

Chicken, Millet, and Mushroom One-Skillet Meal

Servings: 6-8

Ingredients

2 tablespoons canola or olive oil, divided
2 pounds chicken tenderloins
Salt and pepper to taste
1 large yellow onion, chopped
1/2 pound mushrooms, sliced (fresh or canned)
1 cup uncooked millet
3 cloves garlic, finely chopped
1/2 cup white wine
2 cups chicken broth
1/2 teaspoon dried thyme
1/2 teaspoon dried rosemary
3 cups baby spinach

Preparation

Heat 1 tablespoon of the oil in a large, deep skillet over medium-high heat. Season chicken with salt and pepper, then arrange tenderloins in the skillet. Cook, flipping once, until deep golden brown all over, about 7-10 minutes total. Transfer chicken to a large plate; repeat process with remaining 1 tablespoon oil and remaining tenderloins.

Once all of the tenderloins are browned and transferred to the plate, add onions, mushrooms and millet to the same skillet and cook, stirring often, for 5 minutes. Add garlic and cook 1 minute more. Stir in wine, broth, thyme, rosemary, salt and pepper. Nestle chicken into skillet, submerging it in the millet and vegetables; bring to a boil. Cover, reduce heat to medium-low and cook for about 25 minutes. Uncover skillet and gently stir in spinach. Cover skillet and cook until millet and spinach are tender and chicken is cooked through, about 10 minutes more.

Spoon chicken, millet and vegetables onto plates and serve.

Nutrition Information (per serving)

Calories 360
Fat 15g total
Carbohydrate 26g
Protein 27g
Fiber 3g

From wholefoodsmarket.com

Skillet Lasagna

Prep Time: 15 min

Cook Time: 30 min

Servings: 4

Ingredients

- 1/4 cup extra-virgin olive oil, plus more for drizzling
- 4 cloves garlic, minced
- 2 (14.5 oz) cans diced tomatoes, drained
- 4 tablespoons chopped fresh basil and/or parsley (see Tip)
- Kosher salt and freshly ground pepper
- 1 cup part skim ricotta cheese
- 1 large egg
- 2 tablespoons grated parmesan cheese
- 6 sheets no-bake lasagna noodles
- 1 cup shredded carrot (see Tip)
- 1 zucchini, peeled into ribbons
- 3 1/2 cups baby spinach
- 1 package thinly sliced mozzarella cheese

Preparation

1. Heat the 1/4 cup olive oil in a large skillet over medium-high heat. Add the garlic; cook until golden, 1 minute. Add the tomatoes, 1 tablespoon herbs, 1/2 teaspoon salt, and pepper to taste; cook until saucy, about 5 minutes. Transfer to a blender and puree. If you use an immersion blender, transfer all of the skillet contents into a large bowl and blend in the bowl. Return 1 cup of the sauce to the skillet and reduce the heat to low; reserve the remaining sauce.
2. Meanwhile, mix the ricotta, egg, parmesan, the remaining 3 tablespoons herbs, 1/2 teaspoon salt, and pepper to taste in a bowl.
3. Place 2 lasagna noodles over the sauce in the skillet. Layer half of the carrot and zucchini on top; drizzle with olive oil and season with salt and pepper. Cover with half of the spinach, half of the ricotta mixture, a few pieces of mozzarella and 2 to 3 tablespoons of the reserved tomato sauce. Repeat the layers, ending with noodles. Top with the remaining sauce and mozzarella. Cover and simmer until the lasagna is cooked and the cheese melts, 20 to 25 minutes.
4. Let rest for a few minutes before slicing.

Nutrition Information (per serving)

Calories 482

Fat 27.5 g

Carbohydrate 36.2g

Fiber 4.1g

Protein 23.8g

Tips:

- If you don't want to buy fresh herbs, look for herbs in tubes in your grocer's produce section. They taste nearly just as fresh and will last for several weeks in the refrigerator.
- For convenience, use pre-shredded carrots.

From foodnetwork.com

Smoky Spanish-Style Pan Roast

Servings: 4

Ingredients

1 pound small new potatoes, halved
2 tablespoons olive oil
 $\frac{3}{4}$ teaspoon salt, divided
 $\frac{1}{2}$ teaspoon freshly ground black pepper, divided
 $\frac{1}{2}$ pound large shrimp (peeled and deveined)
 $\frac{1}{2}$ pound Spanish chorizo, thinly sliced
 $\frac{1}{2}$ pound green beans, trimmed
4 garlic cloves, chopped
 $\frac{1}{2}$ cup pilsner beer
 $\frac{1}{2}$ teaspoon Spanish smoked paprika
1 red bell pepper, cut into thin strips
 $\frac{1}{4}$ cup fresh flat-leaf parsley leaves (optional)

Preparation

1. Preheat oven to 400°.
2. Combine potatoes, oil, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{4}$ teaspoon black pepper in a large roasting pan, tossing well to coat potatoes. Arrange potatoes in a single layer, cut side down, in pan. Bake at 400° for 15 minutes or until potatoes are lightly browned.
3. Stir chorizo, green beans, garlic, remaining $\frac{1}{4}$ teaspoon salt, and remaining $\frac{1}{4}$ teaspoon black pepper into pan. Bake at 400° for 10 minutes. Add beer, paprika, and bell pepper, scraping pan to loosen browned bits. Nestle shrimp into vegetable mixture. Bake at 400° for 10 minutes or until potatoes and green beans are tender and shrimp are done. Sprinkle with fresh parsley leaves, if desired.

Nutrition Information (per serving)

Calories 392
Fat 15.5g
Protein 28g
Carbohydrate 36.6g
Fiber 7.7g

From cookinglight.com

Couscous with Chickpeas, Tomato, and Edamame

Servings: 5

Ingredients

1 tablespoon olive oil
1 cup fresh or frozen shelled edamame (soybeans)
½ teaspoon crushed red pepper
4 garlic cloves, minced
2 ¼ cups water, divided
¼ cup chopped fresh basil (see Tip)
1 (16-ounce) can chickpeas (garbanzo beans), drained and rinsed
1 (14.5-ounce) can diced tomatoes, undrained
¾ teaspoon salt
1 cup uncooked couscous
1 cup coarsely chopped green onions (about a bunch)
1 cup crumbled feta cheese

Preparation

1. Heat olive oil in a large skillet over medium heat. Add edamame, red pepper, and garlic; cook 3 minutes, stirring frequently. Stir in ½ cup water, basil, chickpeas, and tomatoes; simmer 15 minutes. Add 1 ¾ cups water and salt; bring to a boil. Gradually stir in couscous. Remove from heat; cover and let stand 5 minutes. Stir in onions and feta; toss well.

Nutrition Information (per serving)

Calories 454
Fat 13.9g
Carbohydrate 62g
Protein 20.7g
Fiber 11g

Tips:

- If you don't want to buy fresh herbs, look for herbs in tubes in your grocer's produce section. They taste nearly just as fresh and will last for several weeks in the refrigerator.

From seriouseats.com

Salmon-Potato Skillet

Servings: 4

Total Time: 25 min

Prep Time: 10 min

Ingredients

1 can(s) (14.5 oz) chicken broth

½ cup water

1 pound red-skin potatoes, thinly sliced

1 red bell pepper

1/3 cup each thinly sliced white and green part of scallions (keep separate)

4 center-cut pieces salmon fillet (5 to 6 oz each, can be frozen)

2 tablespoons creamy mustard spread (such as Dijonnaise) (see Tip)

Preparation

1. Bring broth and water to a boil in a large, deep nonstick skillet with a lid.
2. Meanwhile, thinly slice potatoes. Add to broth; return to a gentle boil and cook 10 minutes.
3. While potatoes cook, halve, core and thinly slice red pepper and prepare scallions. Place salmon on potatoes; top with pepper strips and white part of scallion. Bring to a simmer; cover and cook 10 minutes, or until salmon is cooked through and potatoes are tender. Remove skillet from heat.
4. Using a slotted spoon, transfer salmon, vegetables and potatoes to dinner plates. Add mustard and green part of scallion to liquid in skillet; stir until blended. Spoon over salmon.

Nutrition Information (per serving)

Calories 407

Fat 19g

Carbohydrate 25g

Protein 34g

Fiber 3g

Tips:

- For the creamy mustard spread, you can mix 1 tablespoon mayonnaise with 1 tablespoon Dijon mustard.

From womensday.com

Kale, Sausage & Lentil Skillet Supper

Servings: 4, about 1 ½ cups each

Active Time: 30 minutes

Total Time: 1 ¼ hours

Ingredients

3 teaspoons extra-virgin olive oil, divided

1 12-ounce package cooked chicken sausage (we like apple flavored chicken sausage)

1 large red onion, thinly sliced

2 tablespoons chopped garlic

Pinch of crushed red pepper, or to taste

2 ½ cups water

1 ½ cups red wine

1 cup lentils, preferably French green (see Tip)

12 cups (about 1 bunch) chopped kale leaves, tough stems removed

1 teaspoon chopped fresh sage (or 1/3 teaspoon dried sage)

¼ teaspoon salt

Freshly ground pepper, to taste

Preparation

1. Heat 1 teaspoon oil in a large skillet over medium heat. Add sausages and cook until browned on all sides, 4 to 5 minutes total. Transfer to a clean cutting board.
2. Add the remaining 2 teaspoons oil and onion to the pan and cook until browned, 4 to 5 minutes. Add garlic and crushed red pepper and cook, stirring, until fragrant, about 15 seconds. Add water and wine, increase heat to high and bring to a boil, scraping up any browned bits. Add lentils, reduce heat to maintain a simmer, and cook, partially covered, for 40 minutes.
3. Add kale, sage and salt and cook, covered, stirring occasionally, until the lentils and kale are tender, about 10 minutes more. Slice the sausage and stir into the pan along with pepper. Cover and cook until heated through, about 2 minutes.

Nutrition Information (per serving):

Calories 500

Fat 11 g

Carbohydrate 58 g

Protein 32 g

Fiber 16 g

Tips:

- French green lentils are smaller, cook faster and hold their shape better than brown lentils. Look for them in well-stocked supermarkets or natural-foods stores

From eatingwell.com

Moroccan Chicken and Orzo

Servings: 5

Prep time: 11 minutes

Cook time: 16 minutes

Ingredients

2 ½ cups cooked orzo (see Tip)

2 teaspoons paprika

1 teaspoon ground cumin

1/2 teaspoon salt

1/4 teaspoon turmeric or 1/2 teaspoon saffron threads

1/4 teaspoon ground cinnamon

1 large clove garlic, minced

1 lb. chicken breasts, cut into bite-sized pieces (1" or smaller)

2 teaspoons vegetable or olive oil

1-1/4 cup chopped onion

1 cup chicken broth

1/4 cup golden raisins

1/4 cup fresh cilantro, chopped

Preparation

1. In a medium bowl, add paprika, cumin, salt, turmeric, cinnamon and garlic, and stir to combine. Add chicken and stir until poultry is entirely coated with mix.
2. In a large nonstick skillet, heat oil over medium-high heat. Add onion. Saute about 4 minutes, until it's a little soft and translucent, stirring occasionally. Add chicken. Brown chicken, stirring occasionally, 6 to 8 more minutes. Pour in broth and raisins. Reduce heat back to medium and let it cook for 5 minutes.
3. Turn off heat and remove skillet from burner. Pour cooked orzo into skillet. Stir until heated through and well combined. Top with fresh cilantro and serve.

Nutrition Information (per serving)

Calories 327

Fat 4.3g

Carbohydrate 43.4g

Protein 27.8g

Tips:

- One cup of uncooked orzo will yield about 2 ½ cups cooked.

From jennycraig.com

Skillet Gnocchi with Chard & White Beans

Servings: 6

Active Time: 30 minutes

Total Time: 30 minutes

Ingredients

- 1 tablespoon plus 1 teaspoon extra-virgin olive oil, divided
- 1 16-ounce package shelf-stable gnocchi, (see Tip)
- 1 medium yellow onion, thinly sliced
- 4 cloves garlic, minced
- ½ cup water
- 6 cups Swiss chard (or baby spinach)
- 1 15-ounce can diced tomatoes with Italian seasonings
- 1 15-ounce can white beans, rinsed
- ¼ teaspoon freshly ground pepper
- ½ cup shredded part-skim mozzarella cheese
- ¼ cup finely shredded Parmesan cheese

Preparation

1. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add gnocchi and cook, stirring often, until plumped and starting to brown, 5 to 7 minutes. Transfer to a bowl.
2. Add the remaining 1 teaspoon oil and onion to the pan and cook, stirring, over medium heat, for 2 minutes. Stir in garlic and water. Cover and cook until the onion is soft, 4 to 6 minutes. Add the Swiss chard or baby spinach, tearing it into small pieces as you add it to the pan. Cook, stirring, until starting to wilt, 1 to 2 minutes. Stir in tomatoes, beans and pepper and bring to a simmer. Stir in the gnocchi and sprinkle with mozzarella and Parmesan. Cover and cook until the cheese is melted and the sauce is bubbling, about 3 minutes.

Nutrition Information (per serving):

Calories 325

Fat 7 g

Carbohydrate 55 g

Protein 14 g

Fiber 6 g

Tips:

- Look for shelf-stable gnocchi near other pasta in the Italian section of most supermarkets.

From eatingwell.com

Baked Risotto with Bacon and Peas Recipe

Most risotto recipes require standing at the stove and stirring the pot continuously; this simpler version lets the oven do all the work.

Servings: 4

Active time: 20 minutes

Total time: 45 minutes

Ingredients

8 strips bacon, chopped

½ of an onion, chopped

1½ cups Arborio (risotto) rice

½ cup dry white wine

4 cups chicken broth

1 tsp. kosher salt

½ tsp. ground black pepper

1 cup frozen peas

½ cup chopped basil

2 to 3 Tbsp. unsalted butter

1 cup grated Parmesan cheese (about 3 ounces)

Preparation

1. Preheat oven to 400°. Using an oven-safe, straight-sided saucepan or Dutch oven with a lid, cook bacon over medium-high heat. When cooked through, remove bacon and set aside, reserving fat in pan.
2. Add onion and cook, stirring, until soft and translucent, about 3 minutes. Add rice and stir to coat with bacon fat. Stir in wine and cook until it has evaporated, 1 minute more. Stir in broth, salt, and pepper and bring to a boil.
3. Cover and bake in oven 20 to 25 minutes; check the risotto. Most of the liquid should be absorbed and the rice just cooked. Stir in peas and basil and return to oven, uncovered, for 5 more minutes.
4. Remove risotto from oven and stir in butter and cheese. Add reserved bacon, season to taste with salt and pepper, and spoon into bowls.

Nutrition Information (per serving)

Calories 520

Fat 20 g

Carbohydrate 62g

Protein 21.7g

Fiber 1.5g

From oprah.com

Citrus-Soy Chicken Stir Fry

Servings: 4

Ingredients

1/2 cup chicken stock
1/2 cup Tamari (dark soy sauce) (see Tip)
1 tablespoon freshly grated ginger (see Tip)
1 cup orange marmalade (see Tip)
Freshly ground black pepper
3 tablespoons lemon juice
3 tablespoons peanut or canola oil
2 pounds boneless, skinless chicken breasts, cut into thin strips
3 scallions, thinly sliced on a bias
1 cup shelled edamame (about 2 big handfuls), defrosted, if frozen
1 small red bell pepper, seeded and thinly sliced
1 cup snow peas or snap peas (about 2 big handfuls), defrosted, if frozen
1 cup shredded carrots (see Tip)
Cooked rice

Preparation

1. In a large skillet over high heat, combine the stock, Tamari, ginger, marmalade and a hearty pinch of pepper. Bring up to a bubble, then reduce the heat to medium and reduce until thickened, about 20 minutes. Remove from the heat, stir in the lemon juice and reserve. Transfer to a bowl.
2. Place same skillet over medium-high heat with three turns of the pan of oil, about 3 tablespoons. When the pan is smoking hot, add the chicken to the pan and cook, tossing frequently, until golden and cooked through; about 7-8 minutes. Remove the meat from the pan and reserve on a plate.
3. Return the pan to the heat, add the scallions and sauté until tender and aromatic, about 1 minute. Add the remaining veggies to the pan and cook, stirring frequently, until crisp tender, 4-5 minutes. Add the reserved meat or shrimp and sauce to the pan and toss to heat through and combine. Serve over cooked rice.

Nutrition Information (per serving)

Calories 394
Fat 11.2 g
Carbohydrate 39.9g
Protein 41.1g
Fiber 7.3g

Tips:

- Tamari can be found in the Asian foods section of most grocery stores, near the soy sauce
- For convenience, use jarred fresh ginger that is ready-to-use. One tablespoon equals the yield from a one-inch knob of fresh ginger.
- To keep added sugar at a minimum, try a product such as Smuckers Just Fruit.
- For convenience, use pre-shredded carrot.

From rachelray.com

Sausage, Peppers and Onions

Servings: 4

Prep Time: 15 min

Cook Time: 40 min

Ingredients

¼ cup extra-virgin olive oil
1 pound sweet Italian turkey sausage, sliced
2 red bell peppers, sliced
2 yellow onions, sliced
1 teaspoon kosher salt
1 teaspoon freshly ground black pepper
½ teaspoon dried oregano
½ cup chopped fresh basil leaves
4 garlic cloves, chopped
2 tablespoons tomato paste
1 cup Marsala cooking wine
1 (15-ounce) can diced tomatoes
¼ teaspoon red pepper flakes, optional
4 to 6 fresh Italian sandwich rolls, optional

Preparation

1. Heat the oil in a heavy large skillet over medium heat. Add the sausage slices and cook until just starting to brown.
2. Keeping the pan over medium heat, add the peppers, onions, salt, and pepper and cook until slightly tender, about 5 minutes. Add the oregano, basil, and garlic and cook 2 more minutes.
3. Add the tomato paste and stir. Add the Marsala wine, tomatoes, and chili flakes, if using. Stir to combine, scraping the bottom of the pan with a wooden spoon to release all the browned bits. Bring to a simmer. Cook until the sauce has thickened, about 20 minutes.
4. Serve in bowl or as sandwiches on rolls.

Nutrition Information (per serving)

Calories 510

Fat 25 g

Carbohydrate 42.4g

Protein 27.1g

Fiber 3g

From foodnetwork.com

Foil-Packet Southwestern Chicken Dinner

Servings: 4, one packet each

Prep Time: 10 min

Total Time: 40 min

Ingredients

1-3/4 cups warm water

2 cups instant brown rice, uncooked

4 small boneless skinless chicken breast halves (about 1 lb.)

¼ cup Light Ranch Reduced Fat Dressing

1 ½ tsp. chili powder

½ cup 2% Milk Shredded Reduced Fat Sharp Cheddar Cheese

4 cups small broccoli florets

1 red pepper, chopped

Preparation

1. Preheat oven to 400°F. In a bowl, add water to rice; let stand 5 min. Spoon evenly onto centers of four large sheets of heavy-duty foil. Top evenly with remaining ingredients.
2. Bring up foil sides. Double fold top and both ends to seal each packet, leaving room for heat circulation inside. Place in 15x10x1-inch baking pan.
3. Bake 25 to 30 min. or until chicken is cooked through (165°F). Cut slits in foil with sharp knife to release steam before opening packets.

Nutrition Information (per serving)

Calories 273

Fat 9.2 g

Carbohydrate 15g

Protein 31.1g

Fiber 1.3g

From kraft.com

Strawberry Cream Trifle

Serves 12

Ingredients

12 oz. angel food cake (entire cake)

1 quart fresh strawberries

1 container (16 oz) frozen sliced strawberries in syrup, thawed

1 lemon

1 container (8 oz) low fat blended strawberry yogurt

1 package (3.4 oz) instant pudding (we recommend vanilla, cheesecake, or white chocolate flavors)

1 container (8 oz) light whipped topping, divided

Preparation

1. Cut angel food cake into 1-inch cubes, set aside. Hull strawberries and cut into quarters. In mixing bowl, combine fresh and frozen strawberries. Mix well.
2. Juice lemon to yield 2 tablespoons juice. In mixing bowl, whisk lemon juice, yogurt, and pudding mix until smooth. Immediately fold in 1 cup whipped topping.
3. To assemble, place one-third of the pound cake cubes into bottom of trifle bowl. Add one-third strawberry mixture. Add half of yogurt mixture, spreading evenly. Repeat layers again. Top with remaining pound cake cubes and remaining strawberry mixture. Add a flat layer of whipped topping on top. Refrigerate until served.

Nutrition Information (per serving)

Calories 181.5

Fat 2.0g

Carbohydrate 38g

Protein 2.3 g

Fiber 3.2g