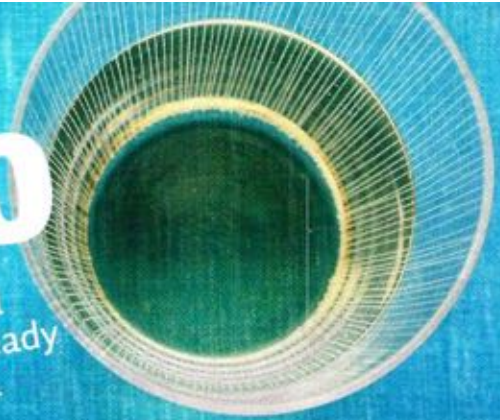


# THE FAST & FRESH 30

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 JAIN 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**, ½ 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., 13% (56 CAL.) FROM FAT; 45 G PROTEIN; 6.3 G FAT (0.8 G SAT.); 20 G CARBO (4.1 G FIBER); 1,286 MG SODIUM; 345 MG CHOL.

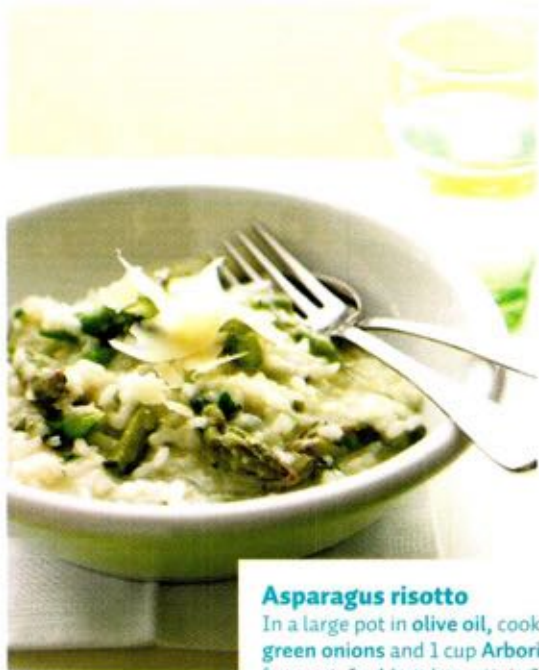


## 4

### 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.



## 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; 30 G PROTEIN; 17 G FAT (6.6 G SAT.); 27 G CARBO (3.1 G FIBER); 806 MG SODIUM; 25 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.





# 7



## 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 (6.2 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 (2.1 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 418 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.







14

### Bison nachos

Preheat oven to 400°. Sauté  $\frac{1}{2}$  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  $\frac{1}{2}$  tsp. black pepper. Spread 4 oz. corn tortilla chips in a shallow baking dish and top with half of meat,  $\frac{1}{2}$  cup fresh salsa verde, and  $\frac{3}{4}$  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.

**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.



15

### Orange and basil mussels

In a pot, cook 1 sliced garlic clove in a little olive oil just until fragrant. Add  $\frac{2}{3}$  cup dry white wine,  $\frac{1}{2}$  cups fresh orange juice,  $\frac{1}{2}$  cup canned diced tomatoes,  $\frac{1}{2}$  tsp. kosher salt, and  $\frac{1}{4}$  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  $\frac{1}{3}$  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; 18 MG CHOL.



16

### 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.



17

### Grilled halloumi pitas

Prepare a grill for high heat (450° to 550°). Rub 1 lb. thickly sliced halloumi cheese and 4 slices onion (cut  $\frac{1}{4}$  in. thick) with 2 tbsp. olive oil, then cook, turning once, until grill marks appear. Cut onions in half. Rinse and pat dry  $\frac{1}{4}$  cup sliced roasted red peppers. Fill 8 pita bread halves with the cheese, onions, red peppers, and  $\frac{1}{2}$  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; 45 MG CHOL.



18

### Miso soup with tofu and nori

Whisk  $\frac{1}{4}$  cup red miso\* into 6 cups boiling water. Add 2 cups frozen edamame and  $1\frac{1}{2}$  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 3-CUP SERVING** 332 CAL., 24% (65 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.







## MEAT LOVERS' CHOICE

### Harissa lamb with lemon mint chickpea salad

Prepare a grill for high heat (450° to 550°). Combine  $\frac{1}{4}$  cup *harissa*\*; 1 large garlic clove, minced; and  $\frac{1}{4}$  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,  $\frac{2}{3}$  cup fresh mint leaves, thinly sliced peel from 1 lemon, 2 tbsp. fresh lemon juice,  $\frac{1}{2}$  tsp. kosher salt,  $\frac{1}{4}$  cup thinly sliced red onion, and  $\frac{1}{4}$  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.); 32 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 CARB  
(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); 699 MG SODIUM; 3.8 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.



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 543 CAL., 34% (182 CAL.) FROM FAT; 36 G PROTEIN; 20 G FAT (6.3 G SAT.); 53 G CARBO (6.6 G FIBER); 652 MG SODIUM; 111 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

A top-down view of a round wooden platter. On the platter, there are several pieces of grilled fish fillets with distinct grill marks, a pile of sliced fingerling potatoes with grill marks and herbs, a small wooden bowl containing a white dipping sauce with capers, and two lemon wedges. The platter is set on a white paper liner, which is placed on a blue and white patterned napkin. The background is a solid green color.

## 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 ½ 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. ■

