

EVERYDAY

# DINNER FIX

Get dinner done in 30 minutes (or less) with these cold-weather meals and mains.

BY NATALIE MECHEM

TILAPIA  
WITH LEMON-HERB  
CREAM SAUCE

## SOAK UP THE SAUCE

Combine semisoft garlic-and-herb cheese and cream for a velvety sauce. Spoon any extra over cooked orzo or rice.



## Tilapia with Lemon-Herb Cream Sauce

HANDS-ON 20 MIN TOTAL 20 MIN  
SERVES 4 SUBMITTED BY THEDAILYGOURMET

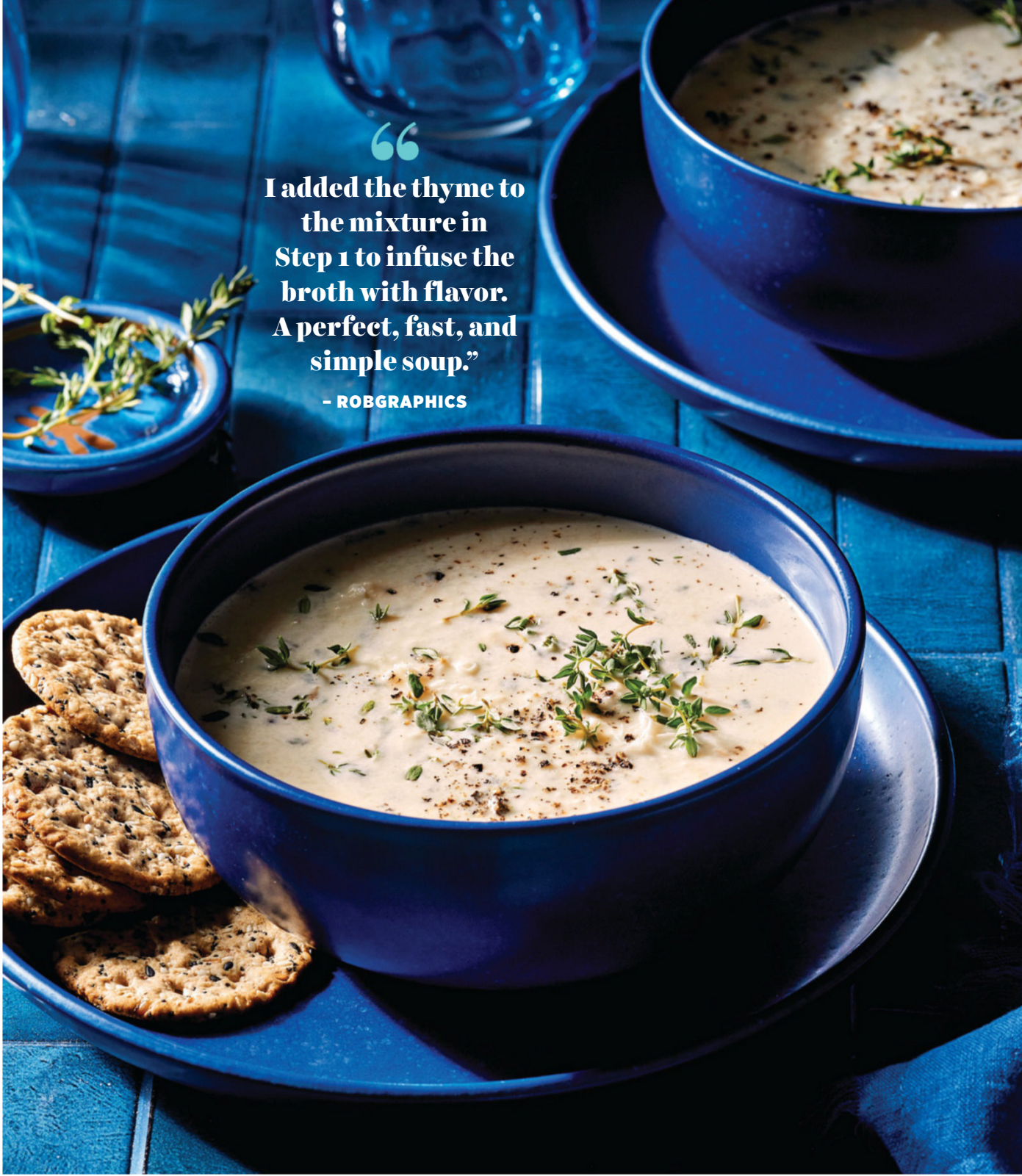
★★★★☆ 1 REVIEW

- 4 (4-oz.) tilapia fillets**
- 1 tsp. salt**
- ½ tsp. black pepper**
- 1 tsp. Italian seasoning**
- 2 Tbsp. butter**
- 1 Tbsp. olive oil**
- 2 cloves garlic, minced**
- ½ cup low-sodium vegetable broth**
- ¼ cup whipping cream**
- 1 oz. semisoft cheese with garlic and fine herbs (such as Boursin)**
- 1½ Tbsp. lemon juice**
- Cracked black pepper and fresh parsley, for garnish**
- Lemon wedges, for serving**

- 1.** Sprinkle both sides of fish with salt, pepper, and Italian seasoning. Heat 1 Tbsp. butter and the oil in a large skillet over medium heat until butter melts. Cook 2 fillets, turning halfway through, until golden and fish flakes easily with a fork, 4 to 6 minutes. Transfer fish to a plate; cover plate with foil to keep warm. Repeat with remaining 2 fillets.
- 2.** For sauce, melt remaining 1 Tbsp. butter in same skillet over medium heat. Cook garlic, stirring constantly, until fragrant, about 1 minute. Add broth; simmer, stirring occasionally, until slightly reduced, about 3 minutes. Reduce heat to medium-low. Slowly whisk in cream and cheese. Add lemon juice, whisking constantly until smooth.
- 3.** Top fish with sauce, garnish with cracked black pepper and parsley, and serve with lemon wedges.

Ⓢ HIDDEN GEM Ⓢ QUICK Ⓢ GLUTEN-FREE

PER SERVING (1 FILLET AND 2 TBSP. SAUCE):  
277 CAL; 19G FAT (10G SAT); 24G PRO; 2G CARB  
(0G FIBER, 1G SUGARS); 751MG SODIUM



“  
I added the thyme to  
the mixture in  
Step 1 to infuse the  
broth with flavor.  
A perfect, fast, and  
simple soup.”

- ROBGPHICS

## Creamy Cauliflower and Asiago Soup

HANDS-ON 15 MIN TOTAL 25 MIN SERVES 6 SUBMITTED BY BIGLINZ54

★★★★★ 15 REVIEWS

*Simmer cauliflower with white wine and bay leaves, then purée with cream cheese and Asiago to add body to this rich, satisfying soup.*

- 3 (14-oz.) cans low-sodium chicken broth**
- 1 medium head cauliflower, cut into 1-inch florets (6 cups)**
- ¼ cup dry white wine**
- 2 bay leaves**
- 1 (8-oz.) pkg. cream cheese, softened**
- 1½ cups shredded Asiago cheese (about 6 oz.)**
- 1 clove garlic, minced**
- 1½ tsp. chopped fresh thyme or ½ tsp. dried thyme**
- ½ tsp. chopped fresh rosemary or ⅛ tsp. dried rosemary**
- ¼ tsp. salt**
- ¼ tsp. black pepper**
- Fresh thyme and cracked black pepper, for garnish**

- 1.** Bring broth to a boil in a 4-qt. saucepan over high heat. Add cauliflower, wine, and bay leaves. Reduce heat to medium-low; simmer, stirring occasionally, until cauliflower is tender, 10 to 15 minutes.
- 2.** Remove and discard bay leaves. Using a slotted spoon, transfer cauliflower to a vented food processor, reserving broth mixture in saucepan. Add cream cheese, Asiago, and garlic to food processor; process until smooth. Add hot broth, ¼ cup at a time, if needed to blend.
- 3.** Whisk cauliflower mixture, thyme, rosemary, salt, and pepper into broth mixture in saucepan until combined. Cook over medium heat, stirring occasionally, until heated through, 1 to 2 minutes. Garnish servings with fresh thyme and cracked black pepper.

Ⓢ HIDDEN GEM Ⓢ QUICK Ⓢ GLUTEN-FREE

PER 1½ CUPS: 298 CAL; 23G FAT (13G SAT); 14G PRO;  
11G CARB (3G FIBER, 4G SUGARS); 547MG SODIUM

## Panko-Breaded Pork Parmigiana

HANDS-ON 15 MIN TOTAL 30 MIN  
SERVES 4 SUBMITTED BY FRANCE C

★★★★★ 10 REVIEWS

*Quick-cooking chops get the chicken Parmesan treatment with a crispy coating and a blanket of marinara and mozzarella.*

8 oz. spaghetti  
4 (4-oz.) boneless pork chops  
½ tsp. salt  
¼ tsp. black pepper  
⅓ cup flour  
2 eggs  
1 Tbsp. water  
6 Tbsp. panko bread crumbs  
6 Tbsp. grated Parmesan cheese, plus more for garnish  
2 tsp. Italian seasoning  
2 to 3 Tbsp. olive oil  
1 cup marinara sauce  
¾ cup shredded mozzarella cheese (3 oz.)  
Chopped fresh parsley and fresh basil leaves, for garnish

1. Preheat oven to 400°F. Cook pasta according to package directions; drain.  
2. Meanwhile, put pork chops between two layers of plastic wrap; lightly pound with a meat mallet to about ¼ inch thick. Sprinkle salt and pepper over both sides.

3. Put flour in a shallow dish. Beat together eggs and water in a second shallow dish. Stir together panko, Parmesan, and Italian seasoning in a third shallow dish.

4. Working one at a time, dredge each pork chop in flour, shaking off any excess. Dip into egg mixture, letting any excess drip off, then press into panko mixture to coat both sides. Transfer to a large plate.

5. Heat 1 Tbsp. oil in a large skillet over medium-high heat. Working in batches, cook chops about 4 minutes, turning halfway through and adding oil if needed, until lightly browned and an instant-read thermometer inserted into thickest parts registers 145°F. Transfer to a 9x13-inch baking dish. Top each pork chop with ¼ cup marinara and about 3 Tbsp. mozzarella.

6. Bake until sauce is warmed through and cheese is melted, 6 to 8 minutes. Serve with pasta. Garnish with Parmesan, parsley, and basil.

Ⓜ HIDDEN GEM Ⓢ QUICK

PER SERVING (1 CHOP AND ¾ CUP PASTA):  
587 CAL; 20G FAT (6G SAT); 45G PRO; 57G CARB  
(4G FIBER, 5G SUGARS); 968MG SODIUM

**I served this with whole-wheat pasta and added more marinara sauce. Yum!"**

**— RHONDA MESNICK**

# Air Fryer Chicken Fajitas

HANDS-ON 15 MIN TOTAL 25 MIN SERVES 4 SUBMITTED BY BIBI  
NEW RECIPE GO ONLINE TO RATE & REVIEW

*Serve this Tex-Mex classic restaurant-style with a stack of tortillas for a build-your-own dinner.*

- ½ tsp. cumin
- ½ tsp. smoked paprika
- ½ tsp. ancho chile powder
- ½ tsp. garlic powder
- ¼ tsp. ground coriander
- ¼ tsp. salt
- ¼ tsp. black pepper
- 1 medium green bell pepper, sliced (about 1¼ cups)
- ½ large onion, sliced (1¼ cups)
- 2 Tbsp. extra-virgin olive oil
- 1 lb. chicken tenders, cut into 1-inch pieces
- 8 (6-inch) corn or flour tortillas, warmed
- Lime wedges and sour cream, for serving
- Fresh cilantro, for garnish

1. Preheat air fryer to 370°F. Stir together cumin, paprika, chile powder, garlic powder, coriander, salt, and black pepper in a small bowl.

- 2. Toss bell pepper and onion with 1 Tbsp. oil in a medium bowl. Sprinkle with half of seasoning mixture. Toss again to coat. Arrange vegetables in an even layer in air fryer basket.
- 3. Toss chicken with remaining 1 Tbsp. oil in same bowl. Sprinkle with remaining seasoning mixture; toss again to coat. Arrange chicken in an even layer over vegetables in basket.
- 4. Cook 10 to 12 minutes, turning halfway through, or until vegetables are tender and an instant-read thermometer inserted into thickest parts of chicken registers 165°F. Serve chicken and vegetables with tortillas, lime wedges, and sour cream and garnish with cilantro.

◆ HIDDEN GEM 🍏 HEALTHY ⚡ QUICK

PER 2 FAJITAS: 349 CAL; 12G FAT (2G SAT); 30G PRO; 34G CARB (5G FIBER, 3G SUGARS); 216MG SODIUM

## SHEET-PAN SPIN

If you don't have an air fryer, line a 10x15-inch rimmed baking sheet with foil and put in oven; preheat oven to 425°F. Prepare vegetables as directed in Step 2, then transfer to hot baking sheet; roast 10 minutes. Prepare chicken as directed in Step 3. Push vegetables to one side and arrange chicken on baking sheet. Continue roasting 15 minutes, turning halfway through, or until an instant-read thermometer inserted into thickest parts of chicken registers 165°F.