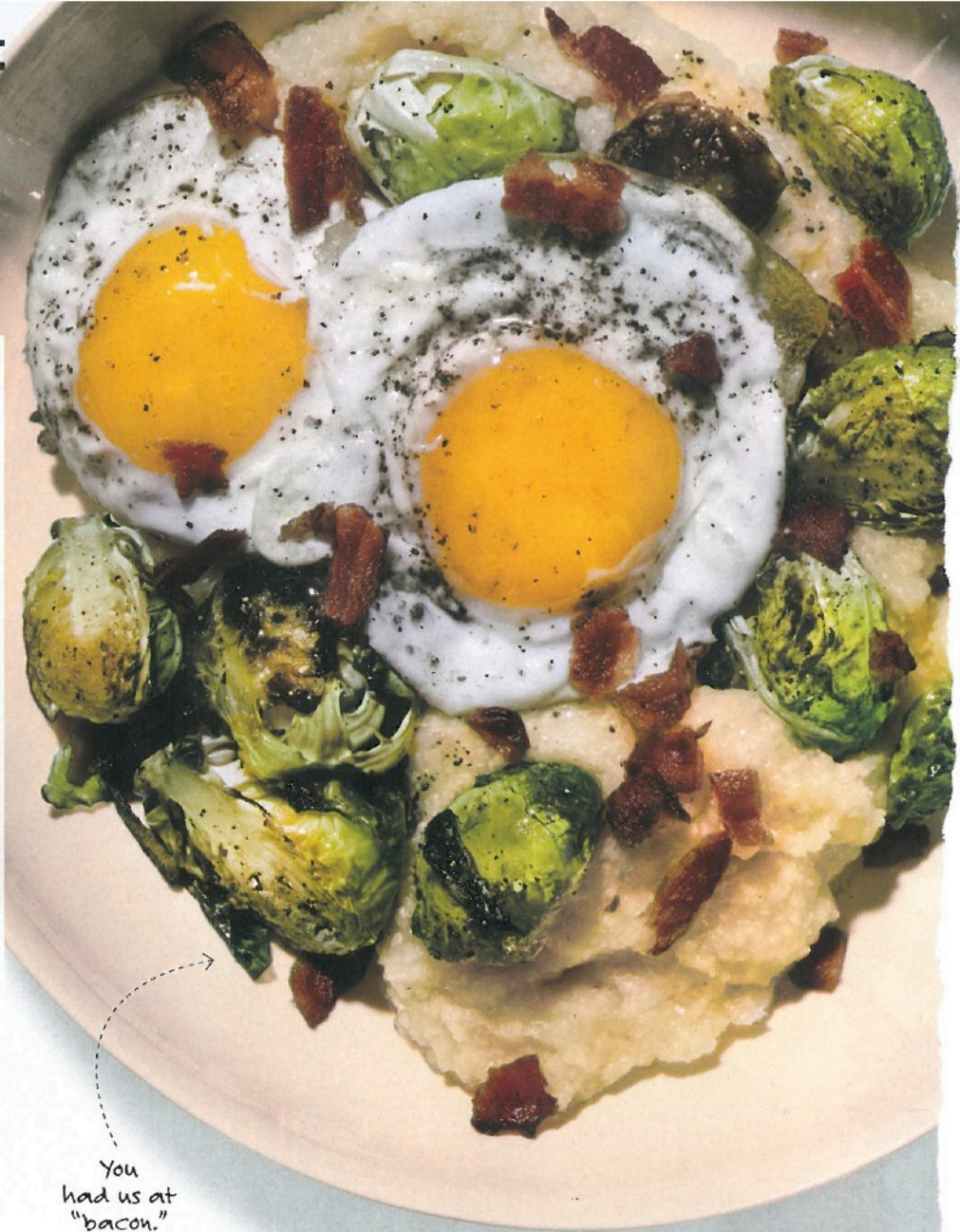


Go Ahead, Eat the Whole Bowl!

A frustrated reader asked us, "What can I have a big fat dish of without feeling guilty?" These dinners—all 600 calories or less. **By Marissa Lippert**



You had us at "bacon."

Eggs, Bacon & Polenta Breakfast Bowl

Breakfast for dinner! Roast 1 cup brussels sprouts (halve and toss with 2 tsp. olive oil and 1 clove smashed garlic; cook at 350°F for 20 minutes). Place on top of ¾ cup cooked polenta; add 2 large fried eggs and 1 slice crumbled bacon; salt and pepper to taste. The result is above!

Roasted Veggies & Quinoa Bowl

This grain keeps you fuller longer than most other carbs. Mix 2 cups diced veggies (sweet potatoes, cauliflower, onion) with 1 tbsp. olive oil and ¼ tsp. each turmeric, coriander, and cumin; add salt and pepper to taste. Roast with ¾ cup cooked quinoa at 400°F for 25 minutes. Garnish with 2 tbsp. toasted coconut and a sprig of cilantro.

Pasta, Chicken & Veggie Bowl

Tons of greens make pasta more satisfying. Layer 1½ cups penne pasta (whole-grain is best) with 4 oz. grilled chicken, 1½ cups broccoli (cooked in 1 tbsp. olive oil with a pinch of red pepper flakes), and 2 tbsp. Parmesan cheese.

Asian Steak Stir-Fry Bowl

Meat delivers protein, so: less hunger! Sauté 4 oz. grilled skirt steak with 1½ cups mixed asparagus, mushrooms, and snow peas; 1 clove minced garlic; 1 tsp. grated ginger; 1 tsp. honey; and 2 tsp. each peanut oil, soy sauce, and hoisin sauce. Serve over ¾ cup steamed brown rice; top with sliced scallions and toasted sesame seeds.

Plus, Snacks by the Bowlful!

Edamame: Sprinkle 1½ cups with chili powder and sea salt for just 225 calories. **Popcorn:** Top 3 cups with 2 tsp. grated Parmesan cheese and some sea salt for only 120 calories.