



**Creamy
Chicken
Biriyani**
(See recipe, p. 40)

**Skillet-Seared
Beef Tenderloin**
(See recipe, p. 40)

Easiest-Ever SKILLET MEALS

It takes just one skillet plus a few fresh ingredients to get a spectacular meal on your family's dinner table tonight.

Looking for a new skillet to whip up one of these scrumptious meals?
FOR REVIEWS OF OUR TOP-RATED SKILLETS, SEE PAGE 80.

Cuban-Style Rice & Beans

WITH TURKEY

SERVES 6. HANDS-ON TIME: 20 MINUTES.
TOTAL TIME: 1 HOUR, 10 MINUTES.

White rice is swapped out for brown in our healthier version of this classic Latin American dish. Protein-rich ground turkey turns it into a complete meal.

INGREDIENTS:

- 1 tbsp olive oil
- 1 small yellow onion, finely chopped
- 3 cloves garlic, minced
- 1 lb lean ground turkey
- 1 tsp ground cumin
- 1 tsp dried oregano
- ½ tsp fresh ground black pepper
- ¼ tsp sea salt
- 1 poblano pepper, seeded and diced

- 1 red bell pepper, seeded and diced
- 2 tbsp unsalted tomato paste
- 1 tbsp red wine vinegar
- 2 cups BPA-free canned unsalted black beans, drained and rinsed (**TRY:** Eden Organic Black Beans No Salt Added)
- 1½ cups low-sodium chicken broth
- 1 cup brown rice
- Juice of 1 large lime, plus lime wedges for garnish

INSTRUCTIONS:

ONE: In a large deep skillet with a tight-fitting lid, heat oil on medium-high. Add onion and cook, stirring frequently, until translucent, 4 to 5 minutes. Add garlic and cook, stirring constantly, until fragrant, 1 minute. Add turkey, cumin, oregano, black pepper and salt and cook, stirring frequently,

until turkey is well browned, about 5 to 7 minutes. Add poblano and bell peppers and cook, stirring frequently, until slightly softened, about 2 minutes.

TWO: Push turkey mixture to sides of skillet, and to center of skillet, add tomato paste and vinegar and cook, stirring constantly, for 20 to 30 seconds. Add beans, broth, rice, lime juice and ½ cup water, stirring together all ingredients to combine. Bring to a boil, reduce heat to low and simmer, covered, until rice is tender, about 45 minutes. Let stand 5 minutes before serving. Serve with lime wedges.

NUTRIENTS PER SERVING (1½ CUPS):

CALORIES: 363, **TOTAL FAT:** 10 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 4 g, **POLYUNSATURATED FAT:** 3 g, **CARBS:** 45 g, **FIBER:** 8 g, **SUGARS:** 2 g, **PROTEIN:** 24 g, **SODIUM:** 158 mg, **CHOLESTEROL:** 56 mg

Wild Mushroom & Lamb Ragout Pappardelle

SERVES 4. HANDS-ON TIME: 25 MINUTES.
TOTAL TIME: 30 MINUTES.

Lamb is simmered with red wine, beef broth and wild mushrooms for a meal with deep umami flavor.

INGREDIENTS:

- 10 oz fresh whole-grain pasta sheets
- 1 tbsp olive oil
- ¾ lb boneless lamb loin roast, trimmed and cut into ½-inch-thick medallions (Alternatively, you can also cut into ¼-inch-thick, 2-inch-long strips.)
- ¼ tsp each sea salt and fresh ground black pepper
- ¾ lb mixed wild mushrooms (such as chanterelle, oyster, shiitake and cremini), roughly chopped
- 3 cloves garlic, minced
- 2 cups low-sodium beef broth
- ½ cup dry red wine
- 8 sun-dried tomatoes (packed in oil), thinly sliced
- 2 tbsp chopped fresh rosemary leaves

INSTRUCTIONS:

ONE: Slice pasta sheets lengthwise into 1-inch strips and gently separate into individual noodles. Lay on a flat surface.

TWO: In a large skillet on medium-high, heat oil. Season lamb with salt and pepper. Working in batches if necessary, add to skillet and sear, turning once, until browned on both sides, about 5 to 7 minutes for medium-rare or 7 to 9 minutes for medium. (If using lamb strips, cook for 5 minutes, turning frequently, until browned.) Transfer lamb to a plate and cover to keep warm. Reduce heat to medium, add mushrooms and cook, stirring frequently, until browned, about 7 to 10 minutes. Add garlic and cook,

TIP: Fresh whole-grain pappardelle can be difficult to find, so we use flat lasagna sheets and slice them. If you can find fresh whole-grain pappardelle, fettuccine or linguine, substitute 10 oz here.

stirring, until fragrant, 30 seconds. Add broth and wine, scraping up browned bits from bottom of skillet. Bring to a simmer and cook until liquid is reduced by one-third, about 3 minutes.

THREE: To skillet, add pasta strips, nestling into liquid. Cover and simmer, stirring occasionally, until pasta is al dente, 4 to 5 minutes. Return lamb and any accumulated juices back to skillet and heat through, about

1 minute. Add tomatoes and rosemary and stir to combine. (**TIP:** If you don't have a lid for your skillet, cover it with a baking sheet.)

NUTRIENTS PER SERVING (¼ OF RECIPE):
CALORIES: 406, **TOTAL FAT:** 13 g, **SAT. FAT:** 3.5 g, **MONOUNSATURATED FAT:** 6 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:** 42 g, **FIBER:** 7 g, **SUGARS:** 2 g, **PROTEIN:** 30 g, **SODIUM:** 295 mg, **CHOLESTEROL:** 131 mg

FOOD & PROP STYLING BY TERRY SCHACHT



Skillet-Seared Beef Tenderloin

WITH BLUE CHEESE BUTTER

SERVES 4. HANDS-ON TIME: 15 MINUTES.
TOTAL TIME: 30 MINUTES.

In this gourmet twist on steak 'n' potatoes, a shallot-blue cheese butter is melted over the steak. Golden potatoes are made even more vibrant with the addition of tri-color carrots.

INGREDIENTS:

- ½ oz blue cheese, crumbled
- 1½ tbsp organic, unsalted butter
- 1 tbsp chopped fresh flat-leaf parsley leaves
- 2 tsp minced shallot
- 2 tsp olive oil, divided
- 2 yellow-fleshed potatoes (such as Yukon Gold), thinly sliced
- 4 4-oz beef tenderloin steaks
- ¼ tsp each sea salt and fresh ground black pepper
- 2 cups thinly sliced tri-color carrots

INSTRUCTIONS:

ONE: Prepare blue cheese butter: In a small bowl, combine cheese, butter, parsley and shallot. Set aside.

TWO: In a large skillet on medium-high, heat 1 tbsp oil. Working in batches if necessary, arrange potatoes in a single layer in skillet and cook until golden and tender, 2 to 3 minutes per side. Transfer to a paper towel-lined plate and cover to keep warm.

THREE: In same skillet on medium-high, heat remaining 1 tbsp oil. Season steaks with salt and pepper. Add to skillet and cook, turning once, until browned and cooked to desired doneness, 7 to 9 minutes for medium-rare or 9 to 11 minutes for medium. Transfer to serving plates; cover to keep warm.

FOUR: To skillet, still on medium-high, add carrots with ¼ cup water and cook, stirring frequently, until just tender, about 2 minutes. To serve, divide potatoes evenly among plates with steaks; add carrots and top each steak with 1 tsp blue cheese butter.

NUTRIENTS PER SERVING (1 STEAK AND ¼ OF POTATOES AND CARROTS):

CALORIES: 369, **TOTAL FAT:** 20 g, **SAT. FAT:** 7 g, **MONOUNSATURATED FAT:** 9 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 19 g, **FIBER:** 3 g, **SUGARS:** 3 g, **PROTEIN:** 28 g, **SODIUM:** 272 mg, **CHOLESTEROL:** 88 mg

Creamy Chicken Biryani

SERVES 4. HANDS-ON TIME: 20 MINUTES.
TOTAL TIME: 40 MINUTES.

Fragrant spices such as turmeric, cardamom, cumin and coriander infuse this velvety tomato cream sauce. Try serving this dish with whole-grain naan bread or brown rice.

INGREDIENTS:

- 1 tbsp safflower oil
- 1 red onion, thinly sliced
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground cardamom
- ½ tsp ground turmeric
- ½ tsp red pepper flakes
- 3 cloves garlic, minced
- 2 cups boxed, jarred or BPA-free canned diced tomatoes, with juices
- 1 tbsp peeled and grated ginger
- 1 cup whole-milk yogurt (**TIP:** Avoid using nonfat yogurt here as it may curdle when heated.)
- 1 lb boneless, skinless chicken breast, chopped into 1-inch chunks
- 2 cups cauliflower florets
- 1 tbsp chopped fresh mint leaves, for garnish

INSTRUCTIONS:

ONE: In a large deep skillet with a tight-fitting lid, heat oil on medium. Add onion and cook, stirring frequently, until softened, about 5 minutes. Add cumin, coriander, cardamom, turmeric and pepper flakes and cook, stirring constantly, for 30 seconds. Increase heat to medium-high and add garlic, tomatoes and ginger. Cook, stirring frequently, until tomato has broken down slightly, about 5 minutes. Add yogurt, stirring to combine to a thick paste. Add chicken and bring to a simmer. Reduce heat to medium-low, cover and simmer until sauce is slightly reduced, about 10 minutes.

TWO: To skillet, add cauliflower; replace lid and continue cooking until cauliflower is tender and chicken is no longer pink inside, about 10 to 15 minutes more. Divide among serving plates and garnish with mint.

NUTRIENTS PER SERVING (2 CUPS):

CALORIES: 258, **TOTAL FAT:** 9 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 2 g, **POLYUNSATURATED FAT:** 3 g, **CARBS:** 14 g, **FIBER:** 5 g, **SUGARS:** 9 g, **PROTEIN:** 30 g, **SODIUM:** 108 mg, **CHOLESTEROL:** 91 mg

Wholesome herb:

The tarragon in this dish is home to a wealth of phytonutrients with antioxidant actions as well as potassium. The latter helps support heart, kidney and organ function while studies have also shown that high levels of potassium can help lower blood pressure.

Tarragon Chicken WITH WHITE WINE CREAM SAUCE

SERVES 4. HANDS-ON TIME: 20 MINUTES.
TOTAL TIME: 30 MINUTES.

Chicken breasts are seasoned with tarragon then drizzled with a luscious white wine sauce with cream and Dijon mustard.

INGREDIENTS:

- 1 tbsp olive oil
- 12 pearl onions, peeled and halved
- 4 5-oz boneless, skinless chicken breasts
- ½ tsp dried tarragon leaves
- ¼ tsp each sea salt and fresh ground black pepper (**TRY:** S.A.L.T. Sisters Brazilian Atlantic Sea Salt – Fine)
- 3 cups diagonally sliced green beans (1-inch pieces)
- ½ cup dry white wine
- ¼ cup organic heavy whipping cream (35%)
- 1 tsp Dijon mustard
- 1 tbsp chopped fresh tarragon leaves

INSTRUCTIONS:

ONE: In a large skillet on medium, heat oil. Add onions and cook, stirring frequently, until softened, about 2 minutes.

TWO: Season chicken with dried tarragon, salt and pepper. Increase heat on skillet to medium-high. Add chicken and cook until well browned on 1 side, about 5 minutes. Turn chicken over and add beans; cook until beans are tender and chicken is no longer pink inside, about 5 to 7 minutes more.

THREE: Arrange chicken, beans and onions on serving plates and cover to keep warm. To skillet, add wine, scraping up any browned bits from bottom of pan. Cook until reduced by half, about 3 to 4 minutes. Add cream and mustard, stirring to combine. Continue cooking until sauce is thick enough to coat the back of a spoon, 1 to 2 minutes more. Pour sauce over chicken, dividing evenly. Garnish with fresh tarragon.

NUTRIENTS PER SERVING (1 CHICKEN BREAST AND ½ CUP VEGETABLES):

CALORIES: 300, **TOTAL FAT:** 13 g, **SAT. FAT:** 5 g, **MONOUNSATURATED FAT:** 5 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 11 g, **FIBER:** 3 g, **SUGARS:** 3 g, **PROTEIN:** 34 g, **SODIUM:** 278 mg, **CHOLESTEROL:** 124 mg

Chicken & Shrimp Orzo Paella

SERVES 6. HANDS-ON TIME: 25 MINUTES.
TOTAL TIME: 35 MINUTES.

Colorful bell pepper, tomatoes and parsley embellish this hearty paella that uses orzo pasta in place of rice.

INGREDIENTS:

- 1 tbsp olive oil
- 1 lb boneless, skinless chicken thighs, cut into 1-inch chunks
- 1 tsp smoked paprika
- ½ tsp dried oregano
- ¼ tsp each sea salt and fresh ground black pepper
- 1 small yellow onion, finely chopped
- 2 cloves garlic, minced
- 1 large red bell pepper, seeded and diced
- 4 plum tomatoes, diced
- 1½ cups whole-grain orzo
- 2 cups low-sodium chicken broth
- Pinch saffron
- 2 tsp lemon zest and 1 tbsp fresh lemon juice, plus lemon wedges for garnish
- 12 large shrimp, peeled and deveined (tails on)
- 2 tbsp chopped fresh flat-leaf parsley leaves

INSTRUCTIONS:

ONE: In a large deep skillet on medium-high, heat oil. Season chicken with paprika, oregano, salt and black pepper. Cook chicken, turning frequently, until browned, 3 to 4 minutes. Transfer to a plate and cover to keep warm. To skillet, add onion, garlic and bell pepper and cook, stirring frequently, until vegetables are softened and onions are translucent, 4 to 5 minutes. Add tomatoes and orzo, stirring to combine. Add broth and saffron and stir to loosen orzo from bottom of pan. Bring to a boil then reduce heat to medium-low.

TWO: Return chicken to pan along with any accumulated juices. Add lemon zest and juice and continue cooking, stirring occasionally, until chicken is no longer pink inside and orzo is tender, about 7 to 9 minutes.

THREE: Stir in shrimp and cook just until they turn pink and are opaque throughout, about 2 to 3 minutes more. Divide among serving plates and garnish with parsley. Serve with lemon wedges.

NUTRIENTS PER SERVING (2 CUPS):

CALORIES: 303, **TOTAL FAT:** 7 g, **SAT. FAT:** 1.5 g, **MONOUNSATURATED FAT:** 3 g, **POLYUNSATURATED FAT:** 1.5 g, **CARBS:** 37 g, **FIBER:** 5 g, **SUGARS:** 4 g, **PROTEIN:** 25.5 g, **SODIUM:** 263 mg, **CHOLESTEROL:** 89 mg