

400-CALORIE DINNERS

Grilled Chicken with Yogurt Sauce

SERVES 4

- 1/2 c. yogurt
- 2 Tbsp. chopped fresh mint
- 2 tsp. grated peeled fresh ginger
- 1 tsp. garam masala spice blend
- 1/4 lbs. chicken-breast cutlets

1. In lg. dish, combine yogurt, mint, ginger, garam masala and 1/4 tsp. each salt and pepper. Add chicken. Turn to coat; let stand.

2. Preheat outdoor grill on med. Remove chicken from marinade; sprinkle with 1/2 tsp. each salt and pepper. Grill, covered, 10 to 12 min. or until an internal thermometer reaches 165°F.

MEAL-PLAN SIDES

2/3 c. frozen brown rice, cooked, and carrot salad: Toss 1/2 c. grated carrots with 2 Tbsp. orange juice, a pinch each of cumin and cinnamon and 1 Tbsp. feta cheese, crumbled.

Pizza Crust Panzanella

SERVES 4

- 1 11- to 12-in. thin 100% whole wheat pizza crust
- 2 pts. cherry tomatoes, each cut in half
- 8 oz. fresh mini mozzarella balls, cut in quarters
- 1/2 c. unsalted canned cannellini beans, drained
- 1/4 c. thinly sliced packed fresh basil leaves
- 2 Tbsp. white wine vinegar

1. Cut crust into 1-in. squares; in 12-in. skillet, cook on med. 10 min. or until browned and crisp, stirring occasionally. Cool.

2. In lg. bowl, combine cherry tomatoes, mozzarella balls, cannellini beans, basil, vinegar and 1/4 tsp. each salt and pepper with crust pieces.

CRAVING BUSTER

Shift your focus to something fun in the future, like a trip. It will take you out of "Gotta have that brownie now!" mode.



Tuna-Tomato Linguine

SERVES 6

- 1 lb. whole wheat linguine
- 1 lb. zucchini, trimmed
- 2 cans (5 oz. each) tuna in olive oil, undrained
- 1 pt. cherry tomatoes, cut in half
- 2 Tbsp. capers, rinsed and chopped

1. Cook linguine as label directs. Meanwhile, with vegetable peeler, peel zucchini into wide ribbons. Drain pasta.

2. Toss with zucchini, tuna and oil, tomatoes, capers and 1/4 tsp. each salt and pepper.

MEAL-PLAN SIDE

Tossed salad made with 2 c. arugula; 10 grapes, halved; 1/2 c. cucumber, diced; and 1 Tbsp. balsamic vinegar.

Simple solution: Get more fiber in your diet with new, lighter whole wheat pastas.

Sticky Glazed Salmon

SERVES 4

- 3 Tbsp. maple syrup
- 1 Tbsp. reduced-sodium soy sauce
- 2 tsp. rice wine vinegar
- 1/4 tsp. ground ginger
- 4 pieces (4 oz. each) skinless salmon fillet

1. In sm. bowl, whisk together maple syrup, soy sauce, rice wine vinegar and ground ginger. Sprinkle salmon fillets with 1/8 tsp. salt and 1/4 tsp. pepper.

2. Place fillets in 12-in. nonstick skillet; brush

