

# Cioppino-Style Seafood Stew



Inspired by the famed San Francisco meal-in-a-bowl, this comes together with minimal fuss. Serve it with Parmesan toast.

## **Yield**

4 servings (serving size: 2 cups)

## **Ingredients**

- 1 1/2 tablespoons olive oil
- 1/2 cup prechopped onion
- 1 1/2 teaspoons bottled minced garlic
- 1/4 teaspoon crushed red pepper
- 1 pound mussels, scrubbed and debearded
- 8 ounces sea scallops
- 8 ounces peeled and deveined medium shrimp
- 1/2 cup clam juice
- 1/4 cup chopped fresh flat-leaf parsley
- 1 (14.5-ounce) can diced tomatoes, undrained

## **Preparation**

Heat olive oil in a Dutch oven over medium-high heat. Add onion, garlic, and red pepper to pan; sauté for 2 minutes. Add mussels, scallops, and shrimp to pan; sauté for 1 minute. Stir in 1/2 cup clam juice, parsley, and diced tomatoes; bring to a boil. Cover, reduce heat, and simmer for 10 minutes or until mussels open, and discard any unopened shells.

## **Nutritional Information**

Calories:

289 (29% from fat)

Fat:

9.3g (sat 1.5g, mono 4.8g, poly 1.7g)

Protein:

36.2g

Carbohydrate:

13.8g

Fiber:

1.5g

Cholesterol:

138mg

Iron:

6.4mg

Sodium:

726mg

Calcium:

88mg

# Cannellini Stew with Sausage and Kale and Cheese Toasts



Try this dish with various flavored chicken sausages and other mild cheeses, such as fontina or mozzarella.

## **Yield**

6 servings (serving size: 1 cup stew and 1 toast)

## **Ingredients**

- 2 teaspoons vegetable oil
- 1 teaspoon bottled minced garlic
- 4 (2-ounce) smoked turkey and duck sausages with fennel, cut into 1/4-inch-thick slices (such as Gerhard's)
- 1 cup water
- 1 cup fat-free, less-sodium chicken broth
- 2 (19-ounce) cans cannellini beans or other white beans, rinsed and drained
- 4 cups bagged chopped kale
- 1/2 teaspoon black pepper
- 1/4 teaspoon crushed red pepper
- 1/8 teaspoon salt
- 2 tablespoons fresh lemon juice
- 6 tablespoons (1 1/2 ounces) shredded provolone cheese
- 6 (1-ounce) slices French bread baguette

## Preparation

Preheat broiler.

Heat the oil in a large saucepan over medium-high heat. Add minced garlic and sausage; sauté 1 minute. Add water, broth, and beans; bring to a boil. Stir in kale, black pepper, red pepper, and salt; bring to a boil. Cover, reduce heat, and simmer 5 minutes or until kale is tender. Remove from heat; stir in lemon juice.

While soup simmers, sprinkle 1 tablespoon cheese over each bread slice; broil 1 minute or until cheese melts. Serve toasts with soup

## Nutritional Information

Calories:

349 (26% from fat)

Fat:

10.2g (sat 3.6g, mono 1.7g, poly 2.7g)

Protein:

19.3g

Carbohydrate:

45.3g

Fiber:

8.5g

Cholesterol:

39mg

Iron:

4.9mg

Sodium:

981mg

Calcium:

214mg

# Chickpea Stew Scented with Lemon and Cumin



The garbanzo beans provide plenty of protein for this meatless, one-dish meal. Polenta gives the dish a creamy base and balances the spicy sauce.

## Yield

6 servings (serving size: 1 1/3 cups stew, 2/3 cup polenta, and 2 tablespoons sour cream)

## Ingredients

- 4 cups water
- 1 cup instant dry polenta
- 1 tablespoon butter
- 1 tablespoon olive oil
- 1 cup chopped onion
- 1 1/2 teaspoons bottled minced garlic
- 1/4 cup lemon juice
- 1 teaspoon ground cumin
- 1/4 teaspoon black pepper
- 2 (15-ounce) cans chickpeas (garbanzo beans), drained
- 2 (14.5-ounce) cans diced tomatoes, undrained
- 1/2 cup chopped green onions

3/4 cup reduced-fat sour cream

### **Preparation**

Bring water to a boil in a medium saucepan. Gradually add polenta, stirring constantly with a whisk. Reduce heat, and simmer 3 minutes, stirring frequently. Remove from heat; stir in butter. Cover and set aside.

While polenta cooks, heat oil in a large nonstick skillet over medium-high heat. Add onion and garlic; sauté for 3 minutes. Add lemon juice, cumin, black pepper, chickpeas, and tomatoes; bring to a boil. Reduce heat, and simmer 6 minutes. Stir in the green onions. Serve stew over polenta. Top with sour cream.

### **Nutritional Information**

Calories:

400 (22% from fat)

Fat:

9.6g (sat 4g, mono 2.6g, poly 1g)

Protein:

12.9g

Carbohydrate:

68g

Fiber:

9.8g

Cholesterol:

21mg

Iron:

2.8mg

Sodium:

838mg

Calcium:

180mg