

Slow-Cooker Vegetarian Lasagna (Eating Well)

Ingredients

- 1 large egg
- 1 15- to 16-ounce container part-skim ricotta
- 1 5-ounce package baby spinach, coarsely chopped
- 3 large or 4 small portobello mushroom caps, gills removed, halved and thinly sliced
- 1 small zucchini, quartered lengthwise and thinly sliced
- 1 28-ounce can crushed tomatoes
- 1 28-ounce can diced tomatoes
- 3 cloves garlic, minced
- Pinch of crushed red pepper (optional)
- 15 whole-wheat lasagna noodles (about 12 ounces), uncooked
- 3 cups shredded part-skim mozzarella, divided

Directions

1. Combine egg, ricotta, spinach, mushrooms and zucchini in a large bowl.
2. Combine crushed and diced tomatoes and their juice, garlic and crushed red pepper (if using) in a medium bowl.
3. Generously coat a 6-quart or larger slow cooker with cooking spray. Spread 1½ cups of the tomato mixture in the slow cooker. Arrange 5 noodles over the sauce, overlapping them slightly and breaking into pieces to cover as much of the sauce as possible. Spread half of the ricotta-vegetable mixture over the noodles and firmly pat down, then spoon on 1½ cups sauce and sprinkle with 1 cup mozzarella. Repeat the layering one more time, starting with noodles. Top with a third layer of noodles. Evenly spread the remaining tomato sauce over the noodles. Set aside the remaining 1 cup mozzarella in the refrigerator.
4. Put the lid on the slow cooker and cook on High for 2 hours or on Low for 4 hours. Turn off the slow cooker, sprinkle the reserved mozzarella on the lasagna, cover and let stand for 10 minutes to melt the cheese.

Roast Chicken and Sweet Potatoes (Eating Well)

Ingredients

- 2 tablespoons whole-grain or Dijon mustard
- 2 tablespoons chopped fresh thyme or 2 teaspoons dried
- 2 tablespoons extra-virgin olive oil, divided
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- 1½-2 pounds bone-in chicken thighs, skin removed
- 2 medium sweet potatoes, peeled and cut into 1-inch pieces
- 1 large red onion, cut into 1-inch wedges

Directions

1. Position rack in lower third of oven; preheat to 450°F. Place a large rimmed baking sheet in the oven to preheat.
2. Combine mustard, thyme, 1 tablespoon oil and ¼ teaspoon each salt and pepper in a small bowl; spread the mixture evenly on chicken.
3. Toss sweet potatoes and onion in a bowl with the remaining 1 tablespoon oil and ¼ teaspoon each salt and pepper. Carefully remove the baking sheet from the oven and spread the vegetables on it. Place the chicken on top of the vegetables.
4. Return the pan to the oven and roast, stirring the vegetables once halfway through, until the vegetables are tender and beginning to brown and an instant-read thermometer inserted into a chicken thigh registers 165°F, 30 to 35 minutes.

Spiced Eggplant Lentil Salad with Mango (Eating Well)

Ingredients

- 4 tablespoons peanut oil or olive oil, divided
- 2½ teaspoons chili powder, divided
- 2½ teaspoons curry powder, divided
- 2 medium eggplants (¾ pound each), trimmed and cut into 1-inch cubes
- ⅓ cup lemon or lime juice, plus more if desired
- ¼ cup prepared salsa
- ¼ cup honey
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper, plus more to taste
- 1½ cups cooked lentils or one 15-ounce can, rinsed
- 2 bunches scallions, coarsely chopped (reserve 2 tablespoons for garnish)
- 4 cups torn romaine lettuce
- 2 large ripe mangoes, peeled and diced
- ¼ cup coarsely chopped roasted peanuts or cashews
- ¼ cup chopped fresh cilantro

Directions

1. Preheat oven to 500°F.
2. Combine 1 tablespoon oil with 2 teaspoons each chili powder and curry powder in a large bowl. Add eggplant and toss well. Spread the eggplant on a large, rimmed baking sheet. Roast, stirring once halfway through, until tender, about 15 minutes.
3. Thoroughly combine the remaining 3 tablespoons oil, remaining ½ teaspoon each chili powder and curry powder, ⅓ cup lemon (or lime) juice, salsa, honey, salt and pepper in a large bowl. Add the roasted eggplant, lentils and scallions; gently toss to combine. Taste and season with more pepper and/or lemon (or lime) juice, if desired.
4. Serve the salad on a bed of romaine, topped with mango, nuts, cilantro and the reserved 2 tablespoons scallions.

Creamy Avocado and White Bean Wrap (Eating Well)

Ingredients

- 2 tablespoons cider vinegar
- 1 tablespoon canola oil
- 2 teaspoons finely chopped canned chipotle chile in adobo sauce, (see Note)
- ¼ teaspoon salt
- 2 cups shredded red cabbage
- 1 medium carrot, shredded
- ¼ cup chopped fresh cilantro
- 1 15-ounce can white beans, rinsed
- 1 ripe avocado
- ½ cup shredded sharp Cheddar cheese
- 2 tablespoons minced red onion
- 4 8- to 10-inch whole-wheat wraps, or tortillas

Directions

1. Whisk vinegar, oil, chipotle chile and salt in a medium bowl. Add cabbage, carrot and cilantro; toss to combine.
2. Mash beans and avocado in another medium bowl with a potato masher or fork. Stir in cheese and onion.
3. To assemble the wraps, spread about ½ cup of the bean-avocado mixture onto a wrap (or tortilla) and top with about ⅓ cup of the cabbage-carrot slaw. Roll up. Repeat with remaining ingredients. Cut the wraps in half to serve, if desired.

Caprese Stuffed Portobello Mushrooms (Eating Well)

Ingredients

- 3 tablespoons extra-virgin olive oil, divided
- 1 medium clove garlic, minced
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 4 portobello mushrooms (about 14 ounces), stems and gills removed
- 1 cup halved cherry tomatoes
- ½ cup fresh mozzarella pearls, drained and patted dry
- ½ cup thinly sliced fresh basil
- 2 teaspoons best-quality balsamic vinegar

Directions

1. Preheat oven to 400°F.
2. Combine 2 tablespoons oil, garlic, ¼ teaspoon salt and ¼ teaspoon pepper in a small bowl. Using a silicone brush, coat mushrooms all over with the oil mixture. Place on a large rimmed baking sheet and bake until the mushrooms are mostly soft, about 10 minutes.
3. Meanwhile, stir tomatoes, mozzarella, basil and the remaining ¼ teaspoon salt, ¼ teaspoon pepper and 1 tablespoon oil together in a medium bowl. Once the mushrooms have softened, remove from the oven and fill with the tomato mixture. Bake until the cheese is fully melted and the tomatoes have wilted, about 12 to 15 minutes more. Drizzle each mushroom with ½ teaspoon vinegar and serve.

Citrus Salsa Salmon (Better Homes and Gardens)

Ingredients

- 4 (4 oz) skinless salmon fillets
- Salt and ground pepper
- 1/3 cup red jalapeno jelly
- 3 medium oranges, peeled, seeded, and coarsely chopped
- 1 medium grapefruit, peeled and sectioned
- 1 cup grape or cherry tomatoes, halved

Directions

1. Heat broiler. Lightly sprinkle salmon with salt and pepper. In small saucepan over low heat melt the jelly. Brush two tablespoons of the melted jelly on the salmon; reserve remaining jelly. Place salmon on unheated rack of broiler pan. Broil four inches from heat for 8-10 minutes or until salmon flakes when tested with a fork.
2. Meanwhile, for fresh citrus salad, in medium bowl combine chopped oranges, grapefruit sections, halved tomatoes, and remaining jelly. Season with salt and pepper. Serve salmon with citrus salsa.

Fajita Style Quesadillas (Better Homes and Gardens)

Ingredients

½ medium red or green sweet pepper, cut into strips
½ medium onion, halved and thinly sliced
1 fresh serrano pepper, halved, seeded, and cut into thin strips
2 teaspoons vegetable oil
4 (6") white corn tortillas
Nonstick cooking spray
½ cup shredded Monterey Jack cheese (2 ounces)
2 thin slices tomato, halved crosswise
1 tablespoon snipped fresh cilantro
Light dairy sour cream (optional)
Cilantro and lime wedges (optional)

Directions

1. In a large skillet, cook sweet pepper, onion, and serrano pepper in hot oil over medium-high heat for 3 to 5 minutes or until vegetables are just tender. Remove from heat.
2. Lightly coat one side of each tortilla with cooking spray. On the uncoated side of two of the tortillas, divide half of the cheese. Top with onion mixture, tomato slices, the 1 tablespoon cilantro, and the remaining cheese. Top with remaining tortillas, coated sides up.
3. Heat a very large griddle over medium heat. Cook quesadillas for 4 to 5 minutes per side or until cheese melts and tortillas are lightly browned. Cut each quesadilla into 4 wedges. Serve warm and, if desired, with sour cream, additional cilantro, and lime wedges.

Roasted Peaches and Blueberries

Ingredients

4 peaches, halved with pit removed
Cinnamon to taste
Nutmeg to taste
Ginger to taste
2 cups blueberries
2 Tablespoons lime juice
1 Tablespoon brown sugar

Directions

1. Place cut peaches in greased baking dish. Sprinkle with cinnamon, nutmeg, and ginger to taste. Bake at 400 degrees for 30-40 minutes.
2. Place blueberries in a small pot. Stir in lime juice and brown sugar. Cook for 10 minutes over medium heat until mixture is syrupy.

*This is very good served warm with vanilla (or flavor of your choice) yogurt on top.