

EASY, HEALTHY



NEW & NOTABLE

Food Network star Melissa d'Arabian whips up dinners so delicious, you won't believe how fast they come together — or how good they are for you!

Getting a nutritious meal on the table doesn't require pricey ingredients or complex cooking methods. Just take it from Melissa d'Arabian. In her new book *Supermarket Healthy*, she shows how to turn staples like eggs, tofu and beans into sure-to-wow dishes. The key: Use plenty of veggies to keep calories low, then amp up flavor with high-impact spices and small amounts of indulgent foods like pecorino cheese. "Using rich ingredients on occasion makes me feel that no sacrifice is needed to eat more healthfully," says Melissa. Taste the goodness with one of these meals tonight!

"These dishes are as friendly to your waistline as they are to your wallet."



BAKED EGGS IN TOMATO SAUCE

SERVES 4

- 1** *tblsp. olive oil*
- 2** *large garlic cloves, smashed*
- 2** (14 oz.) *cans crushed tomatoes*
- Pinch of red pepper flakes**
- 8** *large eggs*
- ½** *cup fresh basil leaves, chopped*
- ½** *cup shredded mozzarella cheese*
- Crusty bread loaf, sliced**

- 1.** Heat oven to 425°F. Coat 2-qt. baking dish with cooking spray.
- 2.** Heat olive oil in pan over medium heat 30 sec. Add garlic. Cook, stirring occasionally, until golden, 3 to 4 min. Add crushed tomatoes, red

pepper flakes, ½ tsp. salt and ½ tsp. pepper. Cover and let simmer, stirring occasionally, until sauce begins to thicken, about 25 min. Pour sauce into prepared baking dish.

3. With spoon, make a small well in sauce. Break an egg into the well. Repeat, making wells for remaining eggs. Sprinkle with salt and pepper. Bake until almost set, about 10 min. Remove from oven; sprinkle with basil and cheese. Return to oven. Bake until cheese is melted and golden, about 4 min. Serve with bread.

PER SERVING: 402 cal, 22g protein, 7g fiber, 2g sugar, 18g fat

TEXT: KATE TROMBLY

MIDWEEK MMM



ROASTED ZUCCHINI LASAGNA

SERVES 6

- 3 zucchini, sliced**
¼"-thick lengthwise
- 6 tsp. olive oil, divided**
- 2 red peppers, sliced**
- 1 red onion, sliced**
- 8 oz. firm tofu, crumbled**
- ½ cup part-skim ricotta cheese**
- Zest of 1 lemon**
- 2 garlic cloves, minced**
- ¼ cup fresh basil leaves, chopped**
- 2 tomatoes, chopped**
- Juice of 1 lemon**
- 2 tsp. grated pecorino cheese**

1. Heat oven to 400°F. On parchment-lined rimmed baking sheet, toss zucchini with 2 tsp. oil and ½ tsp. salt; lay zucchini flat. On

another baking sheet, toss peppers, onions, 2 tsp. oil, and ½ tsp. salt. Roast vegetables until ends are light brown, about 20 min., turning once. Set aside.

2. In bowl, stir together tofu, next 4 ingredients, ½ tsp. salt and ¼ tsp. pepper.

3. Coat 8" baking dish with 2 tsp. oil. Layer in about 6 zucchini strips, overlapping. Top with ½ each tofu mixture, peppers and onions. Repeat layering. Add remaining zucchini. Top with last 3 ingredients. Bake 15 min., then broil 4 to 5 min. until lightly browned. Let sit 15 min. before slicing.

PER SERVING: 181 cal, 11g protein, 4g fiber, 6g sugar, 11g fat

Make a double batch of dressing and store leftovers in the fridge to drizzle on shrimp or veggies later.



SOUTHWEST CHICKEN SALAD

SERVES 4

For chicken and corn:

- 2 boneless, skinless chicken breasts**
- 1½ tsp. olive oil**
- 1½ cups fresh corn**

For dressing:

- 3 tbsp. red wine vinegar**
- 1 garlic clove, minced**
- ½ tsp. smoked paprika**
- ½ tsp. dried oregano**
- ¼ cup olive oil**

For salad:

- 1 cup cherry tomatoes**
- 3 scallions, chopped**
- 1 cup cooked black beans**
- 4 carrots, grated**
- 1½ cups fresh baby spinach**

1. For chicken: Heat grill to medium-high. Coat chicken with oil, 1 tsp. salt and ½ tsp. pepper. Grill until cooked through, about 7 min. on each side. Transfer to plate, tent with foil; set aside for 10 min. Chop into bite-size pieces.

2. For corn: Bring pot of water to a boil. Add 1 tsp. salt and corn. Cook until al dente, 3 to 4 min. Drain, transfer to bowl; set aside.

3. For dressing: Whisk together all ingredients, 1 tsp. salt and ½ tsp. pepper.

4. For salad: Mix chicken, corn and last 5 ingredients; toss with dressing.

PER SERVING: 365 cal, 21g protein, 9g fiber, 6g sugar, 19g fat