

ZUCCHINI-RIBBON “LASAGNA”

Serves 6

Strips of zucchini stand in for lasagna noodles, adding texture and flavor.

FOR THE SAUCE (MAKES 3 CUPS)

1 can (28 ounces) whole peeled plum tomatoes, with juice
2 tablespoons extra-virgin olive oil
1 small onion (finely chopped, 1 cup)
¼ teaspoon red-pepper flakes
12 ounces ground turkey, preferably dark meat
2 tablespoons chopped fresh oregano
1 teaspoon coarse salt

FOR THE LASAGNA

2 medium zucchini, trimmed
1 cup part-skim ricotta cheese
1 tablespoon extra-virgin olive oil
Freshly ground pepper
Fresh oregano

1. Make the sauce:

Pulse tomatoes with juice in a food processor until finely chopped. Heat oil in a large straight-sided skillet over medium heat. Cook onion and red-pepper flakes, stirring occasionally, until onion is reduced, about 8 minutes. Add turkey; cook, breaking up any large pieces, until browned, 3 to 4 minutes. Add tomatoes; bring to a boil. Reduce heat; simmer until thick, about 20 minutes. Stir in oregano and salt. Let cool.

2. Make the lasagna:

Preheat oven to 375°F. Slice zucchini lengthwise into thin strips (about ⅛ inch thick) using a mandoline or sharp knife. Place ½ cup zucchini slices, overlapping slightly, in the bottom of an 8-inch square baking dish. Top with 1 cup sauce. Dot with ¼ cup ricotta. Repeat twice with zucchini, remaining sauce, and ½ cup ricotta, alternating direction of zucchini. Top with remaining zucchini, alternating direction; brush with oil. Dot with remaining ¼ cup ricotta. Season with pepper.

3. Bake:

Uncovered, until lasagna bubbles and top browns, 50 to 60 minutes. Let stand for 10 minutes. Garnish with oregano.

Per Serving:

155 calories | 3 g saturated fat | 5 g unsaturated fat | 38 mg cholesterol | 7 g carbohydrate | 498 mg sodium | 11 g protein | 1 g fiber

Slow-Cooker Chicken & Chickpea Soup

There's nothing better than healthy dinner ideas—except easy healthy dinner ideas. This set-it-and-forget-it slow-cooker soup recipe is just that. It simmers away all day, so you come home to a warm and healthy dinner the whole family will love. Using bone-in chicken thighs is the key to making rich soup without adding broth. Plus, if you're on a budget: thighs are less expensive than breasts, and dried chickpeas are a relatively inexpensive and versatile pantry item that's always good to stock up on.

By **Carolyn Malcoun** | Updated on October 21, 2025

 Reviewed by Dietitian **Emily Lachtrupp, M.S., RD**

Prep Time: 20 mins

Additional Time: 4 hrs

Total Time: 4 hrs 20 mins

Servings: 6

Yield: 12 cups

Nutrition Profile:

Nut-Free Dairy-Free Healthy Aging Healthy Immunity Soy-Free High-Fiber High-Protein Egg-Free Gluten-Free Low-Calorie

Ingredients

- 1 ½ cups dried chickpeas, soaked overnight
- 4 cups water
- 1 large yellow onion, finely chopped
- 1 (15 ounce) can no-salt-added diced tomatoes, preferably fire-roasted
- 2 tablespoons tomato paste
- 4 cloves garlic, finely chopped
- 1 bay leaf
- 4 teaspoons ground cumin
- 4 teaspoons paprika
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground pepper
- 2 pounds bone-in chicken thighs, skin removed, trimmed
- 1 (14 ounce) can artichoke hearts, drained and quartered
- ¼ cup halved pitted oil-cured olives

½ teaspoon salt

¼ cup chopped fresh parsley or cilantro

Directions

Step 1

Drain chickpeas and place in a 6-quart or larger slow cooker. Add water, onion, tomatoes and their juice, tomato paste, garlic, bay leaf, cumin, paprika, cayenne and pepper; stir to combine. Add chicken. Cover and cook on Low for 8 hours or High for 4 hours.

Step 2

Transfer the chicken to a clean cutting board and let cool slightly. Discard bay leaf. Add artichokes, olives and salt to the slow cooker and stir to combine.

Step 3

Shred the chicken, discarding bones. Stir the chicken into the soup. Serve topped with parsley (or cilantro).

Tips

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

Equipment: 6-qt. or larger slow cooker

Originally appeared: EatingWell Magazine, March 2019; updated October 2021

Nutrition Facts

Per serving: **Serving Size about 2 cups** 447 calories; total fat 15g; saturated fat 3g; cholesterol 77mg; sodium 762mg; total carbohydrate 43g; dietary fiber 12g; total sugars 9g; protein 34g; vitamin c 15mg; calcium 115mg; iron 6mg; potassium 609mg

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Ingredient

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Chicken

Chicken Soup

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Shrimp-Avocado Tostadas



Recipe courtesy of Food Network Kitchen

From: Food Network Magazine



This smoky ancho chile sauce takes time (note: you toast the chiles) but it's seriously worth the extra effort. Shrimp is then marinated in the flavorful sauce, then seared and piled on top of crispy fried tortillas and mashed avocado.

Level: Easy

Total: 50 min

Active: 30 min

Yield: 12 servings

Ingredients:

2 dried ancho chiles, stemmed and seeded
3 1/2 tablespoons fresh lime juice (from about 3 limes), plus wedges for serving
3 tablespoons vegetable oil, plus more for frying
1 large clove garlic, chopped
1/2 teaspoon dried oregano
1/4 teaspoon ground cumin
1/2 teaspoon cayenne pepper
Kosher salt
1 1/2 pounds medium shrimp, peeled and deveined
12 corn tortillas
3 avocados
3 scallions, thinly sliced (white and green parts separated)
2 tablespoons chopped fresh cilantro
Sour cream and diced tomato, for topping

Directions:

- 1** Toast the chiles in a dry skillet over medium heat, turning often, until they soften slightly, about 1 minute. Transfer to a small bowl and cover with hot water; let sit 15 minutes.
- 2** Transfer the chiles and 3 tablespoons of the soaking water to a blender. Add 1 1/2 tablespoons of the lime juice, 1 tablespoon of the vegetable oil, the garlic, oregano, cumin and 1/4 teaspoon each of the cayenne and salt; puree until almost smooth. Toss with the shrimp in a large bowl; refrigerate 15 to 30 minutes.
- 3** Meanwhile, heat about 1/4 inch vegetable oil in a medium skillet over medium-high heat. One at a time, fry the tortillas, flipping once, until golden brown and crisp, about 1 minute. Remove to paper towels to drain.
- 4** Halve and pit the avocados; scoop the flesh into a bowl and mash. Mix in the scallion whites, 1 1/2 tablespoons of the lime juice, the remaining 1/4 teaspoon cayenne pepper, the cilantro and 1/2 teaspoon salt.
- 5** Heat the remaining 2 tablespoons vegetable oil in a large skillet over medium-high heat. Add the shrimp and cook, stirring occasionally, until just opaque, about 4 minutes. Season with salt and drizzle with the remaining 1/2 tablespoon lime juice.
- 6** Spread the mashed avocado mixture on the tostadas. Top with the shrimp, some sour cream and diced tomato, and the scallion greens. Serve with lime wedges.



Photograph by David Malosh
Courtesy of Food Network Magazine

"Marry Me" Chicken and Gnocchi Skillet

The internet's favorite creamy chicken gets an upgrade.

By **Jenna Helwig** | Published on October 01, 2025

Prep Time: 0 mins

Cook Time: 25 mins

Total Time: 25 mins

Servings: 4

Ingredients

4 4-oz. chicken breast cutlets

1 1/2 tsp. dried Italian seasoning

1 tsp. kosher salt

1/3 cup drained and chopped sun-dried tomatoes in oil plus 2 Tbsp. oil from jar (from a 7-oz. jar), divided

3 cloves garlic, finely chopped (about 1 Tbsp.)

1 cup chicken stock

3/4 cup heavy cream

1 16-oz. pkg. potato gnocchi

1 5-oz. pkg. baby spinach

1 oz. Parmesan cheese, grated (1/4 cup)

Directions

Step 1

Season the chicken.

Pat chicken dry. Sprinkle both sides with Italian seasoning and salt.

Step 2

Cook chicken.

Heat tomato oil in a large skillet over medium-high. Add chicken; cook, turning once, until cooked through, about 4 minutes. Transfer to a cutting board

Step 3

Cook gnocchi.

Add tomatoes and garlic to skillet; cook over medium, stirring, until fragrant, about 30 seconds. Add stock and cream; bring to a simmer over medium-high. Add gnocchi; simmer, stirring occasionally, until slightly thickened, about 1 minute. Add spinach by the handful, stirring constantly, until spinach is wilted and gnocchi is tender, about 2 minutes.

Step 4

Stir in cheese.

Remove from heat; stir in cheese. If needed, add a splash of water or more stock to loosen sauce.

Step 5

Top with chicken cutlets.

Slice chicken cutlets and place on top of gnocchi mixture.

Make-Ahead and Storage Instructions

Refrigerate leftovers for up to 3 days. Reheat in a skillet with additional stock to loosen the sauce.

Nutrition Facts

Per serving: 641 calories; total fat 25g; saturated fat 13g; cholesterol 188mg; sodium 1089mg; total carbohydrate 55g; dietary fiber 4g; total sugars 5g; protein 49g; vitamin c 20mg; calcium 178mg; iron 5mg; potassium 1065mg

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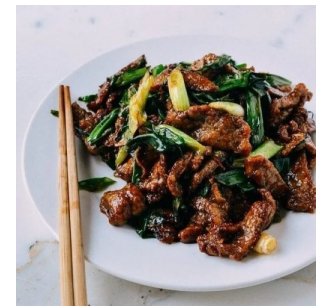


Scallion Beef Stir-fry

Scallion beef stir-fry, pronounced *cong bao ngau* in Cantonese and *cong bao niu* () in Mandarin, is a great dish, and some good "wok hay" from a trusty carbon steel wok makes all the difference.

Prep Time	Cook Time	Total Time
35 mins	10 mins	45 mins

Course: Beef Cuisine: Chinese Servings: 6 Calories: 235kcal
Author: Bill



4.89 from 17 votes

Ingredients

For the beef marinade:

- 1 pound flank steak (450g, sliced thinly against the grain)
- 2 teaspoons oil
- 1 teaspoon soy sauce
- 1 tablespoon cornstarch

For the rest of the dish:

- ½ teaspoon sesame oil
- 2 tablespoons soy sauce
- 2 teaspoons hoisin sauce
- 1 teaspoon hot water
- 1/8 teaspoon white pepper
- 3 tablespoons cornstarch
- 1 tablespoon ginger (finely julienned)
- ¼ cup vegetable or canola oil (60 ml)
- 4-6 scallions (cut into 2-inch lengths, about 4 cups)
- 2 tablespoons Shaoxing wine (divided)

Instructions

1. Mix the beef with 2 teaspoons oil, 1 teaspoon soy sauce, and 1 tablespoon cornstarch. Let marinate at room temperature for 30 minutes.
2. Combine the sesame oil, soy sauce, hoisin sauce, hot water, and white pepper into a small bowl; mix well and set aside. Spread the beef out on a plate, and sprinkle on 3 tablespoons of cornstarch. Toss to coat the beef lightly, shaking off any excess.
3. Heat your wok until just smoking, and spread a quarter cup of oil around the wok. Add the beef and let the beef sear in the oil on one side for 30 seconds. Flip and let sear for another 30 seconds, and transfer to a plate. Turn down the heat to medium low and remove/discard the excess oil (if there is too much) leaving about 2 tablespoons of oil in the wok.

4. Add the ginger and let it cook for 15 seconds until it is just caramelized. Turn up the heat to the highest setting, and add the white portions of the scallions. Quickly add 1 tablespoon of Shaoxing wine, while continuing to stir-fry to deglaze the wok.
5. Next, add the beef and the rest of the scallions. Stir fry everything together for about 30 seconds, and add the sauce you prepared earlier. Continue to stir-fry. Hopefully your wok is hot enough, and you can get a nice scorch on your scallions (we say this because not all stoves can get up to the same level of BTUs!). Continue to stir-fry until the liquid has evaporated, and all of the sauce is clinging to the beef and scallions (are you drooling yet?). Spread 1 tablespoon of shaoxing wine around the perimeter of the wok. It should be sizzling and evaporate immediately; toss the dish again until the wine is cooked off to generate more wok hay. Turn off the heat, plate and serve!

Nutrition

Calories: 235kcal | Carbohydrates: 7g | Protein: 17g | Fat: 15g | Saturated Fat: 9g | Cholesterol: 45mg | Sodium: 455mg | Potassium: 298mg | Fiber: 1g | Sugar: 1g | Vitamin A: 100IU | Vitamin C: 1.9mg | Calcium: 23mg | Iron: 1.5mg

Scallion Beef Stir-fry by The Woks of Life. Recipe URL: <https://thewoksoflife.com/scallion-beef-stir-fry/>