



RECIPES

5 Delicious Meals That Are 500 Calories or Less

By Us Weekly Staff June 14, 2018

Looking to watch your calorie intake but still enjoy delicious meals? Try these five recipes that are each 500 calories or less per serving, and will leave your tastebuds happy and belly satisfied!

Korean Kelp Noodles

Makes 4 servings

Calories per serving: 318

According to [The Ranch Malibu](#), the most mineral-rich ingredients that can be found are sea vegetables such as kelp noodles. They absorb flavors, so you can simply marinate them to create an exciting entrée.

INGREDIENTS:

- 2 cups rice vinegar
- 1 cup shoyu
- 1 1/2 pounds kelp noodles, thoroughly washed
- 1 cup arame
- 2 tbsp toasted sesame oil
- 4 garlic cloves, crushed with a garlic press
- 2 tbsp crushed red pepper flakes
- 4 scallions, trimmed and finely chopped
- 1/2 pound sunflower sprouts, washed, dried, and separated
- 4 cups finely shredded napa cabbage (about 1/2 head)
- 2 Asian pears, cored and finely diced
- 1/2 pound enoki mushrooms, broken into individual strands
- Zest and juice of 2 limes
- 1/4 cup sesame seeds

1. In a large nonreactive bowl, combine the vinegar and shoyu. Add the kelp noodles, separating the strands with your fingers. (If necessary, use a plate to keep the noodles submerged.) Let marinate for at least 30 minutes. (Kelp noodles will become softer and more intensely flavored the longer they marinate. If time allows, leave them in the marinade overnight.)

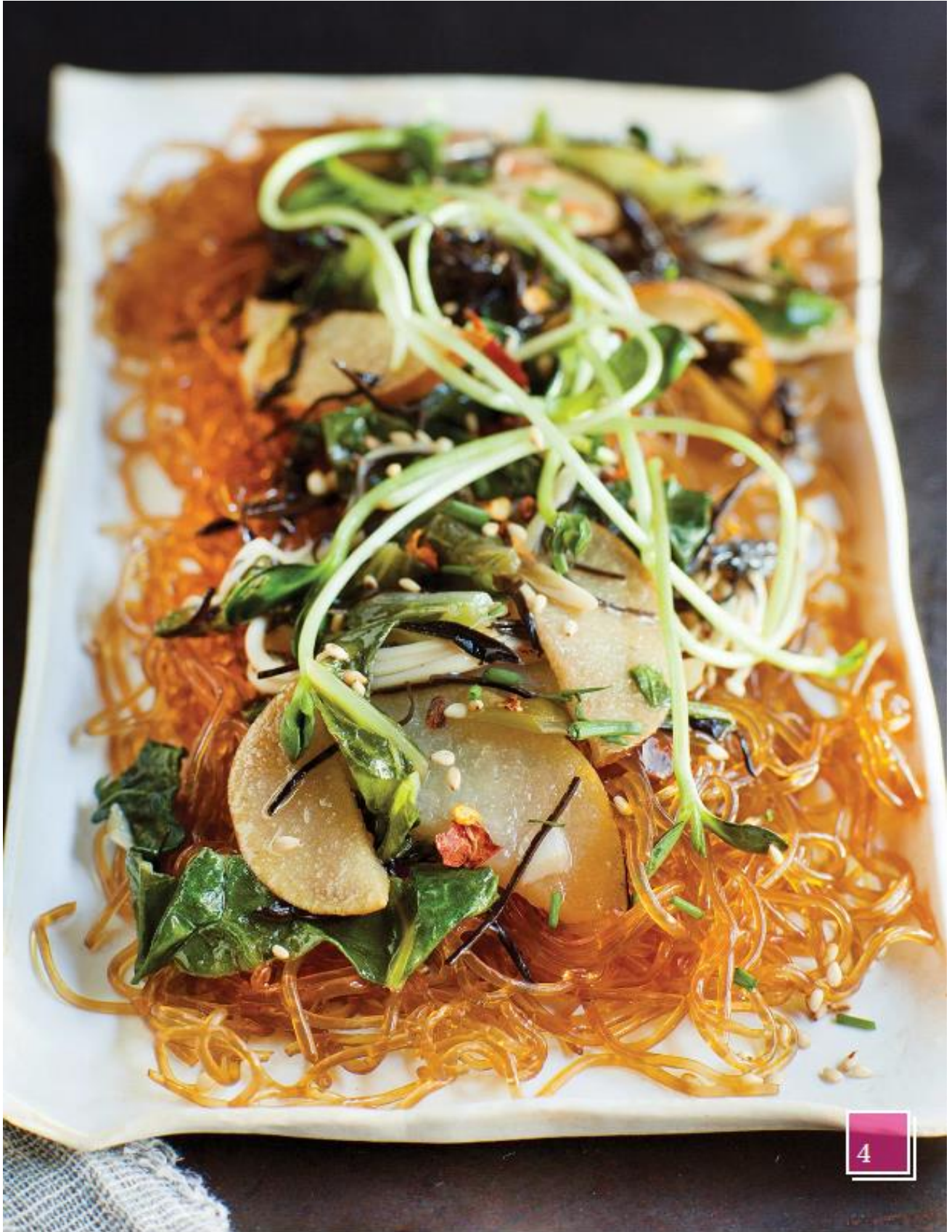
2. When you're ready to proceed, use tongs to transfer the kelp noodles to a serving platter. Place the arame in the marinade and soak for 10 minutes.

3. In a frying pan, heat the sesame oil over low heat. Add the garlic, red pepper flakes, scallions, sprouts, cabbage, pears, mushrooms, and lime zest and sauté for 3 to 5 minutes.

4. Add 1/4 cup of the reserved marinade along with the arame and cover the pan. Cook until the vegetables are wilted and fragrant, about 3 minutes more.

5. Add the lime juice and sesame seeds and stir to combine.

6. Top the kelp noodles with the sautéed vegetables and serve.



Eggplant Cannelloni

Makes 4 to 6 servings (12 rolls)

Calories per serving (based on 6 servings): 350

This dish from Chef Meredith Haaz is for entertaining as it can be made completely ahead, according to [The Ranch Malibu](#). Try the mildly spicy tomato sauce on whole grain gluten-free pasta and sautéed kale if you are running short on time.

INGREDIENTS:

Spicy tomato-basil sauce

- 1 tbsp extra-virgin olive oil
- 1/2 red onion, chopped
- 2 garlic cloves, chopped
- 1/4 teaspoon crushed red pepper flakes
- 2 (15 oz) cans diced tomatoes
- 2 tbsp chopped basil leaves
- Sea salt and freshly ground black pepper

For the eggplant rolls

- 2 large eggplants (about 18 ounces each), cut lengthwise into 1/4-inch-thick slices
- 1/4 cup plus 1 tablespoon extra-virgin olive oil
- Sea salt
- 1 cup diced zucchini or yellow squash
- 1 cup diced red bell pepper
- 4 garlic cloves, minced
- Freshly ground black pepper
- 2 cups cooked quinoa
- 1/4 cup pine nuts
- 1/2 tsp dried oregano, crumbled
- 1/4 cup low-sodium vegetable broth

For the caramelized onions and kale

- 1 tsp extra-virgin olive oil
- 1 cup thinly sliced onions
- 1/4 teaspoon crushed red pepper flakes
- 4 cups firmly packed torn kale leaves (about 4 oz)
- 1 cup low-sodium vegetable broth
- 2 tbsp minced garlic
- 1 tsp unfiltered apple cider vinegar
- Sea salt and freshly ground black pepper

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INSTRUCTIONS:

Spicy tomato-basil sauce

1. Heat the oil in a heavy medium saucepan over medium-high heat. Add the onion, garlic, and crushed red pepper and sauté for 2 minutes.
2. Add the tomatoes and half of the basil and simmer until reduced to about 3 cups, stirring occasionally, about 20 minutes.
3. Season to taste with salt and black pepper.
4. Let cool, and then stir in the remaining basil.

Eggplant rolls

1. Preheat the broiler.
2. Arrange the eggplant slices on two large baking sheets in a single layer. Using a pastry brush, lightly coat the eggplant slices with 1/4 cup of the oil. Sprinkle with salt.
3. Broil without turning until the eggplant is soft and slightly browned, watching carefully to prevent burning, about 5 minutes. Let cool completely.

4. Heat the remaining 1 tbsp oil in a large heavy skillet over medium-high heat. Add the zucchini, bell pepper, and garlic and sauté until tender, about 5 minutes. Season to taste with salt and black pepper.
5. Mix in the quinoa, pine nuts, and oregano.
6. Stir in the broth, remove from the heat, and let cool.
7. Using your hands, knead the quinoa stuffing mixture until all the ingredients are well moistened. Season to taste with more salt and black pepper.
8. On a work surface, place 1 eggplant slice, browned side facing down, with the wide, rounded end closest to you. Place 2 tbsp of the stuffing on the rounded end and roll the eggplant up and away from you. Place the roll seam-side down on a large heavy baking sheet. Repeat with the remaining eggplant and stuffing. (The rolls can be made up to 1 day ahead; cover and refrigerate.)

Caramelized onions and kale

1. Heat the oil in a large nonstick skillet over medium heat. Add the onions and crushed red pepper and cook until the onions are golden brown, stirring frequently, about 10 minutes.
2. Add the kale, broth, and garlic and cook until the kale is tender and the mixture is caramelized, stirring occasionally, about 20 minutes.
3. Add the vinegar and cook for 1 minute. Season to taste with salt and black pepper.

(The kale and onions can be made up to two hours ahead. Set aside at room temperature.)

