



EatingWell
WHERE GOOD TASTE MEETS GOOD HEALTH

Spring Pizza



EatingWell Favorite Eat Green Recipes



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Kerrygold Irish Cheese Board with Fig Chutney

A spread of Irish cheeses, made with milk from grass-fed cows, serves as a simple, elegant appetizer or St. Patrick's Day party hors d'oeuvre. Estimate 4-6 ounces per person and select a range of Kerrygold cheeses—Dubliner cheese, Blarney Castle for mild, nutty options; Reserve Cheddar and Vintage Dubliner for lovers of sharp, piquant cheeses.

Ingredients:

For cheese board:

- ✿ **Dubliner Cheese**
- ✿ **Blarney Castle Cheese**
- ✿ **Reserve Cheddar**
- ✿ **Vintage Dubliner**

For the fig chutney:

- ✿ 2 tbsp olive oil
- ✿ 2 red onions, thinly sliced
- ✿ 1 small cooking apple, peeled, cored and chopped
- ✿ 6 oz (1 cup) ready-to-eat dried figs, chopped
- ✿ 2 tbsp balsamic vinegar
- ✿ 4 fl oz (½ cup) red grape juice
- ✿ 2 tbsp dark brown sugar
- ✿ 1 tsp chopped fresh thyme
- ✿ Salt and freshly ground black pepper

Directions:

To make the cheese board, spread the cheeses on a wooden board or slate and allow them to sit at room temperature for half an hour before serving to bring out their flavors.

To make the chutney, heat the olive oil in a large pan and add the red onions. Cook for 10 minutes until softened, stirring occasionally. Stir in the apple, figs, balsamic vinegar, grape juice, sugar and thyme until well combined. Cook for 10 minutes until slightly reduced and thickened, stirring occasionally. Season to taste. Blend in a food processor for 1-2 minutes until smooth; cool completely. Store in an airtight container.

For more party perfect recipes, visit kerrygoldusa.com/recipes



Skillet Tuna Noodle Casserole

Makes: 6 servings, about 1⅓ cups each

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

To make ahead: Prepare through Step 3, spoon into an 8-inch-square glass baking dish, cover with foil and refrigerate for up to 1 day. Sprinkle with breadcrumbs and cheese (Step 4) and bake, covered, at 350°F for 50 minutes. Uncover and cook until browned and bubbly, about 15 minutes more.

✓ Heart Health ✓ Diabetes ✓ Weight Loss ✓ Gluten Free

Known as Tuna-Pea Wiggle to some, this family-friendly tuna noodle casserole tends to be made with canned soup and whole milk, which means high fat and sodium. We remedy this by making our own creamy mushroom sauce with nonfat milk thickened with a bit of flour. Look for whole-wheat egg noodles—they have more fiber than regular egg noodles (but this dish will work well and taste great with either).

- 8 ounces whole-wheat egg noodles
- 1 tablespoon extra-virgin olive oil
- 1 medium onion, finely chopped
- 8 ounces mushrooms, sliced
- ½ teaspoon salt
- ½ cup dry white wine
- 6 tablespoons all-purpose flour
- 3 cups nonfat milk
- ½ teaspoon freshly ground pepper
- 12 ounces canned chunk light tuna, drained
- 1 cup frozen peas, thawed
- 1 cup finely grated Parmesan cheese, divided
- ½ cup coarse dry whole-wheat breadcrumbs (see Tip)

1. Bring a large pot of water to a boil. Cook noodles until just tender, 6 to 8 minutes or according to package directions. Drain and rinse.

2. Position rack in upper third of oven and preheat broiler.

3. Meanwhile, heat oil in a large ovenproof skillet over medium-high heat. Add onion, mushrooms and salt and cook, stirring often, until the onion is softened but not browned, about 5 minutes. Add wine and cook until evaporated, 4 to 5 minutes. Sprinkle flour over the vegetables; stir to coat. Add milk and pepper and bring to a simmer, stirring constantly. Stir in tuna, peas and ½ cup Parmesan until evenly incorporated. Then, stir in the noodles (the pan will be very full). Remove from the heat.

4. Sprinkle the casserole with breadcrumbs and the remaining ½ cup Parmesan. Broil until bubbly and lightly browned on top, 3 to 4 minutes.

Per serving: 401 calories; 8 g fat (3 g sat, 3 g mono); 53 mg cholesterol; 46 g carbohydrate; 0 g added sugars; 32 g protein; 5 g fiber; 669 mg sodium; 576 mg potassium.

Nutrition bonus: Calcium (30% daily value), Iron (18% dv), Potassium (17% dv).

Carbohydrate servings: 3

Exchanges: 2½ starch, ½ nonfat milk, 3 lean 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.

Eat Green! Chunk light tuna, which comes from the smaller skipjack or yellowfin, has less mercury than canned white albacore tuna. The FDA and EPA advise that women who are or might become pregnant, nursing mothers and young children consume no more than 6 ounces of albacore a week; up to 12 ounces of canned light tuna is considered safe.



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Spring Pizza

Makes: 5 servings

Active time: 25 minutes **Total:** 40 minutes

Equipment: Pizza stone or pizza pan

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

Asparagus, chives and fontina cheese top this easy pizza recipe. Serve with baby greens tossed with vinaigrette and pecans.

- 3 tablespoons extra-virgin olive oil, divided**
- 3 cloves garlic, minced**
- 1 bunch asparagus (about 1 pound)**
- ½ cup snipped fresh chives (from 1 bunch), divided**
- ¼ teaspoon salt**
- ¼ teaspoon freshly ground pepper**
- 1 pound whole-wheat pizza dough**
- 1 cup shredded fontina or mozzarella cheese**

1. Position rack in lower third of oven, place a pizza stone or large pizza pan on the rack and preheat oven to 450°F for at least 15 minutes.

2. Meanwhile, combine 2 tablespoons oil and garlic in a small bowl; set aside. Trim asparagus spears to about 6 inches long; slice any thicker stalks in half lengthwise. Toss in a bowl with the remaining 1 tablespoon oil, ¼ cup chives, salt and pepper.

3. Roll out dough on a lightly floured surface to about a 14-inch circle.

4. Carefully remove the pizza stone or pan from the oven and set on a heatproof surface, such as your stovetop. Place the dough on the stone or pan and brush with the reserved garlic-oil mixture. Arrange the asparagus in a circle on the dough with the tips facing out. Top with cheese and the remaining chives.

5. Carefully return the stone or pan to the oven and bake the pizza on the lower rack until crispy and golden and the cheese is melted, about 15 minutes.

Per serving: 368 calories; 20 g fat (5 g sat, 8 g mono); 25 mg cholesterol; 39 g carbohydrate; 1 g added sugars; 14 g protein; 3 g fiber; 536 mg sodium; 167 mg potassium.

Nutrition bonus: Folate (23% daily value), Vitamin A (20% dv).

Cod with Tomato Cream Sauce

Makes: 4 servings

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

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

This silky tomato sauce with a touch of cream makes mild-flavored cod sing. Serve with farro or (to keep it gluten-free) rice and a salad of mixed greens.

1-1¼ pounds Pacific cod or tilapia fillets, cut into 4 pieces

3 teaspoons chopped fresh thyme, divided

½ teaspoon salt, divided

¼ teaspoon freshly ground pepper

1 tablespoon extra-virgin olive oil

1 shallot, chopped

2 cloves garlic, minced

¾ cup white wine

1 14-ounce can diced tomatoes

¼ cup heavy cream or half-and-half

½ teaspoon cornstarch

1. Season fish with 1 teaspoon thyme, ¼ teaspoon salt and pepper. Heat oil in a large

skillet over medium heat. Add shallot, garlic and 1 teaspoon thyme; cook, stirring, until beginning to soften, about 1 minute. Add wine, tomatoes and the fish to the pan; bring to a simmer. Cover and cook until the fish is cooked through, 4 to 6 minutes. Transfer the fish to a large plate; keep warm.

2. Whisk cream and cornstarch in a small bowl. Add to the pan, along with the remaining 1 teaspoon thyme and ¼ teaspoon salt. Cook, stirring, for 1 minute. Divide the fish and sauce among 4 shallow bowls.

Per serving: 223 calories; 10 g fat (4 g sat, 4 g mono); 74 mg cholesterol; 7 g carbohydrate; 0 g added sugars; 19 g protein; 1 g fiber; 522 mg sodium; 524 mg potassium.

Nutrition bonus: Vitamin C (18% daily value).

Carbohydrate servings: ½

Exchanges: 1 vegetable, 2½ lean meat, 1 fat

Eat Green! For sustainably fished cod, choose U.S. Pacific cod or Atlantic cod from Iceland and the northeast Arctic. For more information, visit Monterey Bay Aquarium Seafood Watch at seafoodwatch.org.



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Grilled Salmon & Zucchini with Red Pepper Sauce

Makes: 4 servings

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

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

Jazz up simply grilled salmon and summer vegetables with a zesty sauce based on the classic Spanish romesco. Made with roasted red peppers, tomatoes and almonds, this sauce is a great match for any seafood, poultry or vegetables. Using smoked paprika brings out the flavors from the grill.

- 1/3 cup sliced almonds, toasted**
- 1/4 cup chopped jarred roasted red peppers**
- 1/4 cup halved grape tomatoes or cherry tomatoes**
- 1 small clove garlic**
- 1 tablespoon extra-virgin olive oil**
- 1 tablespoon sherry vinegar or red-wine vinegar**
- 1 teaspoon paprika, preferably smoked**
- 3/4 teaspoon salt, divided**
- 1/2 teaspoon freshly ground pepper, divided**
- 1 1/4 pounds wild-caught salmon fillet, skinned and cut crosswise into 4 portions**
- 2 medium zucchini or summer squash (or 1 of each), halved lengthwise**
- Canola or olive oil cooking spray**
- 1 tablespoon chopped fresh parsley for garnish**

1. Preheat grill to medium.
2. Process almonds, peppers, tomatoes, garlic, oil, vinegar, paprika, 1/4 teaspoon salt and 1/4 teaspoon pepper in a food processor or blender until smooth; set aside.

3. Coat salmon and zucchini (and/or summer squash) on both sides with cooking spray, then sprinkle with the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Grill, turning once, until the salmon is just cooked through and the squash is soft and browned, about 3 minutes per side.

4. Transfer the squash to a clean cutting board. When cool enough to handle, slice into 1/2-inch pieces. Toss in a bowl with half of the reserved sauce. Divide the squash among 4 plates along with a piece of salmon topped with some of the remaining sauce. Garnish with parsley, if desired.

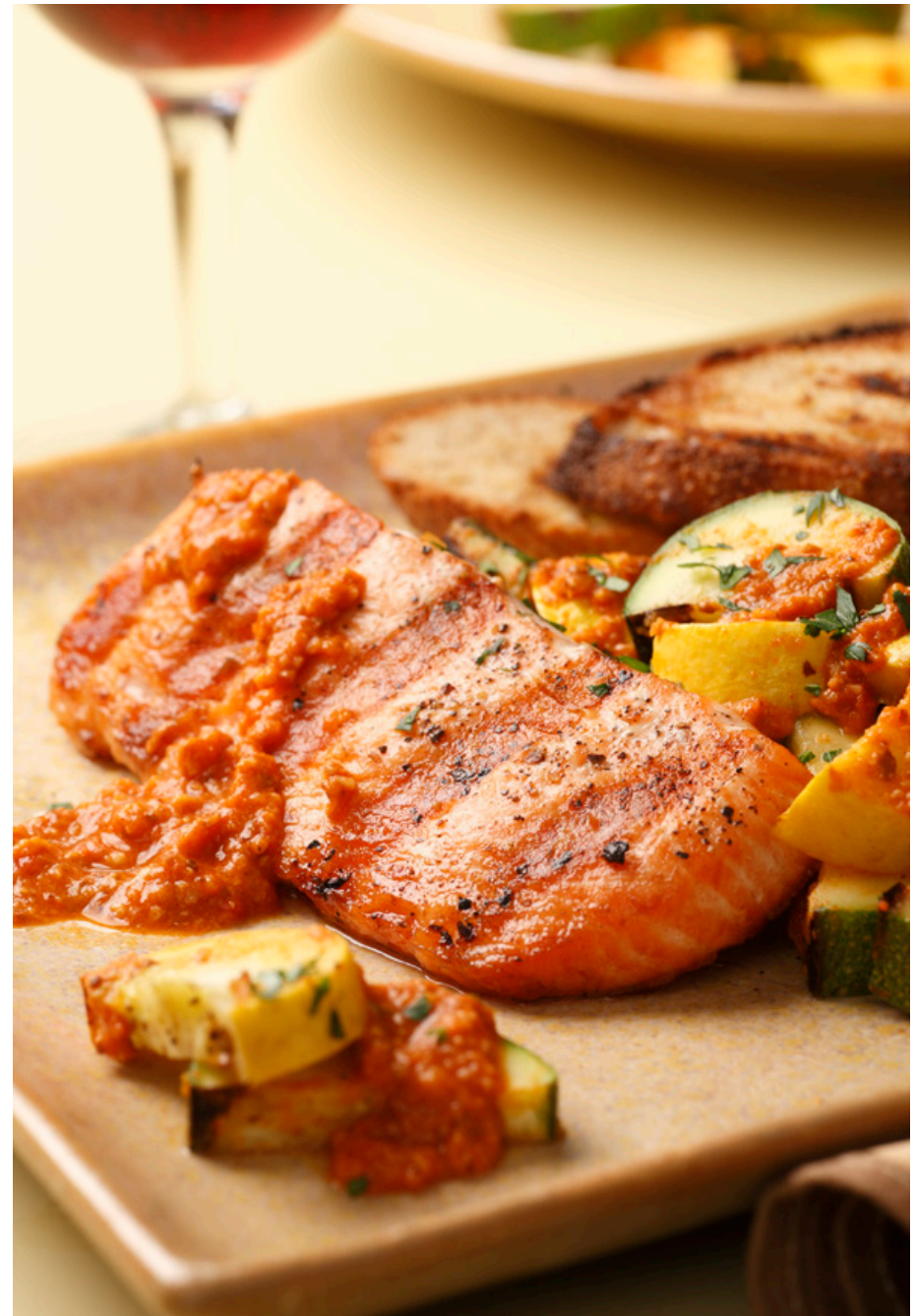
Per serving: 285 calories; 13 g fat (2 g sat, 7 g mono); 66 mg cholesterol; 8 g carbohydrate; 0 g added sugars; 32 g protein; 2 g fiber; 600 mg sodium; 875 mg potassium.

Nutrition bonus: Vitamin C (36% daily value), Potassium (25% dv), Magnesium (20% dv), Vitamin A (19% dv).

Carbohydrate servings: 1/2

Exchanges: 1 1/2 vegetable, 4 lean meat, 1 fat

Tip: To skin a salmon fillet, place on a clean cutting board, skin side down. Starting at the tail end, slip the blade of a long, sharp knife between the fish flesh and the skin, holding the skin down firmly with your other hand. Gently push the blade along at a 30° angle, separating the fillet from the skin without cutting through either.





Smoky Maple-Mustard Salmon

Makes: 4 servings

Active time: 5 minutes **Total:** 15 minutes

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It doesn't get much easier—or more delicious—than this speedy recipe for roast salmon topped with a smoky maple-mustard sauce. The sweetness of the maple balances the tangy mustard; smoked paprika or ground chipotle adds another layer of flavor. Ask at the fish counter to have the salmon cut into four 4-ounce fillets with the skin removed. Serve with roasted green beans and whole-wheat couscous or (to keep it gluten-free) quinoa tossed with pecans and chives.

- 3 tablespoons whole-grain or Dijon mustard
- 1 tablespoon pure maple syrup
- ¼ teaspoon smoked paprika or ground chipotle pepper
- ¼ teaspoon freshly ground pepper
- ⅛ teaspoon salt
- 4 4-ounce skinless center-cut wild-caught salmon fillets

1. Preheat oven to 450°F. Line a baking sheet with foil and coat with cooking spray.
2. Combine mustard, maple syrup, paprika (or chipotle), pepper and salt in a small bowl. Place salmon fillets on the prepared baking sheet. Spread the mustard mixture evenly on the salmon. Roast until just cooked through, 8 to 12 minutes.

Per serving: 148 calories; 4 g fat (1 g sat, 2 g mono); 53 mg cholesterol; 4 g carbohydrate; 3 g added sugars; 23 g protein; 0 g fiber; 276 mg sodium; 434 mg potassium.

Nutrition bonus: Omega-3s.

Carbohydrate servings: 0

Exchanges: 3 lean meat

Eat Green! Wild-caught salmon from the Pacific (preferably Alaskan) is considered the best choice for the environment because it is more sustainably fished and has a larger, more stable population. Farmed salmon, including Atlantic, should be avoided, as it endangers the wild salmon population. For more information, visit Monterey Bay Aquarium Seafood Watch at seafoodwatch.org.

Leek, Potato & Spinach Stew

Makes: 6 servings, about 1½ cups each

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

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For this light, brothy stew, use the vegetables of late spring and early summer from your CSA share: leeks, potatoes, garlic and spinach. Vary what's in the stew according to the weekly bounty.

- 1 tablespoon extra-virgin olive oil
- 2 links hot Italian turkey sausage (6-7 ounces), casings removed
- 2 cups chopped leeks (about 2 leeks), white and light green parts only, rinsed well
- 4 cloves garlic, thinly sliced
- ⅛ teaspoon salt
- 1 cup dry white wine
- 1 pound new or small potatoes, halved and thinly sliced
- 4 cups reduced-sodium chicken broth
- 8 ounces spinach, stemmed and chopped (about 8 cups)
- 1 bunch scallions, sliced
- 1 15-ounce can cannellini beans, preferably no-salt-added, rinsed
- ½ cup chopped fresh herbs, such as dill, chervil, chives and/or parsley

Heat oil in a Dutch oven over medium heat. Add sausage and leeks and cook, stirring occasionally and crumbling the sausage with a wooden spoon, until the leeks are tender, about 5 minutes. Add garlic and salt and stir until fragrant, about 20 seconds. Add wine, cover and bring to a boil over high heat. Uncover and cook until the wine is almost evaporated, about 4 minutes. Add potatoes and broth; cover and bring to a boil. Stir in



spinach and scallions and cook, covered, until the potatoes are tender, about 5 minutes. Remove from the heat and stir in beans. Cover and let stand for 1 minute. Divide among 6 soup bowls and sprinkle each portion with herbs.

Per serving: 251 calories; 5 g fat (1 g sat, 2 g mono); 16 mg cholesterol; 32 g carbohydrate; 0 g added sugars; 14 g protein; 6 g fiber; 700 mg sodium; 956 mg potassium.

Nutrition bonus: Vitamin A (88% daily value), Vitamin C (60% dv), Folate (31% dv), Potassium (27% dv), Magnesium (25% dv), Iron (22% dv).

Carbohydrate servings: 2

Exchanges: 1½ starch, 1 vegetable, 1 lean meat, ½ fat

Vegetarian Taco Salad

Makes: 6 servings, about 1½ cups each

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

To make ahead: Prepare through Step 1, cover and refrigerate for up to 3 days; reheat slightly before serving.

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

Nobody will miss the meat in this colorful, zesty vegetarian taco salad. The rice and bean mixture can be made ahead and the salad quickly assembled at mealtime. (Recipe by Nancy Baggett for EatingWell.)



- 2 tablespoons extra-virgin olive oil
- 1 large onion, chopped
- 1½ cups fresh corn kernels or frozen, thawed
- 4 large tomatoes
- 1½ cups cooked long-grain brown rice
- 1 15-ounce can black, kidney or pinto beans, rinsed
- 1 tablespoon chili powder
- 1½ teaspoons dried oregano, divided
- ¼ teaspoon salt
- ½ cup chopped fresh cilantro
- ⅓ cup prepared salsa
- 2 cups shredded iceberg or romaine lettuce
- 1 cup shredded pepper Jack cheese
- 2½ cups coarsely crumbled tortilla chips
- Lime wedges for garnish

1. Heat oil in a large nonstick skillet over medium heat. Add onion and corn; cook, stirring, until the onion begins to brown, about 5 minutes. Coarsely chop 1 tomato. Add it to the pan along with rice, beans, chili powder, 1 teaspoon oregano and ¼ teaspoon salt. Cook, stirring frequently, until the tomato cooks down, about 5 minutes. Let cool slightly.
2. Coarsely chop the remaining 3 tomatoes. Combine with cilantro, salsa and the remaining ½ teaspoon oregano in a medium bowl.
3. Toss lettuce in a large bowl with the bean mixture, half the fresh salsa and ¾ cup cheese. Serve sprinkled with tortilla chips and the remaining cheese, passing lime wedges and

the remaining fresh salsa at the table.

Per serving: 395 calories; 17 g fat (5 g sat, 5 g mono); 20 mg cholesterol; 52 g carbohydrate; 0 g added sugars; 14 g protein; 9 g fiber; 468 mg sodium; 775 mg potassium.

Nutrition bonus: Vitamin C (40% daily value), Vitamin A (39% dv), Calcium, Folate & Potassium (23% dv), Magnesium (22% dv), Iron (15% dv).

Carbohydrate servings: 3

Exchanges: 3½ starch, 1 vegetable, 1 medium-fat meat, 2 fat

Eat Green! Skip meat, even once or twice a week, and you will have a lighter impact on the environment—almost one-fifth of the world's man-made greenhouse-gas emissions are generated by the meat industry, according to the United Nations. And it can help you save money, since meat is usually the most expensive part of a meal.



Green Smoothie

Makes: 2 servings, about 1¼ cups each

Active time: 10 minutes **Total:** 10 minutes

☒ Heart Health ☐ Diabetes ☒ Weight Loss ☒ Gluten Free

Get your daily dose of dark leafy greens any time of day with this delicious green smoothie. Ground flaxseed adds omega-3s. Pour any extra into a freezer-pop mold and have it later as a frozen green smoothie pop.

- 2 ripe medium bananas
- 1 ripe pear or apple, peeled if desired, chopped
- 2 cups chopped kale leaves, tough stems removed
- ½ cup cold orange juice
- ½ cup cold water
- 12 ice cubes
- 1 tablespoon ground flaxseed

Place bananas, pear (or apple), kale, orange juice, water, ice cubes and flaxseed in a blender. Pulse a few times, then puree until smooth, scraping down the sides as necessary.

Per serving: 240 calories; 3 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 55 g carbohydrate; 0 g added sugars; 5 g protein; 8 g fiber; 38 mg sodium; 987 mg potassium.

Nutrition bonus: Vitamin A (210% daily value), Vitamin C (208% dv), Potassium (28% dv), Magnesium (21% dv), Folate (18% dv).

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Bean & Tomato Salad with Honey Vinaigrette

Makes: 8 servings, about 1 cup each

Active time: 35 minutes **Total:** 1 hour 35 minutes (not including soaking time)

To make ahead: Prepare through Step 3, cover and refrigerate for up to 1 day.

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This beautiful salad combines fresh tomatoes, green beans, red onions and dried beans. Recently harvested beans (and thus freshly dried) cook more quickly than the kind you buy year-round at the market. In the latter part of the summer, farmers' markets begin to sell a fresh crop of heirloom varieties that would be perfect for this salad.

- 1¼ cups dried beans or two 15-ounce cans beans**
- 1 teaspoon salt, divided**
- ½ cup minced red onion**
- ¼ cup cider vinegar**
- 4 teaspoons honey**
- 1 teaspoon peanut or canola oil**
- ½ teaspoon freshly ground pepper, or to taste**
- 8 ounces green beans, trimmed and cut into 2-inch pieces**
- 1 pint cherry or grape tomatoes, halved or quartered**
- ½ cup fresh basil leaves, thinly sliced**
- 1 pound tomatoes, sliced**

1. If using canned beans, skip to Step 3. If using dried beans, rinse and pick over for any stones, then place in a large bowl, cover with 3 inches of cold water and soak at room temperature for at least 6 hours or overnight. (Alternatively, use our quick-soak method: see Tip.)

2. Drain the soaked beans, rinse and transfer to a large saucepan. Add 6 cups cold water. Bring to a simmer, partially cover, and simmer gently, stirring once or twice, until tender but not mushy, 20 minutes to 1 hour, depending on the freshness of the dried beans. (If you're

using heirloom beans, be sure to check them after 20 minutes—they tend to cook more quickly than conventional beans.) If at any time the liquid level drops below the beans, add 1 cup water. When the beans are about three-fourths done, season with ½ teaspoon salt. When the beans are tender, remove from the heat and drain.

3. Combine the beans (cooked or canned), the remaining ½ teaspoon salt, onion, vinegar, honey, oil and pepper in a large bowl. Stir, cover and refrigerate to marinate for at least 1 hour or overnight.

4. Cook green beans in a large pot of boiling water until crisp-tender, about 5 minutes. Drain, rinse with cold water, and drain again. Pat dry and add to the marinated beans. Stir in cherry (or grape) tomatoes and basil. Season with pepper.

5. To serve, arrange tomato slices around the edge of a serving platter or shallow salad bowl and spoon the bean salad into the center.

Per serving: 134 calories; 1 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 26 g carbohydrate; 3 g added sugars; 7 g protein; 7 g fiber; 298 mg sodium; 567 mg potassium.

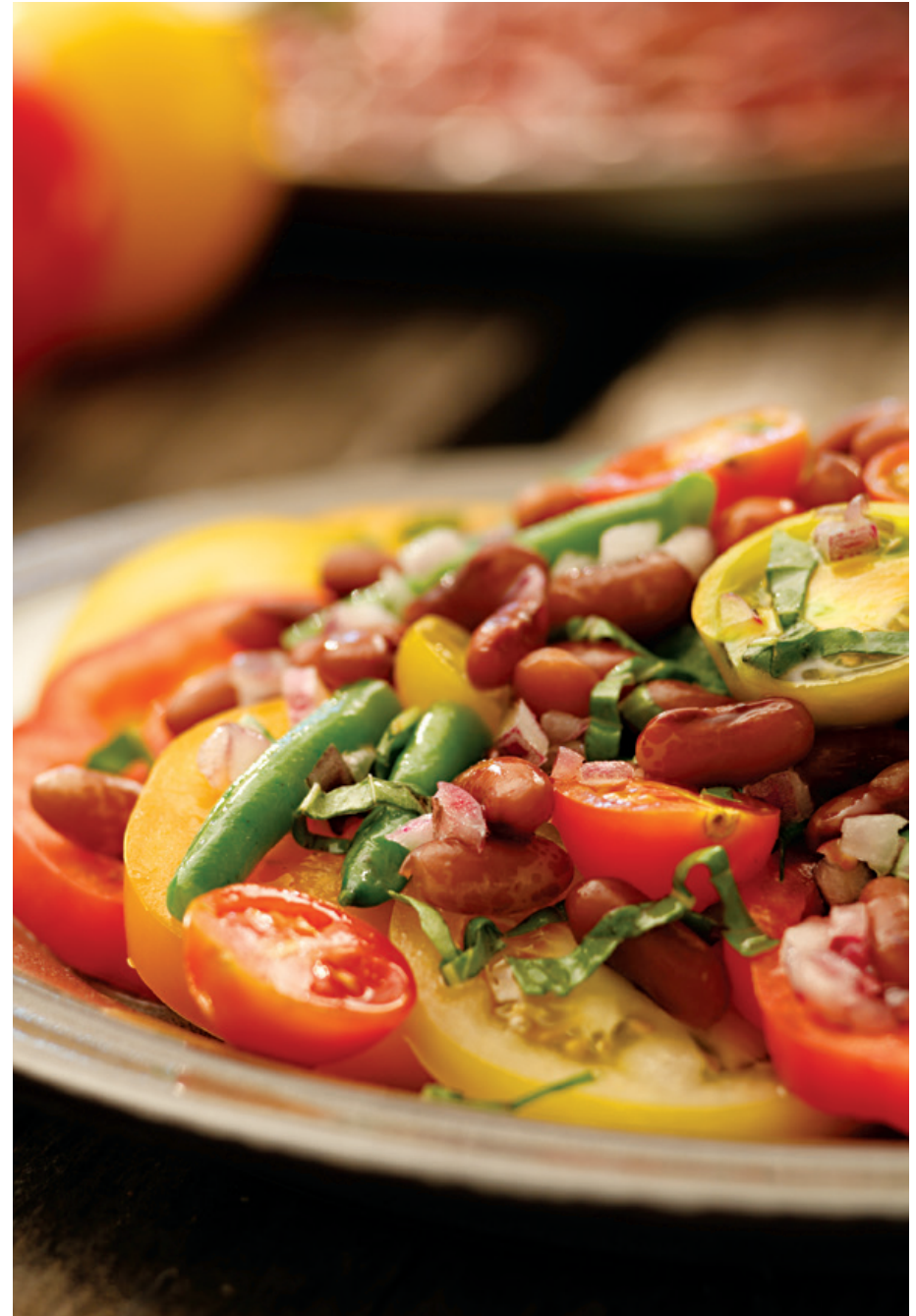
Nutrition bonus: Vitamin C (30% daily value), Folate (25% dv), Vitamin A (23% dv), Potassium (17% dv).

Carbohydrate servings: 1

Exchanges: 1 starch, 1 vegetable

Tip: To quick-soak beans, place in a large saucepan with enough cold water to cover them by 2 inches. Bring to a boil. Boil for 2 minutes. Remove from the heat, cover and let stand for 1 hour. Proceed with Step 2.

Eat Green! Cooking your own dried beans helps you avoid BPA (bisphenol A), a chemical linked with hormone disruption that's often used to make the resins in can linings and may leach into food. Plus, when you cook dried beans, you avoid the sodium added to most canned beans.





Salsa-Braised Kale

Makes: 4 servings, about ½ cup each

Active time: 10 minutes **Total:** 25 minutes

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Braising kale in salsa and topping it with cheese makes a delightful side dish. Different brands of salsa have varying amounts of sodium. Sometimes prepared fresh salsa is the lowest.

- 1 tablespoon extra-virgin olive oil
- 1 large bunch kale, tough stems removed, coarsely chopped (about 16 cups)
- 1 cup store-bought salsa, preferably fresh
- ½ cup water
- ¼ cup crumbled or shredded Cotija cheese or Mexican-style cheese

Heat oil in a Dutch oven over medium-high heat. Add kale and toss until bright green, about 1 minute. Stir in salsa and water. Reduce heat to maintain a simmer; cover and cook, stirring occasionally, until the kale is tender, 12 to 15 minutes. Serve sprinkled with cheese.

Per serving: 161 calories; 7 g fat (2 g sat, 3 g mono); 9 mg cholesterol; 22 g carbohydrate; 0 g added sugars; 7 g protein; 6 g fiber; 459 mg sodium; 649 mg potassium.

Nutrition bonus: Vitamin A (771% daily value), Vitamin C (197% dv), Calcium (26% dv), Potassium (19% dv).

Carbohydrate servings: 1

Exchanges: 2½ vegetable, 1 fat

Eat Green! Choose organic kale when possible. Nonorganic can have high pesticide residue.

Beet Carpaccio

Makes: 6 servings

Active time: 30 minutes **Total:** 1½ hours

To make ahead: Prepare through Step 1, cover and refrigerate for up to 2 days. Bring to room temperature before serving.

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Here multicolored beets are presented carpaccio-style (paper-thin slices) with a sprinkling of crumbled blue cheese. Once hard to find, beautiful varieties of beets, such as pink-and-white-striped 'Chioggia,' electric-yellow 'Golden Detroit' and ruby-red 'Moneta,' are more readily available. Seek them out at farmers' markets or supermarkets that stock local, in-season produce.

- 3 medium beets (about 1 pound), such as red, golden and/or Chioggia
- 12 ½-inch-thick slices baguette, preferably whole-grain
- 4 teaspoons extra-virgin olive oil, divided
- ¼ cup crumbled blue cheese, at room temperature
- 1 teaspoon chopped fresh herbs, such as dill, savory or tarragon
- ¼ teaspoon salt
- Freshly ground pepper to taste

1. Place beets in a large saucepan and add enough water to cover by at least 2 inches. Bring to a boil; reduce heat to maintain a gentle simmer and cook until a fork inserted into a beet comes out with little resistance, about 40 minutes. (Overcooking will make the beets more difficult to thinly slice.) Drain and let stand until cool enough to handle.

2. While the beets cool, brush baguette slices with 2 teaspoons oil. To toast, preheat oven to 350°F. Arrange the slices in a single layer on a large baking sheet and bake, turning once halfway through, until toasted but not browned, about 14 minutes. (Alternatively, grill the bread over medium heat, turning



once, until lightly toasted, 2 to 3 minutes.)

3. Trim both ends of the beets and rub off the skins with your fingers. Slice as thinly as possible, using a mandoline or sharp knife. Arrange the beet slices on a large platter or on 6 salad plates. Sprinkle blue cheese, herbs, salt and pepper over the beets and drizzle with the remaining 2 teaspoons oil. Serve with the toasted baguette.

Per serving: 132 calories; 5 g fat (1 g sat, 3 g mono); 4 mg cholesterol; 19 g carbohydrate; 0 g added sugars; 5 g protein; 4 g fiber; 330 mg sodium; 178 mg potassium.

Nutrition bonus: Folate (15% daily value).

Carbohydrate servings: 1

Exchanges: 1 starch, 1 vegetable, 1 fat

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Green Salad with Strawberries & Goat Cheese

Makes: 4 servings, about 1½ cups each

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

☐ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

This lively salad captures the essence of early summer with ripe strawberries, chives and baby spinach. To make it a meal, top it with grilled chicken breast.

- 1 tablespoon pure maple syrup or brown sugar
- 2 tablespoons red-wine vinegar
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt
- Freshly ground pepper to taste
- 3 cups baby spinach
- 3 cups watercress, tough stems removed
- 2½ cups sliced fresh strawberries (about 12 ounces)
- ⅓ cup fresh chives, cut into 2-inch pieces
- ½ cup toasted chopped pecans
- ¼ cup crumbled goat cheese

Whisk maple syrup (or brown sugar), vinegar, oil, salt and pepper in a large bowl. Add spinach, watercress, strawberries and chives; toss to coat. Divide the salad among 4 plates and top with pecans and goat cheese.

Per serving: 206 calories; 16 g fat (3 g sat, 9 g mono); 4 mg cholesterol; 15 g carbohydrate; 3 g added sugars; 5 g protein; 4 g fiber; 209 mg sodium; 450 mg potassium.

Nutrition bonus: Vitamin C (135% daily value), Vitamin A (64% dv), Folate (20% dv), Magnesium (15% dv).

Carbohydrate servings: ½

Exchanges: 1 vegetable, ½ fruit, 3 fat

Eat Green! Have an abundance of berries? Don't let them go to waste. Freeze them! Find tips on freezing produce at eatingwell.com/go/freezing.

Double Corn-Blueberry Cobbler

Makes: 8 servings

Active time: 20 minutes **Total:** 1½ hours

☒ Heart Health ☐ Diabetes ☐ Weight Loss ☐ Gluten Free

The hallmark of a cobbler is a biscuit topping baked right on top of the fruit. Here blueberries (or blackberries) and corn make a fun match. The sunny cornmeal batter comes together quickly and looks gorgeous on top of the deep-dark fruit filling. We like the rustic texture of medium- or coarse-ground cornmeal, but any type works.

Filling

- 4 cups blueberries or blackberries (about 1¼ pounds), fresh or frozen
- ¼ cup sugar
- 1 tablespoon white whole-wheat flour (see Tip)
- ¼ teaspoon freshly grated lemon zest
- 1 tablespoon lemon juice

Topping

- 1 cup white whole-wheat flour
- ¾ cup cornmeal, preferably medium- or coarse-ground
- 1½ teaspoons baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 1 large egg yolk
- ½ cup buttermilk
- ¼ cup canola oil
- 3 tablespoons sugar
- ½ cup corn kernels, fresh, frozen (thawed) or canned (well-drained)

1. Preheat oven to 375°F.
2. **To prepare filling:** Combine berries, ¼ cup sugar, 1 tablespoon flour, lemon zest and lemon juice in a large bowl. (If using frozen fruit, let stand for about 30 minutes, stirring occasionally, to thaw the fruit before transferring to the baking dish.) Transfer to a 9-inch shallow glass or ceramic baking dish.
3. **To prepare topping:** Whisk 1 cup flour, cornmeal, baking powder, baking soda and salt in a large bowl until well blended. Whisk egg yolk, buttermilk, oil and 3 tablespoons sugar in a small bowl. Add the wet ingredi-



ents to the dry ingredients and stir to blend. Fold in corn.

4. Evenly spoon the batter on top of the berry mixture; the fruit will be almost completely covered with batter. Place the baking dish on a baking sheet to catch any drips. Bake until the berries are bubbly, the topping is golden brown and a toothpick inserted into the center of the topping comes out clean, 35 to 50 minutes. Let cool for about 20 minutes before serving.

Per serving: 263 calories; 8 g fat (1 g sat, 5 g mono); 24 mg cholesterol; 45 g carbohydrate; 11 g added sugars; 5 g protein; 4 g fiber; 227 mg sodium; 163 mg potassium.

Nutrition bonus: Iron (17% daily value), Vitamin C (15% dv).

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. Store it in the freezer.

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Everyday Whole-Wheat Bread

Makes: 1 large loaf, 14 slices.

Active time: 30 minutes **Total:** 24 hours

To make ahead: Wrap airtight and keep at room temperature for up to 3 days or freeze for up to 2 months.

☒ Heart Health ☐ Diabetes ☒ Weight Loss ☐ Gluten Free

This whole-wheat loaf is excellent for sandwiches, toast or eating plain. It has a light, springy texture and a mellow, slightly sweet grain taste from cracked wheat. The crust is crisp when the bread is first baked, but gradually softens as it stands. (*Recipe by Nancy Baggett for EatingWell.*)

- $\frac{1}{4}$ cup bulgur or cracked wheat
- $\frac{1}{3}$ cup boiling water
- $2\frac{1}{2}$ cups plus 1 tablespoon whole-wheat flour, divided
- $1\frac{3}{4}$ cups unbleached bread flour, plus more as needed
- 2 tablespoons toasted wheat germ (optional)
- $1\frac{3}{4}$ teaspoons table salt
- $\frac{3}{4}$ teaspoon instant, quick-rising or bread-machine yeast
- $1\frac{3}{4}$ cups ice water, plus more as needed
- $\frac{1}{4}$ cup clover honey or other mild honey
- 3 tablespoons corn oil, canola oil or other flavorless vegetable oil

1. Mix dough: Stir bulgur (or cracked wheat) and boiling water in a medium bowl. Thoroughly stir $2\frac{1}{2}$ cups whole-wheat flour, $1\frac{3}{4}$ cups bread flour, wheat germ (if using), salt and yeast in a 4-quart (or larger) bowl. Thoroughly stir $1\frac{3}{4}$ cups ice water, honey and oil into the bulgur. Vigorously stir the wet ingredients into the dry ingredients, scraping down the sides and mixing just until the dough is thoroughly blended. The dough should be moist and a bit sticky, but fairly stiff. If the mixture is too dry, stir in just enough additional ice water to blend the ingredients, but don't overmoisten. If the dough is too wet, stir in just enough bread flour to stiffen it slightly. Lightly coat the top with oil. Cover the bowl with plastic wrap.

2. First rise: Let the dough rise at room temperature (about 70°F) for 12 to 18 hours; if convenient, stir once partway through the rise. For convenience (and improved flavor), you may refrigerate the dough for 3 to 12 hours before starting the first rise.

3. Second rise: Generously coat a 9-by-5-inch (or similar large) loaf pan with oil. Vigorously stir the dough to deflate. If it is soft, stir in just enough bread flour to yield a firm but moist dough (it should be fairly hard to stir). Transfer the dough to the pan. Lightly coat the top with oil. Smooth and press the dough evenly into the pan using a well-oiled rubber spatula or your fingertips. Evenly dust the top with the remaining 1 tablespoon whole-wheat flour, smoothing it out with your fingertips. Using well-oiled kitchen shears or a serrated knife, cut a $\frac{1}{2}$ -inch-deep slash down the length of the loaf. Cover the pan with plastic wrap.

4. Let rise at warm room temperature until the dough nears the plastic, 1 to $2\frac{1}{2}$ hours. (For an accelerated rise, see *Tip*.) Then gently remove the plastic and let the dough continue to rise until it extends 1 inch above the pan rim, 15 to 45 minutes more (depending on temperature).

5. 20 minutes before baking: Position a rack in lower third of oven; preheat to 375°F.

6. Bake, cool, slice: Bake the loaf on the lower rack until the top is nicely browned, 55 to 65 minutes. Cover with foil and continue baking until a skewer inserted in the center comes out with just a few crumbs on the tip (or until an instant-read thermometer registers 204–206°), 10 to 15 minutes longer. Cool in the pan on a wire rack for 10 to 15 minutes. Turn the loaf out on the rack and let cool to at least warm before serving. The loaf is good warm but slices best when cool.

Per slice: 188 calories; 4 g fat (1 g sat, 1 g mono); 0 mg cholesterol; 35 g carbohydrate; 5 g added sugars; 5 g protein; 3 g fiber; 293 mg sodium; 111 mg potassium.

Carbohydrate servings: 2

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



Tip: You can turn your microwave into a warm, moist environment to help accelerate the second rise of the bread dough. Begin by microwaving $\frac{1}{2}$ cup water in a 1-cup glass measure just to boiling. Set

the water in one corner of the microwave, place the pan of dough on the other side of the turned-off microwave and close the door. The dough will double in size in 45 minutes to $1\frac{1}{2}$ hours.

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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.
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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.)

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STARTS WITH A
BITE OF *grass.*

ENDS WITH A BITE OF *bliss.*

Delicious. BECAUSE NATURE SAID SO.