

# index

Page numbers in *italics* indicate photos.

**A**glio e Olio, Chicken & Broccolini, 66, 67

## Alfredo

Fettuccine, with Shrimp, Light, 59  
Turkey Quinoa, 87, 87

All'amatriciana, 72, 73

## Apple(s)

Cake, 361  
Crisp, Gingersnap, 360, 360  
Apricot BBQ Sauce, Chicken with, 260, 261

Arroz con Pollo, 158, 159

Arugula, 34

& Butter Bean Salad, Lemon-Basil, 10, 11

## Asian(-Style)

Beef & Noodles, 206, 207  
Sloppy Joes, 202  
Tofu, Grilled, 126

## Bacon, Turkey

Frisée with Poached Egg &, 31  
in Pasta Carbonara, 71  
in Turkey & Broccoli Salad, 170, 171  
Banana Strawberry S'mores, 348, 349  
Barley, 82

& Beef Soup, 316

& Chicken Salad, 89, 89

Pilaf, Shrimp with, 90, 91

Bars, Raspberry Cheesecake, 356

**Basil**, 10. *See also* Pesto

Eggplant, Tomato & Fresh Basil  
Sauce, Rotini with, 50

-Lemon Arugula & Butter Bean  
Salad, 10, 11

-Mustard Chicken with Grilled  
Corn, 258, 259

## Basmati Rice, Brown

& Chicken Curry, 160, 161  
& Chickpea Curry, 96, 97

**Bean(s)**. *See also* Chickpea(s); Green

Bean(s); Lima Beans

Beef Ragu with, 324, 325

Butter Bean & Arugula Salad, Lemon-  
Basil, 10, 11

Caprese Salad, 3-Bean, 111

Cassoulet, 308, 309

Chili, Harvest, 120, 121

& Corn Salad, Fresh 2-Bean, 112, 113

Minestrone, Easy, 108, 108

Red, & Quinoa Burritos, 86

White, & Rainbow Chard

Casserole, 132, 133

**Beef**. *See also* Steak(s)

Cheeseburgers, All-American, 288, 289

Cheeseburger-Zucchini Pie, 204, 205

cuts of, 194, 198

with Garlic Potatoes, 197

ground, and food safety, 202

& Hominy Stew, Smoky, 104, 105

Kabobs over Couscous, 198, 199

Meatloaf, Southwest, 200, 201

Meat Sauce & Shells, Quick, 62, 63

& Noodles, Asian, 206, 207

Pot Roast, Mom's, 188, 189

Sloppy Joes (+ 3 Variations), 202, 203

## Slow Cooker

Chili con Carne, 322, 323

with Mushrooms & Red

Wine, 318, 319

Ragu with Beans, 324, 325

Soup, & Barley, 316

Stew, Tangy, 317, 317

Tostadas, 320, 321

Sunday Dinner on the Grill, 282, 283

**Bell Peppers**. *See* Peppers

## Berries

Parfaits, Tropical, 345, 345

Ricotta Mousse with, 346, 347

## Bok Choy

Baby, Soy-Glazed Tuna Steaks

with, 276, 277

& Salmon, Easy, 312, 313

Bolognese, Sausage, with Linguine, 180, 181

## Bow Ties

Pasta Salad, Grilled Steak &, 285

& Tilapia, Panko-Crusted, 240, 241

& Veggies with Pesto, 45

## Broccoli

Mac, Reduced-Fat, 49, 49

Salad, Glazed, Teriyaki Salmon with, 232, 233

& Turkey Salad, 170, 171

Broccolini & Chicken Aglio e Olio, 66, 67

Broccoli Rabe, Rotini with Sausage &, 75

Brown Sugar-Glazed Salmon, 236

Buffalo Chicken Salad, 29

## Bulgur, 82

with Chickpeas, Mediterranean, 84, 84

Squash, -Stuffed, 85, 85

## Burger(s)

Cheeseburgers, All-American, 288, 289

Chicken, 264, 265

Salmon, Easy, 272, 273

Turkey, Ultimate, with Caramelized

Onions, 178, 179

Veggie, Greek-Style, 114, 115

Burritos, Quinoa & Red Bean, 86

Butter Bean & Arugula Salad, Lemon-

Basil, 10, 11

Butter-Pecan Cupcakes, 358, 359

## Cabbage

Red, Pork Chops with, 331

in Shrimp Salad, Chinese, 22, 23

Cake, Apple, 361

## Caprese

Salad, 3-Bean, 111

Turkey, Grilled, 266, 267

Carrots & Cod, Gingered, 237, 237

Cashews, Chicken with, 301, 301

## Casserole(s)

Fish, Mediterranean, 243, 243

Tortilla, Mexican, 335, 335

White Bean & Rainbow Chard, 132, 133

Cassoulet, 308, 309

Catfish & Corn Salsa, 226

Cauliflower, 200, 201

Chili, Harvest, 120, 121

Curry, Vegetable, 136, 137

Polenta with Marinara &, 128, 129

-Potato Mash, 188, 189

in Tortilla Casserole, Mexican, 335, 335

Cavatappi with Chicken &

Vegetables, 64, 65

Cellentani with Ham & Greens, 74, 74

Cellophane noodles, 52

## Chard

Pot Pie, Harvest, 176, 177

Rainbow, & White Bean

Casserole, 132, 133

Red, Shrimp &, Sautéed, 249, 249

Swiss, Gingered Tilapia &, 224, 225

## Cheddar

Frisée with Pears, Pecans &, 12, 13

Mac, Reduced-Fat, 49, 49

Cheeseburgers, All-American, 288, 289

Cheeseburger-Zucchini Pie, 204, 205

Cheesecake Bars, Raspberry, 356

Cheesy Meximac, 48, 48

Cherry Tomato Salad, Stuffed Chicken

Breasts &, 154, 155

**Chicken**. *See also* Sausage, Chicken

Arroz con Pollo, 158, 159

& Barley Salad, 89, 89

& Broccolini Aglio e Olio, 66, 67

Cacciatore, 156, 156

Cavatappi with Vegetables &, 64, 65

Chipotle, Wagon Wheels, 68, 68

in Cobb Salad, 28, 28

Curry & Brown Basmati Rice, 160, 161

cutlets, cutting, 30

cutlets, sautéing, 146

Cutlets, Tex-Mex, 144

Greek, Baked, 162, 163

Meatballs with Spaghetti, 165

& Orzo, Lemony, 148, 148

**Chicken** (*continued*)

in Pasta Salad, Warm Sweet & Savory, 58, 59  
 Peanut, Thai, 150, 151  
 & Rice, Jerk, 152, 153  
 Roasted, Szechuan, 157  
 Roast, & Veggies, 140, 141  
 safe handling of, 144, 158  
 Salad, Buffalo, 29  
 Salad, Mexican, 30, 30  
 Scaloppine al Marsala, 145, 145  
 & Soba Noodles, 149  
 Soup, Noodle, 142, 143  
 Soup, Tortilla, 168, 169  
 Stuffed Breasts & Cherry Tomato Salad, 154, 155  
 with Succotash, Balsamic, 146, 147  
 in Tacos, Soft, 164  
 whole, cutting up, 158

**Chicken, Grilled**

with Apricot BBQ Sauce, 260, 261  
 Burgers, 264, 265  
 Mustard-Basil, with Grilled Corn, 258, 259  
 & Potatoes, Vidalia, 257  
 with Sweet Potatoes, Smoky BBQ, 256, 256  
 Thighs, Citrusy Tequila, with Rice Salad, 262, 263

**Chicken, Slow Cooker**

& Bean Stew, 303, 303  
 with Cashews, 301, 301  
 Cassoulet, 308, 309  
 Jambalaya, 306, 307  
 Lemon & Caper, 300  
 with Mushrooms & Tomatoes, Simmered, 302  
 Tagine, Fruity, 305, 305  
 Tex-Mex, 304

**Chickpea(s)**

& Brown Basmati Curry, 96, 97  
 Bulgur with, Mediterranean, 84, 84  
 Penne with Escarole, Caramelized Onions &, 42, 43  
 Tomatoes, Stuffed, Moroccan-Style, 92  
 in Vegetable Curry, 136, 137  
 & Zucchini Ratatouille, 130, 131

Chili con Carne, 322, 323

**Chiles**

Chipotle Chicken Wagon Wheels, 68, 68  
 Green Mole Sauce, Pork Tenderloin &, 211  
 Tacos al Pastor, 216  
 Chili, Harvest, 120, 121  
 Chinese noodles, 52  
 Chinese Shrimp Salad, 22, 23  
 Chipotle Chicken Wagon Wheels, 68, 68

**Chocolate**

health benefits of, 352  
 Truffles, 350, 350, 351  
 -Walnut Turnovers, 352, 353

Citrusy Tequila Chicken Thighs with

Rice Salad, 262, 263

Clam Sauce, Linguine with, 54, 55

Cobb Salad, 28, 28

Coconut Marshmallow Patties, 357, 357

**Cod**

& Carrots, Gingered, 237, 237

Oven-Roasted, with Tomato

Relish, 235, 235

& Ratatouille Packets, 244, 245

Tacos, Fish, 227, 227

Cookies 'n' Cream Mini Cupcakes, 354, 355

**Corn.** See also Hominy

& Bean Salad, Fresh 2-Bean, 112, 113

Grilled, Flounder Packets &, East

Coast, 279

Grilled, Mustard-Basil Chicken

with, 258, 259

Salsa, Catfish &, 226

Succotash, Balsamic Chicken

with, 146, 147

**Cornbread**

& Pork Posole Stew, 332, 333

& Sausage Stuffed Peppers, 182, 183

**Couscous**

Beef Kabobs over, 198, 199

in Cod, Oven-Roasted, with Tomato

Relish, 235, 235

Israeli, & Herb-Crusted Salmon, 230, 231

Onion, Grilled Pork &, 292

Paella, Scallop, 93, 93

Tomatoes, Stuffed, Moroccan-Style, 92

whole-wheat, 82

Crabmeat Stuffing, Baked Flounder

with, 246, 247

Cranberries, Dried, Romaine with

Turkey &, 34, 35

Crisp, Gingersnap Apple, 360, 360

Cube Steak & Onion Gravy, 196, 196

**Cupcakes**

Butter-Pecan, 358, 359

Cookies 'n' Cream, Mini, 354, 355

**Curry(ied)**

Chicken, & Brown Basmati Rice, 160, 161

Chickpea & Brown Basmati, 96, 97

Salmon & Mint Raita, 238, 239

Vegetable, 124, 125

Vegetables & Turkey, 310

Edamame & Mushroom Risotto, 124, 125

**Egg(s)**

Poached, Frisée with Bacon &, 31

Strata, Sausage, Spinach & Swiss, 185

**Eggplant**

in Rigatoni alla Siciliana, 44, 44

Rollatini, 118, 119

Tomato & Basil Sauce, Fresh, Rotini

with, 50

& Tomato Gratin, 117

Enchiladas, Tomatillo Shrimp, 251

Escarole, Penne with Caramelized

Onions, Chickpeas &, 42, 43

Fajitas, Vegetable, Grilled, 268

**Fettuccine**

Alfredo with Shrimp, Light, 59

Scallop & Shrimp, 252

in Tofu, Asian-Style Grilled, 126

Figs, Frisée & Prosciutto with Walnut

Vinaigrette, 16

Filet with Mushroom Sauce, 194, 195

Fingerling Potato

& Green Bean Pasta, 51, 51

Salad, 190, 191

**Fish.** See also Cod; Flounder; Salmon;

Swordfish; Tilapia; Tuna

buying guidelines, 224

Casserole, Mediterranean, 243, 243

Catfish & Corn Salsa, 226

Red Snapper with Gazpacho

Salsa, 222, 223

Tacos, 227, 227

& Zucchini Chips, 242

Flank Steak, 194

Grilled, & Pasta Salad, 285

Salad, 33, 33

Stuffed, 192, 192, 193

**Flounder**

Baked, with Crabmeat Stuffing, 246, 247

Lemony, with Roasted Zucchini, 228, 229

Packets & Grilled Corn, East Coast, 279

Wild Rice-Stuffed, 248

Frisée, 34

with Bacon & Poached Egg, 31

Figs & Prosciutto with Walnut

Vinaigrette, 16

with Pears, Cheddar & Pecans, 12, 13

Frosting, 354, 355, 358, 359

**Frozen Desserts**

Granita, Mango, 340, 341

Sorbet, Strawberry, 338, 339

Tiramisu, 342, 343

Fruit, colors and benefits of, 122

**Fruit Desserts**

Apple Cake, 361

Apple Crisp, Gingersnap, 360, 360

Berries, Ricotta Mousse with, 346, 347

Parfaits, Tropical, 345, 345

Peaches, Grilled Georgia, 344

S'mores, Strawberry Banana, 348, 349

Garam Masala Lentils & Potatoes, 134, 135

Gazpacho Pasta Salad, 116

Gazpacho Salsa, Red Snapper with, 222, 223

Gingered Carrots & Cod, 237, 237

Gingered Tilapia & Swiss Chard, 224, 225

Gingerroot, 160

Gingersnap Apple Crisp, 360, 360

Goulash, Pork, 330, 330

Granita, Mango, 340, 341

Gratin, Eggplant & Tomato, 117

Gravy, Onion, Cube Steak &, 196, 196

**Greek(-Style)**

Chicken, Baked, 162, 163  
 Swordfish Kabobs, 274  
 Veggie Burgers, 114, 115

**Green Bean(s)**

Caprese Salad, 3-Bean, 111  
 & Corn Salad, Fresh 2-Bean, 112, 113  
 & Fingerling Potato Pasta, 51, 51  
 Green Mole Sauce, Pork Tenderloin &, 211  
 Greens, Cellentani with Ham &, 74, 74  
 Gremolata, Swordfish with, 234  
 Grilling guidelines/tips, 254, 257, 260, 282

**Ham**

Cellentani with Greens &, 74, 74  
 Risotto with Sugar Snap Peas &, 94, 95

**Herb(s), 10**

-Crusted Salmon & Israeli  
 Couscous, 230, 231  
 Salad, Lemony, Tilapia with, 220, 221

**Hominy**

& Beef Stew, Smoky, 104, 105  
 Pork Posole & Cornbread Stew, 332, 333

**Israeli Couscous & Herb-Crusted**

Salmon, 230, 231

**Italian(-Style)**

Pork, Grilled, 294  
 Pork Roast, 327, 327  
 Sloppy Joes, 202

**Jambalaya, 306, 307**

Sausage, 217

**Jerk**

Chicken & Rice, 152, 153  
 London Broil, Rubbed, 190, 191  
 Jerk seasoning, 152

**Kabobs**

Beef, over Couscous, 198, 199  
 Pork & Veggie, 296, 297  
 Swordfish, Greek-Style, 274  
 Kasha Picadillo Stuffed Peppers, 98, 99  
 Knives, types of, 190

**Lasagna**

Quick Hearty, 77  
 Turkey, 311, 311

**Lemon(y)**

-Basil Arugula & Butter Bean Salad,  
 10, 11  
 and Caper Chicken, 300  
 Chicken & Orzo, 148, 148  
 Flounder with Roasted Zucchini,  
 228, 229  
 in Gremolata, 234  
 Herb Salad, Tilapia with, 220, 221

**Lentil(s)**

& Potatoes, Garam Masala, 136, 137  
 & Sausage Salad, 166, 167  
 Soup, Red, 109, 109

**Lima Beans**

Chicken & Bean Stew, 303, 303  
 Succotash, Balsamic, Chicken with,  
 146, 147

**Linguine**

Aglione e Olio, Chicken & Broccolini,  
 66, 67  
 with Clam Sauce, 54, 55  
 Sausage Bolognese with, 180, 181  
 in Shrimp, Mediterranean, 250  
 Lobster Roll, 253, 253  
 Lo mein noodles, 52  
 London Broil, Jerk Rubbed, 190, 191

**Mac, Reduced-Fat, 49, 49****Mango**

Granita, 340, 341  
 Parfaits, Tropical, 345, 345  
 Manicotti, Turkey & Spinach, 175  
 Maple-Glazed Pork with Mashed Sweet  
 Potatoes & Parsnips, 208, 209  
 Maple Glazed Salmon with Grilled  
 Vegetables, 269

**Marinade**

Citrusy, 262  
 Soy, 275  
 Steak, 286

**Marinara**

Basic, Spaghetti with, 76, 76  
 Polenta with Cauliflower &, 128, 129

**Marshmallow**

Coconut Patties, 357, 357  
 S'mores, Strawberry Banana, 348, 349  
 Meatballs, Chicken, with Spaghetti, 165  
 Meatloaf, Southwest, 200, 201  
 Meat Sauce & Shells, Quick, 62, 63

**Mediterranean**

Bulgur with Chickpeas, 84, 84  
 Fish Casserole, 243, 243  
 Orzo, 70, 70  
 Pork in Packets, 295  
 Shrimp, 250

**Mexican(-Style)**

Chicken Salad, 30, 30  
 Pork Roast, 210  
 Sloppy Joes, 202  
 Tortilla Casserole, 335, 335  
 Meximac, Cheesy, 48, 48  
 Minestrone, Easy, 108, 108  
 Mint, 10  
 Raita, Curried Salmon &, 238, 239  
 Mole Sauce, Green, Pork Tenderloin &, 211  
 Moroccan-Style Stuffed Tomatoes, 92  
 Mousse, Ricotta, with Berries, 346, 347

**Mozzarella**

in Arugula, Lemon-Basil, & Butter  
 Bean Salad, 10, 11  
 Eggplant Rollatini, 118, 119  
 Manicotti, Turkey & Spinach, 175  
 Pizza, Salad, 110, 110  
 in Polenta with Cauliflower &  
 Marinara, 128, 129

Rigatoni alla Siciliana, 44, 44

**Mushroom(s)**

Beef with Red Wine &, 318, 319  
 Chicken with Tomatoes &  
 Simmered, 302  
 & Edamame Risotto, 128, 129  
 Sauce, Beef Filet with, 194, 195  
 Turkey Florentine, 174  
 Turkey Tetrazzini, 172, 173  
 in Wheat Berry Salad Cups, 100, 101

**Noodle(s)**

Beef &, Asian, 206, 207  
 Poppy Seed, 330  
 in Pork Salad, Vietnamese, 36, 37  
 Soba, & Chicken, 149  
 Soba with Veggie Stir-Fry, Spicy, 52, 53  
 Soup, Chicken, 142, 143  
 Turkey Tetrazzini, 172, 173  
 types of, 52  
 Nuts, toasting, 12

**Oils, 16, 18**

Olive Oil, 18  
 Aglione e Olio, Chicken & Broccolini,  
 66, 67

**Onion(s)**

Caramelized, Penne with Escarole,  
 Chickpeas &, 42, 43  
 Caramelized, with Turkey Burger,  
 Ultimate, 178, 179  
 Couscous, Grilled Pork &, 292  
 Gravy, Cube Steak &, 196, 196  
 Vidalia Chicken & Potatoes, 257

**Orange(s)**

Citrusy Tequila Chicken Thighs with  
 Rice Salad, 262, 263  
 peeling/segmenting, 20  
 & Scallop Salad, 20, 21  
 Oregano, 10

**Orzo**

Chicken &, Lemony, 148, 148  
 Chicken, Baked Greek, 162, 163  
 Mediterranean, 70, 70

**Packets**

Cod & Ratatouille, 244, 245  
 Flounder & Grilled Corn, East Coast, 279  
 Pork in, Mediterranean, 295  
 Paella Couscous, Scallop, 93, 93  
 Panko-Crusted Tilapia & Bow Ties, 240, 241  
 Pantry staples, 54  
 Panzanella, 14, 15  
 Parfaits, Tropical, 345, 345  
 Parmesan Summer Squash, Skillet, 127  
**Parsley, 10**  
 in Gremolata, 234  
 Parsnips, Maple-Glazed Pork with  
 Mashed Sweet Potatoes &, 208, 209

**Pasta.** See also Linguine; Penne; Orzo; Fettuccine; Noodle(s); Rotini; Spaghetti  
 Aglio e Olio, Chicken & Broccoli, 66, 67  
 All'amatriciana, 72, 73  
 Bow Ties & Tilapia, Panko-Crusted, 240, 241  
 Bow Ties & Veggies with Pesto, 45  
 Carbonara, 71  
 Cavatappi with Chicken & Vegetables, 64, 65  
 Cellentani with Ham & Greens, 74, 74  
 Fingerling Potato & Green Bean, 51, 51  
 Lasagna, Quick Hearty, 77  
 Lasagna, Turkey, 311, 311  
 Mac, Reduced-Fat, 49, 49  
 Manicotti, Turkey & Spinach, 175  
 Meximac, Cheesy, 48, 48  
 Primavera, 46, 47  
 Ravioli with Spinach & Squash, 78, 79  
 Rigatoni alla Siciliana, 44, 44

**Salad**  
 Gazpacho, 116  
 & Steak, Grilled, 285  
 Sweet & Savory, Warm, 58, 59  
 Shells & Meat Sauce, Quick, 62, 63  
 Tortellini Soup, 40, 41  
 Wagon Wheels, Chipotle Chicken, 68, 68

**Pea(s)**  
 Penne with Sausage &, 60, 61  
 Sugar Snap, Risotto with Ham &, 94, 95

**Peach(es)**  
 Grilled Georgia, 344  
 Sauce, Pork Roast with, 326

**Peanut**  
 Chicken, Thai, 150, 151  
 Tofu Salad, Crispy, 17, 17

Peanut butter, 17

Pears, Frisée with Cheddar, Pecans &, 12, 13

**Pecan(s)**  
 Butter, Cupcakes, 358, 359  
 Frisée with Pears, Cheddar &, 12, 13

**Penne**  
 with Escarole, Caramelized Onions & Chickpeas, 42, 43  
 Mac, Reduced-Fat, 49, 49  
 with Sausage and Peas, 60, 61  
 in Turkey Caprese, Grilled, 266, 267  
 & Turkey Sausage, 69, 69

**Peppers.** See also Chiles  
 Relish, Sweet Pepper, Grilled Pork with, 290, 291  
 Sausage &, 184  
 Stuffed, Kasha Picadillo, 98, 99  
 Stuffed, Sausage & Cornbread, 182, 183

**Pesto**  
 Bow Ties & Veggies with, 45  
 in Fingerling Potato & Green Bean Pasta, 51, 51

Picadillo Stuffed Peppers, Kasha, 98, 99

**Pilaf**  
 Barley, Shrimp with, 90, 91  
 Quinoa, Pork with, 88  
 Rice, Honey-Mustard Steak with, 284  
 Wheat Berry, Grilled Skirt Steak &, 286, 287

Pitas, Shrimp, Grilled, 280, 281

Pizza, Salad, 110, 110

**Polenta**  
 with Cauliflower & Marinara, 128, 129  
 and Onions, 134, 135  
 in Pork, Grilled, Italian-Style, 294  
 in Sausage & Peppers, 184

**Pork.** See also Ham; Sausage  
 Cassoulet, 308, 309  
 Fried Rice, 82, 83

**Grilled**  
 Chops & Tomatoes with Mashed Potatoes, 293, 293  
 Italian-Style, 294  
 Kabobs, & Veggie, 296, 297  
 & Onion Couscous, 292  
 Packets, Mediterranean, 295  
 with Sweet Pepper Relish, 290, 291

Maple-Glazed, with Mashed Sweet Potatoes & Parsnips, 208, 209

Peppers, Stuffed, Kasha Picadillo, 98, 99  
 with Quinoa Pilaf, 88

Roast, Mexican-Style, 210

Salad, Vietnamese, 36, 37

Schnitzel, Quick, 212, 213

**Slow Cooker**  
 Chops with Red Cabbage, 331  
 Goulash, 330, 330  
 Posole & Cornbread Stew, 332, 333  
 Pulled, Sandwiches, 328, 329  
 Ragu with Pasta, 334  
 Roast, Italian, 327, 327  
 Roast with Peach Sauce, 326  
 & Sweet Potato Stir-Fry, 214, 215

Tacos al Pastor, 216

Tenderloin & Green Mole Sauce, 211

Posole, Pork, & Cornbread Stew, 332, 333

**Potato(es)**  
 -Cauliflower Mash, 188, 189  
 & Chicken, Vidalia, 257  
 in Curry, Chickpea & Brown Basmati, 96, 97  
 Fingerling, & Green Bean Pasta, 51, 51  
 in Fish Casserole, Mediterranean, 243, 243  
 Florentine, Baked, 126, 127  
 Garlic, Beef with, 197  
 & Lentils, Garam Masala, 134, 135  
 Mashed, Grilled Pork Chops & Tomatoes with, 293, 293  
 Salad, 190, 191  
 Smashed, Grilled Tuna &, 278, 278  
 in Spinach Niçoise, 18, 19  
 varieties of, 126

Pot Pie, Harvest, 176, 177

Pot Roast, Mom's, 188, 189

Prosciutto, Frisée & Figs with Walnut Vinaigrette, 16

Pulled Pork Sandwiches, 328, 329

## Quinoa, 82

Pilaf, Pork with, 88  
 & Red Bean Burritos, 86  
 Turkey Alfredo, 87, 87

## Ragu

Beef, with Beans, 324, 325  
 Pork, with Pasta, 334

Rainbow Chard & White Bean Casserole, 132, 133

Raita, Mint, Curried Salmon &, 238, 239

Raspberry Cheesecake Bars, 356

Ratatouille Packets, Cod &, 244, 245

Ratatouille, Zucchini & Chickpea, 130, 131

Ravioli with Spinach & Squash, 78, 79

Red Bean & Quinoa Burritos, 86

Red Cabbage, Pork Chops with, 331

Red Lentil Soup, 109, 109

Red Snapper with Gazpacho Salsa, 222, 223

## Relish

Sweet Pepper, Grilled Pork with, 290, 291  
 Tomato, with Oven-Roasted Cod, 235, 235

**Rice.** See also Basmati Rice; Risotto;

## Wild Rice

Arroz con Pollo, 158, 159  
 & Chicken, Jerk, 152, 153  
 Fried, Pork, 82, 83  
 Jambalaya, Sausage, 217  
 Pilaf, Honey-Mustard Steak with, 284  
 Salad, 262, 263  
 in Swordfish with Gremolata, 234

Rice noodles/sticks, 52

## Ricotta

Chicken Breasts, Stuffed, & Cherry Tomato Salad, 154, 155  
 Lasagna, Quick Hearty, 77  
 Lasagna, Turkey, 311, 311  
 Mousse with Berries, 346, 347  
 in Turkey Burger, Ultimate, with Caramelized Onions, 178, 179

Rigatoni alla Siciliana, 44, 44

## Risotto

Edamame & Mushroom, 124, 125  
 how to make, 94  
 with Sugar Snap Peas & Ham, 94, 95

## Romaine, 34

with Turkey & Dried Cranberries, 34, 35

## Rotini

with Broccoli Rabe & Sausage, 75  
 with Eggplant, Tomato & Fresh Basil Sauce, 50  
 Meximac, Cheesy, 48, 48  
 Pasta Salad, Warm Sweet & Savory, 58, 59

& Salmon, Creamy, 57, 57  
Rub, Jerk, 190

**Salad(s).** See also Pasta, Salad

Arugula & Butter Bean, Lemon-Basil, 10, 11  
Bean Caprese, 3-Bean, 111  
Bean & Corn, Fresh 2-Bean, 112, 113  
Broccoli, Glazed, Teriyaki Salmon with, 232, 233  
Cherry Tomato, and Stuffed Chicken Breasts, 154, 155  
Chicken & Barley, 89, 89  
Chicken, Buffalo, 29  
Chicken, Mexican, 30, 30  
Cobb, 28, 28  
Frisée with Bacon & Poached Egg, 31  
Frisée, Figs & Prosciutto with Walnut Vinaigrette, 16  
Frisée with Pears, Cheddar & Pecans, 12, 13  
greens for, 34  
Herb, Lemony, Tilapia with, 220, 221  
Panzanella, 14, 15  
Peanut Tofu, Crispy, 17, 17  
Pizza, 110, 110  
Pork, Vietnamese, 36, 37  
Potato, 190, 191  
Rice, 262, 263  
Romaine with Turkey & Dried Cranberries, 34, 35  
Sausage & Lentil, 166, 167  
Scallop & Orange, 20, 21  
Shrimp, Chinese, 22, 23  
Shrimp, with Scallion Dressing, 24, 25  
Spinach Niçoise, 18, 19  
Steak, 33, 33  
Turkey & Broccoli, 170, 171  
Turkey Waldorf, 32  
Vegetable, Roasted, & Shrimp, 26, 27  
Wheat Berry Salad Cups, 100, 101

**Salad Dressing**

homemade, 28  
Scallion, with Shrimp Salad, 24, 25  
Vinaigrette, Walnut, with Frisée, Figs & Prosciutto, 16  
whisking, 14

**Salmon**

& Bok Choy, Easy, 312, 313  
Brown Sugar-Glazed, 236  
Burgers, Easy, 272, 273  
Cedar Plank, Pacific Rim, 270, 271  
Curried, & Mint Raita, 238, 239  
Herb-Crusted, & Israeli Couscous, 230, 231  
Maple Glazed, with Grilled Vegetables, 269  
& Rotini, Creamy, 57, 57  
Teriyaki, with Glazed Broccoli Salad, 232, 233

**Salsa**

Corn, Catfish &, 226  
Gazpacho, Red Snapper with, 222, 223

**Sandwiches.** See also Burger(s)

Lobster Roll, 253, 253  
Pork, Pulled, 328, 329  
Shrimp Pitas, Grilled, 280, 281  
Sloppy Joes (+ 3 Variations), 202, 203  
Tuna Steak, Grilled, 275, 275

**Sauce(s)**

All'amatriciana, 72, 73  
Apricot BBQ, Chicken with, 260, 261  
Bolognese, Sausage, with Linguine, 180, 181  
Clam, Linguine with, 54, 55  
Eggplant, Tomato & Fresh Basil, Rotini with, 50  
Marinara, Basic, Spaghetti with, 76, 76  
Meat, & Shells, Quick, 62, 63  
Mole, Green, Pork Tenderloin &, 211  
Mushroom, Beef Filet with, 194, 195  
Peach, Pork Roast with, 326  
Peanut Chicken, Thai, 150

**Sausage**

in Bulgur-Stuffed Squash, 85, 85  
Cassoulet, 308, 309  
Chicken in Soft Tacos, 164  
Jambalaya, 217, 306, 307  
Lasagna, Quick Hearty, 77  
Rotini with Broccoli Rabe &, 75

**Sausage, Chicken**

in Couscous Paella, Scallop, 93, 93  
& Lentil Salad, 166, 167  
in Orzo, Mediterranean, 70, 70  
Penne with Peas and, 60, 61

**Sausage, Turkey**

Bolognese with Linguine, 180, 181  
& Penne, 69, 69  
& Peppers, 184  
& Peppers, Cornbread Stuffed, 182, 183  
Spinach & Swiss Strata, 185  
Scallion Dressing, Shrimp Salad with, 24, 25

**Scallop**

Couscous Paella, 93, 93  
& Orange Salad, 20, 21  
& Shrimp Fettuccine, 252  
Scaloppine, Chicken, al Marsala, 145, 145  
Schnitzel, Pork, Quick, 212, 213

**Shellfish.** See also Scallop; Shrimp

Clam Sauce, Linguine with, 54, 55  
Crabmeat Stuffing, Baked Flounder with, 246, 247  
Lobster Roll, 253, 253  
Shells & Meat Sauce, Quick, 62, 63

**Shrimp**

with Barley Pilaf, 90, 91  
Enchiladas, Tomatillo, 251  
Fettuccine Alfredo with, Light, 59  
Fettuccine, & Scallop, 252  
in Jambalaya, 306, 307  
Mediterranean, 250

peeling/cleaning, 250  
Pitas, Grilled, 280, 281  
Salad, Chinese, 22, 23  
Salad with Scallion Dressing, 24, 25  
Salad, & Vegetable, Roasted, 26, 27  
Sautéed, & Red Chard, 249, 249  
Stir-Fry, 314, 315  
Skirt Steak, Grilled, & Wheat Berry Pilaf, 286, 287

Sloppy Joes (+ 3 Variations), 202, 203  
Slow cooker guidelines/tips, 298, 318  
S'mores, Strawberry Banana, 348, 349  
Snapper, Red, with Gazpacho Salsa, 222, 223

**Soba Noodles**

& Chicken, 149  
with Veggie Stir-Fry, Spicy, 52, 53  
Sorbet, Strawberry, 338, 339

**Soup(s)**

Beef & Barley, 316  
Chicken Noodle, 142, 143  
Chicken Tortilla, 168, 169  
Lentil, Red, 109, 109  
Minestrone, Easy, 108, 108  
Tortellini, 40, 41

Southwest Meatloaf, 200, 201

Soy-Glazed Tuna Steaks with Baby Bok Choy, 276, 277

Soy Marinade, 275

**Spaghetti**

Chicken Meatballs with, 165  
Fingerling Potato & Green Bean Pasta, 51, 51  
with Marinara, Basic, 76, 76  
Pasta Primavera, 46, 47  
in Shrimp & Red Chard, Sautéed, 249, 249

**Spinach**

Flank Steak, Stuffed, 192, 192, 193  
Manicotti, Turkey &, 175  
Niçoise, 18, 19  
Potatoes Florentine, Baked, 122, 123  
Ravioli with Squash &, 78, 79  
Sausage & Swiss Strata, 185  
Scallop and Orange Salad, 20, 21  
Turkey Florentine, 174

**Squash**

Bulgur-Stuffed, 85, 85  
in Vegetable Curry, 136, 137

**Squash, Summer.** See also Zucchini

Kabobs, Pork & Veggie, 296, 297  
Parmesan, Skillet, 127  
Ratatouille & Cod Packets, 244, 245  
Ravioli with Spinach &, 78, 79

**Steak(s)**

Cube, & Onion Gravy, 196, 196  
Filet with Mushroom Sauce, 194, 195  
Flank, Stuffed, 192, 192, 193

**Grilled**

Honey-Mustard, with Rice Pilaf, 284

**Steaks** (*continued*)  
 & Pasta Salad, 285  
 Skirt, & Wheat Berry Pilaf, 286, 287  
 London Broil, Jerk Rubbed, 190, 191  
 Salad, 33, 33

**Stew(s)**  
 Beef & Hominy, Smoky, 104, 105  
 Beef Ragu with Beans, 324, 325  
 Beef, Tangy, 317, 317  
 Chicken & Bean, 303, 303  
 Chicken Tagine, Fruity, 305, 305  
 Pork Goulash, 330, 330  
 Pork Posole & Cornbread, 332, 333  
 Pork Ragu with Pasta, 334

**Stir-Fry**  
 Pork & Sweet Potato, 214, 215  
 Shrimp, 314, 315  
 Veggie, Spicy, Soba Noodles with, 52, 53

Strata, Sausage, Spinach & Swiss, 185

**Strawberry**  
 Banana S'mores, 348, 349  
 Sorbet, 338, 339

**Stuffed**  
 Chicken Breasts & Cherry Tomato Salad, 154, 155  
 Flank Steak, 192, 192, 193  
 Flounder, Wild Rice-, 248  
 Peppers, Kasha Picadillo, 98, 99  
 Peppers, Sausage & Cornbread, 182, 183  
 Squash, Bulgur-, 85, 85  
 Tomatoes, Moroccan-Style, 92

Stuffing, Crabmeat, Baked Flounder with, 246, 247

Succotash, Balsamic, Chicken with, 146, 147

Sugar Snap Peas, Risotto with Ham &, 94, 95

**Summer Squash.** See *Squash, Summer*

Sunday Dinner on the Grill, 282, 283

**Sweet Potato(es)**  
 Chicken with, Smoky BBQ, 256, 256  
 in Chili, Harvest, 120, 121  
 Grilled Vegetables, Maple Glazed Salmon with, 269  
 Mashed, Maple-Glazed Pork with Parsnips &, 208, 209  
 and Pork Stir-Fry, 214, 215

Swiss, Sausage & Spinach Strata, 185

Swiss Chard, Gingered Tilapia &, 224, 225

**Swordfish**  
 with Gremolata, 234  
 Kabobs, Greek-Style, 274  
 Szechuan Roasted Chicken, 157

**Tacos**  
 Chicken in, Soft, 164  
 Chicken, Tex-Mex, 304  
 Fish, 227, 227  
 al Pastor, 216

Tagine, Chicken, Fruity, 305, 305

Tequila Chicken Thighs, Citrusy, with Rice Salad, 262, 263

Teriyaki Salmon with Glazed Broccoli Salad, 232, 233

Tex-Mex Chicken, 304

Tex-Mex Chicken Cutlets, 144

Thai Peanut Chicken, 150, 151

3-Bean Caprese Salad, 111

**Tilapia**  
 Gingered, & Swiss Chard, 224, 225  
 with Herb Salad, Lemony, 220, 221  
 Panko-Crusted, & Bow Ties, 240, 241  
 Zucchini Chips, Fish &, 242

Tiramisu, Frozen, 342, 343

**Tofu**  
 Asian-Style Grilled, 126  
 Peanut Salad, Crispy, 17, 17  
 in Soba Noodles with Spicy Veggie Stir-Fry, 52, 53  
 & Wild Rice Toss, 102, 103

Tomatillo Shrimp Enchiladas, 251

**Tomato(es)**  
 Cherry, Salad, Stuffed Chicken Breasts &, 154, 155  
 Chicken with Mushrooms &, Simmered, 302  
 Eggplant & Basil Sauce, Fresh, Rotini with, 50  
 & Eggplant Gratin, 117  
 Kabobs, Pork & Veggie, 296, 297  
 Marinara, Basic, Spaghetti with, 76, 76  
 & Pork Chops, Grilled, with Mashed Potatoes, 293, 293  
 Ratatouille, Zucchini & Chickpea, 130, 131  
 Relish, with Oven-Roasted Cod, 235, 235  
 Stuffed, Moroccan-Style, 92  
 Turkey Caprese, Grilled, 266, 267

Tortellini Soup, 40, 41

Tortilla Casserole, Mexican, 335, 335

Tortilla Soup, Chicken, 168, 169

Tostadas, Beef, 320, 321

Truffles, Chocolate, 350, 350, 351

**Tuna**  
 & Smashed Potatoes, 278, 278  
 in Spinach Niçoise, 18, 19  
 Steak Sandwiches, Grilled, 275, 275  
 Steaks, Soy-Glazed, with Baby Bok Choy, 276, 277

**Turkey.** See also Bacon, Turkey;  
 Sausage, Turkey  
 & Broccoli Salad, 170, 171  
 Burger, Ultimate, with Caramelized Onions, 178, 179  
 Caprese, Grilled, 266, 267  
 & Curried Vegetables, 310  
 Florentine, 174  
 Lasagna, 311, 311  
 Manicotti, & Spinach, 175  
 Pot Pie, Harvest, 176, 177

Quinoa Alfredo, 87, 87

Romaine with Dried Cranberries &, 34, 35

Tetrazzini, 172, 173

Waldorf Salad, 32

Turnovers, Chocolate-Walnut, 352, 353

**Vegetable(s).** See also specific vegetables  
 Bow Ties & Veggies with Pesto, 45  
 Burgers, Greek-Style Veggie, 114, 115  
 Cavatappi with Chicken &, 64, 65  
 Chili, Harvest, 120, 121  
 colors and benefits, 122  
 Curried, & Turkey, 310  
 Curry, 136, 137  
 fire-roasting, 268

**Grilled**  
 Fajitas, 268  
 Kabobs, Pork & Veggie, 296, 297  
 Maple Glazed Salmon with, 269  
 Sunday Dinner on the Grill, 282, 283  
 Minestrone, Easy, 108, 108  
 Pasta Primavera, 46, 47  
 Ratatouille Packets, Cod &, 244, 245  
 Roast, Chicken & Veggies, 140, 141  
 Roasted, & Shrimp Salad, 26, 27  
 Stir-Fry, Spicy Veggie, Soba Noodles with, 52, 53  
 Veggie Burgers, Greek-Style, 114, 115  
 Vidalia Chicken & Potatoes, 257  
 Vietnamese Pork Salad, 36, 37  
 Vinaigrette, Walnut, with Frisée, Figs & Prosciutto, 16

**Wagon Wheels, Chipotle Chicken, 68, 68**  
 Waldorf Salad, Turkey, 32

**Walnut(s)**  
 -Chocolate Turnovers, 352, 353  
 Vinaigrette, with Frisée, Figs & Prosciutto, 16

**Wheat Berry**  
 Pilaf, Grilled Skirt Steak &, 286, 287  
 Salad Cups, 100, 101

**Wild Rice**  
 -Stuffed Flounder, 248  
 & Tofu Toss, 102, 103

**Yogurt**  
 Parfaits, Tropical, 345, 345  
 Raita, Mint, Curried Salmon &, 238, 239  
 in Shrimp Pitas, Grilled, 280, 281  
 Tiramisu, Frozen, 342, 343

**Zucchini**  
 -Cheeseburger Pie, 204, 205  
 Chips, Fish &, 242  
 Kabobs, Pork & Veggie, 296, 297  
 Ratatouille, & Chickpea, 130, 131  
 Ratatouille & Cod Packets, 244, 245  
 Ravioli with Spinach & Squash, 78, 79  
 Roasted, Lemony Flounder with, 228, 229