

**THE CONVENIENCE ISSUE**

WHERE GOOD TASTE MEETS GOOD HEALTH

# EatingWell®

SEPTEMBER 2019

**THE PREP  
PLAN TO  
WIN  
YOUR  
WEEK!**

**Seriously Good  
Slow-Cooker  
Recipes**

**Healthy  
Lunches  
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to Pack**

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Crispy Ravioli  
with Red Pepper  
& Mushroom  
Bolognese, p.23





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# PREP AND CONQUER

When it comes to making fast and delicious weeknight meals, **Katie Webster** is a pro. She's a blogger, recipe developer and photographer, has two preteen daughters with lots of extracurricular activities, and still manages to find time to teach BodyPump classes. Even with all those plates spinning, her

family makes eating dinner together a priority. Here Webster shares one simple strategy to help keep your sanity (at least somewhat) intact during the busy workweek: make Sunday a strategic prep day so you can have homemade dinners on the table *pronto* the rest of the week.

RECIPES BY KATIE WEBSTER

PORTRAIT BY BRETT SIMISON

FOOD PHOTOGRAPHY BY LEIGH BEISCH



## MEAL PREP PLAN



These **key elements** are used to create five complete meals for four people. Create your shopping list with the ingredients below plus the ones to make each night's recipes—or hold your phone's camera over the smart code (*right*) to download a complete shopping list.

You'll also want to make sure you have the right-size containers to store everything (*see below*). It takes about 1½ hours to do the prep from start to finish, and having these ingredients ready in your fridge keeps your active time to 20 minutes or less each night.

## INGREDIENTS

- 5 boneless, skinless chicken thighs (about 1¼ lb.), trimmed
- 1 tsp. ground pepper, divided
- 1½ tsp. salt, divided
- 3 cups low-sodium chicken broth
- 1 Tbsp. extra-virgin olive oil plus 1¼ cups, divided
- 1½ cups quinoa
- ¾ cup red-wine vinegar
- 5 Tbsp. water
- 1½ Tbsp. sugar
- 1 Tbsp. Dijon mustard
- 1 large clove garlic
- 2 tsp. dried basil
- 2 tsp. dried oregano
- 4 Tbsp. butter (½ stick)
- ¼ cup all-purpose flour
- 3 cups reduced-fat milk
- 2½ cups shredded sharp Cheddar cheese
- ½ cup grated Parmesan cheese
- 1 small cauliflower
- 8 oz. Brussels sprouts
- 4 medium carrots
- 2 medium parsnips
- 1 medium broccoli crown

## STORAGE

- ☐ large container for the chicken
- ☐ 5-cup container for the quinoa
- ☐ large mason jar (24- to 32-oz.) for the dressing
- ☐ 4-cup heatproof container for the sauce
- ☐ 1-cup container
- ☐ 7-cup container
- ☐ 8-cup container



## ROAST CHICKEN THIGHS

Preheat oven to 425°F. Place **chicken** on a baking sheet. Sprinkle with ½ tsp. **ground pepper** and ¼ tsp. **salt**. Bake the chicken until an instant-read thermometer inserted in the thickest part registers 165°F, 14 to 16 minutes. Let cool to room temperature, about 30 minutes. Transfer to a container. *Refrigerate for up to 5 days.*



## COOK QUINOA

Combine **broth**, 1 Tbsp. **extra-virgin olive oil** and ¼ tsp. **salt** in a large saucepan. Bring to a simmer over high heat. Stir in **quinoa** and return to a simmer. Reduce heat and simmer until the quinoa has absorbed all the liquid and the grains have burst, 15 to 20 minutes. Remove from heat, cover and let stand for 5 minutes. Spread the quinoa on a rimmed baking sheet and let cool to room temperature, about 15 minutes. Transfer to a 5-cup container. *Refrigerate for up to 5 days.* **MAKES:** 5 cups



## MAKE ITALIAN DRESSING

Combine **vinegar**, **water**, **sugar**, **mustard**, **garlic**, **basil**, **oregano** and ½ tsp. each **salt** and **ground pepper** in a blender. Puree until smooth. With the motor running, slowly add 1¼ cups **extra-virgin olive oil** and puree until creamy. Transfer to a large mason jar. *Refrigerate for up to 1 week.* **MAKES:** 2½ cups



## MAKE CHEESE SAUCE

Heat **butter** in a medium saucepan over medium heat until melted. Add **flour** and whisk constantly until thickened and just starting to turn light brown, 2 to 3 minutes. Slowly add **milk**, whisking constantly. Cook, stirring often, until the mixture is thick enough to coat the back of a spoon, 10 to 12 minutes. (Do not boil.) Remove from heat and, a handful at a time, whisk in **Cheddar** and **Parmesan** until smooth. Stir in ½ tsp. **salt**. Transfer the sauce to a 4-cup heatproof container and let cool to room temperature, about 30 minutes. *Refrigerate for up to 5 days.* **MAKES:** 4 cups



## PREP VEGETABLES

- ☐ Cut **cauliflower** into florets, about 1 inch wide. Finely chop 1 cup of the cauliflower and transfer to a 1-cup container.
- ☐ Trim **Brussels sprouts** and halve (or quarter if large). Combine the remaining cauliflower florets and the Brussels sprouts in a 7-cup container.
- ☐ Peel **carrots** and **parsnips** and cut into 1-inch pieces. Cut **broccoli** into large florets, about 1½ inches wide. Combine the carrots, parsnips and broccoli in an 8-cup container. *Refrigerate for up to 5 days.*





### One-Pot Mac & Cheese with Cauliflower & Brussels Sprouts

ACTIVE: 20 min TOTAL: 20 min

*Taking a minute to sizzle some garlic in olive oil is a simple way to pep up the cheese sauce, and the flavor plays well with the cauliflower and Brussels sprouts in this one-pot meal.*

**8 ounces whole-wheat rotini or rigatoni**  
**Prepped Brussels sprouts & cauliflower**  
**florets (page 92)**

**1 tablespoon extra-virgin olive oil**

**3 cloves garlic, chopped**

**2½ cups Cheese Sauce (page 92)**

**¼ teaspoon salt**

**1.** Bring a large pot of water to a boil. Add pasta and cook for 4 minutes less than package directions. Stir in Brussels sprouts and cauliflower and continue cooking until the pasta and vegetables are tender, 4 to 5 minutes more. Drain well.

**2.** Dry the pot and set over medium heat. Add oil and garlic and cook until the garlic is fragrant and just starting to brown, about 1 minute. Add the hot pasta and vegetables and stir to combine. Add cheese sauce and salt, reduce heat to medium-low and stir until steaming-hot, about 1 minute. (Do not boil.)

**SERVES 4:** 2 cups each

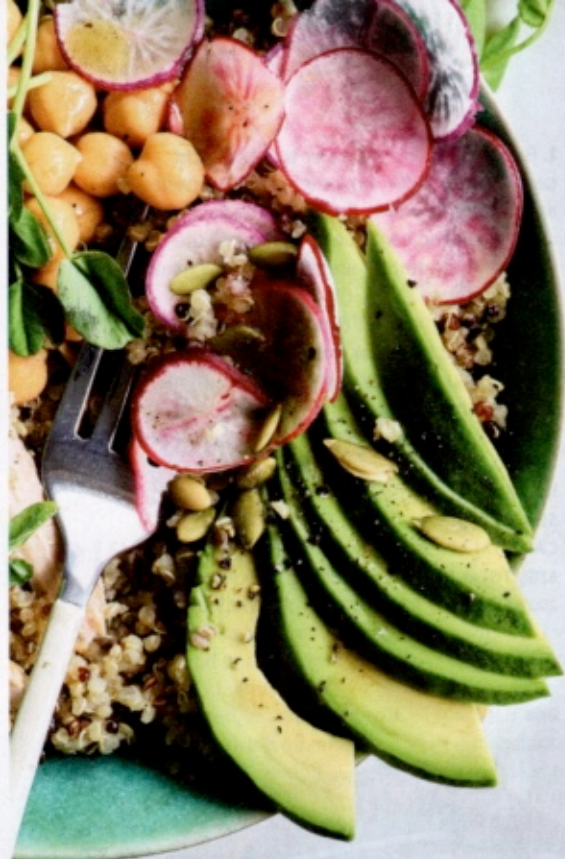
**CAL 591 / FAT 28G (SAT 14G) / CHOL 67MG / CARBS**

**63G / TOTAL SUGARS 10G (ADDED 0G) / PROTEIN**

**25G / FIBER 9G / SODIUM 730MG / POTASSIUM 911MG.**







### Chicken & Quinoa Buddha Bowls

ACTIVE: 15 min TOTAL: 15 min

Arrange the toppings individually on these protein-packed Buddha bowls so each bite has a contrasting taste and texture.

**3 cups Quinoa (page 92), reheated**

**4 Chicken Thighs (page 92), reheated and sliced**

**1 15-ounce can chickpeas, rinsed**

**1 avocado, sliced**

**6 radishes, thinly sliced**

**1 cup sprouts or shoots**

**$\frac{3}{4}$  cup Italian Dressing (page 92)**

**$\frac{1}{4}$  cup toasted seeds or chopped nuts**

Divide quinoa among 4 large shallow bowls. Top with chicken, chickpeas, avocado, radishes and sprouts (or shoots). Drizzle with dressing and sprinkle with seeds (or nuts).

**SERVES 4: 2 cups each**

**CAL 753 / FAT 50G (SAT 8G) / CHOL 76MG /**

**CARBS 43G / TOTAL SUGARS 5G (ADDED 1G) /**

**PROTEIN 34G / FIBER 10G / SODIUM 606MG /**

**POTASSIUM 836MG.**







### Cheesy Beef Enchilada Casserole

ACTIVE: 20 min TOTAL: 35 min

*This veggie-packed casserole is mild, so put out hot sauce and chopped jalapeños if you're feeding heat-seekers.*

- 2 teaspoons avocado or canola oil
- 8 ounces 90%-lean ground beef
- 1 large onion, diced
- 1 medium red bell pepper, diced
- 1 cup frozen corn kernels
- 1 tablespoon ground cumin
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- 1½ cups Cheese Sauce (page 92)
- 1 4-ounce can diced green chiles
- 8 corn tortillas, cut into quarters
- 1 large tomato, seeded and chopped
- 1 14-ounce bag coleslaw mix
- ¾ cup Italian Dressing (page 92)

¾ cup chopped fresh cilantro, divided

1. Preheat oven to 400°F. Coat a 9-inch (or similar size) baking dish with cooking spray.
2. Heat oil in a large skillet over medium-high heat. Add beef, onion and bell pepper and cook, crumbling the beef with a wooden spoon, until it is no longer pink and the vegetables are tender, 5 to 8 minutes. Stir in corn, cumin, chili powder and garlic powder; cook, stirring occasionally, until the corn is heated through and the spices are fragrant, about 1 minute. Remove from heat.
3. Meanwhile, transfer cheese sauce to a microwave-safe bowl. Heat on High, pausing to stir once, until heated through, about 2 minutes. Stir in green chiles.
4. Arrange one-third of the tortilla wedges in the prepared dish, overlapping as

necessary to fit. Top with half the beef mixture and one-third of the cheese sauce. Repeat with half the remaining tortillas, the remaining beef mixture and half of the remaining cheese sauce. Top with the remaining tortillas, the remaining cheese sauce and tomato. Bake until bubbling, about 15 minutes.

5. Meanwhile, toss coleslaw mix, dressing and ¼ cup cilantro in a medium bowl.

6. Top the casserole with the remaining ¼ cup cilantro and cut into 4 servings. Serve with the slaw.

**SERVES 4:** 1¼ cups casserole & 1½ cups slaw each

**CAL 727 / FAT 46G (SAT 14G) / CHOL 77MG / CARBS 54G / TOTAL SUGARS 14G (ADDED 1G) / PROTEIN 26G / FIBER 10G / SODIUM 633MG / POTASSIUM 759MG.**



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THURSDAY



### Italian Marinated Pork Tenderloin with Roasted Vegetables & Quinoa

**ACTIVE:** 20 min **TOTAL:** 4¼ hrs (including 4 hrs marinating time)

**TO MAKE AHEAD:** Marinate the pork (Step 1) for up to 1 day.

*For the best flavor, start marinating the pork the night before or get it going before you head off to work in the morning.*

- 1 pound pork tenderloin
- ¼ cup Italian Dressing plus 2 tablespoons (page 92), divided
- Prepped carrots, parsnips & broccoli (page 92)
- 3 tablespoons extra-virgin olive oil, divided
- 2 teaspoons Italian seasoning
- ¼ teaspoon salt, divided
- ¼ teaspoon ground pepper, divided

- 2 cups Quinoa (page 92), reheated
- 4 tablespoons balsamic glaze

1. Place pork and ¼ cup dressing in a large sealable bag. Press out air and seal. Massage the dressing all over the pork. Refrigerate for at least 4 hours or up to 24 hours.
2. Position racks in upper and lower thirds of oven; preheat to 425°F.
3. Toss carrots, parsnips and broccoli with 2 tablespoons oil, Italian seasoning and ½ teaspoon each salt and pepper. Spread on a large rimmed baking sheet. Set aside.
4. Remove the pork from the marinade and pat dry with paper towels (discard the marinade). Sprinkle the pork with the remaining ¼ teaspoon each salt and pepper. Heat the remaining 1 tablespoon oil in a large oven-proof skillet over medium-high heat. Add the pork and cook until browned on one side, 3 to 5 minutes. Turn the pork over and

transfer the pan to the upper rack.

5. Roast until an instant-read thermometer inserted in the thickest part registers 145°F, about 20 minutes. Roast the vegetables on the lower rack, stirring once or twice, until tender and browned in spots, 20 to 25 minutes.

6. Transfer the pork to a clean cutting board and let rest for 5 minutes. Toss the vegetables with the remaining 2 tablespoons dressing. Slice the pork.

7. Serve the pork with the roasted vegetables and quinoa, drizzled with balsamic glaze.

**SERVES 4:** 3 oz. pork, 1 cup vegetables & ½ cup quinoa each

**CAL** 490 / **FAT** 22G (SAT 4G) / **CHOL** 74MG / **CARBS** 44G / **TOTAL SUGARS** 15G (ADDED 5G) / **PROTEIN** 31G / **FIBER** 8G / **SODIUM** 653MG / **POTASSIUM** 1,240MG.





## Pesto Chicken Cauliflower Pizza & Antipasto Salad

ACTIVE: 20 min TOTAL: 30 min

While the antipasto salad has a distinctly retro vibe, the cauliflower-crust pizza is 100% au courant for pizza night. If you've never tried cauliflower crust, get ready to be pleasantly surprised!

- 1 7- to 12-ounce frozen cauliflower pizza crust
- $\frac{1}{4}$  cup prepared pesto
- 1 cup shredded part-skim mozzarella cheese
- 1 Chicken Thigh (page 92), shredded
- 1 small head iceberg lettuce, chopped
- Prepped cauliflower (page 92)
- 1 cup halved cherry tomatoes
- 4 jarred pepperoncini, sliced
- $\frac{1}{4}$  cup chopped pepperoni (1 ounce)
- $\frac{2}{3}$  cup Italian Dressing (page 92)

1. Prepare cauliflower crust according to package directions. (If the directions don't say to put it on a baking sheet, please do, otherwise the fat from the pesto and cheese may drip onto the bottom of your oven.) Spread pesto over it. Top with mozzarella and chicken. Bake according to package directions.

2. Meanwhile, combine lettuce, cauliflower, tomatoes, pepperoncini and pepperoni in a large bowl. Just before serving, toss with dressing.

3. Cut the pizza into wedges and serve with salad.

SERVES 4:  $\frac{1}{4}$  pizza &  $2\frac{1}{2}$  cups salad each

CAL 514 / FAT 38G (SAT 9G) / CHOL 46MG / CARBS 25G /

TOTAL SUGARS 8G (ADDED 1G) / PROTEIN 18G /

FIBER 4G / SODIUM 731MG /

POTASSIUM 551MG.

