



**Recipes &  
Know-How  
for Eating Well  
Without  
Spending a Lot**

**MELISSA  
D'ARABIAN**

**• SUPERMARKET •  
HEALTHY**

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## INTRODUCTION

# HEALTHY EATING EVERY DAY

### **WHENEVER I WALK INTO A HIGH-END HEALTH**

food store, I drool. I would love to buy all of my food from those beautifully curated aisles where the oranges are assembled in perfectly aligned pyramids, the lettuces glisten with dewy drops of water, and the endcaps boast cold-pressed juices bursting with vitamins and goodness.

However, just like so many families in America, we have a mortgage, bills, and four kids to budget for. So I made it my job to figure out a way to create food for my family that is just as healthy and good as what is being sold in fancy, premium markets, but that also respects my need to be a smart, price-savvy shopper. That's why I decided to make the focus of my second cookbook, *Supermarket Healthy*, eating well based on using your everyday supermarket to make cost-conscious and consciously minded buying decisions.



Budget living is about spending with purpose and intent and being mindful about how you spend your dollars. Healthful eating is about eating with purpose and intent and being mindful about how you choose the ingredients. In *Supermarket Healthy*, these two paths intersect, and the result is more than 125 recipes that you can feel good about cooking and eating.

I am a big believer in not overspending, and much of my career has been based on my natural inclination to save money. I grew up on a budget and that savvy coupon-cutting mentality will always course through my veins. I know that I am not alone. I'm not the only one who wants to cook within my budget while still feeling good about the food I buy, eat, and prepare for my family and friends.

*Supermarket Healthy* celebrates dishes that are as friendly to your waistline as they are to your wallet. Because, lucky for us, the neighborhood grocery store has become a healthy cook's resource for all kinds of key ingredients, from quinoa to organic produce and buzzy superfood items such as omega-rich chia seeds and wild salmon.

I've created every recipe keeping nutrition in mind, but this isn't a diet cookbook and it's not meant to be. Quite simply, this is a cookbook that addresses the fact that when you eat better, you feel better. It is my hope that with this cookbook, you'll also discover that you don't need to spend a lot to feel your best.

*Melissa d'Arabian*



# CINNAMON POPOVERS WITH CREAM CHEESE GLAZE

MAKES 12 POPOVERS

PREPARATION TIME 20 MINUTES

COOKING TIME 40 MINUTES

2 large eggs  
2 tablespoons granulated sugar  
1 cup 2% milk, warmed, plus 2 tablespoons  
1 cup all-purpose flour  
1 teaspoon ground cinnamon  
½ teaspoon kosher salt  
2 tablespoons unsalted butter, melted  
¼ cup reduced-fat cream cheese (Neufchâtel), at room temperature  
¼ cup confectioners' sugar

*My girls love all things related to a cinnamon roll, from the swirling and soft cinnamon-speckled dough to the sticky-sweet icing that slicks the top. One morning, Charlotte was begging me for cinnamon rolls but I didn't have time to make them, so I decided to put the flavors of a cinnamon roll into my trusty quick pop-over recipe. It couldn't have been easier. There is just enough cinnamon sweetness to scratch that cinnamon bun itch.*

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- 1 Place a 12-cup muffin tin on the middle rack in the oven and preheat the oven to 400°F.
  - 2 Add the eggs and granulated sugar to a blender jar and mix on medium speed until light yellow. Add the 1 cup warmed milk and blend. Add the flour, cinnamon, and salt and blend until smooth.
  - 3 Use a pastry brush to grease the hot muffin tin generously with the melted butter. Add any remaining butter to the batter and pulse to blend. Pour the batter into the warmed muffin tin, filling the muffin cups about three-quarters full. Bake until the popovers are golden, about 20 minutes. (Do NOT open the oven door!) Turn off the oven, keep the oven door closed, and continue to bake the popovers until golden brown, 10 to 15 minutes.
  - 4 Meanwhile, in a small bowl, whisk the cream cheese with the confectioners' sugar and the remaining 2 tablespoons milk until smooth. Remove the popovers from the oven. Use the tip of a paring knife to poke a tiny slit at the top of each popover (this will allow steam to escape, and will keep your popovers from getting soggy). Brush the popovers with the glaze and serve warm.
- 

PER SERVING: Calories 96 / Protein 3g / Dietary Fiber TKg / Sugars 6g / Total Fat 3g





# GREEK PORK CHOPS WITH ZUCCHINI AND FETA

**SERVES 4**

**PREPARATION TIME 15 MINUTES**

**COOKING TIME 15 MINUTES**

## **FOR THE PORK CHOPS**

- 1 teaspoon dried oregano
- ½ teaspoon dried thyme
- ½ teaspoon sweet paprika
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- 4 ½- to ¾-inch-thick lean bone-in pork rib chops
- 1 tablespoon canola oil

## **FOR THE ZUCCHINI**

- 2 medium zucchini, halved lengthwise and sliced crosswise into ¼-inch-thick pieces
- ¼ teaspoon kosher salt
- 2 tablespoons finely chopped fresh parsley (basil, mint, or oregano is great, too)
- 1 medium tomato, finely chopped
- 1 teaspoon olive oil
- Juice of ½ lemon
- ¼ cup finely crumbled feta cheese (about 2 ounces)

*Thin-cut bone-in lean pork rib chops cook in minutes and offer a hearty, meaty richness that can be extra satisfying. A pantry spice blend of dried oregano, thyme, and paprika seasons the chops, and the browned bits left in the pan later flavor the zucchini as it sautés. Choose chops that don't have striations of fat in the meat; if they have a large fat cap, simply trim it off before cooking.*

**1** To season and cook the pork chops: Stir together the oregano, thyme, paprika, salt, and pepper in a small bowl. Set the pork chops on a cutting board and season both sides of each chop with the spice blend.

**2** Heat a large skillet over high heat for 1 minute. Add the canola oil, and once it shimmers, add the chops. Reduce the heat to medium-high and cook, without moving the chops, until they are nicely browned, 3 to 4 minutes. Flip the chops and cook on the other side until browned and the centers resist light pressure, 2 to 3 minutes more. Transfer to a plate and set aside.

**3** To cook the zucchini: Add the zucchini to the skillet with the salt and cook, stirring occasionally, until the zucchini softens, 3 to 4 minutes. Stir in the herbs, then transfer the zucchini to a medium bowl. Stir in the tomato, olive oil, and lemon juice, then sprinkle with the feta cheese.

**4** Divide the zucchini among 4 plates and serve with the pork chops.

PER SERVING: Calories 252 / Protein 28g / Dietary Fiber 2g / Sugars 3g / Total Fat 13g







# CURRY-GLAZED CARROTS

SERVES 4    PREPARATION TIME 5 MINUTES    COOKING TIME 10 MINUTES

2 teaspoons coconut oil  
1 large bunch young carrots  
(about 12 ounces or 8 to  
12 slim carrots), preferably  
multicolored, peeled  
2 teaspoons red curry paste  
¼ cup low-sodium chicken  
broth  
½ teaspoon kosher salt  
¼ teaspoon ground black  
pepper  
Juice of 1 lime  
2 tablespoons finely  
chopped fresh basil leaves

*I love taking my kids to the farmers' market, where we all compete to find the coolest vegetable or fruit to bring home. (The extra few bucks I spend during an hour or two at the market still makes the outing cheaper than going to a movie!). Ever since Oceane discovered purple and yellow carrots at the market, they have been her favorite vegetable. So, whenever I can I get the beautiful heirloom rainbow variety, mostly just to see the joy that they bring to the table.*

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**1** Heat the coconut oil in a large skillet over medium-high heat. Add the carrots and cook until they barely start to get golden, shaking the skillet often, for about 4 minutes.

**2** Add the curry paste and shake the pan to roll the carrots in the paste until they are well coated. Pour in the chicken broth, cover the skillet, and reduce the heat to medium-low. Steam the carrots until a paring knife easily slides into the center of the largest one, 1 to 2 minutes for firm carrots or a few minutes longer if you prefer the carrots softer.

**3** Uncover the skillet, add the salt and pepper, and let the sauce bubble down into a glaze, 1 or 2 minutes. Transfer the carrots to a plate.

**4** Add the lime juice to the skillet, stirring it into the sauce, then immediately pour it over the carrots. Serve the carrots sprinkled with the basil.

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PER SERVING: Calories 64 / Protein 1g / Dietary Fiber 3g / Sugars 6g / Total Fat 4g

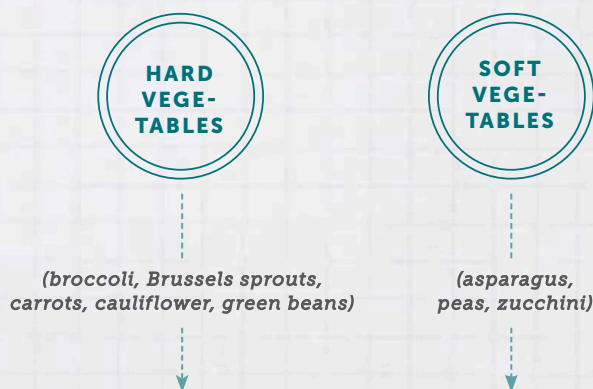
# skillet-glazed vegetables

[BLUEPRINT]

Skillet-glazed vegetables are my go-to for getting vegetables on the table quickly. Using this plug-and-play strategy will turn week-

night vegetables into restaurant-quality side dishes with minimal effort.

## STEP 1: CHOOSE AND PREP YOUR VEGETABLE,



then sauté in a splash of oil until they take on some color.

## STEP 2: ADD THE AROMATICS AND cook until fragrant.

**FRESH**  
(chopped fresh chiles, garlic, ginger, lemongrass)

**PANTRY**  
(capers, chipotle chiles in adobo sauce, curry paste, dried herbs, miso paste, tomato paste, whole spices)



**STEP 3: DEGLAZE THE PAN WITH A LIQUID,**  
then cover and steam the vegetables until tender.

**BROTH**

(beef, chicken, fish,  
vegetable)

**SPIRITS**

(sake, vermouth,  
wine)

**FRUIT JUICE,  
WATER, OR  
COCONUT MILK**

**TOMATOES**

(chopped, puréed)

**STEP 4: REMOVE THE COVER,**  
reduce the sauce until it becomes thick like a glaze, and  
finish with your desired combination of:

**SPLASH OF ACID**

(fish sauce, citrus juice,  
vinegar)

**FRESH, TENDER HERBS**

**TOASTED NUTS  
OR SEEDS**

Here are a few combinations for inspiration:

VEGETABLES	AROMATICS	LIQUID	FINISH
CARROTS	Fresh Ginger	Orange Juice	Soy Sauce + Sesame Seeds
CAULIFLOWER	Garlic + Mustard	Water	Lemon Juice + Tarragon
BRUSSELS SPROUTS	Red Onion + Bacon	Apple Cider	Lemon Juice + Parsley
GREEN BEANS	Lemongrass +Garlic	Miso + Water	Lime Juice + Toasted Coconut



# ROASTED FRUIT AND HOMEMADE RICOTTA

SERVES 6   PREPARATION TIME 45 MINUTES   COOKING TIME 20 MINUTES

## FOR THE RICOTTA

2 cups 2% milk  
1 cup whole milk  
1½ tablespoons white vinegar  
½ vanilla bean, split lengthwise, seeds scraped out with the tip of a paring knife (reserve the bean for another use or discard)

## FOR THE FRUIT

2 peaches, halved, pitted, and quartered  
2 pears, seeded and quartered lengthwise  
2 plums, pitted and quartered  
1 tablespoon unsalted butter, melted  
1 tablespoon lightly packed light brown sugar  
¼ teaspoon ground cinnamon  
¼ cup hazelnuts  
Honey of choice

*Setting out an assortment of sweet options for dessert, like homemade ricotta, fresh fruit, roasted fruit, toasted hazelnuts, and honey for drizzling, is visually appealing and allows guests to pick and choose how much (or little) dessert they want.*

**1** To make the ricotta: Set a large fine-mesh sieve over a large bowl. Line the sieve with a dampened piece of cheesecloth. Pour both of the milks into a medium stainless steel or enameled pot and bring to a boil over medium heat, stirring occasionally. Turn off the heat and stir in the vinegar. Let the mixture set for 5 minutes (it will separate into curds and whey).

**2** Pour the mixture into the cheesecloth-lined sieve and drain until the ricotta is nice and thick, 20 to 25 minutes. Pour off and discard the water in the bowl occasionally (for thicker ricotta, drain longer).

**3** Turn the ricotta out into a bowl and stir in the vanilla seeds. Use immediately or transfer the ricotta to an airtight container and refrigerate for up to 5 days.

**4** To roast the fruit: Preheat the oven to 400°F. Add the peaches, pears, and plums to a large bowl and toss with the melted butter, brown sugar, and cinnamon. Place the fruit on a rimmed baking sheet and roast until slightly soft and caramelized, about 10 minutes. Transfer to a bowl and set aside. Roast the hazelnuts on a second rimmed baking sheet until golden, 6 to 8 minutes. Remove from the oven and transfer to a cutting board to cool, then roughly chop.

**5** Serve the ricotta alongside the roasted fruit, chopped hazelnuts, and honey for drizzling.

PER SERVING: Calories 191 / Protein 6g / Dietary Fiber 3g / Sugars 20g / Total Fat 9g



#### KITCHEN STRATEGY

##### *Ricotta Sweet or Savory*

Ricotta can easily take to sweet or savory stir-ins. For a savory use in lasagna, stuffed shells, or gnocchi, I swap the vanilla for lemon zest or finely chopped fresh herbs, or just leave the ricotta plain.