



5-Ingredient Dinners

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Sweet & Savory Grilled Chicken

Makes: 4 servings

Active time: 5 minutes | **Total:** 25 minutes

To make ahead: Store the rub in an airtight container for up to 3 months; coat the chicken with the rub up to 30 minutes before grilling or broiling.

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

This sweet and savory rub for grilled chicken relies on ingredients you most likely have on hand already—brown sugar, dry mustard and onion powder—making it a quick recipe for a night when you're not sure what you're making for dinner.

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| 2 teaspoons light brown sugar | ¼ teaspoon white pepper or freshly |
| 2 teaspoons dry mustard | ground black pepper |
| 1 teaspoon onion powder | 1-1¼ pounds boneless, skinless chicken |
| ½ teaspoon kosher salt | breast (see Note) |

1. Combine brown sugar, dry mustard, onion powder, salt and pepper in a small bowl.
 2. Coat both sides of chicken with the rub up to 30 minutes before grilling or broiling.
 3. Preheat grill to medium-high or position a rack in upper third of oven and preheat broiler.
 4. **To grill:** Oil the grill rack (see Tip). Grill the chicken, turning once, until an instant-read thermometer inserted into the thickest part registers 165°F, 4 to 8 minutes per side.
To broil: Line a broiler pan (or baking sheet) with foil and coat with cooking spray. Place the chicken on the foil. Broil, watching carefully and turning at least once, until an instant-read thermometer inserted into the thickest part registers 165°F, 10 to 15 minutes total.
- Per serving:** 140 calories; 3 g fat (1 g sat, 1 g mono); 63 mg cholesterol; 3 g carbohydrate; 2 g added sugars; 23 g protein; 0 g fiber; 196 mg sodium; 198 mg potassium.

Carbohydrate Servings: 0

Exchanges: 3 lean meat

Note: It's difficult to find an individual chicken breast small enough for one portion. Removing the thin strip of meat from the underside of a 5-ounce breast—the chicken tender—removes about 1 ounce of meat and yields a perfect 4-ounce portion. If you can only find chicken breasts closer to 8- to 9-ounce each, you'll only need 2 breasts for 4 servings—cut each one in half before cooking.

Tip: Oiling a grill rack before you grill foods helps ensure that the food won't stick. Oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)



Garlic Roasted Salmon & Brussels Sprouts

Makes: 6 servings

Active time: 25 minutes | **Total:** 45 minutes

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

Roasting salmon on top of Brussels sprouts and garlic, flavored with wine and fresh oregano, is a meal that is simple enough for a weeknight meal yet sophisticated enough to serve to company. Serve with whole-wheat couscous.

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| 14 large cloves garlic, divided | 6 cups Brussels sprouts, trimmed and sliced |
| ¼ cup extra-virgin olive oil | ¾ cup white wine, preferably Chardonnay |
| 2 tablespoons finely chopped fresh oregano, divided | 2 pounds wild-caught salmon fillet, skinned, cut into 6 portions |
| 1 teaspoon salt, divided | Lemon wedges |
| ¾ teaspoon freshly ground pepper, divided | |

1. Preheat oven to 450°F.
2. Mince 2 garlic cloves and combine in a small bowl with oil, 1 tablespoon oregano, ½ teaspoon salt and ¼ teaspoon pepper. Halve the remaining garlic and toss with Brussels sprouts and 3 tablespoons of the seasoned oil in a large roasting pan. Roast, stirring once, for 15 minutes.
3. Add wine to the remaining oil mixture. Remove the pan from oven, stir the vegetables and place salmon on top. Drizzle with the wine mixture. Sprinkle with the remaining 1 tablespoon oregano and ½ teaspoon each salt and pepper. Bake until the salmon is just cooked through, 5 to 10 minutes more. Serve with lemon wedges.

Per serving: 334 calories; 15 g fat (3 g sat, 9 g mono); 71 mg cholesterol; 10 g carbohydrate; 0 g added sugars; 33 g protein; 3 g fiber; 485 mg sodium; 921 mg potassium.

Nutrition bonus: Vitamin C (107% daily value), Potassium (27% dv), Vitamin A (20% dv), Folate (19% dv), Magnesium (17% dv).

Carbohydrate Servings: ½

Exchanges: 1 vegetable, 4 lean meat, 2 fat



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.

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| 3 tablespoons extra-virgin olive oil, divided | 1/4 teaspoon salt |
| 3 cloves garlic, minced | 1/4 teaspoon freshly ground pepper |
| 1 bunch asparagus (about 1 pound) | 1 pound whole-wheat pizza dough |
| 1/2 cup snipped fresh chives (from 1 bunch), divided | 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 pre-heat 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, 1/4 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 circular pattern 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).

Carbohydrate Servings: 2 1/2

Exchanges: 2 starch, 1 vegetable, 1 high-fat meat, 3 fat



Tilapia with Tomato-Olive Sauce

Makes: 4 servings

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

☒ Heart Health
 ☒ Diabetes
 ☒ Weight Loss
 ☒ Gluten Free

Top tilapia fillets with a savory tomato-olive sauce that comes together in just 5 minutes. Look for tapenade near jarred olives in the supermarket. Serve with sautéed broccolini and farro tossed with toasted almonds.

1¼ pounds tilapia
¼ teaspoon salt
¼ teaspoon freshly ground pepper
2 tablespoons extra-virgin olive oil, divided

1 pint grape or cherry tomatoes, halved if large
¼ cup dry white wine
3 cloves garlic, finely chopped
3 tablespoons olive tapenade

1. Sprinkle tilapia with salt and pepper. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the fish and cook (in two batches if necessary), turning once halfway through, until golden brown and just opaque in the center, 4 to 6 minutes total. Transfer the fish to a serving platter; tent with foil to keep warm.
2. Off the heat, add the remaining 1 tablespoon oil, tomatoes, wine and garlic to the pan. Return to medium heat, cover and cook, stirring occasionally, until most of tomatoes are broken down, 4 to 5 minutes. Stir in olive tapenade and cook for 1 minute more. Serve the fish with the sauce.

Per serving: 247 calories; 11 g fat (2 g sat, 6 g mono); 71 mg cholesterol; 4 g carbohydrate; 0 g added sugars; 29 g protein; 1 g fiber; 381 mg sodium; 626 mg potassium.

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

Carbohydrate Servings: 0

Exchanges: ½ vegetable, 4 lean meat, 2 fat



Spaghetti Genovese

Makes: 5 servings, about 1⅓ cups each

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

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☐ Gluten Free

Traditionally, this Italian pasta recipe combines pasta and pesto with potatoes and green beans. In our recipe for Spaghetti Genovese we give pesto a nutritional boost by adding spinach and toss it all together with fiber-rich whole-wheat pasta for a warm, comforting weeknight meal. Serve with escarole and radicchio salad.

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| 2 cups packed baby spinach | 1 pound green beans, trimmed and cut into 1-inch pieces |
| 8 ounces whole-wheat spaghetti | ½ cup prepared pesto |
| 1 cup thinly sliced new or baby potatoes (about 4 ounces) | 1 teaspoon freshly ground pepper |
| | ½ teaspoon salt |

1. Bring a large pot of water to a boil over medium-high heat. Add spinach and cook just until wilted, about 45 seconds. Use a slotted spoon or fine sieve to transfer the spinach to a blender. Return the water to a boil and add spaghetti and potatoes. Cook, stirring once or twice, until almost tender, 6 to 7 minutes. Add green beans and cook until tender, 3 to 4 minutes more.
2. When the spaghetti and vegetables are almost done, carefully scoop out 1 cup of the cooking liquid from the pot. Pour ½ cup of the liquid into the blender and add pesto, pepper and salt. Blend until smooth, stopping to scrape down the sides as necessary.
3. Drain the spaghetti and vegetables and return to the pot; stir in the pesto mixture. Cook over medium heat, stirring gently, until the sauce is thickened and the pasta is hot, 1 to 2 minutes. Add more of the cooking liquid, as desired, for a thinner sauce.

Per serving: 333 calories; 12 g fat (3 g sat, 7 g mono); 8 mg cholesterol; 47 g carbohydrate; 0 g added sugars; 14 g protein; 10 g fiber; 438 mg sodium; 455 mg potassium.

Nutrition bonus: Vitamin A (37% daily value), Magnesium (27% dv), Calcium (25% dv), Vitamin C (22% dv), Iron (21% dv), Folate (20% dv).

Carbohydrate Servings: 3

Exchanges: 2½ starch, 1½ vegetable, 2 fat



Pork, Apple & Miso Noodle Soup

Makes: 4 servings, about 2 cups each

Active time: 15 minutes | **Total:** 35 minutes

☒ Heart Health ☐ Diabetes ☐ Weight Loss ☐ Gluten Free

Apples and mild white miso lightly sweeten this easy noodle soup recipe. It's got plenty of flavor with few ingredients, but feel free to add a dash of hot sauce for zing. Serve with a watercress salad.

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| 1 tablespoon canola oil | 4 cups water |
| 12 ounces lean ground pork (see <i>Tips</i>) | 8 ounces udon noodles, preferably whole-wheat |
| 2 tart, firm apples, peeled and chopped | 1/4 cup white miso (see <i>Tips</i>) |
| 2 cups reduced-sodium chicken broth | |

1. Heat oil in a large saucepan over medium-high heat. Add pork and cook, stirring occasionally, until no longer pink on the outside, about 2 minutes. Stir in apples and cook, stirring occasionally, until just beginning to soften, about 2 minutes more. Add broth and water; bring to a boil. Add noodles and cook according to the package directions, stirring occasionally.
2. When the noodles are almost done, carefully scoop out about 1/2 cup of the cooking liquid from the pan and combine with miso. Stir the miso mixture into the soup and remove from the heat. Serve immediately.

Per serving: 406 calories; 9 g fat (2 g sat, 2 g mono); 49 mg cholesterol; 57 g carbohydrate; 0 g added sugars; 27 g protein; 8 g fiber; 767 mg sodium; 479 mg potassium.

Nutrition bonus: Magnesium (25% daily value), Zinc (19% dv), Iron (17% dv).

Carbohydrate Servings: 3 1/2

Exchanges: 3 starch, 1/2 fruit, 2 1/2 lean meat, 1/2 fat

Tips:

Depending on your supermarket, it might be hard to find a lean option for ground pork. But it's easy to make your own in a food processor. Choose a lean cut, such as loin or tenderloin. Cut into pieces and then pulse in a food processor until uniformly ground (being careful not to overprocess, turning the meat into mush). Or ask your butcher to grind it for you.

White or sweet miso (Shiromiso), made with soy and rice, is yellow and mild in flavor. Look for it near tofu at well-stocked supermarkets. It will keep in the refrigerator for at least a year.



Lamb Chops with Mashed Peas & Mint

Makes: 4 servings, 2 lamb chops & $\frac{1}{3}$ cup peas each

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

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

Peas and lamb are a natural pairing. Here pan-roasted lamb chops are served with mashed peas seasoned with mint. Serve with bulgur tossed with chopped scallion greens, a drizzle of olive oil and a splash of lemon juice.

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| 4 teaspoons extra-virgin olive oil, divided | $\frac{1}{2}$ teaspoon freshly ground pepper |
| 3 large cloves garlic, chopped | 8 lamb loin chops (1½-2 pounds total), trimmed |
| 2 cups frozen peas (12 ounces), thawed | 1 tablespoon chopped fresh mint |
| $\frac{3}{4}$ cup water, plus more as needed | |
| $\frac{3}{4}$ teaspoon salt, divided | |

1. Preheat oven to 375°F
2. Heat 2 teaspoons oil in a medium saucepan over medium heat. Add garlic and cook, stirring, until fragrant and slightly softened, about 1 minute. Stir in peas, $\frac{3}{4}$ cup water and $\frac{1}{4}$ teaspoon salt. Bring to a boil. Reduce heat to medium, cover and cook for 5 minutes. Remove from heat.
3. Sprinkle the remaining $\frac{1}{2}$ teaspoon salt and pepper on both sides of lamb chops. Heat the remaining 2 teaspoons oil in a large, ovenproof, nonstick skillet over medium-high heat. Add the chops and cook until browned on one side, 1½ to 2 minutes. Turn them over and transfer the pan to the oven.
4. Roast until an instant-read thermometer inserted horizontally into a chop registers 135°F for medium-rare, 8 to 12 minutes, depending on thickness.
5. Meanwhile, transfer the pea mixture to a blender or food processor. Add mint; pulse until coarsely pureed, adding additional water a tablespoon at a time for desired consistency and scraping down the sides as needed.
6. Serve the lamb with the pea puree.

Per serving: 267 calories; 12 g fat (3 g sat, 7 g mono); 68 mg cholesterol; 13 g carbohydrate; 0 g added sugars; 26 g protein; 4 g fiber; 590 mg sodium; 419 mg potassium.

Nutrition bonus: Vitamin A (37% daily value), Vitamin C (27% dv). Zinc (25% dv), Iron (17% dv), Folate (16% dv).

Carbohydrate Servings: 1

Exchanges: 1 starch, 3 lean meat, 1 fat



Tuna & Bok Choy Packets

Makes: 4 servings, 3-4 oz. fish & 2 pieces of bok choy each

Active time: 15 minutes | **Total:** 30 minutes

☒ Heart Health
 ☒ Diabetes
 ☒ Weight Loss
 ☒ Gluten Free

Steaming fish and vegetables together in a tin-foil packet is a great way to keep the tuna moist and have little to clean up. If baby bok choy is not available, use 8 cups chopped mature bok choy for this quick fish recipe.

¼ cup horseradish mustard	1 tablespoon extra-virgin olive oil
¼ cup finely chopped parsley, divided	1-1½ pounds tuna, wild salmon, mahi-mahi or
2 tablespoons water	cod, skinned if desired, cut into 4
¼ teaspoon freshly ground pepper	portions (see Tip)
2 baby bok choy, trimmed and quartered lengthwise	

1. Preheat oven to 475°F.
2. Combine mustard, 3 tablespoons parsley, water and pepper in a small bowl. Toss bok choy, oil and 2 tablespoons of the mustard sauce in a large bowl.
3. Cut four 20-inch sheets of foil. Arrange 2 bok choy quarters in the center of each piece, top with a portion of fish and 1 tablespoon of the remaining sauce. Bring the short ends of foil together, fold over and pinch to seal. Pinch the side seams together to seal the packets and place on a large baking sheet.
4. Bake the packets until the fish is opaque in the center, about 15 minutes (depending on thickness). When opening a packet to check for doneness, be careful of the steam. Serve, sprinkled with the remaining 1 tablespoon parsley.

Per serving: 201 calories; 7 g fat (1 g sat, 3 g mono); 46 mg cholesterol; 5 g carbohydrate; 0 g added sugars; 30 g protein; 2 g fiber; 258 mg sodium; 1,008 mg potassium.

Nutrition bonus: Vitamin A (114% daily value), Vitamin C (63% dv), Potassium (29% dv), Iron (18% dv), Folate (15% dv).

Carbohydrate Servings: 0

Exchanges: ½ vegetable, 4 lean meat, 1 fat

Tip: For information about choosing sustainable seafood, visit seafoodwatch.org.

About EatingWell

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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.)

Photography by Ken Burris (1-4); Peter Ardito (5-9).

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