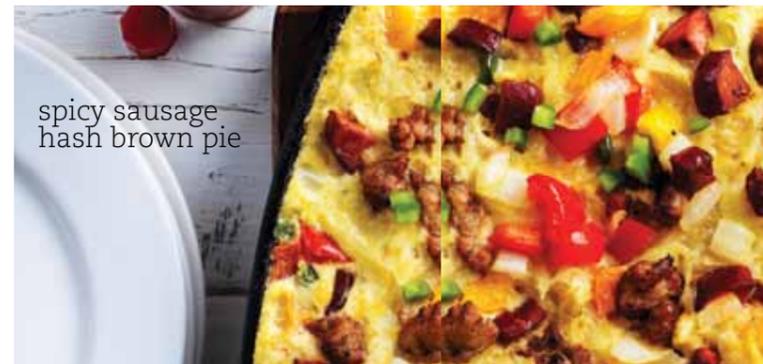




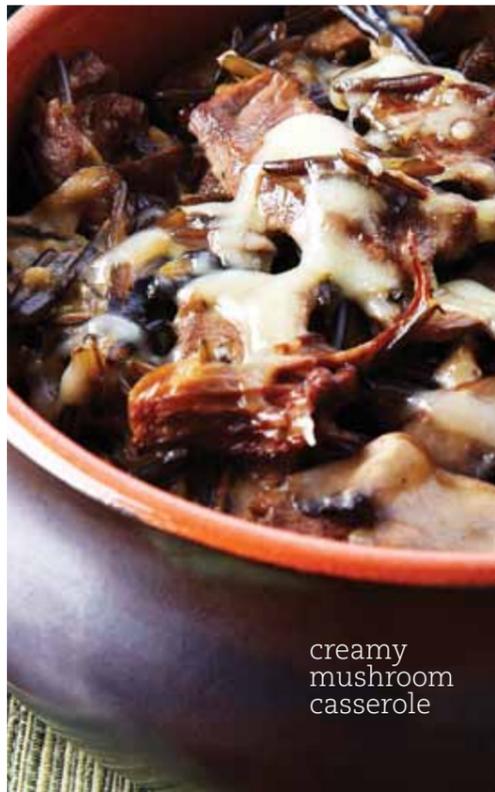
ham, cheese  
& broccoli  
casserole



roasted tomato  
& root vegetable  
gratin



spicy sausage  
hash brown pie



creamy  
mushroom  
casserole



spicy scalloped  
sweet potatoes

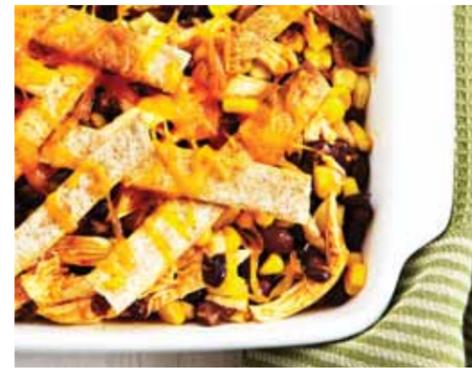
# super-easy casseroles

RECIPES BY KATE PARHAM

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Crab Pot Pie  
(see recipe, p. 65)

**Nutritional Bonus:** A great low-fat protein option, crabmeat is also rich in calcium and iron. When shopping, opt for jumbo lump (from the fin muscles of larger crabs) or super lump (a combination of jumbo lump pieces and crab body meat), which offer superior flavor and texture.



## Quesadilla Casserole

Serves 6. Hands-on time: 5 minutes.  
Total time: 1 hour, 10 minutes.

### INGREDIENTS:

- 2 4-oz boneless, skinless chicken breasts
- 2 small whole-wheat tortillas, cut into ½-inch strips
- ½ tbsp olive oil
- 2 cups frozen corn, thawed
- 1 15-oz BPA-free can black beans, drained and rinsed well (TRY: Eden Organic Black Beans)
- ½ cup low-sodium, all-natural barbecue sauce (no more than 7 to 10 g carbs and 1 g fat per 2-tbsp serving; TRY: Homemade Barbecue Sauce, p. 72)
- ½ cup shredded low-fat cheddar cheese

### INSTRUCTIONS:

**ONE:** Preheat oven to 425°F.

**TWO:** In a large pot, bring 2 qt water to a boil. Add chicken, reduce heat to medium-low, cover and cook for 15 to 20 minutes, until no longer pink. Transfer chicken to a plate to cool.

**THREE:** Meanwhile, place tortilla strips on a large baking sheet. Drizzle with oil, toss and spread in a single layer. Bake for 15 to 20 minutes, until crispy, tossing halfway through; set aside to cool. Reduce oven temperature to 350°F.

**FOUR:** Shred chicken with a fork. In a 10-inch square casserole dish, combine chicken, corn, beans and barbecue sauce. Spread mixture in an even layer. Transfer dish to oven and bake for 25 minutes. Remove from oven, top with tortilla strips and cheese and bake for 5 to 10 more minutes until brown and bubbly and cheese is melted. Serve immediately.

**Nutrients per 1-cup serving:** Calories: 254, Total Fat: 4 g, Sat. Fat: 1 g, Carbs: 36 g, Fiber: 5 g, Sugars: 6 g, Protein: 18 g, Sodium: 178 mg, Cholesterol: 24 mg

**Nutritional Bonus:** The dark-hued coating on black beans is a very rich source of 3 anthocyanin flavonoids: delphinidin, petunidin and malvidin. These 3 antioxidants boast many benefits, but a few of their properties are anti-inflammatory, free radical fighting and muscle-repairing, respectively.



## Spanakopita Casserole

Serves 6. Hands-on time: 20 minutes. Total time: 50 minutes.

### INGREDIENTS:

- 1 tsp olive oil
- ½ yellow onion, diced
- 2 cloves garlic, minced
- 1 head rainbow Swiss chard (about ½ lb), stems removed and roughly chopped
- 3 cups baby spinach leaves
- 2 tbsp roughly chopped fresh mint leaves
- 1 tsp dried oregano
- Olive oil cooking spray
- 4 sheets whole-wheat phyllo dough, covered with a damp towel until ready to use
- 1 large egg white
- ½ cup crumbled low-fat feta cheese

### INSTRUCTIONS:

**ONE:** Preheat oven to 375°F.

**TWO:** In a large skillet, heat oil on medium-high. Add onion and garlic and cook, stirring frequently, for about 2 minutes, until fragrant and onion begins to soften. In batches, add chard and spinach, waiting 2 to 3 minutes between batches and tossing frequently, about 10 minutes total. Add mint and oregano and toss to combine; cook until heated through, about 2 minutes. Drain; transfer to a large bowl and set aside until cooled.

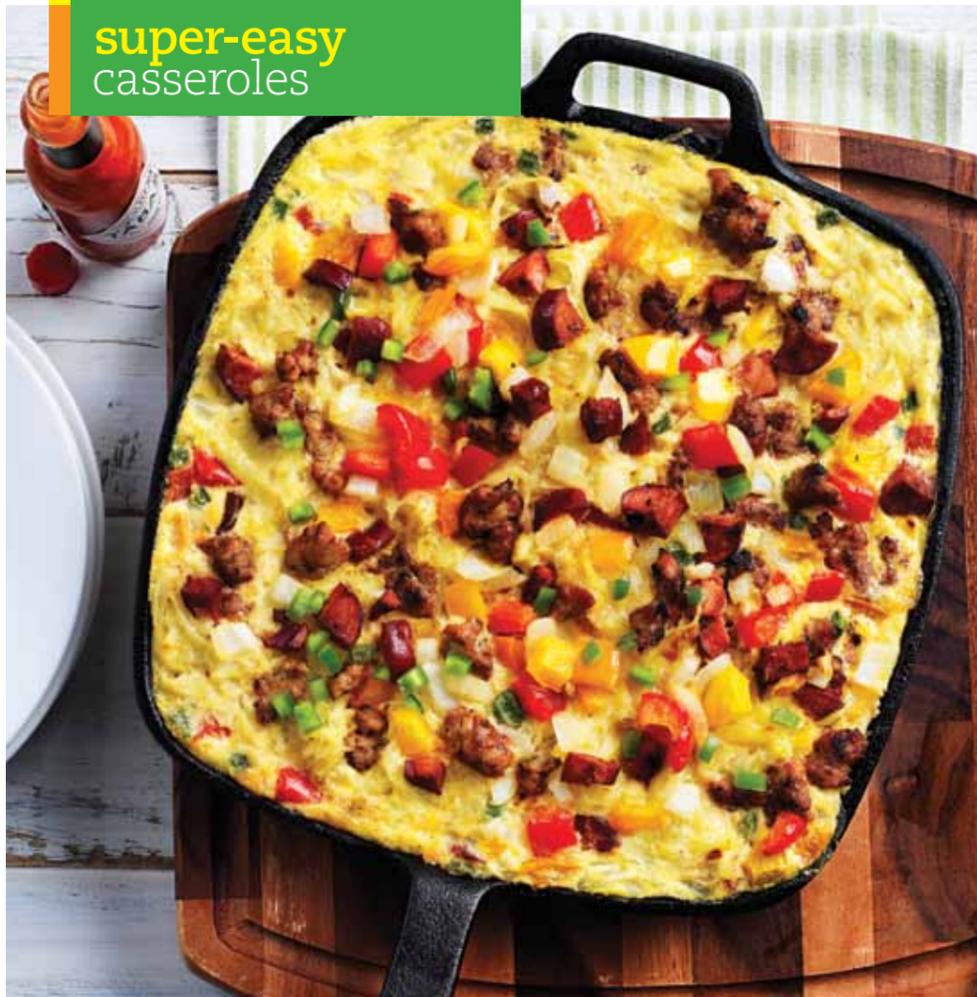
**THREE:** Mist a 10-inch square casserole dish with

cooking spray. Working quickly, spread 1 phyllo sheet on a clean work surface. Carefully cut sheet in half lengthwise, then halve each section again, creating 4 equal strips. Repeat with remaining phyllo, creating 16 strips total. Place 4 strips across the bottom of the dish, leaving 3 to 4 inches of excess hanging over on both ends. Mist strips with cooking spray. Turn dish clockwise and place 4 strips across the original layer, at a 90-degree angle. Mist strips with cooking spray. Continue turning and layering until all strips have been used (4 layers in total), misting with cooking spray after each layer.

**FOUR:** Once spinach mixture has cooled, mix in egg white. Using a rubber spatula, fold in feta until well blended. Spoon spinach mixture into center of phyllo-covered dish and spread in an even layer. Fold excess phyllo from edges into center and over spinach mixture to cover completely. Mist with cooking spray, transfer to oven and bake for 30 to 35 minutes or until top is light brown and crispy. Let casserole rest for 10 to 15 minutes before slicing.

**Nutrients per ½-cup serving:** Calories: 95, Total Fat: 4 g, Sat. Fat: 2 g, Carbs: 10 g, Fiber: 1 g, Sugars: 1 g, Protein: 4 g, Sodium: 247 mg, Cholesterol: 11 mg

**Nutritional Bonus:** Research shows that Swiss chard leaves contain at least 13 different polyphenol antioxidants. One example is a flavonoid called syringic acid, which helps stabilize blood sugar by inhibiting the activity of an enzyme called alpha-glucosidase and, as a result, reducing the amount of carbs being broken down into simple sugars.



## Spicy Sausage Hash Brown Pie

Serves 8. Hands-on time: 30 minutes. Total time: 45 minutes.

### INGREDIENTS:

- ¼ lb deli-fresh, natural, spicy chicken sausage, casings removed
- ¼ lb deli-fresh, natural, hot chorizo, casings removed
- 1 tbsp olive oil
- 1 Yukon gold potato, scrubbed well and shredded
- 1 cup diced yellow onion
- 1 cup diced sweet bell pepper (red, yellow and/or orange)
- 1 jalapeño pepper, diced (TIP: For less heat, remove ribs and seeds.)
- 1 clove garlic, minced
- 8 egg whites
- ¼ cup skim milk
- 1 tsp fresh ground black pepper
- 1 tsp garlic powder

- 1 tbsp Dijon mustard
- ½ cup shredded low-fat cheddar cheese

### INSTRUCTIONS:

**ONE:** Preheat oven to 350°F.

**TWO:** Heat a large cast iron or ovenproof skillet on medium-high. Add sausage and chorizo and cook for 7 to 8 minutes, until browned, breaking up with a wooden spoon. Transfer sausage mixture to a plate lined with paper towel to absorb excess fat.

**THREE:** Drain and wipe out skillet; heat oil on medium-high. Add potato, onion, bell pepper, jalapeño and garlic. Sauté, stirring occasionally, until soft, about 10 minutes.

**FOUR:** Meanwhile, in a medium bowl, whisk egg whites, milk, black pepper, garlic powder and Dijon until smooth. Set aside.

**FIVE:** Add sausage mixture to skillet, stirring until thoroughly combined. Pour egg mixture evenly over top and sprinkle with cheese. Transfer skillet to oven and bake until eggs are cooked through and cheese is bubbly, 10 to 15 minutes.

**Nutrients per serving (½ of pie):** Calories: 174, Total Fat: 9 g, Sat. Fat: 3 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 1 g, Carbs: 10 g, Fiber: 1 g, Sugars: 3 g, Protein: 13 g, Sodium: 406 mg, Cholesterol: 26 mg



## Mexican Lasagna

Serves 8. Hands-on time: 15 minutes. Total time: 30 minutes.

### INGREDIENTS:

- 1 tbsp olive oil
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 1 lb extra-lean ground beef
- 1 tbsp chile powder
- 1 tsp ground cumin
- 1 tbsp red pepper flakes
- 2 cups chopped tomatoes, boxed or jarred (TRY: Pomi Chopped Tomatoes)
- 1 15-oz BPA-free can organic, low-sodium, low-fat refried black beans
- 1½ cups frozen corn
- Olive oil cooking spray
- 6 whole-wheat tortillas, halved, divided
- 1 cup shredded low-fat cheddar cheese, divided

### INSTRUCTIONS:

**ONE:** Preheat oven to 425°F.

**TWO:** In a large skillet, heat oil on medium-high. Add onion, garlic, beef, chile powder, cumin and pepper flakes. Cook until beef is browned, stirring occasionally and breaking up beef with a wooden spoon, about 8 minutes. Add tomatoes, beans and corn, stir to combine and cook until heated through, about 5 minutes.

**THREE:** Coat a 10 x 15-inch casserole dish with cooking spray. Add a third of beef-corn mixture, spreading evenly. Cover with 2 tortillas (4 halves), then top with ½ cup cheese. Repeat layers 2 more times, until all beef-corn mixture, tortillas and cheese have been used.

**FOUR:** Transfer to oven and bake for 15 minutes or until brown and bubbly. Remove from oven and let rest for 5 minutes before serving.

**Nutrients per 1-cup serving:** Calories: 314, Total Fat: 9 g, Sat. Fat: 2 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 1 g, Carbs: 35 g, Fiber: 6 g, Sugars: 3 g, Protein: 22 g, Sodium: 439 mg, Cholesterol: 37 mg

### Nutritional Bonus:

Known for its rich offering of vitamins A and C, broccoli is also an excellent source of calcium. A 1-cup serving of the brassica family member contains about 43 mg of calcium (4% of your DV), which studies have shown can help build strong bones, control blood pressure and reduce your risk of colon cancer.

Ham, Cheese & Broccoli Casserole  
(see recipe, p. 63)



CE STAFF PICKS

Laura Schober  
Editorial Assistant

"Talk about a satisfying dish! The Ham, Cheese & Broccoli Casserole was absolutely delicious and so easy to make. Plus, whole-wheat pasta shells and bread crumbs added some healthy carbs to the mix, making it the perfect comfort food!"



Spicy Scalloped  
Sweet Potatoes  
(see recipe, p. 64)

**Nutritional Bonus:** ▶

Thanks to the beta-carotene (vitamin A) offered by their orange hue, sweet potatoes may help stabilize blood sugar levels, boost metabolism and fight chronic diseases.



**Skinny Shepherd's Pie**

Serves 8. Hands-on time: 20 minutes. Total time: 50 minutes.

**INGREDIENTS:**

- 2 Yukon gold potatoes, scrubbed well and quartered
- 2 cups cauliflower florets
- 1 tsp each sea salt and fresh ground black pepper
- ½ cup skim milk
- Olive oil cooking spray
- 1 yellow onion, diced
- 3 cloves garlic, minced
- 1 lb ground bison
- 1 cup sliced carrots (peeled, halved lengthwise and sliced into half-moons)
- 2 tbsp olive oil
- 2 tbsp whole-wheat flour
- 1 cup low-sodium beef broth
- 1 tbsp low-sodium Worcestershire sauce
- 1 tbsp fresh thyme
- 1 cup frozen peas

**INSTRUCTIONS:**

**ONE:** Preheat oven to 375°F.  
**TWO:** Bring a large pot of water to a boil on high heat. Add potatoes and cook for 8 minutes. Add cauliflower and cook for an additional 7 minutes or until potatoes

are fork-tender. Drain and transfer to a large bowl; add salt, pepper and milk and mash with a potato masher until smooth. Set aside.

**THREE:** Heat a large skillet on medium-high and mist with cooking spray. Add onion, garlic, bison and carrots and cook for 8 minutes or until no pink remains, stirring often and using a wooden spoon to break up bison.

**FOUR:** Meanwhile, in a medium skillet, heat oil on medium. Sprinkle in flour and whisk until no lumps remain, about 1 minute. Gradually add broth, whisking constantly, until mixture is smooth and begins to thicken. Add Worcestershire sauce and thyme, whisking to combine.

**FIVE:** In a 10 x 15-inch casserole dish, add bison mixture, broth mixture and peas; stir to combine. Spread mixture in an even layer, then top with potato-cauliflower mixture in an even layer. Run a fork over top in a crosshatch pattern or use the back of a spatula or spoon to create a swirl texture. Mist top with cooking spray, transfer to oven and bake until filling is bubbling and top is golden brown, about 30 minutes. Let rest for 5 minutes before serving.

*Nutrients per 1-cup serving:* Calories: 191, Total Fat: 5 g, Sat. Fat: 1 g, Carbs: 19 g, Fiber: 3 g, Sugars: 3.5 g, Protein: 16 g, Sodium: 332 mg, Cholesterol: 41 mg

**Nutritional Bonus:** Bison, a highly nutrient-dense protein, has a greater concentration of iron as well as omega-3 fatty acids than ground beef. Opt for grass-fed and free-range for maximum omega-3s and beefy flavor!



**Ham, Cheese & Broccoli Casserole**

Serves 8. Hands-on time: 10 minutes. Total time: 1 hour.

**INGREDIENTS:**

- 2 cups broccoli florets
- 2 cups cauliflower florets
- 2 tbsp olive oil
- 1 tbsp red pepper flakes
- ½ lb whole-wheat medium pasta shells
- 4 large carrots, peeled and finely diced
- ¾ cup evaporated skim milk
- 1 cup shredded low-fat cheddar cheese
- 1 cup cubed, cooked, uncured, lean ham
- ½ cup whole-wheat bread crumbs

**INSTRUCTIONS:**

**ONE:** Preheat oven to 400°F.

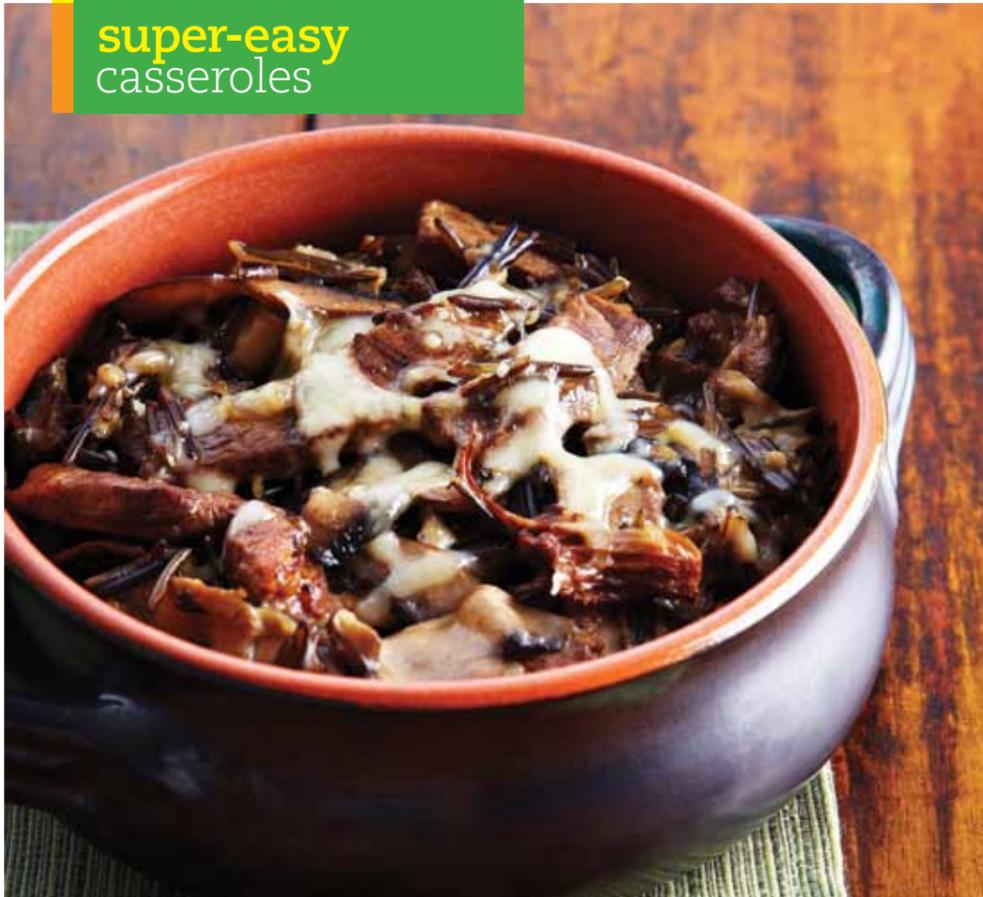
**TWO:** On a large baking sheet, add broccoli, cauliflower, oil and pepper flakes; toss to combine. Transfer to oven and roast for 30 minutes, tossing halfway through. Remove from oven and set aside; reduce oven temperature to 350°F.

**THREE:** Meanwhile, fill a 2½-qt pot with water and bring to a boil. Add pasta and cook for 5 minutes; drain and set aside.

**FOUR:** In a medium saucepan, combine carrots, milk and ½ cup water. Place on medium-low heat, cover and simmer for 15 minutes, until carrots soften. Remove from heat and let cool for 5 to 10 minutes. Transfer mixture to the bowl of a food processor; add cheese and pulse until smooth. Set aside.

**FIVE:** In an 8 x 10-inch baking dish, combine broccoli-cauliflower mixture, carrot-cheese mixture, pasta and ham. Spread mixture in an even layer. Cover with bread crumbs and bake for 20 minutes or until topping is browned and bubbly. Serve immediately.

*Nutrients per 1-cup serving:* Calories: 290, Total Fat: 7 g, Sat. Fat: 1.5 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 0.5 g, Carbs: 38 g, Fiber: 4 g, Sugars: 8 g, Protein: 18 g, Sodium: 557 mg, Cholesterol: 20 mg



## Creamy Mushroom Casserole

**Serves 6. Hands-on time:** 30 minutes.  
**Total time:** 1 hour, 20 minutes.

### INGREDIENTS:

- 1 cup wild rice
- 1 lb top sirloin steak, trimmed of visible fat and cut into 1-inch-thick strips
- 1 tbsp olive oil
- 1 large yellow onion, diced
- 2 cups sliced mixed mushrooms (**TIP:** Try a blend of porcini, portobello and trumpets)
- 2 cloves garlic, minced
- 3 tbsp whole-wheat flour
- 1 cup skim milk
- 1 tsp fresh ground black pepper
- 1 tsp fresh ground nutmeg
- 1 cup shredded low-fat Swiss cheese, divided

### INSTRUCTIONS:

**ONE:** Preheat oven to 350°F.

**TWO:** In a medium saucepan, bring 1¾ cups water to a boil. Stir in rice and return to a boil; cover, reduce heat to low and simmer for 25 minutes. Remove from heat, fluff lightly with a fork and set aside.

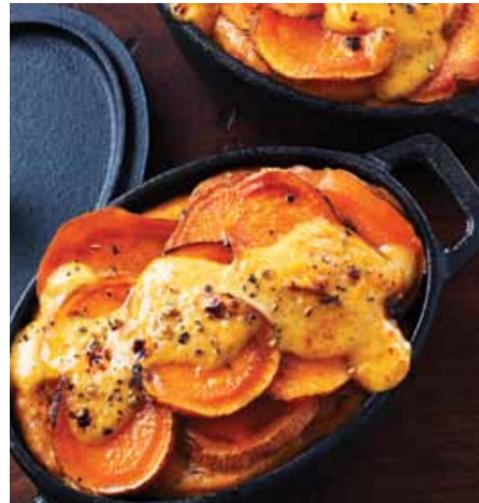
**THREE:** Heat a large skillet on high. Add steak and cook for about 2 minutes per side, until browned. Transfer to a plate and cover to keep warm.

**FOUR:** Drain and wipe out skillet; heat oil on medium-high. Add onion, mushrooms and garlic and sauté, stirring occasionally, for 15 minutes, until onions are soft and translucent. Sprinkle flour over top of mixture and stir to combine. Slowly add milk, stirring constantly until thickened, about 5 minutes. Add pepper, nutmeg and ½ cup cheese; stir until combined.

**FIVE:** In a 4.8-qt casserole dish, combine steak, onion-mushroom mixture and rice; mix well. Spread mixture in an even layer. Top with remaining ½ cup cheese. Transfer to oven and bake for 30 minutes or until brown and bubbly. Remove from oven and let rest for 5 minutes before serving.

**Nutrients per 1-cup serving:** Calories: 287, Total Fat: 9 g, Sat. Fat: 3 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 1 g, Carbs: 26 g, Fiber: 3 g, Sugars: 5 g, Protein: 25 g, Sodium: 113 mg, Cholesterol: 44 mg

**Nutritional Bonus:** If you'd prefer to make this recipe vegetarian, swap out the steak for even more mushrooms, as they're an ideal, low-calorie way to add "meatiness" to any dish. They also help lower cholesterol and may reduce your risk of breast cancer and diabetes. All while giving your immune system a boost!



## Spicy Scalloped Sweet Potatoes

**Serves 4. Hands-on time:** 10 minutes.  
**Total time:** 40 minutes.

### INGREDIENTS:

- 1 large sweet potato, peeled and sliced into ¼-inch-thick rounds, divided
- 2 tbsp olive oil
- 2 tbsp whole-wheat flour
- 1 cup skim milk
- ½ tsp sea salt
- 1 tsp fresh ground black pepper
- 1 tsp chile powder
- 1 tsp ground cumin
- 1 tsp red pepper flakes
- ½ cup shredded low-fat cheddar cheese

### INSTRUCTIONS:

**ONE:** Preheat oven to 400°F.

**TWO:** In a 10-inch square baking dish, spread half of potato slices in an even layer, overlapping slightly if needed.

**THREE:** In a medium skillet, heat oil on medium-high. Sprinkle in flour and whisk until combined (mixture will resemble a paste). Gradually whisk in milk until lumps smooth out and mixture begins to thicken. Add salt, black pepper, chile powder, cumin and pepper flakes; stir to combine. Add cheese and stir until completely melted, about 2 minutes. Pour three-quarters of chile-cheese sauce over potatoes. Layer remaining potatoes over top, overlapping slightly if needed. Top with remaining chile-cheese sauce.

**FOUR:** Transfer to oven and bake for 30 to 35 minutes, uncovered, until browned and bubbly. Remove from oven and let rest for 5 minutes before serving.

**Nutrients per 4.4-oz serving:** Calories: 157, Total Fat: 8.5 g, Sat. Fat: 1.5 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 1 g, Carbs: 14 g, Fiber: 2 g, Sugars: 4.5 g, Protein: 7 g, Sodium: 384 mg, Cholesterol: 4 mg



## Crab Pot Pie

IN A BREAD BOWL

**Serves 5. Hands-on time:** 20 minutes. **Total time:** 35 minutes.

### INGREDIENTS:

- 3 tbsp olive oil, divided
- 1 Yukon gold potato, scrubbed well and diced
- 1 cup diced yellow onion
- 1 cup peeled and diced carrots
- 1 leek, diced
- 2 tbsp whole-wheat flour
- 1 cup clam juice
- ½ cup skim milk
- 1 cup frozen peas
- 1 cup frozen corn
- 1 cup fresh lump crabmeat
- 5 whole-wheat bread bowls

### INSTRUCTIONS:

**ONE:** Preheat oven to 350°F.

**TWO:** In a large skillet, heat 1 tbsp oil on medium-high. Add potato, onion, carrots and leek. Cook for 10 minutes, stirring frequently, until onion is translucent and carrots soften.

**THREE:** Meanwhile, in a medium skillet, heat remaining 2 tbsp oil on medium-high. Sprinkle in flour and whisk to combine until smooth. Slowly whisk in clam juice and milk until combined and sauce begins to thicken, about 5 minutes.

**FOUR:** Add clam juice mixture to skillet with potato-leek mixture and stir to combine; reduce heat to medium. Stir in peas, corn and crab and cook until heated through, about 3 minutes.

**FIVE:** Set bread bowls on a baking sheet and remove tops. Ladle mixture into bread bowls, dividing evenly. Loosely cover each bowl with bread top, leaving space for steam to escape. Transfer to oven and bake for 15 minutes. Serve immediately.

**Nutrients per bowl:** Calories: 572, Total Fat: 11 g, Sat. Fat: 1 g, Monounsaturated Fat: 6.5 g, Polyunsaturated Fat: 1 g, Carbs: 90 g, Fiber: 12 g, Sugars: 7.5 g, Protein: 26 g, Sodium: 620 mg, Cholesterol: 38 mg

**TIP:** Save 310 calories, 61 g of carbs and 291 mg of sodium by eating just the filling and passing on the bowl!



## Roasted Tomato & Root Vegetable Gratin

WITH PORK TENDERLOIN

**Serves 6. Hands-on time:** 15 minutes.  
**Total time:** 1 hour, 45 minutes.

### INGREDIENTS:

- 1 tbsp plus 2 tsp olive oil, divided
- 1 lb pork tenderloin, cubed
- 1 tsp fresh ground black pepper
- 1 tbsp whole-wheat flour
- ½ cup low-sodium chicken broth
- ½ cup whole-wheat bread crumbs
- ½ cup grated Parmesan cheese
- 1 tbsp chopped fresh parsley
- 1 tbsp chopped fresh thyme
- 1 cup sliced parsnips (peeled, halved lengthwise and cut into half-moons)
- 1 cup sliced carrots (peeled, halved lengthwise and cut into half-moons)
- ½ yellow onion, sliced into wedges
- 1 cup Yukon gold potatoes, scrubbed well and cut into 2-inch pieces
- 2 beefsteak tomatoes, sliced

### INSTRUCTIONS:

**ONE:** Preheat oven to 400°F.

**TWO:** In a medium skillet, heat 1 tbsp oil on medium-high. Add pork, season with pepper and cook for 4 minutes per side, until no pink remains in center and browned on outside. Transfer to a plate lined with paper towel to absorb any excess oil.

**THREE:** In same skillet, heat remaining 2 tsp oil on medium-high. Sprinkle with flour and whisk until no lumps remain, about 1 minute. Gradually add broth and whisk until mixture is smooth and begins to thicken.

**FOUR:** In a small bowl, combine bread crumbs, Parmesan, parsley and thyme; set aside.

**FIVE:** In a 10-inch square baking dish, combine parsnips, carrots, onion and potatoes. Add pork and broth mixture and stir to combine. Spread mixture in an even layer, then top with a layer of tomatoes. Sprinkle bread crumb mixture over top, transfer to oven and bake for 1½ hours. Serve immediately.

**Nutrients per 1-cup serving:** Calories: 271, Total Fat: 8 g, Sat. Fat: 3 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 1 g, Carbs: 24 g, Fiber: 4 g, Sugars: 6 g, Protein: 22 g, Sodium: 339 mg, Cholesterol: 55 mg

**Nutritional Bonus:** Pork tenderloin – “the other white meat” – contains over 50% of your recommended daily intake of thiamin, a B vitamin that aids in digestion. ©