



NOODLES A LA NICE

- 1 pound spinach noodles
- 1/4 cup butter or margarine
- 1/4 cup unsifted flour
- 1 teaspoon salt
- 1/4 teaspoon Tabasco sauce
- 2 1/2 cups milk
- 1 cup diced sharp Cheddar cheese
- 1/4 cup grated Parmesan cheese
- 3 hard-cooked eggs, halved

Preheat oven to 350°. Prepare noodles according to recipe in Instruction Book. Cook and drain thoroughly. Set aside. Melt butter or margarine in a saucepan. Stir in flour, salt, and Tabasco sauce. Cook for 1 minute. Remove from heat and stir in milk. Cook over medium heat, stirring constantly, until mixture is smooth and slightly thickened. Add Cheddar cheese and Parmesan cheese and stir until cheese is melted. Combine noodles and sauce. Pour mixture into a buttered 1 1/2 quart casserole. Bake casserole 30 minutes. Top casserole with egg halves during last 5 minutes of baking. Makes 6 servings.

WHITE BEANS WITH HAM, GARLIC AND SAGE

With rice, this hearty dish makes a high-protein, fiber-rich meal.

- 1 1/2 cups diced ham
- 1 small onion, finely chopped
- 2 cloves garlic, peeled and crushed
- 1/2 cup water
- 3 cans (1 pound each) cannellini beans, rinsed
- 1 1/2 tablespoons finely chopped fresh sage or 1/2 teaspoon dried sage
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon salt

Stir ham in a 3-quart saucepan over medium heat 4 minutes until edges brown. Add onion, garlic and water; cover and cook over low heat, stirring occasionally, 15 minutes or until onions are soft. Add remaining ingredients, cover and cook 5 minutes to heat and blend flavors.

Serves 6. Per serving: 234 cal, 18 g pro, 29 g car, 5 g fat, 20 mg chol, 872 mg sod. Exchanges: 2 starch, 1/2 vegetable, 1 1/2 medium-fat meat

50¢ PASTA DINNERS

SHOWN ON PAGES 120 AND 122

PENNE WITH CREAMY ONIONS

Low Cost

Prep: 8 min Cook: 18 min
Cost per Serving: 50¢



- 1 pound penne or ziti pasta
- 6 strips (about 6 ounces) bacon
- 1 1/2 cups finely chopped onions
- 1 tablespoon minced garlic
- 2 cups frozen green peas
- 1/2 cup water
- 1 cup milk
- 3/4 cup grated Parmesan cheese

1. Bring a large pot of lightly salted water to boil. Add pasta and cook according to package directions.

2. Meanwhile cook bacon in a large nonstick skillet until crisp. Drain on paper towels; when cool crumble bacon. 3. Discard all but 2 tablespoons fat in skillet. Add onions and garlic and cook over medium heat 4 to 5 minutes, stirring often, until onions are translucent.

4. Stir in peas and the water, cover, reduce heat and simmer 5 to 7 minutes, until peas are hot. Stir in milk; cook 1 to 2 minutes to heat through.

5. Drain pasta and put into a warmed large serving bowl. Add pea mixture; sprinkle with cheese and crumbled bacon. Toss to mix well.

Serves 6. Per serving: 477 cal, 20 g pro, 69 g car, 13 g fat, 23 mg chol, 653 mg sod. Exchanges: 4 1/2 starch, 1/2 vegetable, 1/2 high-fat meat, 1 1/4 fat

Soft on a celery garlic, in a rice
add 1 cup raw rice
1 cup frozen peas
1 cup chicken stock
spread out
cover & cook off 20 min
the rice is tender Very good