

4 SLIM-DOWN DINNERS

Delicious. Easy. Satisfying. It's hard to believe these babies clock in at just 400 calories!

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BLAINE MOATS

Seared Chicken with Mango Salsa & Spaghetti Squash

ACTIVE: 45 min TOTAL: 45 min

A speedy mango salsa gives lean chicken breasts a tropical flavor boost. A generous serving of spaghetti squash rounds out the meal.

- 1 ripe mango, peeled and diced
- 1 fresh jalapeño, minced (seeded if desired)
- ½ cup finely diced red onion
- ¼ cup chopped fresh cilantro
- 2 tablespoons red-wine vinegar
- 1 tablespoon light brown sugar
- 1¼ teaspoons kosher salt, divided
- 1 spaghetti squash (about 3 pounds), halved lengthwise and seeded
- 2 8-ounce boneless, skinless chicken breasts, trimmed and halved
- 2 tablespoons coconut oil or canola oil, divided
- ¼ cup sliced almonds, toasted

1. Mix mango, jalapeño, onion, cilantro, vinegar, brown sugar and ¾ teaspoon salt in a small bowl. Set aside.
2. Place squash cut-side down in a microwave-safe dish. Add 2 tablespoons water. Microwave, uncovered, on high, until the squash is tender, 10 to 14 minutes.
3. Pound chicken with the smooth side of a meat mallet until about ½ inch thick. Sprinkle with ¼ teaspoon salt.
4. Heat 1 tablespoon oil in a large skillet over medium-high heat. Cook the chicken until an instant-read thermometer registers 165°F when inserted into the thickest part, 3 to 5 minutes per side.
5. When the squash is done, use a fork to scrape it from the shell into a medium bowl. Toss with the remaining 1 tablespoon oil and ¼ teaspoon salt. Serve the squash with the chicken, topped with almonds and the mango salsa.

SERVES 4: 3 oz. chicken, 1 cup squash & ½ cup salsa each
CAL 366 / **FAT** 13G (SAT 7G) / **CHOL** 63MG / **CARBS** 38G / **TOTAL SUGARS** 23G (ADDED 3G) / **PROTEIN** 27G / **FIBER** 7G / **SODIUM** 461MG / **POTASSIUM** 761MG.

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Most people can lose weight on a 1,500-calorie-per-day diet. These dinners are just the right size to keep you on track without leaving you hungry.

Barbecued Pork Chops with Roasted Potatoes & Kale

ACTIVE: 40 min TOTAL: 40 min

Cooking the potatoes and kale in a foil packet gives you moist and tender results using less oil. Choose a barbecue sauce that has the least amount of sodium and added sugars.

- 1½ pounds red or yellow potatoes, cut into 1-inch pieces
- 4 cups chopped kale, stems removed
- 2 tablespoons avocado oil or canola oil, divided
- 1 teaspoon chili powder
- 1 teaspoon paprika
- ½ teaspoon salt, divided
- ¼ teaspoon garlic powder
- 2 8- to 10-ounce boneless pork chops, about ¾ inch thick, trimmed
- 4 tablespoons barbecue sauce
- 2 tablespoons water

1. Preheat oven to 425°F.
2. Lay two 24-inch-long sheets of foil on a work surface, overlapping one about halfway over the other to make one long, wide sheet. Lightly coat with cooking spray. Toss potatoes and kale with 1 tablespoon oil, chili powder, paprika, ¼ teaspoon salt and garlic powder in a large bowl. Mound the vegetables in the center of the foil. Wrap up the foil into a packet and place on a baking sheet. Roast until the potatoes are tender, about 25 minutes.
3. Meanwhile, heat the remaining 1 tablespoon oil in a large skillet over medium-high heat. Sprinkle pork with the remaining ¼ teaspoon salt and cook, turning once, until an instant-read thermometer inserted into the center registers 145°F, 6 to 10 minutes. Transfer to a clean cutting board and cut crosswise into slices.
4. Mix barbecue sauce and water in the pan and add the pork, turning to coat with the sauce. Serve the kale and potatoes with the pork, drizzled with any sauce remaining in the pan.

SERVES 4: about 3 oz. pork & 1¼ cups vegetables each

CAL 364 / FAT 13G (SAT 2G) / CHOL 57MG / CARBS 41G / TOTAL SUGARS 7G (ADDED 5G) / PROTEIN 22G / FIBER 4G / SODIUM 538MG / POTASSIUM 914MG.

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Escarole & White Bean Salad with Swordfish

ACTIVE: 20 min TOTAL: 30 min

Meaty swordfish has thankfully rebounded from its overfished status of the 1990s. We love it on top of this wintery escarole and white bean salad.

- ¼ cup extra-virgin olive oil
- 2 tablespoons lemon juice
- 1 teaspoon Dijon mustard
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 1 15-ounce can white beans, rinsed
- 2 10-ounce swordfish steaks
- 1 teaspoon herbes de Provence
- 12 cups chopped escarole
- ¼ cup very thinly sliced red onion

1. Position rack in upper third of oven; preheat broiler

to high. Line a broiler-safe pan with foil.

2. Whisk oil, lemon juice, mustard and ¼ teaspoon each salt and pepper in a large bowl. Transfer 2 tablespoons of the dressing to a small bowl. Add beans to the dressing in the large bowl and toss to combine.

3. Cut each swordfish steak in half so you have 4 equal portions; sprinkle with herbes de Provence and the remaining ¼ teaspoon each salt and pepper. Place the fish on the prepared pan and broil on the upper rack until it just barely flakes when pressed with a knife, 8 to 10 minutes.

4. Toss escarole and onion with the beans. Serve the salad with the swordfish, drizzled with the reserved 2 tablespoons dressing.

SERVES 4: 4 oz. fish & 2¼ cups salad each

CAL 397 / FAT 23G (SAT 4G) / CHOL 81MG / CARBS 21G / TOTAL SUGARS 2G (ADDED 0G) / PROTEIN 32G / FIBER 9G / SODIUM 664MG / POTASSIUM 1,272MG.

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Cauliflower Soup with Smoked Gouda

ACTIVE: 30 min TOTAL: 50 min

TO MAKE AHEAD: Refrigerate soup for up to 3 days; make croutons just before serving.

This satisfying pot of soup gets its great flavor from two smoked ingredients—paprika and Gouda. A hearty serving of crunchy croutons makes it filling.

- 3 cups cubed whole-wheat bread (½ inch)
- 4 teaspoons extra-virgin olive oil, divided
- ¾ teaspoon ground white pepper, divided
- ½ teaspoon chopped fresh thyme plus 1 tablespoon, divided
- ¼ teaspoon garlic powder
- 1 large sweet onion, chopped
- ¼ teaspoon salt
- 2 teaspoons smoked paprika
- ¼ cup dry white wine
- 1 head cauliflower (about 2 pounds), cored and chopped
- 4 cups low-sodium chicken broth or no-chicken broth, divided
- 2 teaspoons cornstarch
- ¾ cup shredded smoked Gouda
- ¼ cup heavy cream

1. Preheat oven to 350°F.

2. Toss bread in a bowl with 2 teaspoons oil, ¼ teaspoon pepper, ½ teaspoon thyme and garlic powder. Spread on a baking sheet. Bake, stirring once, until crispy, 14 to 18 minutes.


3. Meanwhile, heat the remaining 2 teaspoons oil in a large pot over medium heat. Add onion and salt, cover and cook, stirring occasionally, until the onion is very soft and barely starting to brown, 7 to 9 minutes. Sprinkle with paprika, the remaining ½ teaspoon white pepper and 1 tablespoon thyme; cook, stirring, until fragrant, 30 seconds to 1 minute. Add wine, increase heat to high and bring to a boil, scraping up any browned bits.

4. Add cauliflower and 3½ cups broth, cover and bring to a boil, stirring often. Reduce heat to maintain a simmer and cook until the cauliflower is very tender, 10 to 12 minutes.

5. Puree the soup in the pot with an immersion blender (or in batches in a regular blender and return to the pot). Combine the remaining ½ cup broth and cornstarch in a small bowl and stir into the soup. Return to a simmer over medium heat; simmer, stirring constantly, for 1 minute. Remove from heat. Stir in cheese and cream. Serve the soup topped with the croutons.

SERVES 4: 2 cups soup & ½ cup croutons each

CAL 389 / **FAT** 19G (SAT 8G) / **CHOL** 41MG / **CARBS** 38G / **TOTAL SUGARS** 10G (ADDED 2G) / **PROTEIN** 19G / **FIBER** 7G / **SODIUM** 614MG / **POTASSIUM** 929MG

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