaporated, 2 to 3 minutes more. Add the flour mixture and cook, stirring, until the sauce is thickened, about 30 seconds. Gently stir in the ravioli and zucchini, basil and pepper. Divide among 4 plates. Top each portion with 1 tablespoon Parmesan.

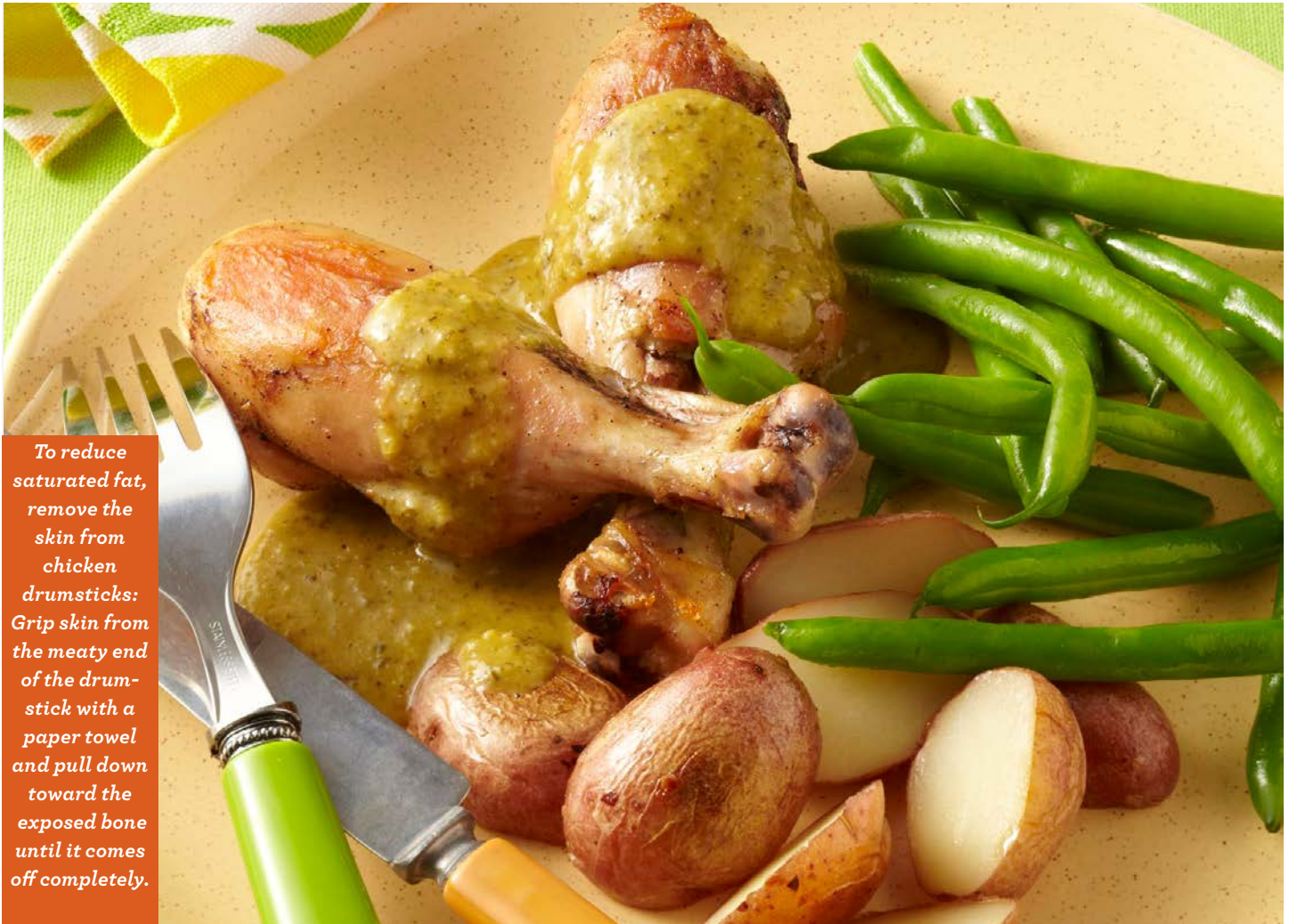
Per serving: 351 calories; 11 g fat (6 g sat, 2 g mono); 53 mg cholesterol; 48 g carbohydrate; 0 g added sugars; 14 g protein; 2 g fiber; 541 mg sodium; 345 mg potassium. **Nutrition bonus:** Vitamin C (32% daily value), Calcium (28% dv).

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Tuesday



To reduce saturated fat, remove the skin from chicken drumsticks: Grip skin from the meaty end of the drumstick with a paper towel and pull down toward the exposed bone until it comes off completely.

Roasted Chicken Drumsticks & Potatoes with Mojo Sauce h*w h♥h



Makes: 4 servings,
2 drumsticks, ½ cup
potatoes each
Active time: 30 minutes
Total: 45 minutes
Cost per serving: under \$2

Roasting chicken and potatoes right in the same pan is a great shortcut for a busy night. While they roast, whip up a tangy sauce for drizzling and dipping.

- 8 chicken drumsticks (2½-3 pounds), skin removed (see *Tip*, below)
- 1 pound new or baby potatoes, scrubbed and left whole
- 2 tablespoons canola oil; divided

- 1 teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- ⅔ cup orange juice
- 3 tablespoons lime juice
- ¼ cup chopped fresh cilantro, divided
- 5 cloves garlic, chopped
- 1 teaspoon ground cumin
- 1 teaspoon onion powder
- ½ teaspoon dried oregano

1. Preheat oven to 475°F. Coat a large rimmed baking sheet with cooking spray.
2. Toss chicken and potatoes in a large bowl with 1 tablespoon oil, ½ teaspoon salt and ¼ teaspoon pepper; spread in a single layer on the prepared baking sheet. Bake, turning once halfway through, until an instant-read thermometer inserted into the thickest part of a drumstick without touching the bone registers 165°F, 30 to 35 minutes.

3. Meanwhile, combine orange juice, lime juice, 2 tablespoons cilantro, garlic, cumin, onion powder, oregano, the remaining 1 tablespoon oil, ½ teaspoon salt and ¼ teaspoon pepper in a blender or food processor. Puree until smooth. Transfer to a small saucepan; bring to a boil over medium-high. Reduce heat to maintain a lively simmer and cook until reduced to about ½ cup, 8 to 10 minutes.
4. Serve each portion of chicken and potatoes (halved if desired) with about 2 tablespoons sauce. Garnish with the remaining 2 tablespoons cilantro.

Per serving: 374 calories; 14 g fat (2 g sat, 7 g mono); 108 mg cholesterol; 26 g carbohydrate; 0 g added sugars; 36 g protein; 3 g fiber; 716 mg sodium; 930 mg potassium. **Nutrition bonus:** Vitamin C (59% daily value), Zinc (28% dv), Potassium (27% dv), Iron (17% dv), Magnesium (15% dv).

Weeknight Dinner Plan: No-Fuss Budget Suppers

Wednesday



Make It for Two:
Halve all the ingredients (using $\frac{3}{4}$ cup beans) and cook in one batch.

Bacon Chard Quesadillas

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Makes: 4 servings,
2 quesadillas each

Active time: 35 minutes

Total: 35 minutes

Cost per serving: under \$2

Smoky bacon, earthy chard and zesty Jack cheese fill these fast quesadillas.

- 4 slices center-cut bacon, chopped
- 1 small red onion, halved and thinly sliced (about $\frac{3}{4}$ cup)
- 4 cups chopped chard leaves (from 1 bunch)

- $\frac{1}{2}$ teaspoon freshly ground pepper
- 1 15-ounce can black beans, rinsed
- 8 6-inch whole-wheat tortillas
- 1 cup shredded Pepper Jack cheese

1. Cook bacon in a large nonstick skillet over medium-high heat, stirring often, until crisp, 2 to 3 minutes. Reduce heat to medium, add onion and cook, stirring, until softened, about 2 minutes. Add chard and pepper; cook, stirring, until wilted, 1 to 2 minutes. Add beans and coarsely mash; stir to combine. Remove from heat.
2. Place tortillas on a work surface. Spread a generous $\frac{1}{4}$ cup filling and 2 tablespoons cheese on half of each tortilla. Fold tortillas in half, pressing gently to flatten.

3. Wipe out the pan and return to medium heat. Add 4 quesadillas and cook, turning once, until golden on both sides, 2 to 4 minutes total. Transfer to a platter and tent with foil to keep warm. Reduce heat to medium-low and cook the remaining quesadillas.

Per serving: 348 calories; 12 g fat (6 g sat, 4 g mono); 32 mg cholesterol; 50 g carbohydrate; 0 g added sugars; 19 g protein; 9 g fiber; 700 mg sodium; 618 mg potassium.

Nutrition bonus: Vitamin A (42% daily value), Calcium (28% dv), Iron (22% dv), Magnesium (20% dv), Folate & Potassium (18% dv), Zinc (17% dv), Vitamin C (15% dv).

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Weeknight Dinner Plan: No-Fuss Budget Suppers

Thursday



Sausage & Peppers Baked Ziti h f h v



Makes: 4 servings,
about 1½ cups each

Active time: 30 minutes

Total: 30 minutes

Cost per serving: under \$2.50

This delicious stovetop version of baked ziti doesn't require any chopping. Using whole-wheat pasta adds fiber; opt for penne if whole-wheat ziti is hard to find.

- 8 ounces whole-wheat penne or ziti
- 1 16-ounce bag frozen pepper and onion mix (not thawed)
- 6 ounces turkey sausage (2 large links), crumbled

- 2 8-ounce cans no-salt-added tomato sauce

- 1 teaspoon garlic powder

- 1 teaspoon dried oregano

- ¼ teaspoon salt

- ½ cup reduced-fat cottage cheese

- ¾ cup Italian blend shredded cheese

1. Cook pasta in a pot of boiling water according to package directions. Drain.
2. Meanwhile, heat a large ovenproof skillet over medium-high heat. Add frozen vegetables and sausage; cook, stirring occasionally, until most of the liquid from the vegetables has evaporated, 10 to 15 minutes.
3. Position rack in upper third of oven; preheat broiler.

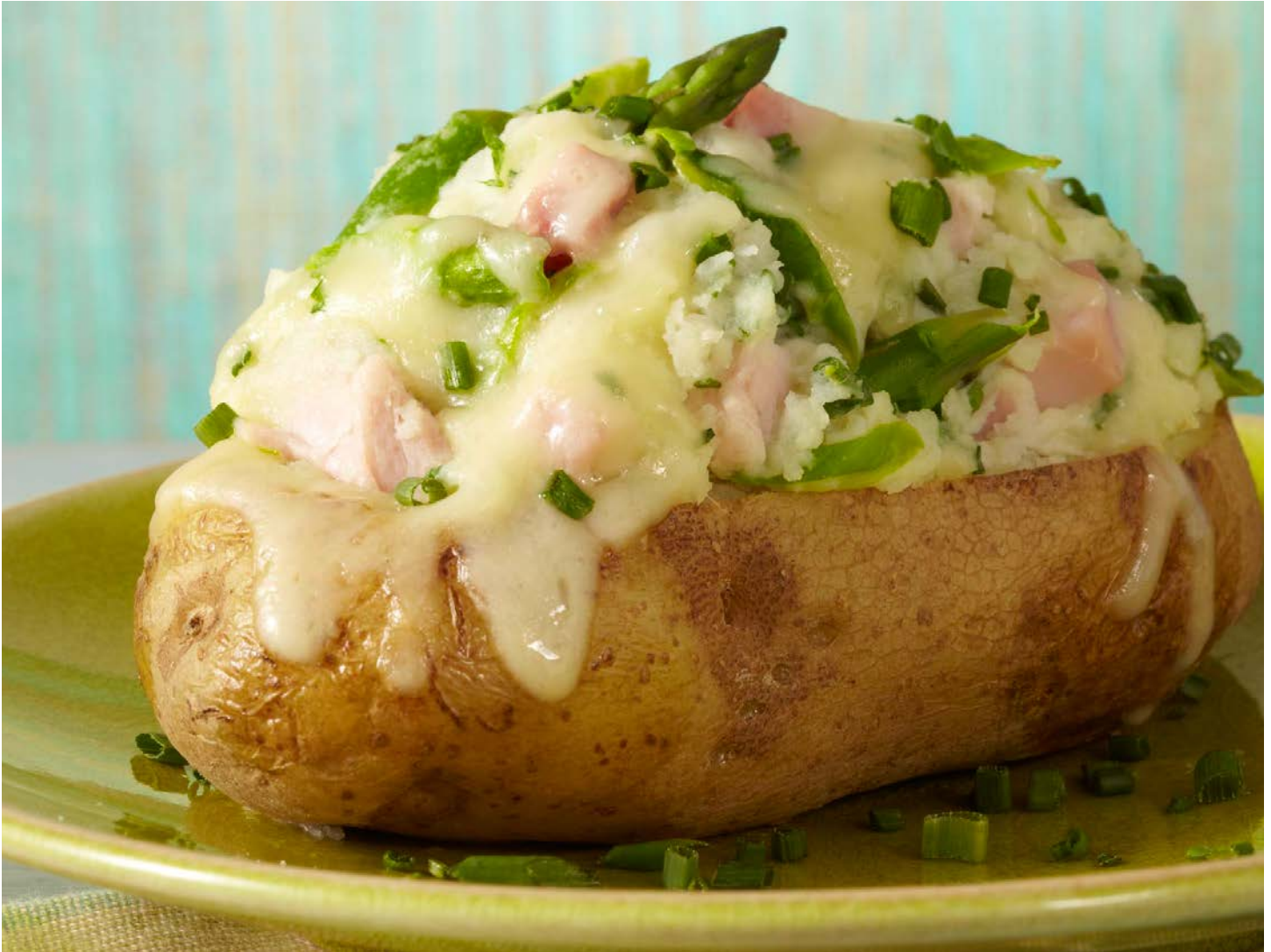
4. Stir tomato sauce, garlic powder, oregano and salt into the skillet. Reduce heat to medium-low; stir in cottage cheese and the pasta. Cook, stirring, until heated through, about 2 minutes. Top with shredded cheese.
5. Place the skillet under the broiler to brown the cheese, 1 to 2 minutes.

Per serving: 430 calories; 10 g fat (4 g sat, 3 g mono); 48 mg cholesterol; 61 g carbohydrate; 0 g added sugars; 28 g protein; 11 g fiber; 708 mg sodium; 835 mg potassium.

Nutrition bonus: Vitamin C (85% daily value), Vitamin A (44% dv), Magnesium (32% dv), Calcium (27% dv), Zinc (25% dv), Iron & Potassium (24% dv).

Weeknight Dinner Plan: No-Fuss Budget Suppers

Friday



Asparagus & Ham Stuffed Potatoes



Makes: 4 servings,
1 potato each
Active time: 30 minutes
Total: 30 minutes
Cost per serving: under \$3

Asparagus adds a touch of spring to these overstuffed twice-baked potatoes. Use another vegetable, such as broccoli, if you prefer.

- 4 medium russet potatoes
(about 8 ounces each)
- ½ bunch asparagus, trimmed and cut into
½-inch pieces
- 1 cup diced ham

- ½ cup reduced-fat sour cream
- 1 cup shredded Swiss cheese, divided
- ½ cup chopped fresh chives, divided
- ¼ teaspoon salt
- ¼ teaspoon white or black pepper

1. Pierce potatoes all over with a fork. Microwave on Medium, turning once or twice, until soft, about 20 minutes.
2. Meanwhile, bring 2 inches of water to a boil in a large saucepan fitted with a steamer basket. Add asparagus, cover and steam until just tender, 2 to 3 minutes.
3. Combine the steamed asparagus with ham, sour cream, ½ cup Swiss cheese, 6 tablespoons chives, salt and pepper in a bowl. When the potatoes are cool enough to handle, cut off the top third, then gently scoop out the flesh; add to the bowl with the ham

mixture and gently mash together.

4. Place the potato shells in a microwave-safe dish and evenly divide the ham mixture among them. (They will be very well stuffed.) Top each stuffed potato with 2 tablespoons of the remaining cheese. Microwave on High until the filling is hot and the cheese is melted, 2 to 4 minutes. Garnish with the remaining chives.

Per serving: 386 calories; 13 g fat (8 g sat, 4 g mono); 56 mg cholesterol; 45 g carbohydrate; 0 g added sugars; 23 g protein; 4 g fiber; 689 mg sodium; 1,196 mg potassium. **Nutrition bonus:** Potassium (34% daily value), Vitamin C (32% dv), Calcium (29% dv), Folate (22% dv), Zinc (21% dv), Magnesium (20% dv), Vitamin A (18% dv), Iron (17% dv).