



weekend

easy

PESTO RAVIOLI WITH SPINACH AND TOMATOES

2 8-ounce packages frozen or refrigerated cheese ravioli
1 tablespoon olive oil
1 pint grape tomatoes
5-ounce package baby spinach
 $\frac{1}{3}$ cup pesto

Bring a large pot of water to a boil. Cook ravioli according to package directions; drain and set aside.

Heat oil in a large nonstick skillet over medium heat. Add tomatoes; sauté until they begin to burst, 3 to 4 minutes. Add spinach and continue to cook, stirring frequently, until it wilts, 1 to 2 minutes.

Add the cooked ravioli and pesto; stir gently to combine.

Serves 4

Active Time: 15m

Total Time: 15m

NUTRITION FACTS

Amount per serving:

Calories: 361

Total Fat: 19g

Saturated Fat: 6g

Monounsaturated Fat: N/A

Cholesterol: 47mg

Sodium: 407mg

Carbohydrates: 35g

Dietary Fiber: 4g

Total Sugars: N/A

Added Sugars: 6g

Protein: 14g

Potassium: 374mg

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weekend intermediate

SICILIAN OLIVE CHICKEN

1 14-ounce can petite diced tomatoes with garlic and olive oil
or other Italian-style seasoning
1½ cups frozen chopped spinach, thawed
⅓ cup halved Sicilian or other green olives
1 tablespoon capers, rinsed
¼ teaspoon crushed red pepper, or to taste
4 4-ounce chicken cutlets
¼ teaspoon freshly ground pepper
1 tablespoon extra-virgin olive oil

Combine tomatoes, spinach, olives, capers and crushed red pepper in a bowl. Sprinkle both sides of chicken with pepper.

Heat oil in a large skillet over medium-high heat. Cook the chicken until browned on one side, 2 to 4 minutes. Turn it over; top with the tomato mixture.

Reduce heat to medium, cover and cook until cooked through, 3 to 5 minutes.

Serves 4

Active Time: 20m

Total Time: 20m

NUTRITION FACTS

Amount per serving:

Calories: 210

Total Fat: 8g

Saturated Fat: 1g

Monounsaturated Fat: 5g

Cholesterol: 63mg

Sodium: 527mg

Carbohydrates: 8g

Dietary Fiber: 3g

Total Sugars: 3g

Added Sugars: 0g

Protein: 26g

Potassium: 401mg

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weekend advanced

CHILI-RUBBED STEAKS AND PAN SALSA

8 ounces ½ inch-thick steaks, such as rib-eye,
trimmed of fat and cut into 2 portions
1 teaspoon chili powder
½ teaspoon kosher salt, divided
1 teaspoon extra-virgin olive oil
2 plum tomatoes, diced
2 teaspoons lime juice
1 tablespoon chopped fresh cilantro

Sprinkle both sides of steak with chili powder and ¼ teaspoon salt.

Heat oil in a medium skillet over medium-high heat. Add the steaks and cook, turning once, 1 to 2 minutes per side for medium-rare. Transfer the steaks to a plate, cover with foil and let rest while you make the salsa.

Add tomatoes, lime juice and the remaining ¼ teaspoon salt to the pan and cook, stirring often, until the tomatoes soften, about 3 minutes.

Remove from heat, stir in cilantro and any accumulated juices from the steaks.

Serve the steaks topped with the salsa.

Serves 2

Active Time: 20m

Total Time: 20m

NUTRITION FACTS

Amount per serving:

Calories: 192

Total Fat: 8g

Saturated Fat: 2g

Monounsaturated Fat: 4g

Cholesterol: 81mg

Sodium: 359mg

Carbohydrates: 4g

Dietary Fiber: 1g

Total Sugars: 2g

Added Sugars: 0g

Protein: 26g

Potassium: 515mg

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