Main Coast

By Kate Sherwood

Just toss a salad and cut a loaf of crusty bread while any of these main courses is cooking and you’ve coasted to a super good supper.

Got a question or suggestion? Write to healthycook@cspinet.org.

Savory Eggplant with Lentils

Tastes like the eggplant spent all day simmering in the savory sauce. For variety, try ½ lb. of whole wheat pasta instead of the lentils.

¼ cup black or green lentils
2 cloves garlic
1 bay leaf
4 Tbs. extra-virgin olive oil, divided
2 small Italian eggplants (about ¾ lb. total), diced
1 large onion, diced
1 large carrot, diced
3 Tbs. tomato paste
1½ cups low-sodium vegetable broth
1 generous handful of basil leaves, chopped
½ tsp. kosher salt
Freshly ground black pepper

In a medium pot, simmer the lentils, garlic, and bay leaf in water to cover by an inch until the lentils are tender but not mushy, about 20 minutes.

While the lentils are cooking, add 3 Tbs. of the oil to a large, non-stick skillet and sauté the eggplant until golden brown and tender, 8-10 minutes. Set the eggplant aside in a bowl.

In the same skillet, add the remaining 1 Tbs. of oil and sauté the onion and carrot until lightly browned, 8-10 minutes. Stir in the tomato paste and cook for another 2 minutes. Stir in the broth, eggplant, and basil. Season with up to ½ tsp. salt and pepper to taste.

Drain the lentils and discard the bay leaf. Spoon the lentils into individual bowls and top with the eggplant. Serves 4.

PER SERVING (1½ cups)
Calories: 310 Sodium: 320 mg
Total Fat: 15 g Cholesterol: 0 mg
Sat Fat: 2 g Carbohydrates: 35 g
Protein: 12 g Fiber: 13 g

Pepper, Onion, & Sweet Potato Frittata

Not a fan of peppers? You can use almost any sautéed vegetables. Try mushrooms, spinach, scallions, peas, asparagus, and/or broccoli.

¼ lb. sweet potatoes, diced
1 red pepper, diced
1 green pepper, diced
1 red onion, diced
2 Tbs. extra-virgin olive oil, divided
4 large eggs, lightly beaten
½ tsp. kosher salt

In a small pot, cover the sweet potatoes with cold water by an inch and bring to a boil. Cook until tender, about 5 minutes, then drain well. Meanwhile, over medium heat, sauté the peppers and onion in a large (12”) non-stick skillet in 1 Tbs. of oil until tender, 5-7 minutes. Push to one side and add the remaining oil and the drained potatoes. Sauté all the vegetables together until they start to brown, 5-7 minutes.

Reduce the heat to medium-low. Pour the eggs into the pan and tilt the skillet to distribute them evenly. Cook until the eggs are almost completely set and the bottom is browned, 3-4 minutes. Invert a large plate that’s slightly smaller than the diameter of the pan and hold it firmly against the eggs. Flip the pan and the plate together, so that the frittata falls onto the plate. Gently slide the frittata back into the skillet and cook until the eggs are fully set, 1-2 minutes. Allow to cool slightly and season with up to ¼ tsp. salt. Serves 4.

PER SERVING (¼ frittata)
Calories: 240 Sodium: 240 mg
Total Fat: 12 g Cholesterol: 210 mg
Sat Fat: 2.5 g Carbohydrates: 24 g
Protein: 9 g
Fiber: 4 g

Roasted Shrimp & Cherry Tomatoes

Juicy tomatoes, creamy beans, bursting-with-flavor shrimp. There’s no better way to make a weeknight dinner special.

2 pints cherry tomatoes, halved
4 Tbs. extra-virgin olive oil, divided
2 cloves garlic, minced
2 anchovies, minced
½ tsp. red pepper flakes (optional)
¼ tsp. kosher salt
Freshly ground black pepper
¼ cup orange juice
1 lb. peeled & deveined large shrimp
1 15 oz. can no-salt-added cannellini beans, drained and rinsed

Preheat the oven to 425º F. Toss the tomatoes with 2 Tbs. of the oil in a large baking dish. Roast the tomatoes for 20 minutes.

While the tomatoes are roasting, mix the remaining 2 Tbs. of oil in a large bowl with the garlic, anchovies, pepper flakes, salt, pepper, and orange juice. Stir in the shrimp and let marinate while the tomatoes finish roasting.

Remove the roasted tomatoes from the oven. Distribute the beans, shrimp, and marinade over the tomatoes and return to the oven. Roast until the shrimp are pink and curled, about 6 minutes. Serves 4.

PER SERVING (1¼ cups)
Calories: 370 Sodium: 400 mg
Total Fat: 17 g Cholesterol: 175 mg
Sat Fat: 2.5 g Carbohydrates: 23 g
Protein: 30 g
Fiber: 6 g

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