

MAIN DISHES

Spaghetti Pie

6 oz package spaghetti noodles
2 eggs
1 Tablespoon olive oil
1/3 cup grated Parmesan cheese
1 ½ cups tomato based pasta sauce (marinara)
½ cup chopped onion
¼ cup chopped green bell pepper
2 cloves garlic, finely chopped
2 carrots, grated
1 pound lean ground beef or turkey
1 cup low fat cottage cheese *or part skim ricotta cheese*
½ cup part-skim mozzarella cheese, shredded

Cook and drain spaghetti. Lightly grease a 9- or 10-inch pie plate with nonstick cooking spray. Preheat oven to 350°.

In a large bowl, beat together eggs, 2 teaspoons of the oil and Parmesan cheese until smooth. Add the cooked spaghetti and ½ cup of the pasta sauce. Toss well to coat. Form the spaghetti mixture into a “crust” in the greased pie plate

Heat the remaining 2 teaspoons of oil in a large skillet over medium heat. Cook the meat, onion, green pepper and garlic. Stir in the grated carrot until well-mixed. Remove from the heat and stir in the rest of the pasta sauce.

Spread cottage cheese over the spaghetti crust then top with the beef mixture.

Bake for 20 minutes. Sprinkle the mozzarella cheese over the top of the pie and bake for 5 minutes longer, until cheese melts.

Adapted from allrecipes.com

Chicken Stir-fry

2 cups brown rice
5 cups water
2/3 cup low-sodium soy sauce
1/4 cup brown sugar
1 tablespoon cornstarch

1 tablespoon minced fresh ginger
1 tablespoon minced garlic
1/8-1/4 teaspoon red pepper flakes
3 skinless, boneless chicken breasts, thinly sliced
2 tablespoons sesame oil, divided
1 onion, sliced
1 bell pepper (any color), cut into matchsticks
1 head broccoli, broken into florets
1 cup sliced carrots
1 cup snow peas
Cilantro

Bring rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover and simmer until rice is tender and liquid has been absorbed, 40-50 minutes.

Combine soy sauce, brown sugar, corn starch in a small bowl; stir until smooth. Mix ginger, garlic, and red pepper flakes into sauce; coat chicken with marinade and refrigerate for at least 15 minutes.

Heat 1 tablespoon sesame oil in a large skillet over medium-high heat. Add veggies, cook and stir until just tender, about 5 minutes. Remove from skillet and keep warm

Remove chicken from marinade, reserving liquid. Heat 1 tablespoon sesame oil in skillet over medium-high heat. Cook and stir chicken until slightly pink on the inside, about 2 minutes per side; return vegetables and reserved marinade to skillet. Bring to a boil; cook and stir until chicken is no longer pink in the middle and vegetables are tender, 5 to 7 minutes. Serve over warm rice and top with chopped cilantro.

Adapted from www.allrecipes.com

Slow Cooker Southwestern Beef Wraps

1 medium onion, chopped
2 1/2 pounds beef roast, trimmed of fat
1 teaspoon chili powder
1 teaspoon cumin
1 teaspoon garlic powder
3/4 teaspoon salt
2 green bell pepper, chopped
1 can (14 1/2 ounces) diced tomatoes with mild green chiles, undrained
Whole wheat flour tortillas
Optional toppings: shredded cheese, avocado or guacamole, chopped fresh cilantro, salsa

Place onion in the bottom of the slow cooker. Mix chili powder, cumin, garlic powder and salt in small bowl. Sprinkle seasoning mixture all over meat. Place meat on top of onion in slow cooker. Top with green pepper. Pour diced tomatoes over top. Cover.

Cook 8 hours on LOW or 5 hours on HIGH.

Shred the beef. Drain liquid from vegetables if desired. Mix well to incorporate shredded beef with the vegetables.

To serve, use a slotted spoon to fill warm tortillas with mixture. Serve with desired toppings.

Adapted from www.mccormick.com

Noodles with Lime Peanut Sauce

¾ pound whole-wheat spaghetti

2 cups broccoli, cut in bite-sized pieces

2 cups sugar snap peas, trimmed

1 red bell pepper, thinly sliced

½ cup creamy peanut butter

¼ cup low-sodium soy sauce

¼ cup water

2 tablespoons rice vinegar

2 tablespoons lime juice

1 green onion, cut into pieces

¾ inch fresh ginger, finely grated

2 tablespoons brown sugar

red pepper flakes, *optional, to taste* (original recipe called for ¼ tsp)

½ cup shelled unsalted peanuts

Cook the pasta in a large pot of water according to the directions on the package. While the pasta is cooking, cook the vegetables (steam or stir fry in 1 Tbsp oil).

Toast the peanuts in a dry pan over a medium heat until they become fragrant, about 3 minutes. Set them aside to cool. Make the sauce by pureeing the peanut butter, soy sauce, water, vinegar, lime juice, scallion, ginger, sugar and red pepper flakes in a food processor or blender until smooth.

Right before serving, toss the pasta with ¾ cup of the peanut sauce. Add the vegetables and then the remaining sauce. Coarsely chop the peanuts, sprinkle them on top and serve.

Adapted from Ellie Kreiger foodnetwork.com

Tasty Turkey Tetrazzini

Try this tasty recipe as a healthy way to use up those turkey leftovers!

8 ounces whole-wheat fettuccine, spaghetti, macaroni, or other noodles
4 tablespoons light butter (unsalted)
2 cups Mushrooms, sliced (fresh or canned)
1 teaspoon dried thyme
1/2 cup all-purpose flour
2 cups reduced-sodium chicken broth
1 1/2 cups skim milk
4 cups chopped cooked turkey
1 cup peas (frozen)
2 tablespoons grated Parmesan cheese

Preheat oven to 400 °F. Lightly grease a 9x9-inch baking dish.

Cook pasta in a large pot of boiling water until tender. (Check cooking time for pasta; remove pasta approximately 2 minutes early.)

While pasta is cooking, melt butter in a saucepan over medium heat. Add the mushrooms and thyme. Stir and cook until mushrooms are softened, about 5 minutes.

Stir in flour until well blended. (Note: Start with 1/3 cup flour and add more, if needed.) While whisking, slowly add chicken broth and milk. Bring to a boil, reduce heat, and simmer until sauce is thickened and smooth, about 5 minutes.

Add turkey, toasted almonds, frozen peas, and cooked pasta. Gently mix together. Pour into the baking dish and sprinkle with Parmesan cheese.

Bake until the sauce is bubbling and the cheese is golden brown, 25-35 minutes. Let cool up to 15 minutes before serving.

Adapted from:

<http://www.whatscooking.fns.usda.gov/recipes/myplate-cnpp/eve-s-tasty-turkey-tetrazzini>