# THE FAST & FRESH 30

Dinner's ready! We got cooking to bring you this special collection—our most inventive seasonal meals for 4, ready in 30 minutes or less

BY AMY MACHNAK | PHOTOGRAPHS BY IAIN BAGWELL

**KEY**

GREAT FOR GUESTS

UNDER 450 CALORIES

VEGETARIAN

KID-FRIENDLY

PACK FOR LUNCH

## 1 Grilled chicken pita salad

Prepare grill for high heat (450° to 550°). Rub 2 boned, skinned **chicken breast** halves with **olive oil** and cook, turning once, until no longer pink. Slice. Meanwhile, whisk 2 tbsp. fresh **lemon juice,** ⅓ cup olive oil, 1 tbsp. **fresh oregano,** and ½ tsp. freshly ground **black pepper;** set aside. Boil 1 lb. **asparagus** (ends trimmed), cut in spears and halved lengthwise, just until bright green; rinse with cold water. In a bowl, combine reserved chicken; 4 oz. **feta cheese,** broken into chunks; asparagus; 2 cups halved **grape tomatoes;** ½ cup pitted **kalamata olives;** and 2 cups **pita chips.** Toss gently with reserved dressing. Add 2 cups **baby arugula** and toss once just to combine.

**PER SERVING** 563 CAL., 55% (309 CAL.) FROM FAT; 35 G PROTEIN; 35 G FAT (7.3 G SAT.); 29 G CARBO (3.4 G FIBER); 978 MG SODIUM; 91 MG CHOL.

## 2 Quick crab stew in fennel-tomato broth

Use a food processor to chop 3 **celery** stalks, ½ small **white onion,** and 1 small **fennel bulb.** In a large pot, cook mixture in 1 tbsp. **olive oil** until softened. Add 1 cup **dry white wine,** 1 cup water, 1 **can** (14 oz.) **fire-roasted diced tomatoes,** ¼ tsp. **red chile flakes,** and ½ tsp. *each* **kosher salt** and freshly ground **black pepper.** Cook, covered, for 10 minutes. Add 2 **cooked crabs** (1½ lbs. each), cleaned, quartered, and cracked. Cook, covered, for 5 minutes. Transfer to a serving dish and sprinkle with chopped **fresh oregano, flat-leaf parsley,** and **fennel fronds.** Serve with warm, crusty bread.

**PER SERVING** 364 CAL., 15% (56 CAL.) FROM FAT; 45 G PROTEIN; 6.3 G FAT (0.8 G SAT.); 20 G CARBO (6.3 G FIBER); 1,286 MG SODIUM; 145 MG CHOL.

## 3 Asparagus risotto

In a large pot in **olive oil,** cook 4 chopped **green onions** and 1 cup **Arborio rice** until fragrant. In 4 batches, stir in 1 qt. hot **vegetable broth** and cook, stirring, until each is absorbed and rice is al dente, 20 minutes, adding hot water if you need more liquid. About 5 minutes before rice is done, add 2 lbs. **asparagus,** ends trimmed and cut into 2-in. pieces; 2 tbsp. **unsalted butter;** and ½ cup **grated parmesan cheese;** cook until asparagus is tender-crisp.

**PER SERVING** 294 CAL., 50% (148 CAL.) FROM FAT; 10 G PROTEIN; 17 G FAT (6.6 G SAT.); 27 G CARBO (3.1 G FIBER); 806 MG SODIUM; 25 MG CHOL.

## 4 Pea and carrot coconut curry

In a large frying pan, sauté 1 small **onion,** chopped; 1 to 2 tbsp. **Madras curry powder;** 1 tsp. **kosher salt;** and 1 chopped **serrano chile** in a little **vegetable oil.** Add 1 lb. **baby carrots,** cut lengthwise; 1 cup **frozen peas;** ½ cup water; and 1 can (14.5 oz.) **coconut milk.** Simmer, covered, until carrots are tender. Serve over steamed **basmati rice** and sprinkle with chopped **cilantro.**

**PER SERVING** 541 CAL., 49% (268 CAL.) FROM FAT; 7.9 G PROTEIN; 30 G FAT (23 G SAT.); 68 G CARBO (9.7 G FIBER); 587 MG SODIUM; 0 MG CHOL.

## 5 Grilled quesadillas with *nopales* and salsa slaw

Prepare a grill for high heat (450° to 550°). Meanwhile, sauté ½ cup sliced **onion,** 2 sliced **poblano chiles,** and 1 cup **cubed cactus pads** (nopales)* in **oil.** Season with **salt.** Lay 4 **corn tortillas** (8 in.) on a baking sheet. Top each with ¼ cup **shredded jack cheese,** ½ cup sautéed vegetables, and a second tortilla. Transfer to oiled grill; cook, turning once, until cheese melts. Quarter and sprinkle with salt. Combine 1 qt. **shredded cabbage,** 1 cup **salsa,** 1 tbsp. fresh **lime juice,** and ½ cup **cilantro** leaves. Serve quesadillas with slaw.

**Buy at a Latino market.*

**PER SERVING** 494 CAL., 36% (179 CAL.) FROM FAT; 18 G PROTEIN; 20 G FAT (7.6 G SAT.); 63 G CARBO (8.3 G FIBER); 1,382 MG SODIUM; 25 MG CHOL.

## 6 Smoked salmon and bacon wraps with dill spread

In a food processor, whirl 1 tbsp. chopped **garlic,** 8 oz. softened **cream cheese,** and 1 cup **fresh dill** sprigs until smooth. Evenly spread mixture onto 4 large sheets soft **lavash bread.** Sprinkle a scant ¼ cup canned **Alaska smoked salmon** over cheese mixture on each, then arrange a few long **English cucumber** strips over salmon, followed by 2 slices crisp cooked **bacon** and a few slices **red onion.** Roll up and cut in half.

**PER WRAP** 592 CAL., 44% (259 CAL.) FROM FAT; 28 G PROTEIN; 29 G FAT (13 G SAT.); 53 G CARBO (2.7 G FIBER); 838 MG SODIUM; 76 MG CHOL.

FOOD STYLING: KEVIN CRAFTS

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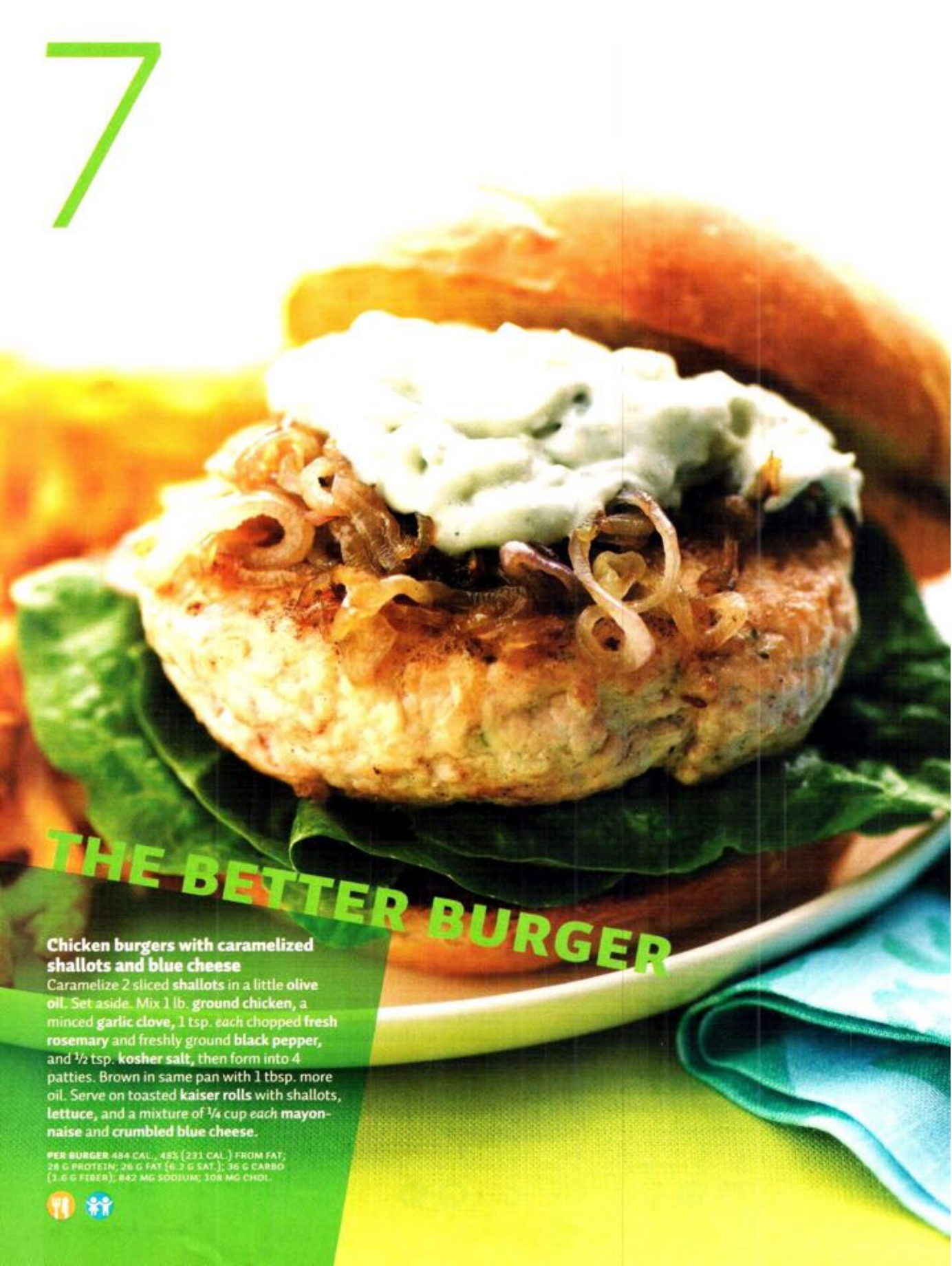


# THE BETTER BURGER

**Chicken burgers with caramelized shallots and blue cheese**

Caramelize 2 sliced **shallots** in a little **olive oil.** Set aside. Mix 1 lb. **ground chicken,** a minced **garlic clove,** 1 tsp. *each* chopped **fresh rosemary** and freshly ground **black pepper,** and ½ tsp. **kosher salt,** then form into 4 patties. Brown in same pan with 1 tbsp. more oil. Serve on toasted **kaiser rolls** with shallots, **lettuce,** and a mixture of ¼ cup *each* **mayonnaise** and **crumbled blue cheese.**

**PER BURGER** 484 CAL., 48% (231 CAL.) FROM FAT; 28 G PROTEIN; 26 G FAT (6.7 G SAT.); 36 G CARBO (1.6 G FIBER); 842 MG SODIUM; 108 MG CHOL.

## 8

### DIY chicken papaya spring rolls

Cook 4 oz. thin **rice noodles** as package directs. On a large platter, set out leaves from 1 head **butter lettuce;** 3 cups shredded **rotisserie chicken;** 2 peeled, seeded, and sliced **papayas;** 1 cup **fresh mint** leaves; ½ cup store-bought spicy **peanut sauce;** ½ cup chopped **roasted, salted peanuts;** 3 **green onions,** sliced into thin strips; and **lime** wedges. Put 12 large sheets **rice paper** on a separate plate. Set out a large bowl of boiling water so diners can dip their rice papers (allow 1 minute to soften), then assemble spring rolls.

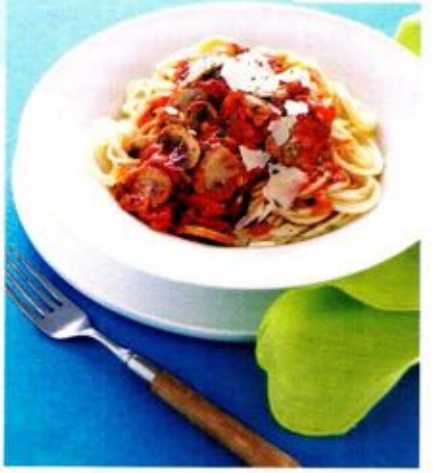
**PER 3-ROLL** SERVING 501 CAL., 31% (154 CAL.) FROM FAT; 24 G PROTEIN; 17 G FAT (3.1 G SAT.); 68 G CARBO (6.5 G FIBER); 784 MG SODIUM; 32 MG CHOL.

## 9

### Mushroom-herb spaghetti

In a frying pan over medium heat, cook 1 chopped small **onion** and 1 large minced **garlic clove** in 1 tbsp. **olive oil** until softened. Add 16 oz. **sliced mushrooms** and cook until browned. Add 2 tbsp. **tomato paste,** 14 oz. canned **diced tomatoes,** 1 tbsp. chopped **fresh rosemary,** 1 tsp. **kosher salt,** and ½ tsp. freshly ground **black pepper.** Simmer 10 minutes, then serve over 12 oz. cooked **spaghetti.** Sprinkle with **shaved parmesan cheese** and chopped **fresh oregano.**

**PER 2-CUP SERVING** 416 CAL., 10% (44 CAL.) FROM FAT; 15 G PROTEIN; 4.9 G FAT (0.8 G SAT.); 77 G CARBO (5 G FIBER); 779 MG SODIUM; 0 MG CHOL.



## 10

### Chicken and two-pepper calzones

Preheat oven to 450°. Divide 1 lb. **pizza dough*** into 4 pieces and set on a well-oiled baking sheet. Stretch each into a 6- to 7-in. circle. In center of each, spread 2 tbsp. **tomato sauce;** 1 tbsp. *each* chopped **roasted red peppers, chopped onion,** and **chopped bell pepper;** ¼ cup shredded **unseasoned rotisserie chicken;** 2 tbsp. **shredded mozzarella;** and a pinch *each* **fresh oregano** and **kosher salt.** Fold circles over to make half-moons; seal edges. Bake until browned, 15 minutes.

**We like Trader Joe's.*

**PER CALZONE** 413 CAL., 20% (82 CAL.) FROM FAT; 25 G PROTEIN; 9.1 G FAT (2.2 G SAT.); 59 G CARBO (2.6 G FIBER); 1,358 MG SODIUM; 33 MG CHOL.

## 11

### Spring minestrone

Cook 1 cup **macaroni** as package directs. Meanwhile, heat 1 tbsp. **olive oil** in a large pot over medium heat. Cook 1 cup *each* sliced **leeks, carrots,** and **celery** until softened slightly. Add 1 cup **frozen peas,** 1 cup **frozen edamame** or double-shelled fava beans, 1 can (15 oz.) drained and rinsed **white beans,** 1 qt. **reduced-sodium chicken broth,** and 2 tsp. **kosher salt;** simmer 10 minutes, then add macaroni. Top each bowlful with 1 tbsp. **pesto** and some **shredded parmesan cheese.**

**PER 2-CUP SERVING** 429 CAL., 24% (103 CAL.) FROM FAT; 24 G PROTEIN; 12 G FAT (2.6 G SAT.); 58 G CARBO (11 G FIBER); 1,536 MG SODIUM; 5 MG CHOL.

## 12

### Creamy leek, pea, and chicken pasta

Cook 8 oz. **spaghetti** as package directs, adding 1 cup **frozen peas** in last few minutes; drain and put in a large serving bowl. Meanwhile, cook 1 cup sliced **leeks** in 1 cup boiling **chicken broth.** Add 2 cups coarsely shredded **unseasoned rotisserie chicken** and pour over pasta. Stir in 1 cup **small-curd cottage cheese,** 1 tsp. *each* **kosher salt** and freshly ground **black pepper,** and 2 tbsp. chopped **fresh dill.** Season with extra-virgin **olive oil.** Serve with **lemon** wedges.

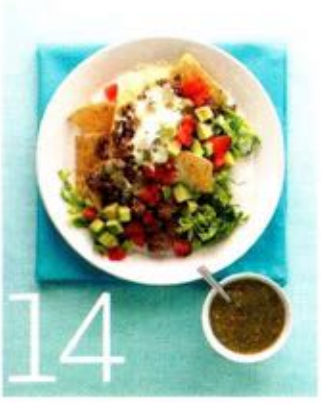
**PER 1½-CUP SERVING** 481 CAL., 18% (87 CAL.) FROM FAT; 40 G PROTEIN; 10 G FAT (2.4 G SAT.); 57 G CARBO (4.9 G FIBER); 1,021 MG SODIUM; 68 MG CHOL.

## 13

### Scallops and asparagus over white bean purée

Heat 1 can (15 oz.) **navy beans** with liquid until boiling; purée. Make a dressing of 1 minced **garlic clove,** ½ tsp. **kosher salt,** 2 tbsp. **olive oil,** 3 tbsp. fresh **lemon juice,** and 2 tbsp. chopped **flat-leaf parsley.** Cook 1 lb. **sea scallops** in a little olive oil. Add 1 tbsp. **butter,** tossing to coat. Remove from pan and add a pinch of salt. Cook 1 lb. **asparagus** (trimmed), covered, in same pan until tender-crisp. Serve asparagus and scallops over bean purée and drizzle with dressing.

**PER SERVING** 352 CAL., 36% (128 CAL.) FROM FAT; 29 G PROTEIN; 14 G FAT (3.5 G SAT.); 28 G CARBO (6.8 G FIBER); 1,042 MG SODIUM; 45 MG CHOL.



## Bison nachos

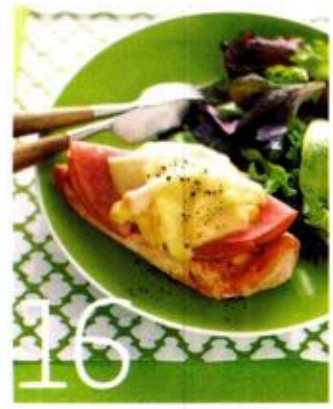
Preheat oven to 400°. Sauté ½ cup chopped **onion** in 1 tbsp. **vegetable oil** in a frying pan until softened. Add 1 lb. **ground bison*** or **beef** and cook, stirring to break up meat, until no longer pink, 4 minutes. Season with ½ tsp. **black pepper.** Spread 4 oz. **corn tortilla chips** in a shallow baking dish and top with half of meat, ⅓ cup **fresh salsa verde,** and ¾ cup **shredded jack cheese.** Repeat layers. Bake until cheese melts and chips start to brown, 6 minutes. Serve with shredded **lettuce,** sliced **avocado,** diced **tomatoes, sour cream,** and salsa.
**Buy at well-stocked grocery stores.*

**PER SERVING** 843 CAL., 59% (497 CAL.) FROM FAT; 38 G PROTEIN; 55 G FAT (11 G SAT.); 50 G CARBO (7.4 G FIBER); 1,081 MG SODIUM; 117 MG CHOL.

## Orange and basil mussels

In a pot, cook 1 sliced **garlic clove** in a little **olive oil** just until fragrant. Add ⅔ cup **dry white wine,** 1½ cups fresh **orange juice,** ½ cup canned **diced tomatoes,** ½ tsp. **kosher salt,** and ¼ tsp. *each* freshly ground **black pepper** and **red chile flakes;** simmer 5 minutes. Add 2 lbs. **mussels** in shells and cook, covered, until mussels open. Sprinkle with ⅓ cup chopped **fresh basil** and serve with crusty bread.

**PER SERVING** 170 CAL., 27% (46 CAL.) FROM FAT; 9.1 G PROTEIN; 5.2 G FAT (0.8 G SAT.); 15 G CARBO (0.6 G FIBER); 504 MG SODIUM; 38 MG CHOL.



## Chicken cordon bleu

Preheat oven to 350°. Season 4 **boned, skinned chicken breast** halves with **kosher salt,** then brown one side of each in **oil** in a nonstick, ovenproof frying pan. Turn chicken over, transfer to oven, and bake until no longer pink in center. Spread a little **Dijon mustard** on each, then top each with **thinly sliced smoked ham** and a thin slice **gruyère cheese.** Return to oven until cheese melts.

**PER SERVING** 429 CAL., 34% (144 CAL.) FROM FAT; 65 G PROTEIN; 16 G FAT (6.8 G SAT.); 1.6 G CARBO (0 G FIBER); 998 MG SODIUM; 178 MG CHOL.

## Grilled halloumi pitas

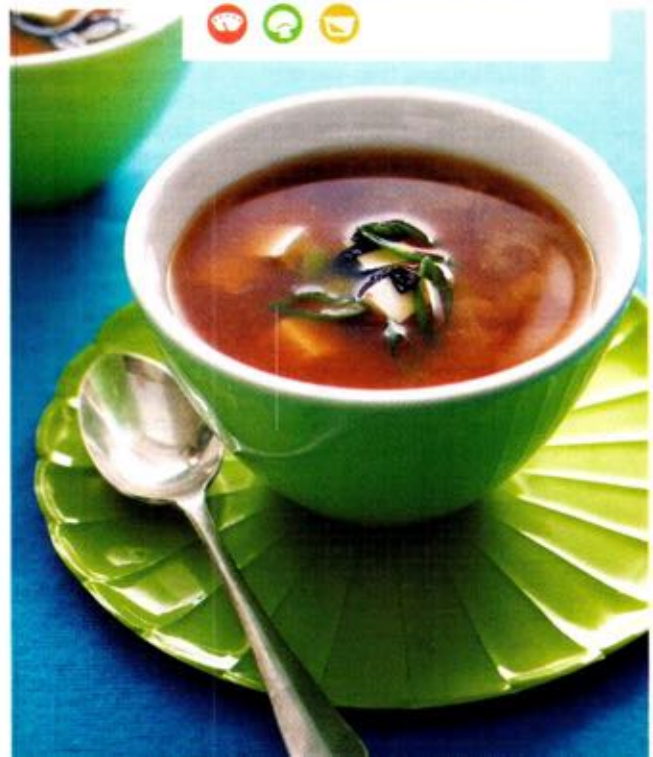
Prepare a grill for high heat (450° to 550°). Rub 1 lb. thickly sliced **halloumi cheese** and 4 slices **onion** (cut ¼ in. thick) with 2 tbsp. **olive oil,** then cook, turning once, until grill marks appear. Cut onions in half. Rinse and pat dry ¼ cup sliced **roasted red peppers.** Fill 8 **pita bread** halves with the cheese, onions, red peppers, and ½ cup **sliced pepperoncini.** Brush outsides of pitas with a little oil and cook, turning once, until grill marks appear. Serve with mixed olives.

**PER 2 PITA HALVES** 651 CAL., 54% (351 CAL.) FROM FAT; 31 G PROTEIN; 39 G FAT (19 G SAT.); 44 G CARBO (2 G FIBER); 1,952 MG SODIUM; 85 MG CHOL.

## Miso soup with tofu and nori

Whisk ⅔ cup **red miso*** into 6 cups boiling water. Add 2 cups **frozen edamame** and 1½ tsp. **soy sauce.** Remove from heat and add 14 oz. cubed **firm tofu.** Serve each bowl of soup with a few strips of **nori** and some **green onion** slices.
**Buy in the refrigerated aisle.*

**PER 2-CUP SERVING** 232 CAL., 36% (85 CAL.) FROM FAT; 15 G PROTEIN; 7.2 G FAT (0.5 G SAT.); 24 G CARBO (12 G FIBER); 1,810 MG SODIUM; 0 MG CHOL.



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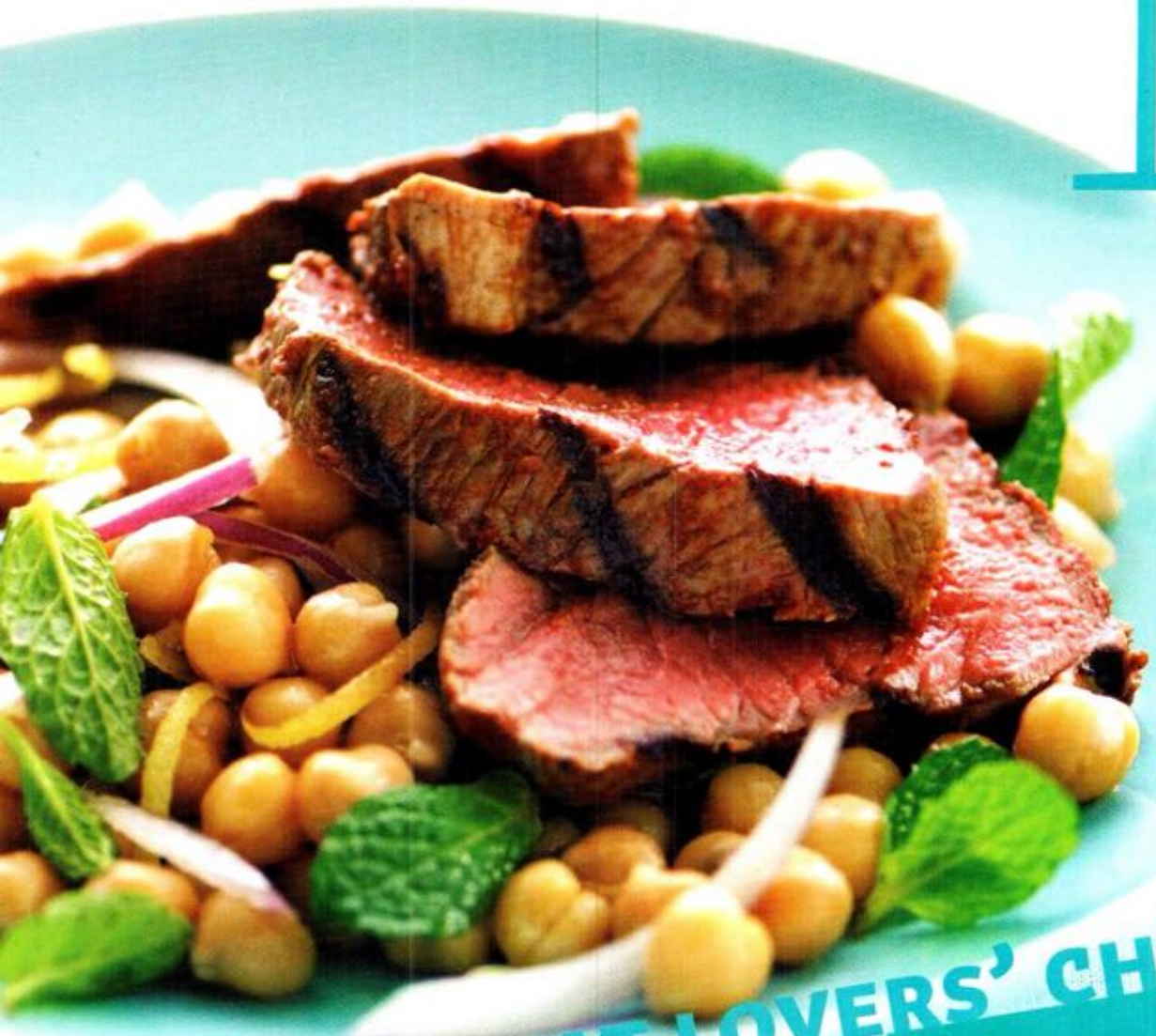


# MEAT LOVERS' CHOICE

**Harissa lamb with lemon mint chickpea salad**

Prepare a grill for high heat (450° to 550°). Combine ¼ cup ***harissa****; 1 large **garlic clove,** minced; and ¼ cup extra-virgin **olive oil;** set some aside for serving. Cut a 1-lb. **lamb knuckle** or bottom roast into 4 pieces; brush 2 tbsp. of sauce over each. Grill lamb, turning and brushing with a bit of sauce, 10 minutes for medium-rare. Let rest, then slice. For salad, combine 2 cans (14.5 oz. each) drained **chickpeas,** ⅔ cup **fresh mint** leaves, thinly sliced peel from 1 **lemon,** 2 tbsp. fresh **lemon juice,** ½ tsp. **kosher salt,** ¼ cup thinly sliced **red onion,** and ¼ cup extra-virgin olive oil. Serve lamb over salad with remaining harissa on the side.

**Buy in the international foods aisle.*

**PER SERVING** 621 CAL., 64% (395 CAL.) FROM FAT; 32 G PROTEIN; 45 G FAT (12 G SAT.); 22 G CARBO (6.3 G FIBER); 489 MG SODIUM; 99 MG CHOL.

# 20

## QUICK STIR-FRY

**Sweet and sour pork**

In a bowl, mix 3 tbsp. **hoisin sauce,** 3 tbsp. **reduced-sodium soy sauce,** and 2 tbsp. water. Set aside. Heat wok over high heat until smoking. Add 1 tbsp. **oil,** then add 2 cups **sliced bell peppers;** 8 **green onions,** cut into 2-in. pieces; 1 lb. **pork tenderloin,** cut into strips; and 1 tbsp. *each* minced **garlic** and **fresh ginger.** Cook, stirring occasionally, until meat browns, 5 minutes. Add 1 lb. **fresh pineapple chunks** and reserved hoisin mixture, stirring to coat, and cook until warm. Serve with **white rice.**

**PER SERVING** 429 CAL., 14% (62 CAL.) FROM FAT; 31 G PROTEIN; 7 G FAT (1.4 G SAT.); 60 G CARBO (3.4 G FIBER); 642 MG SODIUM; 74 MG CHOL.

# 21

## Grilled eggplant naan wraps with tahini-yogurt dressing

Prepare a grill for high heat (450° to 550°). Slice 1 large **eggplant** into ½-in. rounds and quarter 2 ripe **tomatoes.** Brush vegetables with 2 tbsp. **olive oil,** then grill until softened. Cut tomatoes in half. Whisk together ¼ cup **tahini,** 1 cup **plain low-fat Greek yogurt,** 1 tbsp. minced **garlic,** 3 tbsp. fresh **lemon juice,** and 1 tsp. **kosher salt.** Top each of 4 pieces warmed **naan bread** with 1½ cups **baby spinach,** a few pieces eggplant, 4 tomato pieces, and a spoonful of the yogurt mixture. Roll to eat.

**PER SERVING** 445 CAL., 41% (181 CAL.) FROM FAT; 17 G PROTEIN; 20 G FAT (3.9 G SAT.); 55 G CARBO (11 G FIBER); 899 MG SODIUM; 3.8 MG CHOL.

# 22

## Spiced pork with plantains

Preheat broiler. Rub 4 bone-in **pork chops** (2 lbs.) with 1 tbsp. **vegetable oil.** In a bowl, combine ½ tsp. *each* **ground cumin, allspice, cinnamon, kosher salt,** and freshly ground **black pepper** and evenly sprinkle both sides of pork. Broil 4 in. from heat, turning once, until browned and cooked through, about 8 minutes. Keep warm. Cut 2 ripe (black) **plantains** in half crosswise and lengthwise to make 8 pieces. Sprinkle cut sides of each with 1 tsp. packed **brown sugar** and broil until caramelized. Serve pork chops with sliced plantains, warmed **black beans, sour cream,** a few slices **serrano chile,** and **cilantro.**

**PER SERVING** 542 CAL., 34% (182 CAL.) FROM FAT; 38 G PROTEIN; 20 G FAT (6.3 G SAT.); 53 G CARBO (6.6 G FIBER); 652 MG SODIUM; 111 MG CHOL.

# 23

## Grilled horseradish steak with mushroom salad

Prepare grill for high heat (450° to 550°). Combine 2 tbsp. **horseradish,** 2 tbsp. **olive oil,** and 1 tbsp. minced **garlic;** spread half over one side of a 1-lb. **flank steak.** Lay steak, sauce down, on oiled cooking grate. Spread remaining sauce on top. Grill, turning once, 10 minutes for medium-rare. Also grill 1 lb. mixed **wild** and **common mushrooms,** cut into chunks, for 6 minutes. Set steak on cutting board, sprinkle with **sea salt,** and tent with foil; let rest. Toss mushrooms with 4 oz. **mâche** plus olive oil, **lemon juice, salt,** and **pepper** to taste. Serve with steak.

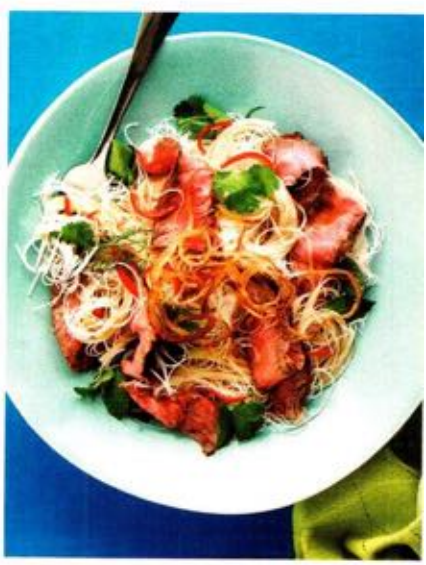
**PER SERVING** 331 CAL., 57% (188 CAL.) FROM FAT; 27 G PROTEIN; 21 G FAT (4.7 G SAT.); 7.7 G CARBO (1.5 G FIBER); 1,137 MG SODIUM; 43 MG CHOL.

# 24

## Vietnamese steak noodle salad

Marinate a 1 lb. **rib-eye steak** in 3 tbsp. **reduced-sodium soy sauce.** Broil until done the way you like, let rest, then slice thinly. Meanwhile, in a bowl, mix 6 tbsp. fresh **lime juice,** ¼ cup **Thai fish sauce,** 2 tsp. **sugar,** and 1 **red jalapeño chile,** halved and sliced thin. Pour half of dressing over 4 oz. cooked thin **rice noodles.** Add sliced steak and 1 cup mixture of **fresh dill, basil, mint,** and **cilantro** leaves. Toss together and top with 2 sliced **shallots** tossed in **flour** and quickly fried in **vegetable oil.** Serve with remaining dressing.

**PER SERVING** 380 CAL., 38% (144 CAL.) FROM FAT; 26 G PROTEIN; 16 G FAT (5.3 G SAT.); 33 G CARBO (0.6 G FIBER); 1,865 MG SODIUM; 94 MG CHOL.



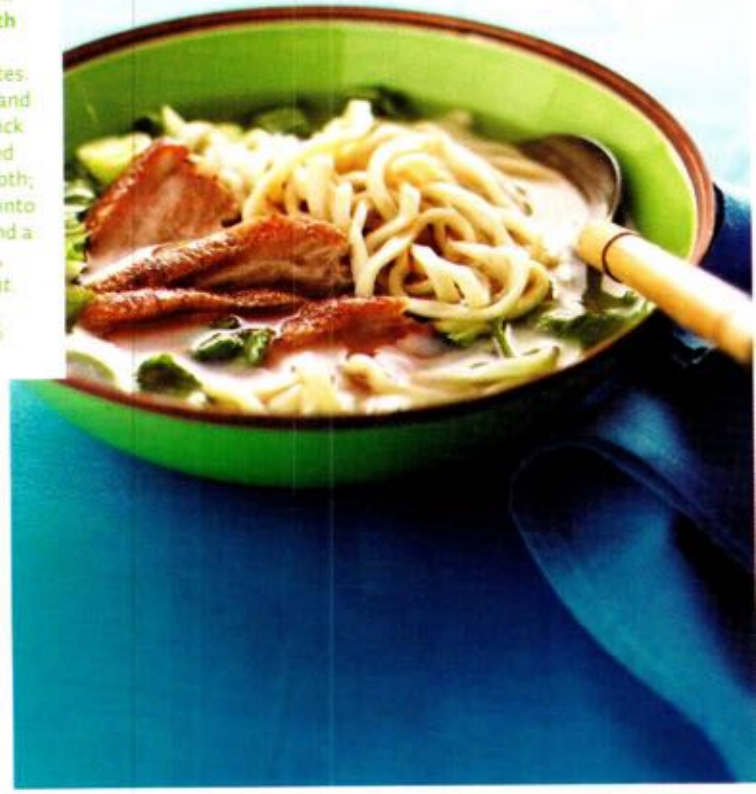
# 25

## Chinese roast duck noodle soup

Set 2 store-bought, sliced **Peking** or **Chinese barbecued duck breasts*** on a baking sheet and warm in a 350° oven. Meanwhile, simmer 1 qt. **chicken broth** with 2 crushed **garlic cloves** and 2 smashed **fresh ginger** slices, 15 minutes. Use a slotted spoon to remove garlic and ginger and discard. Add 8 oz. fresh thick **udon noodles,** 2 cups roughly chopped **bok choy,** and 1 tbsp. **soy sauce** to broth; simmer until warmed through. Ladle into 4 bowls. Top each with duck pieces and a drizzle of **Asian (toasted) sesame oil.**

**Buy from a Chinese take-out restaurant.*

**PER SERVING** 382 CAL., 24% (93 CAL.) FROM FAT; 30 G PROTEIN; 10 G FAT (2.1 G SAT.); 41 G CARBO (3.8 G FIBER); 771 MG SODIUM; 82 MG CHOL.



# 26

## Sesame shrimp with cucumber-soy salad

Prepare a grill for high heat (450° to 550°). Marinate 1 thinly sliced **English cucumber** with 2 tbsp. **rice vinegar,** 1 tbsp. **soy sauce,** 1 tsp. **sugar,** ½ thinly sliced **red jalapeño chile,** and 2 diagonally sliced **green onions.** Meanwhile, toss 1 lb. peeled and deveined **large shrimp** in 1 tbsp. *each* **vegetable oil** and **Asian (toasted) sesame oil.** Skewer each shrimp lengthwise through the tail, then grill until pink and grill marks appear. Sprinkle shrimp with 1 tsp. **toasted sesame seeds** and serve with reserved cucumbers and cooked sushi rice.

**PER SERVING** 174 CAL., 42% (73 CAL.) FROM FAT; 19 G PROTEIN; 8.3 G FAT (1.2 G SAT.); 5.7 G CARBO (0.9 G FIBER); 495 MG SODIUM; 168 MG CHOL.

# 27

## Tuna, green olive, and egg salad sandwiches

Hard-cook, peel, and quarter 4 large **eggs.** Meanwhile, whisk ¼ cup extra-virgin **olive oil,** 1 tsp. fresh **lemon juice,** and ½ tsp. *each* **kosher salt,** freshly ground **black pepper,** and **smoked paprika.** Add ½ cup sliced **green olives;** 1 can (5 oz.) **oil-packed** pole- or troll-caught **tuna,** drained; ¼ cup slivered **onion;** and ½ cup **flat-leaf parsley** leaves. Stir to combine, leaving tuna in chunks. Arrange 2 **tomato** slices on each of 4 slices toasted **ciabatta.** Top with tuna mixture and more toasted ciabatta.

**PER SANDWICH** 431 CAL., 51% (221 CAL.) FROM FAT; 21 G PROTEIN; 25 G FAT (4.3 G SAT.); 32 G CARBO (1.7 G FIBER); 1,003 MG SODIUM; 222 MG CHOL.

# 28

## Green onion pork noodles

Mix 2 tbsp. *each* **soy sauce** and **Shaoxing rice wine,** 1 tsp. **Asian (toasted) sesame oil,** 1½ tsp. **sugar,** and 1½ cups **chicken broth.** Combine 8 oz. **ground pork,** 1 tbsp. *each* soy sauce and rice wine, and 1 tsp. sesame oil. Heat wok over high heat until smoking. Add 1 tbsp. **oil,** then cook pork, stirring. Add ¼ cup chopped **green onions,** 2 tbsp. *each* minced **garlic** and **fresh ginger,** 2 tsp. **Asian chili paste,** and 1 tsp. **black bean sauce;** cook until fragrant. Pour broth mixture over pork and add 8 oz. soaked **bean thread noodles.** Simmer until liquid reduces by half. Top with more green onions.

**PER SERVING** 449 CAL., 36% (159 CAL.) FROM FAT; 13 G PROTEIN; 18 G FAT (5.2 G SAT.); 55 G CARBO (0.6 G FIBER); 887 MG SODIUM; 41 MG CHOL.

# 29

## Grilled sardines with cold bean salad

Prepare a grill for high heat (450° to 550°). Whisk 1 tsp. minced **garlic,** ¼ cup fresh **lemon juice,** ½ cup extra-virgin **olive oil,** 1 tsp. **kosher salt,** and ½ tsp. freshly ground **black pepper;** pour ¼ cup over 8 whole **fresh sardines** (1¼ lbs. total), cleaned and backbones removed. Let sit 10 minutes. Add 2 cans (15 oz. each) drained **cannellini beans,** 1 cup halved **grape tomatoes,** and 1 cup **curly parsley** leaves to remaining dressing. Set sardines skin-side down on oiled cooking grate; grill, turning once, until dark grill marks appear, 5 minutes. Serve with bean salad.

**PER SERVING** 520 CAL., 49% (252 CAL.) FROM FAT; 22 G PROTEIN; 30 G FAT (12 G SAT.); 28 G CARBO (9.5 G FIBER); 1,019 MG SODIUM; 39 MG CHOL.

# 30 HEALTHY FAST FOOD

**Grilled fish and "chips"**
Prepare a grill for medium heat (350° to 450°). Coat 1½ lbs. **fingerling potatoes,** sliced lengthwise, with **olive oil.** Lay a cooling rack on half of cooking grate and spread potatoes out evenly. Grill until brown, turning, then transfer to a platter and sprinkle with ½ tsp. **kosher salt** and some chopped **flat-leaf parsley.** Meanwhile, in a bowl, combine 2 tbsp. chopped **capers,** 1 tsp. *each* fresh **lemon juice** and **zest,** and ⅓ cup **mayonnaise.** Rub 4 **striped bass fillets** (with skin on, about 2 lbs.), halved and skin scored, with 1 tbsp. olive oil and sprinkle with ½ tsp. kosher salt. Grill on oiled grate, turning once, until grill marks appear, about 5 minutes. Serve with **lemon** wedges, potatoes, and caper mayonnaise.

**PER SERVING** 464 CAL., 34% (159 CAL.) FROM FAT; 43 G PROTEIN; 18 G FAT (3.1 G SAT.); 32 G CARBO (3.1 G FIBER); 902 MG SODIUM; 94 MG CHOL. ■