

MEXICAN: Healthy Black Bean Pizza

Prep time: 12 mins

Cook time: 20

Yields: 4 servings



Ingredients

- 1 15 ounce can black beans, drained and rinsed
- 1 cup thawed frozen corn kernels
- 4 plum tomatoes, chopped into 1/4-inch pieces
- 1/2 cup chopped scallions
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 avocado, diced into 1/4-inch pieces
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 16 ounces whole-wheat pizza dough
- 1 cup finely shredded reduced-fat sharp cheddar

Directions

1. Preheat the oven to 450 degrees F. and place an empty baking sheet on the middle rack.
2. In a medium bowl, combine the black beans, corn, tomatoes, scallions, cumin, chili powder, avocado, salt and black pepper; set aside.
3. Working on a lightly floured surface, roll the pizza dough into a 13-inch circle. Transfer to warmed baking sheet and crimp the edges slightly to form a lip at the edge of the crust. Top with black bean mixture, sprinkle with the cheese and bake 20 minutes or until crust is golden brown. Cut into 8 slices and serve.

Healthy Alternatives to Take Out

Instead of: Bean Burrito

Try: Black Bean Pizza

Why it's healthier: You ditched the tortilla (which can add 300 calories) and cut back on cheese!

GREEK: Stuffed Chicken & Lemon Orzo

Prep Time: 30 mins

Cook Time: 32

Yields: 4 servings



Ingredients

- Nonstick cooking spray
- 5 ounces baby spinach
- 2 cloves garlic, minced
- Pinch ground nutmeg
- 4 boneless chicken breast halves, about 1 1/4 pounds
- 2/4 cup crumbled feta
- 1/4 teaspoon dried dill (or 1 teaspoon fresh)
- 2 tablespoons olive oil
- 1 cup orzo
- 1 teaspoon lemon zest
- 1/4 cup grated Parmesan , 1/4 cup fresh parsley

Directions

1. Preheat the oven to 350 degrees F. Coat a baking sheet with cooking spray.
2. Warm a large nonstick skillet over medium heat. Add the spinach and cook, tossing, 3 minutes or until bright green and wilted. Add the garlic and nutmeg and cook, tossing, 2 minutes. Transfer to a bowl; remove skillet from heat and wipe with a paper towel.
3. Butterfly each chicken breast and open as you would a book; pound to an even 1/4-inch thickness.
4. Squeeze some of the liquid from spinach and toss with the feta and dill. Place a quarter of the mixture along the center of each breast; roll and secure with toothpicks.
5. In the skillet, heat 1 tablespoon of the oil over medium-high heat. Add stuffed chicken and cook 4 to 5 minutes or until the bottoms are golden. Turn and cook another 5 minutes. Transfer chicken to the prepared baking sheet; bake in the center of oven 15 minutes or until cooked through.
6. Bring a pot of lightly salted water to a boil; add the orzo and cook according to package directions. Drain and toss with remaining oil and the lemon zest and lemon juice, Parmesan and parsley. Serve with chicken.

Healthy Take-Out Alternatives

Instead of: Spanakopita

Try: Stuffed Chicken & Lemon Orzo

Why it's healthier: Buttery phyllo crust is high in fat. Skip it and added chicken to the spinach and feta for a tasty lighter combo.



ITALIAN: Eggplant Bruschetta



Prep time: 10 minutes

Cook Time: 50

Servings: 4

Ingredients

- Nonstick cooking spray
- 1 1 pound eggplant, peeled and cut into 3/4-inch pieces
- 1 tablespoon olive oil
- 1 cup chopped onion
- 4 cloves garlic, minced
- 1 28 ounce can diced tomatoes
- 1 15 ounce can cannellini beans, drained and rinsed
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried thyme
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/2 cup basil leaves, thinly sliced
- 4 slices 2-inch whole wheat sourdough or French bread
- 1 cup shredded reduced-fat mozzarella
- 2 tablespoons grated Parmesan

Directions

1. Preheat the oven to 450 degrees F. Coat a baking pan with the cooking spray. Place the eggplant in pan in a single layer; coat with cooking spray and roast until tender, 25 to 28 minutes.
2. Heat the oil in a large nonstick skillet over medium-high heat. Add the onion and garlic and cook 5 minutes or until soft, stirring occasionally. Add roasted eggplant and the tomatoes, beans, oregano, thyme, salt and black pepper; cook 20 minutes; stir occasionally. Remove from heat and stir in the basil.
3. Mist a baking sheet with cooking spray and place the bread on it. Top bread with 1/2 cup of the mozzarella and put it in the 450-degree oven until cheese is melted, about 5 minutes. Remove toasted bread slices from oven and divide three quarters of the eggplant topping among them. Top bread with remaining mozzarella and the Parmesan; cook 2 to 3 minutes more or until cheese is melted. Serve with remaining topping spooned around the bruschetta.

Healthy Take-Out Alternatives

Instead of: Eggplant Parmesan

Try: Dinner Bruschetta with Eggplant Ragù

Why it's healthier: The traditional dish is heavy on oil and bread. Here the eggplant is roasted to bring out its flavor without adding extra fat.

