

Old-Time Beef & Vegetable Stew

www.livingbetteramerica.com



- 🍅 1 tablespoon canola or olive oil
- 🍅 1 boneless beef sirloin steak (1 lb), cut into 1/2-inch cubes
- 🍅 1 bag (1 lb) frozen stew vegetables, thawed, drained
- 🍅 1 can (15 oz) garlic-and-onion or Italian-style tomato sauce
- 🍅 1 ¾ cups Progresso® reduced-sodium beef flavored broth
- 🍅 2 cans (5 1/2 oz each) spicy eight-vegetable juice

1. In 12-inch nonstick skillet, heat oil over medium-high heat. Add beef; cook 6 to 8 minutes, stirring occasionally, until brown.
2. Stir in remaining ingredients. Heat to boiling. Reduce heat; cover and simmer 5 minutes, stirring occasionally.

Per serving: 240 calories; 8 g fat (1 ½ g sat., 6 ½ g mono); 50 mg cholesterol; 19 g carbohydrates; 23 g protein; 3 g fiber; 680 mg sodium



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Grilled Caesar Kabobs

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- 🍅 4 small potatoes, scrubbed and halved
- 🍅 1 lb boneless beef sirloin steak or boneless, skinless chicken breasts, cut into 1-inch pieces
- 🍅 2 medium red and/or green bell peppers, cut into 1-inch pieces
- 🍅 1 medium onion, cut into 8 wedges
- 🍅 1/8 teaspoon black pepper
- 🍅 1/2 cup fat-free Caesar vinaigrette dressing

1. In medium saucepan, heat 4 cups water to a boil over high heat. Add potatoes and cook 20 minutes or until fork-tender.
2. Meanwhile heat coals or gas grill for direct heat.
3. In large bowl, combine beef or chicken, potatoes, peppers, onion and pepper. Stir in dressing. Alternately thread meat and vegetables onto 4 metal skewers. Place on grill rack. Cover and grill kabobs 4 to 6 inches from medium heat, turning occasionally, 15 minutes for beef, 25 minutes for chicken, or until meat is no longer pink.

Per serving: 360 calories; 4 1/2 g fat (1 1/2 g sat., 3 g mono); 75 mg cholesterol; 46 g carbohydrates; 33 g protein; 6 g fiber; 530 mg sodium



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Pork Chops with Pear & Ginger Sauce

Courtesy of www.EatingWell.com



- 🍎 4 4-ounce boneless pork chops, 1/2 inch thick, trimmed
- 🍎 Salt & freshly ground pepper, to taste
- 🍎 2 teaspoons canola oil
- 🍎 3 tablespoons cider vinegar
- 🍎 2 tablespoons sugar
- 🍎 2/3 cup dry white wine
- 🍎 1 cup reduced-sodium chicken broth
- 🍎 1 firm, ripe pear, such as Bosc or Anjou, peeled, cored and cut lengthwise into eighths
- 🍎 1 1-1/2-inch-long piece fresh ginger, peeled and cut into thin julienne strips (1/4 cup)
- 🍎 6 scallions, trimmed and sliced into 1/2-inch lengths
- 🍎 2 teaspoons cornstarch mixed with 2 teaspoons water

1. Season pork with salt and pepper. Heat oil in a large nonstick skillet over medium-high heat. Add pork and cook until browned and just cooked through, 2 to 3 minutes per side. Transfer to a plate and keep warm. Pour off fat from the pan.
2. Add vinegar and sugar to the pan; stir to dissolve the sugar. Cook over medium-high heat until the syrup turns dark amber, 10 to 20 seconds. Pour in wine (stand back, as the caramel may sputter) and bring to a simmer, stirring. Add broth, pears and ginger; bring to a simmer. Cook, uncovered, turning the pears occasionally, for 5 minutes. Add scallions and cook until the pears are tender, about 2 minutes more. Add the cornstarch mixture and cook, stirring, until lightly thickened. Reduce heat to low and return the pork and any accumulated juices to the pan; turn to coat with the sauce. Serve immediately.

Per serving: 237 calories; 5 g fat (1 g. sat., 2 g. mono); 52 mg cholesterol; 13 g carbohydrates; 23 g protein; 2 g fiber; 286 mg sodium



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Turkey Meatloaf

Courtesy of www.Health.com



- 🍎 1 tablespoon olive oil
- 🍎 1 large onion, chopped (1 1/2 cups)
- 🍎 2 garlic cloves, minced
- 🍎 3/4 teaspoon salt, divided
- 🍎 1/2 teaspoon pepper, divided
- 🍎 1 1/2 tablespoons Worcestershire sauce
- 🍎 1/3 cup fat-free, less-sodium chicken broth
- 🍎 3 tablespoons ketchup, divided
- 🍎 1 3/4 pounds ground turkey, 97% lean
- 🍎 3/4 cup dry breadcrumbs
- 🍎 1 large egg, lightly beaten
- 🍎 1 large egg white, lightly beaten

1. Preheat oven to 375°. Heat oil in medium skillet over medium heat. Add onion and cook, stirring frequently, until soft, about 5 minutes. Add garlic, 1/4 teaspoon salt, and 1/4 teaspoon pepper; cook, stirring, 1 minute. Stir in Worcestershire sauce, broth, and 1 tablespoon ketchup; transfer mixture to a large bowl, and cool.

2. Add turkey, breadcrumbs, egg, egg white, and remaining 1/2 teaspoon salt and 1/4 teaspoon pepper to mixture in bowl, and mix well. (Mixture will be very moist.)

3. Cover a baking sheet with aluminum foil, and coat lightly with cooking spray. Form the turkey mixture into a loaf, and place on the pan. Brush meatloaf evenly with remaining 2 tablespoons ketchup. Bake 1 hour or until thermometer inserted into center registers 170°. Let meatloaf stand 5 minutes before serving.

Per serving: 208 calories; 7 g fat (1.5 g sat., 2 g mono); 75 mg cholesterol; 13 g carbohydrates; 25 g protein; 1 g fiber; 356 mg sodium



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