

# POWER PAIRS

Delicious, meet nutritious! These seven food combos make dinner even healthier.

PHOTOGRAPHED BY CON POULOS

**EGG PEPPER  
RINGS WITH  
CARROT  
SALSA**

Recipe, page 83

**POWER  
PAIR**


## Eggs + Tomatoes

The fat found in egg yolks enhances the nutrients in uncooked tomatoes, which may reduce cancer risk, slow cognitive decline and prevent heart disease.



NUTRITION FACTS SOURCE:  
Frances Largeman-Roth, RDN,  
author, *Eating in Color*.

RECIPES BY  
THE WOMAN'S DAY  
TEST KITCHEN

 #wdtestkitchen



## SPICY SALMON WITH YOGURT SAUCE AND ROASTED BROCCOLI

ACTIVE 15 MIN • TOTAL 20 MIN • SERVES 4  
COST PER SERVING \$3.54

- 1 large head broccoli (about 1 lb), cut into florets
- 1½ Tbsp olive oil
- ½ tsp cumin seeds
- Kosher salt and pepper
- 1 1¼-lb piece skinless center-cut salmon fillet, cut into 4 pieces
- ¼ tsp cayenne
- 2 cloves garlic
- 1 lemon
- ½ cup plain whole-milk yogurt
- ¼ cup fresh mint, roughly chopped
- ¼ seedless cucumber, cut into ¼-in. pieces

**1** Heat oven to 450°F. On a large rimmed baking sheet, toss the broccoli with the oil, then the cumin seeds and ¼ tsp each salt and pepper. Roast until lightly charred and tender, 15 to 17 minutes.

**2** Season the salmon with the cayenne and ¼ tsp salt. Five minutes into cooking the broccoli, push it to one side of the pan and place the salmon on the other side. Roast until opaque throughout, 10 to 12 minutes.

**3** While the broccoli and salmon roast, make the yogurt sauce: Finely chop the garlic. Sprinkle a pinch of salt on top, then use the flat edge of a knife to mash and scrape into a paste; transfer to a medium bowl. Grate the zest of half a lemon over the top, then squeeze in 1 Tbsp juice. Add the yogurt, mint and ½ tsp pepper and stir to combine, then fold in the cucumber. Serve with the salmon and broccoli.

**PER SERVING**  
368 CAL, 23 G FAT  
(4 G SAT FAT), 92 MG  
CHOL, 385 MG SOD,  
34 G PRO, 9 G CAR,  
3 G FIBER

**POWER  
PAIR**

### Salmon + Broccoli

The vitamin D in this fish combines with the calcium from the broccoli to contribute to heart and bone health and weight maintenance.



This tangy, zesty yogurt sauce helps cut through the fatty flavor of the salmon. Plus, it's rich in calcium.





**POWER  
PAIR**

**Black  
Pepper  
+ Turmeric**

Black pepper's main compound, piperine, boosts your body's intake of turmeric's curcumin, which helps ease pain, lower cholesterol and improve liver function.



**BUTTERNUT SQUASH & TURMERIC SOUP**

ACTIVE 15 MIN ♦ TOTAL 35 MIN ♦ SERVES 4 ♦ COST PER SERVING \$1.97



- 2 Tbsp plus 1 tsp olive oil
- 1 large onion, roughly chopped
- 1 Tbsp vegetable bouillon base (we used Better Than Bouillon)
- 1 medium butternut squash (about 2½ lbs), peeled (seeds reserved), cut into 1-in. pieces
- 2 medium carrots, cut into 1-in. pieces
- 2¼ tsp turmeric
- Black pepper
- 2 Tbsp light coconut milk

- 1 Heat 2 Tbsp oil in a large Dutch oven over medium heat. Add the onion and cook, covered, stirring occasionally, until tender, 6 to 8 minutes.
- 2 Meanwhile, combine the bouillon base with 6 cups boiling water, stirring to dissolve.
- 3 Add the squash, carrots, 2 tsp turmeric and ½ tsp black pepper to the Dutch oven and cook, stirring, for 1 minute. Add the broth, bring to a boil, then reduce heat and simmer until the vegetables are very tender, 18 to 22 minutes.
- 4 Meanwhile, heat oven to 375°F. Toss the reserved seeds (about ¼ cup) with the remaining tsp oil, ¼ tsp turmeric and ¼ tsp pepper and roast until golden brown and crispy, 9 to 11 minutes.
- 5 Using an immersion blender (or standard blender, working in batches), purée the soup. Sprinkle with the toasted seeds and swirl in the coconut milk.

PER SERVING 295 CAL, 15 G FAT (5 G SAT FAT), 0 MG CHOL, 553 MG SOD, 6 G PRO, 39 G CAR, 7 G FIBER



## SPINACH, CHICKPEA &amp; CHICKEN PITAS

ACTIVE 20 MIN ♦ TOTAL 20 MIN ♦ SERVES 4 ♦ COST PER SERVING \$1.84



- ½ small red onion,  
very thinly sliced
- 2 Tbsp red wine vinegar
- 1 Tbsp plus 1 tsp  
olive oil
- 12 oz boneless, skinless  
chicken breasts,  
trimmed and cut into  
¾-in. pieces
- Kosher salt and  
pepper
- 2 cloves garlic, very  
thinly sliced
- 1 15-oz can low-sodium  
chickpeas, rinsed
- 1 10-oz pkg spinach,  
thick stems discarded
- 4 pieces pita bread,  
halved and toasted
- Greek yogurt,  
for serving

- 1 In a small bowl, combine the onion, vinegar and 1 tsp oil. Let sit, tossing occasionally, until ready to use.
- 2 Meanwhile, heat the remaining 1 Tbsp oil in a large nonstick skillet over medium heat. Season the chicken with ¼ tsp each salt and pepper and cook, tossing twice, until golden brown, 4 to 6 minutes.
- 3 Add the garlic and cook, stirring, until starting to turn golden brown, 1 to 2 minutes. Add the chickpeas, half the spinach, and ¼ tsp each salt and pepper and cook, tossing, until beginning to wilt, about 1 minute. Add the remaining spinach and continue cooking, tossing until just wilted, 1 to 2 minutes; remove from heat.
- 4 Fill the pitas with the chicken and spinach mixture, top with the onions and drizzle with any vinegar remaining in the bowl. Serve with yogurt, if desired.

PER SERVING 419 CAL, 9.5 G FAT (1.5 G SAT FAT), 62 MG CHOL, 718 MG SOD,  
31 G PRO, 52 G CAR, 7 G FIBER

POWER  
PAIRChickpeas  
+ Cooked  
Spinach

Chickpeas are one of the best sources of vitamin B<sub>6</sub>, which works with the magnesium from the spinach to boost bone, muscle and nerve health.





POWER  
PAIR**Leeks +  
Whole-Wheat Pasta**

The sulfur in leeks helps you make the most of whole-wheat pasta's iron and zinc, which strengthen the immune system.

**LEEK & LEMON  
LINGUINE**

ACTIVE 25 MIN + TOTAL 25 MIN  
SERVES 4 (MAKES 6 CUPS)  
COST PER SERVING \$1.60



- Kosher salt and pepper
- 12 oz whole-wheat linguine or spaghetti
- 2 Tbsp olive oil
- 2 cloves garlic, thinly sliced
- 2 medium leeks, white and light green parts cut into half-moons
- 1 lemon
- 1 cup frozen peas
- ½ cup fresh flat-leaf parsley (¼ cup roughly chopped)
- ½ cup finely grated Parmesan, plus more for serving

**1** Bring a large pot of water to a boil and season with 2 tsp salt. Cook the pasta according to package directions; reserve 2 cups cooking liquid, then drain.

**2** Meanwhile, heat the oil in a large deep skillet over medium heat. Add the garlic and cook, stirring, until lightly golden brown, 1 to 2 minutes; using a slotted spoon, transfer to a paper towel-lined plate. Add the leeks to the pan, season with ½ tsp salt and cook, stirring occasionally, until tender, 6 to 8 minutes.

**3** Meanwhile, using a vegetable peeler, remove 4 strips of lemon zest. Thinly slice the zest on a diagonal. Squeeze 2 Tbsp juice into a small bowl and set aside.

**4** Add the peas, whole parsley leaves and lemon zest to the skillet along with 1 cup of reserved cooking liquid and simmer gently for 2 minutes. Add the drained pasta, Parmesan, reserved garlic and ½ tsp pepper, tossing to combine, then toss with the lemon juice, adding extra pasta water if the pasta seems dry. Sprinkle with the chopped parsley and serve with extra Parmesan, if desired.

PER SERVING 510 CAL, 14 G FAT (3 G SAT FAT), 9 MG CHOL, 518 MG SOD, 20 G PRO, 84 G CAR, 12 G FIBER

Garlic does more than flavor your food: The aromatic bulb is another great source of sulfur.





## QUICK CHILI

ACTIVE 20 MIN ♦ TOTAL 40 MIN ♦ SERVES 4 ♦ COST PER SERVING \$2.00

- 1 Tbsp olive oil
- 1 large onion, chopped
- Kosher salt
- ½ lb lean ground beef
- 2 large cloves garlic, finely chopped
- 1 red pepper, cut into ½-in. pieces
- 1 cup dried split red lentils
- 2 Tbsp chili powder
- 1 28-oz can fire-roasted diced tomatoes
- 1 14-oz can black beans, rinsed
- ½ cup fresh cilantro, roughly chopped

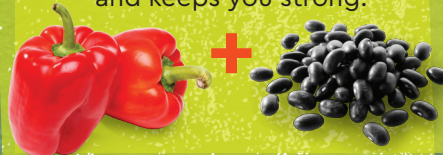
- 1 Heat the oil in a large Dutch oven over medium heat. Add the onion and ½ tsp salt and cook, stirring occasionally, until beginning to soften, 4 minutes. Add the beef and cook, breaking it up with a spoon, until browned, 3 to 4 minutes. Add the garlic, pepper, lentils and chili powder and cook, stirring, for 1 minute.
- 2 Add the tomatoes and 2 cups water and bring to a boil, then reduce heat and simmer, partially covered, stirring occasionally, until the lentils are tender, 15 to 17 minutes.
- 3 Add the beans and cook, stirring, until heated through, 1 to 2 minutes. Fold in the cilantro just before serving.

PER SERVING 534 CAL, 14 G FAT (4 G SAT FAT), 39 MG CHOL, 944 MG SOD, 32 G PRO, 71 G CAR, 24 G FIBER

POWER PAIR

## Red Bell Pepper + Black Beans

Vitamin C-rich red bell peppers help you take in up to six times the iron from black beans, which boosts energy and keeps you strong.



PEPPERS: GETTY IMAGES; BLACK BEANS: ALAMY STOCK PHOTO.

## EGG PEPPER RINGS WITH CARROT SALSA

ACTIVE 20 MIN ♦ TOTAL 20 MIN ♦ SERVES 4 ♦ COST PER SERVING \$1.63

- 1 each medium red and yellow pepper
  - 2 Tbsp olive oil
  - 2 large carrots, coarsely grated
  - 1 pint cherry or grape tomatoes, quartered
  - 1 clove garlic, finely chopped
  - Kosher salt and pepper
  - ½ cup fresh cilantro, roughly chopped
  - 8 large eggs
  - ½ tsp dried oregano
  - Toasted English muffins (optional)
- 1 Slice the peppers into eight ½-in.-thick rings. Dice the remaining peppers and transfer to a medium bowl.
  - 2 Heat 1 Tbsp oil in a large nonstick skillet over medium heat. Add the pepper rings and cook until they begin to soften and turn golden brown, 3 to 4 minutes per side.
  - 3 Meanwhile, in a bowl, toss the diced peppers, carrots, tomatoes and garlic with the remaining Tbsp oil and a pinch each salt and pepper, then fold in the cilantro.
  - 4 Crack 1 egg into each pepper ring; sprinkle with the oregano and ¼ tsp each salt and pepper. Cover and cook until the whites are set, 4 to 5 minutes for soft yolks. Top with the carrot salsa and serve on English muffins (if using).

PER SERVING 251 CAL, 16.5 G FAT (4 G SAT FAT), 372 MG CHOL, 322 MG SOD, 14 G PRO, 11 G CAR, 3 G FIBER



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