

QUICK TIPS

The thick, **GREEK-STYLE YOGURT** that you'll need for the eggplant stacks is available at some supermarkets and at specialty

foods stores such as Trader Joe's and Whole Foods. If you can't find it, it's easy to **MAKE YOUR OWN** using plain yogurt. Line a colander with several

layers of cheesecloth; set the colander over a bowl in the refrigerator. Drain the yogurt, covered, for at least three hours or overnight.

CHICKEN WITH TARRAGON AND QUICK-ROASTED GARLIC

PREP 25 minutes TOTAL 25 minutes

4 SERVINGS Skillet-roasted garlic brings full flavor to this dinner-party-worthy dish.

CALORIES 270 FAT 12 g FIBER 0

- 3 large unpeeled garlic cloves
- 4 small skinless boneless chicken breast halves or cutlets
- 2 tablespoons (¼ stick) butter
- ½ cup dry white wine
- ½ cup low-salt chicken broth
- 1 tablespoon chopped fresh tarragon
- 2 tablespoons heavy whipping cream

Heat small nonstick skillet over medium heat. Add garlic; cover and cook until browned in spots and tender when pierced, turning occasionally, 9 to 10 minutes. Transfer to work surface to cool.

Meanwhile, sprinkle chicken with salt and pepper. Melt butter in large nonstick skillet over medium-high heat. Add chicken and cook until browned and cooked through, 3 to 4 minutes per side. Transfer chicken to plate (do not clean skillet).

Peel garlic. Add garlic and wine to same skillet; cook until reduced by about half, mashing garlic finely with fork, about 1 minute. Add broth and tarragon; simmer until liquid is reduced by about half, 1 to 2 minutes. Add cream and simmer to sauce consistency, about 1 minute. Return chicken to skillet with any accumulated juices. Simmer to heat through, turning occasionally, 1 to 2 minutes. Transfer chicken to plate; spoon sauce over.

SOUTHWEST RICE AND CORN SALAD WITH LEMON DRESSING

PREP 30 minutes TOTAL 45 minutes

8 SIDE-DISH SERVINGS Poblano chiles add heat; for milder flavor, use a bell pepper.

CALORIES 225 FAT 10 g FIBER 3 g

- 1 cup long-grain white rice
- ¼ cup fresh lemon juice
- 4 tablespoons olive oil, divided
- 1½ cups fresh corn kernels (cut from 2 ears) or frozen corn kernels, thawed
- 1 cup chopped fresh poblano chiles or green bell pepper
- 1 cup diced seeded yellow bell pepper
- 1 cup ½-inch cubes yellow zucchini
- 1 avocado, halved, peeled, diced

- ½ cup thinly sliced green onions
- ½ cup chopped fresh cilantro

Cook rice until just tender, 12 to 15 minutes. Drain and rinse in cold water. Drain again.

Meanwhile, whisk lemon juice and 3 tablespoons oil in small bowl. Season dressing to taste with salt and pepper.

Heat 1 tablespoon oil in large nonstick skillet over medium heat. Add corn, poblanos, yellow bell pepper, and zucchini. Sprinkle with salt and pepper. Sauté until vegetables are just tender, 6 to 7 minutes; scrape into large bowl. Add rice, avocado, green onions, cilantro, and dressing; toss to coat. Season with salt and pepper.

MEATLESS MAIN COURSE

GRILLED SPICED EGGPLANT AND MINTED YOGURT STACKS

PREP 35 minutes TOTAL 35 minutes

6 SERVINGS Offer this vegetarian entrée with a bulgur salad on the side.

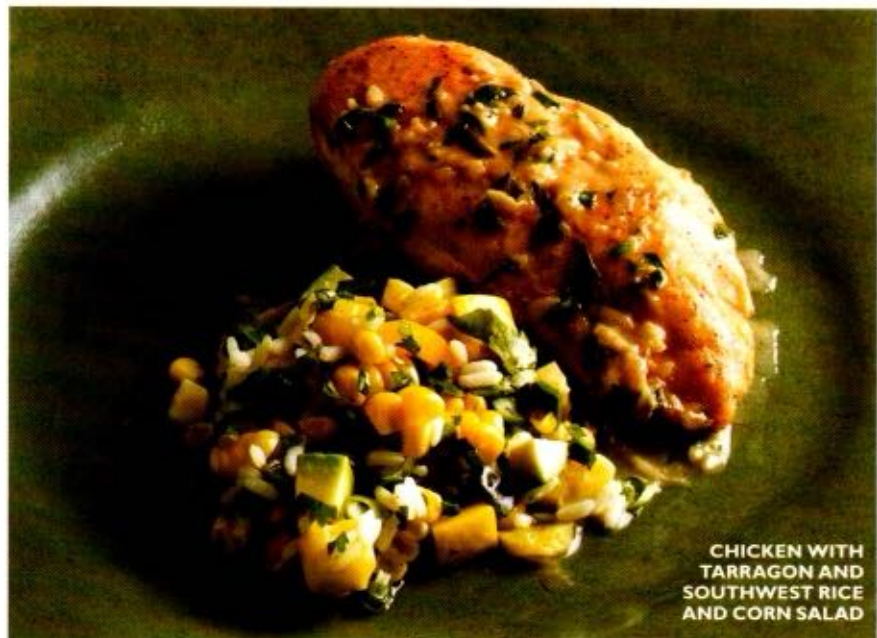
CALORIES 142 FAT 7 g FIBER 4 g

- 1½ cups nonfat Greek-style yogurt
- 1 cup diced unpeeled English hothouse cucumber
- 3 tablespoons chopped fresh mint plus sprigs for garnish

- 1 garlic clove, pressed
- 12 ½-inch-thick rounds center-cut eggplant (from 2 large)
- Olive oil (for brushing)
- 2 teaspoons ground coriander
- 2 teaspoons paprika
- 1 teaspoon ground cumin
- 1 cup crumbled feta cheese (about 4½ ounces)

Preheat barbecue or broiler. Whisk yogurt, cucumber, chopped mint, and garlic in small bowl. Season to taste with salt and pepper.

Brush eggplant with oil; sprinkle with salt and pepper. Mix ground coriander, paprika, and ground cumin in small bowl. Sprinkle spice mix over both sides of eggplant slices. Grill or broil eggplant until slightly charred and tender, 10 to 12 minutes, turning and brushing with more oil if dry. Place 1 large slice of eggplant on each of 6 plates. Divide feta among slices. Spoon generous ¼ cupful yogurt mixture atop feta. Top with eggplant slices. Spoon remaining yogurt mixture over. Garnish with mint. ■



CHICKEN WITH TARRAGON AND SOUTHWEST RICE AND CORN SALAD