This Week’s Menu

Sunday: Louisiana Catfish with Okra & Corn
Monday: Pork Chops au Poivre
Tuesday: Cheese- & Spinach-Stuffed Portobello
Wednesday: Sweet- & Sour Chicken Drumsticks
Thursday: Beef & Cabbage Stir-Fry with Peanut Sauce
Friday: Salmon Rosti
Saturday: Black Bean Croquettes with Fresh Salsa
LOUISIANA CATFISH WITH OKRA & CORN

ACTIVE: 30 MINUTES  TOTAL: 30 MINUTES

Purchased Cajun or Creole seasoning flavors both the catfish and vegetables in this 30-minute dinner. This dish is best with fresh vegetables, but we were pleasantly surprised at how well it turned out with frozen okra and corn. Serve with cheese grits and a green salad.

2 cups fresh or frozen sliced okra
1 1/4 cups fresh corn kernels (from 2 ears; see Tip) or frozen
1 medium onion, diced
2 teaspoons plus 1 tablespoon extra-virgin olive oil, divided
1 1/4 teaspoons Cajun or Creole seasoning, divided
1 pound catfish fillets, patted dry and cut into 4 portions

1. Preheat oven to 450°F.
2. Combine okra, corn, onion, 2 teaspoons oil and 3/4 teaspoon Cajun (or Creole) seasoning in a large bowl. Spread the mixture out on a large rimmed baking sheet. Roast, stirring twice, until the vegetables are tender and beginning to brown, 20 to 25 minutes.
3. Meanwhile, sprinkle both sides of catfish with the remaining 1 teaspoon Cajun (or Creole) seasoning. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Reduce heat to medium, add the fish and cook until just cooked through and starting to brown, about 4 minutes per side. Serve with the roasted vegetables.

SERVES 4

Per serving: 266 calories; 13 g fat (3 g sat, 8 g mono); 62 mg cholesterol; 17 g carbohydrate; 0 g added sugars; 20 g protein; 3 g fiber; 361 mg sodium; 681 mg potassium.

Nutrition bonus: Vitamin C (25% daily value), Folate (20% dv), Potassium (19% dv), Magnesium (18% dv).

Carbohydrate servings: 1
Exchanges: 1 starch, ½ vegetable, 3 lean meat, 1 fat

TIP
To remove corn from the cob, stand an uncooked ear of corn on its stem end and slice the kernels off with a sharp, thin-bladed knife.
Weeknight Dinner Plan: Monday

**PORK CHOPS AU POIVRE**

- **Heart Health**
- **Weight Loss**
- **Diabetes**
- **Gluten Free**

- **ACTIVE:** 20 MINUTES  **TOTAL:** 20 MINUTES

Turn your dining room into a French bistro when you dress up pepper-crusted pork chops with a rich, creamy brandy sauce. Serve with roasted sweet potato slices and green beans.

1 teaspoon coarsely ground black pepper

1/2 teaspoon salt, divided

4 4-ounce boneless pork chops, 1/2 inch thick, trimmed

3 tablespoons all-purpose flour

2 tablespoons extra-virgin olive oil

1 medium shallot, minced

1/2 cup brandy

1/4 cup reduced-fat sour cream

1. Combine pepper and 1/4 teaspoon salt in a small bowl. Pat the mixture onto both sides of each pork chop. Place flour in a shallow dish; dredge each chop in the flour, shaking off any excess.

2. Heat oil in a large skillet over medium-high heat. Add the chops, reduce heat to medium and cook until browned and just cooked through, 2 to 3 minutes per side. Transfer to a plate and tent with foil to keep warm.

3. Reduce heat to medium-low. Add shallot to the pan and cook, stirring, until softened, about 1 minute. Add brandy and cook, stirring and scraping up any browned bits, until most of the liquid has evaporated, 1 to 2 minutes. Remove from the heat; stir in sour cream and the remaining 1/4 teaspoon salt. Serve the pork chops with the sauce.

**SERVES 4**

Per serving: 299 calories; 15 g fat (4 g sat, 8 g mono); 72 mg cholesterol; 3 g carbohydrate; 0 g added sugars; 22 g protein; 0 g fiber; 342 mg sodium; 319 mg potassium.

Carbohydrate servings: 0

Exchanges: 2 lean meat, 1 1/2 fat
Weeknight Dinner Plan: **Tuesday**

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**CHEESE-&-SPINACH-STUFFED PORTOBELLOS**

- **Heart Health**
- **Diabetes**
- **Weight Loss**
- **Gluten Free**

**ACTIVE: 20 MINUTES  TOTAL: 40 MINUTES**

Here we take the elements of a vegetarian lasagna filling—ricotta, spinach and Parmesan cheese—and nestle them into roasted portobello mushroom caps. The recipe works best with very large portobello caps; if you can only find smaller ones, buy one or two extra and divide the filling among all the caps. Serve with a tossed salad and a whole-wheat dinner roll or spaghetti tossed with marinara sauce.

- 4 large portobello mushroom caps
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper, divided
- 1 cup part-skim ricotta cheese
- 1 cup finely chopped fresh spinach
- ½ cup finely shredded Parmesan cheese, divided
- 2 tablespoons finely chopped Kalamata olives
- ½ teaspoon Italian seasoning
- ¾ cup prepared marinara sauce

1. Preheat oven to 450°F. Coat a rimmed baking sheet with cooking spray.
2. Place mushroom caps, gill-side up, on the prepared pan. Sprinkle with salt and ¼ teaspoon pepper. Roast until tender, 20 to 25 minutes.
3. Meanwhile, mash ricotta, spinach, ¼ cup Parmesan, olives, Italian seasoning and the remaining ¼ teaspoon pepper in a medium bowl. Place marinara sauce in a small bowl, cover and microwave on High until hot, 30 seconds to 1½ minutes.
4. When the mushrooms are tender, carefully pour out any liquid accumulated in the caps. Return the caps to the pan gill-side up. Spread 1 tablespoon marinara into each cap; cover the remaining sauce to keep warm. Mound a generous ¼ cup ricotta filling into each cap and sprinkle with the remaining ¼ cup Parmesan. Bake until hot, about 10 minutes. Serve with the remaining marinara sauce.

**SERVES 4**

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Per serving: 216 calories; 12 g fat (5 g sat, 4 g mono); 29 mg cholesterol; 16 g carbohydrate; 0 g added sugars; 14 g protein; 3 g fiber; 683 mg sodium; 692 mg potassium.

**Nutrition bonus:** Calcium (31% daily value), Vitamin A (28% dv), Potassium (20% dv).

**Carbohydrate servings:** 1

**Exchanges:** 2 vegetable, 1 medium-fat meat, 1 fat
WEKNIGHT DINNER PLAN: Wednesday

SWEET-&-SOUR CHICKEN DRUMSTICKS

Heart Health  Diabetes  Weight Loss  Gluten Free

ACTIVE: 40 MINUTES  TOTAL: 40 MINUTES

Chicken drumsticks stay deliciously moist when grilled—even with the skin removed. Minty sweet-and-sour dipping sauce adds a refreshing twist to “ordinary” grilled chicken. Serve with brown rice and slices of fresh pineapple.

1/2 teaspoon freshly grated orange zest
1/4 cup orange juice
1/4 cup water
3 tablespoons honey
1 tablespoon plus 1 teaspoon cider vinegar, divided
1/2 teaspoon salt, divided
1/4 teaspoon ground coriander
1 teaspoon cornstarch
1/4 cup chopped fresh mint
8 chicken drumsticks (about 2 pounds), skin removed, trimmed
1/4 teaspoon freshly ground pepper

1. Preheat grill to medium. (No grill? See Broiler Variation, below.)

2. To prepare dipping sauce, combine orange zest, orange juice, water, honey, 1 tablespoon vinegar, 1/4 teaspoon salt and coriander in a small saucepan; bring to a boil. Whisk cornstarch and the remaining 1 teaspoon vinegar in a small bowl until smooth. Add to the saucepan and return to a boil, whisking until thickened, 30 seconds to 1 minute. Remove from the heat. Stir in mint.

3. Sprinkle drumsticks with the remaining 1/4 teaspoon salt and pepper. Oil the grill rack (see Tip). Grill the drumsticks until crispy on all sides and an instant-read thermometer inserted into the thickest part registers 165°F, about 15 minutes total. Serve the drumsticks with the dipping sauce on the side.

SERVES 4

Per serving: 255 calories; 8 g fat (2 g sat, 3 g mono); 93 mg cholesterol; 16 g carbohydrate; 12 g added sugars; 29 g protein; 1 g fiber; 389 mg sodium, 315 mg potassium.

Nutrition bonus: Vitamin C (15% daily value). Carbohydrate servings: 1

Exchanges: 4 lean meat, 1 other carbohydrate

BROILER VARIATION: Position oven rack in the upper third of the oven; preheat broiler to high. Prepare sauce (Step 2). Coat a broiler pan with cooking spray. Sprinkle drumsticks with salt and pepper (Step 3), then broil, turning once, until an instant-read thermometer inserted into the thickest part registers 165°F, about 15 minutes total.

To oil the grill rack: Oil a folded paper towel, hold it with tongs and rub it over the rack. (Don’t use cooking spray on a hot grill.)
Weeknight Dinner Plan: Thursday

BEEF & CABBAGE STIR-FRY
WITH PEANUT SAUCE

Heart Health  Diabetes  Weight Loss  Gluten Free

ACTIVE: 40 MINUTES  TOTAL: 40 MINUTES

The subtly sweet peanut sauce blends deliciously in this beef, cabbage and carrot sauté. Spice up the dish with a few dashes of your favorite hot sauce. Serve with udon noodles.

1/4 cup smooth natural peanut butter
1/3 cup orange juice
3 tablespoons reduced-sodium soy sauce
1 tablespoon rice vinegar
2 teaspoons sugar
4 teaspoons canola oil, divided
3 cloves garlic, minced
1 pound sirloin steak, trimmed and thinly sliced (see Tip)
1 small head Savoy cabbage, thinly sliced
2-5 tablespoons water
2 medium carrots, grated
1/4 cup chopped unsalted roasted peanuts (optional)

1. Whisk peanut butter, orange juice, soy sauce, vinegar and sugar in a medium bowl until smooth.
2. Heat 2 teaspoons oil in a wok or large skillet over medium-high heat. Add garlic and cook, stirring, until fragrant, 30 seconds. Add steak and cook, stirring, until browned and barely pink in the middle, 2 to 4 minutes. Transfer to a bowl.
3. Reduce heat to medium. Swirl in the remaining 2 teaspoons oil. Add cabbage and 2 tablespoons water; cook, stirring, until beginning to wilt, 3 to 5 minutes. Add carrots (and more water if necessary to prevent sticking or burning) and cook, stirring, until just tender, about 3 minutes more. Return the steak and any accumulated juices to the pan, then pour in the peanut sauce and toss to combine. Serve sprinkled with peanuts (if using).

SERVES 4

Per serving: 364 calories; 17 g fat (3 g sat, 5 g mono); 42 mg cholesterol; 23 g carbohydrate; 2 g added sugars; 31 g protein; 7 g fiber; 469 mg sodium; 866 mg potassium.

Nutrition bonus: Vitamin A (140% daily value), Vitamin C (110% dv), Folate (40% dv), Potassium (25% dv), Magnesium (19% dv).

Carbohydrate servings: 1
Exchanges: 2 vegetable, 3 lean meat, 2 fat

TIP
For thinly sliced beef, freeze for 30 minutes to make it easier to cut into very thin slices.
**SALMON ROSTI**

**ACTIVE: 30 MINUTES  TOTAL: 30 MINUTES**

Convenient frozen hash browns and flaked salmon come together for a twist on this traditional Swiss favorite. We love the creamy dill sauce, but a dollop of ketchup is tasty too. Serve with: Steamed green beans tossed with sliced scallions, Dijon mustard and lemon juice.

2 6- to 7-ounce cans boneless, skinless wild Alaskan salmon, drained  
½ cup finely chopped red onion  
2 large eggs plus 1 large egg white, lightly beaten  
1 tablespoon whole-grain mustard  
3 tablespoons chopped fresh dill or 3 teaspoons dried, divided  
½ teaspoon freshly ground pepper  
¼ teaspoon salt  
4 cups frozen hash-brown shredded potatoes (about 12 ounces)  
2 tablespoons extra-virgin olive oil, divided  
⅓ cup reduced-fat sour cream  
1 tablespoon capers, rinsed and chopped  
1 teaspoon lemon juice

1. Combine salmon, onion, eggs and egg white, mustard, 2 tablespoons fresh dill (or 2 teaspoons dried), pepper and salt in a large bowl. Add potatoes and stir to combine.

2. Preheat oven to 200°F.

3. Heat 1 tablespoon oil in a large nonstick skillet over medium heat until shimmering. Fill a 1-cup measure two-thirds full with the salmon mixture and firmly pack it down. Unmold into the pan and pat to form a 3-inch cake. Repeat, making 3 more cakes. Cover and cook until browned on the bottom, 3 to 5 minutes. Gently turn over and cook, covered, until crispy on the other side, 3 to 5 minutes more. Transfer the cakes to a baking dish; keep warm in the oven. Wipe out the skillet and cook 4 more cakes with the remaining 1 tablespoon oil and the remaining salmon mixture.

4. Combine sour cream, capers, lemon juice and the remaining dill in a small bowl. Serve the salmon cakes with the dill sauce.

**SERVES 4: 2 ROSTI (SALMON CAKES) EACH**

Per serving: 317 calories; 18 g fat (5 g sat, 7 g mono); 143 mg cholesterol; 19 g carbohydrate; 0 g added sugars; 21 g protein; 2 g fiber; 559 mg sodium; 605 mg potassium.

Nutrition bonus: Potassium (17% daily value), Vitamin C (15% dv), omega-3s.

Carbohydrate servings: 1

Exchanges: 1 starch, 2½ lean meat, 2 fat
Weeknight Dinner Plan: Saturday

BLACK BEAN CROQUETTES WITH FRESH SALSA

Heart Health  Diabetes
Weight Loss  Gluten Free

ACTIVE: 25 MINUTES  TOTAL: 45 MINUTES

With just a couple pantry items and a few fresh vegetables you can whip up these croquettes with salsa on the side.

2 15-ounce cans black beans, rinsed
1 teaspoon ground cumin
1 cup frozen corn kernels, thawed
¾ cup plus ¼ cup plain dry breadcrumbs, divided
2 cups finely chopped tomatoes
2 scallions, sliced
¼ cup chopped fresh cilantro
1 teaspoon chili powder, hot if desired, divided
¾ teaspoon salt
1 tablespoon extra-virgin olive oil
1 avocado, diced

1. Preheat oven to 425°F. Coat a baking sheet with cooking spray.
2. Mash black beans and cumin with a fork in a large bowl until no whole beans remain. Stir in corn and ¼ cup breadcrumbs. Combine tomatoes, scallions, cilantro, ⅛ teaspoon chili powder and salt in a medium bowl. Stir 1 cup of the tomato mixture into the black bean mixture.
3. Mix the remaining ¼ cup breadcrumbs, oil and the remaining ⅛ teaspoon chili powder in a small bowl until the breadcrumbs are coated with oil. Divide the bean mixture into 8 scant ⅛-cup balls. Lightly press each bean ball into the breadcrumb mixture, turning to coat. Place on the prepared baking sheet.
4. Bake the croquettes until heated through and the breadcrumbs are golden brown, about 20 minutes. Stir avocado into the remaining tomato mixture. Serve the salsa with the croquettes.

SERVES 4: 2 CROQUETTES & ¼ CUP SALSA EACH

Per serving: 405 calories; 12 g fat (2 g sat, 8 g mono); 0 mg cholesterol; 61 g carbohydrate; 16 g protein; 16 g fiber; 438 mg sodium; 621 mg potassium. Nutrition bonus: Folate (81% daily value), Vitamin C (35% dv), Iron & Vitamin A (25% dv), Potassium (18% dv).

Carbohydrate servings: 3½ Exchanges: 3½ starch, 1 vegetable, 2 lean-meat, 1 fat
**Weeknight Dinner Menu Plan: Shopping List**

**Shop For:**

**Produce**
- **Fruit**
  - Lemon, 1 medium
  - Orange, 1 medium

- **Vegetables**
  - Avocado, 1 medium
  - Cabbage, Savoy, 1 small head
  - Carrots, 2 pounds
  - Corn, 2 ears (or 2 cups frozen)
  - Green beans, 1 pound
  - Lettuce (whatever looks best), 2 heads
  - Okra, 2 cups (or 2 cups frozen)
  - Onions, 1 medium yellow and 1 medium red
  - Portobello mushroom caps, 4 large
  - Potatoes, 2 pounds
  - Scallions, 1 bunch
  - Shallot, 1 medium
  - Spinach, 1 small bag
  - Sweet potatoes, 1½ pounds
  - Tomatoes, 4 medium

- **Fresh Herbs & Flavorings**
  - Cilantro, 1 bunch
  - Dill, 1 small bunch
  - Garlic, 1 head
  - Mint, 1 bunch

**Oils, Vinegars & Condiments**
- Whole-grain mustard, 1 small jar

**Canned & Bottled Goods**
- Black beans, two 15-ounce cans
- Salmon, two 6- to 7-ounce cans
- Marinara sauce, 1 small jar
- Capers, 1 small jar
- Olives, kalamata
- Brandy, ½ cup

**Check Your Pantry For:**
- Canola oil
- Olive oil
- Cider vinegar
- Rice vinegar
- Soy sauce, reduced

**Flavorings**
- Salt
- Black pepper
- Cajun (or Creole) seasoning
- Chili powder
- Coriander, ground
- Cumin, ground
- Italian seasoning

**Dry Goods**
- Brown rice
- Flour, all-purpose
- Cornstarch
- Honey

**Nuts, Seeds & Dried Fruit**
- Peanut butter, natural smooth

**Refrigerator Items & Dairy**
- Peanuts, roasted, 1 small jar
- Tortillas, corn, 1 package
- Ricotta cheese, part-skim, 1 small container
- Sour cream, reduced-fat, 1 small container
- Parmesan cheese, 1 ounce
- Eggs
- Orange juice, 1 small container

**Meat & Seafood**
- Chicken drumsticks, 8 (about 2 pounds)
- Beef sirloin, 1 pound
- Pork chops, four 4-ounce boneless, ½ inch thick
- Catfish fillets, 1 pound

**Freezer**
- Corn, 1 small bag
- Hash-brown shredded potatoes, 12 ounces
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A recipe checked...

- **Heart Health** has limited saturated fat.
- **Diabetes** is low in calories and meets limits for Carbohydrate Servings.
- **Weight Loss** has reduced calories (and limited saturated fat).
- **Gluten Free** does not contain wheat, rye, barley or oats. (Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)

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