

DOUBLE-DUTY MEALS

Cooking just got a whole lot easier, thanks to these recipes that turn one dish into two.

BY JACKIE NEWGENT, RD
PHOTOGRAPHY
BY ANDREW MCCAUL



● BLT Pizza

This healthier take on two kid favorites pairs whole wheat dough and arugula with just the right amount of cheese and bacon. If your family isn't a fan of arugula, you can swap it with spinach or mesclun instead—just be sure to top it only on the slices you're eating right away, so you can use the leftover pizza to make the Baked BLT Frittata.

Active time: 20 minutes **Cook time:** 40 minutes

- 2 tablespoons whole wheat pastry flour
- 1½ pounds whole wheat pizza dough (thawed, if frozen)
- 4 teaspoons extra-virgin olive oil
- 15 cherry tomatoes, quartered
- 1½ cups shredded part-skim mozzarella cheese
- 5 slices uncured hickory-smoked bacon, uncooked, chopped
- 1 garlic clove, minced
- ¼ teaspoon freshly ground black pepper
- 2 teaspoons fresh lemon juice
- 2½ cups packed baby arugula

1. Preheat the oven to 500°. Spritz a large baking sheet with cooking spray. Dust a clean surface with flour. Roll out the dough into a 10-by-13-inch shape on the lightly floured surface.
2. Transfer the dough to the baking sheet by rolling it onto the rolling pin and then unrolling it onto the sheet. Brush or rub the dough with 2 teaspoons of olive oil. Top with the tomatoes, cheese, bacon, and garlic.
3. Bake until the crust is crisp and brown, cheese is melted, and bacon is just crisp, about 17 minutes.
4. Slide the pizza onto a cutting board. Sprinkle with pepper and slice into 8 pieces.
5. Whisk together the lemon juice and the remaining 2 teaspoons oil in a medium bowl. Add the arugula and toss to coat. Arrange the salad on the pizza. Serve.

Serves 8

Per serving: calories 320, fat 15 g, protein 16 g, carbohydrates 27 g, dietary fiber 3 g

KIWI
recommends
ORGANIC
ingredients

● Baked BLT Frittata

With the extra pizza, you can pull together this flavorful frittata. It makes a great choice for a week-end brunch, but you can serve it at any meal.

Active time: 10 minutes

Cook time: 45 minutes

- 4 large whole eggs, plus 5 egg whites
- ½ cup fat-free milk
- Pinch of sea salt
- ½ teaspoon freshly ground black pepper
- 4 slices of the BLT Pizza, without salad, chilled and cut into ¾-inch cubes
- ½ cup shredded part-skim mozzarella cheese
- 4 sprigs fresh basil (optional)

1. Preheat the oven to 350°. Lightly coat a 9-inch deep-sided pie pan (or a 10-inch round baking dish) with cooking spray.
2. Whisk together the eggs, egg whites, milk, pepper, and salt in a large bowl. Stir in the chopped BLT Pizza. Pour into the prepared pie pan and sprinkle with the cheese.
3. Bake until the eggs are set and cheese is golden, about 35 minutes. Let stand for at least 5 minutes to set. Slice into wedges. Garnish with a basil sprig, if desired. Serve.

Serves 4

Per serving: calories 420, fat 13 g, protein 31 g, carbohydrates 39 g, dietary fiber 2 g



● Roasted Chicken Thighs with Diced Sweet Potatoes

This sweet and savory dish will quickly become your family's favorite comfort food on cold winter nights. Kids will love the tasty chicken thighs and colorful sweet potatoes—and, since the chicken is cooked directly on the potatoes, it gives the whole meal an extra boost of flavor.

Active time: 10 minutes **Cook time:** 1 hour, 5 minutes

- 8 boneless, skinless chicken thighs
- 4 medium sweet potatoes, unpeeled, scrubbed, and diced into ½-inch cubes
- 1 large red or white onion, diced
- 2 tablespoons extra-virgin olive oil
- 1¼ teaspoons sea salt
- 1 teaspoon freshly ground black pepper
- 2 tablespoons fresh cilantro, minced

1. Preheat the oven to 450°.
2. Add the chicken, sweet potatoes, and onion to a large bowl. Drizzle with oil and sprinkle with salt, pepper, and 1 tablespoon of cilantro. Toss well to fully coat.
3. Arrange the sweet potatoes and onion in a single layer on a large baking sheet; leave the chicken in the bowl and set aside.
4. After the sweet potato mixture has roasted for about 20 minutes, stir it and then arrange again in a single layer on the cookie sheet. Place the chicken on top of the mixture. Roast until the chicken is fully cooked and the sweet potatoes are cooked and slightly caramelized, about 35 minutes, flipping over the chicken about halfway through the roasting process. Serve the chicken alongside the sweet potato mixture and garnish with the remaining tablespoon of cilantro.

Serves 8

Per serving: calories 170, fat 5 g, protein 15 g, carbohydrates 14 g, dietary fiber 2 g





● Creamy Chicken & Veggie Salad Wraps

With the leftover chicken and sweet potatoes, you can create these super-easy and deliciously creamy wraps. They work great in your child's lunch box as a fun, midday meal, or as a filling choice for dinner on busy weeknights.

Active time: 10 minutes

Cook time: 10 minutes

- 3 tablespoons jarred salsa verde
- 1½ tablespoons mayonnaise
- 1½ tablespoons plain, fat-free Greek yogurt
- Pinch of sea salt
- 4 chicken thighs, diced
- 2½ cups sweet potato mixture, chilled
- 4 8-inch whole grain tortillas

1. Stir the salsa, mayonnaise, yogurt, and salt together in a medium bowl.
2. Add the chicken to the salsa mixture and stir until well-combined; then stir in the sweet potatoes.
3. Divide the mixture among the tortillas and roll up tightly (there's no need to fold in the sides). Serve.

Serves 4

Per serving: calories 467, fat 20 g, protein 28 g, carbohydrates 45 g, dietary fiber 7 g

THE MAIN RECIPES SERVE 8—USE HALF, THEN SAVE THE REST FOR THE SECOND DISH!



MAKING ONE
DISH THAT
CAN BE SERVED
TWO WAYS
IS A GREAT
TIME-SAVER
FOR BUSY
FAMILIES!

● Veggie Stir-Fry with Edamame

Stir-fries are one of the easiest ways to get kids to eat more veggies—plus, the edamame in this version gives your family an extra boost of protein. Serve this as a side dish, or make it the entrée with chicken, beef, or shrimp.

Active time: 15 minutes Cook time: 30 minutes

- | | |
|---------------------------------------------------|--------------------------------------------------------------------------|
| 2½ tablespoons bottled naturally brewed soy sauce | 1 head cauliflower, cut into small bite-size florets |
| 1 tablespoon honey or agave nectar | 2 large red bell peppers, cut into 2-inch matchsticks |
| 2 teaspoons rice vinegar | 1½ cups frozen edamame, prepared according to package directions |
| 1 teaspoon cornstarch | 2 tablespoons finely chopped roasted peanuts or 2 teaspoons sesame seeds |
| 3 tablespoons canola or peanut oil | |
| 1 tablespoon toasted sesame oil | |
| 2 large garlic cloves, very thinly sliced | |
| 1 tablespoon freshly grated ginger root | |

1. Whisk together the soy sauce, honey, vinegar, and cornstarch in a liquid measuring cup. Set aside.
2. Heat the oils in a wok or large, deep skillet over high heat. Add the garlic slices and ginger and stir-fry until the garlic is golden, about 15 seconds. Add the cauliflower and stir-fry for 2 minutes. Add the peppers and edamame and stir-fry until vegetables are gently browned and crisp-tender, about 10 more minutes. Add the soy sauce mixture, remove from the heat, and toss to fully coat.
3. Transfer to a serving dish and sprinkle with peanuts or sesame seeds. Serve with additional soy sauce on the side, if desired.

Serves 3

Per serving: calories 157, fat 10 g, protein 6 g, carbohydrates 11 g, dietary fiber 4 g



● Cold Nutty Noodles with Veggies

A quick way to use up that extra stir-fry: pair it with noodles and Thai peanut sauce for a taste kids will love. If your family has allergies, prepare the noodles with an almond butter-based sauce instead.

Active time: 8 minutes **Cook time:** 13 minutes

- ½ cup all-natural bottled Thai peanut sauce*
 - 1 8- to 9-ounce package buckwheat soba noodles
 - 3 cups veggie stir-fry, chilled
 - 2 scallions, green and white parts very thinly sliced
 - 2 tablespoons chopped fresh cilantro
 - 2 tablespoons finely chopped roasted peanuts or 2 teaspoons toasted sesame seeds
1. Add the peanut sauce to a large bowl. Set aside.
 2. Bring a pot of water to a boil. Add the soba noodles and cook according to package directions, about 5 minutes. Drain, rinse with cold water until cool, then drain again.
 3. Add the noodles to the sauce, along with the veggie stir-fry and scallions; toss to combine.
 4. Transfer to a serving bowl. Sprinkle with the cilantro and peanuts or sesame seeds. Serve at room temperature or chilled.

*For peanut allergies, try this Asian almond-ginger sauce: Mix together ¼ cup creamy no-added-sugar almond butter, 1½ tablespoons rice vinegar, 1 tablespoon naturally brewed soy sauce, 1 tablespoon honey or agave nectar, 2 teaspoons freshly grated ginger root, and ½ teaspoon toasted sesame oil.

Serves 4

Per serving: calories 278, fat 15 g, protein 11 g, carbohydrates 28 g, dietary fiber 6 g

