

Remix Meals

A grey double-headed arrow pointing left and right, positioned between the word 'Meals' and the bowl of cherry tomatoes.

Stretch your grocery haul and save time, money and cleanup while staying safe at home. *Leftovers* isn't a dirty word when you turn them into something entirely new and delicious the next day. With these easy recipes, you make a little extra on night one, giving you a head start on a fresh hit on night two.

RECIPES BY MARIANNE WREN,
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NIGHT 1

**Black Bean
Burgers**
with Smoky
Garlic Mayo

(SEE RECIPE, P. 3)



NIGHT 2

Nacho-Style
Twice-Baked
Sweet Potatoes

(SEE RECIPE, P. 3)

NIGHT 1



NIGHT 2



Black Bean Burgers with Smoky Garlic Mayo Q V

SERVES 4.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 30 MINUTES.

The garlicky mayo on these burgers is so good, you may need to make a triple batch for all your sandwich needs. And the patties are a tasty meatless option you don't have to fire up the grill for.

- 2 15-oz** BPA-free cans black beans, drained and rinsed (**TRY:** Eden Organic Black Beans No Salt Added)
- ¼ cup** roughly chopped red onion
- 1 large** egg
- 3 cloves** garlic, finely chopped, divided
- 3 tbsp** ground flaxseeds
- 1½ tsp** smoked paprika, divided
- ¾ tsp** each sea salt and ground black pepper
- 4** whole-grain buns, halved
- ¼ cup** olive oil mayonnaise
- toppings (sliced tomato, red onion, avocado, lettuce), as desired

1. Preheat oven to 350°F. Line a rimmed baking sheet with parchment; set aside.

2. To a food processor, add beans, onion, egg, 2 cloves garlic, flaxseeds, 1 tsp paprika, salt and pepper. Pulse until well combined, 10 to 12 pulses.

3. Form into 6 patties and arrange on prepared sheet. Bake, flipping once halfway, 20 to 25 minutes. Transfer 2 patties to an airtight container for Nacho-Style Twice-Baked Sweet Potatoes (right); refrigerate up to 3 days.

4. Meanwhile, toast buns. In a small bowl, combine mayonnaise, remaining 1 clove garlic and ½ tsp paprika; spread on cut sides of buns. Sandwich remaining patties and optional toppings in buns.

PER SERVING (1 burger): Calories: 429, Total Fat: 16 g, Sat. Fat: 2 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 8 g, Carbs: 56 g, Fiber: 14 g, Sugars: 1 g, Protein: 19 g, Sodium: 515 mg, Cholesterol: 36 mg

Nacho-Style Twice-Baked Sweet Potatoes V GF

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 1 HOUR, 10 MINUTES.

There's something so good about a cheesy stuffed potato. Here, we've used sweet potatoes for a nutrient boost. Serve with lime wedges for squeezing over top.

- 4** sweet potatoes, cut in half lengthwise
- 2 tsp** olive oil
- ½ tsp** sea salt and ground black pepper, divided
- ⅓ cup** full-fat sour cream

1 lime, juiced

leftover black bean patties (from **Black Bean Burgers with Smoky Garlic Mayo**, left), broken into bite-size pieces

1½ cups shredded Monterey Jack cheese, divided

2 green onions, sliced

1 large plum tomato, seeded and diced

pickled or fresh jalapeño chile pepper, thinly sliced, to taste

1. Preheat oven to 375°F. Line a baking sheet with parchment. Brush cut sides of potatoes with oil; sprinkle with ¼ tsp each salt and pepper. Arrange potatoes, cut sides down, on sheet. Bake until tender, 45 to 55 minutes.

2. Meanwhile, in a medium bowl, combine sour cream, lime juice and remaining ¼ tsp each salt and pepper. Cover and refrigerate until serving.

3. Set potatoes aside until cool enough to handle. Using a spoon, scoop potato flesh into a medium bowl, leaving a ¼-inch-thick layer inside skins. Return shells to pan. Add bean patty pieces, 1 cup cheese and onions to bowl; stir to combine.

4. Spoon bean mixture back into potato shells. Bake until filling is hot in center, about 10 minutes. Sprinkle with remaining ½ cup cheese, tomato and jalapeño. Bake until cheese is melted, 2 minutes more. Serve with sour cream mixture.

PER SERVING (2 stuffed potato halves): Calories: 393, Total Fat: 20 g, Sat. Fat: 10 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 2 g, Carbs: 36 g, Fiber: 9 g, Sugars: 9 g, Protein: 18 g, Sodium: 696 mg, Cholesterol: 63 mg



NIGHT 1

Sheet-Pan Dijon- Glazed Chicken & Roasted Vegetables

(SEE RECIPE, P. 6)





NIGHT 2

Almond Ginger Noodle Salad

(SEE RECIPE, P. 6)



Sheet-Pan Dijon-Glazed Chicken & Roasted Vegetables

GF

SERVES 4.

HANDS-ON TIME: **20 MINUTES.**

TOTAL TIME: **50 MINUTES.**

Covered with a tangy glaze, these chicken thighs stay juicy as they roast. And with just two pans to wash, you get a break on the dishes.

- 12** bone-in, skin-on chicken thighs (about 4½ lb)
- ½ tsp** each sea salt and ground black pepper, divided
- ¼ cup** balsamic vinegar, divided
- 2 tbsp** grainy Dijon mustard
- 2 cloves** garlic, minced
- 2 tsp** raw honey
- 1 lb** French green beans, trimmed
- 2** red or yellow bell peppers, cut into 1-inch chunks
- 1 tbsp** olive oil, divided
- 1 lb** cremini mushrooms, halved or quartered if large

1. Position racks in top and bottom thirds of oven; preheat to 375°F. Line 2 large baking sheets with parchment paper; set aside.

2. On 1 prepared sheet, arrange chicken, skin side up. Sprinkle with ¼ tsp each salt and pepper. In a small bowl, stir together 1 tbsp vinegar, mustard, garlic and honey; brush 2 tbsp over chicken. Place extra mustard mixture in a small saucepan; add remaining 3 tbsp vinegar. Simmer for 3 minutes, until slightly reduced.

3. In a large bowl, toss together green beans, bell peppers, ½ tbsp oil and ⅛ tsp each salt and pepper. Arrange on one side of second prepared baking sheet. In a bowl, toss mushrooms with remaining ½ tbsp oil and ⅛ tsp salt and pepper; arrange on opposite side of sheet.

4. Bake chicken on lower rack and vegetables on upper rack until chicken is no longer pink inside and reaches 165°F when tested with a thermometer, and vegetables are tender, 30 to 40 minutes.

5. Remove sheets from oven and set aside 4 chicken thighs and 1 cup mushrooms for Almond Ginger Noodle Salad (right). Let cool to room temperature, then refrigerate in an airtight container up to 2 days.

6. Toss remaining vegetables and mushrooms together. Divide remaining chicken and vegetables among plates. Drizzle with sauce.

PER SERVING (2 chicken thighs and 1 cup vegetable mixture): Calories: 538, Total Fat: 22 g, Sat. Fat: 6 g, Monounsaturated Fat: 10 g, Polyunsaturated Fat: 4 g, Carbs: 19 g, Fiber: 4 g, Sugars: 12 g, Protein: 62 g, Sodium: 637 mg, Cholesterol: 309 mg

Almond Ginger Noodle Salad

Q GF

SERVES 4.

HANDS-ON TIME: **20 MINUTES.**

TOTAL TIME: **20 MINUTES.**

Using chicken and veg from the Sheet-Pan Dijon-Glazed Chicken (left) gives you a head start on this salad. Garnish with cilantro.

- 4 oz** pad Thai brown rice noodles
- ½ cup** almond butter
- ¼ cup** coconut aminos
- 3 tbsp** rice vinegar
- 1 tbsp** peeled and minced ginger
- 1 tbsp** sesame oil
- leftover chicken and mushrooms (from **Sheet Pan Dijon-Glazed Chicken & Roasted Vegetables**, left)
- 2** red bell peppers, thinly sliced
- 2 cups** baby bok choy, sliced

1. Place noodles in a large heat-proof bowl; cover with boiling water. Let stand until tender, 2 to 3 minutes. Drain and rinse under cold water. Drain well. Set aside.

2. In a small bowl, whisk together almond butter, coconut aminos, vinegar, ginger and oil. Set aside.

3. Remove chicken bones. In a large bowl, shred meat (keep or discard skin, as desired). Add noodles, mushrooms, peppers and bok choy. Toss with dressing.

PER SERVING (¼ of recipe): Calories: 599, Total Fat: 32 g, Sat. Fat: 5 g, Monounsaturated Fat: 16 g, Polyunsaturated Fat: 8 g, Carbs: 40 g, Fiber: 7 g, Sugars: 11 g, Protein: 40 g, Sodium: 483 mg, Cholesterol 154 mg

NIGHT 1

Seared Tuna with Roasted Tomatoes & Olives

(SEE RECIPE, P. 9)





NIGHT 2

Cauliflower-Crust Pizza
with Tomatoes
& Zucchini

(SEE RECIPE, P. 9)



NIGHT 1



Seared Tuna with Roasted Tomatoes & Olives

(P) (GF)

SERVES 4.

HANDS-ON TIME: **20 MINUTES.**

TOTAL TIME: **50 MINUTES.**

Heirloom cherry tomatoes come in so many pretty colors and shapes, like red grape, yellow pear and stripy round varieties. Choose whichever ones you like, because they're all delicious with this tender tuna.

- 6 cups** heirloom cherry tomatoes (about 2 lb)
- 6 cloves** garlic, peeled
- 2 tbsp** olive oil, divided
- ½ tsp** each sea salt and ground black pepper, divided
- 3** zucchini, halved lengthwise then cut into ½-inch-thick slices
- ¾ cup** pitted and halved Kalamata olives
- 4 6-oz** ahi or yellowfin tuna steaks, about 1 inch thick
- ¼ cup** torn fresh basil

NIGHT 2



1. Position racks in top and bottom thirds of oven; preheat to 375°F. On a large parchment-lined baking sheet, toss tomatoes, garlic and ½ tbsp oil. Sprinkle with ½ tsp each salt and pepper. On a second large parchment-lined baking sheet, add zucchini and toss with 1 tbsp oil and ½ tsp each salt and pepper. Roast sheets on top and bottom racks, switching and rotating halfway through, 25 to 30 minutes, until garlic is softened and tomatoes begin to split and break down and zucchini is golden.

2. Set zucchini aside; cover to keep warm. Sprinkle olives over tomato mixture; bake for 5 minutes more. Using a fork, mash tomatoes with garlic. Cover to keep warm.

3. Meanwhile, heat a cast-iron grill pan on medium-high. Brush tuna on both sides with remaining ½ tbsp oil and sprinkle with remaining ¼ tsp each salt and pepper. Sear tuna, flipping once, until browned on both sides and cooked to desired doneness in center; 3 to 4 minutes total for rare or 4 to 5 minutes total for medium-rare. Slice tuna.

4. Set aside about one-third of zucchini for Cauliflower-Crust Pizza with Tomatoes & Zucchini (right). Place ¼ cup tomato mixture on each of 4 plates. Divide remaining zucchini among plates. Top with tuna and sprinkle with basil. Set aside remaining tomato mixture for Cauliflower-Crust Pizza with Tomatoes & Zucchini (right). Refrigerate in an airtight container for up to 2 days.

PER SERVING (6 oz tuna and ¼ cup tomato mixture): Calories: 291, Total Fat: 10 g, Sat. Fat: 2 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 1 g, Carbs: 7 g, Fiber: 2 g, Sugars: 3 g, Protein: 43 g, Sodium: 454 mg, Cholesterol: 67 mg

Cauliflower-Crust Pizza with Tomatoes & Zucchini

(Q) (V) (GF)

SERVES 4.

HANDS-ON TIME: **15 MINUTES.**

TOTAL TIME: **40 MINUTES.**

Find cauliflower crusts in the freezer section of your grocery store, but read the instructions as some brands require pre-baking.

2 9-inch frozen cauliflower pizza crusts (**TRY:** Califlour Foods Original Italian Crust)

leftover tomato mixture and zucchini (from **Seared Tuna with Roasted Tomatoes & Olives**, left), divided

½ cup full-fat ricotta cheese

½ cup crumbled full-fat feta cheese

2 tsp extra-virgin olive oil

¼ cup torn fresh basil leaves

2 tbsp chopped fresh oregano leaves

1. Arrange oven racks in top and bottom thirds of oven; preheat to 425°F. Line 2 large baking sheets with parchment. Arrange crusts on sheets. If crusts require pre-baking, bake according to directions.

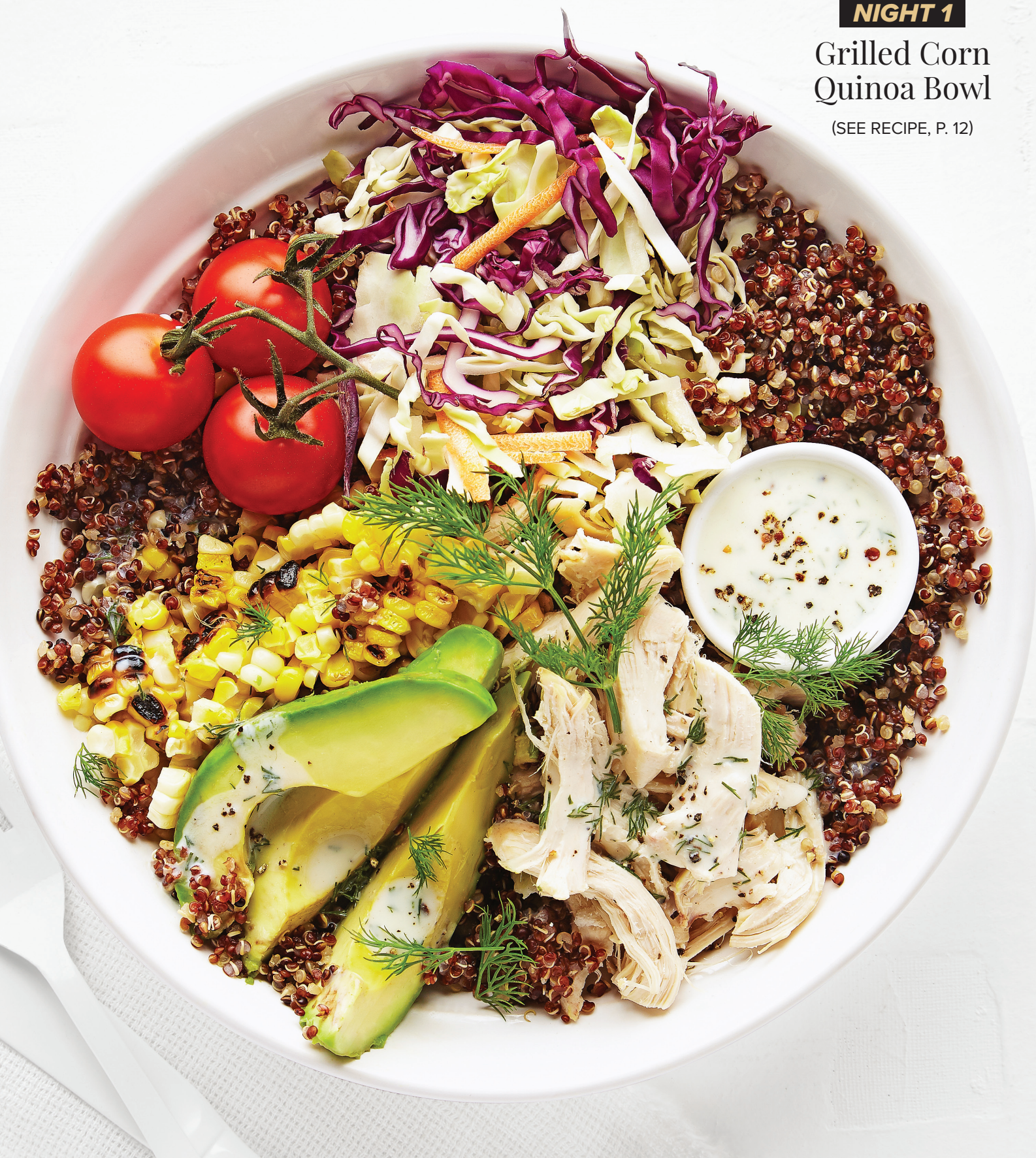
2. Spoon tomato mixture then ricotta over crusts. Arrange zucchini over top; sprinkle with feta. Drizzle with oil. Bake until cheese is bubbly, switching and rotating trays halfway. Sprinkle with basil and oregano.

PER SERVING (½ of one pizza): Calories: 359, Total Fat: 26 g, Sat. Fat: 11 g, Monounsaturated Fat: 11 g, Polyunsaturated Fat: 2 g, Carbs: 14 g, Fiber: 4 g, Sugars: 5 g, Protein: 20 g, Sodium: 792 mg, Cholesterol 70 mg

NIGHT 1

Grilled Corn Quinoa Bowl

(SEE RECIPE, P. 12)



NIGHT 2

Chicken Enchiladas with Salsa Verde

(SEE RECIPE, P. 12)



NIGHT 1



NIGHT 2



Grilled Corn Quinoa Bowl

GF

SERVES 4.

HANDS-ON TIME: **30 MINUTES.**

TOTAL TIME: **55 MINUTES.**

Chicken, veggies, quinoa and a zingy buttermilk dressing are perfectly matched in this meal in a bowl.

- 1½ lb** boneless, skinless chicken breasts
- 1 cup** red quinoa, rinsed
- 4 ears** corn, husked
- ¾ cup** whole-milk buttermilk
- ¼ cup** chopped fresh dill, divided
- 3 tbsp** fresh lemon juice
- 1 tbsp** Dijon mustard
- ¼ tsp** each sea salt and ground black pepper
- 2 cups** coleslaw cabbage mix
- 2 cups** cherry tomatoes
- 1** avocado, pitted, peeled and sliced

1. Bring a large saucepan of water to a simmer. Add chicken and cook until no longer pink inside, 10 to 15 minutes. Transfer chicken to a plate and let cool. Using 2 forks, shred chicken; set aside 1½ cups in a large airtight container.

2. Meanwhile, in a small saucepan, cook quinoa according to package directions. Spread cooked quinoa over a baking sheet and let cool. Spoon 1 cup into the same airtight container as chicken and set aside.

3. Heat a grill pan on medium-high. Grill corn, turning often, until lightly charred, about 10 minutes. Transfer to a cutting board; let cool. Using a sharp knife, remove kernels from cobs (about 1½ cups). Discard cobs. Spoon ¾ cup kernels into same container as chicken and quinoa and set aside for Chicken Enchiladas (right). Refrigerate up to 2 days.

4. In a small bowl, whisk together buttermilk, 2 tbsp dill, lemon juice, mustard, salt and pepper.

5. Divide remaining quinoa among bowls. Top with coleslaw mix, tomatoes, remaining corn and chicken and avocado. Drizzle with buttermilk dressing. Top with remaining 2 tbsp dill.

PER SERVING (¼ of recipe): Calories: 430, Total Fat: 15 g, Sat. Fat: 3 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 3 g, Carbs: 42 g, Fiber: 9 g, Sugars: 10 g, Protein: 36 g, Sodium: 343 mg, Cholesterol: 76 mg

Chicken Enchiladas with Salsa Verde

Q GF

SERVES 4.

HANDS-ON TIME: **25 MINUTES.**

TOTAL TIME: **40 MINUTES.**

Instead of a red sauce, these enchiladas are topped with brighter, tangier salsa verde. It's usually mild, so if you enjoy a bit of heat, serve it with hot sauce. Garnish with cilantro for a pop of herbaceous flavor.

12 6-inch corn tortillas

1 tbsp olive oil

½ small white onion, finely chopped

leftover chicken, quinoa and corn mixture (from **Grilled Corn Quinoa Bowl**, left)

2½ cups prepared salsa verde, divided

1 cup BPA-free canned black beans, drained and rinsed

½ tsp smoked paprika

¼ tsp each sea salt and ground black pepper

½ cup shredded Monterey Jack cheese

full-fat sour cream, optional

1. Preheat oven to 350°F. In a large skillet, warm tortillas, 1 at a time, 20 to 30 seconds per side, stacking warm tortillas on a sheet of foil. Wrap and keep warm in oven.

2. In a large skillet on medium-low, heat oil. Add onion and cook, stirring often, until softened, 4 to 7 minutes. Add chicken mixture, ½ cup salsa, beans, paprika, salt and pepper; cook, stirring occasionally, until heated through. Remove from heat. Remove tortillas from oven.

3. Spread ¼ cup of remaining salsa in a 13 x 9-inch baking dish. Place ¼ cup chicken mixture on each tortilla and roll up. Arrange, seam side down, in baking dish. Pour remaining 1¾ cups salsa over top and sprinkle with cheese. Bake until enchiladas are hot in center and cheese is melted, 15 to 20 minutes. Dollop with sour cream, if using.

PER SERVING (3 enchiladas): Calories: 576, Total Fat: 17 g, Sat. Fat: 4 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 2 g, Carbs: 75 g, Fiber: 11 g, Sugars: 16 g, Protein: 31 g, Sodium: 1,472 mg, Cholesterol: 53 mg

COST
PER PLATE:
\$4.00

TOTAL COST:
\$16.00



NIGHT 1

**Red Wine
Steaks**
with
Caramelized
Vegetables

(SEE RECIPE, P. 15)

**COST
PER PLATE:
\$2.60**

**TOTAL COST:
\$10.40**



NIGHT 2

**French Onion-Style
Beef Vegetable Soup**

(SEE RECIPE, P. 15)

NIGHT 1**NIGHT 2**

Red Wine Steaks

with Caramelized Vegetables

SERVES 4.

HANDS-ON TIME: **1 HOUR, 10 MINUTES.**

TOTAL TIME: **1 HOUR, 10 MINUTES.**

Much of the flavor in this French-style dish comes from the wine, so pick a red that you enjoy drinking – Merlot, Pinot Noir and Cabernet Sauvignon are great options.

STEAK & SAUCE

- 2 cloves** garlic, minced
- 1** shallot, minced
- ¼ cup** chopped fresh flat-leaf parsley, divided
- ½ cup** dry red wine, divided
- 2 tbsp** olive oil, divided
- 1 tbsp** red wine vinegar (**TRY:** Eden Red Wine Vinegar)
- 2 tsp** chopped fresh rosemary
- 1¼ lb** flat-iron or flank steak, cut into 5 pieces
- ½ tsp** sea salt
- ¼ tsp** ground black pepper
- ¾ cup** low-sodium chicken broth
- 1 tbsp** unsalted tomato paste
- 1 tbsp** organic unsalted butter

CARAMELIZED VEGETABLES

- 1 tbsp** olive oil
- 8** carrots, halved lengthwise and thinly sliced
- 1** sweet onion (such as Vidalia), thinly sliced
- ½ tsp** sea salt
- ¼ tsp** ground black pepper
- 1 lb** spinach

1. Marinate steak: In a shallow bowl, whisk together garlic, shallot, 3 tbsp parsley, 2 tbsp wine, 1 tbsp oil, vinegar and rosemary. Add steak, turning to coat. Cover and refrigerate for 30 minutes.

2. Meanwhile, prepare vegetables: In a large saucepan on medium-low, heat oil. Add carrots, onions, salt and pepper. Cover and cook, stirring occasionally, for 20 minutes. Uncover and cook, stirring often and adding water, 1 tsp at a time, as necessary to prevent sticking, until lightly caramelized, 15 to 20 minutes. Transfer to a plate; cover to keep warm. Add spinach to same saucepan and cook, stirring often, until wilted and liquid is absorbed, 5 to 7 minutes. Return onions and carrots to pan with spinach.

3. Transfer 1 cup vegetables to a small bowl; let cool, then cover and refrigerate for French Onion-Style

Beef Vegetable Soup (p.16). Cover remaining vegetables to keep warm.

4. Meanwhile, remove steak from marinade; pat dry. Sprinkle with salt and pepper. In a large nonstick skillet on medium, heat remaining 1 tbsp oil. Working in batches, add steak and cook, turning once, until browned and cooked to desired doneness, 12 to 14 minutes. Transfer 1 piece steak to a plate; let cool, then add to container with vegetables and refrigerate for French Onion-Style Beef Vegetable Soup (right). Transfer remaining steak to a cutting board; cover loosely with foil and let rest for 5 minutes. Thinly slice against the grain.

5. While steak is resting, prepare sauce: Heat same skillet on medium; add broth and remaining 6 tbsp wine; bring to a boil. Whisk in tomato paste and cook, whisking often and scraping up browned bits from bottom, until reduced to ¼ cup, 6 to 8 minutes. Remove from heat; stir in butter.

6. Divide remaining vegetables among plates. Top with steak and drizzle with wine mixture. Sprinkle with remaining 1 tbsp parsley.

PER SERVING (¼ of recipe): Calories: 381, Total Fat: 22.5 g, Sat. Fat: 8 g, Monounsaturated Fat: 11 g, Polyunsaturated Fat: 2 g, Carbs: 19 g, Fiber: 5 g, Sugars: 9 g, Protein: 27 g, Sodium: 593 mg, Cholesterol: 80 mg

NIGHT 2

French Onion–Style Beef Vegetable Soup

SERVES **4**. HANDS-ON TIME: **25 MINUTES**. TOTAL TIME: **40 MINUTES**.

This cheater version of French onion soup gets a start with leftovers from the Red Wine Steaks with Caramelized Vegetables (p.15). Traditionally, the baguette would be broiled on the soup, but toasting it separately is fast, and you don't need to use ovenproof bowls.

1 tbsp	olive oil	Leftover steak (from Red Wine Steaks, p. 15), cut into bite-size pieces
4	stalks celery, thinly sliced	
2	leeks (white and light green parts), halved lengthwise and thinly sliced	Leftover caramelized vegetables (from Red Wine Steaks, p. 15)
1 lb	cremini mushrooms, sliced	½ tsp each sea salt and ground black pepper
3 tbsp	dry red wine	1 clove garlic, minced
1 tsp	unsalted tomato paste	⅓ cup grated Parmesan cheese
4 cups	low-sodium chicken broth, divided	4 tsp organic unsalted butter, softened
1 tsp	potato or arrowroot starch	4 oz whole-grain baguette, sliced into 16 rounds

1. In a large saucepan on medium, heat oil. Add celery and leeks and cook, stirring occasionally, until softened, about 5 minutes. Add mushrooms and cook, stirring occasionally, until beginning to brown and no liquid remains, 15 to 20 minutes.

2. Stir in wine and tomato paste; cook for 1 minute. Add 3 cups broth; bring to a boil. Reduce heat to low and cook for 10 minutes. In a small bowl, whisk remaining 1 cup broth with starch; stir into soup. Stir in steak, vegetables, salt and pepper. Bring to a boil; reduce to a simmer and cook until thickened, 1 minute.

3. Meanwhile, preheat oven to 400°F. In a separate small bowl, combine garlic, cheese and butter. Arrange baguette slices on a parchment-lined baking sheet; spread garlic mixture over tops. Bake until golden, about 10 minutes.

4. Divide soup among bowls; top with baguette.

PER SERVING (¼ of recipe): Calories: 354, Total Fat: 16 g, Sat. Fat: 6 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 2 g, Carbs: 38 g, Fiber: 5.5 g, Sugars: 8.5 g, Protein: 20 g, Sodium: 805 mg, Cholesterol: 34 mg

NIGHT 1

Orange Sesame Chicken Bowl

(SEE RECIPE, P. 19)



COST
PER PLATE:
\$3.98

TOTAL COST:
\$15.93



**COST
PER PLATE:
\$1.65**

**TOTAL COST:
\$6.58**



NIGHT 2

Pineapple Chicken Stir-Fry

(SEE RECIPE, P. 19)

NIGHT 1

NIGHT 2



Orange Sesame Chicken Bowl

SERVES 4.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 45 MINUTES.

The balance of sweet and sour flavors, a keystone of Asian cooking, is the inspiration behind this bowl.

- 3 tbsp** fresh orange juice
- ¼ cup** sesame oil, divided
- 1 tbsp** reduced-sodium soy sauce
- 2 lb** boneless, skinless chicken thighs
- 7 oz** brown rice vermicelli
- 2** sweet potatoes, peeled and cut into 1-inch cubes
- 1 large** head broccoli, cut into florets
- 3 tsp** safflower or sunflower oil, divided

SESAME SAUCE

- ¼ cup** raw honey
- ¼ cup** reduced-sodium soy sauce
- 1½ tbsp** orange zest + 1 cup fresh orange juice
- 2 tbsp** sesame oil
- 1 tbsp** tapioca starch, mixed with ½ cup water
- 2 cloves** garlic, minced
- 2 tsp** peeled and grated ginger
- 2 tbsp** sesame seeds

1. Position racks in top and bottom thirds of oven; preheat to 375°F. Line 2 large baking sheets with parchment paper; set aside.

2. In a shallow bowl, whisk 3 tbsp orange juice, 3 tbsp sesame oil and 1 tbsp soy sauce. Add chicken, turning to coat. Cover and refrigerate for 30 minutes.

3. Cook noodles according to package directions. Drain; toss with 1 tbsp sesame oil.

4. Prepare sauce: To a medium saucepan, add all sauce ingredients except seeds. Bring to a simmer for 5 minutes, remove from heat and stir in seeds. Transfer ½ cup sauce to a jar; cover and refrigerate for Pineapple Chicken Stir-Fry (right).

5. On 1 prepared sheet, toss potatoes, broccoli and 1 tsp safflower oil; spread in a single layer.

6. In a large skillet on medium-high, heat 1 tsp safflower oil. Add half of chicken and sear 2 minutes per side. Transfer to second prepared bake sheet. Repeat with remaining chicken and 1 tsp safflower oil; add to sheet. Spoon 3 tbsp sauce over chicken. Bake chicken in top third and vegetables in bottom third of oven until chicken is golden and cooked through, 15 minutes, and vegetables are tender and lightly browned, 20 minutes.

7. Slice chicken; transfer half of chicken to a plate. Let cool, cover and refrigerate for Pineapple Chicken Stir-Fry (right). Divide noodles, potatoes, broccoli and remaining chicken among bowls. Drizzle with remaining sauce.

PER SERVING (¼ of recipe): Calories: 587, Total Fat: 19.5 g, Sat. Fat: 4 g, Monounsaturated Fat: 7.5 g, Polyunsaturated Fat: 7 g, Carbs: 73 g, Fiber: 6.5 g, Sugars: 18 g, Protein: 30 g, Sodium: 478 mg, Cholesterol: 104 mg

Pineapple Chicken Stir-Fry

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 20 MINUTES.

Pineapple lovers, this one's for you. The juicy fruit lends a sweet-tart flavor to this stir-fry. Using the leftover sauce and chicken from the Orange Sesame Chicken Bowl (see left) saves loads of time. Serve with brown rice.

- 2 tsp** sesame oil
- 1** red bell pepper, cut into strips
- 8 large** leaves napa cabbage
- 6 oz** snow peas, trimmed
- ½** cored peeled pineapple (about 10 oz), diced

Leftover cooked chicken (from Orange Sesame Chicken Bowl, left)

Leftover sesame sauce (from Orange Sesame Chicken Bowl, left)

- ¼ cup** chopped fresh cilantro
- ¼ cup** sliced unsalted almonds, toasted
- 2** green onions, sliced

1. In a large skillet on medium-high, heat oil. Add bell pepper, cabbage and snow peas and cook for 5 minutes, until vegetables are crisp-tender.

2. Add pineapple, chicken and sesame sauce and cook for 2 minutes, until heated through. Sprinkle with cilantro, almonds and onions.

PER SERVING (¼ of recipe): Calories: 380, Total Fat: 19 g, Sat. Fat: 3 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 6 g, Carbs: 30.5 g, Fiber: 5 g, Sugars: 21 g, Protein: 24.5 g, Sodium: 401 mg, Cholesterol: 104 mg



COST
PER PLATE:
\$3.36

TOTAL COST:
\$13.43

NIGHT 1

Cauliflower Steaks
with Quick-Braised Swiss Chard
(SEE RECIPE, P. 22)

NIGHT 2

Herb-Crusted Cod with Cauliflower Purée & Arugula

(SEE RECIPE, P. 23)



COST
PER PLATE:
\$4.09

TOTAL COST:
\$16.37

NIGHT 1

NIGHT 2



Cauliflower Steaks with Quick-Braised Swiss Chard

SERVES 4.

HANDS-ON TIME: 35 MINUTES.

TOTAL TIME: 45 MINUTES.

Why splurge on infused oils when you can so easily (and inexpensively) make your own? Here, we quickly heat sage and garlic in oil to add herbaceous notes to the cauliflower and greens.

- 5 tbsp** olive oil
- 12 small** cloves garlic, smashed and peeled
- 12** whole leaves fresh sage + 4 tsp finely chopped, divided
- 2 heads** cauliflower
- 1 tsp** sea salt, divided
- ½ tsp** ground black pepper, divided
- 2** bunches Swiss chard (about 24 oz total)
- 1 15-oz** BPA-free can unsalted white kidney (aka cannellini) beans, drained and rinsed
- 1 cup** jarred or BPA-free canned unsalted diced tomatoes
- ¼ cup** Kalamata olives, pitted and sliced
- ¼ cup** low-sodium vegetable or chicken broth
- 4 tsp** balsamic vinegar, divided

1. Position oven racks in top and bottom thirds of oven; preheat to 450°F. Line 2 large baking sheets with parchment paper. Set aside.

2. In a small skillet on medium-low, heat oil. Add garlic and cook, turning once, until starting to brown, 4 minutes. Using a slotted spoon, transfer to a paper towel-lined plate. Cool 2 minutes; mince, set aside.

3. Heat same skillet with oil on medium-low. Add whole sage leaves and cook, turning once, until beginning to crisp, 30 seconds. Using slotted spoon, transfer to paper towel-lined plate; set aside. Transfer 4 tsp garlic-sage oil to a heat-proof jar; cover and refrigerate for Herb-Crusted Cod (p. 23). Set remaining garlic-sage oil aside.

4. Trim stem of each cauliflower so that it sits flat. Cut each head vertically through stem into two ¾-inch-thick steaks to make 4 steaks total, reserving loose florets. Arrange steaks in a single layer on 1 prepared sheet; brush with 3 tsp of remaining garlic-sage oil and sprinkle with 2 tsp reserved minced garlic, 1 tsp chopped sage and ¼ tsp each salt and pepper. Cut reserved florets into bite-size pieces to yield 4 cups (reserve remaining for another use); transfer to a large bowl. Add 2 tsp of remaining garlic-sage oil, 1 tsp chopped sage, 1 tsp reserved minced garlic, ½ tsp salt and ⅛ tsp pepper; toss. Spread on second prepared sheet.

5. Bake cauliflower steaks in top third of oven and florets in bottom third for 15 minutes. Gently turn steaks and florets; switch tray positions and bake until tender and golden, about 5 minutes. Let florets cool; transfer to a container and refrigerate for Herb-Crusted Cod (p. 23).

6. Meanwhile, separate chard stems from leaves; chop stems to yield 1 cup (reserve remaining for another use). Cut leaves into 2-inch pieces.

7. In a large skillet on medium, heat remaining 2 tsp garlic-sage oil. Add chard stems and cook, stirring often, until tender-crisp, 3 to 4 minutes. Add remaining minced garlic and cook, stirring often, until fragrant, about 1 minute. Stir in chard leaves, beans, tomatoes, olives, broth and 2 tsp vinegar; cover and cook until leaves are wilted, 3 to 5 minutes. Uncover; stir in remaining 2 tsp chopped sage, remaining ¼ tsp salt and ⅛ tsp pepper.

8. Divide chard mixture among plates. Top with cauliflower steaks and reserved sage leaves; drizzle with remaining 2 tsp vinegar.

PER SERVING (¼ of recipe): Calories: 288, Total Fat: 13 g, Sat. Fat: 2 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 1 g, Carbs: 36 g, Fiber: 11 g, Sugars: 9 g, Protein: 12 g, Sodium: 808 mg, Cholesterol: 0 mg



PEACHY-KEEN GREENS:

Did you know that chard leaves contain at least 13 different polyphenol antioxidants? These include a heart-protective flavonoid called kaempferol and the blood sugar-regulating flavonoid syringic acid. Swiss chard is also a good source of calcium, which aids in healthy blood pressure by promoting the normal functioning of blood vessels.

Herb-Crusted Cod with Cauliflower Purée & Arugula

SERVES 4. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 35 MINUTES.

Leftover roasted cauliflower turns into tonight's creamy side dish to this company-worthy crusted fish.

- 1** lemon
- 4 oz** whole-grain crusty bread, roughly torn
- 5 cloves** garlic, smashed and peeled, divided
- 3 tbsp** chopped fresh flat-leaf parsley
- 2 tbsp** chopped fresh chives, divided
- 2 tsp** chopped fresh sage + 1 whole sprig, divided

Leftover garlic-sage oil (from Cauliflower Steaks, p. 22), divided

- ½ tsp** sea salt, divided
- ½ cup** low-sodium chicken or vegetable broth
- 3 tbsp** whipping cream (35%)

Leftover roasted cauliflower florets (from Cauliflower Steaks, p. 22)

- 4 4-oz** skinless cod fillets
- 4 cups** lightly packed baby arugula

1. Preheat oven to 350°F. Line a baking sheet with parchment paper; set aside. Zest lemon. Slice half of lemon; juice remaining half of lemon.

2. In a food processor, combine lemon zest, 2 tsp lemon juice, bread, 3 cloves garlic, parsley, 2 tsp chives, chopped sage, 2 tsp garlic-sage oil and ¼ tsp salt. Pulse until fine crumbs form. Transfer to a small bowl; set aside. Wipe out food processor.

3. In a large saucepan, combine sage sprig, broth, cream, remaining 2 cloves garlic and ⅛ tsp salt; bring to a boil. Stir in cauliflower florets; return to a boil. Reduce heat to a simmer; cook until cauliflower is very tender, about 10 minutes. Discard sage sprig. Transfer mixture to food processor. Add 1 tsp lemon juice and blend until smooth. Wipe out saucepan; scrape mixture back into saucepan. Stir in remaining 4 tsp chives; cover to keep warm.

4. Meanwhile, on prepared sheet, arrange lemon slices in single layer. Arrange fish, 1 inch apart, over top. Press about ¼ cup bread crumb mixture firmly over top of each fillet. Bake until fish flakes easily when tested with a fork, 10 to 14 minutes.

5. In a large bowl, toss arugula with remaining lemon juice, 2 tsp garlic-sage oil and ⅛ tsp salt. Divide cauliflower mixture among plates. Top with fish and arugula.

PER SERVING (1 fillet and ¼ of purée):
Calories: 285, Total Fat: 12 g, Sat. Fat: 4 g,
Monounsaturated Fat: 6 g, Polyunsaturated
Fat: 1 g, Carbs: 24 g, Fiber: 4 g, Sugars: 5 g,
Protein: 22 g, Sodium: 745 mg, Cholesterol: 57 mg



A FINE KETTLE OF COD:

Cod is a stellar source of both omega-3 fatty acids and iodine. Iodine is an important mineral for thyroid health while omega-3 fatty acids help reduce inflammation in the body, which may lower your risk of heart disease, cancer and arthritis.

NIGHT 1

Basil Lime Chicken

with Grilled Vegetables
& Herb Sauce

(SEE RECIPE, P. 26)

COST
PER PLATE:

\$6.14

TOTAL COST:

\$24.57



NIGHT 2

**Grilled
Chicken Tacos**
with Jalapeño
Lime Crema

(SEE RECIPE, P. 27)



**COST
PER PLATE:**
\$1.87

TOTAL COST:
\$7.47

NIGHT 1**NIGHT 2**

Basil Lime Chicken

with Grilled Vegetables & Herb Sauce

SERVES **4**.

HANDS-ON TIME: **45 MINUTES**.

TOTAL TIME: **45 MINUTES**.

Cutting chicken breasts into thin cutlets helps them cook quickly on the grill – if you can find pre-sliced cutlets, use them instead and save yourself the prep work. A quick blender sauce with fresh basil and lime is smothered over top for a zesty, spicy kick.

SAUCE

- 2** limes, zested and juiced
- 1½ cups** torn fresh basil
- 6 tbsp** safflower oil
- 2 tbsp** red wine vinegar
- 4 cloves** garlic, smashed and peeled
- 2 tsp** ground cumin
- ¼ tsp** red pepper flakes
- ½ tsp** sea salt

CHICKEN

- 1** lime, thinly sliced
- ½ cup** torn fresh basil
- 2 tbsp** safflower oil
- 4 cloves** garlic, smashed and peeled
- 1 tbsp** reduced-sodium soy sauce
- ½ tsp** ground cumin
- 2 lb** boneless, skinless chicken breasts, each cut in half horizontally to make thin cutlets
- ½ tsp** sea salt

GRILLED VEGETABLES

- 3** zucchini, sliced into ½-inch-thick rounds
- 4 tsp** safflower oil, divided
- 1 tsp** sea salt, divided
- ½ tsp** ground cumin
- 4 ears** corn, husked
- 2 cups** cherry or grape tomatoes
- 3** bunches green onions

1. Prepare sauce: To a food processor, add all sauce ingredients. Pulse until smooth. Set aside.

2. Prepare chicken: To a large bowl, add lime slices, basil, oil, garlic, soy sauce and cumin; stir to combine. Add chicken to bowl, turning to coat. Cover and refrigerate for 30 minutes.

3. Prepare vegetables: Preheat a grill to medium-high and lightly grease grate. In a bowl, toss together zucchini, 1 tsp oil, ½ tsp salt and cumin. Brush corn with 1 tsp oil and sprinkle with ¼ tsp salt. Place corn and zucchini on grill; close lid and cook, turning occasionally, until tender and grill-marked, 10 to 14 minutes for zucchini and 15 minutes for corn. Transfer to a large baking sheet; cover loosely with foil to keep warm.

4. On metal or soaked wooden skewers, thread tomatoes. Brush tomatoes and green onions with remaining 2 tsp oil and sprinkle with remaining ¼ tsp salt. Place on grill; close lid and cook, turning occasionally, until tender and grill-marked, 2 to 3 minutes for green onions and 3 to 5 minutes for tomatoes. Add to baking sheet; cover to keep warm.

5. Reduce heat to medium. Remove chicken from marinade; discard marinade. Pat chicken dry and sprinkle with ½ tsp salt. Place on grill; close lid and cook, turning once, until no longer pink inside, 6 to 10 minutes. Transfer half of chicken to a plate; let cool, then transfer to an airtight container and refrigerate for Grilled Chicken Tacos (p.27). Cover remaining chicken loosely with foil to keep warm.

6. Cut corn kernels from cobs; transfer 1 cup kernels and ½ cup tomatoes to a separate bowl. Chop 8 slices zucchini and 8 green onions; add to bowl. Stir in 2 tsp sauce. Cover and refrigerate for Grilled Chicken Tacos (p.27).

7. In a separate large bowl, toss together remaining corn kernels, zucchini (chopped, if desired), tomatoes and 2 tbsp sauce; divide among plates. Divide chicken among plates. Chop green onions (or leave whole, if desired), sprinkle over top and drizzle with remaining sauce.

PER SERVING (¼ of recipe): Calories: 449, Total Fat: 27 g, Sat. Fat: 2.5 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 18 g, Carbs: 26 g, Fiber: 5 g, Sugars: 10 g, Protein: 29 g, Sodium: 778 mg, Cholesterol: 63 mg

NIGHT 2

Grilled Chicken Tacos with Jalapeño Lime Crema

SERVES **4**. HANDS-ON TIME: **25 MINUTES**. TOTAL TIME: **25 MINUTES**.

Super-stuffed tacos are the perfect vehicle for this double-take dinner, which uses up leftover grilled chicken and vegetables from the Basil Lime Chicken with Grilled Vegetables & Herb Sauce (p. 26). A quick radish salsa adds a nice crunch to the filling.

Leftover grilled chicken (from Basil Lime Chicken, p. 26), sliced

Leftover grilled vegetables (from Basil Lime Chicken, p. 26)

8 6-inch corn tortillas, warmed

CREMA

2 limes, zested and juiced

1 jalapeño chile pepper, seeded and roughly chopped

½ cup full-fat sour cream

¼ tsp sea salt

RADISH SALSA

6 large radishes, diced

1 avocado, peeled, pitted and diced

1 lime, juiced

¼ cup chopped fresh cilantro

1 tsp extra-virgin olive oil

½ tsp chile powder

1. Prepare crema: In a blender, combine all crema ingredients; blend until smooth.

2. Prepare salsa: In a small bowl, toss together all salsa ingredients.

3. Mist a large skillet with cooking spray and heat on medium-high. Add leftover chicken and vegetables and cook until heated through, about 5 minutes.

4. Divide chicken and vegetable mixture among tortillas and top with salsa and crema.

PER SERVING (2 tacos): Calories: 475, Total Fat: 22 g, Sat. Fat: 5 g, Monounsaturated Fat: 10 g, Polyunsaturated Fat: 5 g, Carbs: 44 g, Fiber: 9 g, Sugars: 8 g, Protein: 30.5 g, Sodium: 541 mg, Cholesterol: 77 mg



ROCK STAR RADISHES:

The radishes in this piquant salsa contain immune-boosting vitamin C (an antioxidant) as well as potassium, a type of electrolyte that assists in nerve and muscle function.