

**FAST
FAMILY
RECIPES**

from the *Cooking Light Kitchen*

dinner tonight

**23 PAGES OF
FAST MEALS**



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**Spiced Pork
Tenderloin with
Roasted Potatoes**
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MINUTES

tomato- asiago frittata

Customize the frittata—essentially a large, crispy-bottomed omelet—with any vegetables, fresh herbs, or cheeses you like.

- 2 tablespoons half-and-half
- 2 teaspoons chopped fresh thyme
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 6 large eggs
- 2 teaspoons olive oil
- ½ cup thinly sliced shallots
- 1.5 ounces Asiago cheese, grated (about ⅓ cup)
- 1½ cups halved cherry or grape tomatoes
- 4 thyme sprigs (optional)

1. Preheat broiler to high.
2. Combine first 5 ingredients in a large bowl, stirring well with a whisk.

3. Heat a medium ovenproof skillet over medium heat. Add oil to pan; swirl to coat. Add shallots; sauté 3 minutes or until translucent. Add egg mixture to pan; cook 5 minutes or until eggs are partially set. Sprinkle with 3 tablespoons cheese. Arrange tomatoes over egg mixture. Sprinkle remaining 2 tablespoons cheese over top. Place pan in oven; broil 2 to 3 minutes or until top is lightly browned and eggs are set. Remove pan from oven. Cut frittata into 8 wedges. Garnish with thyme sprigs, if desired.

SERVES 4 (serving size: 2 wedges)
CALORIES 204; **FAT** 13.8g (sat 5.1g, mono 4.4g, poly 1.7g); **PROTEIN** 13g; **CARB** 7g; **FIBER** 2g; **CHOL** 291mg; **IRON** 2mg; **SODIUM** 457mg; **CALC** 141mg

SERVE WITH ARUGULA AND BLUEBERRY SALAD

Heating the pistachios in olive oil maximizes their aroma and rich, buttery texture, but you can skip this step if you like.

- 1 cup blueberries
- 2½ teaspoons sherry vinegar
- 1 tablespoon olive oil
- ¼ cup shelled unsalted pistachios
- 4 cups baby arugula
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

1. Combine blueberries and vinegar in a small bowl; let stand 2 minutes. Heat a small skillet over medium heat. Add oil to pan; swirl to coat. Add pistachios to pan; cook 2 minutes, stirring occasionally. Place arugula in a medium bowl. Add blueberry mixture, pistachio mixture, salt, and pepper to arugula; toss to coat.

SERVES 4 (serving size: about 1½ cups)
CALORIES 101; **FAT** 7.1g (sat 0.9g, mono 4.3g, poly 1.5g); **PROTEIN** 2g; **CARB** 8g; **FIBER** 2g; **CHOL** 0mg; **IRON** 1mg; **SODIUM** 126mg; **CALC** 43mg

EQUIP TIP

Use a medium ovenproof skillet, about 10 inches in diameter, for a taller, fluffier frittata.



GAME PLAN

WHILE OVEN PREHEATS

Prepare egg mixture.
Sauté shallots.

WHILE EGG MIXTURE COOKS

Prepare salad.

GAME PLAN

WHILE CHERRY MIXTURE STANDS

Grill steak.
Prepare rice.

WHILE STEAK RESTS

Finish rice mixture.

grilled flank steak with cherry- pecan rice

- 1/2 cup fresh cherries, pitted and chopped
- 2 teaspoons balsamic vinegar
- 1/2 pound flank steak, trimmed
- 3/8 teaspoon kosher salt, divided
- 3/8 teaspoon freshly ground black pepper, divided
- 1/4 teaspoon ground cumin
- 1/4 teaspoon paprika
- Cooking spray
- 1 (8.5-ounce) package precooked brown rice (such as Uncle Ben's)
- 1 teaspoon butter
- 3 tablespoons chopped green onions (white and light green parts only)
- 2 tablespoons thinly sliced carrot
- 2 tablespoons chopped pecans, toasted

1. Combine cherries and vinegar in a small bowl; let stand 5 minutes.
2. Heat a grill pan over medium-high heat. Sprinkle steak evenly with 1/4 teaspoon salt, 1/4 teaspoon pepper, cumin, and paprika. Coat pan with cooking spray. Add steak to pan; grill 5 minutes on each side or until desired degree of doneness. Place steak on a cutting board; let stand 5 minutes. Cut across the grain into thin slices.
3. Heat rice according to package directions.
4. Melt butter in a small saucepan over medium heat. Add green onions and carrot; sauté 3 minutes.

Add cherry mixture, rice, remaining 1/8 teaspoon salt, remaining 1/8 teaspoon pepper, and pecans to pan; stir to combine. Serve rice mixture with sliced steak.

SERVES 2 (serving size: about 3 ounces steak and about 1 cup rice mixture)
CALORIES 395; **FAT** 15.1g (sat 4.7g, mono 6.4g, poly 2.3g); **PROTEIN** 27g; **CARB** 37g; **FIBER** 4g; **CHOL** 70mg; **IRON** 3mg; **SODIUM** 436mg; **CALC** 43mg

SERVE WITH BUTTER LETTUCE AND BEET SALAD

- 1 medium beet, trimmed and peeled
- 1 tablespoon olive oil
- 1 1/2 teaspoons white wine vinegar
- 1/2 teaspoon Dijon mustard

SIMPLE SUB

Instead of flank steak, use 2 (6-ounce) skinless, boneless chicken breast halves, grilled 5 to 6 minutes on each side.

- 3 cups torn butter lettuce
- 2 tablespoons crumbled goat cheese

1. Wrap beet in microwave-safe parchment paper; microwave at HIGH 5 minutes or until tender. Cool slightly; cut into wedges. Combine olive oil, vinegar, and Dijon mustard in a medium bowl, stirring with a whisk. Divide lettuce and beet wedges between 2 plates; drizzle with oil mixture. Sprinkle with crumbled goat cheese.

SERVES 2 (serving size: about 1 1/2 cups)
CALORIES 115; **FAT** 9.1g (sat 2.4g, mono 5.4g, poly 0.9g); **PROTEIN** 3g; **CARB** 6g; **FIBER** 2g; **CHOL** 6mg; **IRON** 2mg; **SODIUM** 103mg; **CALC** 57mg





MINUTES

spiced pork tenderloin with roasted potatoes and green onions

This simple pork supper is a one-skillet wonder—it'll be your new go-to meal on busy weeknights. The green onions become tender and slightly sweet as they roast, a nice contrast to the spiced pork and crispy potatoes.

- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

- ¼ teaspoon paprika
- ⅛ teaspoon sugar
- ⅛ teaspoon ground red pepper
- 1 (1-pound) pork tenderloin, trimmed
- 2 center-cut bacon slices
- 1 pound quartered new potatoes
- 6 green onions, trimmed and cut into 2-inch pieces
- 2 garlic cloves, thinly sliced
- 1 tablespoon chopped fresh flat-leaf parsley

1. Preheat oven to 375°.
2. Combine salt, black pepper, paprika, sugar, and red pepper in a bowl. Rub spice mixture evenly over pork tenderloin.
3. Heat a large cast-iron skillet over medium-high heat. Add bacon to pan; cook 4 minutes or until

crisp. Remove bacon from pan; crumble. Add potatoes and onions to drippings in pan; cook 4 minutes or until lightly browned, turning once. Remove potato mixture from pan. Add pork to pan; cook 3 minutes. Turn pork over; return potato mixture to pan with pork. Sprinkle garlic over potato mixture. Bake at 375° for 12 minutes or until a thermometer inserted in pork registers 145°. Remove pork from pan; let stand 5 minutes. Cut across the grain into ½-inch-thick slices. Sprinkle bacon and parsley over potato mixture; serve with pork.

SERVES 4 (serving size: 3 ounces pork and about ¾ cup potato mixture)

CALORIES 227; **FAT** 3.7g (sat 1.4g, mono 0.9g, poly 0.5g); **PROTEIN** 27g; **CARB** 21g; **FIBER** 3g; **CHOL** 77mg; **IRON** 2mg; **SODIUM** 393mg; **CALC** 38mg

SERVE WITH FENNEL AND PARSLEY SALAD

We love the crunch of raw fennel in the salad. Thinly sliced celery would also work.

- 2 cups arugula
- 1 cup thinly vertically sliced fennel
- 1 cup fresh flat-leaf parsley leaves
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon champagne vinegar or white wine vinegar
- 1 teaspoon whole-grain mustard
- 1 teaspoon maple syrup
- ¼ teaspoon freshly ground black pepper
- ⅛ teaspoon kosher salt

1. Combine arugula, fennel, and parsley in a bowl. Combine oil, vinegar, mustard, maple syrup, pepper, and salt in a bowl, stirring with a whisk. Drizzle oil mixture over arugula mixture; toss to coat.

SERVES 4 (serving size: about 1 cup)

CALORIES 52; **FAT** 3.6g (sat 0.5g, mono 2.5g, poly 0.4g); **PROTEIN** 1g; **CARB** 5g; **FIBER** 1g; **CHOL** 0mg; **IRON** 1mg; **SODIUM** 113mg; **CALC** 50mg

FLAVOR HIT

Whole-grain mustard is pungent and coarse, great for flavor and texture contrast.



GAME PLAN

WHILE OVEN PREHEATS

Cook bacon and potato mixture.
Brown pork.

WHILE PORK AND POTATO MIXTURE BAKES

Prepare salad.



MINUTES

GAME PLAN

**WHILE
WATER AND
ASPARAGUS
COME TO A BOIL**
Prepare caper mixture.

**WHILE
COUSCOUS
COOKS**
Cook fish.



USE IT UP

Toss any remaining parsley-caper mixture with warm roasted potatoes, or spoon over grilled chicken or steak.

crispy trout with warm parsley- caper vinaigrette



Look for farm-raised lake trout, an environmentally friendly choice. If you

can't fit all four fillets in one pan, divide the oil in half and cook in batches of two.

- 1/2 cup chopped fresh flat-leaf parsley
- 2 tablespoons olive oil, divided
- 1 tablespoon grated lemon rind
- 1 1/2 tablespoons fresh lemon juice
- 1 tablespoon capers, drained and chopped
- 4 (6-ounce) trout fillets

- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 4 lemon wedges (optional)

1. Combine parsley, 1 tablespoon oil, rind, juice, and capers in a small bowl, stirring with a whisk.
2. Heat a large cast-iron skillet over medium-high heat. Sprinkle fish evenly with salt and pepper. Add remaining 1 tablespoon oil to pan; swirl to coat. Arrange fish, skin side down, in pan; cook 5 minutes. Turn; cook 1 minute or until fish flakes easily when tested with a fork. Remove fish from pan. Add parsley mixture to pan;

cook 30 seconds, stirring constantly. Spoon parsley mixture over fish. Serve with lemon wedges, if desired.

SERVES 4 (serving size: 1 fillet and about 2 teaspoons parsley mixture)

CALORIES 306; **FAT** 17.4g (sat 3.3g, mono 8.3g, poly 3.3g); **PROTEIN** 34g; **CARB** 1g; **FIBER** 1g; **CHOL** 100mg; **IRON** 1mg; **SODIUM** 395mg; **CALC** 57mg

SERVE WITH ASPARAGUS-PARMESAN COUSCOUS

- 1 1/4 cups water
- 1 cup (2-inch) diagonally cut asparagus
- 1 cup uncooked whole-wheat couscous
- 1 teaspoon butter
- 1 ounce Parmigiano-Reggiano cheese, divided (about 1/4 cup)

- 1 tablespoon minced fresh dill
- 1/2 teaspoon black pepper
- 1/4 teaspoon kosher salt

1. Bring 1 1/4 cups water and asparagus to a boil in a small saucepan. Stir in couscous and butter. Remove pan from heat; cover and let stand 5 minutes. Fluff couscous mixture with a fork. Grate half of cheese; stir into couscous with dill, pepper, and salt. Shave remaining cheese; sprinkle over couscous mixture.

SERVES 4 (serving size: 1 cup)

CALORIES 197; **FAT** 4g (sat 1.9g, mono 0.8g, poly 0.1g); **PROTEIN** 10g; **CARB** 32g; **FIBER** 4g; **CHOL** 9mg; **IRON** 2mg; **SODIUM** 238mg; **CALC** 88mg





sausage, manchego, and pepper pizza

Arrange the oven racks on the top and bottom thirds of the oven before preheating. The pizza crust will get browned and crisp on the bottom rack, and the green beans and tomatoes will char nicely on the top rack.

- 12 ounces refrigerated fresh pizza dough
- 1 tablespoon minced garlic

- 1 tablespoon chopped fresh oregano, divided
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon balsamic vinegar
- 1 tablespoon cornmeal
- 1 (4-ounce) link chicken sausage, cooked and thinly sliced (such as Al Fresco)
- 1 medium yellow bell pepper, thinly sliced
- 1 ounce Manchego cheese, grated (about 1/4 cup)
- 1/4 teaspoon crushed red pepper

1. Preheat oven to 450°. Place a pizza stone or heavy baking sheet on bottom oven rack (keep the pizza stone or baking sheet in oven as it preheats).
2. Place the dough in a microwave-safe bowl. Cover with plastic wrap;

pierce liberally with a fork. Microwave at HIGH 10 seconds. Discard plastic wrap.

3. Combine garlic, 2 teaspoons oregano, oil, and vinegar in a small bowl. Roll pizza dough to a 14-inch oval on a lightly floured surface. Carefully remove pizza stone or baking sheet from oven. Sprinkle cornmeal over pizza stone; arrange dough on stone. Brush dough evenly with oil mixture; top with sausage, bell pepper, and cheese. Bake at 450° for 13 minutes or until edges are browned. Sprinkle with remaining 1 teaspoon oregano and crushed red pepper. Cut pizza into 8 slices.

SERVES 4 (serving size: 2 slices)
CALORIES 343; **FAT** 10g (sat 2.9g, mono 4.4g, poly 1.5g); **PROTEIN** 15g; **CARB** 45g; **FIBER** 7g; **CHOL** 29mg; **IRON** 2mg; **SODIUM** 570mg; **CALC** 103mg

SERVE WITH BLISTERED GREEN BEANS AND TOMATOES

- 1 tablespoon olive oil
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 2 cups multicolored grape tomatoes
- 12 ounces green beans, trimmed
- 1/4 cup small fresh basil leaves

1. Preheat oven to 450°. Place a jelly-roll pan on top rack in oven (keep pan in oven as it preheats).
2. Combine oil, salt, and pepper in a bowl. Add tomatoes and green beans; toss to coat. Carefully add green bean mixture to preheated pan; bake at 450° for 10 minutes, stirring after 5 minutes. Turn on broiler (do not remove pan from oven). Broil 5 minutes or until tomatoes begin to char. Remove pan from oven. Sprinkle with basil.

SERVES 4 (serving size: about 3/4 cup)
CALORIES 71; **FAT** 3.6g (sat 0.5g, mono 2.5g, poly 0.5g); **PROTEIN** 2g; **CARB** 9g; **FIBER** 3g; **CHOL** 0mg; **IRON** 1mg; **SODIUM** 129mg; **CALC** 49mg

—Recipes by Cheryl Sternman Rule; additional recipes by Mary Drennen

SWAP IT

For an Italian twist, swap in Parmesan for Manchego cheese, basil for oregano, and tomatoes for peppers.



GAME PLAN

WHILE OVEN PREHEATS
Prepare pizza.

WHILE PIZZA BAKES
Prepare green bean mixture.



MEATLESS MONDAY

TOMATO-ASIAGO FRITTATA

- ☐ Cherry tomatoes (1 pint)
- ☐ Thyme
- ☐ Shallots
- ☐ Olive oil
- ☐ Eggs
- ☐ Asiago cheese (1.5 ounces)
- ☐ Half-and-half

Arugula and Blueberry Salad

- ☐ Blueberries
- ☐ 5-ounce package baby arugula
- ☐ Olive oil
- ☐ Sherry vinegar
- ☐ Shelled unsalted pistachios



JUST FOR 2 TUESDAY

GRILLED FLANK STEAK WITH CHERRY-PECAN RICE

- ☐ Cherries
- ☐ Green onions
- ☐ Carrot (1)
- ☐ Ground cumin
- ☐ Paprika
- ☐ Balsamic vinegar
- ☐ 8.5-ounce package precooked brown rice (such as Uncle Ben's)
- ☐ Pecans
- ☐ Butter
- ☐ Flank steak (8 ounces)

Butter Lettuce and Beet Salad

- ☐ Butter lettuce
- ☐ Beet (1 medium)
- ☐ Olive oil
- ☐ White wine vinegar
- ☐ Dijon mustard
- ☐ Goat cheese (0.5 ounce)



WEDNESDAY

SPICED PORK TENDERLOIN WITH ROASTED POTATOES AND GREEN ONIONS

- ☐ Parsley
- ☐ Green onions
- ☐ New potatoes (1 pound)
- ☐ Garlic
- ☐ Paprika
- ☐ Ground red pepper
- ☐ Sugar
- ☐ Pork tenderloin (1 pound)
- ☐ Center-cut bacon

Fennel and Parsley Salad

- ☐ Arugula
- ☐ Parsley
- ☐ Fennel bulb (1 medium)
- ☐ Extra-virgin olive oil
- ☐ Champagne vinegar
- ☐ Maple syrup
- ☐ Whole-grain mustard



THURSDAY

CRISPY TROUT WITH WARM PARSLEY-CAPER VINAIGRETTE

- ☐ Lemon (1)
- ☐ Parsley

- ☐ Olive oil
- ☐ Capers
- ☐ Trout fillets (1½ pounds)

Asparagus-Parmesan Couscous

- ☐ Asparagus
- ☐ Dill
- ☐ Whole-wheat couscous
- ☐ Butter
- ☐ Parmigiano-Reggiano cheese (1 ounce)



FAMILY FRIDAY

SAUSAGE, MANCHEGO, AND PEPPER PIZZA

- ☐ Oregano
- ☐ Yellow bell pepper (1 medium)
- ☐ Garlic
- ☐ Crushed red pepper
- ☐ Extra-virgin olive oil
- ☐ Balsamic vinegar
- ☐ Cornmeal
- ☐ Refrigerated fresh pizza dough (12 ounces)
- ☐ Manchego cheese (1 ounce)
- ☐ Chicken sausage (such as Al Fresco)

Blistered Green Beans and Tomatoes

- ☐ Green beans (12 ounces)
- ☐ Multicolored grape tomatoes
- ☐ Basil
- ☐ Olive oil

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