

Week 1 Shopping List

Proteins & Dairy

- 1 8-oz pkg dried black beans
- 1 8-oz pkg dried white beans
- 8 oz low-fat cheddar cheese
- 1 pint 1% cottage cheese
- 5 oz low-fat Jarlsberg Light cheese
- 1 pkg low-fat string cheese
- 8 oz boneless, skinless chicken breast
- 1 dozen eggs
- 7 oz sliced low-sodium uncured lean ham
- ½ gallon low-fat milk (skim, unsweetened rice, almond or soy milk)
- 5 oz lean pork chop
- 5 oz salmon fillet
- 5 oz flank steak
- 8 oz 99% lean ground turkey (or 1 container firm tofu)
- 6 oz sliced deli-fresh low-sodium turkey breast
- 1 24-oz container nonfat plain Greek-style yogurt

Veggies/Fruit

- 5 medium Empire apples
- 2 10-oz bags arugula
- 1 avocado
- 3 bananas
- 1 bag frozen green beans
- 1 bag frozen blueberries
- 1 bag frozen broccoli
- 1 small head red cabbage
- 1 small head white cabbage
- 1 1-lb bag carrots
- 1 bunch celery
- 1 cucumber
- 1 bulb garlic
- 1 grapefruit
- 2 kiwi
- 2 lemons
- 1 head romaine lettuce
- 1 pint sliced mushrooms
- 2 red onions
- 4 oranges
- 1 bunch Italian flat-leaf parsley
- 3 pears

- 2 small red potatoes
- 2 small Yukon Gold potatoes
- 1 bag frozen strawberries
- 1 pint grape tomatoes
- 1 tomato

Whole Grains

- 1 loaf sliced rye bread
- 1 pkg whole-wheat buns
- 1 box Kashi Heart to Heart Honey Toasted Oat cereal
- 1 pkg whole-grain crispbreads
- 1 container 5-minute oatmeal
- 1 pkg whole-wheat pitas
- 1 pkg brown rice
- 1 pkg whole-wheat spaghetti

Nuts/Seeds/Oils

- 1 6-oz bag unsalted raw almonds
- 1 jar unsalted almond butter
- 1 small bag ground flaxseed
- 1 bottle extra-virgin olive oil
- 1 bottle olive oil
- 1 bottle olive oil cooking spray
- 1 6-oz bag unsalted raw walnuts

Extras

- 1 container ground cinnamon
- 1 container hummus
- 1 jar Dijon mustard
- 1 container ground black pepper
- 1 container chocolate whey protein powder
- 1 container dried rosemary or 1 pkg fresh rosemary
- 1 container low-sodium salsa
- 1 container sea salt
- 1 container stevia powder
- 1 container low-sodium tomato sauce
- 1 bottle apple cider vinegar
- 1 bottle balsamic vinegar



Clean Reuben Sandwich

Serves 2. Hands-on time: 16 minutes. Total time: 20 minutes.

INGREDIENTS:

COLESLAW

- 2 cups coarsely shredded white cabbage
- 1½ cups coarsely shredded red cabbage
- ½ cup shredded carrots
- 1 tbsp chopped fresh Italian-leaf parsley
- ¼ cup apple cider vinegar
- ¾ cup nonfat plain Greek-style yogurt

- 1 tsp stevia powder
- ¼ tsp ground black pepper
- ¼ tsp sea salt, optional

SWEET TOMATO DRESSING

- ¼ cup nonfat plain Greek-style yogurt
- 5 grape tomatoes, diced
- ¼ tsp stevia powder
- Dash sea salt, optional

SANDWICH

- 4 slices rye bread
- 1 oz Jarlsberg Light cheese, sliced

- 2 oz low-sodium uncured lean ham, sliced
- 1 oz deli-fresh low-sodium turkey breast, sliced

INSTRUCTIONS:

ONE: Prepare coleslaw: In a medium bowl, combine cabbages, carrots and parsley. Stir in vinegar, yogurt, stevia, pepper and salt, if desired. Cover and marinate in refrigerator for 10 minutes.

TWO: Meanwhile, prepare Sweet Tomato Dressing: In a small bowl, stir together yogurt, tomatoes, stevia and salt until evenly mixed. While stirring, mash tomatoes to release their juices. Set aside.

THREE: Assemble 1 sandwich by dividing 2 tbsp Sweet Tomato Dressing among 2 slices of bread. Place ½ oz cheese on 1 slice of bread. Add 1 oz ham and ½ oz turkey over top of cheese. Pile about ¼ cup coleslaw on top of ham and turkey. Finish with second slice of bread and press firmly. Broil sandwich either in toaster oven or oven for 2 minutes, flip and broil for 2 more minutes. Repeat with remaining ingredients to assemble second sandwich. To serve, cut sandwich in half and serve with ¾ cup coleslaw on the side.

Nutrients per sandwich (1 cup coleslaw, 2 tbsp dressing, ½ oz cheese, 1½ oz meat, 2 slices bread): Calories: 286, Total Fat: 4 g, Sat. Fat: 1.5 g, Carbs: 36 g, Fiber: 6 g, Sugars: 12 g, Protein: 28 g, Sodium: 757 mg, Cholesterol: 30 mg

NOTE: Clean Eating shopping lists include all the items you'll need to prepare 70 meals for one adult. This initial list will provide a foundation for two weeks. As you approach Week Two, take a quick kitchen inventory, as you may have a little less or a little more left over.

M TOTAL NUTRIENTS Calories: 1,499, Fat: 53 g, Sat. Fat: 11 g, Carbs: 165 g, Fiber: 33 g, Sugars: 42 g, Protein: 100 g, Sodium: 2,343 mg, Cholesterol: 76 mg				
BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
Egg Sandwich: 4 scrambled egg whites and 1 oz low-fat cheddar cheese in 1 whole-wheat bun 1 grapefruit	25 almonds	Ham & Pear Salad: 3 oz ham, 1 oz low-fat cheddar cheese, 1 thinly sliced pear, 7 walnuts and 3 cups arugula with 2 tbsp balsamic vinegar, ½ tsp Dijon and 1 tsp EVOO 1 sliced pita, warmed	10 carrot sticks and 3 tbsp hummus	1 serving Clean Reuben Sandwich (see recipe, p. TK; save leftovers for later this week) 1 orange

T TOTAL NUTRIENTS Calories: 1,587, Fat: 45 g, Sat. Fat: 8 g, Carbs: 196 g, Fiber: 40 g, Sugars: 51 g, Protein: 113 g, Sodium: 1,510 mg, Cholesterol: 102 mg				
BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
Winter Oatmeal A	5 oz Greek yogurt with ½ cup sliced thawed strawberries	1 serving Clean Reuben Sandwich (leftovers) 1 kiwi	3 celery stalks with 2 tbsp almond butter	5 oz baked pork chop, 1 cup steamed green beans and ½ cup cooked black beans mixed with ¾ cup brown rice 1 cup arugula with 1 tbsp balsamic vinegar and ½ tsp EVOO

W TOTAL NUTRIENTS Calories: 1,526, Fat: 35 g, Sat. Fat: 9 g, Carbs: 207 g, Fiber: 40 g, Sugars: 71 g, Protein: 109 g, Sodium: 1,841 mg, Cholesterol: 252 mg				
BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup Kashi Heart to Heart Honey Toasted Oat cereal with 1 sliced banana and ½ cup low-fat milk	½ cup 1% cottage cheese with ¾ cup sliced thawed strawberries	Turkey Sandwich: 3 oz sliced turkey breast, 1 oz low-fat cheddar cheese, 1 slice avocado, 1 slice red onion and 1 lettuce leaf on 1 whole-wheat bun 1 orange	1 quartered hardboiled egg spread with 2 tbsp hummus (common Middle Eastern pairing)	2 oz whole-wheat spaghetti, 4 oz cooked ground turkey (or firm tofu, crumbled), 1 cup steamed broccoli florets and ¾ cup tomato sauce 2 cups lettuce and 5 chopped walnuts with 1 tbsp balsamic vinegar and ½ tsp EVOO

T TOTAL NUTRIENTS Calories: 1,558, Fat: 51 g, Sat. Fat: 11 g, Carbs: 170 g, Fiber: 33g, Sugars: 66 g, Protein: 116 g, Sodium: 2,350 mg, Cholesterol: 224 mg				
BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
Protein Shake: Blend 1 cup low-fat milk, ¼ cup chocolate whey protein powder, ½ cup strawberries with ice and cinnamon, to taste	1 banana with 2 tbsp almond butter	Chef's Salad: Shred 2 oz each ham and sliced turkey breast, 1 oz Jarlsberg Light cheese and 1 hardboiled egg. Add mixture to 3 cups lettuce, 5 cucumber slices and 5 grape tomatoes with 2 tbsp balsamic vinegar and 1 tsp EVOO 1 orange	1 toasted whole-wheat pita (cut into 8 triangles) and ½ cup salsa	Turkey Burger: Form 4 oz ground turkey into burger patty, broil and top with 2 to 3 slices avocado, 1 slice tomato and 1 lettuce leaf on 1 whole-wheat bun 1 cup coleslaw (leftovers from Clean Reuben Sandwich recipe) 1½ cups sautéed mushrooms

F TOTAL NUTRIENTS Calories: 1,725, Fat: 43 g, Sat. Fat: 8 g, Carbs: 258 g, Fiber: 53 g, Sugars: 61 g, Protein: 97 g, Sodium: 1,397 mg, Cholesterol: 80 mg				
BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
Blueberry-Pear Oatmeal B	1 low-fat string cheese	1 serving Rosemary Chicken & Potato Salad with Sweet Lemon Vinaigrette (see recipe, p. TK; save leftovers for tomorrow) on 2 cups lettuce 1 apple	½ cup 1% cottage cheese with 2 whole-grain crispbreads and 1 small halved banana	Mexican Pita: 1 toasted whole-wheat pita filled with ¾ cup cooked black beans, ¼ cup chopped sautéed mushrooms, 2 tbsp salsa, 2 tbsp chopped red onion and ½ cubed avocado

S TOTAL NUTRIENTS Calories: 1,755, Fat: 44 g, Sat. Fat: 6 g, Carbs: 224 g, Fiber: 45 g, Sugars: 75 g, Protein: 134 g, Sodium: 979 mg, Cholesterol: 156 mg				
BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
Egg White & Veggie Omelette C	5 oz Greek yogurt with 1 sliced kiwi and 1 tsp stevia	1 serving Rosemary Chicken & Potato Salad with Sweet Lemon Vinaigrette (leftovers), heated in microwave for 1 to 2 minutes 20 almonds	1 sliced pear with 1 oz low-fat cheddar cheese	5 oz baked salmon with 1 sliced clove garlic, 1 cup steamed green beans and ¾ cup brown rice 1 cup lettuce and 5 grape tomatoes with 2 tsp balsamic vinegar and ½ tsp EVOO

S TOTAL NUTRIENTS Calories: 1,597 Fat: 49 g, Sat. Fat: 9 g, Carbs: 193 g, Fiber: 30 g, Sugars: 65 g, Protein: 108 g, Sodium: 1,678 mg, Cholesterol: 89 mg				
BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 toasted whole-wheat pita with 2 tbsp almond butter and 4 thin apple slices Eat remaining apple	Choco Blueberry Shake: Blend 1 cup low-fat milk, ¼ cup chocolate whey protein powder, ½ cup frozen blueberries	Open-Face Tomato Melt: Top each of 2 slices rye bread with 2 slices tomato, ¼ minced garlic clove, ½ tsp EVOO and ½ oz Jarlsberg Light cheese; broil 1 orange	1 whole-wheat pita and 3 tbsp hummus	5 oz broiled flank steak 1 cup coleslaw (leftovers from Clean Reuben Sandwich recipe) 1 cup arugula and 5 chopped walnuts with 2 tsp balsamic vinegar and ½ tsp EVOO

Menu PLAN

WEEK 1

EVOO = extra-virgin olive oil

A **Winter Oatmeal:** ½ cup uncooked oatmeal (cooked to package instructions) with 1 cup low-fat milk and 1 diced small apple. Add 1 tbsp flaxseed, ½ tsp cinnamon and 5 chopped walnuts.

B **Blueberry-Pear Oatmeal:** ½ cup uncooked oatmeal (cooked to package instructions) with 1 cup low-fat milk, 1 diced pear and ¼ cup frozen blueberries. Add 1 tbsp flaxseed, ½ tsp cinnamon and 5 chopped walnuts.

C **Egg White & Veggie Omelette:** 4 egg whites, 1 oz Jarlsberg Light cheese, 5 sliced grape tomatoes, 5 sliced mushrooms and ground black pepper, to taste

Week 2 Shopping List

Proteins & Dairy

- 1 container low-fat feta cheese
- 2 oz light Gouda cheese
- 3 oz light Havarti cheese
- 8 oz part-skim mozzarella cheese
- 14 oz boneless, skinless chicken breast
- 1 dozen eggs
- 2 5-oz basa or tilapia fillets
- ¼ lb sliced low-sodium uncured lean ham
- 1 qt low-fat milk (skim, unsweetened rice, almond or soy milk)
- 5 oz lean pork chop
- 1 4-oz salmon patty
- 1 14-oz container firm tofu
- 1 6-oz pouch tuna in water
- 1 16-oz container nonfat plain Greek-style yogurt

Veggies/Fruit

- 1 apple
- 1 15-oz jar artichokes in water
- 1 avocado
- 3 bananas
- 1 head broccoli
- 1 head cauliflower
- 1 pkg frozen edamame
- 1 grapefruit
- 1 kiwi
- 1 lemon
- 1 8-oz bag baby spring mix
- 2 white onions
- 3 oranges
- 3 pears
- 1 12-oz jar roasted red peppers in water
- 2 shallots
- 1 8-oz bag baby spinach
- 1 bag frozen strawberries
- 2 tomatoes

Whole Grains

- 1 pkg whole-wheat bread
- 1 small container whole-wheat bread crumbs
- 1 box 100% whole-wheat shredded wheat cereal (no salt or sugar added)
- 1 box Dr. Kracker Sunflower Cheddar Snackers crackers
- 1 pkg whole-wheat English muffins
- 1 box wild rice

Extras

- 1 container arrowroot powder
- 1 container ground cumin
- 1 container ground dry mustard
- 1 container dried oregano

M TOTAL NUTRIENTS Calories: 1,599, Fat: 35 g, Sat. Fat: 9 g, Carbs: 214 g, Fiber: 31 g, Sugars: 61 g, Protein: 121 g, Sodium: 1,190 mg, Cholesterol: 155 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup shredded wheat cereal with 1 sliced banana and ¾ cup low-fat milk	1 cup thawed strawberries 15 almonds	Tuna Sandwich: 6 oz tuna with ½ oz light Havarti cheese, 2 tbsp each diced carrots, celery and red onion, and 1 lettuce leaf with 1 tbsp balsamic vinegar and 1 tbsp Greek yogurt in 1 whole-wheat pita 1 apple	1 low-fat string cheese and 8 Dr. Kracker Sunflower Cheddar Snackers crackers	10 oz baked chicken breast (eat 5 oz and save 5 oz for tomorrow) 1 serving Cauliflower & Broccoli Au Gratin (see recipe, p. TK; save leftovers for later this week) ½ cup brown rice

T TOTAL NUTRIENTS Calories: 1,576, Fat: 51 g, Sat. Fat: 12 g, Carbs: 177 g, Fiber: 37 g, Sugars: 51 g, Protein: 114 g, Sodium: 1,680 mg, Cholesterol: 123 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
½ cup 1% cottage cheese with 1 sliced pear, 4 walnuts and 1 tsp stevia (optional)	10 walnuts	1 serving Cauliflower & Broccoli Au Gratin (leftovers) with 5 oz chopped baked chicken (leftovers) stirred in 1 orange	¾ cup Kashi Heart to Heart Honey Toasted Oat cereal with ½ cup low-fat milk	5 oz baked firm tofu, cubed and seasoned with cumin, 1 cup black beans, ¼ cup salsa and ¼ cup shredded low-fat cheddar in 1 toasted whole-wheat pita 1 chopped tomato with 2 tsp balsamic vinegar and ½ tsp EVOO

W TOTAL NUTRIENTS Calories: 1,793, Fat: 53 g, Sat. Fat: 10 g, Carbs: 199 g, Fiber: 37 g, Sugars: 48 g, Protein: 150 g, Sodium: 1,235 mg, Cholesterol: 245 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
Banana Berry Oatmeal A	1 sliced kiwi 15 almonds	Almond Chicken Salad B Eat remaining orange	1 cup cooked edamame	1 serving Greek Fish Florentine (see recipe, p. TK; save leftovers for tomorrow) 1½ cups cooked wild rice (eat ¾ cup and save ¾ cup for tomorrow) 1 cup baby spring mix with 2 tsp balsamic vinegar and ½ tsp EVOO

T TOTAL NUTRIENTS Calories: 1,641, Fat: 38 g, Sat. Fat: 13 g, Carbs: 240 g, Fiber: 36 g, Sugars: 64 g, Protein: 113 g, Sodium: 1,251 mg, Cholesterol: 118 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
Almond-Banana Shake: Blend 1 cup low-fat milk, ¼ cup chocolate whey protein powder, 1 small banana, 1 tbsp flaxseed and 1 tsp almond butter with ice	1 pear	1 serving Greek Fish Florentine (leftovers) ¾ cup cooked wild rice (leftovers)	1 serving Cauliflower & Broccoli Au Gratin (leftovers)	Vegetarian Pasta: 2 oz whole-wheat spaghetti, 4 chopped artichoke hearts, 2 chopped roasted red pepper strips, ¼ cup shredded part-skim mozzarella, ½ cup tomato sauce and ¼ tsp dried oregano 1 cup baby spring mix with 2 tsp apple cider vinegar and ½ tsp EVOO

F TOTAL NUTRIENTS Calories: 1,549, Fat: 64 g, Sat. Fat: 16 g, Carbs: 171 g, Fiber: 31 g, Sugars: 42 g, Protein: 85 g, Sodium: 1,482 mg, Cholesterol: 113 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
Fruit & Oat Yogurt: 1 cup Greek yogurt with ¼ cup uncooked oatmeal, ¾ cup sliced thawed strawberries and 5 crushed walnuts	2 whole-grain crispbreads topped with ¼ cup low-fat feta cheese and 6 cucumber slices	Avocado, Mozzarella & Tomato Sandwich: ½ sliced avocado, 1 oz part-skim mozzarella and 2 slices tomato between 2 slices toasted whole-grain bread 1 orange	1 pear 1 low-fat string cheese	Salmon Burger: 4 oz salmon patty, 1 slice onion, 1 lettuce leaf and 1 slice tomato on 1 whole-wheat bun 1 serving Cauliflower & Broccoli Au Gratin (leftovers)

S TOTAL NUTRIENTS Calories: 1,687, Fat: 54 g, Sat. Fat: 9 g, Carbs: 198 g, Fiber: 44 g, Sugars: 40 g, Protein: 119 g, Sodium: 2,428 mg, Cholesterol: 106 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1½ tbsp almond butter on 1 toasted whole-wheat English muffin with ¼ cup sliced thawed strawberries	½ cup 1% cottage cheese mixed with ½ cup thawed blueberries	Ham & Cheese Sandwich: 2 oz ham, ½ oz part-skim mozzarella, 2 strips roasted red pepper, 1 chopped artichoke heart in 1 whole-wheat pita 1 apple	8 Dr. Kracker Sunflower Cheddar Snackers crackers and 2 tbsp hummus	5 oz baked pork chop 1 cup cooked edamame 1 cup steamed broccoli ¾ cup cooked brown rice mixed with 5 chopped almonds

S TOTAL NUTRIENTS Calories: 1,693, Fat: 56 g, Sat. Fat: 12 g, Carbs: 226 g, Fiber: 42 g, Sugars: 42 g, Protein: 91 g, Sodium: 1,711 mg, Cholesterol: 32 mg

BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
1 cup shredded wheat cereal with ¾ cup low-fat milk 1 grapefruit	½ cup Greek yogurt and ¼ cup thawed blueberries	2 cups black bean soup topped with 1 oz shredded part-skim mozzarella, ½ chopped avocado and ¼ cup chopped tomato	8 Dr. Kracker Sunflower Cheddar Snackers crackers and 1½ tbsp almond butter	Red Pepper Omelette C 2 slices toasted whole-grain bread 1 cup baby spring mix with 2 tsp balsamic vinegar and ½ tsp EVOO



Greek Fish Florentine

Serves 2. Hands-on time: 8 minutes. Total time: 22 minutes.

INGREDIENTS:

- 2 5-oz basa or tilapia fillets
- 5 grape tomatoes, sliced
- 1 clove garlic, thinly sliced
- 1 tbsp chopped fresh Italian-leaf parsley
- Juice ½ lemon
- 2 large shallots, diced
- 1 tbsp olive oil
- 8 oz baby spinach
- ¼ cup low-fat feta cheese

INSTRUCTIONS:

ONE: Preheat oven to 350°F. Place fillets and tomatoes in a glass baking dish. Sprinkle garlic and parsley over top and finish with lemon juice. Cover with foil and bake for 15 to 20 minutes, until fish is opaque and flakes easily with a fork.

TWO: In a medium skillet over medium-high heat, sauté shallots in oil for 1 minute. Reduce heat to medium and add spinach, cooking until wilted, about 5 minutes. Stir in feta and heat until melted and evenly distributed.

THREE: To serve, place ¾ cup spinach-feta mixture on each plate and lay 1 fillet over top, finishing with half of tomatoes.

Nutrients per serving (5 oz fillet, 2½ tomatoes, ¾ cup spinach-feta mixture): Calories: 311, Total Fat: 11 g, Sat. Fat: 3 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 3 g, Omega-3s: 270 mg, Omega-6s: 910 mg, Carbs: 20 g, Fiber: 6 g, Sugars: 2 g, Protein: 36 g, Sodium: 491 mg, Cholesterol: 75 mg

Web Bonus! For printer-friendly versions of our shopping lists, visit cleaneatingmag.com/shoppinglists

Rosemary Chicken & Potato Salad

WITH SWEET LEMON VINAIGRETTE

Serves 2. Hands-on time: 10 minutes. Total time: 30 minutes.

INGREDIENTS:

- 2 small red potatoes, scrubbed well
- 2 small Yukon Gold potatoes, scrubbed well
- ½ lb boneless, skinless chicken breast
- ½ cup diced red onion
- 1 medium Empire apple, unpeeled and diced (about ¾ cup)
- ½ cup chopped celery
- ½ cup cooked white beans
- 1 tsp dried rosemary or 1 tbsp fresh rosemary
- ⅛ tsp ground black pepper
- Sea salt, to taste

VINAIGRETTE

- ¼ cup fresh lemon juice (about 1½ lemons)
- 1 tbsp extra-virgin olive oil
- 2 tsp stevia powder

INSTRUCTIONS:

ONE: In a medium saucepan, add potatoes and cover completely in water. Bring to a boil over high heat and cook potatoes for 15 minutes or until fork tender. Drain and let cool before cutting potatoes into bite-size pieces.

TWO: In a separate medium saucepan, add chicken and cover completely in water. Set over

medium-high heat and poach chicken for 15 to 20 minutes or until cooked through and no longer pink in center. Drain and let cool before cutting chicken into bite-size pieces.

THREE: In a large bowl, add potatoes, chicken, onion, apple, celery, beans, rosemary, pepper and salt.

FOUR: Prepare vinaigrette: In a medium bowl, whisk together lemon juice, oil and stevia. Pour vinaigrette over potato-chicken mixture and stir gently to coat.

Nutrients per 2½-cup serving: Calories: 441, Total Fat: 9 g, Sat. Fat: 1.5 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 3 g, Carbs: 58 g, Fiber: 9 g, Sugars: 8 g, Protein: 35 g, Sodium: 104 mg, Cholesterol: 65 mg

Cauliflower & Broccoli Au Gratin

Serves 4. Hands-on time: 15 minutes. Total time: 45 minutes.

INGREDIENTS:

- 2 cups fresh cauliflower florets
- 2 cups fresh broccoli florets
- 1 small yellow onion, sliced in rings
- 3 tsp olive oil, divided
- 1 carrot, peeled and finely chopped
- 1½ cups low-fat milk
- 2 tbsp arrowroot powder
- ½ cup shredded light Gouda cheese
- ½ cup shredded light Havarti cheese
- 1 tbsp dry mustard
- ½ tsp ground black pepper

- Sea salt, to taste, optional
- 2 tbsp whole-wheat bread crumbs

INSTRUCTIONS:

ONE: Preheat oven to 350°F. Fill a medium saucepan with water, about 1 inch high. Bring to a boil. Place cauliflower and broccoli in a steamer basket and set in saucepan. Reduce to medium heat and cover with lid for 5 minutes, until cauliflower and broccoli are tender. Remove from burner and set aside to cool.

TWO: In a large saucepan over medium-high heat, sauté onion in 2 tsp oil for 1 to 2 minutes, until translucent. Add carrot and milk and heat for 3 minutes, constantly stirring. In a small bowl, whisk together 2 tbsp cold water and arrowroot powder. Add mixture to saucepan with milk mixture and stir for 1 minute. Stir in cheeses and mix until melted. Season with mustard, pepper and salt, if desired.

THREE: In a small skillet over medium-high heat, brown bread crumbs in remaining 1 tsp oil for 3 minutes.

FOUR: In an 8 x 8 glass dish, add cauliflower and broccoli in an evenly distributed layer. Pour cheese-carrot mixture over top, then sprinkle with bread crumbs and bake for 25 minutes. Let cool for 5 minutes before serving.

STORAGE: Leftovers can be kept in refrigerator in an airtight container for up to 4 days.

Nutrients per 1½-cup serving: Calories: 232, Total Fat: 9 g, Sat. Fat: 4 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 1 g, Carbs: 26 g, Fiber: 3 g, Sugars: 8 g, Protein: 14 g, Sodium: 263 mg, Cholesterol: 28 mg

Your Guide to Spice Pairing

Follow our spice dos and don'ts to personalize your daily mini-meals and better suit your tastes.

BY JOANNE LUSTED



SPICE	FLAVOR	WORKS WELL WITH	DOESN'T WORK WELL WITH
CARDAMOM (whole or ground)	Sweet, intense, pungent, earthy	Indian recipes; curry, cinnamon, clove, ginger, mint	Mexican and Caribbean cuisine; rosemary, dill
 CAYENNE PEPPER	Hot, spicy, little actual taste	Mexican, Italian and Caribbean fare; any spice or herb to add heat, such as paprika, chile powder and cumin, or lime juice and cilantro	In large quantities or alone as a seasoning to add flavor (cayenne simply adds heat)
 CINNAMON	Sweet, woody, hot, aromatic	Mexican and Moroccan recipes; allspice, nutmeg, cumin, paprika, mint, thyme, ginger, fennel, cloves	Alone on savory items such as meats or fish
CUMIN (whole or ground)	Slightly bitter, warm, pungent, nutty	Middle Eastern, Indian, Cuban, Mexican and Tex-Mex dishes; chile powder, coriander, lime, paprika, dill, onion powder, garlic powder	Lavender, rosemary, sage, tarragon
 GINGER	Rich, sweet, warm, spicy, woody	Indian, Caribbean and Asian cuisines; allspice, anise, coriander, chile peppers, cinnamon, nutmeg, curry, cumin, cilantro, mint, thyme	Sage, tarragon
PAPRIKA (sweet)	Pungent, earthy, sweet, woody	Hungarian, Spanish and Moroccan fare; cumin, chile powder, flat-leaf parsley, coriander, citrus, thyme, oregano, dill, cinnamon, saffron, mint	Thai and Japanese foods