

# Quick Shrimp Enchilada Bake

(serves 8) [www.eatingwell.com](http://www.eatingwell.com)



- 🍅 1 pound peeled cooked shrimp, (see Ingredient Note), tails removed, diced
- 🍅 1 cup frozen corn, thawed
- 🍅 2 4-ounce cans chopped green chiles, (not drained)
- 🍅 2 cups canned green enchilada sauce, or green salsa, divided
- 🍅 12 corn tortillas
- 🍅 1 15-ounce can nonfat refried beans
- 🍅 1 cup reduced-fat shredded cheese, such as Mexican-style cheese blend, Monterey Jack or Cheddar
- 🍅 1/2 cup chopped fresh cilantro
- 🍅 1 lime, cut into wedges

1. Preheat oven to 425°F. Coat a 9-by-13-inch glass baking dish with cooking spray.
2. Combine shrimp, corn, chiles and 1/2 cup enchilada sauce (or salsa) in a microwave-safe medium bowl. Cover and microwave on High until heated through, about 2 1/2 minutes.
3. Spread 1/4 cup enchilada sauce (or salsa) in the prepared baking dish. Top with a layer of 6 overlapping tortillas. Spread refried beans evenly over the tortillas. Top the beans with the shrimp mixture, followed by the remaining 6 tortillas. Pour the remaining sauce (or salsa) over the tortillas. Cover with foil.
4. Bake the casserole until it begins to bubble on the sides, about 20 minutes. Remove the foil; sprinkle cheese on top. Continue baking until heated through and the cheese is melted, about 5 minutes more. Top with cilantro and serve with lime wedges.

**Per serving:** 281 calories; 6 g fat ( 2 g sat , 0 g mono ); 121 mg cholesterol; 37 g carbohydrates; 23 g protein; 6 g fiber; 709 mg sodium; 241 mg potassium. **Nutrition Bonus:** Fiber (24% daily value), Calcium, Iron & Vitamin C (20% daily value).



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# Almond & Lemon Crusted Fish with Spinach

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- 🍅 Zest and juice of 1 lemon, divided
- 🍅 1/2 cup sliced almonds, coarsely chopped
- 🍅 1 tablespoon finely chopped fresh dill or 1 teaspoon dried
- 🍅 1 tablespoon plus 2 teaspoons extra-virgin olive oil, divided
- 🍅 1 teaspoon kosher salt, divided
- 🍅 Freshly ground pepper to taste
- 🍅 1 1/4 pounds cod (see Tip) or halibut, cut into 4 portions
- 🍅 4 teaspoons Dijon mustard
- 🍅 2 cloves garlic, slivered
- 🍅 1 pound baby spinach
- 🍅 Lemon wedges for garnish

1. Preheat oven to 400°F. Coat a rimmed baking sheet with cooking spray.
2. Combine lemon zest, almonds, dill, 1 tablespoon oil, 1/2 teaspoon salt and pepper in a small bowl. Place fish on the prepared baking sheet and spread each portion with 1 teaspoon mustard. Divide the almond mixture among the portions, pressing it onto the mustard.
3. Bake the fish until opaque in the center, about 7 to 9 minutes, depending on thickness.
4. Meanwhile, heat the remaining 2 teaspoons oil in a Dutch oven over medium heat. Add garlic and cook, stirring, until fragrant but not brown, about 30 seconds. Stir in spinach, lemon juice and the remaining 1/2 teaspoon salt; season with pepper. Cook, stirring often, until the spinach is just wilted, 2 to 4 minutes. Cover to keep warm. Serve the fish with the spinach and lemon wedges, if desired.

**Per serving:** 249 calories; 13 g fat ( 1 g sat , 8 g mono ); 46 mg cholesterol; 8 g carbohydrates; 0 g added sugars; 28 g protein; 4 g fiber; 496 mg sodium; 1025 mg potassium. **Nutrition Bonus:** Vitamin A (184% daily value), Vitamin C (37% dv), Folate (36% dv), Magnesium (35% dv), Potassium (29% dv), Iron (22% dv), Calcium (17% dv)



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# Salmon Roasted with Tomatoes & Olives

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- 🍅 2 pounds ripe plum tomatoes, stem ends trimmed, cut into thin wedges
- 🍅 1/2 medium onion, peeled and cut into thin wedges
- 🍅 2 strips orange zest, cut into thin slivers
- 🍅 2 cloves garlic, minced
- 🍅 1 tablespoon extra-virgin olive oil
- 🍅 1/3 cup pitted Kalamata olives, coarsely chopped
- 🍅 1 tablespoon chopped fresh rosemary
- 🍅 1/4 teaspoon salt
- 🍅 Freshly ground pepper, to taste
- 🍅 1 1/4 pounds salmon fillet, (about 1 1/2 inches thick), skin removed, cut into 4 portions

1. Preheat oven to 400°F. Combine tomatoes, onion, orange zest and garlic in a large roasting pan or on a large baking sheet with sides. Drizzle with oil and toss to coat.
2. Roast, uncovered, stirring occasionally, until the tomatoes and onion are tender and beginning to brown on the edges, about 45 minutes. Remove pan from the oven. Increase oven temperature to 450°.
3. Add olives and rosemary to the pan; season with salt and pepper. Clear four spaces in the pan and place a salmon piece in each. Spoon some of the tomato mixture on top.
4. Roast until the salmon is opaque in the center, 10 to 15 minutes, depending on the thickness.

**Per serving:** 372 calories; 20 g fat ( 3 g sat , 6 g mono ); 90 mg cholesterol; 14 g carbohydrates; 0 g added sugars; 34 g protein; 3 g fiber; 585 mg sodium; 1281 mg potassium. **Nutrition Bonus:** Vitamin C (40% daily value), Potassium (37% dv), Vitamin A (25% dv), Folate (18% dv).



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