

healthy Weeknights in a hurry

RECIPE PHOTOGRAPHY BY PETER ARDITO; INSETS: BRYAN MCCAY; FOOD STYLISTS: PATSY JAMIESON WITH CAROLYN CASNER; PROP STYLIST: CLAUDIA VENON



Buffalo Chicken Salad
(page 6)



Eat More, Weigh Less

**Want satisfying, delicious meals that won't pack on the pounds?
Try these 5 dinner recipes and our easy slim-down meal plan.**

If you're tired of hearing diet advice to eat less, we have news you're going to love. "By picking foods that are naturally lower in calories but larger in volume, you can eat a lot more food without worrying about what it will do to your waistline," says Barbara Rolls, Ph.D., author of *The Ultimate Volumetrics Diet* (William Morrow, 2012). In fact, we tend to choose our food based on volume—not calorie count—and the quantity of food we eat each day stays remarkably consistent even though the number of calories we wolf down can vary. So, "lowering your food's calorie density," as researchers call it, is a smart—and healthy—way to satisfy your appetite and cut calories.

These five quick recipes and research-tested tips let you put this concept into practice. Try the big, hearty Buffalo chicken salad (page 6) or the robust spice-rubbed flank steak with mushrooms (page 7), which you'll swear has more than just 309 calories and 3 grams of saturated fat. (It doesn't!) To help you keep calories in check the rest of the day, turn to our handy 5-day slim-down meal plan (page 2). —Karen Ansel, M.S., R.D.

Recipes: David Bonom & Marge Perry **Meal Plan:** Jim Romanoff

healthy in a hurry **weeknights**

5-Day Slim-Down Meal Plan

If you want to lose weight, following a meal plan is the simplest way to start. This 1,500-calorie-a-day plan (a level at which most people will lose weight) was designed by *EatingWell's* Test Kitchen team and registered dietitians, using the 5 *Weeknights* dinners (pages 3-7) plus suggestions for rounding out the day. An added bonus: this plan ensures you're getting enough calcium and fiber and it limits sodium and saturated fat. Plus the menus balance variety and convenience—it keeps your grocery list in check (you buy one bag of clementines and eat them all week; see page 8) and the amount of cooking to a minimum (for instance, on Tuesday you make homemade black-eyed pea dip for a snack and then eat the leftovers on other days).

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	1 cup spoon-size shredded wheat cereal 167 1 cup skim milk 83 1 cup blueberries 84	6 oz. nonfat plain Greek yogurt 100 1½ cups blueberries 127 1 pear 103	Egg sandwich: Lightly coat pan with cooking spray and fry or scramble 1 large egg; top with 2 oz. low-fat Swiss cheese and 2 tomato slices. Serve on 1 multigrain sandwich thin. 291	1 cup spoon-size shredded wheat cereal 167 1 cup skim milk 83 2 clementines 70	6 oz. nonfat plain Greek yogurt 100 1 cup blueberries 84 1 medium banana 105
	Calories: 334	Calories: 330	Calories: 291	Calories: 320	Calories: 289
MORNING SNACK	6 oz. nonfat vanilla Greek yogurt 120 1 clementine 35	1 oz. Cheddar cheese 114 1 clementine 35	1 pear 103 1 cup blueberries 84	1 medium banana 105	2 Tbsp. unsalted dry-roasted peanuts 107 2 clementines 70
	Calories: 155	Calories: 149	Calories: 187	Calories: 105	Calories: 177
LUNCH	Raita spread: Mix 6 oz. nonfat plain Greek yogurt with 1 cup each chopped tomatoes and cucumber and 1 Tbsp. chopped onion 149 6 rye crispbreads 143 1 medium banana 105	Tuna sandwich: Mix 5 oz. canned chunk light tuna (drained) with ½ avocado (mashed); spread on 1 multi-grain sandwich thin 309	Turkey sandwich: Mix 1 Tbsp. low-fat mayonnaise with 2 finely chopped sun-dried tomatoes; spread on 1 multigrain sandwich thin. Top with 1 oz. deli roast turkey breast, 2 oz. low-fat Swiss cheese and 2 tomato slices. 288 1 medium apple 95	Chef salad: Toss 2 cups mixed salad greens, 6 cherry tomatoes, ½ avocado (diced), 2 oz. deli roast turkey breast, 1 oz. low-fat Swiss cheese with 1 Tbsp. Creamy Garlic Dressing 🍴 273 6 oz. nonfat vanilla Greek yogurt 120	Avocado sandwich: Mix 1 Tbsp. low-fat mayonnaise with 2 finely chopped sun-dried tomatoes; spread on 1 multigrain sandwich thin. Top with ½ avocado, 2 oz. low-fat Swiss cheese and 2 tomato slices. 370
	Calories: 397	Calories: 309	Calories: 383	Calories: 393	Calories: 370
AFTERNOON SNACK	2 Tbsp. unsalted dry-roasted peanuts 107 1 clementine 35	¼ cup Black-Eyed Pea Dip (p. 4) 95 12 baby carrots 42	¼ cup Black-Eyed Pea Dip 🍴 95 12 baby carrots 42	1 oz. Cheddar cheese 114 1 pear 103	¼ cup Black-Eyed Pea Dip 🍴 95 12 baby carrots 42
	Calories: 142	Calories: 137	Calories: 137	Calories: 217	Calories: 137
DINNER	Bean & Barley Soup (p. 3) 323 Side salad: Toss 2 cups mixed salad greens, 6 cherry tomatoes and ½ avocado (diced) with 1 Tbsp. Creamy Garlic Dressing (p. 5) 160	Shrimp Fried Rice (p. 4) 307 Side salad: Toss 1 cup fresh spinach with 1 tsp. sesame oil and 2 Tbsp. unsalted dry-roasted peanuts 188	Quick Pasta Bolognese (p. 5) 414 1 Tbsp. grated Parmesan cheese 22 Side salad: Toss 2 cups spinach, ½ cup sliced mushrooms and ¼ cup diced red onion with 1 Tbsp. Creamy Garlic Dressing 🍴 43	Buffalo Chicken Salad (p. 6) 291 Garlic bread: Rub a 2-inch piece of whole-wheat baguette with 1 cut garlic clove and drizzle with 2 tsp. extra-virgin olive oil 204	Spice-Rubbed Steak with Sautéed Wild Mushrooms (p. 7) 309 1 cup wild rice 166 1 cup steamed Brussels sprouts 56
	Calories: 483	Calories: 495	Calories: 479	Calories: 495	Calories: 531
DAILY TOTALS	Calories: 1,511 Sat. Fat: 5 g Fiber: 43 g Sodium: 1,382 mg Calcium: 1,144 mg	Calories: 1,420 Sat. Fat: 12 g Fiber: 38 g Sodium: 1,567 mg Calcium: 934 mg	Calories: 1,477 Sat. Fat: 11 g Fiber: 40 g Sodium: 2,265 mg Calcium: 1,516 mg	Calories: 1,530 Sat. Fat: 14 g Fiber: 31 g Sodium: 2,100 mg Calcium: 1,286 mg	Calories: 1,504 Sat. Fat: 10 g Fiber: 36 g Sodium: 1,439 mg Calcium: 1,055 mg

Blue indicates a recipe in this plan. 🍴 indicates leftovers.



MEATLESS

monday

Bean & Barley Soup

h x w h f h h



Makes: 4 servings, 2½ cups each

Active time: 30 minutes

Total: 45 minutes

To make ahead: Refrigerate for up to 3 days or freeze for up to 6 months.

Cost per serving: under \$4

This hearty soup tastes like it has simmered for hours, but actually it's quite quick to throw together. Plus it freezes beautifully. If you have cooked barley on hand, omit the quick-cooking barley and stir in 1½ cups cooked barley along with the broth in Step 2.

- 4 teaspoons extra-virgin olive oil
- 1 large onion, chopped
- 1 medium fennel bulb, cored and chopped
- 5 cloves garlic, minced
- 1 teaspoon dried basil
- 1 15-ounce can cannellini or other white beans, rinsed
- 1 14-ounce can fire-roasted diced tomatoes
- 6 cups low-sodium vegetable broth
- ¾ cup quick-cooking barley
- 1 5-ounce package baby spinach (6 cups)
- ¼ cup grated Parmesan cheese
- ¼ teaspoon ground pepper

1. Heat oil in a Dutch oven over medium-high heat. Add onion, fennel, garlic, and basil; cook, stirring frequently, until tender and just beginning to brown, 6 to 8 minutes.
2. Mash ½ cup of the beans. Stir the mashed and whole beans, tomatoes, broth and barley into the pot. Bring to a boil over high heat. Reduce heat to medium and simmer, stirring occasionally, until the barley is tender, about 15 minutes. Stir in spinach and cook until wilted, about 1 minute. Remove from the heat and stir in cheese and pepper.

Per serving: 323 calories; 7 g fat (2 g sat, 4 g mono); 4 mg cholesterol; 55 g carbohydrate; 0 g added sugars; 13 g protein; 13 g fiber; 767 mg sodium; 795 mg potassium. **Nutrition bonus:** Vitamin A (98% daily value), Vitamin C (67% dv), Folate (28% dv), Potassium (23% dv), Calcium (20% dv), Iron (18% dv).



Broth or water instantly adds bulk to your meal for almost no calories. Think about it: ½ cup of black beans has about 115 calories, yet, for the same 115 calories you could slurp an entire cup of black bean soup. Women who ate low-cal soup twice daily for a year lost 50 percent more weight than women who ate the same number of calories in the form of two energy-dense snacks, according to an *Obesity Research* study. —K.A.

Shrimp Fried Rice

h*w h*f h*h



Makes: 4 servings, 2 cups each

Active time: 40 minutes

Total: 40 minutes

Cost per serving: under \$3

This shrimp fried rice is packed with vegetables and makes 4 generous servings, so you'll need to use a large skillet that is at least 12 inches wide. A large wok also works well. If you have cooked rice on hand, omit Step 1 and add 2½ cups cooked rice to the pan in Step 5.

1½ cups water

- 1 cup instant brown rice
- 2 tablespoons hoisin sauce (see Tip)
- 4 teaspoons reduced-sodium soy sauce
- 2 teaspoons toasted sesame oil
- 4 teaspoons canola oil, divided
- 2 large eggs, lightly beaten
- 8 ounces peeled and deveined raw small shrimp (51-60 per pound; see Tip)
- 2 tablespoons minced fresh ginger
- 4 cups stringless snap peas (12 ounces)
- 1 medium red bell pepper, cut into ½-inch pieces
- 2 medium carrots, halved lengthwise and thinly sliced
- 4 scallions, chopped

1. Combine water and rice in a small saucepan. Bring to a boil over high heat. Cover, reduce heat to medium-low and simmer until the water is absorbed, 10 to 12 minutes. Spread the rice out on a large baking sheet to cool.
2. Combine hoisin sauce, soy sauce and sesame oil in a small bowl; set aside.
3. Heat 1 teaspoon canola oil in a large non-stick skillet over medium-high heat. Add eggs and cook, stirring to help break into smaller pieces, until just set, about 45 seconds. Transfer the egg to a bowl.
4. Add another 1 teaspoon canola oil to the skillet and return to medium-high heat. Add shrimp and cook, stirring occasionally, until pink, 1½ to 2 minutes. Transfer the shrimp to the bowl.
5. Heat the remaining 2 teaspoons oil in the skillet over medium-high heat. Add ginger and cook, stirring, until fragrant, about 30 seconds. Stir in snap peas, bell pepper, carrots and scallions; cook, stirring occasionally, until tender-crisp, 3 to 4 minutes. Stir in the rice and the reserved egg and shrimp; cook, stirring, until heated through, about 1 minute. Remove from the heat and gently stir in the sauce mixture.

Per serving: 307 calories; 11 g fat (2 g sat, 5 g mono); 165 mg cholesterol; 34 g carbohydrate; 2 g added sugars; 17 g protein; 5 g fiber; 462 mg sodium; 523 mg potassium.

Nutrition bonus: Vitamin C (157% daily value), Vitamin A (147% dv), Folate (23% dv),



Magnesium (21% dv), Iron (18% dv), Potassium (15% dv).

Buy shrimp by the “number per pound” (e.g., 21-25 count) your recipe specifies, rather than the general “small,” “medium” or “extra-large” sizes. For sustainable shrimp, look for fresh (or frozen) shrimp certified by an independent agency, such as the Marine Stewardship Council. If you can't find certified shrimp, choose wild-caught shrimp from North America.

Look for hoisin sauce, a thick, dark brown, spicy-sweet sauce made from soybeans and a complex mix of spices, in the Asian section of most supermarkets.



JAM IT WITH VEGGIES

Vegetables are loaded with fiber, which automatically lowers the calorie density of your food because your body can't digest it entirely. When South Korean researchers fed women an equal volume of either plain rice or rice with added vegetables, those who feasted on the veggie-filled rice downed 41 percent fewer calories and felt more satisfied afterwards. —K.A.



For an afternoon snack (see page 2) make Black-Eyed Pea Dip:

Puree one 16-oz. can black-eyed peas (rinsed) with 2 Tbsp. extra-virgin olive oil, 2 tsp. red-wine vinegar, 1 minced garlic clove, 1 tsp. dried thyme and hot sauce to taste. **Makes 1½ cups. Serving size:** ¼ cup.



Incorporating air into foods puffs them up. "Because airy foods are bigger, they trick your brain into thinking you're eating more," says Barbara Rolls. The proof: researchers at Penn State University gave volunteers a similar-size snack of dense Cheetos Crunchy or more voluminous Cheetos Puffs. Those who munched on the puffs ate 70 fewer calories even though they polished off 73 percent more by volume. When possible, opt for airy eats: Cheerios over granola, bread over crackers and tubular pasta like rigatoni in place of spaghetti. —K.A.

Quick Pasta Bolognese

h*w h*f hvh



Makes: 4 servings, 1 cup pasta & about 1 cup sauce each

Active time: 30 minutes **Total:** 40 minutes

To make ahead: Refrigerate the sauce (Steps 1 & 3) for up to 3 days or freeze for up to 6 months.

Cost per serving: under \$2

Who doesn't love pasta with meat sauce? This crowd-pleasing version is a boon for busy cooks—it's ready and on the table in just 40 minutes.

- 1 tablespoon extra-virgin olive oil
- 1 medium onion, finely chopped
- 2 medium carrots, finely chopped
- 2 medium stalks celery, finely chopped
- 3 cloves garlic, minced
- 8 ounces whole-wheat rigatoni or penne (about 3 cups)
- 8 ounces lean (93% or leaner) ground beef
- ½ cup dry red wine
- 1 14-ounce can petite diced tomatoes
- 2 tablespoons tomato paste
- ½ teaspoon ground nutmeg
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

1. Heat oil in a large nonstick skillet over medium heat. Add onion, carrots, celery and garlic; cook, stirring occasionally, until just tender, 6 to 8 minutes.
2. Meanwhile, bring a large pot of water to a boil. Add pasta and cook according to package directions. Drain.
3. Add beef to the vegetables and cook, breaking up with a wooden spoon, until cooked through, 3 to 4 minutes. Increase heat to medium-high, add wine and cook until almost evaporated, 1 to 1½ minutes. Stir in tomatoes, tomato paste and nutmeg; reduce heat to medium-low, cover and simmer, stirring occasionally, for 10 minutes. Remove from the heat and stir in salt and pepper. Serve the pasta with the sauce.

Per serving: 414 calories; 10 g fat (3 g sat, 5 g mono); 43 mg cholesterol; 55 g carbohydrate; 0 g added sugars; 26 g protein; 7 g fiber; 522 mg sodium; 709 mg potassium.

Nutrition bonus: Vitamin A (118% daily value), Vitamin C (39% dv), Zinc (33% dv), Iron (24% dv), Potassium (21% dv), Magnesium (19% dv).

FIBER-RICH

wednesday



Make Creamy Garlic Dressing for a side salad: Blend ½ cup buttermilk, ¼ cup low-fat mayonnaise, 1½ Tbsp. lemon juice, 2 Tbsp. grated Parmesan cheese, 2 tsp. reduced-sodium soy sauce, 1 minced clove garlic, ½ tsp. salt and a pinch of pepper until smooth. **Makes 1 cup. Serving size: 1 tablespoon.**





LOW-CAL
thursday



SERVE UP SALAD

Simply adding a serving of salad to your meal can help you eat 11 percent fewer calories, according to a 2012 *Appetite* study. Stick with voluminous, low-calorie fixings like fresh veggies and leafy greens and limit add-ons like nuts, seeds and cheese. If you'll be making your salad into a main meal, add lean protein, such as skinless chicken, grilled shrimp or salmon, tofu or beans, to help you feel satisfied longer. —K.A.

Buffalo Chicken Salad

h*w h†f



Makes: 4 servings, 2½ cups salad & 3 oz. chicken each
Active time: 35 minutes **Total:** 35 minutes
Cost per serving: under \$3.50

All the flavor of Buffalo wings is packed into this irresistible salad. But unlike wings, you can eat a big serving of this for just 291 calories.

- | | |
|---|--|
| ½ cup crumbled reduced-fat blue cheese plus ¼ cup, divided | 2 tablespoons all-purpose flour |
| 6 tablespoons buttermilk | 1 tablespoon extra-virgin olive oil |
| 4 teaspoons red-wine vinegar, divided | 2 tablespoons hot sauce, such as Frank's Red Hot |
| ¼ teaspoon freshly ground pepper, divided | 8 cups chopped romaine lettuce |
| 1 pound boneless, skinless chicken breast, cut into ¾-inch pieces | 3 large carrots, chopped |
| | 3 large stalks celery, chopped |
| | 1 large cucumber, peeled, seeded and chopped |

1. Combine ½ cup blue cheese in a small bowl with buttermilk, 2 teaspoons vinegar and ⅛ teaspoon pepper; mix well, mashing slightly with a fork. Set aside.
2. Place chicken in another bowl; sprinkle with flour and the remaining ⅛ teaspoon pepper and toss until coated.
3. Heat oil in a large nonstick skillet over medium-high heat until very hot. Add the chicken and cook, turning occasionally, until just cooked through, 6 to 7 minutes. Stir in hot sauce and the remaining 2 teaspoons vinegar and cook, stirring often, until the chicken is coated, about 1 minute.
4. Combine lettuce, carrots, celery and cucumber in a large bowl; add the reserved dressing and toss to coat. Divide the salad among 4 plates and top each with an equal portion of chicken and 1 tablespoon each of the reserved blue cheese.

Per serving: 291 calories; 11 g fat (4 g sat, 4 g mono); 75 mg cholesterol; 15 g carbohydrate; 0 g added sugars; 32 g protein; 5 g fiber; 607 mg sodium; 832 mg potassium. **Nutrition bonus:** Vitamin A (350% daily value), Folate (44% dv), Vitamin C (25% dv), Potassium (24% dv).



PROTEIN-PACKED
friday

Spice-Rubbed Steak with Sautéed Wild Mushrooms

h x w h x h



Makes: 4 servings, 3 oz. steak & ½ cup mushrooms each

Active time: 40 minutes **Total:** 40 minutes

Cost per serving: under \$5.50

Love this steak rub? Make a double, triple or quadruple batch to keep on hand for chicken and firm fish (swordfish, tuna and salmon) too. Store it in a jar or sealable plastic bag in your spice drawer for an instant dinner solution. We love the flavor of wild mushrooms in this mix, but any type of mushroom will work.

- | | |
|---|---|
| 2 teaspoons ancho chile powder (see Tip, left) | 5 teaspoons extra-virgin olive oil |
| 1 teaspoon ground cumin | ½ cup chopped shallots |
| 1 teaspoon packed dark brown sugar | 5 cloves garlic, minced |
| ½ teaspoon salt plus ¼ teaspoon, divided | 1 pound assorted wild mushrooms, trimmed and sliced |
| ¼ teaspoon freshly ground pepper plus ½ teaspoon, divided | ½ cup Madeira or dry sherry |
| 1 pound flank steak, trimmed | 2 tablespoons chopped fresh parsley |

~ TIP ~
Ancho chile powder, made from dried poblano peppers, has a mild, sweet spicy flavor. Look for it in the spice section of well-stocked supermarkets. Other mildly spicy chile powder can be used in its place.



TRIM THE FAT

“With twice as many calories per bite as carbs or protein, fat calories add up incredibly quickly,” says Rolls. So the more fat on your plate, the less food you can eat without racking up the calories. Keep fat in check by choosing lower-fat options of your favorite foods, such as lean cuts of beef, skinless poultry and nonfat dairy, and trim any visible fat off meat before cooking. —K.A.

1. Position oven rack 3 to 4 inches below broiler; preheat broiler to high.
2. Coat a broiler pan with cooking spray. Combine chile powder, cumin, brown sugar, ½ teaspoon salt and ¼ teaspoon pepper in a small bowl. Rub the mixture evenly over both sides of steak and place on the prepared pan; let stand at room temperature for about 15 minutes.
3. Meanwhile, heat oil in a large skillet over medium-high heat. Add shallots and garlic and cook, stirring occasionally, until starting to soften, about 1 minute. Stir in mushrooms and the remaining ¼ teaspoon salt and cook, stirring occasionally, until the mushrooms release their liquid and begin to brown, 8 to 10 minutes. Pour in Madeira (or sherry) and cook, stirring, until absorbed, about 1 minute. Add broth and cook, stirring occasionally, until almost absorbed, 2 to 3 minutes. Remove from the heat and stir in parsley and remaining ½ teaspoon pepper; cover to keep warm.
4. Broil the steak 4 to 6 minutes per side for medium. Transfer to a clean cutting board and let rest for 5 minutes. Thinly slice the steak against the grain and serve with the mushrooms.

Per serving: 309 calories; 13 g fat (3 g sat, 7 g mono); 71 mg cholesterol; 16 g carbohydrate; 1 g added sugars; 29 g protein; 3 g fiber; 591 mg sodium; 969 mg potassium.
Nutrition bonus: Zinc (35% daily value), Potassium (26% dv), Iron (17% dv).

5-Day Slim-Down Meal Plan: Shopping List

This list outlines everything you need to make all the recipes for the week (pages 3-7), plus all the sides and snacks for ONE person to follow the plan.

Shop For:

Produce

Fruit

- 1 medium apple
- 3 medium bananas
- 4½ cups blueberries
- 5 clementines or mandarin oranges
- 2 lemons
- 3 medium pears

Vegetables & Fresh Herbs

- 2 avocados
- 8 oz. Brussels sprouts
- 1 lb. baby carrots
- 4 medium carrots
- 3 large carrots
- 1 bunch celery
- 2 large cucumbers
- 1 head fennel
- 4 cups mixed salad greens (about 4 oz.)
- 1 large head romaine lettuce
- 8 oz. cremini mushrooms
- 8 oz. shiitake mushrooms
- 8 oz. white button mushrooms
- 1 red onion
- 3 white onions
- 1 medium red bell pepper
- 1 bunch scallions
- 3 medium shallots
- 12 oz. stringless sugar snap peas
- 10 oz. baby spinach
- 1 pint cherry tomatoes
- 3 medium tomatoes

Fresh Herbs & Flavorings

- 2 heads garlic
- 1 2-inch piece ginger
- 1 bunch parsley

Dry Goods & Bread

- ¾ cup quick-cooking barley
- 1 cup instant brown rice
- ½ cup wild rice
- 8 oz. whole-wheat rigatoni or penne
- 2 cups spoon-size shredded wheat cereal
- 6 rye crispbreads
- 4 multigrain sandwich thins
- 1 whole-wheat baguette

Canned & Bottled Goods

- 1 16-oz. can black-eyed peas
- 1 15-oz. can cannellini beans
- 1 14-oz. can fire-roasted diced tomatoes
- 1 14-oz. can petite diced tomatoes
- 4 sun-dried tomatoes packed in oil
- 1 5-oz. can chunk light tuna, packed in water
- 6 cups low-sodium vegetable broth
- 2 cups low-sodium beef broth
- 2 Tbsp. hoisin sauce

Nuts, Seeds & Fruits

- 6 Tbsp. unsalted dry-roasted peanuts

Dairy

- 1 cup buttermilk
- 3 6-oz. containers nonfat plain Greek yogurt
- 2 6-oz. containers nonfat vanilla Greek yogurt
- 3 oz. reduced-fat blue cheese
- 2 oz. Cheddar cheese
- ½ cup grated Parmesan cheese
- 7 oz. sliced low-fat Swiss cheese

Meat & Seafood

- 1 lb. boneless, skinless chicken breast
- 3 oz. deli sliced turkey breast
- 1 lb. flank steak
- 8 oz. 93%-lean ground beef
- 8 oz. small raw shrimp (51-60 count)

Check Your Pantry For:

Oils, Vinegars & Condiments

- canola oil
- extra-virgin olive oil
- toasted sesame oil
- cooking spray
- red-wine vinegar
- reduced-sodium soy sauce
- hot sauce
- low-fat mayonnaise

Flavorings

- salt
- pepper
- ancho chile powder
- dried basil
- ground cumin
- ground nutmeg
- dried thyme

Dry Goods

- all-purpose flour
- brown sugar

Spirits

- dry red wine
- Madeira

Canned & Bottled Goods

- tomato paste

Refrigerator Items

- skim milk
- large eggs