

AUGUST 2022

# relish

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10  
MINUTE  
*Suppers!*

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# First Bite

AUGUST 2022 • relish.com

## ON SHELVES

Ideal for lunchboxes or on-the-go meals, frozen **Hot Pockets Deliwich** (\$7.50/4-ct, grocery stores) can be thawed and ready to eat within 2 to 4 hours. Made with deli meat and cheese wrapped in a soft roll, flavors include Cheddar & Ham, Turkey & Colby, Cheese Melt and Pepperoni & Mozzarella.



Bring a taste of Italy home with **Newman's Own Stone-Fired Crust Pizzas** (\$7.30, grocery stores) in Margherita, Quattro Formaggi (four cheese) and Spinaci & Formaggi (spinach and cheese) varieties. Imported from Italy, the pizzas have lightly blistered crusts and traditional toppings.

.....

## A SMARTER SNACK

Indulging in delicious, filling and nutrient-rich foods is central to savvy snacking, says nutritionist Sarah Bond of liveeatlearn.com. Try her top picks for between-meals grazing:

**CHICKPEAS:** Chickpeas are full of fiber and plant-based protein. Toss them with spices then bake or air-fry until crispy and delicious.

**POPCORN:** Did you know popcorn is a whole grain? Sprinkle it with nutritional yeast (sold in the seasonings aisle of the grocery store) to add cheese-like flavor and protein.

**OVERNIGHT OATS:** Before bed, combine ½ cup of oats with ½ cup of milk in individual jars or bowls. Add your favorite fruits, stir and refrigerate until snack time or breakfast the next day.

**COTTAGE CHEESE:** With a whopping 25 grams of protein per serving, cottage cheese is the ultimate appetite satisfier. Serve it with celery sticks, on toast, with granola, or even in a smoothie.

**SNACK BOARD:** Who says it has to be fancy? Slice whatever fruits, veggies and cheeses you have on hand and nibble away.



# Fast & FRESH

**Bright flavors  
and fast prep  
make this dish  
a busy-night  
timesaver**

## Bruschetta Salmon

*Inspired by the classic Italian appetizer, this end-of-summer meal comes together in just 20 minutes. Serve with salad greens for a light, low-carb option!*

Heat the oven to high broil and line a sheet tray with foil. Place 2 lbs **salmon filet** on the foil, coat

with 2 Tbsp **avocado oil** and season with 1 tsp **Italian seasoning**, 1 tsp **kosher salt** and ½ tsp **pepper**. Broil for 10 minutes or until the salmon flakes easily with a fork. While salmon is cooking, in a mixing bowl combine 10 oz **red cherry tomatoes**, sliced in half lengthwise; 10 oz **yellow cherry tomatoes**, sliced in half lengthwise; 6 **basil leaves**, roughly chopped; 2 Tbsp **olive or avocado oil** and 2 Tbsp **balsamic vinegar**. Season to taste with salt and pepper. Serve salmon with the tomato topping. **Serves 6**

*Recipe and photo reprinted from Live Life Keto by Jennifer Banz (BenBella Books, November 2022)*

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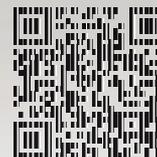
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# WEEKNIGHT MVP Hacks

Ditch the drive-thru with a hand from the pantry and freezer

## Mexican Chicken Flatbread Pizzas

Serve up these fast-food-inspired pizzas with toppers like sour cream, cilantro, chopped tomatoes or salsa.

- 4 premade flatbreads or naan (sold near the deli in the grocery store)
- ½ cup taco sauce
- 1 cup refried black beans
- 1 cup shredded cheddar-jack cheese
- 12 frozen chicken nuggets (thawed and cut into 2 to 3 pieces)
- ½ tsp taco seasoning

1. Preheat oven to 425°F.

2. On a large baking sheet, arrange flatbreads and brush each with taco sauce and spread with beans. Divide cheese evenly among flatbreads. Top each with 6 to 8 nugget pieces. Sprinkle each pizza with taco seasoning. Bake 8 to 10 minutes until cheese is melted.

**Serves 4**

—Recipe by Teresa Blackburn

Per serving: 525 cal, 17g fat, 59mg chol, 30g prot, 68g carbs, 3g sugar, 5g fiber, 1369mg sodium



## Taquito Salad with Cilantro-Lime Ranch Dressing

A freezer-case favorite speeds this spin on taco salad to the table in 20 minutes.

- |  |                                       |
|--|---------------------------------------|
| 1 (23-oz) pkg frozen beef taquitos                       | 6 green onions, chopped               |
| 3 medium romaine lettuce hearts, cored and chopped       | 1 avocado, pitted, peeled and chopped |
| 1 (15-oz) can low-sodium black beans, drained and rinsed | 1 cup shredded cheddar cheese         |
| 1½ cups frozen corn, rinsed and thawed                   | ¾ cup ranch salad dressing            |
| 2 medium Roma tomatoes, cored and chopped                | ½ cup chopped cilantro                |
|  | ½ lime, juiced                        |
|  | ½ jalapeño, seeded and chopped        |

1. Prepare taquitos according to package directions. Chop into smaller pieces.
2. In a large bowl, layer lettuce, beans, corn, tomatoes, onions, avocado and cheese.
3. In a small bowl, whisk together ranch dressing, cilantro, lime juice and jalapeño. Drizzle over salad. **Serves 6**

Per serving: 605 cal, 35g fat, 46mg chol, 21g prot, 65g carbs, 7g sugar, 13g fiber, 929mg sodium

Excerpted from *The 30-Minute Cooking from Frozen Cookbook* by Carole Jones. Copyright © 2020 by Simon & Schuster, Inc. Photography by James Stefiuk. Used with permission of the publisher, Adams Media, an imprint of Simon & Schuster.

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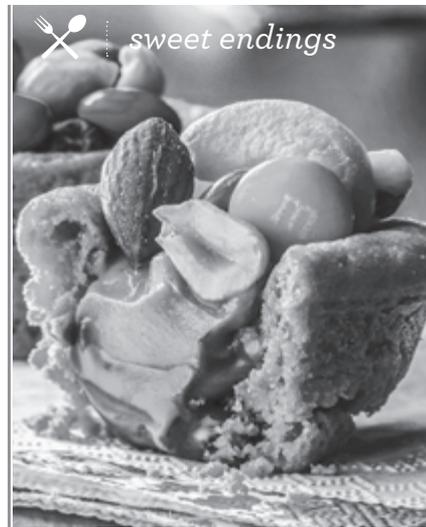
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## SMART COOKIE

Ace the bake sale with these two-bite goodies!

### Trail Mix Cookie Cups

Top this shortcut treat with any of your favorite crushed cereals, nuts or candies.

- 1 (16.5-oz) pkg refrigerated peanut butter cookie dough
- ½ cup creamy peanut butter
- ½ cup Nutella
- 1½ cups trail mix with candy-coated chocolate pieces (like M&M's)

**1.** Preheat oven to 350°F and coat a mini muffin tin with nonstick cooking spray. Shape dough into 24 balls (about 1¼ inch) and press evenly onto bottoms and up sides of muffin tin.

**2.** Bake 12 to 14 minutes or until golden brown. Using the end of a wooden spoon handle, reshape cups as necessary. Cool in pans 15 minutes. Remove to wire racks to cool completely.

**3.** Fill cups with 1 tsp each peanut butter and Nutella. Top with trail mix. **Makes 2 dozen**

*Per serving: 178 cal, 10g fat, 0mg chol, 4g prot, 18g carbs, 11g sugar, 1g fiber, 148mg sodium*

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# 10-MINUTE Meals



**It's true!**  
**With just 10 minutes of hands-on prep, these dinners are as good as done.**

### • Tortellini Skillet Bake

Use the largest skillet you have (at least 12 inches) to allow enough room to combine all the ingredients, or stir together in a large bowl first.

- 1/3 cup Italian breadcrumbs
- 1/4 cup grated parmesan cheese
- 1 (20-oz) pkg refrigerated tortellini
- 1 cup packed fresh spinach, roughly chopped
- 1 (24-oz) jar marinara sauce
- 1/2 cup low-sodium chicken or veggie broth

1. Preheat oven to 375°F.
2. In a small bowl, combine breadcrumbs and cheese.
3. In a large cast iron skillet or nonstick skillet coated with cooking spray, toss together tortellini, spinach, marinara sauce and broth. Sprinkle breadcrumb-cheese mixture on top and cover with a lid or foil.
4. Bake 10 minutes, then remove foil and bake an additional 10 to 15 minutes, until hot and bubbly. **Serves 4**

Per serving: 565 cal, 15g fat, 67mg chol, 26g prot, 86g carbs, 9g sugar, 6g fiber, 1441mg sodium



## Foil-Pack Jambalaya (on the cover)

Rework a time-consuming classic with this fun shortcut.

Bonus: Almost no cleanup!

- 2 (8.8-oz) pkg microwavable rice (like Ben's Original Ready Rice)
- 4 fully cooked chicken sausages, cut into 1-inch rounds
- 2 cups sliced bell pepper, any colors
- 10 oz large precooked shrimp, peeled and deveined
- 1 cup low-sodium chicken broth
- 1 tsp low-sodium Cajun seasoning, divided
- ¼ cup chopped parsley
- 1 lemon, quartered
- Hot sauce (optional)

1. Preheat oven to 400°F.
2. Cut four 16-inch squares of heavy-duty aluminum foil. In the center of each square, place 1 cup rice (do not microwave first) and divide sausage, peppers and shrimp evenly among squares.
3. Drizzle ¼ cup broth over each packet and sprinkle each with ¼ tsp Cajun seasoning.
4. Fold edges of foil around ingredients and crimp together to seal tightly. Place packets on a baking sheet and bake 15 minutes or until heated through.
5. Open packets carefully to avoid steam. Serve in foil or bowls. Top with parsley, lemon wedges and hot sauce, if using. **Serves 4**

Per serving: 452 cal, 12g fat, 218mg chol, 41g prot, 47g carbs, 2g sugar, 1g fiber, 1171mg sodium

—Recipes by Teresa Blackburn

TERESA BLACKBURN

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- 2 Dashes of secret sauce
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# Love Your LUNCH

Trade up on that turkey sandwich!



## Fruity Deli Wraps

Use a whole-wheat or low-carb tortilla for extra health benefits, and get creative with any of your favorite fresh or dried fruits.

- 1 (11-oz) can mandarin oranges in water, drained
- 1 medium tart apple, peeled and diced
- 3 Tbsp reduced-sugar dried cranberries
- ½ cup fat-free plain yogurt
- 2 Tbsp light mayonnaise
- 8 (8- to 9-inch) tortillas
- 8 lettuce leaves (or 2 cups baby spinach)
- 1½ lbs thinly sliced low-sodium deli turkey
- 8 slices part-skim mozzarella cheese
- 2 Tbsp chopped toasted pecans

1. In a small bowl, combine oranges, apples and cranberries.
2. In another bowl, combine the yogurt and mayonnaise, then spread tortillas with mixture.
3. Layer each tortilla with lettuce, turkey, cheese, fruit mixture and pecans. Roll each tortilla tightly.

**Serves 8**

*Per serving: 330 cal, 11g fat, 62mg chol, 27g prot, 30g carbs, 7g sugar, 4g fiber, 877mg sodium*

*From Taste of Home Fast Fix Favorites © 2021 by Trusted Media Brands, Inc. All rights reserved.*

## PACK LIKE A PRO

Keep your meal in tiptop shape until lunchtime with these tips from *Lunchbox* (Appetite by Random House) by Aviva Wittenberg.

**KEEP HOT FOOD HOT** Pack hot food in a pre-warmed thermos (filling the thermos with hot water while you prep lunch is a good way to do this) or in a microwave-safe container so it can be heated before eating.

**KEEP COLD FOOD COLD** Pack food that must stay cold with an ice pack. Even better, pack the night before, and put the whole lunchbox in the fridge (then add an ice pack in the morning before you go).

**AVOID SOGGINESS** Allow items like pastries, egg rolls or panini-style grilled sandwiches to cool before packing, to prevent them from getting soggy in your lunchbox.

**FRESHNESS FIRST** Separate sandwiches and any warm items with parchment paper or reusable wax wrap, or in a sealed-off section of your lunchbox, to keep them nice and fresh.

**LEAK PREVENTION** Line sections of your lunchbox with parchment paper or reusable wax wrap or use a silicone cup to contain anything that could leak from one section to another (like juicy fruits or salads you will drizzle dressing over).

**MAKE IT PRETTY** We eat with our eyes first, so presentation is key. Make lunches look extra tasty by including lots of color and texture. Add colorful carrots, mini sweet peppers, cucumber sticks and berries alongside a sandwich; add color to a green salad with carrots and radishes.

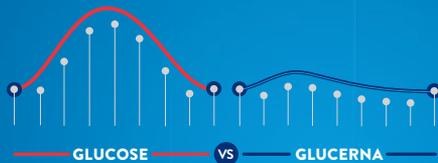
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