

Recipes

Baked Pasta with Ground Beef

- 6 oz pasta (small rotini or other pasta)
- 1 can (14 1/2 oz) tomatoes, stewed, sliced
- 1/3 cup (1/2 of a 6-oz can) tomato paste
- 1/4 cup red cooking wine
(or 1/4 cup water plus 1 Tbsp tomato paste)
- 1/2 tsp sugar
- 1 tsp Italian seasoning
- 1/4 tsp salt and 1/4 tsp pepper
- 1/2 cup part-skim mozzarella cheese
- Nonstick vegetable spray
- 3/4 cup onion, chopped fine
- 2 cloves garlic, minced
- 1/2 lb extra-lean ground beef
- 1/4 cup black pitted olives
- 1/4 cup green olives
- 2 Tbsp reduced-fat sour cream
- 1 tsp vegetable oil

Nutrient content per serving:

Total calories: 432	Fat: 17 g	Cholesterol: 48 mg
Protein: 22 g	Calories from fat: 36%	Sodium: 770 mg
Carbohydrates: 43 g	Saturated fat: 6 g	

Cook pasta according to package directions, without salt or fat. Drain. Mix tomatoes, tomato paste, cooking wine, sugar, Italian seasoning, salt, and pepper in a bowl. Set aside. In a large skillet sprayed with nonstick vegetable cooking spray, on medium-high heat, add the vegetable oil and cook onions and garlic 2 minutes. Add ground beef and cook until beef is no longer pink. Drain well. Stir in tomato mixture. Add the pasta and mix in olives and reduced-fat sour cream. Spoon mixture into a 2-quart casserole dish. Bake, covered, at 375°F for 30 minutes. Sprinkle with mozzarella cheese and bake uncovered for 5 more minutes. Makes 4 servings.

Spaghetti and Meatballs

- 1/2 lb (8 oz) extra-lean ground beef
- 1/4 cup seasoned bread crumbs
- 1 egg white
- 1 Tbsp onion, finely chopped
- 2 cloves garlic, minced fine
- 1/4 tsp salt
- 1/8 tsp pepper
- 1/4 tsp dried oregano
- 1/2 cup zucchini, grated
- Nonstick vegetable cooking spray
- 1 cup mushrooms, sliced
- 1 (26 oz) jar marinara sauce
- 1/2 tsp Italian seasoning
- 7 oz spaghetti noodles, cooked according to directions, without salt or fat

Nutrient content per serving:

Total calories: 458	Fat: 15 g	Cholesterol: 92 mg
Protein: 23 g	Calories from fat: 30%	Sodium: 1158 mg
Carbohydrates: 57 g	Saturated fat: 4 g	

Preheat oven to 375°F. In a large bowl, mix lean ground beef, bread crumbs, egg white, onion, garlic, salt, pepper, oregano, and grated zucchini. Mix well and form into a ball with your hands. Divide ball into 4 equal amounts and quarter each into 4 small meatballs. This makes 16 total meatballs to place in a 9" square baking dish. Bake for 20 to 25 minutes. Meanwhile, in a large skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add sliced mushrooms. Cook for 3 to 4 minutes until tender. Add marinara sauce and Italian seasoning. Simmer for 5 minutes. Add cooked meatballs to sauce and serve over spaghetti. Makes 4 servings.

Recipes (continued)

Ground Beef and Mushroom Casserole

- 3/4 cup long-grain white rice, cooked without salt or fat
- 1 3/4 cups low-fat cottage cheese
- 1 Tbsp dried parsley flakes
- 1/4 tsp salt
- 1/2 lb extra-lean ground beef
- 1 medium onion, chopped
- 1 cup mushrooms, sliced
- 3 cans (8 oz) tomato sauce
- 1/2 tsp garlic powder
- 1 tsp sugar
- 1/8 tsp pepper
- 1 tsp dried oregano
- 2 Tbsp shredded cheddar cheese
- Nonstick vegetable cooking spray

Nutrient content per serving:

Total calories: 433	Fat: 13g	Cholesterol: 47 mg
Protein: 29 g	Calories from fat: 26%	Sodium: 1644 mg
Carbohydrates: 49 g	Saturated fat: 5 g	

Preheat oven to 350°. In a medium bowl, mix low-fat cottage cheese, parsley flakes, and salt. Set aside. In a large skillet sprayed with nonstick vegetable cooking spray over medium-high heat, add extra-lean ground beef, onion, and mushrooms. Cook 3 to 5 minutes until meat is cooked. Add tomato sauce, garlic powder, sugar, pepper, and dried oregano. Turn heat down and simmer for 10 minutes. Mix cottage cheese mixture with cooked rice. In a casserole dish sprayed with non-stick vegetable cooking spray, spoon 1/3 of the cottage cheese-rice mixture. Top with 1/3 of the meat-tomato mixture. Continue to alternate layers ending with tomato sauce mixture. Sprinkle the top with shredded cheddar cheese. Bake for 30 to 35 minutes or until hot and bubbly. Makes 4 servings

Orange Braised Pork Chops

- 2 Tbsp unsweetened applesauce
- Pinch ground ginger
- 1 clove garlic, crushed
- 1 tsp reduced-sodium soy sauce
- 1 tsp grated orange rind
- Pinch red pepper flakes
- Nonstick vegetable cooking spray
- 1 tsp vegetable oil
- 6 oz pork chop, lean, boneless
- Pinch salt
- Pinch pepper

Nutrient content per serving:

Total calories: 284	Fat: 12 g	Cholesterol: 107 mg
Protein: 36 g	Calories from fat: 37%	Sodium: 367 mg
Carbohydrates: 6 g	Saturated fat: 3 g	

In a small bowl, mix applesauce, ginger, garlic, soy sauce, grated orange rind, and red pepper flakes. Set aside. In a skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add vegetable oil. When hot, add pork chop and brown on both sides for a total of 7 to 8 minutes. Remove pan from heat and sprinkle with salt and pepper. Spoon sauce over pork chop and return to heat. Cover and simmer over low heat for about 20 minutes or until pork is tender. Makes 1 serving.

Recipes (continued)

Chicken Fajitas

- 2 fat-free 7" to 8" flour tortillas
- Nonstick vegetable cooking spray
- 1/2 tsp vegetable oil, divided
- 4 oz chicken breast, boneless, skinned, cut into thin strips
- 1/4 large onion, cut into strips
- 1/4 red bell pepper, cut into strips
- 1/4 green bell pepper, cut into strips
- 2 tsp fajita seasoning mix
- 1 Tbsp water
- 2 Tbsp fresh cilantro, chopped
- 1 medium tomato, cut into wedges

Nutrient content per serving:

Total calories: 462	Fat: 6 g	Cholesterol: 71 mg
Protein: 35 g	Calories from fat: 12%	Sodium: 1350 mg
Carbohydrates: 65 g	Saturated fat: 2 g	

Wrap tortillas in foil and place in a 300°F oven to warm. In a skillet sprayed with nonstick vegetable spray, over medium-high heat, add vegetable oil. When hot, add the chicken and stir-fry until cooked. Add the onion and red and green bell peppers. Sauté vegetables for 3 to 4 minutes or until they are tender, yet still crisp. Add the fajita seasoning and water. Stir and cook 1 minute until thickened. Add fresh cilantro and tomatoes. Lightly mix. Fill 2 tortillas with an equal amount of the chicken mixture and add reduced-fat sour cream to each. Garnish with salsa and fresh cilantro sprigs, if desired. Makes 1 serving.

Chicken Basil Pasta Salad

- 1 Tbsp low-fat mayonnaise
- 1 Tbsp plain nonfat yogurt
- 1 tsp seasoned rice-wine vinegar
- 1/2 tsp spicy brown mustard
- Pinch of salt
- Pinch of pepper
- 1/4 tsp dried basil
- 1/2 cup cooked chicken breast, diced
- 1/2 cup small uncooked rotini (corkscrew) pasta, cooked according to directions, without salt or fat, drained
- 1/2 medium tomato, chopped
- 1 Tbsp green onion, sliced thin
- 1 red leaf lettuce leaf

Nutrient content per serving:

Total calories: 346	Fat: 11g	Cholesterol: 58 mg
Protein: 24 g	Calories from fat: 28%	Sodium: 621 mg
Carbohydrates: 35 g	Saturated fat: 2 g	

In a bowl, combine low-fat mayonnaise, nonfat yogurt, vinegar, mustard, salt, pepper, and basil. Mix well. Add cooked chicken, cooked pasta, tomatoes, and green onions. Toss gently to coat. Serve at room temperature or chilled on a bed of red leaf lettuce. Makes 1 serving.

Recipes (continued)

Ginger Chicken Stir-fry

- 1/4 cup instant brown rice
- 1 tsp fresh ginger, grated
- 1 1/2 tsp reduced-sodium soy sauce
- 1 tsp brown sugar
- 1/2 tsp corn-starch
- 2 Tbsp water
- 1/2 tsp vegetable oil
- Nonstick vegetable cooking spray
- 1 clove garlic, minced fine
- 2 Tbsp green onions, sliced
- 2 Tbsp mushrooms, sliced thin
- 2 Tbsp red bell pepper, sliced thin
- 1/3 cup small broccoli florets
- 1/2 medium carrot, sliced thin
- 3 oz skinless, boneless chicken breast, cut into thin strips

Nutrient content per serving:

Total calories: 263	Fat: 11g	Cholesterol: 58 mg
Protein: 23 g	Calories from fat: 28%	Sodium: 621 mg
Carbohydrates: 33 g	Saturated fat: 2 g	

Cook rice according to package directions, without salt or fat. Mix grated fresh ginger, soy sauce, brown sugar, corn starch, and water in a small bowl. Set aside. In a wok or skillet sprayed with nonstick vegetable spray, over medium-high heat, add vegetable oil. Stir-fry chicken until cooked. Add garlic and green onions. Cook 1 minute. Add mushrooms, red bell pepper, broccoli florets, and carrots. Stir-fry 3 to 4 minutes or until vegetables are tender but crisp. Mix soy sauce mixture well and add to the skillet, stirring until liquid is thickened and heated thoroughly. Serve ginger chicken stir-fry over rice. Makes 1 serving.

Lemon Parmesan Chicken

- 2 Tbsp seasoned bread crumbs
- 1 tsp grated Parmesan cheese
- Pinch of Italian seasoning
- 1/4 tsp grated lemon zest (rind)
- Pinch of salt
- 1 Tbsp lemon juice
- 1 tsp olive oil
- 4 oz skinned, boneless chicken breast
- Nonstick vegetable cooking spray

Nutrient content per serving:

Total calories: 218	Fat: 7 g	Cholesterol: 67 mg
Protein: 29 g	Calories from fat: 29%	Sodium: 445 mg
Carbohydrates: 9 g	Saturated fat: 1 g	

Combine bread crumbs, Parmesan cheese, Italian seasoning, lemon zest, and salt in a zip-top plastic bag. Shake well to mix ingredients and set aside. Combine lemon juice and olive oil in a bowl. With a paper towel pat chicken breast dry. Dip in the lemon-juice mixture and place into the zip-top bag, shaking it to coat the chicken breast. Remove from bag and place in a baking dish coated with vegetable spray. Sprinkle remaining crumbs over chicken. Bake uncovered at 375° F for 45 minutes or until done. Serve with lemon slices. Makes 1 serving.

Recipes (continued)

Chicken and Pasta with Vegetables

- 2 Tbsp nonfat plain yogurt
- 1 tsp flour
- Pinch of dried basil and salt
- Pinch of dried oregano
- 2 Tbsp low-sodium chicken broth
- 1/2 tsp vegetable oil
- Nonstick vegetable cooking spray
- 1 clove garlic, minced
- 3 oz chicken breast, boneless, skinned, cut into 1" pieces
- 1/4 medium onion, sliced thin
- 1/4 cup carrots, chopped thin
- 1/4 cup mushrooms, sliced thin
- 1/3 cup small broccoli florets
- 2 oz bowtie pasta, cooked without salt or fat

Nutrient content per serving:

Total calories: 396	Fat: 5 g	Cholesterol: 50 mg
Protein: 31 g	Calories from fat: 11%	Sodium: 445 mg
Carbohydrates: 56 g	Saturated fat: 1 g	

In a small bowl, combine yogurt, flour, basil, oregano, salt, and chicken broth. Set aside. In a skillet sprayed with nonstick vegetable spray, over medium-high heat, add 1/2 tsp vegetable oil, garlic, and chicken pieces. Sauté 2 to 3 minutes or until cooked. Add onion, carrots, and mushrooms and sauté 2 more minutes. Add broccoli, cover, reduce heat, and cook 2 to 5 minutes or until broccoli is tender. Add yogurt/broth mixture and mix well. Cook 2 minutes or until thickened, stirring constantly. Toss with warm pasta. Makes 1 serving.

Southwest Chicken with Rice

- Pinch of chili powder
- Pinch of ground cumin
- Pinch of garlic powder
- 4 oz skinned chicken breast
- Nonstick vegetable cooking spray
- 1/2 tsp vegetable oil
- 1/4 (14 1/2 oz) can Mexican-style stewed tomatoes
- 2 Tbsp green onions, sliced
- 3 black olives, sliced
- 2 tsp canned green chiles, diced
- 1/2 tsp corn-starch
- 2 tsp water
- 2 Tbsp reduced-fat sour cream
- 2 tsp fresh cilantro, chopped
- 1/4 cup long-grain white rice, cooked according to directions, without salt or fat

Nutrient content per serving:

Total calories: 412	Fat: 8 g	Cholesterol: 76 mg
Protein: 32 g	Calories from fat: 17%	Sodium: 464 mg
Carbohydrates: 49 g	Saturated fat: 2 g	

Rinse the chicken breast and pat dry with a paper towel. Sprinkle spices over both sides of chicken breast. Apply nonstick vegetable spray to a skillet. Add vegetable oil. Over medium-high heat, add chicken. Cook 2 minutes on each side until browned. Add stewed tomatoes, green onions, olives, and chilies. Bring to a boil. Cover and reduce heat. Simmer for 15 to 20 minutes or until tender. Transfer chicken to a serving dish with a slotted spoon. Combine corn-starch and water. Stir well and add to tomato mixture in skillet, turning heat up to medium-high. Cook 1/2 minute or until thickened, stirring constantly. Reduce heat. Add reduced-fat sour cream. Spoon mixture over chicken. Garnish with fresh cilantro. Serve with rice. Makes 1 serving.

Recipes (continued)

Chicken Jambalaya

- Nonstick vegetable cooking spray
- 1 tsp vegetable oil
- 1/4 medium onion, chopped
- 1/4 green bell pepper, chopped
- 2 Tbsp celery, sliced
- 4 oz chicken breast, boneless, skinned
- 2 tsp fresh parsley, chopped
- Pinch dried thyme
- Pinch salt
- 2 to 4 drops hot pepper sauce
- 1/4 can (28 oz) Italian tomatoes, chopped
- 1/3 cup low-sodium chicken broth
- 1/4 cup uncooked long-grain white rice

Nutrient content per serving:

Total calories: 430	Fat: 6 g	Cholesterol: 66 mg
Protein: 35 g	Calories from fat: 13%	Sodium: 700 mg
Carbohydrates: 56 g	Saturated fat: 1 g	

In a saucepan sprayed with nonstick vegetable cooking spray over medium-high heat, add vegetable oil, onion, green bell peppers, and celery. Sauté 2 to 3 minutes. Add chicken breast and brown lightly on both sides, about 4 minutes. Add parsley, thyme, salt, hot pepper sauce, Italian tomatoes, and chicken broth. Add rice and reduce heat. Cover and simmer for 25 to 30 minutes or until rice is tender. Makes 1 serving.

Clam Chowder

- 1 (10 oz) can whole baby clams (undrained)
- 3 cups red potatoes, peeled and chopped
- 1 cup onion, chopped
- 3/4 cup celery, chopped
- 3/4 cup carrots, chopped
- 1/8 tsp white pepper
- 1/4 tsp thyme
- 1/2 tsp salt
- 1 Tbsp corn starch
- 1/2 cup water
- 1 (12 oz) can evaporated skim milk
- 1 Tbsp margarine

Nutrient content per serving:

Total calories: 262	Fat: 4 g	Cholesterol: 34 mg
Protein: 17 g	Calories from fat: 14%	Sodium: 676 mg
Carbohydrates: 41 g	Saturated fat: 1 g	

Pour off clam juice into a measuring cup. Add enough water to make 1 1/2 cups liquid. Combine clam juice mixture, potatoes, onion, celery, and carrots in a large saucepan. Bring to a boil. Reduce heat, cover, and simmer 8 to 10 minutes until potatoes are done. Add pepper, thyme, and salt. Increase heat to medium-high and add corn starch mixed with 1/2 cup water. Stir to thicken for 2 minutes and add evaporated skimmed milk. Add margarine and clams. Lower heat and simmer for 5 minutes. Makes 4 servings (1 1/2 cups each).

Recipes (continued)

Baked Sole with Almonds

- Nonstick vegetable cooking spray
- 1 Tbsp low-fat milk
- 3 Tbsp seasoned bread crumbs
- 1 1/2 tsp grated Parmesan cheese
- 1/2 tsp Italian seasoning
- Pinch of salt
- Pinch of pepper
- 4 oz sole fillet
- 1 1/2 tsp lemon juice
- 1 1/2 tsp water
- 1 tsp butter, melted
- 1 Tbsp blanched slivered almonds
- 1 green onion, chopped

Nutrient content per serving:

Total calories: 262	Fat: 11g	Cholesterol: 68 mg
Protein: 27 g	Calories from fat: 36%	Sodium: 687 mg
Carbohydrates: 15 g	Saturated fat: 4 g	

Preheat oven to 450°F. Spray a baking sheet with nonstick vegetable spray. In a shallow dish, mix the bread crumbs, Parmesan cheese, Italian seasoning, salt, and pepper. Dip sole fillet in milk and then in bread crumb mixture. Place on baking sheet. In a small bowl, mix the lemon juice, water, and melted butter. Sprinkle over fish with a spoon. Scatter almonds on top. Bake until fish flakes easily, about 10 minutes. Sprinkle green onions on top before serving. Makes 1 serving.

Pesto Shrimp with Pasta

- 1 1/2 oz angel hair pasta
- 1 tsp olive oil
- Nonstick vegetable cooking spray
- 1 clove garlic, minced
- 2 Tbsp onion, chopped
- 1/2 tsp dried basil
- Pinch of salt
- 1/4 tsp oregano
- 1/2 medium tomato, chopped
- 4 oz medium shrimp, raw, peeled and cleaned
- 1 Tbsp grated Parmesan cheese

Nutrient content per serving:

Total calories: 370	Fat: 10 g	Cholesterol: 177 mg
Protein: 31 g	Calories from fat: 24%	Sodium: 562 mg
Carbohydrates: 39 g	Saturated fat: 2 g	

Bring 2 quarts of water to a boil. Add pasta and cook until tender (8 to 10 minutes). Meanwhile, heat olive oil over medium-high heat in a skillet sprayed with nonstick vegetable spray. Add garlic and chopped onion and sauté 1 minute. Add basil, salt, oregano, and chopped tomatoes. Reduce heat to low and cook 2 minutes. Return heat to medium-high and add shrimp. Stir and cook 4 to 5 minutes or until shrimp is cooked and turns pink. Remove from heat. Rinse pasta with warm water and drain. Toss pasta with shrimp mixture. Sprinkle with Parmesan cheese. Makes 1 serving.

Recipes (continued)

Vegetarian Fajitas

- 2 fat-free 7" to 8" flour tortillas
- Nonstick vegetable cooking spray
- 1 vegetarian soy burger
- 1/2 tsp olive oil
- 1/4 large onion, cut into strips
- 1/4 red bell pepper, cut into strips
- 1/4 green bell pepper, cut into strips
- 1 Tbsp water
- 2 tsp fajita seasoning mix
- 1 medium tomato, cut into wedges
- 2 Tbsp chopped fresh cilantro
- 1 Tbsp reduced-fat sour cream
- Salsa
- Cilantro sprigs

Nutrient content per serving:

Total calories: 359	Fat: 5 g	Cholesterol: 5 mg
Protein: 12 g	Calories from fat: 13%	Sodium: 1362 mg
Carbohydrates: 66 g	Saturated fat: 1 g	

Wrap tortillas in foil and place in a 300°F oven to warm. In a skillet sprayed with nonstick vegetable spray, on medium-high heat, cook frozen soy burger, turning once. Transfer to a chopping board and cut into 1/2" wide strips. Set aside. Return empty skillet to the heat and add olive oil. Add onion and sauté 1 minute. Add red and green peppers and cook 3 to 4 minutes until tender but still crisp. Add soy burger strips back to the skillet and add water and fajita seasoning. Stir well and reduce heat. Cook 1 minute. Add tomatoes and chopped cilantro. Divide filling into the center of 2 warmed tortillas and add reduced-fat sour cream. Add salsa and fresh cilantro sprigs if desired. Makes 1 serving.

Caribbean Black Beans and Rice

- Nonstick vegetable cooking spray
- 1/2 tsp olive oil
- 1/4 medium onion, finely chopped
- 1 clove garlic, minced
- 1/4 red bell pepper, finely chopped
- Dash of salt
- 1/4 tsp cumin
- Dash of chili powder
- 2 Tbsp tomato sauce
- 1/2 medium tomato, chopped
- 1/3 can (15 oz) black beans, rinsed and drained
- 2 Tbsp cilantro, chopped
- 1/4 cup long-grain white rice, cooked according to directions, without salt or fat
- 1 Tbsp reduced-fat sour cream
- Fresh cilantro leaves

Nutrient content per serving:

Total calories: 352	Fat: 5 g	Cholesterol: 5 mg
Protein: 6 g	Calories from fat: 13%	Sodium: 966 mg
Carbohydrates: 72 g	Saturated fat: 1 g	

In a skillet sprayed with nonstick vegetable spray, over medium-high heat, add olive oil, onion, garlic, red bell peppers, salt, cumin, and chili powder. Sauté for 4 minutes. Lower heat to medium and stir in tomato sauce, tomato, black beans, and chopped cilantro. Cook for 2 minutes and then lower heat to simmer. Serve bean mixture over rice and garnish each serving with reduced-fat sour cream and fresh cilantro leaves. Makes 1 serving.

Recipes (continued)

Rigatoni with Vegetables and Feta Cheese

- 2 oz rigatoni pasta
- 1 tsp olive oil
- 2 Tbsp green onions
- 1 clove garlic, minced
- 1/4 cup sliced mushrooms
- 1/4 cup zucchini, sliced
- 1/4 cup asparagus, cut into 2" pieces
- 1/4 cup broccoli florets, sliced in half
- Pinch of salt and pepper
- 1/2 cup roma tomatoes, chopped
- 1/4 can (13 3/4 oz) artichoke hearts in water, drained, cut into pieces
- 2 Tbsp crumbled feta cheese
- 1/4 cup (1 oz) shredded part-skim mozzarella cheese
- Pinch of dried basil

Nutrient content per serving:

Total calories: 428	Fat: 14 g	Cholesterol: 26 mg
Protein: 22 g	Calories from fat: 29%	Sodium: 1033 mg
Carbohydrates: 57 g	Saturated fat: 5 g	

Prepare rigatoni pasta according to directions, without salt or fat. Drain. In a skillet over medium-high heat, add olive oil, onions, and garlic. Cook 1 minute and add mushrooms. Cook 2 to 3 more minutes and then add zucchini, asparagus, broccoli, basil, salt, and pepper. Stir-fry 3 to 4 minutes or until vegetables are tender but still crisp. Stir in tomatoes, artichoke hearts, and pasta. Heat thoroughly. Transfer to a bowl and toss feta and mozzarella cheese with pasta mixture. Makes 1 serving.

Cheese Shells with Spinach

- Nonstick vegetable cooking spray
- 1/2 tsp olive oil
- 2 Tbsp onion, finely chopped
- 1 clove garlic, minced
- 1/2 tsp Italian seasoning
- Pinch of pepper
- Pinch of salt
- Pinch of nutmeg
- 1/4 package (10 oz) frozen chopped spinach, thawed and well drained
- 1/4 cup low-fat cottage cheese
- 3/4 cup marinara sauce
- 4 jumbo macaroni shells, cooked and drained
- 1 Tbsp part-skim mozzarella cheese, shredded

Nutrient content per serving:

Total calories: 323	Fat: 9 g	Cholesterol: 9 mg
Protein: 20 g	Calories from fat: 25%	Sodium: 1556 mg
Carbohydrates: 42 g	Saturated fat: 2 g	

Preheat oven to 350°F. In a skillet sprayed with nonstick vegetable spray, over medium-high heat, add olive oil, onion, garlic, Italian seasoning, pepper, salt, and nutmeg. Cook until tender, about 3 minutes. Remove from heat. Prepare spinach according to directions and drain. Stir in spinach and cottage cheese. Mix well. Spread 1 Tbsp of marinara sauce on the bottom of a baking dish. Spoon mixture into cooked shells. Arrange shells open side up in the dish and sprinkle with mozzarella cheese. Top with remaining sauce. Cover and bake for 35 minutes. Makes 1 serving.

Recipes (continued)

Spinach Roll-ups in Marinara Sauce

- Nonstick vegetable cooking spray
- 1/4 medium onion, chopped fine
- 1 clove garlic, chopped fine
- 1/4 cup sliced mushrooms
- 1/2 tsp olive oil
- 3/4 cup tomato sauce
- 1/2 tsp Italian seasoning
- Pinch of garlic powder
- 1/4 package (10 oz) frozen spinach, chopped, thawed, and well drained
- 1/4 cup part-skim ricotta cheese
- 1 1/2 tsp grated Parmesan cheese
- Pinch of nutmeg
- Pinch of pepper
- 2 lasagna noodles, cooked according to directions, without salt or fat

Nutrient content per serving:

Total calories: 397	Fat: 8 g	Cholesterol: 22 mg
Protein: 20 g	Calories from fat: 18%	Sodium: 1283 mg
Carbohydrates: 65 g	Saturated fat: 3 g	

Preheat oven to 350°F. In a skillet sprayed with nonstick vegetable spray, over medium heat, sauté onion, garlic, and mushrooms in olive oil until tender. Add tomato sauce, Italian seasoning, and garlic powder. Cover and simmer for 4 minutes. Prepare spinach according to directions and drain. Combine spinach, cheeses, nutmeg, and pepper in medium bowl. Mix well. Spread spinach mixture evenly along the length of each cooked lasagna noodle. Roll up each noodle lengthwise and place on its side in a shallow baking dish. Pour sauce over roll-ups. Bake 25 to 30 minutes. Makes 1 serving.

Broccoli and Rice Bake

- 1/4 cup long-grain white rice, cooked without salt or fat
- 3/4 cup chopped fresh broccoli
- Nonstick vegetable cooking spray
- 1 tsp olive oil
- 1/4 chopped medium onion
- 1 garlic clove, minced
- 2 Tbsp chopped celery
- 1/2 can (10 3/4 oz) low-fat cream of celery soup
- 2 Tbsp sliced water chestnuts
- 1 Tbsp Parmesan cheese
- 3 Tbsp shredded cheddar cheese, divided

Nutrient content per serving:

Total calories: 442	Fat: 18 g	Cholesterol: 34 mg
Protein: 15 g	Calories from fat: 36%	Sodium: 1243 mg
Carbohydrates: 59 g	Saturated fat: 7 g	

Cook broccoli until barely tender and drain well. Set aside. In a skillet sprayed with nonstick vegetable spray, over medium-high heat, add olive oil, onion, garlic, and celery. Sauté 1 to 2 minutes and then remove from heat. In a bowl, mix cooked broccoli with celery soup, 2 Tbsp of the shredded cheddar cheese, onion and garlic mixture, water chestnuts, Parmesan cheese, and cooked rice. Spray a small casserole dish with nonstick vegetable spray and add broccoli-rice mixture. Top with remaining shredded cheese. Preheat oven to 350°F. Bake for 20 to 25 minutes. Makes 1 serving.

Recipes (continued)

Baked Chili Relleno

- 1/4 can evaporated skim milk
- 1 egg
- 1/4 cup shredded cheddar cheese, divided
- 2 green onions, sliced
- 1 corn tortilla (6"), torn into 2" pieces
- 1/4 can (7 oz) chopped green chilies
- 3 Tbsp salsa, divided
- 1 Tbsp low-fat sour cream
- 1 tsp chopped fresh cilantro
- Nonstick vegetable cooking spray

Nutrient content per serving:

Total calories: 383	Fat: 16 g	Cholesterol: 251 mg
Protein: 23 g	Calories from fat: 38%	Sodium: 942 mg
Carbohydrates: 34 g	Saturated fat: 9 g	

Preheat oven to 375°. In a bowl combine evaporated milk, egg, 3 Tbsp shredded cheese, green onions, corn tortilla pieces, green chilies, and 2 Tbsp salsa. Mix well. Pour into a small baking dish that has been sprayed with nonstick vegetable cooking spray. Bake for 15 to 20 minutes. Remove from oven and add 1 Tbsp shredded cheese on top. Return to oven 1 minute until cheese is melted. Garnish with 1 Tbsp salsa, 1 Tbsp low-fat sour cream, and chopped cilantro leaves. Makes 1 serving.

Dinner Salad

- 3/4 cup torn lettuce greens (choose from butter lettuce, green or red leaf lettuce, romaine, and iceberg)
- 1/4 medium tomato
- 1/3 cup chopped salad vegetables (choose from carrots, celery, cucumber, radishes, bell peppers, green onions, fresh broccoli, cauliflower, zucchini, and white or purple cabbage)
- 1 Tbsp nonfat, low-calorie salad dressing

Nutrient content per serving:

Total calories: 458	Fat: 15 g	Cholesterol: 92 mg
Protein: 23 g	Calories from fat: 30%	Sodium: 1158 mg
Carbohydrates: 57 g	Saturated fat: 4 g	

Large Dinner Salad

- 2 cups torn salad greens (choose from butter lettuce, green or red leaf lettuce, romaine, and iceberg)
- 3/4 medium tomato
- 1 cup chopped or grated salad vegetables (choose from carrots, celery, cucumber, radishes, bell peppers, green onions, fresh broccoli, cauliflower, zucchini, and white or purple cabbage)
- 2 Tbsp low-fat, low-calorie salad dressing

Nutrient content per serving:

Total calories: 42	Fat: 6g	Cholesterol: 0 mg
Protein: 1 g	Calories from fat: 50%	Sodium: 336 mg
Carbohydrates: 10 g	Saturated fat: 1 g	