

Indian Cashew Chicken (Murgh Makhani)

Hands-On: 30 minutes

Total: 4 hours 30 minutes

Also known as butter chicken, this Punjabi dish gets richness from cashew butter, half-and-half, and yogurt. A host of spices from coriander and ginger to cardamom and cinnamon give it head-swirling aromas. Serve over brown basmati rice or with naan to soak up the creamy sauce.

Ingredients

1/3 cup cashews, toasted
3/4 cup plain fat-free strained (Greek-style) yogurt
1/4 cup tomato paste
2 tablespoons white vinegar
1 1/2 teaspoons garam masala
1 teaspoon ground coriander
1 teaspoon grated fresh ginger
1/2 teaspoon cayenne pepper
2 garlic cloves, chopped
4 boneless, skinless chicken thighs, cut into bite-size pieces (about 14 oz.)
2 (8-oz.) boneless, skinless chicken breasts, cut into bite-size pieces
Cooking spray
2 1/2 cups finely chopped onion
2 green cardamom pods, lightly crushed
1 (2-inch) cinnamon stick
2 cups fat-free, lower-sodium chicken broth
1 cup organic tomato puree
1 teaspoon Hungarian sweet paprika
1/8 teaspoon salt
3 tablespoons half-and-half
Chopped fresh cilantro (optional)

Instructions

1. Place cashews, yogurt, tomato paste, vinegar, garam masala, coriander, ginger, cayenne pepper, and garlic in a blender or food processor; process until smooth. Stir together nut mixture and chicken in a large bowl; cover and refrigerate 3 hours or overnight.

2. Heat a large Dutch oven over medium-low. Spray pan with cooking spray. Add onion, cardamom, and cinnamon stick to pan; cover and cook 10 minutes or until onion is golden, stirring often.
3. Add chicken mixture to pan; cook 10 minutes, stirring frequently. Stir in broth, tomato puree, paprika, and salt, scraping pan to loosen browned bits. Cook 1 hour or until thick. Stir in half-and-half; cook 1 minute, stirring occasionally. Remove from heat. Discard cinnamon stick. Garnish with fresh cilantro, if desired.

Serves: 6 (serving size: about 1 cup)

Calories: 366 | **Fat:** 15g | **Carbohydrates:** 21g | **Protein:** 36g | **Sodium:** 346mg | **Sugars:** 9g

Bean & Beef Taco Soup

This taco soup is filled with quintessential taco ingredients and flavors—from two types of hearty beans to corn and ground beef—but it's the toppings that really make this soup stand out. Better yet, this healthy soup is easy to make and leftovers freeze beautifully for later.

By **Julia Levy** | Updated on September 28, 2025

✓ Reviewed by Dietitian **Breana Lai Killeen, M.P.H., RD**

Prep Time: 20 mins

Additional Time: 10 mins

Total Time: 30 mins

Servings: 6

Yield: 6 servings

Nutrition Profile:

High-Protein

Ingredients

1 tablespoon olive oil

1 cup chopped yellow onion (from 1 medium onion)

$\frac{3}{4}$ cup chopped poblano chile (about 1 medium chile)

1 pound 93/7 lean ground beef sirloin

1 tablespoon minced garlic (about 3 medium garlic cloves)

1 teaspoon ancho chile powder

1 teaspoon ground cumin

$\frac{1}{2}$ teaspoon dried oregano

$\frac{1}{4}$ teaspoon cayenne pepper

1 (15 ounce) can no-salt-added tomato sauce

1 (15 ounce) can no-salt-added pinto beans, rinsed and drained

1 (15 ounce) can no-salt-added black beans, rinsed and drained

1 (10 ounce) can diced tomatoes and green chiles (such as Rotel)

1 $\frac{1}{2}$ cups unsalted beef broth

1 cup fresh or frozen (and thawed) corn kernels

$\frac{3}{4}$ teaspoon kosher salt

1/3 cup chopped fresh cilantro, plus more for garnish

1 medium ripe avocado, cut into small cubes

3/4 cup tortilla strips (about 1 ounce)

1/2 cup sour cream

2 ounces shredded Mexican-style cheese blend (about 1/2 cup)

Lime wedges

Directions

Step 1

Heat oil in a large saucepan over medium-high. Add onion and poblano; cook, stirring often, until lightly browned, about 6 minutes. Add ground beef; cook, stirring to crumble, until no longer pink, about 7 minutes. Add garlic, ancho chile powder, cumin, oregano and cayenne; cook, stirring constantly, until fragrant, about 1 minute. Add tomato sauce, pinto and black beans, diced tomatoes, broth, corn and salt; bring to a boil over medium-high. Reduce heat to medium; simmer, undisturbed, about 10 minutes. Remove from heat; stir in cilantro. Top evenly with avocado, tortilla strips, sour cream and cheese. Serve alongside lime wedges.

Originally appeared: EatingWell.com, September 2019

Nutrition Facts

Per serving: **Serving Size 1 1/3 cups** 408 calories; total fat 18g; saturated fat 6g; sodium 606mg; total carbohydrate 36g; dietary fiber 9g; total sugars 7g; protein 28g; calcium 165mg; potassium 772mg

Explore more:

Healthy Recipes

Soup

Beef Soup

Was this page helpful?  

Harvest Chicken Salad



Recipe courtesy of Kim Klatzkin for Food Network Kitchen
From: Food Network Magazine



This hearty fall salad makes for an ideal dinner, with juicy roast chicken, caramelized delicata squash and crunchy Honeycrisp apples layered over baby kale. Salty pepitas and nutty aged Gouda add texture and richness. Roasting everything on sheet pans means the chicken skin turns deeply golden while the squash becomes sweet and tender, all without extra steps. The maple-cider-mustard vinaigrette does double duty as glaze for the chicken and a dressing, tying sweet, savory and tangy notes together in every bite. Serve warm from the oven or at room temp for an easy harvest meal.

Level: Easy

Total: 40 min

Active: 25 min

Yield: 4 servings

Ingredients:

- 3 tablespoons apple cider vinegar
- 1 tablespoon whole-grain mustard
- 3 teaspoons pure maple syrup
- 6 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground pepper
- 2 skin-on, bone-in chicken breasts (10 to 12 ounces each)
- 1 pound delicata squash (2 to 3)
- 1 Honeycrisp apple
- 1 5-ounce package baby kale (about 8 cups)
- 1/4 cup roasted salted pepitas
- 2 ounces aged Gouda cheese, shaved with a vegetable peeler
- 2 tablespoons chopped fresh chives

Directions:

- 1 Put a rimmed baking sheet on the upper oven rack and another one on the lower rack. Preheat to 450 degrees F. Make the vinaigrette: Whisk together the vinegar, mustard and 2 teaspoons maple syrup in a medium bowl. Slowly whisk in 5 tablespoons olive oil until emulsified; season with salt and pepper.
- 2 Pat the chicken dry, then season with salt and pepper. Place skin-side up on the top baking sheet; roast until the skin is golden and a thermometer inserted into the center registers 165 degrees F, 25 to 30 minutes; brush with 2 tablespoons of the vinaigrette during the last 5 minutes of cooking. Remove to a cutting board to rest.
- 3 Halve the squash lengthwise, scoop out the seeds and slice crosswise 1/2-inch thick. Toss with the remaining 1 tablespoon olive oil and 1 teaspoon maple syrup, 1/2 teaspoon salt and a few grinds of pepper in a bowl. Arrange on the bottom baking sheet. Roast, flipping halfway through, until tender, about 20 minutes.
- 4 Thinly slice the apple. Combine the kale, apple, roasted squash and pepitas in a large bowl; add 5 tablespoons of the vinaigrette, season with salt and pepper and toss. Cut the chicken from the bones and thinly slice against the grain. Divide the salad among 4 shallow bowls and top with the chicken, gouda and chives; drizzle with the remaining vinaigrette.



Photograph by Andrew Purcell



Lemon Garlic Salmon (Whole30, Paleo, Low Carb, Keto)

40aprons.com/lemon-garlic-salmon-whole30/

A quick but elegant lemon garlic salmon recipe that's perfectly flavored. Whole30, paleo, low carb, and keto friendly.

PREP	COOK	TOTAL
10 MINUTES	15 MINUTES	25 MINUTES

Recipe Makes (Approximate): 4 people

Ingredients

- ¼ cup ghee or butter (if not on Whole30)
- 6-8 garlic cloves (minced)
- ¼ cup chicken broth
- ¼ cup fresh lemon juice
- Sea salt
- 1 tablespoon avocado oil
- 4 salmon filets (about 6 ounces each, patted very dry)
- Fresh cracked black pepper (if desired)
- 2 Tbsp. fresh parsley (minced)
- Fresh lemons (thinly sliced, for garnish)

Instructions

Make the lemon garlic sauce:

- 1 In a small saucepan, melt ghee or butter over medium heat. Add the garlic and sauté 1-2 minutes or until fragrant. Add in the chicken broth, lemon juice, and a few generous pinches of salt. Simmer this mixture until reduced by 1/3 to 1/2. The sauce will turn from a really thin liquid to a thicker, more bubbly boil. Remove from heat and set aside.

Make the salmon:

- 1 Remove the salmon from the fridge 10-20 minutes before cooking. Sprinkle both sides liberally with salt and season with fresh cracked black pepper, if desired. Heat avocado oil in a large saucepan over medium-high heat until shimmering.
- 2 Carefully place salmon filets skin side up and cook until lightly browned on bottom, about 2-3 minutes or until crispy. Use a spatula to carefully flip, taking care not to flake off any flesh. Cook 3-4 minutes on second side, or until skin is crisp and flesh begins to feel firm to the

touch. Remove at this point for a salmon cooked around medium. Continue to cook until flesh easily flakes with a fork for a well-done salmon.

- 3 Remove pan from heat and pour lemon garlic sauce over. Sprinkle with parsley and arrange lemon slices over, if desired. Serve with skin or easily remove with a spoon, and serve with more lemon garlic sauce and lemon slices from the pan.

Recipe Notes

If you're on a Whole30, make sure you use ghee.

If you're dairy-free, use olive or avocado oil in place of the ghee or butter. You can also use a vegan butter.

I prefer my salmon cooked to medium-rare or medium. If you want to cook yours to this temperature, you might try cooking the flesh side of the salmon only 1-2 minutes then flipping and cooking another 2-3. If you like well-done salmon, cook 3 minutes on the flesh side and 4 minutes on the skin side, or until the flesh feels very firm and flakes easily with a fork.

Make sure you pat your salmon very dry on both sides with paper towels. This will help the salmon cook quickly and evenly, will promote a nice crust, and will prevent sticking to the pan.

Nutrition Information (Approximate)

Calories: 384cal	Protein: 34g	Fat: 25g
Saturated Fat: 9g	Cholesterol: 122mg	Sodium: 133mg
Potassium: 919mg	Total Carbs: 3g	Fiber: 0g
Sugar: 0g	Net Carbs: 3g	Vitamin A: 690IU
Vitamin C: 18.2mg	Calcium: 39mg	Iron: 1.9mg

<https://40aprons.com/lemon-garlic-salmon-whole30/>

Hot Chicken Tacos with White Sauce Slaw

Serves 4 • Active Time: 20 minutes • Total Time: 20 minutes

Ingredients	Instructions
• ¼ cup mayonnaise	1. Whisk together mayonnaise, vinegar, black pepper, and ½ teaspoon of the salt in a large bowl. Set aside ½ cup of the white sauce for serving. Toss remaining sauce with cabbage; set aside.
• ¼ cup apple cider vinegar	2. Heat oil in a large, heavy-bottomed skillet over medium-high. Combine flour and remaining 1 teaspoon salt in a shallow dish. Dip chicken in buttermilk and dredge in flour mixture, shaking off excess. Working in batches, add chicken to oil and fry, turning once, until golden brown and crispy, about 3 minutes per side. Transfer to a paper towel-lined plate.
• 1 teaspoon black pepper	3. Remove skillet from heat and whisk in sugar, paprika, and 1 teaspoon cayenne, tasting and adding more cayenne to reach desired heat preference. Add chicken back to pan and toss to coat; transfer to a cutting board and cut into 1-inch pieces.
• 1½ teaspoons kosher salt, divided	4. Build tacos with slaw, chicken, and pickle chips. Serve drizzled with reserved white sauce.
• ¼ head red cabbage, thinly sliced (about 8 oz.)	
• ½ cup canola oil	
• ¾ cup all-purpose flour	
• 1 lb. chicken breast tenders	
• 1 tablespoon buttermilk	
• 1 tablespoon light brown sugar	
• 1 teaspoon paprika	
• 1–4 teaspoons cayenne pepper	
• 8 (6-inch) flour tortillas, warmed	
• Dill pickle chips, for serving	

Toast Your Tortillas!

Holding with tongs, char directly over the burner on a gas stove, or broil in oven until browned and bubbly.

Nutrition (per serving)

975 calories, 67g fat, 36g protein, 64g carbs, 5g fiber, 9g sugar, 1,471mg sodium.