

## **Meat and Cheese Lasagna - Serves 10**

You can substitute 12 no-boil noodles for the whole-wheat noodles if desired (no-boil noodles are larger in size). If using no-boil noodles, skip the pasta boiling instructions in step 4 and use 3 noodles per each layer of lasagna. Do not use ground chicken breast here (also labeled 99% fat-free) or the meat will taste dry and grainy.

- 2 cups nonfat ricotta cheese (about 16 ounces)
- 3 cups shredded part-skim mozzarella cheese (about 12 ounces)
- 1/2 cup grated Parmesan cheese (about 1 ounce)
- 1 cup chopped fresh basil
- 1 large egg, lightly beaten
- Salt and pepper
- 1 1/2 teaspoons olive oil
- 1 onion, minced
- 6 garlic cloves, minced
- 1/4 teaspoon dried oregano
- 1/8 teaspoon red pepper flakes
- 1 pound ground chicken (see note above)
- 1 (28-ounce) can crushed tomatoes
- 1 (28-ounce) can diced tomatoes
- 16 whole-wheat lasagna noodles (see note above)
- Vegetable oil spray

1. Mix the ricotta, 2 cups of the mozzarella, Parmesan, 1/2 cup of the basil, egg, 1/2 teaspoon salt, and 1/2 teaspoon pepper in a bowl until well combined; cover and refrigerate until needed.
2. Heat the oil in a large Dutch oven over medium heat until shimmering. Add the onion and cook until softened, about 5 minutes. Stir in the garlic, oregano, and red pepper flakes and cook until fragrant, about 30 seconds.
3. Add the ground chicken and cook, breaking up the meat with a wooden spoon, until no longer pink, about 4 minutes. Stir in the tomatoes with their juice and bring to a simmer. Cook, stirring occasionally, until the sauce has thickened slightly, about 15 minutes. Off the heat, stir in the remaining 1/2 cup basil. Season with salt and pepper to taste, cover, and set aside until needed.
4. Meanwhile, bring 6 quarts water to a boil in a large pot. Stir in the lasagna noodles and 1 tablespoon salt and cook, stirring often, until almost al dente but still firm to the bite. Drain and rinse the pasta under cold water until cool. Lay the pasta out over clean kitchen towels.
5. Adjust an oven rack to the middle position and heat the oven to 375 degrees. Lightly coat a 13 by 9-inch baking dish with vegetable oil spray.
6. Spread 1 1/2 cups of the meat sauce over the bottom of the baking dish. Place 4 noodles on top of the sauce and spread 1/4 cup of the ricotta mixture evenly down the center of each noodle. Spoon 1 1/2 cups more of the sauce evenly over the ricotta. Repeat this layering two more times.
7. For the final layer, place the remaining 4 noodles on top, spread the remaining 2 cups sauce over the noodles, and sprinkle with the remaining cup mozzarella. Spray a large sheet of aluminum foil lightly with vegetable oil spray and cover the lasagna.
8. Place the lasagna on a foil-lined rimmed baking sheet and bake until the sauce is bubbling, 40 to 45 minutes. Remove the foil and continue to bake until the cheese is melted and beginning to brown, about 20 minutes longer. Let cool for 10 to 20 minutes before serving.

Per Serving (4 1/2 by 2 1/2-inch piece): Cal 390; Fat 14g; Sat Fat 6g; Chol 80mg; Carb 40g; Protein 30g; Fiber 6g; Sodium 870mg

### **To Make Ahead**

The assembled lasagna can be covered with foil and refrigerated for up to 3 hours before baking; bake as directed. We do not recommend making this lasagna in advance if using no-boil noodles.

## **Spinach Lasagna**

Serves 10

You can substitute 12 no-boil noodles for the whole-wheat noodles if desired (no-boil noodles are larger in size). If using no-boil noodles, skip the pasta boiling instructions in step 4 and use 3 noodles per each layer of lasagna.

- 2 cups nonfat ricotta cheese (about 16 ounces)
- 2 1/2 cups shredded part-skim mozzarella cheese (about 10 ounces)
- 1 cup grated Parmesan cheese (about 2 ounces)
- 1 large egg, lightly beaten
- Salt and pepper
- 2 tablespoons olive oil
- 1 onion, minced
- 8 garlic cloves, minced
- 1/4 cup all-purpose flour
- 5 cups 1 percent lowfat milk
- 2 bay leaves
- 1/2 teaspoon ground nutmeg
- 30 ounces frozen spinach, thawed, squeezed dry, and chopped coarse
- 16 whole-wheat lasagna noodles (see note above)
- Vegetable oil spray

1. Mix the ricotta, 1 1/2 cups of the mozzarella, 1/2 cup of the Parmesan, egg, 1/2 teaspoon salt, and 1/2 teaspoon pepper in a bowl until well combined; cover and refrigerate until needed.
2. Heat the oil in a large saucepan over medium heat until shimmering. Add the onion and cook until softened, about 5 minutes. Stir in the garlic and cook until fragrant, about 30 seconds. Stir in the flour and cook for 1 minute. Slowly whisk in the milk and bay leaves. Bring to a simmer and cook, stirring occasionally, until the sauce has thickened slightly, about 10 minutes.
3. Off the heat, discard the bay leaves and whisk in the nutmeg and remaining 1/2 cup Parmesan. Stir in the spinach, breaking up any clumps, until well combined. Season with salt and pepper to taste, cover, and set aside until needed.
4. Meanwhile, bring 6 quarts water to a boil in a large pot. Stir in the lasagna noodles and 1 tablespoon salt and cook, stirring often, until almost al dente but still firm to the bite. Drain and rinse the pasta under cold water until cool. Lay the pasta out over clean kitchen towels.
5. Adjust an oven rack to the middle position and heat the oven to 375 degrees. Lightly coat a 13 by 9-inch baking dish with vegetable oil spray.
6. Spread 1 cup of the spinach sauce over the bottom of the baking dish. Place 4 noodles on top of the sauce and spread 1/4 cup of the ricotta mixture evenly down the center of each noodle. Spoon 1 cup more of the sauce evenly over the ricotta. Repeat this layering two more times.
7. For the final layer, place the remaining 4 noodles on top, spread the remaining 2 cups sauce over the noodles, and sprinkle with the remaining cup mozzarella. Spray a large sheet of aluminum foil lightly with vegetable oil spray and cover the lasagna.
8. Place the lasagna on a foil-lined rimmed baking sheet and bake until the sauce is bubbling, 40 to 45 minutes. Remove the foil and continue to bake until the cheese is melted and beginning to brown, about 20 minutes longer. Let cool for 10 to 20 minutes before serving.

Per Serving (4 1/2 by 2 1/2-inch piece): Cal 390; Fat 13g; Sat Fat 6g; Chol 55mg; Carb 46g; Protein 25g; Fiber 5g; Sodium 700mg

#### To Make Ahead

The assembled lasagna can be covered with foil and refrigerated for up to 3 hours before baking; bake as directed. We do not recommend making this lasagna in advance if using no-boil noodles.

#### Makeover Spotlight: Spinach Lasagna

Classic spinach lasagna, with its rich béchamel sauce and layers of melted cheese, can pack more calories and fat than traditional lasagna with a tomato-based meat sauce. To cut significant fat grams from our sauce we replaced the butter in our roux with a far lesser amount of olive oil and swapped the whole milk with 1 percent lowfat milk. For creaminess, we turned to a combination of nonfat ricotta cheese and part-skim mozzarella, which provided similar texture and flavor in place of full-fat cheese.

#### The End Result

##### Before

Calories: 480

Fat: 27g

Sat Fat: 16g

Cholesterol: 130mg

##### After

Calories: 390

Fat: 13g

Sat Fat: 6g

Cholesterol: 55mg

## **Santa Fe Meatloaf - Serves 8**

Make sure to mash the black beans thoroughly, or the meatloaf will not hold together well. You can substitute 3/4 cup frozen corn for the fresh corn.

### Meatloaf

- 2 large eggs
- 6 tablespoons low-sodium chicken broth
- 3 garlic cloves, minced
- 1 tablespoon tomato paste
- 2 teaspoons minced fresh oregano or 1/2 teaspoon dried
- 2 teaspoons chili powder
- Salt and pepper
- 2 slices high-quality whole-wheat sandwich bread, torn into 1-inch pieces
- 1 (15-ounce) can black beans, rinsed
- 2 pounds 95 percent lean ground beef
- 4 scallions, minced
- 1 ear corn, kernels removed (see page 104)
- 1 red bell pepper, stemmed, seeded, and chopped fine
- 1 cup shredded 50 percent light cheddar cheese (about 4 ounces)
- 1/4 cup minced fresh cilantro

### Glaze

- 1/2 cup ketchup
- 2 tablespoons light brown sugar
- 4 teaspoons cider vinegar
- 1 1/2 teaspoons minced canned chipotle chile in adobo sauce

1. For the meatloaf: Adjust an oven rack to the middle position and heat the oven to 375 degrees. Following the photos, fold a piece of heavy-duty aluminum foil into a 10 by 6-inch rectangle, place in the center of a wire rack, and place the rack on a baking sheet. Use a skewer to poke holes in the foil every 1/2 inch. Spray the foil with vegetable oil spray.
2. Whisk the eggs, broth, garlic, tomato paste, oregano, chili powder, 1 teaspoon salt, and 1/2 teaspoon pepper together in a large bowl. Add the bread and mash together with a rubber spatula until the mixture is uniform.
3. In a separate bowl, thoroughly mash the black beans with a potato masher until no beans are left whole. Add the mashed beans, ground beef, scallions, corn, bell pepper, cheddar, and 2 tablespoons of the cilantro to the broth-bread mixture and combine with your hands until uniform.
4. Press the mixture together into a compact mass, then turn it out onto the prepared foil on the wire rack. Press the meat to the edges of the foil into a tidy 1 1/2-inch-thick loaf.
5. For the glaze: Whisk all the glaze ingredients together in a bowl until smooth. Brush half of the glaze over the meatloaf. Bake the loaf for 20 minutes.
6. Brush with the remaining glaze and continue to bake until the center of the loaf registers 160 degrees on an instant-read thermometer, 25 to 35 minutes. Let the meatloaf cool for 15 minutes. Sprinkle the remaining 2 tablespoons cilantro over the top before serving.

Per 1 1/4-inch-thick slice: Cal 310; Fat 10g; Sat Fat 4.5g; Chol 130mg; Carb 20g; Protein 34g; Fiber 3g; Sodium 730mg

## **Light and Fluffy Chocolate Mousse**

Serves 6

We prefer the smooth, rich flavor of semisweet bar chocolate here, but semisweet chips may be substituted.

- 4 ounces semisweet chocolate, broken into pieces
- 1/3 cup white chocolate chips
- 2 tablespoons Dutch-processed cocoa
- 6 tablespoons plus 1/3 cup water
- 1 teaspoon vanilla extract
- 1/3 cup (2 1/3 ounces) sugar
- 3 large egg whites, room temperature
- 1/4 teaspoon cream of tartar

1. Combine the semisweet chocolate, white chocolate, cocoa, 6 tablespoons of the water, and vanilla in a medium bowl set over a large saucepan of barely simmering water, making sure the water does not touch the bottom of the bowl. Heat the mixture, whisking often, until the chocolate is melted and the mixture is smooth, about 2 minutes. Set aside to cool slightly.
2. Bring the sugar and remaining 1/3 cup water to a boil in a small saucepan over medium-high heat and cook until the mixture is slightly thickened and syrupy (about 235 degrees on a candy thermometer), 3 to 4 minutes. Remove the syrup from the heat and cover to keep warm.
3. In a large bowl, whip the egg whites and cream of tartar with an electric mixer on medium-low speed until foamy, about 1 minute. Increase the mixer speed to medium-high and whip the whites to soft peaks (see page 461), 2 to 5 minutes.
4. Reduce the mixer speed to medium and following the photo, slowly add the hot syrup, avoiding the whisk and the sides of the bowl. Increase the mixer speed to medium-high and continue to whip until the meringue has cooled slightly (just warm) and is very thick and shiny, 2 to 5 minutes.
5. Gently whisk one-third of the meringue into the chocolate mixture until combined, then whisk in the remaining meringue. Divide the mousse evenly between six 4-ounce ramekins or pudding cups. Cover tightly with plastic wrap and refrigerate until set, about 12 hours, before serving.

Per Serving: Cal 230; Fat 9g; Sat Fat 5g; Chol 5mg; Carb 34g; Protein 5g; Fiber 3g; Sodium 40mg

### To Make Ahead

The chocolate mousse can be refrigerated for up to 3 days before serving.