

— AMERICA'S —
TEST KITCHEN

nutritious DELICIOUS

turbocharge your favorite recipes with 50 everyday superfoods

WHOLE WHEAT PIZZA WITH KALE
AND SUNFLOWER SEED PESTO

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ABOUT THIS BOOK

A simple approach to amping up the nutrition in our cooking, *Nutritious Delicious* showcases 50 everyday superfoods and uses them as the springboard for building more nutrient-packed versions of the dishes we love.

Who isn't drawn to making healthier choices in the foods we eat, whether opting for dark leafy greens or whole grains? But cooking with these foods can leave us feeling like we must choose between eating healthy and eating what we want. In *Nutritious Delicious*, America's Test Kitchen digs deeper into how to use nature's powerhouse ingredients to update the nutritional framework of our favorite dishes, rigorously testing recipes with an eye to getting great flavor while minimizing reliance on saturated fats, refined grains, and added sugar. The resulting collection of recipes, such as Pulled BBQ Turkey with Purple Cabbage Slaw, Roasted Spiralized Sweet Potatoes with Walnuts and Feta, and Beet-Chocolate Cupcakes, represents a new way to think about ingredients that everyone can relate to. We learned that yogurt makes a nice base for dressings and frostings, the oven does a great job of making super-crisp chips out of thinly-sliced vegetables, and it's possible to make a delicious pizza crust out of pureed cauliflower—all in an effort to crowd out less nutritious ingredients and highlight the ones that pack the healthiest punch.

With guidance from a registered dietitian nutritionist, we selected 50 superfood ingredients, each with its own unique nutritional profile. A well-researched, thorough introductory section spotlights these ingredients one by one so you can read about what makes them so good for you, highlighting both chief nutrients and long-term health benefits associated with them, and how best to prepare them. From berries to oats to salmon, these ingredients have plenty of culinary potential, and the recipes use them in significant ways.

The book is organized by meal in order to give people the tools to eat better all day: breakfast, lunch, and dinner, followed by snacks and desserts. Each recipe page provides nutritional information, as well as an "excellent source" feature that points out essential nutrients that are 20% or more of the recommended daily value per serving.

FRITTATA WITH BROCCOLI AND TURMERIC

serves 6

- 12 large eggs
- $\frac{1}{3}$ cup 1 percent low-fat milk or water
- $\frac{1}{4}$ cup grated Parmesan cheese
- 2 tablespoons cold-pressed extra-virgin olive oil (see page 000)
- 1 tablespoon minced fresh tarragon
- Salt and pepper
- 12 ounces broccoli florets, cut into $\frac{1}{2}$ -inch pieces (4 cups)
- 1 shallot, minced
- 1 teaspoon ground turmeric
- 3 tablespoons water
- $\frac{1}{2}$ teaspoon grated lemon zest plus $\frac{1}{2}$ teaspoon juice

why this recipe works • A frittata is a hearty brunch option but is often loaded with potatoes, cheese, and sausage or bacon. For a more nutritious version, we nixed the meat and swapped out potatoes for broccoli. To make a substantial, veggie-packed frittata, we used a dozen eggs and a full 4 cups of broccoli, chopping the florets small so they would be surrounded by the eggs, ensuring a cohesive whole. Adding healthful turmeric and black pepper gave the filling a bold, slightly spicy flavor. But we weren't ready to omit cheese entirely. We opted for Parmesan, since a little bit goes a long way in terms of cheesy flavor; just $\frac{1}{4}$ cup was all we needed. To ensure our frittata cooked fully and evenly, we started it on the stovetop, stirring until a spatula left a trail in the curds, and then transferred it to the oven to gently finish. Adding milk and salt to the eggs ensured they stayed tender and fluffy, as the liquid makes it harder for the proteins to coagulate and turn rubbery, while the salt weakens their interactions and produces a softer curd. This frittata can be served warm or at room temperature. When paired with a salad, it can serve as a meal.

1 Adjust oven rack to middle position and heat oven to 350 degrees. Whisk eggs, milk, Parmesan, 1 tablespoon oil, tarragon, and $\frac{1}{4}$ teaspoon salt in bowl until well combined.

2 Heat remaining 1 tablespoon oil in 12-inch oven-safe nonstick skillet over medium-high heat until shimmering. Add broccoli, shallot, turmeric, $\frac{1}{4}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper and cook, stirring frequently, until broccoli is crisp-tender and spotty brown, 7 to 9 minutes. Stir in water and lemon zest and juice and continue to cook, stirring constantly, until broccoli is just tender and no water remains in skillet, about 1 minute longer.

3 Add egg mixture and cook, using rubber spatula to stir and scrape bottom of skillet until large curds form and spatula leaves trail through eggs but eggs are still very wet, about 30 seconds. Smooth curds into even layer and cook, without stirring, for 30 seconds. Transfer skillet to oven and bake until frittata is slightly puffy and surface bounces back when lightly pressed, 5 to 8 minutes. Using rubber spatula, loosen frittata from skillet and transfer to cutting board. Let sit for 5 minutes before slicing and serving.

PER SERVING

Cal 220; Total Fat 15g, Sat Fat 4g; Chol 375mg; Sodium 400mg; Total Carbs 6g, Fiber 2g, Total Sugars 2g, Added Sugars 0g; Protein 16g

EXCELLENT SOURCE OF

Protein, Vitamin A, Vitamin C, Vitamin D, Folate, Selenium



QUINOA TACO SALAD

serves 4

- ¾ cup prewashed white quinoa
- 3 tablespoons cold-pressed extra-virgin olive oil (see page 000)
- 1 small onion, chopped fine
Salt and pepper
- 2 teaspoons minced canned chipotle chile in adobo sauce
- 2 teaspoons tomato paste
- 1 teaspoon anchovy paste (optional)
- ½ teaspoon ground cumin
- 1 cup chicken or vegetable broth
- 2 tablespoons lime juice
- 1 head escarole (1 pound), trimmed and sliced thin
- 2 scallions, sliced thin
- ½ cup chopped fresh cilantro
- 1 (15-ounce) can black beans, rinsed
- 8 ounces cherry or grape tomatoes, quartered
- 1 ripe avocado, halved, pitted, and chopped
- 2 ounces queso fresco, crumbled (½ cup)

PER SERVING

Cal 420; Total Fat 22g, Sat Fat 3.5g; Chol 5mg; Sodium 740mg; Total Carbs 45g, Fiber 13g, Total Sugar 5g, Added Sugar 0g; Protein 14g

EXCELLENT SOURCE OF

Protein, Fiber, Vitamin A, Vitamin B6, Vitamin C, Folate, Vitamin K, Copper, Iron, Magnesium, Manganese, Potassium

why this recipe works • *Taco salad hits a home run with any crowd. What's not to love about seasoned beef and the works on a bed of lettuce? While it may be fun, we wouldn't call a salad based on greasy meat and shredded cheese healthy, even without the fried tortilla bowl. To rework taco salad to be more nutritious but still hearty, we replaced the beef with quinoa. Some tasters had doubts, but this low-saturated-fat, high-fiber source of protein—with its chewy texture and ability to absorb flavors—made a good stand-in for ground beef! Toasted and simmered in chicken broth with chipotles in adobo, tomato paste, anchovy paste, and cumin, it acquired a rich, spiced meaty flavor. We substituted escarole for lettuce, cut back on the cheese and opted for queso fresco, and added an extra-hefty amount of cilantro. Black beans, avocado, cherry tomatoes, and scallions completed the picture. Tasters found the salad so hearty it didn't need tortilla chips, but if you prefer, serve with your favorite multi-grain chip. We like the convenience of prewashed quinoa; rinsing removes the quinoa's bitter protective coating (called saponin). If you buy unwashed quinoa (or if you are unsure whether it's been washed), rinse it and then spread it out on a clean dish towel to dry for 15 minutes before cooking.*

1 Toast quinoa in medium saucepan over medium-high heat, stirring frequently, until quinoa is very fragrant and makes continuous popping sound, 5 to 7 minutes; transfer to bowl.

2 Heat 1 tablespoon oil in now-empty saucepan over medium heat until shimmering. Add onion and ¼ teaspoon salt and cook until onion is softened and lightly browned, 5 to 7 minutes.

3 Stir in chipotle, tomato paste, anchovy paste, and cumin and cook until fragrant, about 30 seconds. Stir in broth and toasted quinoa, increase heat to medium-high, and bring to simmer. Cover, reduce heat to low, and simmer until quinoa is tender and liquid has been absorbed, 18 to 22 minutes, stirring once halfway through cooking. Remove pan from heat and let sit, covered, for 10 minutes. Spread quinoa onto rimmed baking sheet and let cool for 20 minutes.

4 Whisk remaining 2 tablespoons oil, lime juice, ¼ teaspoon salt, and ¼ teaspoon pepper together in large bowl. Add escarole, scallions, and ¼ cup cilantro and toss to combine. Gently fold in beans, tomatoes, and avocado. Transfer to serving platter and top with quinoa, queso fresco, and remaining ¼ cup cilantro. Serve.





RAW BEET AND CARROT NOODLE SALAD



MLT (MUSHROOM, LETTUCE, TOMATO)



BLACK RICE BOWLS WITH SALMON

serves 4

RICE AND DRESSING

- 1 ½ cups black rice
- Salt and pepper
- ¼ cup rice vinegar
- ¼ cup mirin
- 1 tablespoon white miso
- 1 teaspoon grated fresh ginger
- ½ teaspoon grated lime zest plus 2 tablespoons juice

SALMON AND VEGETABLES

- 4 (4- to 6-ounce) skin-on wild-caught salmon fillets, 1 inch thick
- 1 teaspoon expeller-pressed canola oil (see page 000)
- Salt and pepper
- 1 (8- by 7½-inch) sheet nori, crumbled (optional)
- 4 radishes, trimmed, halved, and sliced thin
- 1 avocado, halved, pitted, and sliced thin
- 1 cucumber, halved lengthwise, seeded, and sliced thin
- 2 scallions, sliced thin

PER SERVING

Cal 540; Total Fat 18g, Sat Fat 2.5g; Chol 60mg; Sodium 410mg; Total Carbs 64g, Fiber 9g, Total Sugar 7g, Added Sugar 0g; Protein 31g

EXCELLENT SOURCE OF

Protein, Fiber, Niacin, Vitamin B6, Vitamin B12, Vitamin C, Folate, Vitamin K, Copper, Potassium, Selenium

why this recipe works • Black rice is an ancient grain that was once reserved for the emperors of China. Its dark color signifies the presence of anthocyanins, and it contains more protein, fiber, and iron than other rice varieties. We decided to use it in a rice bowl inspired by Japanese flavors. We cooked the rice in lots of boiling water, giving it space to move around, and then drizzled it with a potent dressing of rice vinegar, mirin, miso, and ginger, ensuring perfectly cooked, well-seasoned grains. We roasted salmon fillets until just medium-rare and then arranged them atop the rice, along with nori, radishes, avocado, cucumber, and scallions. Skin-on salmon fillets hold together better during cooking, and the skin helps keep the fish moist. If your salmon is less than 1-inch-thick, be sure to start checking for doneness early. Nori is seaweed that has been dried and pressed into sheets used for rolling sushi; you can find nori in the international foods aisle of the supermarket.

1 FOR THE RICE AND DRESSING Bring 4 quarts water to boil in Dutch oven over medium-high heat. Add rice and 1 teaspoon salt and cook until rice is tender, 20 to 25 minutes. Drain rice and transfer to large bowl.

2 Whisk vinegar, mirin, miso, ginger, and lime zest and juice together in small bowl until miso is fully incorporated. Season with salt and pepper to taste. Measure out ¼ cup vinegar mixture and drizzle over rice. Let rice cool, tossing occasionally, about 20 minutes. Set remaining vinegar mixture aside for serving.

3 FOR THE SALMON AND VEGETABLES While rice is cooking, adjust oven rack to lowest position, place foil-lined rimmed baking sheet on rack, and heat oven to 500 degrees.

4 Once oven reaches 500 degrees, reduce oven temperature to 275 degrees. Pat salmon dry with paper towels, rub with oil, and season with salt and pepper. Remove sheet from oven and carefully place salmon skin-side down on hot sheet. Roast until center is still translucent when checked with tip of paring knife and registers 120 degrees (for medium rare), 4 to 6 minutes. Slide fish spatula along underside of fillets and transfer to large plate, leaving skin behind; discard skin.

5 Portion rice into 4 individual serving bowls and sprinkle with some of nori, if using. Top with salmon, radishes, avocado, and cucumber. Sprinkle with scallions and drizzle with reserved dressing. Serve, passing remaining nori separately.

TURKEY SHEPHERD'S PIE WITH CAULIFLOWER TOPPING

serves 6

- 3 tablespoons cold-pressed extra-virgin olive oil (see page 000)
- 1 large head cauliflower (3 pounds), cored and cut into ½-inch pieces
- ½ cup plus 2 tablespoons water
Salt and pepper
- 1 large egg, lightly beaten
- 3 tablespoons minced fresh chives
- 1 pound 93 percent lean ground turkey
- ½ teaspoon baking soda
- 8 ounces cremini mushrooms, trimmed and chopped
- 1 onion, chopped
- 1 tablespoon tomato paste
- 2 garlic cloves, minced
- ¾ cups chicken broth
- 2 carrots, peeled and chopped
- 2 sprigs fresh thyme
- 1 tablespoon Worcestershire sauce
- 1 tablespoon cornstarch

why this recipe works • *We wanted to refashion shepherd's pie into a high-nutrient dinner while keeping its hearty comforts. Ground turkey promised a healthy start, but keeping it tender required refraining from browning it. Instead, we deeply browned mushrooms and onions, ensuring a rich gravy. For a nutrient-dense topping, swapping mashed russet potatoes for sweet seemed smart, but overwhelmed tasters. Mild, vitamin-packed cauliflower proved a better choice. We cooked a whole head of chopped florets until soft, pureed them until velvety smooth, gently bound the mixture with an egg, and added chives for flavor. Be sure to use 93 percent lean ground turkey, not 99 percent fat-free ground turkey breast, or the filling will be tough. You will need a 10-inch broiler-safe skillet.*

1 Heat 2 tablespoons oil in Dutch oven over medium-low heat until shimmering. Add cauliflower and cook, stirring occasionally, until softened and beginning to brown, 10 to 12 minutes. Stir in ½ cup water and ¾ teaspoon salt, cover, and cook until cauliflower falls apart easily when poked with fork, about 10 minutes.

2 Transfer cauliflower to food processor and let cool for 5 minutes. Process until smooth, about 45 seconds. Transfer to large bowl and stir in beaten egg and chives; set aside.

3 Meanwhile, toss turkey, 1 tablespoon water, ¼ teaspoon salt, ¼ teaspoon pepper, and baking soda in bowl until thoroughly combined. Set aside for 20 minutes.

4 Heat remaining 1 tablespoon oil in broiler-safe 10-inch skillet over medium heat until shimmering. Add mushrooms and onion and cook, stirring occasionally, until liquid has evaporated and fond begins to form on bottom of skillet, 10 to 12 minutes. Stir in tomato paste and garlic and cook until bottom of skillet is dark brown, about 2 minutes.

5 Add broth, carrots, thyme, and Worcestershire and bring to simmer, scraping up any browned bits. Reduce heat to medium-low, add turkey in ½-inch pieces, and bring to gentle simmer. Cover and cook until turkey is cooked through, 8 to 10 minutes, stirring and breaking up meat halfway through cooking.

6 Whisk cornstarch and remaining 1 tablespoon water together in small bowl, then stir mixture into filling and continue to simmer until thickened, about 1 minute. Discard thyme sprigs and season with salt and pepper to taste.

7 Adjust oven rack 5 inches from broiler element and heat broiler. Transfer cauliflower mixture to large zipper-lock bag. Using scissors, snip 1-inch off filled corner. Squeezing bag, pipe mixture in even layer over filling, making sure to cover entire surface. Smooth mixture with back of spoon, then use tines of fork to make ridges over surface. Place skillet on aluminum foil-lined rimmed baking sheet and broil until topping is golden brown and crusty and filling is bubbly, 10 to 15 minutes. Let cool for 10 minutes before serving.



PER SERVING
Cal 250; Total Fat 10g, Sat Fat 3g;
Chol 60mg; Sodium 710mg; Total
Carbs 19g, Fiber 6g, Total Sugar 8g,
Added Sugar 0g; Protein 26g

EXCELLENT SOURCE OF
**Protein, Fiber, Vitamin A,
Vitamin B6, Vitamin C, Folate,
Vitamin K, Manganese, Potassium**

DARK CHOCOLATE-AVOCADO PUDDING

serves 6

- 1 cup water
- $\frac{3}{4}$ cup (5 $\frac{1}{4}$ ounces) sugar
- $\frac{1}{4}$ cup ($\frac{3}{4}$ ounce) unsweetened cocoa powder
- 1 tablespoon vanilla extract
- 1 teaspoon instant espresso powder (optional)
- $\frac{1}{4}$ teaspoon salt
- 2 large ripe avocados (8 ounces each), halved and pitted
- $3\frac{1}{2}$ ounces 70-percent dark chocolate, chopped

why this recipe works • *Making a luscious, creamy, intensely chocolatey pudding by substituting vitamin-rich, heart-healthy avocados for the cream and eggs has become something of a craze. But more often than not, these puddings are a far cry from the silky-smooth, ultra-chocolatey pudding we want, with a grainy texture and lackluster chocolate flavor that doesn't conceal the vegetal notes of the avocado. We knew we could do better, without making the recipe too complicated. Rather than simply blending everything together, we started by creating a simple hot cocoa-sugar syrup in a saucepan (with a touch of espresso powder, vanilla, and salt to enhance the chocolate flavor). Meanwhile, we processed the flesh of two large avocados for a full two minutes until they were absolutely smooth. Next, with the food processor running, we carefully streamed in the cocoa syrup until the mixture was velvety and glossy. We finished by blending in a moderate amount of melted dark chocolate to give our pudding a wonderfully full chocolate flavor and a touch of added richness. We prefer the flavor of 70 percent dark chocolate in this recipe, though higher cocoa percentages will also work (see page 000).*

1 Combine water, sugar, cocoa powder, vanilla, espresso powder (if using), and salt in small saucepan. Bring to simmer over medium heat and cook, stirring occasionally, until sugar and cocoa dissolve, about 2 minutes. Remove saucepan from heat and cover to keep warm.

2 Scoop flesh of avocados into food processor bowl and process until smooth, about 2 minutes, scraping down sides of bowl as needed. With processor running, slowly add warm water-cocoa mixture in steady stream until completely incorporated and mixture is smooth and glossy, about 2 minutes.

3 Microwave chocolate in bowl at 50 percent power, stirring occasionally, until melted, 2 to 4 minutes. Add to avocado mixture and process until well incorporated, about 1 minute. Transfer to bowl, cover, and refrigerate until chilled and set, at least 2 hours and up to 24 hours. Serve.

PER SERVING

Cal 310; Total Fat 19g, Sat Fat 6g;
Chol 0mg; Sodium 105mg; Total
Carbs 41g, Fiber 8g, Total
Sugars 30g, Added Sugars 25g;
Protein 4g

EXCELLENT SOURCE OF
Fiber, Vitamin K





PUBLICATION DATE: DECEMBER 19, 2017

US \$29.99 / \$35.95 CAN • 7⁷/₈ x 9⁵/₈ • 336 pages • Paperback
Four-color throughout • ISBN 978-1-945256-11-0

Please Note: Reviewers should check any quoted material for reviews against the final book.

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Front Cover Photo: Keller+Keller; Food Styling: Catrine Kelty

