Good Housekeeping

400 CALORIE VEGETARIAN

Easy Mix-and-Match Recipes for a Skinnier You!

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New York

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FOREWORD

At *Good Housekeeping*, we include simple and delicious vegetarian options in every issue. In *400 Calorie Vegetarian*, we've gathered our most popular meatless mains and sides, along with tips on how to stay slim the healthy vegetarian way. Each recipe is 400 calories or less and includes complet nutritional information. Icons indicate vegan, heart-healthy, and high-fiber recipes, as well as thirty minute or less and make-ahead dishes. Whether you're a vegetarian or just want to eat more wholesome meatless meals, this book is for you!

We open with recipes for delicious veggie burgers, burritos, pizza, and other fare you can eat without a fork. Then it's on to comforting soups and stews, from Gazpacho with Cilantro Cream to Red Chili with Fire-Roasted Tomatoes. Our stuffed, stacked, and stir-fried dishes lend a sense of play to mealtimes: Choose from Green Tomato Stacks, Stuffed Portobellos, Fast Fried Rice, and then som We've also included fresh takes on pasta and grain dishes to keep things interesting: Try our Spaghet with Beets and Greens and Summer Tomato Risotto, which is made with ease in the microwave. And why not enjoy vegetarian breakfast specialties around the clock? Our Crustless Tomato-Ricotta Pie and California Breakfast Wrap would be equally good morning, noon, or night.

To make meal planning easy, the second half of the book includes recipes for salads and sides tha are brimming with vegetables and grains, plus a chapter that celebrates fruity desserts. Add-ons like Kale Chips, Crunchy Peanut Broccoli, and Double Cornbread are perfect for rounding out your meals while treats like our Watermelon Slushies and Apple-Oat Crisp ensure a sweet and fruit-filled finale. See "Healthy Vegetarian Meal Planning" for tips on how to create satisfying low-cal vegetarian menu —breakfast, lunch, and dinner. For advice on key ingredients, including nondairy substitutes for thos who use them, see "The Vegetarian Pantry".

SUSAN WESTMORELAND
Food Director, *Good Housekeeping*

INTRODUCTION

Whether you're already following a vegetarian diet or are just beginning to explore what it means to eliminate meat from your meals, the health benefits are compelling. In study after study, it's been shown that a vegetarian diet rich in fruits, vegetables, whole grains, and legumes and low in fat resul in numerous health benefits: It can reduce the risk of some cancers, lower the incidence of diabetes, decrease the possibility of stoke and heart disease, and have a positive effect on the health of those who already have heart disease. Furthermore, a balanced low-calorie vegetarian diet can help you los weight or maintain a healthy weight: Enter *Good Housekeeping 400 Calorie Vegetarian.*

A good vegetarian diet is filled with fresh vegetables and fruits and nutrient-rich, fiber-packed whole grains and beans, which makes it a natural subject for our 400 calories (or less!) series. In this volume, we share more than 50 recipes for delicious meat-free mains, from yummy sandwiches to hearty soups and stews, playful stuffed, stacked, and stir-fried vegetable entrées and satisfying pastas casseroles, and grain dishes, plus a chapter that invites you to enjoy breakfast favorites any time of day. You'll find low-cal, vegetarian takes on familiar dishes like burgers, pizza, burritos, and lasagna plus tasty recipes that feature veggies, grains, and tofu in new ways.

As the title of the book promises, every main dish is 400 calories or less, and as a bonus, we've included chapters on vegetable and grain side dishes plus fruity desserts that will help you round out your meals in healthy vegetarian style. The 40 add-on recipes are organized by calorie count—from lowest to highest. Simply choose your entrée, then use your surplus calories to select an add-on (or two) that will make it a meal.

If you're watching your weight and limiting dinners to around 500 calories total, you could begin with Artichokes with Creamy Lemon Sauce for dipping (145 calories), enjoy our Stuffed Portobellos (290 calories, pictured opposite) as your main dish and finish with an orange: 145 + 290 + 60 = a 495 calorie meal. With *Good Housekeeping 400 Calorie Vegetarian*, it's easy to build meat-free meals th are both satisfying *and* low calorie. See "Healthy Vegetarian Meal Planning," opposite, for examples

HEALTHY VEGETARIAN MEAL PLANNING

Planning healthy, low-calorie vegetarian brunches, lunches, and dinners is a breeze with *400 Calorie Vegetarian.* Prepare the add-ons we've suggested under "Make It a Meal" with each main-dish recipe to make 500-calorie dinners, 400-calorie lunches, or 300-calorie breakfasts. Or get creative and choose from the veggie, grain, and dessert recipe lists SNACKS, SIDES & SALADS, GET YOUR GRAINS, and SWEET & FRUITY TREATS to make your own satisfying meal combos. Here are some tasty examples to get you started.

SAMPLE BRUNCH MENU

MAIN: Crustless Tomato-Ricotta Pie	190 calories
ADD-ON 1: Mesclun with Pears and Pumpkin Seeds	100 calories
ADD-ON 2: One cup coffee with 1½ tablespoons skim milk	10 calories
Total calories per meal	**300 calories**

SAMPLE LUNCH MENU

MAIN: Vegetarian Souvlaki	390 calories
ADD-ON: Kale Chips	15 calories
Total calories per meal	**405 calories**

SAMPLE DINNER MENU

MAIN: Stuffed Acorn Squash	250 calories
ADD-ON 1: Green Beans with Mixed Mushrooms	80 calories
ADD-ON 2: Stuffed Fresh Figs	170 calories
Total calories per meal	**500 calories**

STAYING SLIM THE VEGETARIAN WAY

You might think that a vegetarian diet is guaranteed to keep you skinny. But consider this: most French fries, cookies, and a lot of greasy takeout foods are vegetarian. To cultivate a low-calorie vegetarian diet that's wholesome, too, follow these guidelines.

• **Think seasonal.** When vegetables and fruits are in season, they're also at their most flavorful, abundant, and affordable—thus easy to transform into mouthwatering meals.

• **Bulk up.** Switching to a high-fiber diet can be a bit like taking a magic weight-loss pill: Fiber swells a little in your stomach, which quells hunger. Fiber is also low cal: Your body can't break it down, so it runs right through your system, providing only bulk. That's several good reasons to add fiber-rich, fill-you-up whole grains and legumes to your diet. Try some options that may be new to you like bulgur, wheat berries, or millet. Recipes containing all three—and many other wholesome whole grains—are sprinkled throughout this book.

• **Explore meat alternatives.** In addition to legumes, you can add protein to a vegetarian diet wit tofu, tempeh, and textured vegetable protein (TVP). Our Fast Fried Rice is an example of an easy wa to use tofu. See Quinoa for information about meat alternatives made from soybeans.

• **Get technique-savvy:** Use high heat to alter a veggie's flavor. Grilling, roasting, and baking ca take out the bite or boost the sweetness of vegetables. Our grilled Portobello Pesto Burger and baked Vegetable Cobbler are two flavorful examples.

• **Go for bold.** Tweak the taste of your dishes with zingy flavor boosters like chile peppers, mustard, or olives. It pays to get to know your spice cabinet and condiment options. Sweet-and-Sour Unstuffed Cabbage is seasoned with fresh ginger, garlic, rice vinegar, and soy sauce, while Red Chili with Fire-Roasted Tomatoes gets its zip from chipotle chiles, cumin, and oregano.

• **Eat fruit for dessert.** Berries, bananas, peaches, and citrus are naturally sweet and filled with vitamins and antioxidants. Instead of making chocolate cake a habit, sample the luscious fruit-based desserts in our Sweet & Fruity Treats chapter.

THE VEGETARIAN PANTRY

The following foods are essential to great vegetarian cooking. Get familiar with these nutritious ingredients, and you'll be well on your way to creating delicious, satisfying, low-calorie vegetarian meals.

Beans and other legumes: Whether you choose black beans, garbanzos, pintos, cannellini, lentils or split peas, they are packed with protein and insoluble and soluble fiber. Insoluble fiber helps promote regularity and may stave off such digestive disorders as diverticulosis. Soluble fiber can reduce LDL cholesterol levels and help control blood-sugar levels in people with diabetes. Beans are also high in saponin, a cancer-fighting plant compound. We incorporate a wide variety of beans and legumes in recipes throughout this book, so you can easily get your daily dose of this energy-giving protein.

Barley: Barley is the oldest grain in cultivation. The fiber in barley is especially healthy; studies indicate it may be even more effective than oat fiber in lowering cholesterol. Our Peach, Cucumber, and Barley Salad is a delicious way to get to know this grain.

Cornmeal: This is ground hulled yellow or white corn; the fine-grind type is used for cornbread, while medium-grind is used in polentas, like our easy Polenta Lasagna. Choose a water- or stone-ground cornmeal; both processes leave more of the bran and germ intact.

Couscous: Originally from North Africa, this grainlike pasta is made from semolina wheat flour. The packaged, precooked version is ready to eat in just five minutes and is widely available in supermarkets. Look for whole-wheat couscous, which is similar in taste and texture to regular couscous, but packs a whopping 8 grams of fiber per serving. And see Couscous Four Ways for delicious ideas on how flavor it.

Millet: Although we typically cultivate this cereal grass for birdseed and fodder, it is a staple in Asia and Africa. It's best toasted, then prepared like rice to make seasoned pilafs, like our Southwestern-flavored Millet with Corn and Green Chiles or hot cereal.

Quinoa: This is another grain that, botanically speaking, isn't a grain; rather, quinoa (pronounced KEEN-wah) is a relative of Swiss chard and beets. High in B vitamins, it is also a complete protein, containing all of the essential amino acids the body can't produce itself. Shaped a lot like a sesame seed, quinoa has a crunchy-melting quality. To remove any traces of bitterness, rub quinoa under cold running water, then rinse until the water is clear before cooking it.

Oats: Oats contain a type of fiber, beta-glucan, that studies have shown to help reduce cholesterol levels. Steel-cut oats are the whole oat kernels with only the inedible outer chaff removed, cut into

pieces. They are chewy but have a wonderful nutty-sweet flavor. Rolled oats, or old-fashioned oats, are whole oats that have been rolled into flat flakes then steamed and lightly toasted.

Rice: Whenever possible, choose brown rice; it's processed to remove only its inedible outer hus leaving its nutritive powers intact. It is rich in fiber, an excellent source of manganese (a mineral tha helps produce energy from protein and carbohydrates), and a good source of magnesium (helps build bones) and selenium (key to a healthy immune system). Brown rice can be long-, medium-, or short-grain.

Wheat: Wheat is a nutritional powerhouse, containing thirteen B vitamins, vitamin E, protein, ar essential fatty acids. Wheat berries, the unmilled kernels of wheat, are nutty tasting and very chewy. you've never cooked them before, sample our Wheat-Berry Salad with Dried Cherries. Bulgur is quick-cooking cracked wheat that has been parboiled and dried. You can also enjoy the whole-grain goodness of wheat in the form of whole-wheat flour, which is made from whole hard wheat berries.

Tofu: Soybean curd that is drained and pressed in a process similar to cheese-making. The creamiest tofu (with the least liquid pressed out) is called soft or silken. Use it in shakes, dressings, and dips. Extracting still more liquid produces regular tofu, then firm, and finally extra-firm tofu, which are all excellent grilled or in stir-fries. Avoid bulk tofu, unpackaged blocks sold in water; it ca be contaminated with bacteria. Sealed water-packed tofu and the aseptically packaged kind (unrefrigerated) are safer. To store tofu after opening the package, cover it with cool water and refrigerate it for up to 1 week, changing the water daily.

To prepare tofu for cooking, drain it and wrap it in a clean dish towel. Place the wrapped tofu on pie plate, top it with a dinner plate, and weight it down to extract excess water. (One or two heavy ca make good weights for this purpose.) Let the tofu sit under weight for about 15 minutes.

Tempeh: A dense, chewy cake made from cooked, fermented soybeans. Like other soy products, tempeh absorbs the flavor of the ingredients it's cooked with, even though it has a smoky flavor of it own. Tempeh is sold refrigerated or frozen; try it in soups or stir-fries. Once only available in health-food stores, today you can find it in most supermarkets.

Textured vegetable protein (TVP): Also known as textured soy protein, these dried granules made from defatted soy flakes have to be rehydrated before cooking. Commercially, TVP is used to make soy veggie burgers, sausages, and hot dogs. You can find it in health-food stores and some supermarkets.

Vegetables and fruits: Eating a variety of fresh vegetables and fruits is an important part of any healthy vegetarian diet (and a good way to keep your meals skinny, too). A colorful diet filled with reds, yellows, oranges, and greens helps ensure that you get the widest range of vitamins and phytochemicals, the natural pigments in produce that help keep your body healthy. The recipes in thi book offer dozens of fresh new ways to prepare veggies; see the Stuffed, Stacked, and Stir-Fried chapter for some particularly creative takes.

VEGAN DAIRY AND EGG SUBSTITUTES

If you've decided to follow a vegan diet (eliminating all animal foods from your diet) or just want to eat less dairy, here's a list of some of the dairy- and egg-alternative products available today. Once only sold at health-food stores and online, today you can find many of these items in large supermarkets. Take a look in your local grocery store—you may be surprised to see the

vegan products they stock.

- Nondairy margarine, including soy margarine (try Earth Balance brand)
- Soy milk, rice milk, and nut milks (including almond and cashew milk)
- Nondairy soy sour cream and cream cheese
- Nondairy yogurts made with rice, soy, almond, or coconut milk
- Nondairy soy- or coconut-milk creamers
- Nondairy soy frozen yogurt
- Nondairy ice creams made with soy or coconut milk
- Nondairy chocolate (with the exception of unsweetened cocoa powder, chocolate usually contains milk solids)
- Egg-free soy mayonnaise (try Vegenaise brand)
- Egg replacements (check vegan and vegetarian websites for recommended substitutions)

To make it easy for vegans to cook from *400 Calorie Vegetarian*, we've included a vegan icon in the nutritional information for all recipes that do not contain any animal products. In addition, with a little practice, you can adapt many of the other recipes in this book by swapping in the dairy and egg substitutes listed above. Experiment until you find the nondairy products you like best. Flavors and textures vary from brand to brand and also depend on what ingredient is used as the base. You may discover that you don't care much for soy-based products but adore anything made with nut or coconut milk. Or find that you love one type of nondairy yogurt for baking, while another is just the thing for a snack.

MEATLESS MAINS

To make skinny vegetarian meal planning a cinch, each main dish is paired with suggestions for add-on recipes that will make it a meal. Or to choose your own add-ons, see the complete recipe lists in the second half of the book, conveniently organized by calorie count, from lowest to highest: Snacks, Sides & Salads, Get Your Grains, and Sweet and Fruity Treats.

345
CALORIES
Portobello Pesto
Burgers

PIZZAS, BURGERS & SANDWICHES

If you're still new to a vegetarian diet, you may be wondering: What's pizza without pepperoni? Can my family give up burgers? The yummy, low-calorie recipes that follow are your answer. We offer three irresistible meat-free pizzas prepared on the grill for extra flavor. And our black bean and portobello burgers are so satisfying, no one will miss the meat. If you're hankering for Mexican, try our Vegetarian Tacos or Grilled Vegetable Burritos. For lovers of pulled chicken or pork sandwiches we offer barbecued tofu sandwiches—so easy and delicious.

Greek Salad Pitas	**335 calories**
Vegetarian Souvlaki	**390 calories**
Lasagna Toasts	**320 calories**
Vegetarian Tacos	**400 calories**
Grilled Vegetable Burritos	**330 calories**
Grilled Mexican Pizza	**310 calories**
Grilled Whole-Wheat Veggie Pizza	**375 calories**
Summer Phyllo Pizza	**265 calories**
Black Bean Burgers	**370 calories**
Portobello Pesto Burgers	**345 calories**
Barbecued Tofu Sandwiches	**230 calories**

KEY TO ICONS

30 minutes or less **Vegan** **Heart healthy** **High fiber** **Make ahead**

GREEK SALAD PITAS

Making hummus—the Middle Eastern spread made with mashed garbanzo beans—is fast work when you use a food processor or blender.

TOTAL TIME: 20 MINUTES

MAKES: 4 SANDWICHES

1	CAN (15 TO 19 OUNCES) GARBANZO BEANS (CHICKPEAS), RINSED AND DRAINED
¼	CUP PLAIN NONFAT YOGURT
1	TABLESPOON OLIVE OIL
2	TABLESPOONS FRESH LEMON JUICE
½	TEASPOON SALT
¼	TEASPOON COARSELY GROUND BLACK PEPPER
¼	TEASPOON GROUND CUMIN
1	GARLIC CLOVE, PEELED
4	(6- TO 7-INCH) WHOLE-WHEAT PITAS
3	CUPS SLICED ROMAINE LETTUCE
2	MEDIUM TOMATOES (6 TO 8 OUNCES EACH), CUT INTO ¼-INCH PIECES
1	MEDIUM CUCUMBER, PEELED AND THINLY SLICED
1½	OUNCES FETA CHEESE, CRUMBLED (⅓ CUP)
2	TABLESPOONS CHOPPED FRESH MINT LEAVES, PLUS ADDITIONAL MINT LEAVES FOR GARNISH

1 In food processor with knife blade attached, or in blender, combine beans, yogurt, oil, lemon juice, salt, pepper, cumin, and garlic; puree until bean mixture is smooth.
2 Cut off top third of each pita to form a pocket and reserve tops for another use. Use half of bean mixture to spread inside pockets.
3 Combine lettuce, tomatoes, cucumber, feta, and chopped mint; fill pockets with mixture. Top with remaining bean mixture and garnish with mint leaves.

335
CALORIES

PER SERVING. 15G PROTEIN | 52G CARBOHYDRATE | 9G TOTAL FAT (2G SATURATED) 11G FIBER | 10MG CHOLESTEROL | 910MG SODIUM

MAKE IT A MEAL: Serve this sandwich with Spring Pea Dip with Veggies (50 calories) for a fresh and healthy 385-calorie lunch.

VEGETARIAN SOUVLAKI

This vegetarian take on a traditionally meat-centered sandwich is just as satisfying as the original. Make the filling by cutting up your favorite veggie burgers. Swap in whole-wheat pitas for even more fiber.

ACTIVE TIME: 20 MINUTES · **TOTAL TIME:** 25 MINUTES

MAKES: 4 SANDWICHES

1	TABLESPOON OLIVE OIL
1	LARGE ONION (12 OUNCES), CUT IN HALF AND THINLY SLICED
4	FROZEN VEGETARIAN SOY BURGERS (10- TO 12-OUNCE PACKAGE), CUT INTO 1-INCH PIECES
¼	TEASPOON GROUND BLACK PEPPER
½	TEASPOON SALT
1	CONTAINER (8 OUNCES) PLAIN NONFAT YOGURT
1	SMALL ENGLISH (SEEDLESS) CUCUMBER (8 OUNCES), CUT INTO ¼-INCH DICE
1	TEASPOON DRIED MINT
1	SMALL GARLIC CLOVE, CRUSHED WITH GARLIC PRESS
4	(6- TO 7-INCH) PITA BREADS, WARMED
1	RIPE MEDIUM TOMATO (6 OUNCES), CUT INTO ½-INCH DICE
1	OUNCE FETA CHEESE, CRUMBLED (¼ CUP)

1 In nonstick 12-inch skillet, heat oil over medium heat until hot. Add onion and cook until tender an golden, 12 to 15 minutes, stirring occasionally. Add burger pieces, pepper, and ¼ teaspoon salt, and cook until heated through, about 5 minutes.

2 Meanwhile, in medium bowl, stir yogurt with cucumber, mint, garlic, and remaining ¼ teaspoon salt. Add burger mixture and toss gently to combine.

3 Cut 1-inch slice from each pita to make opening and reserve cut-off pita pieces for another use. Divide burger mixture evenly among pita pockets. Sprinkle with tomato and feta.

390
CALORIES

PER SANDWICH. 24G PROTEIN | 45G CARBOHYDRATE | 13G TOTAL FAT (3G SATURATED) 6G FIBER | 9MG CHOLESTEROL | 945MG SODIUM

MAKE IT A MEAL: What could be simpler than this sandwich made from your favorite store-bought veggie burgers? Serve with Kale Chips (15 calories) for a super-wholesome 390-calorie lunch.

LASAGNA TOASTS

These open-faced sandwiches topped with fresh tomato, zucchini, basil, and cheese invite you to enjoy all the flavors of lasagna in a flash—you bake them in your toaster oven!

ACTIVE TIME: 15 MINUTES · **TOTAL TIME:** 35 MINUTES

MAKES: 4 MAIN-DISH SERVINGS

4	SLICES (½ INCH THICK) ITALIAN BREAD
1	MEDIUM ZUCCHINI (8 OUNCES), CUT INTO ¼-INCH CHUNKS
1	GARLIC CLOVE, CRUSHED WITH GARLIC PRESS
1	TABLESPOON OLIVE OIL
4	RIPE PLUM TOMATOES (12 OUNCES), CHOPPED
⅜	TEASPOON SALT
½	TEASPOON GROUND BLACK PEPPER
¼	CUP PACKED FRESH BASIL LEAVES
1	CUP PART-SKIM RICOTTA CHEESE
¼	CUP FRESHLY GRATED PECORINO ROMANO CHEESE
4	OUNCES FRESH MOZZARELLA CHEESE, SLICED

1 Preheat toaster oven to 450°F. Toast bread 5 to 10 minutes or until golden.
2 In microwave-safe medium bowl, combine zucchini, garlic, and oil. Microwave on High for 4 minutes, stirring once. Add tomatoes and ¼ teaspoon each salt and pepper; cover with vented plastic wrap and microwave on High for 3 minutes.
3 Meanwhile, thinly slice basil leaves; reserve 2 tablespoons for garnish. In small bowl, combine basil, ricotta, Romano, and remaining teaspoon salt and ¼ teaspoon pepper.
4 Divide ricotta mixture among bread slices and spread evenly. Using slotted spoon, divide tomato mixture among bread slices; top with mozzarella.
5 In single layer on foil-lined toaster-oven tray (working in batches if necessary), bake toasts 8 to 10 minutes or until tomato mixture is heated through and mozzarella is melted and lightly browned. Garnish with reserved basil.

320
CALORIES

PER SERVING. 18G PROTEIN | 24G CARBOHYDRATE | 17G TOTAL FAT (8G SATURATED) 3G FIBER | 46MG CHOLESTEROL | 550MG SODIUM

MAKE IT A MEAL: For a quick 390-calorie lunch with Italian flair, enjoy a lasagna toast along with two of our Chocolate-Almond Meringues (35 calories each).

VEGETARIAN TACOS

Beans make a hearty stand-in for ground beef in these vegetarian tacos—especially when they'r gussied up with all your favorite toppings!

ACTIVE TIME: 10 MINUTES · **TOTAL TIME:** 20 MINUTES

MAKES: 4 MAIN-DISH SERVINGS

1	TABLESPOON OLIVE OIL
1	SMALL ONION, SLICED
1	MEDIUM RED PEPPER, SLICED
1	TEASPOON CHILI POWDER
¼	TEASPOON SALT
1	CAN (15 TO 19 OUNCES) BLACK BEANS OR OTHER FAVORITE BEANS, RINSED AND DRAINED
2	PLUM TOMATOES, COARSELY CHOPPED
¼	CUP LOOSELY PACKED FRESH CILANTRO LEAVES, CHOPPED
8	(6-INCH) FLOUR TORTILLAS
3	CUPS THINLY SLICED ROMAINE LETTUCE
2	OUNCES MONTEREY JACK OR MILD CHEDDAR CHEESE, SHREDDED (½ CUP)

1 In 12-inch nonstick skillet, heat oil over medium heat 1 minute. Add onion, pepper, chili powder, and salt; cook 10 minutes or until onion and pepper are tender, stirring occasionally. Stir in beans, tomatoes, and cilantro, and cook 3 to 4 minutes to heat through, stirring occasionally.
2 Just before serving tacos, place stack of tortillas between paper towels on microwave-safe plate; heat in microwave on High for 10 to 15 seconds to warm.
3 To serve, divide romaine lettuce and bean mixture among tortillas; top with Monterey Jack cheese, and fold over to eat out of hand.

400
CALORIES

PER SERVING. 16G PROTEIN | 61G CARBOHYDRATE | 13G TOTAL FAT (4G SATURATED) 11G FIBER | 15MG CHOLESTEROL | 840MG SODIUM

MAKE IT A MEAL: You can enjoy two of these bean and veggie tacos (one serving) for lunch without further embellishment. Or finish with our Sliced Citrus with Lime Syrup (95 calories) for a zippy 495-calorie dinner.

GRILLED VEGETABLE BURRITOS

Serve these burritos with your favorite bottled salsa and a dollop of reduced-fat or nondairy sou cream, if you like.

ACTIVE TIME: 25 MINUTES · **TOTAL TIME:** 40 MINUTES

MAKES: 4 MAIN-DISH SERVINGS

- **4 TEASPOONS VEGETABLE OIL**
- **1 TEASPOON CHILI POWDER**
- **1 TEASPOON GROUND CUMIN**
- **½ TEASPOON SALT**
- **¼ TEASPOON COARSELY GROUND BLACK PEPPER**
- **2 MEDIUM ZUCCHINI (8 TO 10 OUNCES EACH), CUT LENGTHWISE INTO ¼-INCH-THICK SLICES**
- **1 LARGE ONION (12 OUNCES), CUT INTO ½-INCH-THICK SLICES**
- **1 MEDIUM RED PEPPER, CUT INTO QUARTERS**
- **1 MEDIUM GREEN PEPPER, CUT INTO QUARTERS**
- **4 BURRITO-SIZED (10-INCH) FLOUR TORTILLAS**
- **REDUCED-FAT OR NONDAIRY SOUR CREAM (OPTIONAL)**
- **½ CUP LOOSELY PACKED FRESH CILANTRO LEAVES**
- **BOTTLED SALSA (OPTIONAL)**

1 Prepare outdoor grill for direct grilling over medium heat.
2 In small bowl, mix oil, chili powder, cumin, salt, and black pepper. Brush one side of zucchini slices, onion slices, and red and green pepper pieces with oil mixture.
3 Place vegetables, oiled side down, on hot grill rack; grill until tender and golden, 15 to 20 minutes, turning over once and transferring vegetables to plate as they are done.
4 Arrange one-fourth of grilled vegetables down center of each tortilla and dollop with sour cream, if desired. Sprinkle with cilantro, then fold sides of tortillas over filling. Serve with salsa, if you like.

330
CALORIES

PER SERVING. 11G PROTEIN | 43G CARBOHYDRATE | 14G TOTAL FAT (4G SATURATED) 7G FIBER | 15MG CHOLESTEROL | 655MG SODIUM

MAKE IT A MEAL: For a wholesome 500-calorie dinner, pair with a simple side of Lime Couscous (170 calories).

sample content of 400 Calorie Vegetarian: Easy Mix-and-Match Recipes for a Skinnier You! (Good Housekeeping Cookbooks)

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