

# superfast!

20-MINUTE COOKING



## [WEEKNIGHT] Quick Entrées

**1** Seared  
Tilapia with  
Spinach and  
White Bean  
Orzo

**2** Shrimp  
Farfalle with  
Arugula Pesto



BRUSSELS SPROUT  
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# Two Fast, Flavorful Entrées

## Simple Tilapia & Shrimp Pasta

### SEARED TILAPIA WITH SPINACH AND WHITE BEAN ORZO



Feel free to sub another sustainable fish, such as flounder or red snapper, for the tilapia in this versatile dish.

- ¾ cup uncooked orzo pasta
- 4 (6-ounce) tilapia fillets
- ½ teaspoon salt, divided
- ½ teaspoon black pepper, divided
- 1½ tablespoons olive oil, divided
- ½ teaspoon crushed red pepper
- 3 garlic cloves, minced
- 1 (5-ounce) package fresh baby spinach
- 1 cup halved grape tomatoes
- 1 (15-ounce) can unsalted cannellini beans
- 4 lemon wedges (optional)

1. Cook orzo according to package directions, omitting salt and fat.
2. While pasta cooks, sprinkle fish with ¼ teaspoon salt and ¼ teaspoon black pepper. Heat a large nonstick skillet over medium-high heat. Add 1 tablespoon oil to pan; swirl to coat. Add fish to pan; cook 3 minutes on each side or until desired degree of doneness. Remove fish from pan; keep warm.
3. Add remaining 1½ teaspoons oil to pan. Add crushed red pepper and garlic; sauté 30 seconds. Add spinach; sauté 1 minute or just until spinach wilts. Stir in tomatoes, beans, remaining ¼ teaspoon salt, and ¼ teaspoon black pepper; cook 1 minute or just until thoroughly heated. Remove pan from heat. Add pasta to pan; toss to coat. Divide pasta mixture among 4 plates, and top with fish fillets. Serve with lemon wedges, if desired.

**SERVES 4** (serving size: 1¼ cups pasta mixture and 1 fillet)  
**CALORIES** 399; **FAT** 9g (sat 1.7g, mono 4.6g, poly 1.2g);  
**PROTEIN** 42g; **CARB** 38g; **FIBER** 6g; **CHOL** 85mg;  
**IRON** 3mg; **SODIUM** 455mg; **CALC** 71mg



### shrimp farfalle with arugula pesto

*Arugula instills this pesto with a peppery bite that pairs beautifully with supple, slightly sweet shrimp.*

- 1 cup uncooked mini farfalle
- 1½ cups arugula
- ¼ cup basil leaves, plus more for garnish
- 3 tablespoons grated Parmigiano-Reggiano cheese
- 2 tablespoons pine nuts
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon kosher salt
- 1 garlic clove

- 2½ tablespoons extra-virgin olive oil, divided
- 1½ pounds medium shrimp, peeled and deveined
- ¼ cup white wine

1. In a large saucepan, cook farfalle according to package directions, omitting salt and fat. Drain in a colander over a bowl, reserving ½ cup pasta cooking liquid.
2. Place arugula, basil, cheese, pine nuts, pepper, salt, and garlic in the bowl of a food processor; pulse 6 times. With the processor running, add 2 tablespoons olive oil through food chute, and process until smooth.

3. Heat a large skillet over medium-high heat. Add remaining oil to pan; swirl to coat. Add shrimp; cook 5 minutes or until golden, turning occasionally. Remove shrimp from pan with a slotted spoon. Add wine to pan; cook until mostly evaporated. Add basil mixture and reserved pasta water; bring to a simmer. Remove pan from heat. Top farfalle with sauce and shrimp. Garnish with basil.

**SERVES 4** (serving size: 1 cup)  
**CALORIES** 404; **FAT** 15g (sat 2.2g, mono 7.4g, poly 2.6g); **PROTEIN** 31g;  
**CARB** 33g; **FIBER** 7g; **CHOL** 218mg;  
**IRON** 1mg; **SODIUM** 432mg;  
**CALC** 158mg

# 4 Brussels Sprout Sides Quick & Easy Fall Salads

## 1 PECAN AND BLUE CHEESE BRUSSELS SPROUT SALAD

- 2 tablespoons minced shallots
- 1½ tablespoons extra-virgin olive oil
- 2 teaspoons Dijon mustard
- 2 teaspoons balsamic vinegar
- 1 garlic clove, minced
- ¼ teaspoon freshly ground black pepper
- ⅛ teaspoon kosher salt
- ½ pound Brussels sprouts, very thinly sliced
- ¼ cup chopped toasted pecans
- 2 tablespoons crumbled blue cheese

**1.** Combine first 7 ingredients in a small bowl. Place Brussels sprouts and pecans in a large bowl; toss to combine. Add vinaigrette; toss to coat. Sprinkle with blue cheese.

**SERVES 4** (serving size: 1 cup)  
**CALORIES** 141; **FAT** 11.4g (sat 1.9g, mono 6.8g, poly 2.1g); **PROTEIN** 4g; **CARB** 8g; **FIBER** 3g; **CHOL** 3mg;  
**IRON** 1mg; **SODIUM** 194mg; **CALC** 55mg



### FAST FACT

To save even more time, you can finely shred Brussels sprouts with a food processor.

## 2

### PEANUT AND CHILE

**Combine** 2 tablespoons minced shallots, 1½ tablespoons olive oil, 2 teaspoons lime juice, 1 teaspoon lower-sodium soy sauce, ¼ teaspoon kosher salt, ¼ teaspoon sugar, and 1 minced garlic clove in a small bowl. **Combine** ½ pound thinly sliced Brussels sprouts, ¼ cup unsalted peanuts, and 1 sliced red chile in a large bowl. **Add** vinaigrette; **toss** to coat.

**SERVES 4** (serving size: 1 cup)  
**CALORIES** 134; **FAT** 9.8g (sat 1.4g); **SODIUM** 181mg



## 3

### KALE AND ALMOND

**Combine** 2 tablespoons minced shallots, 1½ tablespoons olive oil, 2 teaspoons fresh lemon juice, 2 teaspoons Dijon mustard, ¼ teaspoon black pepper, ⅛ teaspoon kosher salt, and 1 minced garlic clove in a small bowl. **Combine** ½ pound thinly sliced Brussels sprouts, 1 cup stemmed chopped kale, and ¼ cup sliced almonds. **Add** vinaigrette; **toss** to coat. **Top** with 2 tablespoons grated Parmesan cheese.

**SERVES 4** (serving size: about 1 cup)  
**CALORIES** 134; **FAT** 9.2g (sat 1.6g); **SODIUM** 196mg



## 4

### APPLE AND PISTACHIO

**Combine** 2 tablespoons minced shallots, 1½ tablespoons extra-virgin olive oil, 1 tablespoon Dijon mustard, 2 teaspoons cider vinegar, ¼ teaspoon kosher salt, ¼ teaspoon black pepper, and 1 minced garlic clove in a small bowl. **Combine** ½ pound thinly sliced Brussels sprouts, ¼ cup shelled unsalted pistachios, and ½ cup thinly sliced apple. **Add** vinaigrette; **toss** to coat.

**SERVES 4** (serving size: 1 cup)  
**CALORIES** 129; **FAT** 8.7g (sat 1.2g); **SODIUM** 226mg

