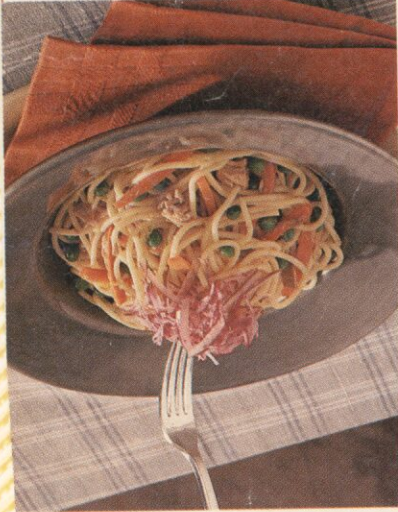


Spring Spaghetti

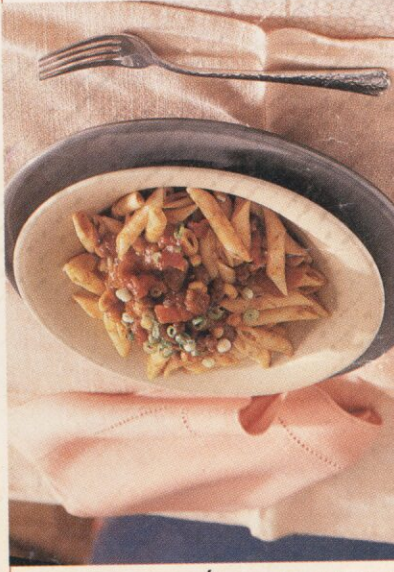


LEMONY TUNA AND VEGGIES

Cook 1 lb spaghetti. Meanwhile, bring 1 cup chicken broth (from a cube), 3 medium carrots cut in thin strips, 2 cups frozen green peas and 1 Tbsp minced garlic to a boil in a medium saucepan. Cover and simmer 6 minutes or until carrots are tender. Add to drained pasta along with two 6-oz cans chunk light tuna in oil and freshly grated peel and juice of 1 lemon. Sprinkle with 1/4 cup each shredded radishes and sliced red onion.

■ Serves 6. Per serving: 509 cal, 27 g pro, 69 g car, 5 g fiber, 13 g fat (2 g saturated fat), 31 mg chol, 694 mg sod

Ranch-Style Penne

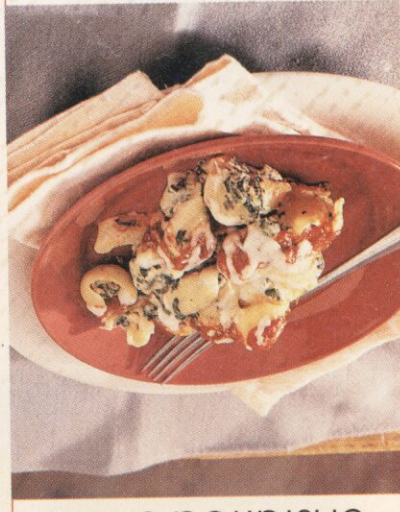


TEX-MEX GOES ITALIAN

Cook 1 lb penne pasta. Meanwhile, in a 3-qt saucepan, mix a 16-oz can barbecue baked beans, rinsed 14 1/2-oz can corn, 14 1/2 oz can stewed tomatoes, thawed 12-oz box frozen mashed winter squash, 1 Tbsp chili powder and 1 tsp ground cumin. Bring to a boil, cover, reduce heat and simmer while pasta cooks. Toss with drained pasta. Sprinkle with 1/2 cup sliced scallions.

■ Serves 6. Per serving: 475 cal, 16 g pro, 100 g car, 9 g fiber, 2 g fat (0 g saturated fat), 0 mg chol, 643 mg sod

Unstuffed Shells



ALL THE FLAVOR, MUCH LESS WORK

Cook 1 lb medium or large pasta shells. Heat oven to 375°F. Have a 13 x 9-in. baking dish ready. Meanwhile, in food processor, puree a 15-oz can chickpeas, 15-oz tub part-skim ricotta cheese, 1/4 cup grated Parmesan cheese, 1 small chopped onion, 1 large egg and 1 tsp each salt and grated or ground nutmeg until smooth. Stir in thawed 10-oz box frozen chopped spinach. Toss with drained pasta. Spread half a 14-oz jar marinara sauce over bottom of baking dish. Top with pasta, then remaining sauce. Cover with foil. Bake 30 minutes. Uncover, sprinkle with 1/2 cup shredded part-skim mozzarella cheese and 1/4 cup grated Parmesan cheese. Bake 10 minutes to melt cheese.

■ Serves 8. Per serving: 446 cal, 22 g pro, 65 g car, 4 g fiber, 11 g fat (5 g saturated fat), 51 mg chol, 993 mg sod

TUNA NOODLE CASSEROLE

3-3/4 cups (6 ounces) **Light-Fit®** Medium Egg Noodles, uncooked
2 cans (6-1/2 or 7 ounces each) tuna, drained and flaked
1 can (10-3/4 ounces) condensed cream of mushroom soup
Cook noodles according to package directions; drain. Combine noodles, tuna, soup, cheese, milk and olives, if desired. Turn into buttered 2-quart casserole. Cover and bake at 375°F 20 minutes, or until hot and bubbly. 4 servings.

Light-Fit® Noodles are a delicious substitute for potatoes or rice and lend themselves to dishes with gravies and sauces. Cook enough for two meals, being sure not to overcook, and toss the extra noodles with a tablespoon or two of butter or margarine. Store covered in refrigerator until ready to use.

1 cup (4 ounces) shredded Cheddar cheese
3/4 cup milk
1/4 cup sliced stuffed green olives (optional)