



Chickpea Curry

Made with convenient canned beans, this quick and healthy Indian recipe is an authentic chickpea curry that you can make in minutes. If you want an additional vegetable, stir in some roasted cauliflower florets. Serve with brown basmati rice or warm naan. Shefaly Ravula & Ameer Meghani

Total: 15 mins **Servings:** 6

Ingredients

- 1 medium serrano pepper, cut into thirds
- 4 large cloves garlic
- 1 2-inch piece fresh ginger, peeled and coarsely chopped
- 1 medium yellow onion, chopped (1-inch)
- 6 tablespoons canola oil or grapeseed oil
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- ½ teaspoon ground turmeric
- 2 ¼ cups no-salt-added canned diced tomatoes with their juice (from a 28-ounce can)
- ¾ teaspoon kosher salt
- 2 15-ounce cans chickpeas, rinsed
- 2 teaspoons garam masala
- Fresh cilantro for garnish

Directions

- **Step 1**
Pulse serrano, garlic and ginger in a food processor until minced. Scrape down the sides and pulse again. Add onion; pulse until finely chopped, but not watery.
- **Step 2**
Heat oil in a large saucepan over medium-high heat. Add the onion mixture and cook, stirring occasionally, until softened, 3 to 5 minutes. Add coriander, cumin and turmeric and cook, stirring, for 2 minutes.
- **Step 3**
Pulse tomatoes in the food processor until finely chopped. Add to the pan along with salt. Reduce heat to maintain a simmer and cook, stirring occasionally, for 4 minutes. Add chickpeas and garam masala, reduce heat to a gentle simmer, cover and cook, stirring occasionally, for 5 minutes more. Serve topped with cilantro, if desired.

Nutrition Facts

Serving Size: About 1 Cup

Per Serving:

278 calories; protein 5.8g; carbohydrates 30.3g; dietary fiber 6.3g; sugars 3.1g; fat 15.5g; saturated fat 1.2g; vitamin a iu 260.1IU; vitamin c 17.8mg; folate 75.4mcg; calcium 65.3mg; iron 2.1mg; magnesium 34.2mg; potassium 355.7mg; sodium 354.2mg. **Exchanges:** 1 Starch, 1 Vegetable, 1/2 Lean Meat, 3 Fat



Salmon-Stuffed Avocados

Canned salmon is a valuable pantry staple and a practical way to include heart-healthy omega-3-rich fish in your diet. Here, we combine it with avocados in an easy no-cook meal.

Abbie Gellman, M.S., RD, CDN

Active:15 mins **Total:**15 mins **Servings:**4

Ingredients

- ½ cup nonfat plain Greek yogurt
- ½ cup diced celery
- 2 tablespoons chopped fresh parsley
- 1 tablespoon lime juice
- 2 teaspoons mayonnaise
- 1 teaspoon Dijon mustard
- ⅛ teaspoon salt
- ⅛ teaspoon ground pepper
- 2 (5 ounce) cans salmon, drained, flaked, skin and bones removed
- 2 avocados
- Chopped chives for garnish

Directions

- **Step 1**
Combine yogurt, celery, parsley, lime juice, mayonnaise, mustard, salt, and pepper in a medium bowl; mix well. Add salmon and mix well.
- **Step 2**
Halve avocados lengthwise and remove pits. Scoop about 1 tablespoon flesh from each avocado half into a small bowl. Mash the scooped-out avocado flesh with a fork and stir into the salmon mixture.
- **Step 3**
Fill each avocado half with about 1/4 cup of the salmon mixture, mounding it on top of the avocado halves. Garnish with chives, if desired.

Nutrition Facts

Serving Size: 1/2 Avocado And 1/4 Cup Salmon Salad

Per Serving:

293 calories; protein 22.5g; carbohydrates 10.5g; dietary fiber 7g; sugars 1.8g; fat 19.6g; saturated fat 3g; cholesterol 61.2mg; vitamin a iu 413IU; vitamin c 14.1mg; folate 94.1mcg; calcium 94.2mg; iron 1.1mg; magnesium 52mg; potassium 807.2mg; sodium 399.8mg. © Copyright 2021 eatingwell.com. All rights reserved.



Chickpea, Artichoke & Avocado Salad with Apple-Cider Dressing

This delicious 400-calorie salad is a helpful tool for weight loss because it provides a good balance of fiber, protein and healthy fats from loads of veggies and beans, all tossed in a tangy apple-cider vinaigrette. To meal-prepare these for lunch throughout the week, pack the dressing and the salad separately and make sure your veggies are thoroughly dried before packing them together. Hilary Meyer

Active:20 mins **Total:**20 mins **Servings:**4

Ingredients

- 2 tablespoons cider vinegar
- 2 teaspoons whole-grain mustard
- 1 tablespoon minced shallot
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup extra-virgin olive oil
- 8 cups mixed salad greens (about 5 ounces)
- 1 (14 ounce) can artichoke hearts, rinsed and halved or quartered
- 1 cup rinsed no-salt-added chickpeas
- 1 avocado, chopped
- 2 hard-boiled eggs

Directions

- **Step 1**
Combine vinegar, mustard, shallot, salt and pepper in a large bowl. Whisk in oil until combined. Add salad greens, artichokes, chickpeas and avocado. Grate the eggs through the large holes of a box grater into the bowl. Toss gently to combine.

Nutrition Facts

Serving Size: 2 Generous Cups

Per Serving:

390 calories; protein 13g; carbohydrates 29.5g; dietary fiber 11.9g; sugars 1.6g; fat 25g; saturated fat 3.9g; cholesterol 93.3mg; vitamin a iu 3549.5IU; vitamin c 35.7mg; folate 229.7mcg; calcium 111mg; iron 2.8mg; magnesium 64.6mg; potassium 749.4mg; sodium 659.8mg; thiamin 0.2mg.

Exchanges: 4 1/2 Fat, 3 Vegetable, 1/2 Lean Protein, 1/2 Medium-Fat Protein, 1/2 Starch



Belly Busting Oats

This will be your go-to breakfast because it is so easy and utterly delicious. Grab a mason jar and fill it with:

- 1/2 cup rolled oats
- 1 teaspoon chia seeds
- 1/4 teaspoon cinnamon
- 1/2 cup unsweetened homemade almond milk or plain coconut milk
- 1/4 cup Greek yogurt
- 1/4 banana
- 1/4 cup pineapple, chopped
- 1/4 cup blueberries
- 1 tablespoon chopped almonds

Add the ingredients to your mason jar in the order listed and put the lid on and put it in the fridge overnight. In the morning you can simply eat it cold or warm it up in a small saucepan. Easy-peasy!



Honey and walnuts make the perfect sweet and crunchy topping for these sensational pancakes. Our Flat Belly Diet pancake mix can serve double-duty for waffles and fruit crêpe recipes. TOTAL TIME: 30 minutes
SERVINGS: 4

Pancakes

1⅓ c Easy Pancake Mix* or store-bought, trans-fat free pancake mix
¼ tsp ground cinnamon
1 c low-fat buttermilk
¼ c water
1 egg
1 Tbsp canola oil
1 tsp vanilla extract
1 lg banana, halved lengthwise and cut thin slices
½ c fresh raspberries

Walnut Honey

½ c walnuts, chopped (MUFA)
⅓ c honey
1 Tbsp water

- 1. COMBINE** the pancake mix and cinnamon in a large bowl. Combine the buttermilk, water, egg, oil, and vanilla extract in a separate bowl. Whisk into the pancake mix and stir until smooth. Fold in the banana. Set aside.
- 2. COMBINE** the walnuts, honey, and water in a small bowl.
- 3. COAT** a large nonstick skillet with cooking spray and set over medium heat. Add the pancake batter in scant ¼ cupfuls and cook, in batches, for about 2 minutes or until the pancakes have puffed and the undersides are lightly browned. Turn the pancakes and cook for about 2 minutes longer or until lightly browned. Serve with the walnut honey and raspberries.

NUTRITION (per serving) 425 cal, 10 g pro, 67 g carb, 15 g fat, 2 g sat fat, 55 mg chol, 387 mg sodium, 5 g fiber

*Easy Pancake Mix

TIME: 5 minutes
SERVINGS: 12

1½ c all-purpose flour
1½ c whole wheat pastry flour
6 Tbsp yellow cornmeal
6 Tbsp sugar
1 Tbsp baking powder
1 tsp baking soda
½ tsp salt



Instant Pot Chili

Make this Easy Instant Pot Chili (Pressure Cooker Chili) loaded with layers of umami flavors. Rich, flavorful, & tasty beef and beans chili will satisfy your hearty comfort food cravings. Many readers have won chili competitions & cookoffs with this best instant pot chili.

Servings 4 – 6 Total Time 45 mins

Ingredients

- 1 - 1 ½ pound ground beef
- 1 medium onion, diced
- 4 garlic cloves, minced
- 2 cans (540ml/19oz) red kidney beans, drained and rinsed
- 3 tablespoons (49g) tomato paste
- 1 can (28oz) crushed tomatoes
- 1 - 2 tablespoons chilli powder
- 1 tablespoon (6g) cumin seed , ground
- 1 teaspoon (1g) dried oregano
- 1 tablespoon (15ml) olive oil
- 1 tablespoon (15ml) apple cider vinegar (optional)
- Brown sugar, kosher salt, black pepper to taste

Umami Chicken Stock Mixture:

- 1 cup (250ml) unsalted chicken stock
- 2 tablespoons (30ml) fish sauce (can substitute with regular soy sauce)
- 1 tablespoon (15ml) regular soy sauce
- 1 teaspoon (2.5g) unsweetened cocoa powder

Optional Garnish:

- Lime
- Sour cream
- Jalapeno pepper, diced and seeded
- Green onions
- Cheddar cheese

Instructions

1. **Brown Ground Beef:** Heat up Instant Pot using Sauté More function. Wait until indicator says HOT.

Season ground beef generously with kosher salt and freshly ground black pepper. Add 1 tbsp (15ml) olive oil in Instant Pot. Ensure to coat the oil over whole bottom of the pot.

Add ground beef in Instant Pot. The ground beef will start to release moisture. At the 5-minute mark, remove the ground beef juice and reserve it in a small mixing bowl. Allow the ground beef to brown. Stir occasionally until they are slightly crisped and browned (~5 – 7 minutes). Taste and adjust the seasoning with more kosher salt and ground black pepper.

2. **Mix Chicken Stock Mixture:** While the ground beef is browning, mix 1 cup (250ml) unsalted chicken stock, 2 tbsp (30ml) fish sauce, 1 tbsp (15ml) regular soy sauce, and 1 tsp (2.5g) unsweetened cocoa powder in a 500ml measuring cup.
3. **Sauté Onion, Garlic and Spices:** Add diced onions, minced garlic, 1 tbsp ground cumin seed, 2 tbsp chili powder, 1 tsp dried oregano. Sauté for about 5 minutes until the spices start to release their fragrance. Stir frequently.
4. **Deglaze:** Pour in ½ cup (125ml) of the Umami Chicken Stock Mixture, fully deglaze the bottom of the pot by scrubbing all the flavorful brown bits with a wooden spoon. Mix the brown bits with the stock mixture.
5. **Pressure Cook Chili:** Add in the reserved beef juice (from Step 1). Pour in the remaining Umami Chicken Stock Mixture. Add 2 cans of drained red kidney beans. Mix well. Add 3 tbsp (49g) tomato paste and 1 can of crushed tomatoes with all the juice on top. **Do not mix.**

With Venting Knob in Venting Position, close the lid, then turn Venting Knob to Sealing Position. Pressure cook at High Pressure for 10 minutes + Natural Release. Open the lid carefully.

6. **Reduce and Season:** If the chili is too runny, give it a quick stir and cook for another few minutes using the Sauté mode.

Taste and season with brown sugar (we used 1 tbsp), kosher salt and black pepper.

Optional: Add 1 tbsp of apple cider vinegar. Note that the vinegar will significantly change the flavor profile.

7. **Serve:** Garnish chili with optional ingredients. Serve over your favorite side dishes. Enjoy~