

AN EASTER CELEBRATION

CONTINUED

CREAMED POTATOES WITH SPINACH

Prep: 30 min Cook: 1 hr plus reheating
Cost per Serving: 74¢

Planning Tip: Can be made up through Step 7 up to 1 day ahead.



Cook's Tip: Soak the spinach in warm (not cold) water, then lift the spinach from the water, leaving the grit behind.

2 pounds fresh spinach (in bunches) or 2 bags (10 ounces each) fresh spinach, thick stems discarded, soaked and drained

2 tablespoons butter or margarine 1 medium onion, thinly sliced 1 teaspoon salt

½ teaspoon pepper 2 cups milk

½ cup heavy cream ¼ cup all-purpose flour

1½ pounds red skinned potatoes 4 ounces Swiss cheese, shredded (1 cup)

1. Place half the spinach, with any water clinging to leaves, in a large pot over medium-high heat. Cover and steam 3 minutes or until wilted. Remove with tongs to a bowl and cover with cold water. Drain when cool. Gently squeeze spinach to remove excess water. Repeat

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50¢ PASTA DINNERS

CONTINUED

1. Bring a large pot of lightly salted water to boil over high heat.

2. Meanwhile put almonds in a large skillet over medium heat. Stir often until fragrant and toasted, about 5 minutes. Let cool, then coarsely chop with a large knife. Set skillet aside.

3. Put potatoes in a large saucepan with cold water to cover by 2 inches. Bring to a boil; add beans and boil gently 5 minutes or until potatoes and beans are tender. Drain well.

4. Meanwhile add pasta to boiling water and cook according to package directions. Drain well.

5. Heat reserved tuna oil in the skillet over medium heat. Add potatoes and beans. Cook 5 minutes or until lightly colored and fragrant, 1 to 2 minutes. Stir in tuna.

6. Ladle off 1 cup cooking water from pasta; stir into skillet mixture. Drain pasta bowl. Add tuna mixture. Toss to mix well. Sprinkle with toasted almonds.

■ Serves 6. Per serving: 448 cal, 19 g pro, 68 g car, 11 g fat, 16 mg chol, 496 mg sod. Exchanges: 4¼ starch, ½ veg-etable, 1 high-fat meat, ½ fat

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

2. While pasta cooks, heat oil in a large nonstick skillet. Add broccoli and garlic; stir over medium heat 3 to 4 minutes until broccoli is bright green. Add broth and cook 2 to 3 minutes until broccoli is crisp-tender. Stir in beans and lemon peel and juice.

3. Drain pasta and put into a warmed large serving bowl. Add broccoli mixture; sprinkle with cheese. Toss to mix well.

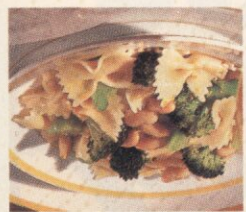
■ Serves 6. Per serving: 397 cal, 17 g pro, 68 g car, 6 g fat, 3 mg chol, 780 mg sod. Exchanges: 4½ starch, ¼ vegetable, ½ high-fat meat, ½ fat

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BOW TIES WITH WHITE BEANS AND BROCCOLI

Low Cost • Low Fat • Low Cal

Prep: 10 min Cook: 18 min Cost per Serving: 49¢

1 pound bow-tie pasta

1 tablespoon vegetable oil

1 bunch broccoli (about 1 pound), florets cut small, stems peeled and cut in small pieces

1 tablespoon minced garlic

2 cups chicken broth

1 can (15 ounces) cannellini or other white beans, rinsed

1 teaspoon freshly grated lemon peel

1 tablespoon fresh lemon juice

½ cup grated Parmesan cheese

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4. To reheat: Remove from refrigerator 1 hour before reheating. Heat oven to 350°F. Bake, covered, 40 minutes or until hot. Uncover, sprinkle with cheese and bake 10 minutes longer until cheese melts.

5. Heat milk and cream in a small saucepan or in microwave until hot. Put flour and remaining ¾ teaspoon salt and ¼ teaspoon pepper in a medium bowl. Whisking constantly, gradually add hot milk mixture in a thin stream, whisking until well blended.

6. Scatter half the potatoes over bottom of prepared baking dish. Top with spinach mixture; cover with remaining potatoes. Pour milk mixture over top. Cover loosely with foil.

7. Bake 50 minutes until edges are bubbly and potatoes are tender. (If serving immediately, uncover, sprinkle with

4. Heat oven to 425°F. Grease a shallow 2-quart baking dish.

5. Shred potatoes in a food processor or on the large openings of a box grater. Place in a large bowl of cold water for 5 minutes. Using hands, lift from water and spread on a kitchen towel. Cover with another towel and roll up to dry.

6. Scatter half the potatoes over bottom of prepared baking dish. Top with spinach mixture; cover with remaining potatoes. Pour milk mixture over top. Cover loosely with foil.

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