

Quick and Healthy Dinners

Eating well is an important part of an overall healthy lifestyle—and experts suggest that dietary changes may play a role in significantly reducing the symptoms of Overactive Bladder.

Allergan's *My Answers. My Support.*[™] program, in partnership with the National Association for Continence and EatingWell magazine, offer these delicious recipes to help you eat more optimally for bladder health.

Spaghetti Carbonara with Peas

EatingWell

This meal program is not a replacement for your own physician or the advice of your physician. Please consult your own physician before starting any health style change or meal program.



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QUICK FETTUCCHINE ALFREDO

ACTIVE: 20 minutes **TOTAL:** 20 minutes

In this healthy fettuccine Alfredo recipe, the sauce for this classic pasta dish gets a makeover, using yogurt. Although we like to toss this creamy pasta sauce with fettuccine, any whole-wheat pasta can be used.

- 8 ounces whole-wheat fettuccine
- 1 tablespoon butter
- 1 clove garlic, minced
- $\frac{3}{4}$ cup nonfat plain Greek yogurt
- $\frac{3}{4}$ cup shredded Parmesan cheese, divided
- 1 tablespoon chopped fresh parsley
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground pepper
- $\frac{1}{8}$ teaspoon ground nutmeg

1. Cook pasta in a pot of boiling water according to package directions. Drain, reserving $\frac{1}{2}$ cup of the cooking water.
2. Melt butter in a large saucepan over medium heat. Add garlic and cook for 1 minute. Stir in the reserved pasta water and remove from heat. Whisk in yogurt, $\frac{1}{2}$ cup Parmesan, parsley, salt, pepper and nutmeg. Add the fettuccine and combine well. Serve topped with the remaining $\frac{1}{4}$ cup Parmesan.

SERVES 4: 1 CUP EACH

Calories 312, **Fat** 8g (sat 5g), **Cholesterol** 21mg, **Carbs** 45g, **Total sugars** 4g (added 0g), **Protein** 18g, **Fiber** 7g, **Sodium** 421mg, **Potassium** 207mg.

Nutrition bonus: Calcium (26% daily value), Magnesium (24% dv).

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TIP: *The garlic in this dish not only adds flavor but also has antimicrobial, anti-inflammatory and antioxidant properties that may help ward off urinary tract infections.*





STOVETOP BROCCOLI & CHICKEN CASSEROLE

ACTIVE: 25 minutes **TOTAL:** 40 minutes

This cheesy chicken-and-broccoli casserole is lower in fat and calories than traditional versions. All the raw ingredients are layered in a skillet, then simmered for a quick weeknight dinner.

8 ounces whole-wheat egg noodles	½ cup reduced-fat mayonnaise
1 14-ounce can reduced-sodium chicken broth	3 tablespoons all-purpose flour
1 pound boneless, skinless chicken breasts, trimmed, cut into ¾-inch pieces	1½ teaspoons dry mustard
1 14- to 16-ounce package frozen broccoli florets, thawed and chopped, if desired	½ teaspoon garlic powder
1½ cups skim milk	¼ teaspoon salt
	¼ teaspoon ground pepper
	1½ cups shredded Colby-Jack or Cheddar cheese

1. Place noodles in a large skillet. Pour broth over the noodles. Layer chicken, then broccoli over the noodles.
2. Whisk milk, mayonnaise, flour, dry mustard, garlic powder, salt and pepper in a medium bowl. Pour over the broccoli.
3. Bring to a simmer over medium-high heat. Reduce heat to maintain a simmer, cover and cook, stirring once or twice, until the noodles and chicken are cooked through, 15 to 18 minutes.
4. Meanwhile, position rack in upper third of oven; preheat broiler.
5. When the casserole is done, sprinkle cheese on top and broil until lightly browned, about 3 minutes.

SERVES 6

Calories 446, **Fat** 15g (sat 7g), **Cholesterol** 75mg, **Carbs** 41g, **Total sugars** 7g (added 1g), **Protein** 33g, **Fiber** 6g, **Sodium** 662mg, **Potassium** 424mg.

Nutrition bonus: Vitamin C (45% daily value), Calcium (30% dv), Vitamin A (23% dv), Folate (16% dv).

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TIP: Cheese is a great source of calcium. If you are prone to kidney stones, getting enough calcium in your diet may help lower your risk of recurrence.

CHOPPED HAM & APPLE SALAD WITH CREAMY PARMESAN DRESSING

ACTIVE: 25 minutes **TOTAL:** 25 minutes

TO MAKE AHEAD: Cover and refrigerate the dressing (Step 1) for up to 2 days.

This healthy main-course salad pairs bitter escarole and radicchio with sweet apple, smoky ham and crunchy pecans. Serve with pumpernickel bread toasted with extra-sharp Cheddar cheese.

- ½ cup reduced-fat plain Greek yogurt
- ¼ cup grated Parmesan cheese
- 3 tablespoons low-fat mayonnaise
- 2 tablespoons white-wine vinegar or cider vinegar
- 1½ teaspoons dried tarragon
- ½ teaspoon ground pepper
- ¼ teaspoon salt
- 6 cups chopped escarole or curly endive
- 5 cups chopped radicchio or Belgian endive
- 1 large sweet, crisp apple, such as Pink Lady, cubed
- 1 cup sliced radishes
- ¾ cup sliced smoked ham steak (about 4 ounces)
- ½ cup chopped toasted pecans

1. Whisk yogurt, Parmesan, mayonnaise, vinegar, tarragon, pepper and salt in a large bowl.
2. Add escarole (or curly endive), radicchio (or Belgian endive), apple, radishes, ham and pecans to the dressing; toss to coat.

SERVES 4: 3 CUPS EACH

Calories 257, **Fat** 15g (sat 3g), **Cholesterol** 22mg, **Carbs** 20g, **Total sugars** 9g (added 0g), **Protein** 13g, **Fiber** 6g, **Sodium** 722mg, **Potassium** 681mg.

Nutrition bonus: Vitamin C (42% daily value), Folate (38% dv), Vitamin A (35% dv), Potassium (19% dv), Zinc (16% dv), Calcium (15% dv)

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TIP: Apples, radishes and leafy greens combine to make this salad chock-full of fiber, which is good for overall digestion and helping to avoid constipation.



SWEET POTATO MACARONI & CHEESE

ACTIVE: 30 minutes **TOTAL:** 30 minutes

Fiber-rich sweet potato is used as the base for the cheese sauce in this healthy, home-made macaroni and cheese recipe. The bright orange color tricks your eyes into thinking it is loaded with cheese, but there's actually only about half as much cheese as a traditional recipe.

- | | |
|--|---|
| 8 ounces whole-wheat elbow noodles
(2 cups) | 1 tablespoon Dijon mustard |
| 1 medium sweet potato (about 12 ounces) | ¼ teaspoon salt |
| 2 cups nonfat milk | ¼ teaspoon freshly ground pepper |
| 2 tablespoons all-purpose flour | ½ cup frozen peas, thawed |
| 1 small clove garlic, minced | 3 tablespoons coarse dry whole-wheat
breadcrumbs |
| ¼ cups shredded sharp Cheddar cheese | 1 teaspoon extra-virgin olive oil |

1. Position a rack in upper third of oven; preheat broiler. Coat a 2-quart broiler-safe baking dish with cooking spray.
2. Cook noodles in a large pot of boiling water until just tender, 7 to 9 minutes. Drain; set aside.
3. Meanwhile, prick sweet potato with a fork in several places. Microwave on High until tender all the way to the center, 7 to 10 minutes.
4. Whisk milk, flour and garlic in a large saucepan. Heat over medium heat, whisking frequently, until steaming and hot, but not boiling. Remove from heat.
5. As soon as the sweet potato is cool enough to handle, cut open and scoop the flesh into the steaming milk. Puree with an immersion blender until smooth. *(Alternatively, transfer to a blender and puree just until smooth, then return to the pot; use caution when pureeing hot liquids.)*
6. Add cheese, mustard, salt and pepper and stir until the cheese melts. Add the reserved noodles and peas to the sauce and stir to coat. Transfer to the prepared baking dish. Combine breadcrumbs and oil and sprinkle on top. Broil on the upper rack until the topping is lightly browned and crispy, 1 to 2 minutes.

SERVES 4: ABOUT 1¼ CUPS EACH

Calories 479, **Fat** 14g (sat 8g), **Cholesterol** 40mg, **Carbs** 68g, **Total sugars** 13g (added 0g), **Protein** 24g, **Fiber** 10g, **Sodium** 511mg, **Potassium** 628mg.

Nutrition bonus: Vitamin A (218% daily value), Calcium (45% dv), Magnesium (31% dv), Vitamin C & Zinc (22% dv), Iron & Potassium (18% dv), Folate (16% dv), B12 (15% dv)

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TIP: Sweet potatoes boast a high concentration of Vitamin A, a nutrient important for a healthy immune system.





FENNEL & CHICKEN FLATBREAD

ACTIVE: 25 minutes **TOTAL:** 35 minutes

Here's an easy, new take on pizza: pita rounds that hold a fennel and chicken sauté and that are then baked until the cheesy topping melts. Although great warm, they're just like pizza: a fabulous lunch out of the fridge the next day.

- 2 teaspoons extra-virgin olive oil
- 1 bulb fennel, quartered, cored and thinly sliced, plus 1 tablespoon chopped feathery tops for garnish
- 1 red bell pepper, thinly sliced
- 8 ounces boneless, skinless chicken breast, very thinly sliced crosswise
- 4 6½-inch whole-wheat pitas or eight 4-inch whole-wheat pitas
- 1 cup shredded provolone cheese
- Ground pepper to taste

1. Preheat oven to 500°F.
2. Heat oil in a large nonstick skillet over medium heat. Add fennel and bell pepper and cook, stirring often, until the vegetables begin to soften, about 5 minutes. Add chicken and cook another 5 minutes, stirring often, until the vegetables are tender and the chicken is cooked through.
3. Place pitas on a baking sheet and top each with an equal portion of the chicken and vegetable mixture; sprinkle with cheese and pepper. Bake until the cheese melts and turns golden, 10 to 15 minutes. Sprinkle with chopped fennel tops and serve warm.

SERVES 4: ONE FLATBREAD EACH (6 ½-INCH PITA)

Calories 447, **Fat** 13g (sat 6g), **Cholesterol** 51mg, **Carbs** 53g, **Total sugars** 3g (added 0g), **Protein** 30g, **Fiber** 10g, **Sodium** 660mg, **Potassium** 416mg.

Nutrition bonus: Vitamin C (160% daily value), Vitamin A (35% dv), Calcium (25% dv).

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TIP: Whole grains contain magnesium, which plays a role in regulating blood pressure and releasing energy from muscles.

PORK, APPLE & MISO NOODLE SOUP FOR TWO

ACTIVE: 15 minutes **TOTAL:** 35 minutes

Apples and mild white miso lightly sweeten this easy one-pot soup. It's got plenty of flavor with few ingredients, but feel free to add sliced scallions for a refreshing crunch. Serve with toasted baguette with melted Cheddar cheese and a watercress salad.

- 1½ teaspoons canola oil
- 6 ounces lean ground pork
- 1 tart, firm apple, peeled and chopped
- 1 cup reduced-sodium chicken broth
- 2 cups water
- 4 ounces udon noodles, preferably whole-wheat
- 2 tablespoons white miso

1. Heat oil in a medium saucepan over medium-high heat. Add pork and cook, stirring occasionally, until no longer pink on the outside, about 2 minutes. Stir in apples and cook, stirring occasionally, until just beginning to soften, about 2 minutes more. Add broth and water; bring to a boil. Add noodles and cook according to the package directions, stirring occasionally.
2. When the noodles are almost done, carefully scoop out about ¼ cup of the cooking liquid from the pan and combine with miso. Stir the miso mixture into the soup and remove from the heat. Serve immediately.

SERVES 2: ABOUT 2 CUPS EACH

Calories 406, **Fat** 9g (sat 2g), **Cholesterol** 49mg, **Carbs** 57g, **Total sugars** 10g (added 0g), **Protein** 27g, **Fiber** 8g, **Sodium** 767mg, **Potassium** 479mg.

Nutrition bonus: Magnesium (25% daily value), Zinc (19% dv), Iron (17% dv).

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TIPS: Apples are full of fiber, which can be helpful for preventing constipation.





SPAGHETTI CARBONARA WITH PEAS FOR TWO

ACTIVE: 30 minutes **TOTAL:** 30 minutes

Our lightened-up spaghetti carbonara recipe is lower in calories and fat than a traditional carbonara, plus boasts more than 9 grams of fiber per serving thanks to whole-wheat pasta. For the best flavor, use Parmigiano-Reggiano cheese. The eggs in the sauce are not fully cooked; if you're concerned about consuming undercooked eggs, use pasteurized-in-the-shell eggs.

- 4 ounces whole-wheat spaghetti
- 1 cup frozen peas, thawed
- 2 small cloves garlic, minced
- 2 strips thick-cut bacon
- 1 large egg, at room temperature
- ¼ cup finely shredded Parmesan cheese plus 2 tablespoons, divided
- ⅛ teaspoon salt
- ⅛ teaspoon ground pepper

1. Bring a large saucepan of water to a boil. Add spaghetti and cook until just tender, 8 to 10 minutes or according to package directions. About 3 minutes before it is done, stir in peas and garlic.
2. Meanwhile, cook bacon in a nonstick skillet over medium heat until crisp. Transfer to a paper towel-lined plate to drain. Scrape the bacon drippings into a large bowl; add egg, ¼ cup Parmesan, salt and pepper and whisk until combined.
3. Chop the bacon and add to the egg mixture. When the pasta and peas are done, drain, reserving 6 tablespoons of the water. Immediately stir the pasta, peas and the 6 tablespoons water into the egg mixture, stirring quickly so the egg doesn't scramble. Let stand 5 minutes, stirring occasionally, to thicken the sauce. Serve each portion topped with 1 tablespoon of the remaining cheese.

SERVES 2: ABOUT 1½ CUPS EACH

Calories 386, **Fat** 10g (sat 4g), **Cholesterol** 111mg, **Carbs** 54g, **Total sugars** 6g (added 0g), **Protein** 23g, **Fiber** 10g, **Sodium** 659mg, **Potassium** 323mg.

Nutrition bonus: Vitamin A (33% daily value), Magnesium (28% dv), Calcium (25% dv), Iron & Vitamin C (22% dv), Folate (21% dv), Zinc (20%).

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TIP: Carbonara pasta is a great choice when you're trying to avoid tomato-based sauces, which may irritate the bladder.

PAPRIKA SHRIMP & GREEN BEAN SAUTÉ

ACTIVE: 30 minutes **TOTAL:** 30 minutes

Green beans add snap and color to the garlicky shrimp and butter beans in this Spanish-inspired sauté. Slightly pricier prepeeled shrimp are worth it, given the amount of time they save on a harried weeknight. Serve with quinoa or brown rice.

- 4 cups green beans, trimmed (about 12 ounces)
- 3 tablespoons extra-virgin olive oil
- ¼ cup minced garlic
- 2 teaspoons paprika
- 1 pound raw shrimp (21-25 per pound), peeled and deveined
- 2 16-ounce cans large butter beans or cannellini beans, rinsed
- ¼ cup sherry vinegar or red-wine vinegar
- ½ teaspoon salt
- ½ cup chopped fresh parsley, divided
- Ground pepper to taste

1. Bring 1 inch of water to a boil in a large saucepan. Put green beans in a steamer basket, place in the pan, cover and steam until tender-crisp, 4 to 6 minutes.
2. Meanwhile, heat oil in a large skillet over medium-high heat. Add garlic and paprika and cook, stirring constantly, until just fragrant but not browned, about 20 seconds. Add shrimp and cook until pink and opaque, about 2 minutes per side. Stir in beans, vinegar and salt; cook, stirring occasionally, until heated through, about 2 minutes. Stir in ¼ cup parsley.
3. Divide the green beans among 6 plates. Top with the shrimp mixture. Sprinkle with pepper and the remaining ¼ cup parsley.

SERVES 6

Calories 226, **Fat** 8g (sat 1g), **Cholesterol** 95mg, **Carbs** 27g, **Total sugars** 2g (added 0), **Protein** 18g, **Fiber** 8g, **Sodium** 597mg, **Potassium** 730mg.

Nutrition bonus: Vitamin C (30% daily value), Vitamin A (29% dv), Potassium (21% dv), Iron (17% dv).

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TIP: Consider the strength of your spice, as spicy foods may irritate the bladder.



CHICKEN FRENCH DIP SANDWICHES

ACTIVE: 35 minutes **TOTAL:** 35 minutes

In this recipe makeover, chicken breast replaces sliced beef and we skip cheese for a healthier, but still delicious dunkable French dip sandwich. Serve with a mixed green salad or a vinegary slaw.

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| 2 8-ounce boneless, skinless chicken breasts | 1 medium onion, thinly sliced |
| ½ teaspoon poultry seasoning | 8 ounces sliced mushrooms |
| ½ teaspoon salt, divided | ¼ cup dry sherry |
| ¼ teaspoon ground pepper | 1½ cups low-sodium chicken broth |
| 3 tablespoons extra-virgin olive oil, divided | 1 tablespoon Worcestershire sauce |
| | 1 20-inch baguette, preferably whole-wheat |

1. Cut chicken breasts in half horizontally. Cover with plastic wrap and pound with a smooth meat mallet or a heavy pan to an even ¼-inch thickness. Sprinkle with poultry seasoning, ¼ teaspoon salt and pepper.
2. Preheat oven to 400°F.
3. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add the chicken and cook until browned and no longer pink in the middle, 2 to 4 minutes per side. Transfer to a clean cutting board; cover to keep warm.
4. Add 1 tablespoon oil to the pan. Cook onion and mushrooms over medium heat, stirring occasionally, until light brown, 6 to 8 minutes. Add sherry and cook, stirring, for 1 minute. Stir in broth, Worcestershire and the remaining ¼ teaspoon salt. Bring to a boil and cook until the liquid is reduced slightly, about 5 minutes.
5. Meanwhile, cut baguette into 4 portions and slice horizontally. Pull out the soft inner bread; brush the insides with the remaining 1 tablespoon oil. Toast on a baking sheet in the oven for about 10 minutes.
6. To serve, strain the liquid from the mushroom mixture for dipping. Slice the chicken into strips. Divide the chicken and mushrooms among the baguette pieces to make 4 sandwiches. Serve with the dip.

SERVES 4: 1 SANDWICH WITH ¼ CUP DIP

Calories 449, **Fat** 15g (sat 2g), **Cholesterol** 63mg, **Carbs** 46g, **Total sugars** 4g (added 0g), **Protein** 37g, **Fiber** 8g, **Sodium** 771mg, **Potassium** 537mg.

Nutrition bonus: Potassium (15% daily value).



TIP: Incorporating protein into your meals can help you stay fuller, for longer.





POMEGRANATE-GLAZED TURKEY WITH ROASTED FENNEL

ACTIVE: 30 minutes **TOTAL:** 30 minutes

Pair turkey cutlets with roasted fennel and a rich pomegranate pan sauce for a simple yet elegant dish. Garnish with jewel-like fresh pomegranate seeds if available—they are in season from September through January. Turkey scallopini (thinner and smaller than cutlets) will also work in this recipe, but will need to be cooked in batches.

- 4 medium fennel bulbs, cored and thickly sliced
- 5 teaspoons canola oil, divided
- ½ teaspoon chopped fresh thyme, plus 1 sprig
- 1 teaspoon kosher salt, divided
- ¾ teaspoon ground pepper, divided
- 4 turkey cutlets, ¼ inch thick (1 pound)
- 1 cup pomegranate juice
- ¼ cup reduced-sodium chicken broth or water
- 1 teaspoon cornstarch

1. Preheat oven to 450°F.
2. Toss fennel, 3 teaspoons oil, chopped thyme and ¼ teaspoon each salt and pepper in a medium bowl. Spread on a rimmed baking sheet. Roast, stirring twice, until tender and golden, about 25 minutes.
3. Meanwhile, sprinkle both sides of turkey with the remaining ¾ teaspoon salt and ½ teaspoon pepper. Heat the remaining 2 teaspoons oil in a large skillet over medium-high heat. Add the turkey and cook until browned, 1 to 3 minutes per side. Transfer to a plate.
4. Add pomegranate juice and thyme sprig to the pan; bring to a boil. Boil, stirring often, until reduced to ¼ cup, 6 to 10 minutes. Discard the thyme. Whisk together broth (or water) and cornstarch; add to the pan and cook, stirring constantly, until thickened, about 15 seconds. Reduce heat to medium, return the turkey and any accumulated juices to the pan, turning to coat with sauce, and cook for 1 minute. To serve, top roasted fennel with turkey and sauce.

SERVES 4

Calories 289, **Fat** 7g (sat 1g), **Cholesterol** 70mg, **Carbs** 26g, **Total sugars** 8g (added 0g), **Protein** 31g, **Fiber** 7g, **Sodium** 498mg, **Potassium** 1,455mg.

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TIP: Pomegranate juice has been found to have more potent antioxidant effects than red wine or green tea, and may help improve blood pressure, among other health benefits.

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I can't believe it. Who would have taken me so long to know there are

reach out effective treatments out there for me?

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I GO, I HAVE
TO GO, AND
SO IT GOES.

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