

COOK ONCE, EAT TWICE p.60 | 6 EASY STEPS TO DROP 10 LBS

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HEALTHY IN A HURRY

Weeknights: Soups & Chilis **22**

4 Ways: Bone-In Chicken **30**

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Pick of the Season: Broccoli **37**

See It, Make It: 100-Calorie Snacks **40**

A close-up photograph of a white ceramic bowl filled with a thick, yellowish-orange soup. The soup is topped with several pieces of golden-brown, fried shrimp. The bowl sits on a light blue woven placemat, and a silver spoon is visible in the foreground. The background is softly blurred, showing a glass of orange juice and a slice of bread.

JAMAICAN CURRIED SHRIMP & MANGO SOUP (page 24)

der, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.

2. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.

PERSERVING: 307 calories; 8 g fat (1 g sat, 5 g mono); 0 mg cholesterol; 51 g carbohydrate; 0 g added sugars; 12 g protein; 14 g fiber; 494 mg sodium; 947 mg potassium. **NUTRITION BONUS:** Vitamin A (213% daily value), Vitamin C (48% dv), Iron (32% dv), Folate (29% dv), Potassium (27% dv), Calcium (16% dv).


NOTE: Chipotle peppers are dried, smoked jalapeño peppers. Ground chipotle chile pepper can be found in the spice section of most supermarkets or online at penzeys.com.

| TUESDAY |

Lamb & Chickpea Chili

H X W H F H H

MAKES: 4 servings, about 1¼ cups each
ACTIVE TIME: 30 minutes | **TOTAL:** 30 minutes
TO MAKE AHEAD: Cover and refrigerate for up to 3 days or freeze for up to 3 months.
COST PER SERVING: under \$3.50

 *This spicy chili has a North African spin with lamb, cinnamon and harissa. If you can't find harissa, use mild chili powder in its place. You can turn up the heat with a little cayenne or hot sauce if you like it spicy.* **SERVE WITH:** Whole-wheat pita bread and Parsley Tabbouleh (eatingwell.com).

- 1 tablespoon canola oil
- 1 medium onion, chopped
- 1 large red bell pepper, chopped
- 4 cloves garlic, minced
- 8 ounces ground lamb
- 8 ounces 93%-lean ground turkey
- ¾ teaspoon salt
- 4 plum tomatoes, chopped
- 1 15-ounce can chickpeas, rinsed
- 2 tablespoons harissa (see Note, right) or 1 tablespoon chili powder
- ¼ teaspoon ground cinnamon
- 2 tablespoons chopped fresh cilantro or mint

Heat oil in a large saucepan over medium



Lamb & Chickpea Chili

heat. Add onion, bell pepper and garlic and cook, stirring occasionally, until beginning to soften, about 3 minutes. Add lamb, turkey and salt and cook, stirring and breaking up with a spoon, until no longer pink, about 4 minutes. Add tomatoes and cook, stirring occasionally, until they have released their liquid and are beginning to break down, about 4 minutes more. Add chickpeas, harissa (or chili powder) and cinnamon and cook, stirring, for 1 minute more. Serve garnished with cilantro (or mint).

PERSERVING: 328 calories; 17 g fat (4 g sat, 6 g mono); 70 mg cholesterol; 23 g carbohydrate; 0 g added sugars; 26 g protein; 8 g fiber; 689 mg sodium; 589 mg potassium. **NUTRITION BONUS:** Vitamin C (108% daily value), Vitamin A (48% dv), Potassium (17% dv).

NOTE: Harissa is a fiery Tunisian chile paste commonly used in North African cooking. Find it at specialty-food stores or online at mustaphas.com or amazon.com. Different brands of harissa vary in heat, so taste it and add accordingly.


SERVES 2 VARIATION | To make Lamb & Chickpea Chili for Two: Halve all the ingredients and prepare according to the recipe in a medium saucepan, using ¼ teaspoon salt (or more to taste) and a 7-ounce can of chickpeas.

| WEDNESDAY |

Jamaican Curried Shrimp & Mango Soup

H X W H F H H

MAKES: 4 servings, about 2 cups each
ACTIVE TIME: 40 minutes | **TOTAL:** 40 minutes
COST PER SERVING: under \$6.50

 *Transport yourself to the islands with this Jamaican-inspired soup. We loved this soup with regular store-bought curry powder. But if you happen to have Jamaican-style curry powder, which has a hint of allspice, this is a great place to use it.* **SERVE WITH:** Brown basmati or jasmine rice with sliced pineapple for dessert. (Photograph: page 21.)