

After 12 Months of Relentless Research and Testing...



Here Are 25 QUICK & EASY FAT-BURNING RECIPES

Eat More and Weigh Less

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1. Beef & Potato Salad with Smoky Chipotle



In central Mexico, this salad is a standard--served as an appetizer, main dish or taco filling. Serve it with lime wedges, warm tortillas or tortilla chips.

Nutrition profile

- Gluten-Free
- Low Added Sugars
- Low-Calorie
- Low Carbohydrate

Ingredients (6 servings)

- 12 ounces stew beef (preferably from the chuck), cut into 1-inch cubes
- 2 cloves garlic, chopped
- 1 teaspoon salt
- 3 medium boiling potatoes, peeled and cut into roughly 1/2-inch pieces
- 3 tablespoons cider vinegar
- 1 small red onion, cut into 1/4-inch pieces
- 3 tablespoons extra-virgin olive oil
- 2-3 tablespoons finely chopped canned chipotle chile in adobo sauce (see Note)
- 1 ripe medium avocado, cut into 1/4-inch pieces

Preparation

- Active
25 m



- Ready In

1 h 25 m

1. Bring 1 quart water to a boil in a medium saucepan. Add beef, garlic and salt. When the water returns to a boil, reduce the heat to medium-low. Skim off the foam that rises during the first few minutes of simmering. Partially cover and simmer until the meat is fall-apart tender, about 1 hour. Remove the meat to a plate with a slotted spoon; let cool.
2. Add potatoes to the meat broth (if there isn't enough to cover them, add water) and simmer over medium heat until tender, 13 to 15 minutes. Scoop the potatoes into a medium bowl with a slotted spoon. Sprinkle with vinegar.
3. Coarsely shred the beef and stir it into the potatoes, along with onion, oil and chipotle to taste. Let cool to room temperature. Stir in avocado just before serving.

Make Ahead Tip: Cover and refrigerate the salad for up to 2 days. Stir in the avocado just before serving.

Ingredient Note: Chipotle chiles in adobo sauce are smoked jalapeños packed in a spicy, flavorful sauce. Look for the small cans with the Mexican foods in large supermarkets. Once opened, they'll keep at least 2 weeks in the refrigerator or 6 months in the freezer.

Nutrition information

- **Serving size:** about 3/4 cup
- **Per serving:** 241 calories; 14 g fat(3 g sat); 4 g fiber; 15 g carbohydrates; 13 g protein; 38 mcg folate; 33 mg cholesterol; 1 g sugars; 0 g added sugars; 51 IU vitamin A; 8 mg vitamin C; 23 mg calcium; 1 mg iron; 428 mg sodium; 453 mg potassium
- **Nutrition Bonus:** Zinc (21% daily value)
- **Carbohydrate Servings:** 1
- **Exchanges:** 1 starch, 1 1/2 lean meat, 2 fat

2. Chicken & Fruit Salad



Chicken, melon, walnuts and feta top mixed salad greens for a refreshing summer salad. Use your favorite summer fruit in place of the melon if you wish

Nutrition profile

- Low-Calorie
- Low Sodium
- Diabetic Appropriate
- Gluten-Free
- Healthy Immunity
- Heart Healthy

Ingredients (4 servings)

- 1/4 cup reduced-fat sour cream
- 3 tablespoons fruit-flavored vinegar
- 4 teaspoons sugar
- 1 1/2 teaspoons poppy seeds
- 1/4 teaspoon salt
- Freshly ground pepper, to taste
- 8 cups mixed salad greens
- 2 cups sliced cooked chicken breast, (see Tip)
- 2 cups chopped melon, such as cantaloupe and/or honeydew
- 1/4 cup chopped walnuts, toasted (see Tip)
- 1/4 cup crumbled feta cheese

Preparation

- Active

15 m

- Ready In

15 m

1. Whisk sour cream, vinegar, sugar, poppy seeds, salt and pepper in a large bowl until smooth. Reserve 1/4 cup of the dressing in a small bowl. Add the mixed greens to the large bowl and toss to coat. Divide among 4 plates and top with chicken, melon, walnuts and feta. Drizzle each portion with 1 tablespoon of the reserved dressing.

- **Tips:** To poach chicken breast: Place boneless, skinless chicken breasts in a medium skillet or saucepan and add lightly salted water to cover; bring to a boil. Cover, reduce heat to low and simmer gently until chicken is cooked through and no longer pink in the middle, 10 to 12 minutes.
- To toast chopped or sliced nuts, heat a small dry skillet over medium-low heat. Add nuts and cook, stirring, until lightly browned and fragrant, 2 to 3 minutes.

Nutrition information

- **Serving size:** 1 1/2 cups greens, 1/2 cup each chicken & melon, 1 Tbsp. each feta & nuts
- **Per serving:** 254 calories; 11 g fat(4 g sat); 4 g fiber; 18 g carbohydrates; 21 g protein; 30 mcg folate; 55 mg cholesterol; 12 g sugars; 4 g added sugars; 9480 IU vitamin A; 46 mg vitamin C; 154 mg calcium; 2 mg iron; 322 mg sodium; 371 mg potassium
- **Nutrition Bonus:** Vitamin A (140% daily value), Vitamin C (50% dv)
- **Carbohydrate Servings:** 1
- **Exchanges:** 1 fruit, 1 vegetable, 2 lean meat, 2 fat

3. Green Pizza



why not use cooler-weather vegetables like broccoli and arugula as an unconventional pizza topping? The arugula adds a slightly bitter, peppery taste--for a milder flavor, use spinach instead. Serve with wedges of fresh tomato tossed with vinegar, olive oil, basil and freshly ground pepper.

Nutrition profile

- Bone Health
- Healthy Aging
- Healthy Immunity
- High Calcium
- Low Added Sugars
- Low-Calorie
- Vegetarian

Ingredients (6 servings)

- 1 pound prepared pizza dough, preferably whole-wheat
- 2 cups chopped broccoli florets
- 1/4 cup water
- 5 ounces arugula ,any tough stems removed, chopped (about 6 cups)
- Pinch of salt
- Freshly ground pepper to taste
- 1/2 cup prepared pesto
- 1 cup shredded part-skim mozzarella cheese



Preparation

- Active

20 m

- Ready In

30 m

1. Position oven rack in the lowest position; preheat to 450 °F. Coat a large baking sheet with cooking spray.
2. Roll out dough on a lightly floured surface to about the size of the baking sheet. Transfer to the baking sheet. Bake until puffed and lightly crisped on the bottom, 8 to 10 minutes.
3. Meanwhile, cook broccoli and water in a large skillet over medium heat, covered, until the broccoli is crisp-tender, about 3 minutes. Stir in arugula and cook, stirring, until wilted, 1 to 2 minutes more. Season with salt and pepper.
4. Spread pesto evenly over the crust, top with the broccoli mixture and sprinkle with cheese. Bake until crispy and golden and the cheese is melted, 8 to 10 minutes.

Nutrition information

- **Serving size:** 1 slice
- **Per serving:** 323 calories; 17 g fat(4 g sat); 3 g fiber; 33 g carbohydrates; 15 g protein; 41 mcg folate; 19 mg cholesterol; 2 g sugars; 1 g added sugars; 1555 IU vitamin A; 27 mg vitamin C; 344 mg calcium; 1 mg iron; 512 mg sodium; 242 mg potassium
- **Nutrition Bonus:** Vitamin C (45% daily value), Calcium (34% dv), Vitamin A (31% dv)
- **Carbohydrate Servings:** 2

- **Exchanges:** 2 starch, 1 vegetable, 1 medium fat meat, 1 1/2 fat

4. Hot Chile Grilled Cheese



This deconstructed version of a chile relleno turned sandwich packs some heat and an ooey-gooey filling. We like the flavor of sourdough, but any kind of bread will work well. Serve with: Coleslaw and sliced pineapple.

Nutrition profile

- Healthy Aging
- Healthy Immunity
- High Fiber
- Low Added Sugars
- Low-Calorie
- Vegetarian

Ingredients (4 servings)

- 4 poblano peppers (see Note)
- 1 14-ounce can pinto beans, preferably low-sodium
- 3 tablespoons prepared salsa
- 1/8 teaspoon salt
- 1/2 cup shredded Monterey Jack or Cheddar cheese
- 2 tablespoons low-fat plain yogurt
- 3 scallions, sliced
- 2 tablespoons chopped fresh cilantro
- 8 slices sourdough bread

Preparation

- Active

30 m

- Ready In

30 m

1. Place peppers in a microwave-safe bowl, cover with plastic wrap and microwave on High until soft, 3 to 4 minutes. Let stand, covered, until cool enough to handle.



[1 Tip For A Flat Belly](#)

2. Meanwhile, combine beans, salsa and salt in a medium bowl. Mash the beans with a fork until they begin to form a paste (some can remain whole). Combine cheese, yogurt, scallions and cilantro in a small bowl.



[8 Foods That Burn Stomach Fat](#)

3. When the peppers are cool enough to handle, slice each one in half lengthwise and remove the stem and seeds.

4. Heat a panini maker to high. (No panini maker? See Stovetop Variation, below.)



[1 "Trick" To Stop Junk-Food Cravings](#)

5. Spread 1/3 cup of the bean mixture on each of 4 slices of bread. Top with a heaping tablespoon of the cheese mixture. Place 2 pepper halves over the cheese. Cover with the remaining slices of bread.

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6. Grill the sandwiches in the panini maker until golden brown, about 4 minutes. Cut in half and serve immediately.

7. Stovetop Variation: Place four 15-ounce cans and a medium skillet (not

nonstick) by the stove. Heat 1 teaspoon canola oil in a large nonstick skillet over medium heat. Place 2 sandwiches in the pan. Place the medium skillet on top of the sandwiches, then weight it down with the cans. Cook the sandwiches until golden on one side, about 2 minutes. Reduce the heat to medium-low, flip the sandwiches, replace the top skillet and cans, and cook until the second side is golden, 1 to 3 minutes more. Repeat with another 1 teaspoon oil and the remaining 2 sandwiches.

- **Note:** Dark green poblano peppers, smaller than a bell pepper but larger than a jalapeño, can be fiery or relatively mild; there's no way to tell until you taste them. Find them near other fresh peppers at most large supermarkets.

Nutrition information

- **Per serving:** 415 calories; 6 g fat(3 g sat); 9 g fiber; 70 g carbohydrates; 19 g protein; 157 mcg folate; 13 mg cholesterol; 6 g sugars; 0 g added sugars; 756 IU vitamin A; 98 mg vitamin C; 143 mg calcium; 4 mg iron; 783 mg sodium; 305 mg potassium
- **Nutrition Bonus:** Vitamin C (163% daily value), Folate (39% dv), Iron (20% dv)
- **Carbohydrate Servings:** 4 1/2
- **Exchanges:** 3 1/2 starch, 1 vegetable, 1 medium-fat meat

5. Inside-Out Lasagna



Here we take basic lasagna ingredients--ricotta cheese, pasta and tomatoes--and skip the layering and long baking time to make a super-quick and satisfying meal for the whole family. To cut down on prep time, look for presliced mushrooms. For meat lovers, brown some crumbled turkey sausage along with the onions and garlic. Serve with: Steamed broccoli and whole-grain baguette.

Nutrition profile

- Bone Health
- Diabetic Appropriate
- Healthy Aging
- Healthy Immunity
- Heart Healthy
- High Blood Pressure
- High Calcium
- High Fiber

Ingredients (4 servings)

- 8 ounces whole-wheat rotini or fusilli
- 1 tablespoon extra-virgin olive oil
- 1 onion, chopped
- 3 cloves garlic, sliced
- 8 ounces sliced white mushrooms (about 3 1/2 cups)
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 14-ounce can diced tomatoes with Italian herbs
- 8 cups baby spinach
- 1/2 teaspoon crushed red pepper (optional)
- 3/4 cup part-skim ricotta cheese

Preparation

- Active

25 m

• Ready In

25 m

1. Bring a large pot of water to a boil. Add pasta; cook until just tender, 8 to 10 minutes or according to package directions. Drain and transfer to a large bowl.
2. Meanwhile, heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring, until soft and beginning to brown, about 3 minutes. Add mushrooms, salt and pepper and cook, stirring, until the mushrooms release their liquid, 4 to 6 minutes.
3. Add tomatoes, spinach and crushed red pepper (if using). Increase heat to medium-high; cook, stirring once halfway through, until the spinach is wilted, about 4 minutes.
4. Toss the sauce with the pasta and divide among 4 bowls. Dollop each serving with 3 tablespoons of ricotta.

Nutrition information

- **Serving size:** about 1 1/2 cups
- **Per serving:** 338 calories; 9 g fat(3 g sat); 8 g fiber; 53 g carbohydrates; 18 g protein; 142 mcg folate; 14 mg cholesterol; 4 g sugars; 0 g added sugars; 4572 IU vitamin A; 27 mg vitamin C; 231 mg calcium; 4 mg iron; 493 mg sodium; 815 mg potassium
- **Nutrition Bonus:** Vitamin A (90% daily value), Vitamin C (50% dv), Folate (25% dv), Potassium (22% dv), Calcium (21% dv), Iron (20% dv)
- **Carbohydrate Servings:** 3 1/2

- **Exchanges:** 3 starch, 2 vegetables, 1 lean meat, 1 fat

6. Mozzarella-Stuffed Turkey Burgers



These tasty turkey burgers, served on toasted focaccia and dressed with marinara sauce, are reminiscent of a sausage pizza. Shredded mozzarella combined with fresh basil melts beautifully inside these gems.

Nutrition profile

- Healthy Aging
- Healthy Immunity
- Low Added Sugars
- Low-Calorie
- Low Carbohydrate

Ingredients (4 servings)

- Marinara Sauce
- 2 teaspoons extra-virgin olive oil
- 1 small onion, finely chopped
- 4 cloves garlic, minced
- 2 cups chopped plum tomatoes, with juices
- 6 oil-packed sun-dried tomatoes, drained and finely chopped
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 2 tablespoons chopped fresh basil
- Burgers
- 1 pound 93%-lean ground turkey
- 1/4 cup finely chopped scallions
- 2 teaspoons minced garlic
- 2 teaspoons Worcestershire sauce

- 1 teaspoon freshly grated lemon zest
- 1/2 teaspoon dried oregano
- 1/2 teaspoon freshly ground pepper
- 1/4 teaspoon salt
- 1/2 cup shredded part-skim mozzarella cheese, divided
- 2 tablespoons finely chopped fresh basil
- 2 teaspoons extra-virgin olive oil
- 4 4-inch-square slices foccacia bread, (about 2 ounces each), toasted

Preparation

- Active

50 m

- Ready In 50m



1. To prepare marinara: Heat 2 teaspoons oil in a medium saucepan over medium heat. Add onion and garlic, cover and cook, stirring frequently, until translucent, 5 to 7 minutes. Stir in fresh tomatoes and any juices, sun-dried tomatoes, 1/2 teaspoon salt and 1/2 teaspoon pepper. Bring to a simmer and cook, stirring occasionally, until the tomatoes have broken down, 8 to 10 minutes. Stir in basil and remove from the heat. Transfer to a food processor and pulse to form a coarse-textured sauce. Return to the pan and set aside.

2. To prepare burgers: Place turkey, scallions, garlic, Worcestershire sauce, lemon zest, oregano, 1/2 teaspoon pepper and 1/4 teaspoon salt in a large bowl. Gently combine, without overmixing, until evenly incorporated. Form into 8 thin patties about 4 inches wide and 3/8 inch thick.

3. Combine 1/4 cup cheese and basil and place an equal amount in the center of 4 patties. Cover with the remaining patties and crimp the edges closed.

4. Heat 2 teaspoons oil in a large nonstick skillet over medium heat (see Grilling Variation). Add burgers and cook, turning once, until an instant-read thermometer inserted in the center registers 165 °F, 8 to 10 minutes total.

5. Warm the marinara on the stove. To assemble the burgers, spread 3 tablespoons of marinara on each toasted focaccia, top with a burger, about 3 more tablespoons of marinara and 1 tablespoon of the remaining cheese.

6. Grilling Variation: To grill the turkey burgers, preheat a grill to medium-high. Oil the grill rack (see Tip). Grill the patties, turning once, until an instant-read thermometer inserted in the center registers 165 °F, 8 to 10 minutes total.

- **Make Ahead Tip:** Cover and refrigerate the marinara sauce (Step 1) for up to 5 days.

- **Tip:** To oil the grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.) When grilling delicate foods like tofu and fish, it is helpful to spray the food with cooking spray.

Nutrition information

- **Serving size:** 1 sandwich

- **Per serving:** 265 calories; 10 g fat(4 g sat); 2 g fiber; 13 g carbohydrates; 34 g protein; 56 mcg folate; 54 mg cholesterol; 4 g sugars; 0 g added sugars; 1074 IU vitamin A; 20 mg vitamin C; 155 mg calcium; 3 mg iron; 693 mg sodium; 380 mg potassium

- **Nutrition Bonus:** Vitamin C (35% daily value), Vitamin A (20% dv), Calcium & Iron (15% dv)

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