

healthy in a hurry

Great ideas for meals in minutes!



Monday:
Vegetarian
Tikka Masala

Tuesday:
General Tso's
Chicken

Wednesday:
Chicken Sausage
Calzone

Thursday:
Oven-Fried
Beef Taquitos

Friday:
Pad Thai

Weeknight Dinner Plan: Takeout Makeovers

Monday



Vegetarian Tikka Masala

h*w h*h

Makes: 5 servings, 1⅓ cups each

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

Cost per serving: under \$2.50

We slashed 180 calories and 14 grams saturated fat in this quick spice-infused Indian classic.

- 3 tablespoons garam masala
- 1 teaspoon ground turmeric
- ¾ teaspoon salt
- ¼ teaspoon crushed red pepper (optional)
- 2 14-ounce packages extra-firm or firm water-packed tofu
- 1 tablespoon canola oil plus 2 teaspoons, divided
- 1 large onion, halved and sliced

- 1 large red bell pepper, quartered and sliced
- 1 tablespoon minced fresh ginger
- 2 cloves garlic, minced
- 1 tablespoon flour
- 1 28-ounce can diced tomatoes
- ⅓ cup half-and-half

1. Combine garam masala, turmeric, salt and crushed red pepper (if using) in a small bowl. Cut tofu into 1-inch cubes and blot dry with paper towels. Toss the tofu in a medium bowl with 1 tablespoon of the spice mixture.
2. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the tofu and cook, stirring every 2 minutes, until browned, 8 to 10 minutes. Transfer to a plate.
3. Add the remaining 2 teaspoons oil, onion,

bell pepper, ginger and garlic and cook, stirring often, until starting to brown, 5 to 7 minutes. Add flour and the remaining spice mix; stir until fragrant and coated, about 1 minute. Add tomatoes, bring to a simmer and cook, stirring often, until the vegetables are tender, 3 to 5 minutes more.

4. Return the tofu to the pan; cook, stirring, until heated through, about 2 minutes. Remove from heat and stir in half-and-half.

Per serving: 232 calories; 14 g fat (3 g sat, 5 g mono); 6 mg cholesterol; 17 g carbohydrate; 0 g added sugars; 16 g protein; 4 g fiber; 605 mg sodium; 690 mg potassium.

Nutrition bonus: Vitamin C (100% daily value), Calcium (40% dv), Iron (26% dv), Vitamin A (25% dv), Magnesium (22% dv), Potassium (20% dv), Folate (17% dv).

Weeknight Dinner Plan: Takeout Makeovers

Tuesday



General Tso's Chicken

h*w h♥h

Makes: 4 servings, about 1½ cups each

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

Cost per serving: under \$2

We cut the fat and sodium in half from the original version in this Chinese takeout favorite.

- 5 tablespoons cornstarch, divided
- 2 tablespoons reduced-sodium soy sauce, divided
- 2 tablespoons Chinese rice wine or dry sherry, divided
- 1 large egg white
- 1 pound boneless, skinless chicken thighs, cut into 1-inch pieces

- ¾ cup water
- 2 tablespoons hoisin sauce
- 1 tablespoon rice vinegar
- 3 tablespoons canola oil, divided
- 2 scallions, sliced
- 2 cloves garlic, minced
- 4 cups snow peas

1. Combine 4 tablespoons cornstarch, 1 tablespoon each soy sauce and rice wine (or sherry) and egg white in a bowl. Add chicken and stir to coat.
2. Combine the remaining 1 tablespoon each cornstarch, soy sauce and rice wine (or sherry), water, hoisin and rice vinegar in a small bowl. Set aside.
3. Heat 2 tablespoons oil in a wok or large cast-iron skillet over high heat. Add the chicken; cook without turning, breaking up

stuck-together pieces, until golden on the bottom, 2 minutes. Stir; continue cooking until golden on all sides, 1 to 2 minutes more. Transfer to a plate.

4. Add the remaining 1 tablespoon oil, scallions and garlic. Cook, stirring, until fragrant, about 15 seconds. Add peas; cook, stirring often, until bright green, 2 to 3 minutes. Add the reserved sauce mixture; cook, stirring, until thick, about 1 minute. Return the chicken to the pan; cook, stirring, until heated through, about 1 minute more.

Per serving: 364 calories; 19 g fat (3 g sat, 10 g mono); 76 mg cholesterol; 20 g carbohydrate; 2 g added sugars; 25 g protein; 2 g fiber; 524 mg sodium; 346 mg potassium.

Nutrition bonus: Vitamin C (66% daily value), Iron, Vitamin A & Zinc (16% dv)

Weeknight Dinner Plan: Takeout Makeovers

Wednesday



Chicken Sausage Calzone

h*W

Makes: 5 servings

Active time: 30 minutes **Total:** 45 minutes

Cost per serving: under \$2

A typical calzone packs almost 800 calories and 25 grams of saturated fat. Our version uses lean chicken sausage to keep fat in check and we added nutrient-rich spinach to bulk up the filling without adding calories.

- 2 tablespoons extra-virgin olive oil, divided
- 6 ounces Italian chicken sausage, sweet or hot, casings removed
- 4 cups baby spinach
- 1 cup shredded part-skim mozzarella cheese

- $\frac{3}{8}$ cup part-skim ricotta cheese
- 2 teaspoons Italian seasoning
- 1 teaspoon garlic powder
- $\frac{1}{4}$ teaspoon freshly ground pepper
- 1 pound prepared pizza dough, preferably whole-wheat

1. Preheat oven to 475°F. Coat a large baking sheet with cooking spray.
2. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add sausage and cook, breaking it into small pieces, until no longer pink, about 4 minutes. Add spinach and cook, stirring, until wilted, about 1 minute. Transfer the sausage and spinach to a large bowl; stir in mozzarella, ricotta, Italian seasoning, garlic powder and pepper.
3. On a lightly floured surface, roll dough into a 6-inch log and divide into 5 equal

pieces. Pat and roll each piece into a 6-inch circle. Place $\frac{1}{2}$ cup filling on one half of each circle, leaving a $\frac{1}{2}$ -inch border. Fold the dough over the filling and crimp the edges with a fork to seal. Cut several small slits in the top to vent steam; brush the calzones with the remaining 1 tablespoon oil. Transfer the calzones to the prepared baking sheet.

4. Bake the calzones in the lower third of the oven until browned on top, about 15 minutes. Let cool slightly before serving.

Per serving: 415 calories; 20 g fat (6 g sat, 7 g mono); 48 mg cholesterol; 39 g carbohydrate; 1 g added sugars; 23 g protein; 2 g fiber; 667 mg sodium; 247 mg potassium.

Nutrition bonus: Vitamin A (45% daily value), Calcium (29% dv), Zinc (16% dv).

Weeknight Dinner Plan: Takeout Makeovers

Thursday



Make It for Two:

Halve all the ingredients (using 6 tablespoons cheese) and prepare the filling in a medium nonstick skillet.

Oven-Fried Beef Taquitos

h:f

Makes: 4 servings, 3 taquitos each

Active time: 40 minutes

Total: 40 minutes

Cost per serving: under \$2.50

One order of these little deep-fried, rolled-up tacos at a restaurant can set you back almost 1,000 calories and 60 grams of fat! Making your own at home is much more healthy. Don't worry if some of them crack open while baking—they're still crispy and delicious. You'll save enough calories to serve with salsa, guacamole and reduced-fat sour cream.

- 1 medium zucchini
- 2 teaspoons canola oil
- 1 pound extra-lean ground beef

- 3 tablespoons chili powder
- 2 teaspoons onion powder
- 1 teaspoon ground cumin
- $\frac{1}{2}$ teaspoon salt
- 12 6-inch corn tortillas
- Canola oil cooking spray
- $\frac{3}{4}$ cup shredded sharp Cheddar cheese

1. Preheat oven to 425°F.
2. Shred zucchini using the large holes of a box grater. Squeeze dry in a clean kitchen towel (you should have about 2 cups). Heat oil in a large nonstick skillet over medium-high heat. Add the zucchini, beef, chili powder, onion powder, cumin and salt. Cook, stirring, until the beef is cooked through, 5 to 7 minutes.
3. Spread tortillas out on a baking sheet in two overlapping rows. Bake until hot, 2 minutes. Transfer to a plate and cover.
4. Coat the baking sheet with cooking

spray. Place 6 tortillas on a clean cutting board. Working quickly, spread a generous $\frac{1}{4}$ cup beef mixture along the bottom third of a tortilla, sprinkle with about 1 tablespoon cheese and tightly roll into a cigar shape. Place the taquito seam-side down on the baking sheet. Repeat with the remaining tortillas, filling and cheese. Generously coat the top and sides of the taquitos with cooking spray.

5. Bake the taquitos until browned and crispy, 14 to 18 minutes.

Per serving: 456 calories; 20 g fat (8 g sat, 8 g mono); 81 mg cholesterol; 39 g carbohydrate; 0 g added sugars; 33 g protein; 7 g fiber; 608 mg sodium; 667 mg potassium. **Nutrition bonus:** Zinc (51% daily value), Vitamin A (42% dv), Iron (27% dv), Calcium (25% dv), Magnesium (24% dv), Potassium (19% dv), Vitamin C (15% dv).

Weeknight Dinner Plan: Takeout Makeovers

Friday



Tip: For sustainable shrimp, look for shrimp that's certified by an agency like the Marine Stewardship Council. If you can't find it, choose wild-caught shrimp from North America—it's more likely to be sustainably caught.

Pad Thai hvh

Makes: 4 servings, about 1¼ cups each

Active time: 25 minutes

Total: 25 minutes

Cost per serving: under \$2.50

This Thai-restaurant favorite has less than half the calories and saves you nearly a day's worth of sodium when compared to a traditional version. Look for dried wide rice noodles, sometimes called "Pad Thai noodles" or "straight-cut," in the Asian-food section at most supermarkets and natural-foods stores. Serve with sliced cucumbers with a rice vinegar and cilantro vinaigrette.

6 ounces dried wide rice noodles
2 tablespoons peanut oil or canola oil, divided
3 cloves garlic, minced
2 large eggs, lightly beaten
8 ounces small shrimp (see *Tip*), peeled and deveined
4 cups mung bean sprouts
½ cup sliced scallion greens
¼ cup rice vinegar
2 tablespoons fish sauce
2 tablespoons brown sugar
½ teaspoon crushed red pepper
Chopped dry-roasted peanuts (optional)
Lime wedges (optional)

1. Bring a large pot of water to a boil. Add noodles and cook until just al dente, 6 to 8 minutes. Drain.

2. Heat 1 tablespoon oil in a wok or large deep skillet over high heat until very hot. Add garlic and stir-fry until golden, about 15 seconds. Add eggs and cook, stirring, until scrambled, about 30 seconds. Add shrimp and the remaining 1 tablespoon oil; stir-fry until the shrimp curl and turn pink, about 2 minutes.

3. Add the noodles, bean sprouts, scallion greens, vinegar, fish sauce, brown sugar and crushed red pepper; toss until heated through, 1 to 2 minutes. If desired, sprinkle with peanuts and serve with lime wedges.

Per serving: 360 calories; 10 g fat (2 g sat, 4 g mono); 164 mg cholesterol; 54 g carbohydrate; 7 g added sugars; 15 g protein; 3 g fiber; 729 mg sodium; 315 mg potassium.

Nutrition bonus: Vitamin C (28% daily value), Folate (24% dv), Iron (15% dv).

Weeknight Dinner Plan: Takeout Makeovers

Shopping List

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

Shop For:

Fresh Vegetables

- ☐ 4 cups mung bean sprouts
- ☐ 1 large onion
- ☐ 1 large red bell pepper
- ☐ 1 bunch scallions
- ☐ 4 cups snow peas
- ☐ 4 cups baby spinach
- ☐ 1 medium zucchini

Oils, Vinegars & Condiments

- ☐ Chinese rice wine (2 tablespoons)
- ☐ Fish sauce (2 tablespoons)
- ☐ Hoisin sauce (2 tablespoons)

Flavorings

- ☐ 1 head garlic
- ☐ 2-inch piece ginger
- ☐ Garam masala (3 tablespoons)
- ☐ Turmeric (1 teaspoon)

Dry Goods & Bread

- ☐ 6 ounces dried rice noodles
- ☐ 12 (6-inch) corn tortillas

Canned & Bottled Goods

- ☐ 28-ounce can diced tomatoes

Refrigerator Items & Dairy

- ☐ 2 14-ounce packages extra-firm or firm water-packed tofu
- ☐ 1 pound prepared whole-wheat pizza dough
- ☐ Half-and-half ($\frac{1}{3}$ cup)
- ☐ Shredded sharp Cheddar cheese ($\frac{3}{4}$ cup)
- ☐ Part-skim mozzarella cheese ($\frac{2}{3}$ cup)
- ☐ Part-skim ricotta cheese ($\frac{2}{3}$ cup)
- ☐ 3 large eggs

Meat & Seafood

- ☐ 1 pound boneless, skinless chicken thighs
- ☐ 6 ounces uncooked Italian chicken sausage
- ☐ 1 pound extra-lean ground beef
- ☐ 8 ounces small shrimp

Check Your Pantry For:

Oils, Vinegars & Condiments

- ☐ Canola oil
- ☐ Extra-virgin olive oil
- ☐ Peanut oil
- ☐ Cooking spray
- ☐ Rice vinegar
- ☐ Reduced-sodium soy sauce

Flavorings

- ☐ Salt
- ☐ Black pepper
- ☐ Crushed red pepper
- ☐ Chili powder
- ☐ Cumin
- ☐ Garlic powder
- ☐ Italian seasoning
- ☐ Onion powder

Dry Goods

- ☐ All-purpose flour
- ☐ Cornstarch
- ☐ Brown sugar