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Low-cal dinners

NO-GUILT ENTRÉES DELIVER FULL FLAVOR
WITHOUT COMPROMISING YOUR DIET



Spaghetti Squash Primavera

Serves 6 | Staff Favorite, Gluten Free, Veggie
prep 15 minutes | cook 25 minutes

This dish tastes just as comforting as the original, but without pasta's calories and carbs. Though zucchini and squash are available year-round, any combination of fresh vegetables will work, so sub in your favorites.

3 whole spaghetti squashes, about 1 pound each
2 tablespoons extra-virgin olive oil, divided
1 yellow onion, diced
2 zucchini, diced
2 yellow squash, diced
1 cup diced bell pepper (red, yellow, orange, or a combination)
1 cup broccoli florets
3 large cloves garlic, pressed or minced
1 (28-ounce) can whole tomatoes, in juice
1 tablespoon crushed red pepper flakes (or to taste)
1 teaspoon dried oregano
1 tablespoon fresh thyme, or ½ teaspoon dried
Asiago cheese, for garnish

1. Preheat oven to 425°. Cut spaghetti squash in half lengthwise and remove seeds with a spoon. Place squash, cut side up, on a baking sheet. Drizzle with 1 tablespoon olive oil and season with salt and pepper. Turn cut side down and roast for 25 minutes.
2. Meanwhile, heat remaining olive oil in a large saucepan over medium heat. Add onion, zucchini, squash, bell pepper, and broccoli; sauté until vegetables begin to soften, about 5 minutes, stirring frequently. Add garlic and toss to combine. Add tomatoes, crushing with a spoon. Season with red pepper flakes, oregano, thyme, and salt and pepper. Sauté for another 5 minutes or so.
3. When squash is tender, use a fork to scrape into spaghetti-like strings. Divide among shallow bowls. Spoon primavera sauce over "noodles" and garnish with cheese. Serve immediately.

PER SERVING: 262 cal, 9g fat (5g mono, 2g poly, 2g sat), 0mg chol, 6g protein, 45g carb, 4g fiber, 104mg sodium ➔

Quinoa and Spinach Salad

Serves 6 | Gluten Free, Vegan

prep 8 minutes | cook 20 minutes

This lean protein- and fiber-packed salad will satisfy you for hours. Sprinkle with balsamic or apple cider vinegar before serving for an additional flavor kick. It's also delicious alongside wild salmon.

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| ¾ cup quinoa, well washed | 1 pound fresh spinach leaves |
| ¼ teaspoon salt | 1 (14-ounce) can cannellini beans, rinsed and drained |
| 1½ cups water | 2 large cloves garlic, pressed or minced |
| 1 tablespoon extra-virgin olive oil | 1 teaspoon crushed red pepper flakes |
| ½ large sweet onion, diced | |
| 1½ cups diced bell pepper (red, yellow, or orange) | |

1. In a small saucepan, combine quinoa, salt, and water. Bring to a full boil. Cover and reduce heat to low; cook for 10 minutes. Remove from heat. Let sit for 5 minutes; then fluff with a fork.
2. Meanwhile, heat olive oil over medium-high heat in a large skillet. Add onions and peppers and sauté until soft, about 5 minutes. Add spinach and beans and continue cooking until spinach is wilted, about 5 minutes. Add garlic, red pepper flakes, and salt and pepper to taste. Stir to combine.
3. In a large bowl, combine cooked quinoa with spinach mixture. Serve immediately.

PER SERVING: 195 cal, 4g fat (2g mono, 1g poly, 1g sat), 0mg chol, 10g protein, 31g carb, 7g fiber, 357mg sodium

Greek Turkey Mini-Meatloaves

Serves 4

prep 10 minutes | cook 20 minutes

Greek spices, olives, and feta cheese give this classic comfort food a Mediterranean twist. Using ground turkey instead of traditional beef yields calorie and fat savings.

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| ½ large onion | 1 tablespoon Worcestershire sauce |
| 3 large cloves garlic | 1 tablespoon red wine vinegar |
| ½ cup pitted Greek olives | ½ cup bread crumbs (fresh or dried) |
| ½ cup Greek-style feta cheese | 1 egg |
| 1¼ pounds lean ground turkey breast | 1 tablespoon extra-virgin olive oil |
| 1 tablespoon dried oregano | |

1. Preheat oven to 425°. In a food processor, combine onion, garlic, olives, and feta; pulse until roughly chopped (not puréed). In a large mixing bowl, combine onion mixture with turkey, oregano, Worcestershire, vinegar, bread crumbs, and egg. Use hands to mix well but do not compact tightly.
2. Divide meat into four equal portions. Mold each into a mini-meatloaf and set on a baking sheet. Drizzle with olive oil and season with salt and pepper to taste. Bake for 20–25 minutes, until a meat thermometer reads 165°.

PER SERVING: 234 cal, 8g fat (4g mono, 1g poly, 3g sat), 98mg chol, 27g protein, 11g carb, 1g fiber, 355mg sodium 