

{ LOW CAL }

Kale and Black Bean Tacos

Serves 4 / These veggie tacos rely on easy-to-keep staples, such as canned beans, frozen corn, and prepared salsa. If you can't find *queso cotija*—a firm Mexican cheese—substitute crumbled feta or shredded Monterey Jack. Recipe by Lisa Turner.

- 1 tablespoon olive oil
- 1 small red onion, halved and thinly sliced
- 3 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 small head kale (about 5½ ounces), tough stems removed, cut in large pieces
- 1 15-ounce can black beans, rinsed and drained
- 1 cup frozen corn kernels
- 2-4 ounces queso cotija, chopped
- 8 6-inch corn tortillas
- ¼ cup prepared, low-sodium salsa, or more to taste
- 1 medium avocado, cubed (optional)

1. In a large skillet, heat olive oil on medium heat. Add onion and garlic; sprinkle with cumin, stir to mix, and sauté for 2 minutes. Add kale to skillet. Stir or turn with tongs to coat with oil, cover and cook for 2 minutes, until just tender and bright green. Add beans and corn, and cook for 2 minutes longer to warm through. Add queso and stir to mix. Season with salt and pepper.
2. While kale is cooking, warm tortillas in a microwave. Place two warm tortillas on each plate and divide kale mixture among them. Top with salsa and avocado, if desired.

PER SERVING * 361 cal, 27% fat cal, 11g fat, 3g sat fat, 15mg chol, 16g protein, 55g carb, 11g fiber, 357mg sodium



Lemon-Ginger Shrimp with Baby Spinach

{ LOW CAL }

Serves 4 / A bright, citrusy sauce enlivens already-peeled shrimp and prewashed, bagged spinach leaves. Use orange juice from concentrate for added ease. Serve with a simple salad of mixed greens topped with walnuts, dried cranberries, and crumbled feta cheese, and a slice of warm, whole-grain bread. Recipe by Lisa Turner.

- 1 tablespoon olive oil
- 2 teaspoons chopped garlic
- 1 pound large raw shrimp, peeled and deveined
- 1 3-inch segment fresh ginger, grated
- ½ cup fresh orange juice
- Juice from 1 large lemon
- 1 9-ounce bag prewashed baby spinach leaves

1. In a large skillet, heat oil and add garlic and shrimp; toss to coat with oil. Cook on medium-low for 1 minute. Squeeze grated ginger over pan to extract juice; discard solids. Add orange and lemon juice, stir to mix, and cook, covered, for 3-4 minutes longer, until shrimp is cooked through.
2. Using a slotted spoon, transfer shrimp to separate bowl. Turn off heat; add spinach and stir or use tongs to coat leaves with sauce and cook for 15-30 seconds, until just wilted. Arrange shrimp on serving plates beside spinach, and serve immediately.

PER SERVING * 189 cal, 27% fat cal, 6g fat, 1g sat fat, 172mg chol, 25g protein, 9g carb, 2g fiber, 220mg sodium >>

Use already-peeled shrimp and prewashed, bagged spinach to make these healthy tacos in a snap.