

WHAT'S FOR dinner?

30+ easy, delicious *kurbo* recipes the whole family will love!



kurbo
by 



recipes

whole-wheat cheese pizza	5
cheeseburger bowls	7
quick chicken burritos	9
super-easy spaghetti and meatballs	11
classic grilled cheese with bacon and tomato	13
slow-cooker chickpea tikka masala	15
sheet-pan chicken fajitas with the works	17
easy shrimp and veggie bowls	19
pasta with creamy broccoli sauce	21
four-ingredient chicken yakitori	23
Cuban sandwich sliders	25
stuffed pasta shells	27
turkey club skewers	29
dinner snack board	31
easiest turkey chili	33
spinach and cheddar frittata	35
turkey taco filling	37
pretzel-crusted chicken tenders with honey-mustard dip	39
Greek-inspired veggie burgers	41
ham, salsa, and black bean bowls	43
beef fried rice	45
pesto shrimp and pasta	47
Mexican egg skillet	49
sesame chicken	51
pepperoni pizza burgers	53
pork and vegetable lettuce wraps	55
creamy butternut squash mac 'n' cheese	57
perfectly barbecued chicken breasts	59
fried chicken sliders	61
Mexican meatballs	63
BONUS SIDE DISHES	
easy-spinach Parmesan dip	65
tossed salad with classic Italian dressing	67
fresh corn and black bean salsa	69
crunchy broccoli with Pecorino Romano	71
Italian roasted pepper and tomato bisque	73
classic creamy coleslaw	75
quick cauliflower fried rice	77
curried carrot fries	79

Dietary concerns

Look for these labels throughout the book to choose the recipes that best fit your needs.

✓ vegetarian

Recipes that contain no animal-flesh foods or products made from animal flesh, though they may contain eggs and dairy products.

✓ vegan

Recipes that contain no animal-flesh foods, eggs, dairy products, or honey.

✓ gluten-free

Recipes that contain no wheat, barley, or rye, or any products made from these ingredients. (Always check the label on ingredients that are inherently gluten-free—such as broth and spices—but could contain gluten depending on the manufacturer.)

✓ dairy-free

Recipes that contain no milk from any animal and no products made from animal milk.

✓ nut-free

Recipes that contain no tree nuts or peanuts.

Note: Recipes conform to these designations, but tips and serving suggestions may not.



Mexican
meatballs,
page 63

introduction

What's for dinner? It's the age-old question kids love to ask, and if you find yourself stumped half the time, you're not alone! It's a challenge to take charge of meal planning for a bunch of other eaters with wide-ranging tastes and food needs. That's why we've pulled together a month's worth of tried-and-true, kid-tested, parent-approved recipes to help you get dinner on the table. They're all simple and healthy enough to keep kids on track with their Kurbo goals. Plus, they'll gobble what you make. From Mexican and Italian classics to healthier versions of fast-food meals to vegetarian recipes with five ingredients or less, this little e-book offers something for everyone. Look through the recipes with your kids and find a few you want to try, then make it a family affair. Check out our [guide](#) to involving kids (ages 2 and up) in meal prep. It's wonderful together time and an amazing way to teach children (especially, ahem, teens!) some culinary skills that will foster a lifetime love for cooking.



easy shrimp
and veggie
bowls,
page 19



cheeseburger
bowls,
page 7

whole-wheat
cheese pizza,
page 5



the Kurbo Traffic Light system

The Traffic Light system is one of the most effective and well-researched tools for helping children and teens learn healthy eating habits. It's a science-proven tool based on 30 years of research designed to gradually shift toward a healthier, balanced pattern of eating by encouraging the intake of nutrient-dense foods, as opposed to energy-dense ones. Foods fall into three groups: red, yellow, and green. The system is designed to be simple and fun, so kids can stick with it.

Foods are grouped into different colors based on the energy density, the nutritional value, and a healthier eating pattern.

The goal is for kids to eat more green-light foods, which are fruits and vegetables, and to watch portions of yellow lights, which include pasta, rice, bread, lean protein, and dairy. Red-light foods are high-sugar and high-calorie with little nutritional value, so kids are encouraged to cut back on those. Red lights, like candy, ice cream, and fast food, are still allowed—kids just have to budget for them.

Here's how we tell kids to think about the Traffic Light approach



GREEN

Green-light foods, including all fruits and veggies, are great to eat anytime.



YELLOW

Yellows, like lean proteins and pasta, are important for healthy eating, too—you'll just watch your portions.



RED

Red foods, like desserts and sugary drinks? Just stop and think how to budget them in with everything else.



whole-wheat cheese pizza

Prep 25 min **Cook** 15 min **Serves** 4

2 slices (¼ of pizza) = 

For a fun family activity and a calcium and protein boost, try making pizza with our Two-Ingredient Dough of 1½ cups self-rising flour and 1 cup plain nonfat Greek yogurt. (Just mix together and let the dough rest for 5 minutes.)

INGREDIENTS

- 16 oz whole-wheat or multigrain pizza dough, at room temperature
- 3 tsp yellow cornmeal
- ¾ cup tomato sauce
- ¼ tsp crushed red pepper
- 1 cup shredded part-skim mozzarella
- 3 tbsp grated Parmesan

DIRECTIONS

1. Arrange rack on bottom rung of oven and preheat to 500°F.
2. Turn dough onto lightly floured work surface. With lightly floured rolling pin, roll dough to 12-inch round. Sprinkle pizza pan or large baking sheet with cornmeal. Transfer dough to prepared pan, gently pulling dough back into 12-inch round. (If dough resists, cover loosely with clean kitchen towel and let rest for about 10 minutes.)
3. Spread tomato sauce over dough. Sprinkle with crushed red pepper and top evenly with mozzarella and Parmesan. Bake until crust is golden and cheeses are melted, 12 to 15 minutes. Slice pizza into 8 pieces.

Kurbo kitchen TIP

Enjoy this classic pie as is, or customize it with turkey pepperoni, leftover roasted vegetables, or a big handful of fresh chopped herbs. If you don't have cornmeal, use regular flour in its place.




✓ gluten-free

✓ nut-free

cheeseburger bowls

Prep 15 min **Cook** 10 min **Serves** 4

1 bowl (about 2 cups) = 

This deconstructed cheeseburger is extremely versatile. Cutting back on red meat? Use ground turkey breast or lean ground pork. Vegetarian? Switch to a plant-based ground meat alternative or black beans. Want to use a powerhouse green? Swap the lettuce for shredded kale or fresh baby spinach.

INGREDIENTS

Nonstick spray

- 1 lb lean (96%) ground beef
- 1 small onion, finely chopped
- 1 tsp kosher salt
- 6 cups chopped iceberg or romaine lettuce
- 4 plum tomatoes, chopped, divided
- 12 dill pickle slices
- 8 tbsp shredded reduced-fat cheddar
- Thinly sliced red onion (optional)

Special sauce

- 2 tbsp chopped dill pickles
- 2 tbsp light mayonnaise
- 1 tbsp ketchup
- 1 tbsp finely chopped onion
- 1½ tsp yellow mustard
- ½ tsp Worcestershire sauce

DIRECTIONS

1. Coat large nonstick skillet with nonstick spray and heat over medium-high. Add beef, onion, and salt and cook, breaking up meat with wooden spoon, until beef is cooked through and no longer pink, 7 to 9 minutes. Let cool. Divide beef mixture among 4 medium bowls.
2. Place 1½ cups lettuce in each bowl. Top each bowl with 1 chopped tomato, 3 pickle slices, 2 tbsp cheese, and red onion (if using).
3. In small bowl, stir ingredients for Special Sauce. Divide sauce among bowls.



Add a starchy side to this dish to stand in for the burger bun. Serve it with the baked carrot fries on page 79.



quick chicken burritos

Prep 10 min **Cook** 5 min **Serves** 2

1 tortilla with filling = ●●●●●

Put leftover chicken breast to delicious use with these super-fast, six-ingredient burritos. Add more green lights with a large lettuce leaf wrap, or turn this into a burrito bowl over fresh greens.

INGREDIENTS

- 1 cup shredded cooked chicken breasts
- ½ cup canned black beans, rinsed and drained
- ½ cup cooked brown rice
- ¼ cup shredded reduced-fat Mexican four-cheese blend
- 2 tbsp salsa
- 2 tbsp chopped fresh cilantro (optional)
- 2 large whole-wheat tortillas

DIRECTIONS

1. In medium bowl, combine chicken, beans, rice, cheese, salsa, and cilantro (if using).
2. Arrange half of chicken filling down center of each tortilla. Fold in bottom and top of tortilla, then roll up burrito-style. Heat through in microwave or oven.

Kurbo
kitchen
TIP

A squeeze of fresh lime juice or a dash or two of hot sauce to the chicken filling adds an extra burst of flavor.



super-easy spaghetti and meatballs

Prep 20 min **Cook** 15 min **Serves** 6

5 meatballs and 1 cup spaghetti with sauce = 

Who doesn't love meatballs? They hold well in the fridge so you might make a double batch for dinner later in the week. Look for a low-in-sugar marinara and serve the pasta with our cheese-dusted roasted broccoli (page 71) for a crowd-pleasing, complete meal.

INGREDIENTS

- Nonstick spray
- 1 lb lean (93%) ground beef
- ¼ cup dried plain breadcrumbs
- ¼ cup grated Parmesan
- 1 large egg
- 1½ tsp Italian seasoning
- 1½ tsp kosher salt
- ¾ lb dry whole-wheat spaghetti
- 24 oz reduced-fat pasta sauce
- ¼ cup chopped fresh basil

DIRECTIONS

1. Preheat oven to 350°F. Line large rimmed baking sheet with parchment paper, or line with foil and coat with nonstick spray.
2. In large bowl, combine beef, breadcrumbs, cheese, egg, Italian seasoning, and salt. Roll into 30 (1¼-inch) meatballs and place on prepared baking sheet. Bake, shaking pan every 5 minutes for even browning, until meatballs are cooked through, 10 to 15 minutes.
3. While meatballs are baking, cook spaghetti according to package directions. In large saucepan, heat pasta sauce over medium-low.
4. When ready to eat, toss meatballs with sauce and serve over spaghetti. Garnish with basil.

Kurbo kitchen TIP

You can swap in lean ground chicken or turkey for the beef, add green lights with spiralized veggie noodles for all or some of the spaghetti, or serve up the meatballs sub-style in yellow-light whole-wheat rolls.



classic grilled cheese with bacon and tomato

Prep 10 min **Cook** 10 min **Serves** 6

1 sandwich = 

Canadian bacon and lean ham are great yellow-light swaps for the turkey bacon in this quintessential dinner sandwich. Make it a truly classic meal by pairing grilled cheese with a bowl of tomato soup (page 73).

INGREDIENTS

Nonstick spray

- ¼ cup light cream cheese (Neufchâtel), at room temperature
- 12 slices light whole-wheat bread
- 1 cup plus 2 tbsp shredded light cheddar
- 6 slices ripe beefsteak tomato
- 6 slices cooked turkey bacon, halved crosswise

DIRECTIONS

1. Spread 1 tsp cream cheese on each slice of bread. On rimmed baking sheet, arrange bread, cream cheese-side up.
2. Place 3 tbsp cheddar, 1 tomato slice, and 2 pieces of turkey bacon each on 6 slices of bread. Top each with 1 slice of remaining bread, cream cheese-side down, and press to adhere bread.
3. Coat large nonstick griddle or 2 large nonstick sauté pans with nonstick spray and heat over medium. Cook sandwiches, pressing down lightly with spatula, until bread is browned and crispy and cheese melts, 2 to 3 minutes per side. Cut sandwiches in half crosswise.

Kurbo
kitchen
TIP

Give the sandwiches a pop of unexpected flavor by mixing a few teaspoons of chopped fresh herbs or a little Dijon mustard into the cream cheese.



- ✓ vegetarian
- ✓ vegan
- ✓ gluten-free
- ✓ dairy-free
- ✓ nut-free

slow-cooker chickpea tikka masala

Prep 10 min **Cook** 8 hr **Serves** 6

1¼ cups = 

Slow cookers are an overscheduled parent's dream! Just a handful of ingredients come together in this boldly flavored stew that's much healthier than Indian takeout. Be sure to stir in the coconut milk after the slow cooker is off to prevent curdling.

INGREDIENTS

- 2 (16-oz) cans chickpeas, rinsed and drained
- 2 (14.5-oz) cans diced fire-roasted tomatoes
- 2 cups chopped onion
- 1 tbsp garam masala
- 1 tsp black pepper
- ½ tsp salt
- 1 cup light unsweetened coconut milk
- 3 tbsp fresh cilantro leaves (optional)

DIRECTIONS

1. In 4- to 6-quart slow cooker, combine chickpeas, tomatoes, onion, garam masala, black pepper, and salt. Cover pot and cook on Low for 7 to 8 hours.
2. Turn off slow cooker and wait for chickpeas and vegetables to stop boiling. Stir in coconut milk. Garnish with cilantro (if using).



For more green lights, serve with sautéed spinach or cauliflower rice to soak up all the saucy goodness.



sheet-pan chicken fajitas with the works

Prep 20 min **Cook** 20 min **Serves** 4

2 filled tortillas = 

The key here is to preheat the pan, so when the chicken and veggies hit the hot surface, they begin to cook and brown (a.k.a. caramelize) right away and remain tender and juicy within. Bonus: You have only one dish to clean!

INGREDIENTS

Nonstick spray

- 1 lb skinless boneless chicken breasts, thinly sliced
- 1 large yellow onion, sliced
- 1 medium red bell pepper, sliced
- 1 medium yellow bell pepper, sliced
- 1 large poblano chile, sliced
- 2 tbspcanola oil
- 2 tsp chili powder
- 1 tsp garlic powder
- 1 tsp ground cumin
- 1 tsp salt
- 1 tsp smoked paprika
- 8 (6-inch) whole-wheat or corn tortillas
- 1 cup pico de gallo
- ½ cup fresh cilantro leaves
- ¼ cup reduced-fat sour cream
- 1 medium avocado, thinly sliced
- 1 medium jalapeño, thinly sliced (optional)
- 1 lime, cut into wedges (optional)

DIRECTIONS

1. Place large rimmed baking sheet in oven. Preheat oven to 450°F, leaving pan in oven.
2. In large bowl, combine chicken, onion, bell peppers, and poblano. Drizzle with oil and toss gently until coated. Sprinkle with chili powder, garlic powder, cumin, salt, and paprika and toss gently until coated.
3. Carefully remove hot pan from oven and coat with nonstick spray. Spread chicken and vegetables in even layer on pan. Roast, stirring halfway through, for 20 minutes.
4. Meanwhile, wrap tortillas in foil. Warm tortillas in oven during last 5 minutes of roasting.
5. Divide chicken and vegetables among tortillas. Top with pico de gallo, cilantro, sour cream, and avocado. Serve with sliced jalapeño and lime wedges (if using).



Ditch the tortillas and wrap up the filling in large lettuce leaves for extra green lights! You can also swap in plain nonfat yogurt mixed with a little lime juice and zest for the sour cream.



easy shrimp and veggie bowls

Prep 10 min **Cook** 2 min **Serves** 2

1 bowl (about 2½ cups) = ●●●●

This Asian-inspired grain bowl is a perfect too-busy-to-cook midweek meal, so you might want to keep all the ingredients on hand. It relies heavily on convenience foods like frozen cooked shrimp and edamame, a bottled dressing, and preshredded vegetables.

INGREDIENTS

- 8 oz cooked shrimp or crab
- 1 cup cooked medium-grain brown rice
- 1 cup shelled cooked edamame
- ⅔ cup shredded carrots
- ⅔ cup shredded red cabbage
- ¼ cup store-bought ginger salad dressing

DIRECTIONS

Heat any ingredients, if desired. Divide ingredients between 2 bowls and toss to coat.

Kurbo
kitchen
TIP

For even more convenience, batch-cook grains, then cool and freeze them in small containers so you can thaw and reheat for other meals later on.



- ✓ vegetarian
- ✓ gluten-free
- ✓ nut-free

pasta with creamy broccoli sauce

Prep 15 min **Cook** 15 min **Serves** 4

1½ cups = 

This easy, green light-filled dinner comes together with just five staple ingredients (besides salt, black pepper, and oil). Frozen broccoli florets get blended with cheese, oil, lemon zest and juice, garlic, and a little pasta cooking water to create a vibrant, creamy sauce.

INGREDIENTS

- 6 cups frozen chopped broccoli florets
- 8 oz chickpea pasta (such as rotini, penne, cavatappi, or casarecce)
- ⅓ cup grated Parmesan, divided
- 1 tbsp plus 1½ tsp olive oil
- 1 tsp finely grated lemon zest
- 1 tbsp fresh lemon juice
- ¾ tsp salt
- ½ tsp black pepper
- 1 large garlic clove, coarsely chopped
- ½ medium lemon, cut into wedges (optional)

DIRECTIONS

1. Bring large pot of water to boil. Add broccoli and cook for 3 minutes. Using slotted spoon, remove broccoli from water and set aside. Add pasta to boiling water and cook until al dente, 7 to 9 minutes. Reserve ½ cup pasta cooking water and drain pasta.
2. In blender, combine 2½ cups broccoli, ½ cup reserved pasta cooking water, 2 tbsp cheese, oil, lemon zest and juice, salt, black pepper, and garlic. Blend on high speed until creamy and smooth, about 1 minute.
3. Return pasta and remaining broccoli to pot. Add sauce and toss gently to coat. Sprinkle with remaining cheese. Serve pasta with lemon wedges (if using).

**Kurbo
kitchen
TIP**

Chickpea pasta has a protein and fiber edge over regular pasta (it's gluten-free, too), but you can use any type of noodle you prefer.



✓ dairy-free

✓ nut-free

four-ingredient chicken yakitori

Prep 10 min **Cook** 10 min **Serves** 4

2 skewers = ●●

For the most delicious smoky flavor, cook these super-tasty skewers on an outdoor grill. (Though an indoor grill pan works just fine, too.) Serve with brown or white rice or riced cauliflower.

INGREDIENTS

Nonstick spray

- 1/3 cup reduced-sodium teriyaki sauce
- 1 tbsp toasted sesame oil
- 1 lb skinless boneless chicken breasts, cut into 24 (1½- to 2-inch) pieces
- 8 medium scallions, plus more for garnish (optional)

DIRECTIONS

1. In medium bowl, combine teriyaki sauce and sesame oil. Add chicken and toss to coat. Marinate at room temperature for 30 minutes.
2. Meanwhile, coat grill rack with nonstick spray. Preheat outdoor grill for medium-high heat.
3. Remove chicken from marinade, reserving marinade. Pour marinade into small saucepan. Bring to boil and cook until syrupy, 2 to 3 minutes.
4. Cut bottom part (white and light-green parts) of each scallion into 2 (1½- to 2-inch) pieces. Alternately thread 3 chicken pieces and 2 scallion pieces onto 8 (6-inch) skewers. (If using wooden skewers, first soak in water for 20 minutes to prevent charring.) Coat skewers with nonstick spray. Grill until chicken is cooked through and lightly charred, 2 to 3 minutes per side. If grilling more scallions for garnish, coat with nonstick spray and grill for about 1 minute per side. Brush skewers with reduced marinade.

**Kurbo
kitchen
TIP**

To increase daily green lights, try a side salad of shredded cabbage and carrots tossed with just a little fresh lime juice, salt and black pepper, or a reduced-fat ginger salad dressing. Teriyaki sauces can be loaded with sugar so check the label while shopping for a sauce with the least added sugar.



Cuban sandwich sliders

Prep 10 min **Cook** 15 min **Serves** 6

1 slider = ●●●●

Here's a tasty spin on a basic ham and cheese sandwich. It calls for pork tenderloin that you can buy already cooked at your grocery store. Or if you prefer, swap in extra thinly sliced lean deli ham or Canadian bacon.

INGREDIENTS

- Nonstick spray
- 2 tbsp light mayonnaise
- 1 tbsp Dijon mustard
- 1 tsp finely chopped garlic
- 6 slider-size whole-wheat buns
- ½ lb roasted pork tenderloin, cut into 6 equal pieces
- 6 slices lean deli ham (1 oz each), folded to fit buns
- 12 dill pickle chips
- 6 slices light Swiss cheese (1 oz each)

DIRECTIONS

1. Preheat oven to 350°F. In small bowl, whisk mayonnaise, mustard, and garlic.
2. In 13-by-9-inch baking pan, arrange bottom halves of buns. Layer 1 pork slice, 1 ham slice, 2 pickles, and 1 cheese slice on each bottom half. Spread mayonnaise mixture on top halves of buns and place on top of assembled sliders. Coat tops of buns with nonstick spray.
3. Cover sliders with foil. Place another 13-by-9-inch baking pan on top to weigh down sliders. Bake until cheese is melted and meat is heated through, 10 to 15 minutes.

Kurbo kitchen TIP

Want to roast your own pork? Season it with salt and black pepper, place in a pan, and coat with nonstick spray. Roast at 400°F until an instant-read thermometer registers at least 145°F, about 25 minutes. Let rest for 3 minutes.



stuffed pasta shells

Prep 25 min **Cook** 40 min **Serves** 6

4 stuffed shells with sauce = ●●●●

This classic dish of pasta shells filled with part-skim ricotta and low-fat cottage cheese and coated with marinara is perfect for a family dinner. Mix some quickly sautéed spinach into the cheese filling to add color and nutrients.

INGREDIENTS

- Nonstick spray
- 6 oz jumbo pasta shells (about 24)
- 1¼ cups part-skim ricotta
- 1¼ cups low-fat cottage cheese
- 1 large egg, beaten
- 1 medium garlic clove, finely chopped
- 2 tbsp chopped fresh parsley
- 1 tsp dried oregano
- ½ tsp salt, or to taste
- ¼ tsp black pepper
- 2½ cups store-bought marinara sauce
- ¼ cup grated Parmesan

DIRECTIONS

1. Fill large saucepan with water until two-thirds full. Salt water and bring to boil. Add shells and reduce heat to medium-low. Simmer until shells are just tender, about 10 minutes. Drain well, shaking strainer to remove as much water as possible. Let cool slightly.
2. Preheat oven to 375°F. Coat 11-by-7-inch baking dish or 2-quart gratin dish with nonstick spray.
3. Meanwhile, in large bowl, stir ricotta, cottage cheese, egg, garlic, parsley, oregano, salt, and black pepper until combined.
4. Spread about ¾ cup marinara in prepared dish. Spoon ricotta filling evenly into shells so each shell is just barely full. In baking dish, arrange shells, filling-side up. Spoon remaining marinara over top and sprinkle with Parmesan. Bake until sauce is bubbling, about 20 minutes.

Kurbo
kitchen
TIP


Sauté seasoned broccoli florets, red bell pepper strips, and garlic in a skillet (coated with nonstick spray) for 5 to 10 minutes for a simple, green-light Italian-inspired side.



- ✓ gluten-free
- ✓ dairy-free
- ✓ nut-free

turkey club skewers

Prep 15 min **Serves** 6

2 skewers = 

This deconstructed sandwich works its magic without any bread at all. Instead, skewers hold the fillings together. It's fun for dinner (pair it with a soup or salad), and it also makes a satisfying afternoon snack.

INGREDIENTS

- 12 (10- to 12-inch) skewers
- 2 lb cooked turkey breast, cut into 36 cubes
- 36 grape or cherry tomatoes
- 1 head romaine or iceberg lettuce, cut into 36 small chunks
- 9 slices cooked turkey bacon, cut into 36 pieces
- 1/3 cup light mayonnaise
- 1/2 tsp white-wine vinegar
- 1 tbsp chopped scallions

DIRECTIONS

1. Alternately thread 3 turkey breast cubes, 3 tomatoes, 3 lettuce chunks, and 3 pieces of turkey bacon onto 1 skewer. Repeat to make total of 12 skewers.
2. In small bowl, stir mayonnaise, vinegar, and scallions. Serve skewers with scallion mayonnaise.



Try making Italian sub-inspired skewers, too. Thread lean ham onto your skewers with cubes of part-skim mozzarella, olives, and tomatoes. Serve with a light vinaigrette for dipping to hit all the right notes.



dinner snack board

Prep 15 min **Serves** 6

2 tbsp hummus, 5 pretzel chips, 5 turkey pepperoni slices, 4 cheese cubes,
unlimited fruits and vegetables = 

Yes, finger food snacks can count as a healthy dinner when you have the right mix of fresh produce, protein, and carbs. They're especially great when you're serving up dinner on the go (like at a park or your kids' soccer game!).

INGREDIENTS

- $\frac{3}{4}$ cup hummus
- 30 pretzel thins
- 30 slices turkey pepperoni
- 12 oz light cheddar, cut into 24 cubes
- 1 cup thinly sliced red or yellow bell peppers
- 1 cup multicolor carrot sticks
- 1 small bunch grapes
- 1 cup halved strawberries
- 2 Granny Smith apples, cored and sliced

DIRECTIONS

1. Place hummus in small serving bowl. Set bowl on large platter.
2. Fill platter with piles of remaining ingredients.

Kurbo kitchen TIP

Let your family's taste buds dictate what's on your board: Use light ranch dressing instead of hummus, sliced turkey instead of pepperoni, and other fruits and veggies like radishes, cucumbers, or clementines. Save a red light (and add a green!) by swapping out pretzels for crunchy dill pickles.



- ✓ gluten-free
- ✓ dairy-free
- ✓ nut-free

easiest turkey chili

Prep 10 min **Cook** 6 hr **Serves** 4

1½ cups = 

Slow-cooker recipes are fabulous, hands-off ways to get dinner on the table with minimal fuss. You spend just 10 minutes loading the ingredients for this chili into your slow cooker, then step away. Five hours later, dinner is served.

INGREDIENTS

- 1 lb hot Italian turkey sausage
- 1 (15-oz) can pinto beans, undrained
- 1 (14½-oz) can diced tomatoes with chiles, undrained
- 1 (14½-oz) can diced tomatoes with garlic and onions, undrained
- 1 medium onion, chopped, plus more for garnish (optional)
- ¼ tsp salt, or more to taste
- ¼ tsp black pepper, or more to taste

DIRECTIONS

1. Remove sausage from casing and place in 4-quart (or larger) slow cooker. Break up meat with spoon. Add beans, both cans of diced tomatoes with juices, and onion and stir to combine.
2. Cover slow cooker. Cook on Low for 5 to 6 hours. Stir in salt and black pepper. Garnish with more onion (if using).



Canned seasoned tomatoes and Italian turkey sausage add super-convenient instant flavor to this chili. Both come in a variety of spiciness, so experiment to find the heat balance you like best. Another benefit is that turkey sausage is a versatile, kid-friendly yellow light with a long shelf life and freezes well.



- ✓ vegetarian
- ✓ gluten-free
- ✓ nut-free

spinach and cheddar frittata

Prep 10 min **Cook** 10 min **Serves** 4

2 wedges = ●●●

Breakfast definitely works for dinner, especially when it's a protein-and-veggie-packed egg recipe that comes together in under 25 minutes. A few shortcuts, like store-bought shredded reduced-fat cheese and a bag of prewashed spinach, make this frittata easy to drop into your weekly rotation.

INGREDIENTS

- Nonstick spray
- 6 large eggs
- 1 cup chopped baby spinach
- 2 tbsp finely chopped scallions
- ¼ tsp salt, or to taste
- ⅛ tsp black pepper, or to taste
- ½ cup shredded reduced-fat (50%) sharp cheddar

DIRECTIONS

1. Preheat oven to 400°F.
2. In large bowl, whisk eggs. Stir in spinach, scallions, salt, and black pepper.
3. Coat 12-inch ovenproof nonstick skillet with nonstick spray. Heat skillet over medium. Pour egg mixture into skillet and cook until partially set, about 5 minutes.
4. Sprinkle cheese over eggs. Place skillet in oven. Bake until cheese softens and eggs firm up, about 5 minutes. Let stand for 1 minute. Cut frittata into 8 wedges. Serve warm.



For a change of pace, swap in chopped kale and shredded part-skim mozzarella for the spinach and cheddar. Serve with oven-roasted sweet potatoes or the carrot fries on page 79.



- ✓ gluten-free
- ✓ dairy-free
- ✓ nut-free

turkey taco filling

Prep 10 min **Cook** 25 min **Serves** 4

½ cup = ●

Serve this taco filling in hard or soft taco shells with a little shredded reduced-fat cheese, then top with your favorite shredded fresh veggies for added texture, color, and flavor. Packaged shredded broccoli slaw or coleslaw mix is perfect! Don't like spicy foods? Just skip the cayenne pepper.

INGREDIENTS

- 1½ **tbsp** chili powder
- 2 **tsp** ground cumin
- 1 **tsp** paprika
- 1 **tsp** salt
- ½ **tsp** dried oregano
- ½ **tsp** garlic powder
- ½ **tsp** onion powder
- ¼ **tsp** cayenne pepper
- 12 **oz** extra-lean ground turkey breast
- 1 **tbsp** apple-cider vinegar (optional)

DIRECTIONS

1. In small bowl, mix chili powder, cumin, paprika, salt, oregano, garlic powder, onion powder, and cayenne. Set aside seasoning mix.
2. In large nonstick skillet, cook turkey over medium-high heat, breaking up meat with back of spoon, until no longer pink, 4 to 5 minutes. Sprinkle turkey with reserved seasoning mix and add ½ cup water. Reduce heat and simmer, stirring occasionally, until liquid has mostly absorbed, 10 to 15 minutes. Stir in vinegar (if using) and continue to simmer until heated through, 2 to 3 minutes.

Kurbo
kitchen
TIP

This recipe can also be used in a warm Tex-Mex dinner salad. Set out the filling with your choice of greens and veggies, reduced-fat cheese and sour cream, salsa, and hot sauce (if your family likes a little heat).



✓ dairy-free

✓ nut-free

pretzel-crusted chicken tenders with honey-mustard dip

Prep 15 min **Cook** 15 min **Serves** 6

2½ oz chicken and 2½ tsp sauce = ●●●●

Chicken tenders get a healthy makeover when you oven-fry them until nice and crisp. Try this oven-fry technique with other fast-food faves, like fish sticks, onion rings, and sliced potatoes for healthier French fries.

INGREDIENTS

- Nonstick spray
- 3 tbsp all-purpose flour
- 1 tsp salt
- ¼ tsp black pepper
- 1 large egg
- 3½ oz salted plain hard pretzels, coarsely or finely crushed
- 1 lb chicken tenders
- 2 tbsp honey mustard
- 1 tbsp whole-grain mustard
- 1 tbsp light mayonnaise

DIRECTIONS

1. Preheat oven to 450°F. Set wire rack inside rimmed baking sheet and lightly coat rack with nonstick spray.
2. In wide shallow bowl, combine flour, salt, and black pepper. In another wide shallow bowl, beat egg. In third wide shallow bowl, place crushed pretzels. Dip each chicken tender in flour, shaking off any excess. Next, dip chicken into egg, allowing excess to drip back into bowl. Dip chicken into crushed pretzels, turning until coated and pressing so crumbs adhere. Arrange chicken in single layer on prepared rack. Repeat with remaining chicken. Coat chicken with nonstick spray. Bake chicken until golden on outside and cooked through, about 15 minutes.
3. Meanwhile, in small bowl, whisk both mustards, mayonnaise, and 1 tbsp warm water. Serve chicken with dip.



Swap cornflake crumbs or whole-wheat breadcrumbs for the pretzels for a yellow-light alternative, if you prefer. Pair this recipe with a colorful veggie side like the creamy coleslaw on page 75.



✓ vegetarian

✓ nut-free

Greek-inspired veggie burgers

Prep 5 min **Cook** 10 min **Serves** 2

1 burger = ●●●●

Sometimes dinner is as easy as pulling a package of burgers from the freezer. Add a pop of flavor with a spoonful of store-bought or homemade Greek tzatziki, and serve the burger on a toasted English muffin (not a burger bun)—the nooks and crannies hold the sauce without getting soggy.

INGREDIENTS

- Nonstick spray
- 2 frozen vegetarian burgers
- 2 whole-wheat English muffins, split, grilled or toasted
- ¼ cup tzatziki
- ½ cup cucumber, cut into ribbons with vegetable peeler
- ½ cup thinly sliced roasted red peppers (packed in water)

DIRECTIONS

Lightly coat grill pan with nonstick spray. Grill burgers over medium heat, turning once, until cooked through, 5 to 7 minutes. Build 2 sandwiches with bottom halves of English muffins, tzatziki, burgers, cucumber, peppers, and then top halves of muffins.

Kurbo
kitchen
TIP

Pair these burgers with a colorful tomato, cucumber, and pepper salad tossed with your favorite bottled light red-wine vinaigrette.



- ✓ gluten-free
- ✓ dairy-free
- ✓ nut-free

ham, salsa, and black bean bowls

Prep 15 min **Cook** 5 min **Serves** 2

1 bowl (about 1¾ cups) = ●●●●

This south-of-the-border twist on a grain bowl includes ham for smoky richness, but chopped Canadian bacon works just as well. It's extremely versatile: Toss in any leftover cooked grain, beans, or variety of salsa you have on hand.

INGREDIENTS

- Nonstick spray
- ⅔ cup diced cooked lean ham
- 1½ cups rinsed and drained black beans (no salt added)
- 1 tsp ground cumin
- 1 tsp dried oregano
- 2 tsp lime juice, plus 2 lime wedges
- Pinch of salt (optional)
- 1 cup cooked medium- or long-grain brown rice, warmed
- ½ cup fat-free salsa (preferably fresh)
- ¼ cup chopped fresh cilantro

DIRECTIONS

1. Coat medium skillet with nonstick spray and heat over medium-high. Add ham and cook, stirring often, until browned, about 2 minutes. Remove ham from skillet and set aside.
2. Add beans, cumin, and oregano to same skillet. Add a few tsp of water (enough to make mixture saucy) and cook over medium heat, stirring, until beans are hot, about 1 minute. Remove from heat. Stir in lime juice and season with salt (if using).
3. Divide all ingredients between 2 bowls. Serve with lime wedges.



This recipe is versatile and can accommodate any palate. For a meatless version, skip the ham and try tofu. For non-pork eaters, swap in fish or chicken. Then add a pinch of smoked paprika to the beans for a hint of smokiness.



✓ dairy-free

✓ nut-free

beef fried rice

Prep 15 min **Cook** 10 min **Serves** 4

1¼ cups = ●●●

To keep prep time to a minimum, shop for precut stir-fry vegetables in the produce section of your supermarket. If you're using frozen cooked rice, you don't need to thaw it; just add a couple of minutes to the cooking time.

INGREDIENTS

Nonstick spray

- 3 medium scallions, thinly sliced
- 1 tbsp grated peeled fresh ginger
- 2 medium garlic cloves, finely chopped
- ½ lb lean (95%) ground beef
- 1 tsp Chinese five-spice powder
- 10 oz mixed stir-fry vegetables
- 2 cups cooked long-grain brown rice
- 1 tbsp low-sodium soy sauce
- 2 tsp hoisin or oyster sauce
- 2 tsp Asian red chili sauce

DIRECTIONS

1. Coat large wok or high-sided nonstick skillet with nonstick spray and heat over high. Add scallions, ginger, and garlic and cook, stirring often, until softened, about 1 minute. Add beef and cook, breaking meat up with wooden spoon, until browned, about 3 minutes.
2. Add five-spice powder and cook until fragrant, 20 seconds. Add mixed vegetables and cook, stirring often, for 2 minutes.
3. Add rice and cook, stirring often, for 2 minutes. Stir in soy sauce, hoisin sauce, and red chili sauce and cook, stirring often, until heated through, about 1 minute.

Kurbo
kitchen
TIP

To increase nutritional value, add in your favorite green lights like broccoli and green beans and swap in frozen riced cauliflower for the brown rice. If you don't have five-spice powder on hand, don't worry! Try a mixture of cayenne, cinnamon, and ground cloves, or just skip it all together.



pesto shrimp and pasta

Prep 15 min **Cook** 25 min **Serves** 4

1¾ cups = 

Though you can buy ready-made pesto, it's sometimes expensive and high in fat. But it's actually super easy to make. Our lightened-up version blends together loads of basil leaves with grated Parmesan, some chopped nuts, garlic, lemon zest, and just a touch of oil.

INGREDIENTS

- ½ lb linguine
- 2 cups fresh basil leaves
- 3 tbsp grated Parmesan
- 2 tbsp chopped walnuts
- 3 medium garlic cloves, finely chopped, divided
- 1 tbsp plus 1 tsp olive oil, divided
- 1½ tsp finely grated lemon zest
- ¼ tsp salt
- 1 lb large shrimp, peeled and deveined
- 2 cups halved grape tomatoes

DIRECTIONS

1. Cook linguine according to package directions. Drain pasta and transfer to large serving bowl. Keep warm.
2. Meanwhile, to make pesto, in food processor, combine basil, Parmesan, walnuts, 2 garlic cloves, 1 tbsp oil, lemon zest, salt, and ⅓ cup water and process until smooth, adding more water, 1 tbsp at a time, if needed. Set aside.
3. In large nonstick skillet, heat remaining 1 tsp oil over medium. Add shrimp and cook, stirring often, for about 2 minutes. Add tomatoes and remaining garlic and cook, stirring often, until shrimp are just opaque in centers and tomatoes are heated through, about 2 minutes more.
4. Add shrimp mixture and pesto to pasta and toss to combine. Serve immediately.



Pesto freezes really well so make a double batch and freeze half to use with green-light zoodles, as a burger topping, or for a chicken condiment. You can even freeze small amounts in ice cube trays when you need just a spoonful or two.



- ✓ vegetarian
- ✓ gluten-free
- ✓ dairy-free
- ✓ nut-free

Mexican egg skillet

Prep 15 min **Cook** 20 min **Serves** 2

2 eggs with 1½ cups bean mixture = 

Eggs for dinner? You bet! This one-pan Mexican-inspired meal is great for breakfast or brunch but is also a delicious, easy supper. Have leftovers? Wrap them in a whole-wheat tortilla or large lettuce leaf for breakfast or lunch the next day.

INGREDIENTS

Nonstick spray

- 1 medium poblano chile, seeded and chopped
- 1 cup frozen corn kernels, thawed
- ½ cup chopped onion
- 1 cup black beans (no salt added), rinsed and drained
- 1 cup chopped zucchini
- 1 tsp ground cumin
- Pinch of salt, or to taste
- ½ cup fat-free salsa verde, plus more for garnish
- 4 large eggs
- 2 tbsp chopped fresh cilantro

DIRECTIONS

1. Coat 12-inch nonstick skillet with nonstick spray. Add chile, corn, and onion and cook over medium-high heat, stirring often, until onion is soft, 5 to 7 minutes. Add beans, zucchini, cumin, and salt and cook, stirring often, until zucchini starts to brown, about 2 minutes.
2. Stir in ½ cup salsa verde. Using back of spoon, make 4 wells in vegetable mixture for eggs. Crack 1 egg into each well. Cook eggs, uncovered, to desired doneness, 5 to 7 minutes. Garnish with cilantro and serve with more salsa verde.

**Kurbo
kitchen
TIP**

You've got options! Swap in green or sweet bell peppers for the poblano, canned or fresh corn for the frozen kernels, and your favorite red salsa for the salsa verde.



sesame chicken

Prep 20 min **Cook** 11 min **Serves** 4

4 chicken strips = ●●

Say good-bye to takeout! This Asian favorite comes together in 30 minutes, faster than you can call and then drive to pick up an order. It does contain a few specific ingredients, but once you have them in your pantry, you can make a wide variety of Asian dishes and put them to good use.

INGREDIENTS

- 2 **tbsp raw sesame seeds**
- 1 **tbsp low-sodium soy sauce**
- 1 **tbsp maple syrup**
- 1 **tbsp dry or sweet sherry**
- 1 **tsp finely chopped ginger**
- ½ **tsp Chinese five-spice powder**
- 2 **tbsp all-purpose flour**
- ½ **tsp salt**
- ¼ **tsp black pepper**
- 1 **lb skinless boneless chicken breast, cut into 2-inch strips**
- 2 **tsp peanut oil**

DIRECTIONS

1. Heat large nonstick skillet over medium-high. Cook sesame seeds, shaking pan frequently, until lightly toasted, 2 to 3 minutes. Transfer sesame seeds to shallow dish.
2. In small bowl, whisk 1 tbsp water, soy sauce, maple syrup, sherry, ginger, and five-spice powder until blended.
3. In shallow dish, combine flour, salt, and black pepper. Add chicken and turn until coated, shaking to remove excess flour.
4. In large nonstick skillet, heat oil over medium-high. Add chicken and cook, stirring frequently, until browned on all sides, about 5 minutes. Add soy sauce mixture and cook until sauce thickens and has almost evaporated, 2 to 3 minutes more.
5. Dip chicken pieces in toasted sesame seeds. Drizzle with any remaining sauce in pan.

**Kurbo
kitchen
TIP**

If you don't have Chinese five-spice powder, try adding a pinch each of cayenne, cinnamon, and ground cloves in its place. Though we skewered the cooked chicken for a fun presentation, you can also serve the chicken strips on a platter with grilled vegetables for a green-light side.



pepperoni pizza burgers

Prep 15 min **Cook** 14 min **Serves** 4

1 burger = 

Can't decide between burgers and pizza? How about both?! In this recipe, lean ground beef and toasted buns merge with fresh basil, Parmesan, and thinly sliced turkey pepperoni.

INGREDIENTS

Nonstick spray

- 1 lb lean (93%) ground beef
- 1 tsp salt
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp crushed red pepper (optional)
- 2 medium plum tomatoes, sliced $\frac{1}{4}$ inch thick
- 1½ oz thinly sliced Parmesan
- 4 whole-wheat burger buns, split, toasted
- 24 small thin slices of turkey pepperoni
- 4 fresh basil leaves

DIRECTIONS

1. Coat large griddle, outdoor grill rack, or stovetop grill pan with nonstick spray and preheat to medium-high.
2. In large bowl, combine beef, salt, garlic powder, oregano, and crushed red pepper (if using). Divide meat into 4 balls and gently press each into 4-inch patty.
3. Grill tomatoes, flipping once, until grill marks form, about 4 minutes. Remove from grill and set aside.
4. Grill patties, flipping once, to desired doneness, about 5 minutes per side for medium. About 2 minutes before burgers are done cooking, top each burger with quarter of cheese. Grill until cheese melts.
5. Build burgers with buns, patties, pepperoni (6 slices for each burger), tomatoes, and basil.


Kurbo
kitchen
TIP

If you are avoiding red meat, swap in lean ground turkey breast or chicken for the beef. Add some green lights with a simple side salad like the classic Italian on page 67.



pork and vegetable lettuce wraps

Prep 15 min **Cook** 5 min **Serves** 4

3 lettuce wraps = 

Just stir together some key sauces from the supermarket for a dinner that's just as good as anything you'd eat dining out or ordering in. Make a batch of the cauliflower fried rice on page 77 and serve it on the side for some extra green lights.

INGREDIENTS

- 2 **tbsp** hoisin sauce
- 2 **tbsp** sriracha
- 1 **tbsp** low-sodium soy sauce
- 1 **tbsp** peanut or vegetable oil
- 1 **tbsp** finely chopped peeled fresh ginger
- ½ **lb** ground pork
- 1½ **cups** chopped bell peppers
- ½ **cup** chopped unpeeled seedless cucumber
- ½ **cup** chopped scallions
- 12 **Bibb** lettuce leaves

DIRECTIONS

1. In small bowl, combine hoisin sauce, sriracha, and soy sauce.
2. Heat 12-inch skillet or 14-inch flat-bottomed wok over high until drop of water evaporates on contact. Swirl oil in pan. Add ginger and cook, stirring, until fragrant, about 10 seconds. Add pork, breaking meat up with spatula, until almost cooked through, about 1 minute. Add bell peppers and cook, stirring, until just combined, about 30 seconds. Swirl in sauce. Cover and cook for 30 seconds. Uncover and continue to cook, stirring constantly, until pork is just cooked through, 1 to 2 minutes.
3. Remove pork and bell peppers from heat. Stir in cucumber and scallions. Serve filling with lettuce leaves. Spoon about ¼ cup filling on 1 lettuce leaf and fold leaf over like a taco.

Kurbo
kitchen
TIP

Don't like pork? Swap in lean ground chicken or tofu in its place.



creamy butternut squash mac 'n' cheese

Prep 10 min **Cook** 15 min **Serves** 6

1 cup = 

Who doesn't love a main dish that uses only one pot, has a hidden dose of veggies, and cooks in less than a half hour? This yellow-light mac and cheese has plenty of cheddar but also a nice amount of vegetable with the butternut squash.

INGREDIENTS

- 2 cups low-fat (1%) milk
- 10 oz elbow macaroni
- 1 tsp salt
- 1 tsp Dijon mustard
- ¼ tsp onion powder
- Pinch of ground nutmeg
- 10 oz cooked frozen puréed butternut squash
- 4 oz shredded reduced-fat (50%) sharp cheddar
- 1 tbsp chopped fresh chives

DIRECTIONS

1. In large Dutch oven or soup pot, combine milk, macaroni, salt, mustard, onion powder, nutmeg, and 1 cup water. Cook over medium-high heat, stirring constantly, until small bubbles begin to form around edges of pot, about 3 minutes. Reduce heat to medium-low. (Do not boil.)
2. Continue to cook, stirring frequently, until pasta is almost tender and liquid has consistency of sauce, about 14 minutes total. Stir in squash and cook, stirring, for 1 minute more.
3. Remove from heat. Add cheese, a handful at a time, stirring until fully melted before adding more. Garnish with chives.



**Kurbo
kitchen
TIP**

The butternut squash not only adds creaminess to this dish but also gives a golden-orange color that makes the dish look even cheesier. Swap in whole-grain elbows for extra fiber.



- ✓ gluten-free
- ✓ dairy-free
- ✓ nut-free

perfectly barbecued chicken breasts

Prep 10 min **Cook** 30 min **Serves** 8

3 oz chicken =  

A good salt brine keeps the meat juicy and moist. It's a classic American recipe that can be made with chicken on or off the bone and is delicious sliced and served in sandwiches, in grain bowls, or over salads.

INGREDIENTS

- Nonstick spray
- ½ cup kosher salt
- 4 skinless bone-in chicken breasts (10 oz each), cut in half crosswise
- ½ cup barbecue sauce

DIRECTIONS

1. In very large bowl, whisk salt and 8 cups warm water until salt dissolves. Let cool to room temperature, about 30 minutes.
2. Submerge chicken in cooled brine. Refrigerate for 1 hour.
3. Coat grill rack with nonstick spray. If using gas grill, heat to medium-high, leaving 1 side off. If using charcoal grill, light coals. When coals turn gray, push to 1 side.
4. Remove chicken from salt brine. Rinse chicken and pat dry. Place chicken, bone-side down, on cooler side of grill. Cover and grill for 15 minutes.
5. Brush chicken with sauce. Cover and continue to grill until instant-read thermometer inserted into thickest part of 1 piece registers 165°F, about 15 minutes more. Transfer chicken to cutting board and let stand for 5 minutes to reincorporate any juices before serving.



Look for a barbecue sauce with a lower sugar content, and make sure to cook your chicken over indirect heat so the natural sugars and proteins slowly break down, creating the best flavor.



✓ dairy-free

✓ nut-free

fried chicken sliders

Prep 20 min **Cook** 15 min **Serves** 6

1 slider = ●●●●●

Skip fast-food deep-fried chicken sandwiches by making your own oven-fried yellow-light versions at home. The secret to the crispiest chicken? Pre-toast the panko breadcrumbs and put the chicken on a baking rack when you oven-fry it.

INGREDIENTS

- 1 cup whole-wheat panko breadcrumbs
- 1 tsp kosher salt
- 1 tsp onion powder
- 1 tsp garlic powder
- ½ tsp smoked paprika
- ¼ tsp black pepper
- 1 large egg
- 6 chicken cutlets (1½ lb total), pounded to ½ inch thick, then halved crosswise
- 1½ cups coleslaw mix
- 2 tbsp light mayonnaise
- 2 tsp dill pickle juice
- 12 dill pickle chips
- 6 whole-wheat slider rolls

DIRECTIONS

1. Preheat oven to 450°F. Line rimmed baking sheet with foil.
2. In small bowl, combine breadcrumbs, salt, onion powder, garlic powder, paprika, and black pepper. Spread breadcrumbs on prepared pan. Bake until toasted, 3 to 4 minutes. Let breadcrumbs cool and return to bowl. Set wire rack inside foil-lined baking sheet.
3. In shallow bowl, beat egg. Working with 1 piece at a time, dip cutlets in egg, allowing excess egg to drip back into bowl. Dredge in breadcrumbs, pressing so crumbs adhere. Arrange breaded cutlets in single layer on prepared rack.
4. Bake chicken cutlets until cooked through, about 10 minutes.
5. Meanwhile, in medium bowl, stir coleslaw mix, mayonnaise, and pickle juice.
6. Divide chicken cutlets, slaw, and pickle chips among rolls.



Stick with the finger-food dinner theme and complement your meal with the creamy spinach-Parmesan dip on page 65.



Mexican meatballs

Prep 20 min **Cook** 10 min **Serves** 4

4 meatballs and 1¼ cups salsa = 

Food served on a stick always makes a meal feel more fun! Make sure the meatballs are cold when they go on the grill—otherwise, they could fall apart as they cook. Save time by swapping in your favorite jarred salsa, or try the corn and black bean variety on page 69.

INGREDIENTS

- Nonstick spray
- 4 to 8 skewers (each 10 to 12 inches long)
- 1 lb lean (93%) ground beef
- 12 tortilla chips, crushed
- 4 small scallions, chopped
- 1 cup chopped fresh cilantro, divided
- 2 tsp chipotle chile powder
- 1 tsp ground cumin
- ¾ tsp salt, or more to taste
- 4 cups halved grape tomatoes
- 2 cups coarsely chopped yellow bell peppers
- 1 cup finely chopped red onion
- 1 cup fat-free salsa
- ½ cup plain nonfat Greek yogurt
- 4 tsp fresh lime juice

DIRECTIONS

1. Coat grill or grill pan with nonstick spray and preheat to medium-high.
2. Meanwhile, in medium bowl, combine beef, tortilla chips, scallions, ¼ cup cilantro, chile powder, cumin, and ¾ tsp salt. Form meat into 16 meatballs. Thread 4 meatballs onto 1 skewer. (Flat skewers work best to prevent spinning around on the grill.) Or hold 2 skewers parallel and thread 4 meatballs onto both skewers (for easy flipping). Repeat with remaining meatballs.
3. Grill meatballs, rotating occasionally, until evenly browned and cooked through, about 10 minutes.
4. Meanwhile, in large bowl, combine tomatoes, bell peppers, onion, salsa, yogurt, lime juice, and remaining ¾ cup cilantro. Season to taste with salt. Serve meatballs with salsa.

Kurbo
kitchen
TIP

The meatballs get crunch and texture from crushed tortilla chips, which sub in for breadcrumbs. Use your favorite baked whole-grain chip variety.



- ✓ vegetarian
- ✓ gluten-free
- ✓ nut-free

BONUS SIDE DISH

easy spinach-Parmesan dip

Prep 5 min Cook 10 min Serves 8

¼ cup dip = ●●

This simple recipe counts on Parmesan's nutty richness to add great flavor and a touch of saltiness to the dip. The dip will last for 4 to 5 days in the fridge, so make extra to snack on with fresh vegetables throughout the week.

INGREDIENTS

- 1 lb baby spinach
- ¾ cup light sour cream
- ¼ cup grated Parmesan
- 1 medium garlic clove, finely chopped
- ⅛ tsp ground nutmeg
- ⅛ tsp salt

DIRECTIONS

1. In large pot, bring about 1 inch of water to boil. Add spinach and cook, covered, until wilted, about 5 minutes. Drain in colander, then rinse under cool water. Squeeze out excess liquid.
2. In food processor, pulse spinach, sour cream, Parmesan, garlic, nutmeg, and salt until smooth. Transfer dip to bowl and serve.

Kurbo
kitchen
TIP

If you don't have any nutmeg, it's OK to leave it out. The dip will still have plenty of flavor, especially if you freshly grate a good-quality Parmesan. The cheese adds an extra dimension, but since the amount is small, this dip is still a yellow light!



BONUS SIDE DISH

tossed salad with classic Italian dressing

Prep 15 min **Serves** 62 cups = 

A simple mix of colorful fresh veggies tossed with a quick homemade vinaigrette is sometimes all you need to round off a meal. If raw onion is too strong for your family's taste, try swapping in chopped scallions in its place.

INGREDIENTS

- 9 cups chopped romaine
- 2 cups halved cherry tomatoes
- ½ small red onion, thinly sliced
- 3 tbsp red-wine vinegar
- 2 tbsp olive oil
- 1 tbsp grated Parmesan
- 1 tsp honey
- ½ tsp garlic powder
- ½ tsp dried oregano
- ¼ tsp salt
- ⅛ tsp black pepper

DIRECTIONS

1. In large bowl, toss lettuce, tomatoes, and onion to combine.
2. In small bowl, combine vinegar, 3 tbsp water, oil, cheese, honey, garlic powder, oregano, salt, and black pepper and whisk to emulsify. Toss dressing with salad just before serving.



Other great green-light add-ins include grated carrots, chopped cucumber, or chopped sweet peppers. If you see a bag of sweet mini peppers, try those. Just slice off the stems and chop. The seeds are edible and don't need to be removed.



- ✓ vegetarian
- ✓ vegan
- ✓ gluten-free
- ✓ dairy-free
- ✓ nut-free

BONUS SIDE DISH

fresh corn and black bean salsa

Prep 15 min Serves 4

1 cup = 

Fresh veggie and bean salsa is a perfect side to any Mexican meal. Scoop it up with baby bell pepper halves, celery sticks, or baked tortilla chips. You can also use this salsa as a taco topping or quesadilla filling—just add cooked shrimp or chicken and a little reduced-fat cheese.

INGREDIENTS

- 2 cups fresh corn
- 2 cups grape tomatoes, chopped
- 1 cup canned black beans, rinsed and drained
- 4 small scallions, thinly sliced
- ½ cup chopped fresh cilantro
- 1 tsp finely grated lime zest
- 3 tbsp fresh lime juice, or to taste
- ½ tsp salt, or to taste
- ¼ tsp hot pepper sauce, or to taste
- 8 oz sweet baby bell peppers, halved and seeded

DIRECTIONS

In medium serving bowl, combine corn, tomatoes, beans, scallion, cilantro, lime zest and juice, salt, and hot sauce. Serve salsa with bell peppers.



When fresh sweet corn isn't in season, swap it for thawed frozen corn or canned corn. Both are just as healthy, and convenient, too.



BONUS SIDE DISH

crunchy broccoli with Pecorino Romano

Prep 10 min **Cook** 10 min **Serves** 4

1 cup = ●●●

Need a new twist on broccoli? Try it in an air fryer—you're in for a real treat! The florets come out perfectly browned and crispy on the edges. Air-frying requires very little oil so it's a great way to make veggies. (Though you can also roast this recipe in the oven on a parchment-lined sheet pan.)

INGREDIENTS

- Nonstick spray
- 12 oz broccoli florets (about 6 cups)
- ¼ cup grated Pecorino Romano, divided
- ¼ tsp crushed red pepper (optional)
- Pinch of kosher salt
- 1½ tbsp olive oil
- 1 tsp finely grated lemon zest

DIRECTIONS

1. In large bowl, sprinkle broccoli with 2 tbsp cheese, crushed red pepper (if using), and salt. Drizzle in oil and toss well to coat.
2. Preheat air fryer to 375°F. Coat air-fryer basket with nonstick spray. Transfer broccoli to basket. Cook broccoli in air fryer for 5 minutes. Shake basket to redistribute broccoli. Continue to cook broccoli in air fryer until crisp-tender, about 5 minutes more.
3. Arrange broccoli on platter. In small bowl, combine remaining 2 tbsp cheese and lemon zest and sprinkle over broccoli.

**Kurbo
kitchen
TIP**

Pecorino Romano has a very bold flavor so just a little bit goes a long way. Feel free to swap in grated Parmesan if that's what you have on hand.



✓ gluten-free

✓ nut-free

BONUS SIDE DISH

Italian roasted pepper and tomato bisque

Prep 20 min Cook 25 min Serves 8

1 cup =  

Plain nonfat Greek yogurt helps add a touch of creaminess to this cream-free vegetable bisque. If you have an immersion blender, use it to purée the soup right in the pot. If not, you can purée the soup in batches in a blender or food processor.

INGREDIENTS

Nonstick spray

- 1½ cups chopped onion
- 1½ cups chopped fennel bulb, trimmed
- 1½ tsp salt, or to taste, divided
- 2 tsp finely chopped garlic
- 1 tsp Italian seasoning
- ⅛ tsp crushed red pepper
- 1 (32-oz) can diced San Marzano tomatoes
- 2 (16-oz) jars roasted red peppers (packed in water), chopped
- 2 cups reduced-sodium chicken or vegetable broth
- 5 fresh basil leaves, plus chopped basil for garnish
- ¼ cup plain nonfat Greek yogurt
- ¼ cup chopped fresh parsley

DIRECTIONS

1. Coat large pot with nonstick spray and heat over medium. Add onion, fennel, and 1 tsp salt. Cook, stirring frequently, until vegetables are soft, 7 to 10 minutes. Stir in garlic, Italian seasoning, and crushed red pepper and cook, stirring a few times, for 1 minute.
2. Add tomatoes, roasted peppers, broth, and basil leaves. Increase heat to high and bring to boil. Reduce heat to medium-low and simmer, covered, for 10 minutes.
3. Stir in yogurt and remaining ½ tsp salt. Using immersion blender, purée soup in pot. (Or purée soup in batches in standard blender.) Garnish with chopped basil and parsley.



Buy roasted peppers that are packed in water, not oil, to keep them a green light. Or you can roast the peppers yourself. If you don't have any fennel, leave it out and add some extra tomatoes instead. To make this soup vegetarian, use vegetable broth instead of chicken.




- ✓ vegetarian
- ✓ gluten-free
- ✓ nut-free

BONUS SIDE DISH

classic creamy coleslaw

Prep 20 min Serves 8

½ cup =  

This slaw uses naturally low-in-fat buttermilk and reduced-fat mayonnaise to replace the full-fat mayo that's usually found in coleslaw recipes. It's also a great way to lighten up other deli-counter recipes, like chicken, tuna, or potato salad.

INGREDIENTS

- 5 tbsp reduced-calorie mayonnaise
- ¼ cup low-fat buttermilk
- 1 tbsp apple-cider vinegar
- 1 tsp Dijon mustard
- 1 tsp honey
- ¼ tsp celery seeds
- ¼ tsp salt
- ¼ tsp black pepper
- 2½ cups shredded green cabbage
- 2½ cups shredded red cabbage
- 2 cups shredded carrots
- 2 medium scallions, chopped, white and green parts separated

DIRECTIONS

In large bowl, whisk mayonnaise, buttermilk, vinegar, mustard, honey, celery seeds, salt, and black pepper. Add green and red cabbage, carrots, and white scallions and toss to coat. Garnish coleslaw with green scallions.



To cut back on prep work, look for bagged coleslaw mix in the produce section of your supermarket. You can also use more interesting packaged slaw mixes, such as broccoli slaw or rainbow slaw.



- ✓ vegetarian
- ✓ vegan
- ✓ gluten-free
- ✓ dairy-free
- ✓ nut-free

BONUS SIDE DISH

quick cauliflower fried rice

Prep 15 min Cook 5 min Serves 4

1¼ cups = 

This all-veggie riff on fried rice uses convenient, quick-cooking riced cauliflower in place of regular rice. Turn this recipe into a complete meal by adding a source of yellow-light protein such as scrambled eggs or cooked chicken or lean pork—whatever you have on hand that your family likes.

INGREDIENTS

- Nonstick spray
- 2 cups shredded napa cabbage
- ½ cup matchstick-cut carrots
- 2 tsp grated peeled fresh ginger
- 3 medium garlic cloves, finely chopped
- 2 cups snow peas, halved diagonally
- ½ cup thinly sliced scallions
- 16 oz fresh or frozen riced cauliflower, thawed if frozen
- 3 tbsp low-sodium soy sauce
- 1 tbsp rice vinegar

DIRECTIONS

1. Coat large nonstick skillet with nonstick spray and heat over medium-high. Add cabbage, carrots, ginger, and garlic and cook, stirring often, for 2 minutes.
2. Add snow peas, scallions, and riced cauliflower and cook, stirring often, until crisp-tender, 3 to 5 minutes. Remove from heat and stir in soy sauce and vinegar.

Kurbo
kitchen
TIP

You can buy riced cauliflower already prepped, fresh or frozen, or make your own by running large chunks of raw cauliflower over the medium-size holes of a box grater.



✓ vegetarian

✓ vegan

✓ gluten-free

BONUS SIDE DISH

curried carrot fries

Prep 10 min **Cook** 40 min **Serves** 6

8 fries = ●

Yellow-light fries? Yes! Baking the fries on parchment paper or a silicone baking mat helps them get nice and crisp. Try using this technique with other veggies such as butternut squash sticks, sweet potato rounds, or acorn squash wedges.

INGREDIENTS

- 6 medium carrots (about 1½ lb), peeled
- Canola oil nonstick spray
- 1½ tsp yellow curry powder, divided
- 1 tsp salt, divided

DIRECTIONS

1. Preheat oven to 425°F. Line large rimmed baking sheet with parchment paper or silicone baking mat.
2. Cut each carrot in half crosswise, then slice each piece in half lengthwise to get 4 pieces per carrot. Cut each piece in half again lengthwise to get total of 48 carrot fries.
3. In large bowl, coat carrot fries with nonstick spray and toss with ¾ tsp curry powder and ½ tsp salt until coated. Spread carrot fries on prepared pan, making sure they do not touch or overlap.
4. Bake for 20 minutes. Remove pan from oven. Turn carrots over and sprinkle with remaining ¾ tsp curry powder and ½ tsp salt. Continue to bake until fries are tender, 15 to 20 minutes more. Transfer pan to wire rack and let cool slightly.

Kurbo
kitchen
TIP

If you prefer your fries with a more neutral flavor profile, skip the curry powder and just toss with salt and black pepper or your favorite flavored seasoning salt.

kurbo

by 

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