



Taste of Home

30 Meals

IN 30 MINUTES

Fast
Dinners
for Today's
Families!

No Elves Required!

Shopping...decorating...wrapping...caroling...giftng...where will you find time for it all? Why, right here in ***Taste of Home 30 Meals in 30 Minutes!*** With 30 satisfying dishes you can have on the table in 30 minutes or less, you'll have more time to savor everything the holidays have to offer. Just leave the recipes to us.

From warm-you-up Mexican Bean Soup to weeknight Beef-Broccoli Stir-Fry to show-stopping Beef Filets with Portobello Sauce (guests will love it!), you'll make quick dishes that guarantee less time in the kitchen and more time with family and friends. Because, after all, 'tis the season!

ON THE MENU

BREAKFAST & BRUNCH



Cheesy Egg Quesadillas ♦



Ham Muffinwiches ♦♦



Rustic Vegetable Frittata ♦♦



Beef-Broccoli Stir-Fry ♦



Beef Filets with Portobello Sauce ♦♦



Stovetop Cheeseburger Pasta ♦

MAIN DISHES: CHICKEN



Chicken Pesto Meatballs ♦♦▲



Chorizo Spaghetti Squash Skillet ♦♦



Curried Chicken Skillet ♦♦



Light Chicken & Broccoli Bake ♦♦



Smoky Spanish Chicken ♦♦■



Smothered Chicken ♦

MAIN DISHES: MEATLESS



Stovetop
Orange-Glazed
Chicken ♦♦



Creamy Lentils
with Kale
Artichoke Sauté
♦♦



Thai Peanut Naan
Pizzas ♦



Lemon Pork with
Mushrooms ♦♦



Maple-Glazed
Pork Tenderloin
♦♦



Pork Chops with
Cranberry Pan
Sauce ♦♦

MAIN DISHES: SEAFOOD



Quick Carbonara ♦



Weeknight Lazy
Lasagna ♦♦▲



Dijon-Crusted
Fish ♦♦



Korean Salmon
Skewers with Rice
Slaw ♦♦



Shrimp
Monterey ♦



Pepperoni Pizza
Baked Potatoes ♦♦

MAIN DISHES: TURKEY

SALADS



Quinoa Unstuffed
Peppers ♦♦▲



Turkey & Broccoli
Pastry Braid ♦



Edamame Salad
with Sesame
Ginger Dressing
♦♦



Barbecue Chicken
Sliders ♦▲

SANDWICHES

SOUPS & STEWS



Easy Tortellini
Spinach Soup ♦



Quick Mexican
Bean Soup ♦

EAT SMART

Lower in
calories, sat. fat
and sodium

FAST FIX

Done in
30 minutes
or less

5 INGREDIENTS

5 ingredients max,
plus staples like
salt, pepper and oil

SLOW COOKER



Set it and
forget it

FREEZE IT

Make now,
eat later

field editor

Volunteers from every state—and Canada—belong to the big, happy Field Editor family! They share recipes, reviews and tips from their kitchens, neighborhoods and regions.

Taste of Home's registered dietitian nutritionists based our Eat Smart guidelines on criteria set by the United States Department of Agriculture, the American Heart Association and the American Diabetes Association. Main dishes marked with the icon, for the most part, have no more than 550 calories, 6g saturated fat and 800mg sodium per serving.

Cheesy Egg Quesadillas

Here's my spin on breakfast-for-dinner. These cheesy quesadillas are so easy to make, full of protein and are delicious any time of day.

—BARBARA BLOMMER
WOODLAND PARK, CO

START TO FINISH: 25 MIN.
MAKES: 2 SERVINGS

- 3 large eggs
- 3 tablespoons 2% milk
- $\frac{1}{8}$ teaspoon pepper
- 1 tablespoon plus 2 teaspoons butter, divided
- 4 flour tortillas (8 inches)
- $\frac{1}{2}$ cup refried beans
- $\frac{1}{4}$ cup salsa
- $\frac{3}{4}$ cup shredded cheddar cheese
- Sour cream and additional salsa, optional

1. Preheat oven to 425°. Whisk together first three ingredients. In a large nonstick skillet, heat 1 tablespoon butter over medium heat. Add egg mixture; cook and stir until eggs are thickened and no liquid egg remains. Remove from heat.

2. Place two tortillas on a baking sheet. Spread with beans; top with eggs, salsa, cheese and remaining tortillas. Melt remaining butter; brush over tops.

3. Bake until golden brown and cheese is melted, 10-12 minutes. If desired, serve with sour cream and additional salsa.

HEALTH TIP *Butter adds richness to these quesadillas, but it's not essential. Cook the eggs in a few spritzes of cooking spray and don't butter the tortillas. You'll decrease the fat by about one-third.*

PER SERVING 1 quesadilla: 738 cal., 38g fat (18g sat. fat), 344mg chol., 1248mg sodium, 67g carb. (3g sugars, 5g fiber), 30g pro.





Ham Muffinwiches

I created this recipe when looking for something to pack for lunch. I had leftover ham but no bread, so I got creative with corn bread mix. The muffins freeze well and are handy for an on-the-go breakfast or lunch.

—JENNY WIEBE VILLA HILLS, KY

START TO FINISH: 30 MIN.
MAKES: 4 SERVINGS

- 1 large egg, lightly beaten
- $\frac{1}{2}$ cup 2% milk
- 1 tablespoon canola oil
- $\frac{1}{8}$ teaspoon ground mustard
- 1 package (8 $\frac{1}{2}$ ounces) corn bread/muffin mix
- 1 cup chopped fully cooked ham
- 2 green onions, thinly sliced
- 2 tablespoons shredded cheddar cheese

1. Preheat oven to 400°. Whisk together first four ingredients. Add muffin mix; stir just until moistened. Fold in ham and green onions. Fill eight greased or paper-lined muffin cups half full.
2. Bake until a toothpick inserted in center comes out clean, 15-20 minutes. Immediately sprinkle with cheese. Cool 5 minutes before removing from pan to a wire rack. Serve warm.

PER SERVING 2 muffins: 186 cal., 8g fat (2g sat. fat), 37mg chol., 483mg sodium, 22g carb. (7g sugars, 2g fiber), 7g pro.

Diabetic Exchanges: 1 $\frac{1}{2}$ starch, 1 lean meat, 1 fat.

Rustic Vegetable Frittata

I love that this veggie-loaded frittata combines seriously nutritious ingredients into a filling dish I can serve as breakfast, lunch or dinner—and is still delicious even as leftovers!

—DEBORAH JAMISON AUSTIN, TX

START TO FINISH: 30 MIN.
MAKES: 4 SERVINGS

- 1 medium sweet potato, peeled and cut into ¼-inch slices**
- 2 tablespoons water**
- 7 large eggs**
- 3 tablespoons fat-free milk**
- ¼ teaspoon salt**
- ⅛ teaspoon pepper**
- 6 center-cut bacon strips, coarsely chopped**
- 1 small green pepper, chopped**
- ½ cup chopped red onion**
- 2 cups coarsely chopped fresh kale**

- 1.** Preheat oven to 375°. Place sweet potato and water in a microwave-safe bowl; microwave, covered, on high until potato is just tender, 5-6 minutes; drain.
- 2.** Meanwhile, whisk together eggs, milk, salt and pepper. In a 10-in. oven-safe skillet, cook bacon over medium heat until crisp, stirring occasionally. Using a slotted spoon, remove bacon to paper towels. Remove all but 1 tablespoon drippings from pan.
- 3.** In drippings, saute green pepper, onion and kale over medium heat until tender, 4-5 minutes. Reduce heat to low. Stir in egg mixture; add potato and bacon. Cook until eggs are partially set, 1-2 minutes.
- 4.** Transfer to oven; bake until eggs are set, 5-7 minutes. Cut into wedges.



PER SERVING 1 wedge: 259 cal., 14g fat (5g sat. fat), 340mg chol., 448mg sodium, 16g carb. (7g sugars, 2g fiber), 17g pro.

Diabetic Exchanges: 2 medium-fat meat, 1 starch.

Beef Broccoli Stir-Fry

My family asks for this tasty stir-fry over and over again. I love it because it comes together quick, and it combines tender beef and good-for-you veggies in one dish.

—RUTH STAHL SHEPHERD, MT

START TO FINISH: 25 MIN.

MAKES: 4 SERVINGS

- ½** teaspoon garlic powder
- 3** tablespoons cornstarch, divided
- 2** tablespoons plus **½** cup water, divided
- 1** pound boneless beef top round steak, cut into thin 2-inch strips
- ¼** cup soy sauce
- 2** tablespoons brown sugar
- 1** teaspoon ground ginger
- 2** tablespoons canola oil, divided
- 4** cups fresh broccoli florets
- 1** small onion, cut into thin wedges
- Hot cooked rice**

- 1.** Mix garlic powder and 2 tablespoons each cornstarch and water; toss with beef. In a small bowl, mix soy sauce, brown sugar, ginger and the remaining cornstarch and water until smooth.
- 2.** In a large skillet, heat 1 tablespoon oil over medium-high heat; stir-fry beef until browned, 2-3 minutes. Remove from pan.
- 3.** In same pan, stir-fry broccoli and onion in remaining oil over medium-high heat until crisp-tender, 4-5 minutes. Stir soy sauce mixture; add to pan. Cook and stir until thickened, 1-2 minutes. Return beef to pan; heat through. Serve with rice.

HEALTH TIP *A simple swap to reduced-sodium soy sauce saves 350mg sodium.*

PER SERVING 1 cup stir-fry: 291 cal., 11g fat (2g sat. fat), 63mg chol., 974mg sodium, 18g carb. (9g sugars, 2g fiber), 30g pro.





Beef Filets with Portobello Sauce

These saucy steaks seem special, but they're fast enough for everyday dinners. We like to serve the mushroom-topped filets with crusty French bread, mixed salad and a light lemon dessert.

—CHRISTEL STEIN TAMPA, FL

START TO FINISH: 20 MIN.
MAKES: 2 SERVINGS

- 2 beef tenderloin steaks (4 ounces each)**
- 1¾ cups sliced baby portobello mushrooms (about 4 ounces)**
- ½ cup dry red wine or reduced-sodium beef broth**
- 1 teaspoon all-purpose flour**
- ½ cup reduced-sodium beef broth**
- 1 teaspoon ketchup**
- 1 teaspoon steak sauce**
- 1 teaspoon Worcestershire sauce**
- ½ teaspoon ground mustard**
- ¼ teaspoon pepper**
- ⅛ teaspoon salt**
- 1 tablespoon minced fresh chives, optional**

- 1.** Place a large nonstick skillet coated with cooking spray over medium-high heat; brown steaks on both sides. Remove from pan.
- 2.** Add mushrooms and wine to pan; bring to a boil over medium heat, stirring to loosen browned bits from pan. Cook until liquid is reduced by half, 2-3 minutes. Mix flour and broth until smooth; stir into pan. Stir in all remaining ingredients except chives; bring to a boil.
- 3.** Return steaks to pan; cook, uncovered, until meat reaches desired doneness (for medium-rare, a thermometer should read 135°; medium, 140°), 1-2 minutes per side. If desired, sprinkle with chives.

PER SERVING 1 serving: 247 cal., 7g fat (3g sat. fat), 51mg chol., 369mg sodium, 7g carb. (3g sugars, 1g fiber), 27g pro.

***Diabetic Exchanges:** 3 lean meat, 1 vegetable.*



Stovetop Cheeseburger Pasta

Cheeseburgers are delicious in any form, but I'm partial to this creamy pasta dish that seriously tastes just like the real thing. It's weeknight comfort in a bowl.

—TRACY AVIS PETERBOROUGH, ON

START TO FINISH: 30 MIN.
MAKES: 8 SERVINGS

- 1 package (16 ounces) penne pasta
- 1 pound ground beef
- $\frac{1}{4}$ cup butter, cubed
- $\frac{1}{2}$ cup all-purpose flour
- 2 cups 2% milk
- $1\frac{1}{4}$ cups beef broth
- 1 tablespoon Worcestershire sauce
- 3 teaspoons ground mustard
- 2 cans (14½ ounces each) diced tomatoes, drained
- 4 green onions, chopped
- 3 cups shredded Colby-Monterey Jack cheese, divided
- $\frac{3}{4}$ cup grated Parmesan cheese, divided

1. Cook pasta according to package directions; drain.
2. Meanwhile, in a Dutch oven, cook and crumble beef over medium heat until no longer pink, 5-7 minutes. Remove from pan with a slotted spoon; pour off drippings.
3. In same pan, melt butter over low heat; stir in flour until smooth. Cook and stir until lightly browned, 2-3 minutes (do not burn). Gradually whisk in milk, broth, Worcestershire sauce and mustard. Bring to a boil, stirring constantly; cook and stir until thickened, 1-2 minutes. Stir in tomatoes; return to a boil. Reduce heat; simmer, covered, 5 minutes.

4. Stir in green onions, pasta and beef; heat through. Stir in half of the cheeses until melted. Sprinkle with remaining cheese; remove from heat. Let stand, covered, until melted.

HEALTH TIP *Cut sat. fat by almost half: Use lean ground beef and only 2 cups Jack cheese and make the roux with 2 tablespoons butter and $\frac{1}{2}$ cup flour. Then, whisk the remaining flour into the broth before adding it to the pan.*

PER SERVING $1\frac{1}{2}$ cups: 616 cal., 29g fat (17g sat. fat), 98mg chol., 727mg sodium, 56g carb. (7g sugars, 3g fiber), 33g pro.

Chicken Pesto Meatballs

These tender, pesto-stuffed meatballs get gobbled up in our house. They're short on ingredients, but packed with flavor.

—ALLY BILLHORN WILTON, IA

START TO FINISH: 30 MIN.

MAKES: 4 SERVINGS

- 6 ounces uncooked whole grain spaghetti**
- ¼ cup dry bread crumbs**
- 2 tablespoons prepared pesto**
- 2 tablespoons grated Parmesan cheese**
- 1 teaspoon garlic powder**
- 1 pound lean ground chicken**
- 1½ cups marinara sauce**
- ¼ cup water**
- Torn fresh basil and additional Parmesan cheese, optional**

- 1.** Cook spaghetti according to package directions; drain.
- 2.** In a large bowl, combine bread crumbs, pesto, cheese and garlic powder. Add chicken; mix lightly but thoroughly. Shape into 1-in. balls.
- 3.** In a large skillet, brown meatballs over medium heat, turning occasionally. Add sauce and water; bring to a boil. Reduce heat; simmer, covered, until meatballs are cooked through, about 5 minutes. Serve with spaghetti. If desired, top with basil and additional cheese.

FREEZE OPTION Freeze cooled meatball mixture in freezer containers. To use, partially thaw in refrigerator overnight. Heat through in a covered saucepan over low heat, stirring gently and adding a little water if necessary.

PER SERVING ¾ cup meatball mixture with 1 cup spaghetti: 422 cal., 12g fat (3g sat. fat), 85mg chol., 706mg sodium, 45g carb. (7g sugars, 7g fiber), 32g pro.



Diabetic Exchanges: 3 starch, 3 lean meat, 1½ fat.

Chorizo Spaghetti Squash Skillet

Get your noodle fix minus the pasta with this spiced-up meal that comes together in one skillet. It's a fill-you-up dinner that's low in calories—a weeknight winner!

—SHERRILL OAKE SPRINGFIELD, MA

START TO FINISH: 30 MIN.
MAKES: 4 SERVINGS

- 1 small spaghetti squash (about 2 pounds)
- 1 tablespoon canola oil
- 1 package (12 ounces) fully cooked chorizo chicken sausage links or flavor of choice, sliced
- 1 medium sweet yellow pepper, chopped
- 1 medium sweet onion, halved and sliced
- 1 cup sliced fresh mushrooms
- 1 can (14½ ounces) no-salt-added diced tomatoes, undrained
- 1 tablespoon reduced-sodium taco seasoning
- ¼ teaspoon pepper
- Chopped green onions, optional

1. Halve squash lengthwise; discard seeds. Place squash on a microwave-safe plate, cut side down; microwave on high until tender, about 15 minutes. Cool slightly.

2. Meanwhile, in a large skillet, heat 1 tablespoon oil over medium-high heat; sauté sausage, yellow pepper, onion and mushrooms until onion is tender, about 5 minutes.

3. Separate strands of squash with a fork; add to skillet. Stir in tomatoes and seasonings; bring to a boil. Reduce heat; simmer, uncovered, until flavors are blended, about 5 minutes. If desired, top with green onions.



PER SERVING 1½ cups: 299 cal., 12g fat (3g sat. fat), 65mg chol., 725mg sodium, 34g carb. (12g sugars, 6g fiber), 18g pro.

Diabetic Exchanges: 2 starch, 2 lean meat, 1 vegetable, 1 fat.



Curried Chicken Skillet

This protein-packed skillet dish is loaded with bright flavor. A little curry and fresh ginger make the veggies, chicken and quinoa pop.

—RUTH HARTUNIAN-ALUMBAUGH WILLIMANTIC, CT

START TO FINISH: 30 MIN.

MAKES: 4 SERVINGS

- 1½ cups plus ½ cup reduced-sodium chicken broth**
- ¾ cup quinoa, rinsed**
- 1 tablespoon canola oil**
- 1 medium sweet potato, diced**
- 1 medium onion, chopped**
- 1 celery rib, chopped**
- 1 cup frozen peas**
- 2 garlic cloves, minced**
- 1 teaspoon minced fresh gingerroot**
- 3 teaspoons curry powder**
- ¼ teaspoon salt**
- 2 cups shredded cooked chicken**

1. In a small saucepan, bring 1½ cups broth to a boil. Add quinoa. Reduce heat; simmer, covered, until liquid is absorbed, 12-15 minutes.

2. In a large skillet, heat oil over medium-high heat; saute sweet potato, onion and celery until potato is tender, 10-12 minutes. Add peas, garlic, ginger and seasonings; cook and stir 2 minutes. Stir in chicken and remaining broth; heat through. Stir in quinoa.

PER SERVING 2 cups: 367 cal., 11g fat (2g sat. fat), 62mg chol., 450mg sodium, 39g carb. (8g sugars, 6g fiber), 29g pro.

***Diabetic Exchanges:** 3 lean meat, 2½ starch, ½ fat.*

Light Chicken and Broccoli Bake

Cheesy chicken and broccoli bakes are the ultimate comfort food, but I wanted to give the classic casserole a healthier spin. Mine cuts down on fat and calories, but keeps the flavor.

—JENNY DUBINSKY INWOOD, WV

START TO FINISH: 30 MIN.
MAKES: 4 SERVINGS

- 2 large eggs**
- 1 cup fat-free milk**
- ½ cup reduced-fat biscuit/baking mix**
- ½ teaspoon salt**
- ¼ teaspoon pepper**
- 4 cups frozen broccoli florets (about 9 ounces), thawed and drained**
- 1 cup shredded rotisserie chicken**
- 1 small onion, chopped**
- ½ cup shredded cheddar cheese, divided**

1. Preheat oven to 400°. In a large bowl, whisk together first five ingredients. Stir in broccoli, chicken, onion and ¼ cup cheese. Transfer to a greased 9-in. pie plate. Sprinkle with remaining cheese.

2. Bake until golden brown and a knife inserted near the center comes out clean, 15-20 minutes. Let stand 10 minutes before serving.

PER SERVING 1 serving: 274 cal., 11g fat (4g sat. fat), 139mg chol., 667mg sodium, 20g carb. (7g sugars, 3g fiber), 22g pro.

Diabetic Exchanges: 3 lean meat, 1½ fat, 1 starch, 1 vegetable.





Smoky Spanish Chicken

After enjoying a similar dish at a Spanish tapas restaurant, my husband and I were eager to make our own version of this saucy chicken at home. If I want to make it extra healthy, I'll remove the skin from the chicken after browning.

—RYAN HALEY SAN DIEGO, CA

START TO FINISH: 30 MIN.

MAKES: 4 SERVINGS

- 3 teaspoons smoked paprika
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon water
- 4 bone-in chicken thighs
- 1½ cups baby portobello mushrooms, quartered
- 1 cup chopped green onions, divided
- 1 can (14½ ounces) fire-roasted diced tomatoes, undrained

1. Mix first four ingredients; rub over chicken.
2. Place a large skillet over medium heat. Add chicken, skin side down. Cook until browned, 4-5 minutes per side; remove from pan. Remove all but 1 tablespoon drippings from pan.
3. In drippings, saute mushrooms and ½ cup green onions over medium heat until tender, 1-2 minutes. Stir in tomatoes. Add chicken; bring to a boil. Reduce heat; simmer, covered, until a thermometer inserted in chicken reads 170°, 10-12 minutes. Top with remaining green onions.

PER SERVING 1 serving: 272 cal., 15g fat (4g sat. fat), 81mg chol., 646mg sodium, 10g carb. (4g sugars, 2g fiber), 25g pro.

Smothered Chicken

I top tender chicken breasts with mushrooms, bacon, green onions and cheese for a quick, comforting meal that's become a family favorite.

—PENNY WALTON WESTERVILLE, OH

START TO FINISH: 20 MIN.

MAKES: 4 SERVINGS

- 4 boneless skinless chicken breast halves (5 ounces each)**
- ¼ teaspoon seasoned salt**
- ¼ teaspoon garlic powder**
- 3 teaspoons canola oil, divided**
- 1 cup sliced fresh mushrooms**
- 1 cup shredded Mexican cheese blend**
- 4 green onions, chopped**
- 6 bacon strips, cooked and chopped**

- 1.** Pound chicken breasts to ¼-in. thickness. Sprinkle with seasonings.
- 2.** In a large nonstick skillet, heat 1 teaspoon oil over medium-high heat; sauté mushrooms until tender, 2-3 minutes. Remove from pan.
- 3.** In same pan, cook chicken in remaining oil until bottom is browned, about 4 minutes. Turn chicken; top with mushrooms and remaining ingredients. Cook, covered, until chicken is no longer pink, 4-5 minutes.

PER SERVING 1 chicken breast half: 363 cal., 21g fat (7g sat. fat), 116mg chol., 555mg sodium, 3g carb. (1g sugars, 1g fiber), 40g pro.





Stovetop Orange-Glazed Chicken

I love a recipe that can put dinner on the table quickly, and not sacrifice flavor. This sweet and saucy dish does just that with ingredients you probably already have on hand!

—KALLEE KRONG-MCCREERY ESCONDIDO, CA

START TO FINISH: 25 MIN.

MAKES: 2 SERVINGS

- $\frac{1}{4}$ cup orange juice
- 1 tablespoon reduced-sodium soy sauce
- $\frac{1}{2}$ teaspoon cornstarch
- $\frac{1}{2}$ teaspoon Dijon mustard
- 2 tablespoons orange marmalade
- 2 boneless skinless chicken breast halves (6 ounces each)
- $\frac{1}{4}$ teaspoon garlic salt
- 1 tablespoon olive oil

1. For glaze, whisk together first four ingredients in a microwave-safe bowl; stir in marmalade. Microwave, covered, on high until thickened, $2\frac{1}{2}$ to 3 minutes, stirring occasionally.

2. Pound chicken breasts to $\frac{1}{2}$ -in. thickness; sprinkle with garlic salt. In a large skillet, heat oil over medium heat; cook chicken until a thermometer reads 165° , 5-6 minutes per side. Top with glaze.

PER SERVING 1 chicken breast half with about 2 tablespoons sauce: 314 cal., 11g fat (2g sat. fat), 94mg chol., 656mg sodium, 18g carb. (15g sugars, 0 fiber), 35g pro.

Diabetic Exchanges: 5 lean meat, $1\frac{1}{2}$ fat, 1 starch.

Creamy Lentils with Kale Artichoke Saute

I've been trying to eat more meatless meals, so I experimented with this hearty saute and served it over brown rice. It was so good even the non-kale lovers gobbled it up.

—TERI RASEY CADILLAC, MI

START TO FINISH: 30 MIN.
MAKES: 4 SERVINGS

- ½ cup dried red lentils, rinsed and sorted**
- ¼ teaspoon dried oregano**
- ⅛ teaspoon pepper**
- 1¼ cups vegetable broth**
- ¼ teaspoon sea salt, divided**
- 1 tablespoon olive oil or grapeseed oil**
- 16 cups chopped fresh kale (about 12 ounces)**
- 1 can (14 ounces) water-packed artichoke hearts, drained and chopped**
- 3 garlic cloves, minced**
- ½ teaspoon Italian seasoning**
- 2 tablespoons grated Romano cheese**
- 2 cups hot cooked brown or basmati rice**

1. Place first four ingredients and ¼ teaspoon salt in a small saucepan; bring to a boil. Reduce heat; simmer, covered, until lentils are tender and liquid is almost absorbed, 12-15 minutes. Remove from heat.

2. In a 6-qt. stockpot, heat oil over medium heat. Add kale and remaining salt; cook, covered, until kale is wilted, 4-5 minutes, stirring occasionally. Add artichoke hearts, garlic and Italian seasoning; cook and stir 3 minutes. Remove from heat; stir in cheese.

3. Serve lentils and kale mixture over rice.

PER SERVING 1 serving: 321 cal., 6g fat (2g sat. fat), 1mg chol., 661mg sodium, 53g carb. (1g sugars, 5g fiber), 15g pro.





Thai Peanut Naan Pizzas

I'm a huge fan of Thai food, but don't always have the time to make it at home. To get my fix, I top fluffy naan bread with a ginger-peanut sauce, fresh veggies, a sprinkle of cilantro and a spicy squiggle of Sriracha.

—RACHEL SEIS MILWAUKEE, WI

START TO FINISH: 25 MIN.

MAKES: 4 SERVINGS

- ¼ cup creamy peanut butter**
- 3 tablespoons sesame ginger salad dressing**
- 1 tablespoon water**
- 1 teaspoon soy sauce**
- 2 naan flatbreads**
- 1 cup shredded part-skim mozzarella cheese**
- 1 small sweet red pepper, julienned**
- ½ cup julienned carrot**
- ½ cup sliced baby portobello mushrooms**
- ¼ cup chopped fresh cilantro**
- Sriracha Asian hot chili sauce, optional**

1. Preheat oven to 425°. For sauce, mix first four ingredients until blended. Place naan on a baking sheet; spread with sauce. Top with cheese and vegetables.

2. Bake until cheese is melted and crust is golden brown, 8-10 minutes. Top with cilantro and, if desired, drizzle with chili sauce.

PER SERVING ½ pizza: 316 cal., 19g fat (6g sat. fat), 21mg chol., 698mg sodium, 25g carb. (8g sugars, 2g fiber), 13g pro.

Lemon Pork with Mushrooms

This is my family's favorite go-to healthy dish you wouldn't guess is good for you. A little squeeze of lemon gives these crispy, seasoned chops a bright boost.

—CHRISTINE DATIAN LAS VEGAS, NV

START TO FINISH: 30 MIN.

MAKES: 4 SERVINGS

- 1 large egg, lightly beaten
- 1 cup seasoned bread crumbs
- 8 boneless thin pork loin chops (2 ounces each)
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 1 tablespoon olive oil
- 1 tablespoon butter
- $\frac{1}{2}$ pound sliced fresh mushrooms
- 2 garlic cloves, minced
- 2 teaspoons grated lemon zest
- 1 tablespoon lemon juice
- Lemon wedges, optional

1. Place egg and bread crumbs in separate shallow bowls. Sprinkle pork chops with salt and pepper; dip in egg, then coat with crumbs, pressing to adhere.
2. In a large skillet, heat oil over medium heat. In batches, cook pork until golden brown, 2-3 minutes per side. Remove from pan; keep warm.
3. Wipe pan clean. In skillet, heat butter over medium heat; saute mushrooms until tender, 2-3 minutes. Stir in garlic, lemon zest and lemon juice; cook and stir 1 minute. Serve over pork. If desired, serve with lemon wedges.

PER SERVING 1 serving: 331 cal., 15g fat (5g sat. fat), 109mg chol., 601mg sodium, 19g carb. (2g sugars, 1g fiber), 28g pro.

Diabetic Exchanges: 3 lean meat, 1½ fat, 1 starch.



Maple-Glazed Pork Tenderloin

My husband and I think this roasted pork tenderloin tastes like a fancy restaurant dish, but it couldn't be simpler to make at home. The maple glaze makes it extra special.

—COLLEEN MERCIER SALMON ARM, BC

START TO FINISH: 30 MIN.

MAKES: 4 SERVINGS

- $\frac{3}{4}$ teaspoon salt
- $\frac{3}{4}$ teaspoon rubbed sage
- $\frac{1}{2}$ teaspoon pepper
- 2 pork tenderloins ($\frac{3}{4}$ pound each)
- 1 teaspoon butter
- $\frac{1}{4}$ cup maple syrup
- 3 tablespoons cider vinegar
- $1\frac{1}{4}$ teaspoons Dijon mustard

1. Preheat oven to 425°. Mix seasonings; sprinkle over pork. In a large nonstick skillet coated with cooking spray, heat butter over medium heat; brown tenderloins on all sides. Transfer to a foil-lined 15x10x1-in. pan. Roast 10 minutes.

2. Meanwhile, for glaze, in same skillet, mix syrup, vinegar and mustard; bring to a boil, stirring to loosen browned bits from pan. Cook and stir until slightly thickened, 1-2 minutes; remove from heat.

3. Brush 1 tablespoon glaze over pork; continue roasting until a thermometer inserted in pork reads 145°, 7-10 minutes, brushing halfway through with remaining glaze. Let stand 5 minutes before slicing.

PER SERVING 5 ounces cooked pork; 264 cal., 7g fat (3g sat. fat), 98mg chol., 573mg sodium, 14g carb. (12g sugars, 0 fiber), 34g pro.

Diabetic Exchanges: 5 lean meat, 1 starch.





Pork Chops with Cranberry Pan Sauce

Tender pork chops are treated to a light cranberry glaze in this weeknight-friendly entree. It's one of my husband's favorites and special enough for company, too.

—STEPHANIE HOMME BATON ROUGE, LA

START TO FINISH: 30 MIN.
MAKES: 6 SERVINGS

- 6 boneless pork loin chops (4 ounces each)**
- $\frac{3}{4}$ teaspoon salt**
- $\frac{1}{4}$ teaspoon coarsely ground pepper**
- 2 teaspoons cornstarch**
- 1 cup cranberry-apple juice**
- 2 teaspoons honey**
- $\frac{3}{4}$ cup dried cranberries**
- 1 tablespoon minced fresh tarragon**
- 1 tablespoon minced fresh parsley**
- 3 cups hot cooked brown rice**

- 1.** Sprinkle pork chops with salt and pepper. In a large nonstick skillet coated with cooking spray, brown chops over medium heat, 3-5 minutes per side. Remove from pan.
- 2.** In same pan, mix cornstarch, juice and honey until smooth; stir in cranberries and herbs. Bring to a boil, stirring to loosen browned bits from pan; cook until thickened and bubbly, about 2 minutes.
- 3.** Add chops. Reduce heat; simmer, covered, until a thermometer inserted in pork reads 145°, 4-5 minutes. Let stand 5 minutes before serving. Serve with rice.

PER SERVING 1 pork chop with $\frac{1}{2}$ cup rice: 374 cal., 8g fat (3g sat. fat), 55mg chol., 333mg sodium, 52g carb. (23g sugars, 3g fiber), 25g pro.



Quick Carbonara

Carbonara is a dinnertime classic, but my version cuts down on the time it takes to make. Loaded up with ham, bacon, olives, garlic and Parmesan, it certainly doesn't skimp on flavor.

—CAROLE MARTIN TALLAHASSEE, FL

START TO FINISH: 30 MIN.

MAKES: 6 SERVINGS

12 ounces uncooked spaghetti
3 tablespoons butter
3 tablespoons canola oil
2 garlic cloves, minced
3 cups cubed fully cooked ham
8 bacon strips, cooked and crumbled
2 tablespoons minced fresh parsley
¾ cup sliced ripe or pimiento-stuffed olives
½ cup grated Parmesan cheese

1. Cook spaghetti according to package directions; drain.
2. In a large skillet, heat butter and oil over medium heat; sauté garlic 1 minute. Stir in ham and bacon; heat through. Add spaghetti and parsley; toss to combine.
3. Remove from heat. Stir in olives and cheese.

HEALTH TIP *Most of the sodium is coming from the generous portion of ham. Use just 1½ cups ham and skip the Parm to bring sodium below 800mg.*

PER SERVING 1 serving: 513 cal., 24g fat (8g sat. fat), 73mg chol., 1333mg sodium, 45g carb. (2g sugars, 2g fiber), 28g pro.



Weeknight Lazy Lasagna

On hectic nights, who has time to layer up lasagna? My shortcut version cuts down on prep, but keeps all the cheesy, saucy noodle-y goodness that makes lasagna an all-time favorite.

—NANCY FOUST STONEBORO, PA

START TO FINISH: 30 MIN.
MAKES: 6 SERVINGS

- 8 ounces uncooked lasagna noodles, broken into 2-inch pieces**
- 1 cup part-skim ricotta cheese**
- 1 cup shredded part-skim mozzarella cheese, divided**
- ½ cup grated Parmesan cheese**
- 1 jar (24 ounces) pasta sauce with meat**

1. Preheat oven to 400°. Cook lasagna noodles according to package directions. Meanwhile, in a large bowl, mix ricotta cheese, ½ cup mozzarella cheese and Parmesan cheese. Drain noodles well; stir into cheese mixture.

2. Spread 1 cup pasta sauce into a greased 11x7-in. baking dish. Layer with half of the noodle mixture and 1 cup sauce; layer with the remaining noodle mixture and sauce. Sprinkle with remaining cheese.

3. Cover with greased foil; bake until heated through, 10-15 minutes.

PER SERVING 1 serving: 332 cal., 10g fat (5g sat. fat), 29mg chol., 901mg sodium, 45g carb. (11g sugars, 3g fiber), 17g pro.

Dijon-Crusted Fish

Dijon, Parmesan and a hint of horseradish give this crispy fish lots of flavor. The fact that it takes under 30 minutes to make is just a happy weeknight bonus.

—SCOTT SCHMIDTKE CHICAGO, IL

START TO FINISH: 25 MIN.

MAKES: 4 SERVINGS

- 3** tablespoons reduced-fat mayonnaise
- 1** tablespoon lemon juice
- 2** teaspoons Dijon mustard
- 1** teaspoon prepared horseradish
- 2** tablespoons grated Parmesan cheese, divided
- 4** tilapia fillets (5 ounces each)
- ¼** cup dry bread crumbs
- 2** teaspoons butter, melted

1. Preheat oven to 425°. Mix first four ingredients and 1 tablespoon cheese. Place tilapia on a baking sheet coated with cooking spray; spread evenly with mayonnaise mixture.

2. Toss bread crumbs with melted butter and remaining cheese; sprinkle over fillets. Bake until fish just begins to flake easily with a fork, 12-15 minutes.

HEALTH TIP *Tilapia is low in cal., rich in high-quality pro. and a good source of many B vitamins.*

PER SERVING 1 fillet: 214 cal., 8g fat (3g sat. fat), 80mg chol., 292mg sodium, 7g carb. (1g sugars, 1g fiber), 28g pro.

Diabetic Exchanges: 4 lean meat, 1½ fat, ½ starch.





Korean Salmon Skewers with Rice Slaw

This easy dinner is light and lovely with so many delicious flavors and textures all in one stunning dish. It's so impressive I often serve it to guests.

—JANICE ELDER CHARLOTTE, NC

START TO FINISH: 30 MIN.
MAKES: 4 SERVINGS

- 1 can (20 ounces) unsweetened pineapple chunks**
- 3 tablespoons honey**
- 2 tablespoons gochujang (Korean red pepper paste), divided**
- 2 cups broccoli coleslaw mix**
- 2 cups hot cooked brown rice**
- ¼ cup dried cranberries**
- ¼ cup slivered almonds, toasted**
- 1 pound salmon fillet, skin removed, cut into 1-inch cubes**

1. Preheat broiler. Drain pineapple, reserving juice. For glaze, whisk together honey, 1 tablespoon gochujang and ½ cup of the pineapple juice. For slaw, mix the remaining pineapple juice and gochujang until smooth; toss with coleslaw mix, rice, cranberries and almonds. Let stand, covered, until serving.

2. On eight metal or soaked wooden skewers, alternately thread salmon and pineapple chunks. Place on a foil-lined 15x10x1-in. pan.

3. Broil kabobs 4-5 in. from heat until fish just begins to flake easily with a fork, 5-6 minutes; brush frequently with glaze

during the last 2 minutes. Brush kabobs with remaining glaze; serve with slaw.

PER SERVING 1 serving: 533 cal., 15g fat (3g sat. fat), 57mg chol., 310mg sodium, 74g carb. (42g sugars, 6g fiber), 26g pro.

Shrimp Monterey

For a special occasion or any weeknight dinner, this cheesy seafood dish makes a lasting impression. We love it served over rice or pasta.

—JANE BIRCH EDISON, NJ

START TO FINISH: 25 MIN.**MAKES:** 6 SERVINGS

- 2 tablespoons butter**
- 2 pounds uncooked shrimp (31-40 per pound), peeled and deveined**
- 2 garlic cloves, minced**
- ½ cup white wine or chicken broth**
- 2 cups shredded Monterey Jack cheese**
- 2 tablespoons minced fresh parsley**
- Hot cooked linguine, optional**

1. Preheat oven to 350°. In a large skillet, heat butter over medium-high heat; sauté shrimp and garlic just until shrimp turn pink, 3-5 minutes. Using a slotted spoon, transfer to a greased 11x7-in. baking dish.

2. Add wine to skillet; bring to a boil. Cook until liquid is reduced by half; pour over shrimp.

3. Sprinkle with cheese and parsley. Bake, uncovered, until cheese is melted, 8-10 minutes. If desired, serve over linguine.

PER SERVING 1 cup shrimp mixture: 321 cal., 17g fat (10g sat. fat), 228mg chol., 437mg sodium, 2g carb. (0 sugars, 0 fiber), 34g pro.



Pepperoni Pizza Baked Potatoes

These tasty taters were a spur-of-the-moment recipe I created from leftovers! It's a true mash-up meal that combines two dinnertime favorites into one super-fun meal.

—DAWN E. LOWENSTEIN HUNTINGDON VALLEY, PA

START TO FINISH: 30 MIN.
MAKES: 4 SERVINGS

- 4 medium russet potatoes (about 8 oz each)**
- 1 tablespoon olive oil**
- 1 cup sliced fresh mushrooms**
- 1 small green pepper, chopped**
- 1 small onion, chopped**
- 1 garlic clove, minced**
- 1 can (8 ounces) pizza sauce**
- ½ cup mini sliced turkey pepperoni**
- ½ cup shredded Italian cheese blend**
- Fresh oregano leaves or dried oregano, optional**

1. Preheat oven to 400°. Scrub potatoes; place on a microwave-safe plate. Pierce several times with a fork. Microwave, uncovered, on high until tender, 12-15 minutes.

2. In a large skillet, heat oil over medium-high heat; saute mushrooms, pepper and onion until tender, 6-8 minutes. Add garlic; cook and stir 1 minute. Stir in pizza sauce and pepperoni; heat through.

3. Place potatoes on a baking sheet; cut an X in the top of each. Fluff pulp with a fork. Top with vegetable mixture; sprinkle with cheese. Bake until cheese is melted, 5-7 minutes. If desired, sprinkle with oregano.



PER SERVING 1 baked potato with toppings: 311 cal., 9g fat (3g sat. fat), 23mg chol., 515mg sodium, 46g carb. (5g sugars, 6g fiber), 13g pro.

Diabetic Exchanges: 3 starch, 1 medium-fat meat, ½ fat.



Quinoa Unstuffed Peppers

This deconstructed stuffed pepper dish packs a wallop of flavor. I truly make it all the time, and I make sure my freezer's stocked with single-serve portions to take to work.

—REBECCA ENDE PHOENIX, NY

START TO FINISH: 30 MIN.

MAKES: 4 SERVINGS

- 1½ cups vegetable stock
- ¾ cup quinoa, rinsed
- 1 pound Italian turkey sausage links, casings removed
- 1 medium sweet red pepper, chopped
- 1 medium green pepper, chopped
- ¾ cup chopped sweet onion
- 1 garlic clove, minced
- ¼ teaspoon garam masala
- ¼ teaspoon pepper
- ⅛ teaspoon salt

1. In a small saucepan, bring stock to a boil. Add quinoa. Reduce heat; simmer, covered, until liquid is absorbed, 12-15 minutes. Remove from heat.

2. In a large skillet, cook and crumble sausage with peppers and onion over medium-high heat until no longer pink, 8-10 minutes. Add garlic and seasonings; cook and stir 1 minute. Stir in quinoa.

FREEZE OPTION *Place cooled quinoa mixture in freezer containers. To use, partially thaw in refrigerator overnight. Microwave, covered, on high in a microwave-safe dish until heated through, stirring occasionally.*

PER SERVING 1 cup: 261 cal., 9g fat (2g sat. fat), 42mg chol., 760mg sodium, 28g carb. (3g sugars, 4g fiber), 17g pro.

Diabetic Exchanges: 2 starch, 2 medium-fat meat.

Turkey and Broccoli Pastry Braid

This meal-in-one is a great way to get the kids to eat broccoli—and adults, too. The puff pastry wraps up turkey, cheese and veggies in pure, flaky goodness.

—JENELLE FENDER STEINBACH, MB

START TO FINISH: 30 MIN.**MAKES:** 4 SERVINGS

- 1 cup finely chopped cooked turkey (about 5 ounces)**
- ½ cup finely chopped fresh broccoli**
- ½ cup finely chopped sweet red pepper**
- ½ cup shredded cheddar cheese**
- ¼ cup Miracle Whip**
- ¼ teaspoon dill weed**
- 1 sheet frozen puff pastry, thawed**

1. Preheat oven to 400°. For filling, mix first six ingredients.

2. Unfold pastry onto a lightly floured surface; roll into a 15x10-in. rectangle. Transfer to a baking sheet. Spoon filling down center third of rectangle. On each long side, cut eight strips about 3 in. into the center. Starting at one end, fold alternating strips over filling, pinching ends to join.

3. Bake until golden brown and filling is heated through, 20-25 minutes.

PER SERVING 1 piece: 463 cal., 26g fat (7g sat. fat), 50mg chol., 435mg sodium, 38g carb. (2g sugars, 5g fiber), 18g pro.



Edamame Salad with Sesame Ginger Dressing

This bright salad has a little bit of everything: hearty greens, a nutty crunch, a zip of citrusy goodness and a big protein punch. It's pure bliss in a bowl.

—DARLA ANDREWS SCHERTZ, TX

START TO FINISH: 15 MIN.

MAKES: 6 SERVINGS

- 6 cups baby kale salad blend (about 5 ounces)**
- 1 can (15 ounces) garbanzo beans or chickpeas, rinsed and drained**
- 2 cups frozen shelled edamame (about 10 ounces), thawed**
- 3 clementines, peeled and segmented**
- 1 cup fresh bean sprouts**
- ½ cup salted peanuts**
- 2 green onions, diagonally sliced**
- ½ cup sesame ginger salad dressing**

Divide salad blend among six bowls. Top with all remaining ingredients except salad dressing. Serve with dressing.

HEALTH TIP *Vitamin C-rich clementines help your body absorb iron from plant sources like the kale and edamame in this salad.*

PER SERVING *1 serving: 317 cal., 17g fat (2g sat. fat), 0 chol., 355mg sodium, 32g carb. (14g sugars, 8g fiber), 13g pro.*



Barbecue Chicken Sliders

Thanks to rotisserie chicken, these cheesy, smoky sliders are a snap to make on a busy day. The special barbecue sauce really takes it up a notch.

—NANCY HEISHMAN LAS VEGAS, NV

START TO FINISH: 25 MIN.
MAKES: 4 SERVINGS

- ¾ cup beer or reduced-sodium chicken broth**
- ½ cup barbecue sauce**
- 1 tablespoon bourbon**
- 1 teaspoon hot pepper sauce**
- ¼ teaspoon seasoned salt**
- ¼ teaspoon ground mustard**
- 2 cups shredded rotisserie chicken**
- 8 slider buns, split**
- 1½ cups shredded smoked cheddar cheese**

- 1.** Preheat broiler. In a large saucepan, mix first six ingredients; bring to a boil. Reduce heat; simmer, uncovered, until slightly thickened, 8-10 minutes, stirring occasionally. Stir in chicken; heat through.
- 2.** Place buns on a baking sheet, cut side up. Broil 3-4 in. from heat until lightly toasted, 30-60 seconds.
- 3.** Remove tops of buns from baking sheet. Top bottoms with chicken mixture; sprinkle with cheese. Broil 3-4 in. from heat until cheese is melted, 1-2 minutes. Add bun tops.

FREEZE OPTION Freeze cooled chicken mixture in freezer containers. To use, partially thaw in refrigerator overnight. Heat through in a saucepan, stirring occasionally and adding a little water if necessary.

PER SERVING 2 sliders: 529 cal., 23g fat (10g sat. fat), 106mg chol., 1023mg sodium, 42g carb. (15g sugars, 1g fiber), 36g pro.

Easy Tortellini Spinach Soup

This is the easiest soup you will ever make—take it from me! I always keep the ingredients on hand so if I'm feeling under the weather or just plain busy, I can throw together this comforting soup in a flash.

—ANGELA LIVELY CONROE, TX

START TO FINISH: 20 MIN.
MAKES: 8 SERVINGS (3 QUARTS)

- 16 frozen fully cooked Italian meatballs (about 1 pound)**
- 1 can (14½ ounces) fire-roasted diced tomatoes, undrained**
- ¼ teaspoon Italian seasoning**
- ¼ teaspoon pepper**
- 2 cartons (32 ounces each) chicken stock**
- 2 cups frozen cheese tortellini (about 8 ounces)**
- 3 ounces fresh baby spinach (about 4 cups)**
- Shredded Parmesan cheese, optional**

- 1.** Place first five ingredients in a 6-qt. stockpot; bring to a boil. Reduce heat; simmer, covered, 10 minutes.
- 2.** Return to a boil. Add tortellini; cook, uncovered, until meatballs are heated through and tortellini are tender, 3-5 minutes, stirring occasionally. Stir in spinach until wilted. Serve immediately. If desired, top with cheese.

PER SERVING 1½ cups: 177 cal., 8g fat (4g sat. fat), 18mg chol., 949mg sodium, 14g carb. (3g sugars, 1g fiber), 12g pro.



Quick Mexican Bean Soup

It never hurts to have a few meals you can whip up in very little time, and this hearty soup is one of my busy-day favorites. Green chilies and chili powder give it some oomph.

—COLLEEN DELAWDER HERNDON, VA

START TO FINISH: 20 MIN.**MAKES:** 4 SERVINGS

- 1 can (16 ounces) butter beans, rinsed and drained**
- 1 can (15½ ounces) small white beans or navy beans, rinsed and drained**
- 1 can (14½ ounces) no-salt-added diced tomatoes, undrained**
- 1 can (4 ounces) chopped green chilies**
- 1 tablespoon minced fresh cilantro**
- 1½ teaspoons chili powder**
- ½ teaspoon onion powder**
- 1½ cups vegetable stock**
- Crumbled queso fresco and additional cilantro, optional**

In a large saucepan, combine first eight ingredients; bring to a boil. Reduce heat; simmer, covered, until flavors are blended, about 10 minutes. If desired, top with cheese and additional cilantro.

PER SERVING 1⅓ cups: 214 cal., 1g fat (0 sat. fat), 0 chol., 893mg sodium, 45g carb. (4g sugars, 12g fiber), 14g pro.

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SO EASY

Gifty Goodies

Cross the chocolate lovers off your list with DIY reindeer jars filled with easy homemade hot fudge.



Boil 12 oz. semisweet chocolate chips, 1 cup heavy whipping cream and $\frac{3}{4}$ cup sugar in a saucepan over medium heat for 2 minutes, stirring constantly. Store in the fridge. Reheat in a separate container.