Compliments of COOKING LIGHT

Favorites

12 Tasty, Healthy Dishes
Your Family Will Love

dinner tonight

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**Chicken with Tomato-Avocado Salad**

All the fresh flavors of summer come together in Chicken with Tomato-Avocado Salad. The homemade buttermilk dressing balances the heat of the chicken.

**Ingredients**

- ¼ cup nonfat buttermilk
- 3 tablespoons canola mayonnaise
- 2 tablespoons minced fresh flat-leaf parsley
- 1 tablespoon minced shallots
- 1 teaspoon minced fresh thyme
- 1 teaspoon cider vinegar
- ¼ teaspoon freshly ground black pepper
- 1 garlic clove, minced
- 4 (6-ounce) skinless, boneless chicken breast halves
- Cooking spray
- 1 ½ tablespoons olive oil
- 1 teaspoon onion powder
- ¾ teaspoon ground cumin
- ¼ teaspoon chipotle chile powder
- 2 ears yellow corn, shucked
- 1 small red onion, cut into ½-inch slices
- 2 yellow tomatoes, each cut into 4 slices
- 2 red tomatoes, each cut into 4 slices
- 1 cup cherry tomatoes, halved
- 1 sliced peeled ripe avocado

**Preparation**

1. Preheat grill to high heat.
2. Combine first 9 ingredients in a small bowl; stir with a whisk. Chill buttermilk mixture until ready to serve.
3. Lightly coat chicken with cooking spray. Combine oil, onion powder, cumin, 1/2 teaspoon salt, and chipotle; rub evenly over chicken. Coat corn and onion with cooking spray. Arrange chicken, corn, and onion on grill rack; grill 8 minutes or until done, turning chicken and onion once and corn occasionally. Remove from grill; let stand 5 minutes. Cut corn kernels from cobs.
4. Slice chicken. Arrange 1 breast on each of 4 plates. Arrange 2 yellow and 2 red tomato slices on each plate. Top each serving with 1/4 cup cherry tomatoes. Divide corn, onion, and avocado evenly among plates. Sprinkle 1/4 teaspoon salt over salads. Drizzle about 1 1/2 tablespoons dressing over each salad.

SERVES 4

**Nutritional Information**

- **Calories**: 448
- **Fat**: 23.9g (sat 3.6g, mono 13.5g, poly 4.7g)
- **Protein**: 39g
- **Carbohydrates**: 21.4g
- **Fiber**: 5.9g
- **Cholesterol**: 98mg
- **Iron**: 2.4mg
- **Sodium**: 618mg
- **Calcium**: 68mg
Garden Alfredo with Chicken

Fresh vegetables shine in this super creamy pasta recipe for Garden Alfredo with Chicken.

**Ingredients**

- 1 pound skinless, boneless chicken breast halves
- 1/2 teaspoon kosher salt, divided
- 1/2 teaspoon black pepper, divided
- Cooking spray
- 6 ounces uncooked pappardelle pasta
- 2 medium zucchini
- 2 medium yellow squash
- 2 teaspoons olive oil
- 5 ounces thin asparagus spears, trimmed
- 1 red bell pepper, cut into thin strips
- 6 garlic cloves, thinly sliced
- 3/4 cup fat-free, lower-sodium chicken broth
- 1/2 cup half-and-half
- 2 teaspoons all-purpose flour
- 2 ounces Parmesan cheese, grated
- 2 tablespoons fresh flat-leaf parsley leaves

**Preparation**

1. Heat a large skillet over medium-high heat. Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper. Coat pan with cooking spray. Add chicken; cook 4 minutes on each side or until done. Remove from pan; let stand 5 minutes. Cut chicken across the grain into thin slices; keep warm. Reserve drippings in pan.

2. While chicken cooks, cook pasta according to package directions. Drain; keep warm.

3. Cut each zucchini and squash in half crosswise. Cut 1/2-inch slices from outer "walls" of zucchini and squash; discard cores. Slice pieces lengthwise into thin strips.


5. Combine broth, half-and-half, and flour; stir with a whisk. Add broth mixture to reserved drippings in skillet. Bring to a boil; cook 2 minutes or until slightly thickened, stirring constantly. Remove from heat. Add cheese; stir until cheese melts. Add pasta, vegetables, and chicken; toss. Sprinkle with 1/4 teaspoon black pepper and parsley.

**SERVES 4** (serving size: 2 cups)

**CALORIES** 456; **FAT** 13.6g (sat 5.6g, mono 4.7g, poly 1.2g); **PROTEIN** 38.7g; **CARB** 43.2g; **FIBER** 4.4g; **CHOL** 106mg; **IRON** 4mg; **SODIUM** 718mg; **CALC** 270mg
Chicken Tamale Casserole

This Chicken Tamale casserole is a quick and easy swap for more traditional tamales — but just as delicious!

**Ingredients**

- 1 cup (4 ounces) preshredded 4-cheese Mexican blend cheese, divided
- ½ cup fat-free milk
- ¼ cup egg substitute
- 1 teaspoon ground cumin
- ½ teaspoon ground red pepper
- 1 (14 ¾-ounce) can cream-style corn
- 1 (8.5-ounce) box corn muffin mix (such as Martha White)
- 1 (4-ounce) can chopped green chiles, drained
- Cooking spray
- 1 (10-ounce) can red enchilada sauce (such as Old El Paso)
- 2 cups shredded cooked chicken breast
- ½ cup fat-free sour cream

**Preparation**

1. Preheat oven to 400°.
2. Combine 1/4 cup cheese and next 7 ingredients (through chiles) in a large bowl, stirring just until moist. Pour mixture into a 13 x 9-inch baking dish coated with cooking spray.
3. Bake at 400° for 15 minutes or until set. Pierce entire surface liberally with a fork; pour enchilada sauce over top. Top with chicken; sprinkle with remaining 3/4 cup cheese. Bake at 400° for 15 minutes or until cheese melts. Remove from oven; let stand 5 minutes. Cut into 8 pieces; top each serving with 1 tablespoon sour cream.

**SERVES 8**

**CALORIES** 354; **FAT** 14.1g (sat 7.1g, mono 3.3g, poly 1.2g); **PROTEIN** 18.9g; **CARB** 36.3g; **FIBER** 2.5g; **CHOL** 58mg; **IRON** 1.7mg; **SODIUM** 620mg; **CALC** 179mg
Spiced Chicken Thighs; Garlicky Rice

High-flavored seasonings coat this easy, 40-minute meal of Spiced Chicken Thighs with Garlicky Rice.

Ingredients

1 tablespoon butter
1 tablespoon minced fresh garlic
1 cup uncooked basmati rice
1½ cups water
¾ teaspoon salt, divided
3 tablespoons chopped fresh flat-leaf parsley
½ teaspoon freshly ground black pepper
2 tablespoons brown sugar
2 teaspoons chili powder
½ teaspoon paprika
½ teaspoon ground cumin
½ teaspoon garlic powder
¼ teaspoon ground red pepper
8 bone-in chicken thighs (about 2 ½ pounds), skinned
Cooking spray

Preparation

1. Melt butter in a saucepan over medium-high heat. Add garlic; sauté 1 minute. Add rice; cook 30 seconds, stirring constantly. Add 1 1/2 cups water and 3/8 teaspoon salt; bring to a boil. Cover, reduce heat, and simmer 12 minutes or until rice is tender and liquid is absorbed; let stand 5 minutes. Fluff rice. Stir in parsley and black pepper.

2. Preheat broiler to high.

3. Combine sugar and next 5 ingredients; stir in remaining 3/8 teaspoon salt. Sprinkle half of spice mixture over chicken. Place chicken on a foil-lined jelly-roll pan coated with cooking spray. Broil 6 minutes. Turn chicken over; sprinkle with remaining spice mixture, and broil 6 minutes or until done. Remove chicken; reserve pan drippings. Let chicken stand 5 minutes. Spoon drippings over chicken; serve with rice.

SERVES 4 (serving size: 2 thighs and about 2/3 cup rice)

CALORIES 406; FAT 8.9g (sat 3.3g, mono 2.7g, poly 1.4g); PROTEIN 29.7g; CARB 53.8g; FIBER 1.8g; CHOL 139mg; IRON 3mg; SODIUM 635mg; CALC 31mg
Hoisin-Grilled Chicken with Noodles

Hoisin-Grilled Chicken with Noodles is easily to the table in 30 minutes. Use time-savers like bagged, pretrimmed sugar snap peas for this quick one-dish meal.

Ingredients

- 2 tablespoons hoisin sauce
- 1 ½ teaspoons balsamic vinegar
- 1 ½ teaspoons Worcestershire sauce
- ½ teaspoon five-spice powder
- 3 (6-ounce) skinless, boneless chicken breast halves
- Cooking spray
- 6 ounces uncooked soba noodles
- 1 ½ cups sugar snap peas, trimmed and halved diagonally
- 2 tablespoons rice vinegar
- 1 tablespoon dark sesame oil
- 2 teaspoons lower-sodium soy sauce
- 1 teaspoon sambal oelek (ground fresh chile paste)
- 2 teaspoons toasted sesame seeds
- 2 green onions, thinly sliced

Preparation

1. Combine first 4 ingredients in a large bowl. Add chicken; toss to coat. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Add chicken; cook 10 minutes or until done, turning after 5 minutes. Let stand 5 minutes. Thinly slice across the grain.

2. Bring a large saucepan of water to a boil. Add noodles; cook 2 minutes. Add peas; cook 1 minute or until noodles are tender. Drain. Combine rice vinegar and next 3 ingredients in a bowl. Add noodle mixture; toss to coat. Arrange about 1 cup noodle mixture in each of 4 shallow bowls. Top each serving with about 3 1/2 ounces chicken. Sprinkle with sesame seeds and onions.

SERVES 4

CALORIES 371; FAT 8.7g (sat 1.4g, mono 2.7g, poly 2.4g); PROTEIN 34.5g; CARB 36.8g; FIBER 3.5g; CHOL 82mg; IRON 3mg; SODIUM 635mg; CALC 32mg
Chicken and Vegetable Quesadillas

Chicken and Vegetable Quesadillas are a family favorite and table-ready in only 40 minutes. For spicier quesadillas, add a grilled jalapeño to the veggie mix.

**Ingredients**

- 1 ½ teaspoons paprika
- ½ teaspoon garlic powder
- ½ teaspoon dried oregano
- ¼ teaspoon ground cumin
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 2 (6-ounce) skinless, boneless chicken breast halves
- 1 small onion, cut into ½-inch-thick slices
- 1 small orange bell pepper, cut into ½-inch-thick wedges
- Cooking spray
- 3 ounces Monterey Jack cheese, shredded (about ¾ cup)
- 4 (6-inch) flour tortillas
- ¼ cup reduced-fat sour cream

**Preparation**

1. Preheat grill to medium-high heat.
2. Combine paprika, garlic powder, oregano, cumin, salt, and black pepper in a small bowl. Rub paprika mixture evenly over chicken; let stand 10 minutes.
3. Arrange chicken, onion, and bell pepper on grill rack coated with cooking spray. Cook vegetables 4 minutes on each side or until tender. Cook chicken 6 minutes on each side or until done. Remove chicken and vegetables from grill; coarsely chop vegetables. Let chicken stand 5 minutes; thinly slice chicken.
4. Sprinkle about 3 tablespoons cheese over half of each tortilla; divide vegetables and chicken evenly over cheese. Fold each tortilla in half over filling; lightly coat tortillas with cooking spray.
5. Heat a large nonstick skillet over medium heat. Place 2 quesadillas in pan; cook 2 to 3 minutes on each side or until cheese melts and tortillas are lightly browned. Repeat procedure with remaining 2 quesadillas. Cut each quesadilla into 2 wedges; serve with sour cream.

**SERVES 4** (serving size: 2 quesadilla wedges and 1 tablespoon sour cream)

**Nutritional Information**

- CALORIES 310
- FAT 13g (sat 6g, mono 4.1g, poly 1.1g)
- PROTEIN 26.8g
- CARB 20.4g
- FIBER 1.9g
- CHOL 79mg
- IRON 1.9mg
- SODIUM 552mg
- CALC 228mg
Grilled Turkey-Plum Sandwiches

Grilled Turkey-Plum Sandwiches lose the bland cold cuts, and upgrade to thick grilled turkey cutlets with toppings of sweet plums and fresh basil.

**Ingredients**
- 2½ tablespoons canola mayonnaise (such as Hellmann’s)
- 1 teaspoon minced fresh garlic
- ¼ teaspoon freshly ground black pepper
- 8 (1-ounce) slices country-style whole-grain bread
- Cooking spray
- 12 ounces turkey cutlets (about ¼ inch thick)
- ½ teaspoon salt
- 2 medium-ripe black plums, pitted and thinly sliced
- 16 basil leaves

**Preparation**
1. Combine first 3 ingredients in a small bowl; stir well. Set mixture aside.
2. Heat a grill pan over medium-high heat. Place 4 bread slices in a single layer on grill pan; grill 3 minutes on one side or until grill marks appear. Remove bread from grill pan. Repeat procedure with remaining bread.
3. Coat grill pan with cooking spray. Sprinkle turkey evenly with salt. Add turkey to pan; grill 3 minutes or until done, turning after 1 1/2 minutes.
4. Spread 2 teaspoons mayonnaise mixture over untoasted side of each of 4 bread slices; top each serving with about 2 1/4 ounces turkey. Divide plum slices evenly among sandwiches; top each serving with 4 basil leaves. Top sandwiches with remaining 4 bread slices.

**SERVES 4** (serving size: 1 sandwich)

**Calories** 292; **Fat** 6.1g (sat 0.7g, mono 2.1g, poly 2.2g); **Protein** 28.9g; **Carb** 28.7g; **Fiber** 4.7g; **Chol** 53mg; **Iron** 2.6mg; **Sodium** 631mg; **Calc** 74mg
Steaks with Red Wine–Cherry Sauce

A rich cherry sauce complements beef tenderloin in this 40-minute dinner of Steaks with Red Wine–Cherry Sauce.

Ingredients

- 4 (4-ounce) beef tenderloin steaks
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1 tablespoon olive oil
- ½ cup finely chopped shallots
- 1 cup sweet cherries (such as Bing), pitted and halved
- 1 star anise
- ¾ cup dry red wine
- 1 tablespoon butter

Preparation

1. Preheat oven to 425°.
2. Heat a large cast-iron skillet over high heat. Sprinkle steaks evenly with salt and pepper. Add oil to pan; swirl to coat. Add steaks; cook 4 minutes. Turn steaks over; bake at 425° for 5 minutes or until desired degree of doneness. Remove steaks from pan.
3. Heat skillet over medium-high heat. Add shallots; sauté 2 minutes or until just tender, stirring frequently. Add cherries and star anise; cook 1 minute. Add wine, bring to a boil, and cook 3 minutes or until slightly thickened. Discard star anise. Stir in butter. Spoon sauce over steaks.

SERVES 4 (serving size: 1 steak and 1/4 cup sauce)

CALORIES 289; FAT 13.8g (sat 5.1g, mono 6.3g, poly 0.8g); PROTEIN 26.2g; CARB 10.6g; FIBER 1.6g; CHOL 81mg; IRON 2.5mg; SODIUM 387mg; CALC 47mg
Asian Flank Steak with Mango Salad

Asian Flank Steak with Mango Salad delivers a wonderful combination of flavors, and this one-dish meal is on the table in just 40 minutes. The mango adds a nice sweetness.

### Ingredients
- ¼ cup chopped fresh cilantro
- 5 teaspoons sugar, divided
- 1 tablespoon grated peeled fresh ginger
- 1 tablespoon minced fresh garlic
- 1 tablespoon fish sauce
- 1 tablespoon lower-sodium soy sauce
- 1 (1-pound) flank steak, trimmed
- Cooking spray
- 3 tablespoons lime juice
- 2 tablespoons water
- 1 tablespoon reduced-fat peanut butter
- ½ teaspoon crushed red pepper
- 3 cups shredded romaine lettuce
- 2 cups shredded green cabbage
- ½ cup mint leaves
- ½ cup cilantro leaves
- ¼ cup thinly sliced green onions
- 1 mango, peeled and diced

### Preparation
1. Preheat grill to medium-high heat.
2. Combine chopped cilantro, 1 tablespoon sugar, and next 4 ingredients (through soy sauce) in a large zip-top plastic bag. Add beef; let stand 15 minutes. Remove beef from marinade; reserve marinade.
3. Place beef on grill rack coated with cooking spray. Drizzle with reserved marinade. Grill 5 minutes on each side or until desired degree of doneness. Remove from grill; cover with foil. Let stand 5 minutes; cut across grain into thin slices.
4. Combine lime juice, 2 tablespoons water, peanut butter, remaining 2 teaspoons sugar, and pepper in a large bowl; stir with a whisk. Add lettuce and next 4 ingredients; toss to coat. Divide salad evenly among 4 plates; top evenly with mango. Serve with beef.

SERVES 4 (serving size: about 1 cup salad and 3 1/2 ounces beef)

CALORIES 285; FAT 8.4g (sat 2.8g, mono 2.4g, poly 0.4g); PROTEIN 28g; CARB 26.4g; FIBER 3.8g; CHOL 70mg; IRON 2.9mg; SODIUM 489mg; CALC 81mg
All-American Chili

This all-American chili recipe is perfect for an outdoor cookout but can also be made on the stove for a comfort classic on a cold day.

Ingredients

<table>
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<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>6 ounces hot turkey Italian sausage</td>
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<td>2 cups chopped onion</td>
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<td>1 cup chopped green bell pepper</td>
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<tr>
<td>8 garlic cloves, minced</td>
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<tr>
<td>1 pound ground sirloin</td>
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<tr>
<td>1 jalapeño pepper, chopped</td>
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<tr>
<td>2 tablespoons chili powder</td>
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<tr>
<td>2 tablespoons brown sugar</td>
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<tr>
<td>1 tablespoon ground cumin</td>
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<tr>
<td>3 tablespoons tomato paste</td>
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<tr>
<td>1 teaspoon dried oregano</td>
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<tr>
<td>½ teaspoon freshly ground black pepper</td>
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<tr>
<td>¼ teaspoon salt</td>
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<tr>
<td>2 bay leaves</td>
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<tr>
<td>1¼ cups Merlot or other fruity red wine</td>
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</tbody>
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Preparation

1. Heat a large Dutch oven over medium-high heat. Remove casings from sausage. Add sausage, onion, and the next 4 ingredients (onion through jalapeño) to pan; cook 8 minutes or until sausage and beef are browned, stirring to crumble.

2. Add chili powder and the next 7 ingredients (chili powder through bay leaves), and cook for 1 minute, stirring constantly. Stir in wine, tomatoes, and kidney beans; bring to a boil. Cover, reduce heat, and simmer 1 hour, stirring occasionally.

3. Uncover and cook for 30 minutes, stirring occasionally. Discard the bay leaves. Sprinkle each serving with cheddar cheese.

Note: Like most chilis, this version tastes even better the next day.

SERVES 8 (serving size: 1¼ cups chili and 1 tablespoon cheese)

CALORIES 286; FAT 7.5g (sat 2.1g, mono 1.1g, poly 0.4g); PROTEIN 22.4g; CARB 28.5g; FIBER 6.5g; CHOL 48mg; IRON 5.1mg; SODIUM 460mg; CALC 169mg
Shrimp and Herb Salad

Ingredients

- Cooking spray
- 1 pound medium shrimp, peeled and deveined
- 3/4 teaspoon salt, divided
- 3 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- ¼ teaspoon freshly ground black pepper
- 1 (5-ounce) package mixed salad greens (about 5 cups)
- 1 cup shaved yellow squash (about 2 medium)
- ¼ cup coarsely chopped fresh basil leaves
- 2 tablespoons coarsely chopped fresh oregano leaves

Preparation

1. Heat a large skillet over medium-high heat. Coat pan with cooking spray. Sprinkle shrimp evenly with 1/8 teaspoon salt. Add shrimp to pan; cook 2 minutes on each side or until done.

2. Combine oil, juice, remaining 1/4 teaspoon salt, and pepper in a medium bowl; stir with a whisk. Combine greens, squash, basil, and oregano in a large bowl. Add oil mixture; toss gently to coat. Divide salad mixture evenly among 4 plates; top with shrimp.

SERVES 4 (serving size: 1 1/4 cups salad and about 3 ounces shrimp)

CALORIES 194; FAT 11.7g (sat 1.6g, mono 7.5g, poly 1.3g); PROTEIN 16.8g; CARB 6.2g; FIBER 2g; CHOL 143mg; IRON 11mg; SODIUM 417mg; CALC 81mg
Lemonade Layer Cake

This cake is the perfect solution to summer birthday parties or winter events.

Ingredients

Cake:
- 1 1/2 cups granulated sugar
- 6 tablespoons butter, softened
- 1 tablespoon grated lemon rind
- 3 tablespoons thawed lemonade concentrate
- 2 teaspoons vanilla extract
- 2 large eggs
- 2 large egg whites
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1 1/4 cups fat-free buttermilk
- Cooking spray

Frosting:
- 2 tablespoons butter, softened
- 2 teaspoons grated lemon rind
- 2 teaspoons thawed lemonade concentrate
- 1/2 teaspoon vanilla extract
- 8 ounces 1/3-less-fat cream cheese
- 3 1/2 cups powdered sugar

Preparation

1. Preheat oven to 350°.

2. To prepare cake, place first 5 ingredients in a large bowl; beat with a mixer at medium speed until well blended (about 5 minutes). Add eggs and egg whites, 1 at a time, beating well after each addition. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking powder, salt, and baking soda; stir well with a whisk. Add flour mixture and buttermilk alternately to sugar mixture, beginning and ending with flour mixture; beat well after each addition.

3. Pour batter into 2 (9-inch) round cake pans coated with cooking spray; sharply tap pans once on counter to remove air bubbles. Bake at 350° for 20 minutes or until wooden pick inserted in center comes out clean. Cool in pans 10 minutes on a wire rack; remove from pans. Cool completely on wire rack.

4. To prepare frosting, place 2 tablespoons butter and the next 4 ingredients (2 tablespoons butter through cream cheese) in a large bowl; beat with a mixer at high speed until fluffy. Add powdered sugar, and beat at low speed just until blended (do not overbeat). Chill 1 hour.

5. Place 1 cake layer on a plate; spread with 1/2 cup frosting. Top with remaining cake layer. Spread remaining frosting over top and sides of cake. Store cake loosely covered in the refrigerator.

SERVES 16 (serving size: 1 slice)

CALORIES 322; FAT 9g (sat 5g, mono 2g, poly 0.5g); PROTEIN 5g; CARB 54.1g; FIBER 0.5g; CHOL 53mg; IRON 1mg; SODIUM 293mg; CALC 60mg