



# EatingWell Favorite **Pasta** Recipes

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## Spaghetti with Quick Meat Sauce

**Makes:** 8 servings, 1 cup pasta & generous  $\frac{3}{4}$  cup sauce each

**Active time:** 30 minutes

**Total:** 30 minutes

**To make ahead:** Cover and refrigerate for up to 3 days or freeze in an airtight container for up to 3 months.

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Instead of opening a jar of sauce, try this easy spaghetti with meat sauce on a weeknight. Serve with steamed broccoli and garlic bread. The recipe makes enough for 8 servings. If you're serving only four for dinner, cook 8 ounces of spaghetti and freeze the leftover sauce.

- 1 pound whole-wheat spaghetti
- 2 teaspoons extra-virgin olive oil
- 1 large onion, finely chopped
- 1 large carrot, finely chopped
- 1 stalk celery, finely chopped
- 4 cloves garlic, minced
- 1 tablespoon Italian seasoning
- 1 pound lean (90% or leaner) ground beef
- 1 28-ounce can crushed tomatoes
- $\frac{1}{4}$  cup chopped flat-leaf parsley
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  cup grated Parmesan cheese

1. Bring a large pot of water to a boil. Cook pasta until just tender, 8 to 10 minutes or according to package directions. Drain.
2. Meanwhile, heat oil in a large skillet over medium heat. Add onion, carrot and celery and cook, stirring occasionally, until the onion is beginning to brown, 5 to 8 minutes.
3. Stir in garlic and Italian seasoning; cook until fragrant, about 30 seconds. Add beef and cook, stirring and breaking up with a spoon, until no longer pink, 3 to 5 minutes. Increase heat to high. Stir in tomatoes and cook until thickened, 4 to 6 minutes. Stir in parsley and salt.
4. Serve the sauce over the pasta, sprinkled with cheese.

**Per serving:** 384 calories; 9 g fat (3 g sat, 3 g mono); 48 mg cholesterol; 52 g carbohydrate; 0 g added sugars; 28 g protein; 10 g fiber; 416 mg sodium; 655 mg potassium.

**Nutrition bonus:** Vitamin A (49% daily value), Zinc (34% dv), Iron (26% dv), Vitamin C (23% dv), Magnesium (21% dv), Potassium (19% dv).

**Carbohydrate Servings:** 3

**Exchanges:** 3 starch,  $1\frac{1}{2}$  vegetable, 2 lean meat

## Creamy Cajun Chicken Pasta

**Makes:** 6 servings, about  $1\frac{1}{2}$  cups each

**Active time:** 30 minutes

**Total:** 30 minutes

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This zesty Cajun-style pasta is full of lean chicken, peppers and onions. Serve with sautéed green beans.

- 8 ounces whole-wheat fusilli or rotini
- 1 tablespoon canola oil
- 2 slices bacon, chopped
- 1 large sweet onion, halved and thinly sliced
- 1 pound boneless, skinless chicken breast, trimmed and cut into 1-inch pieces
- 1 medium green bell pepper, sliced
- 3 cloves garlic, minced
- 4 teaspoons Cajun seasoning (see *Tip*)
- $\frac{1}{2}$  teaspoon freshly ground pepper
- 1 tablespoon all-purpose flour
- 1 28-ounce can crushed tomatoes
- $\frac{1}{3}$  cup reduced-fat sour cream
- $\frac{1}{2}$  cup sliced scallions for garnish

1. Bring a large pot of water to a boil. Cook pasta until just tender, 8 to 10 minutes or according to package directions. Drain.
2. Meanwhile, heat oil in a Dutch oven over medium heat. Add bacon and onion and cook, stirring occasionally, until beginning to brown, about 2 minutes. Add chicken, bell pepper, garlic, Cajun seasoning and pepper. Cook stirring, until the onion and bell pepper are beginning to soften, about 4 minutes.
3. Add flour and stir to coat. Add tomatoes and their juice; bring to a simmer. Cook, stirring often, until the sauce is bubbling and thickened and the chicken is cooked through, about 2 minutes. Remove from the heat. Stir in sour cream.
4. Stir the pasta into the sauce. Serve sprinkled with scallions, if desired.



**Per serving:** 329 calories; 8 g fat (2 g sat, 3 g mono); 50 mg cholesterol; 43 g carbohydrate; 0 g added sugars; 25 g protein; 6 g fiber; 656 mg sodium; 691 mg potassium.

**Nutrition bonus:** Vitamin C (53% daily value), Vitamin A (23% dv), Iron (21% dv), Magnesium & Potassium (20% dv).

**Carbohydrate Servings:**  $2\frac{1}{2}$

**Exchanges:** 2 starch, 2 vegetable, 2 lean meat, 1 fat

**Tip:** We used a Cajun spice blend that contains salt. If you have a blend without salt (check the ingredients label), season the sauce with salt to taste.





### Fettuccine with Creamy Mushroom Sauce

**Makes:** 6 servings, about 1½ cups each

**Active time:** 40 minutes

**Total:** 40 minutes

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Any variety of mushroom will work in this creamy vegetarian pasta sauce, but we particularly like a combination of shiitake, oyster and cremini. Adding a few wild varieties, such as chanterelle or lobster mushrooms, will make the sauce extra-special.

- 12 ounces whole-wheat fettuccine**
- 1 tablespoon extra-virgin olive oil**
- ½ cup chopped shallot**
- 2 tablespoons chopped garlic**
- 1½ teaspoons chopped fresh thyme**  
**or ¾ teaspoon dried**
- ¾ teaspoon salt**

- ½ teaspoon freshly ground pepper**
- 1½ pounds mixed mushrooms, sliced**
- 2 tablespoons brandy or dry sherry**
- 3 tablespoons all-purpose flour**
- 1 cup vegetable broth or**  
**“no-chicken” broth**
- ¼ cup light cream**
- ½ cup grated Parmesan cheese, divided**

1. Bring a large pot of water to a boil. Cook pasta until just tender, 8 to 10 minutes or according to package instructions. Drain, reserving ½ cup of the cooking liquid, and return the pasta to the pot.
2. Meanwhile, heat oil in a large skillet over medium-high heat. Add shallot, garlic, thyme, salt and pepper and cook, stirring, until the shallot is light brown, 1 to 3 minutes. Add mushrooms and cook, stirring occasionally, until the liquid from the mushrooms has evaporated, 7 to 10 minutes.
3. Stir in brandy (or sherry) and cook until the liquid has evaporated, about 1 minute. Sprinkle flour over the mushroom mixture and stir to coat. Pour in broth and bring to a boil, stirring constantly. Simmer, stirring, until thickened, about 1 minute. Remove from the heat. Stir in cream and ¼ cup Parmesan.
4. Stir the mushroom sauce into the drained pasta. If the sauce seems too thick, stir in some of the reserved pasta-cooking liquid to thin to desired consistency. Serve sprinkled with the remaining ¼ cup Parmesan.

**Per serving:** 341 calories; 8 g fat (3 g sat, 3 g mono); 15 mg cholesterol; 54 g carbohydrate; 0 g added sugars; 15 g protein; 9 g fiber; 489 mg sodium; 556 mg potassium.

**Nutrition bonus:** Zinc (18% daily value), Magnesium (17% dv), Potassium (16% dv), Iron (15% dv).

**Carbohydrate Servings:** 3

**Exchanges:** 3 starch, 1 vegetable, 1 fat

### Ravioli with Arugula & Pecorino

**Makes:** 4 servings, 1¼ cups each

**Active time:** 20 minutes **Total:** 20 minutes

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Elevate frozen ravioli with sizzled garlic and shallots, shaved pecorino and fresh arugula. Serve with whole-grain baguette.

- 1 pound fresh or frozen cheese ravioli,**  
**preferably whole-wheat**
- 1 large clove garlic, minced**
- ½ teaspoon kosher salt**
- ¼ cup extra-virgin olive oil**
- 2 large shallots, sliced**
- 3 tablespoons red-wine vinegar**
- 1 teaspoon Dijon mustard**
- Freshly ground pepper to taste**
- 6 cups arugula**
- ½ cup shaved Pecorino Romano**  
**or Parmesan cheese (see Tip)**

1. Bring a large pot of water to a boil. Cook ravioli until tender, 7 to 9 minutes or according to package directions.
2. Meanwhile, mash garlic and salt into a paste with the side of a chef's knife or back of a spoon. Heat oil in a small skillet over medium heat. Add the garlic paste and shallots and cook, stirring often, until just starting to brown, 2 to 3 minutes. Stir in vinegar, mustard and pepper; remove from the heat.
3. Drain the ravioli well. Place in a large bowl and toss with arugula and the dressing. Serve sprinkled with cheese.



**Per serving:** 413 calories; 24 g fat (8 g sat, 11 g mono); 57 mg cholesterol; 34 g carbohydrate; 0 g added sugars; 16 g protein; 2 g fiber; 585 mg sodium; 156 mg potassium.

**Nutrition bonus:** Calcium (25% daily value), Vitamin A (19% dv).

**Carbohydrate Servings:** 2

**Exchanges:** 2 starch, 1 vegetable, 1 medium-fat meat, 3 fat

**Tip:** Use a vegetable peeler to shave curls off a block of hard cheese.

## Creamy Garlic Pasta with Shrimp & Vegetables

**Makes:** 4 servings, about 2 cups each

**Active time:** 30 minutes

**Total:** 30 minutes

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Toss a garlicky, Middle Eastern-inspired yogurt sauce with pasta, shrimp, asparagus, peas and red bell pepper for a fresh, satisfying summer meal. Serve with slices of cucumber and tomato tossed with lemon juice and olive oil.

- 6 ounces whole-wheat spaghetti
- 12 ounces peeled and deveined raw shrimp (see *Tips*), cut into 1-inch pieces
- 1 bunch asparagus, trimmed and thinly sliced
- 1 large red bell pepper, thinly sliced
- 1 cup fresh or frozen peas
- 3 cloves garlic, chopped
- 1¼ teaspoons kosher salt
- 1½ cups nonfat or low-fat plain yogurt
- ¼ cup chopped flat-leaf parsley
- 3 tablespoons lemon juice
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon freshly ground pepper
- ¼ cup toasted pine nuts (see *Tips*; optional)

1. Bring a large pot of water to a boil. Add spaghetti and cook 2 minutes less than package directions. Add shrimp, asparagus, bell pepper and peas and cook until the pasta is tender and the shrimp are cooked, 2 to 4 minutes more. Drain well.

2. Mash garlic and salt in a large bowl until a paste forms. Whisk in yogurt, parsley, lemon juice, oil and pepper. Add the pasta mixture and toss to coat. Serve sprinkled with pine nuts (if using).

**Per serving:** 385 calories; 6 g fat (1 g sat, 3 g mono); 168 mg cholesterol; 53 g carbohydrate; 0 g added sugars; 34 g protein; 10 g fiber; 658 mg sodium; 887 mg potassium.

**nutrition bonus:** Vitamin C (130% daily value), Vitamin A (71% dv), Folate (60% dv), Iron & Magnesium (35% dv), Calcium & Zinc (28% dv), Potassium (25% dv).

**Carbohydrate Servings:** 3

**Exchanges:** 2½ starch, 1 vegetable, ½ low-fat milk, 3 lean meat

### Tips:

Both wild-caught and farm-raised shrimp can damage the surrounding ecosystems when not managed properly. Look for shrimp certified by an independent agency, such as Wild American Shrimp or Marine Stewardship Council. If you can't find certified shrimp, choose wild-caught shrimp from North America—it's more likely to be sustainably caught.

To toast pine nuts, place in a small dry skillet and cook over medium-low heat, stirring, until fragrant, 2 to 4 minutes.





## Tortellini Primavera

**Makes:** 5 servings, about 1¼ cups each

**Active time:** 25 minutes

**Total:** 25 minutes

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This creamy tortellini and vegetable pasta is a real crowd pleaser. To make it even quicker, use frozen chopped vegetables instead of fresh.

- 1 14-ounce can vegetable broth or reduced-sodium chicken broth
- 2 tablespoons all-purpose flour
- 1 tablespoon extra-virgin olive oil
- 3 cloves garlic, sliced
- 1 cup shredded fontina cheese or ¾ cup shredded Parmesan cheese
- 1 tablespoon chopped fresh tarragon, dill or chives or 1 teaspoon dried tarragon
- ⅛ teaspoon salt
- 4 cups chopped vegetables, such as broccoli, carrots and snap peas, or 16-ounce bag frozen mixed vegetables
- 1 16-ounce package frozen cheese tortellini



1. Put a large pot of water on to boil.  
2. Meanwhile, whisk broth and flour in a small bowl. Heat oil in a large skillet over medium heat. Add garlic and cook, stirring, until just beginning to brown, 1 to 2 minutes. Add the broth mixture to the pan, bring to a boil and cook, stirring occasionally, until the sauce is thick enough to coat the back of a spoon, about 3 minutes. Remove from the heat and stir in cheese, tarragon (or dill or chives) and salt.

3. Add vegetables and tortellini to the boiling water; return the water to a simmer and cook until the vegetables and tortellini are tender, 3 to 5 minutes. Drain; add to the pan with the sauce and stir to coat.

**Per serving:** 429 calories; 15 g fat (8 g sat, 4 g mono); 68 mg cholesterol; 56 g carbohydrate; 0 g added sugars; 14 g protein; 5 g fiber; 544 mg sodium; 321 mg potassium.

**Nutrition bonus:** Vitamin A (135% daily value), Calcium & Vitamin C (30% dv),

**Carbohydrate Servings:** 3½

**Exchanges:** 3 starch, 1½ vegetable, 1 high-fat meat, 2 fat

## Inside-Out Lasagna

**Makes:** 4 servings, about 1½ cups each

**Active time:** 25 minutes

**Total:** 25 minutes

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Here we take basic lasagna ingredients—ricotta cheese, pasta and tomatoes—and skip the layering and long baking time to make a super-quick and satisfying meal for the whole family. To cut down on prep time, look for presliced mushrooms. For meat lovers, brown some crumbled turkey sausage along with the onions and garlic. Serve with steamed broccoli and whole-grain baguette.

- 8 ounces whole-wheat rotini or fusilli
- 1 tablespoon extra-virgin olive oil
- 1 small onion, chopped
- 3 cloves garlic, sliced
- 8 ounces sliced white mushrooms (about 3½ cups)
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 14-ounce can diced tomatoes with Italian herbs
- 8 cups baby spinach
- ½ teaspoon crushed red pepper (optional)
- ¾ cup part-skim ricotta cheese

1. Bring a large pot of water to a boil. Add pasta; cook until just tender, 8 to 10 minutes or according to package directions. Drain and transfer to a large bowl.

2. Meanwhile, heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring, until soft and beginning to brown, about 3 minutes. Add mushrooms, salt and pepper and cook, stirring, until the mushrooms release their liquid, 4 to 6 minutes.



3. Add tomatoes, spinach and crushed red pepper (if using). Increase heat to medium-high; cook, stirring once halfway through, until the spinach is wilted, about 4 minutes.

4. Toss the sauce with the pasta and divide among 4 bowls. Dollop each serving with 3 tablespoons of ricotta.

**Per serving:** 343 calories; 8 g fat (3 g sat, 4 g mono); 14 mg cholesterol; 55 g carbohydrate; 0 g added sugars; 18 g protein; 8 g fiber; 533 mg sodium; 821 mg potassium.

**Nutrition bonus:** Vitamin A (86% daily value), Vitamin C (40% dv), Folate (36% dv), Magnesium (35% dv); Iron (27% dv), Potassium (24% dv), Calcium (23% dv); Zinc (18% dv).

**Carbohydrate Servings:** 3

**Exchanges:** 3 starch, 2 vegetables, 1 lean meat, 1 fat



## Zucchini, Fennel & White Bean Pasta

**Makes:** 4 servings, about 2¼ cups each

**Active time:** 40 minutes

**Total:** 40 minutes

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Turn humble pasta and beans gourmet by adding roasted vegetables, fresh mint and tangy, salty aged goat cheese. When making a pasta dish with beans, you can use some of the bean-cooking liquid to give the sauce silky body and help it cling to the pasta. If you're using canned beans, use some of the pasta-cooking liquid or just water.

- 1 large fennel bulb, trimmed
- 2 medium zucchini
- 3 tablespoons extra-virgin olive oil, divided
- ¼ teaspoon salt
- 8 ounces (2 cups) whole-wheat penne or similar short pasta
- 2 cloves garlic, finely chopped

- 1 cup cooked cannellini beans, plus ½ cup bean-cooking liquid, pasta-cooking liquid or water
- 2 plum tomatoes, diced
- ¾ cup crumbled hard, aged goat cheese or fresh goat cheese
- ¼ cup chopped fresh mint leaves
- Freshly ground pepper to taste

1. Preheat oven to 400°F.
2. Cut fennel bulb in half lengthwise and then slice lengthwise into ½-inch-thick wedges. Quarter zucchini lengthwise. Toss the fennel and zucchini with 1 tablespoon oil and salt. Arrange in a single layer on a large baking sheet. Roast, turning once, until soft and beginning to brown, about 20 minutes.
3. Meanwhile, bring a large pot of water to a boil. Add pasta; cook until just tender, 8 to 10 minutes or according to package directions.
4. Heat the remaining 2 tablespoons oil in a large skillet over medium heat. Add garlic and cook, stirring, for 30 seconds. Remove from the heat.
5. When the vegetables are cool enough to handle, coarsely chop. Add the vegetables, beans and bean-cooking liquid (or other liquid) to the pan with the garlic and place over medium-low heat. Drain the pasta and immediately add it to the pan. Toss thoroughly and add tomatoes; toss until just warm. Remove from the heat and stir in cheese and mint. Season with pepper.

**Per serving:** 516 calories; 22 g fat (7 g sat, 11 g mono); 22 mg cholesterol; 62 g carbohydrate; 0 g added sugars; 20 g protein; 12 g fiber; 348 mg sodium; 990 mg potassium.

**Nutrition bonus:** Vitamin C (50% daily value), Potassium (29% dv), Calcium (28% dv), Folate & Iron (27% dv), Vitamin A (23% dv), Magnesium (17% dv).

**Carbohydrate Servings:** 3½

**Exchanges:** 3 starch, 2 vegetable, 1½ medium fat meat, 2 fat

## Sweet Potato & Red Pepper Pasta

**Makes:** 4 servings, about 1¾ cups each.

**Active time:** 30 minutes

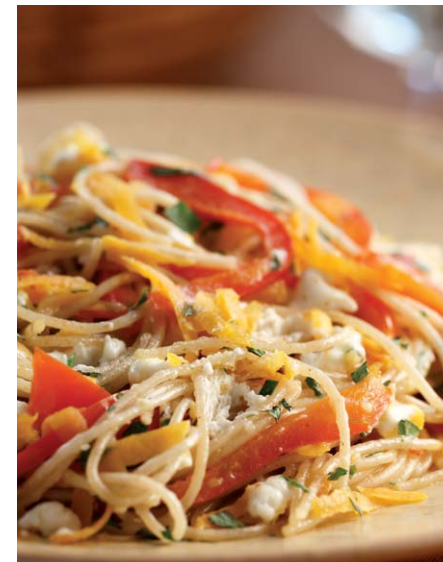
**Total:** 30 minutes

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Here's a way to use the "power vegetables" sweet potato and red bell pepper in a satisfying vegetarian pasta dish full of fresh herbs and creamy goat cheese. Any fresh herbs you have on hand, like basil, oregano, sorrel or chives, can be substituted for the tarragon. Serve with a garden salad.

- 8 ounces whole-wheat angel hair pasta
- 2 tablespoons extra-virgin olive oil, divided
- 4 cloves garlic, minced
- 3 cups shredded, peeled sweet potato (about 1 medium)
- 1 large red bell pepper, thinly sliced
- 1 cup diced plum tomatoes
- ½ cup water
- 2 tablespoons chopped fresh parsley
- 1 tablespoon chopped fresh tarragon
- 1 tablespoon white-wine vinegar or lemon juice
- ¾ teaspoon salt
- ½ cup crumbled goat cheese

1. Bring a large pot of water to a boil. Cook pasta until just tender, 4 to 5 minutes or according to package directions.
2. Meanwhile, place 1 tablespoon oil and garlic in a large skillet. Cook over medium heat, stirring occasionally, until the garlic is sizzling and fragrant, 2 to 5 minutes. Add sweet potato, bell pepper, tomatoes and water and cook, stirring occasionally, until the



bell pepper is tender-crisp, 5 to 7 minutes. Remove from the heat; cover and keep warm.

3. Drain the pasta, reserving ½ cup of the cooking water. Return the pasta to the pot. Add the vegetable mixture, the remaining 1 tablespoon oil, parsley, tarragon, vinegar (or lemon juice), salt and cheese; toss to combine. Add the reserved pasta water, 2 tablespoons at a time, to achieve the desired consistency.

**Per serving:** 402 calories; 12 g fat (3 g sat, 6 g mono); 7 mg cholesterol; 62 g carbohydrate; 0 g added sugars; 12 g protein; 9 g fiber; 546 mg sodium; 738 mg potassium.

**Nutrition bonus:** Vitamin C (140% daily value), Vitamin A (120% dv), Potassium (21% dv), Iron (15% dv).

**Carbohydrate Servings:** 2½

**Exchanges:** 4 starch, 2 fat



## Caramelized Onion Lasagna

**Makes:** 9 servings

**Active time:** 1 hour 10 minutes

**Total:** 1 hour 40 minutes

**To make ahead:** Cover and refrigerate the onion filling (Step 2) for up to 1 day.

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This unusual lasagna with portobello mushrooms, sweet onions, spinach and Gorgonzola cheese has a rich, complex flavor. It's also great with goat cheese instead of Gorgonzola, if you prefer.

**8 ounces lasagna noodles, preferably whole-wheat**

### Caramelized Onion Filling

**3 tablespoons extra-virgin olive oil**

**3 large sweet onions, thinly sliced (about 10 cups; see *Tips*)**

**4 medium portobello mushroom caps, gills removed (see *Tips*), diced**

**½ cup red wine**

**1 teaspoon salt**

**Freshly ground pepper to taste**

### Spinach & Cheese Filling

**4 cups baby spinach**

**2 cups nonfat ricotta cheese**

**½ cup chopped fresh basil**

**½ teaspoon salt**

### White Sauce & Topping

**2 tablespoons extra-virgin olive oil**

**3 tablespoons all-purpose flour**

**2 cups low-fat milk**

**½ teaspoon salt**

**2 ounces crumbled Gorgonzola cheese**

**⅓ cup chopped walnuts**

**¼ cup chopped fresh basil**

**1.** Bring a large pot of water to a boil. Cook noodles until not quite al dente, about 2 minutes less than the package directions. Drain; return the noodles to the pot and cover with cool water.

**2. To prepare onion filling:** Meanwhile, heat 3 tablespoons oil in a large skillet over medium heat. Add onions and cook, stirring frequently, until golden brown and very soft, about 25 minutes. (If they begin to stick, add water ¼ cup at a time to release them and

prevent burning.) Add mushrooms and cook, stirring, until just beginning to soften, about 3 minutes. Add wine and 1 teaspoon salt and continue cooking until most of the liquid is absorbed, 2 to 3 minutes. Remove from heat; stir in pepper.

**3. To prepare spinach filling:** Place spinach, ricotta, basil and ½ teaspoon salt in a food processor and process until smooth.

**4. To prepare white sauce:** Heat 2 tablespoons oil in a medium saucepan over medium-high heat. Add flour and stir until bubbling, about 30 seconds. Gradually whisk in milk and ½ teaspoon salt and bring to a boil, whisking constantly. Cook, whisking, until the sauce has the consistency of thick gravy, about 1 minute. Add Gorgonzola and gently whisk until it is melted. Remove from the heat. (The sauce will continue to thicken as it sits.)

**5. To assemble lasagna:** Preheat oven to 375°F. Coat a 9-by-13-inch baking pan with cooking spray.

**6.** Drain the noodles and spread out on a kitchen towel. Spread ½ cup white sauce in the prepared pan. Place a layer of noodles over the sauce. Spread half of the spinach filling over the noodles and top with one-third of the onion filling. Evenly spread ½ cup white sauce over the onions. Repeat with another layer of noodles, the remaining spinach filling, half the remaining onion filling and half the remaining white sauce. To finish, top with a third layer of noodles, spread the remaining onion filling over the noodles and then spread or dollop the remaining white sauce on top. Sprinkle with walnuts and basil.

**7.** Bake until hot and bubbling, about 30 minutes. Let rest for 5 minutes before serving.

**Per serving:** 387 calories; 18 g fat (6 g sat, 8 g mono); 25 mg cholesterol; 41 g carbohydrate; 0 g added sugars; 16 g protein; 6 g fiber; 720 mg sodium; 614 mg potassium.

**Nutrition bonus:** Vitamin A (33% daily value), Calcium (32% dv), Folate (24% dv); Magnesium (22% dv), Potassium (18% dv), Vitamin C & Zinc (15% dv).

**Carbohydrate Servings:** 2½

**Exchanges:** 1½ starch, 2 vegetable, 1 medium-fat meat, 2 fat



### Tips:

Onions contain a volatile compound called lachrymator that reacts with the fluid in your eyes and makes them water. To chop them without crying, try wearing goggles, burning a candle nearby or cutting them under cold water. To mellow the bite of a raw onion, soak it for an hour in 1 cup cold water, ¼ cup vinegar and ½ teaspoon salt and then rinse thoroughly.

The dark gills found on the underside of a portobello mushroom cap are edible, but can turn a dish an unappealing gray/black color. Remove the gills with a spoon, if desired.

## Skillet Tuna Noodle Casserole

**Makes:** 6 servings, about 1½ cups each

**Active time:** 40 minutes

**Total:** 40 minutes

**To make ahead:** Prepare through Step 3, spoon into an 8-inch-square glass baking dish, cover with foil and refrigerate for up to 1 day. Sprinkle with breadcrumbs and cheese (Step 4) and bake, covered, at 350°F for 50 minutes. Uncover and cook until browned and bubbly, about 15 minutes more.

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Known as Tuna-Pea Wiggle to some, this family-friendly tuna noodle casserole tends to be made with canned soup and whole milk, which means high fat and sodium. We remedy this by making our own creamy mushroom sauce with nonfat milk thickened with a bit of flour. Look for whole-wheat egg noodles—they have more fiber than regular egg noodles (but this dish will work well and taste great with either).

- 8 ounces whole-wheat egg noodles
- 1 tablespoon extra-virgin olive oil
- 1 medium onion, finely chopped
- 8 ounces mushrooms, sliced
- ½ teaspoon salt
- ½ cup dry white wine
- 6 tablespoons all-purpose flour
- 3 cups nonfat milk
- ½ teaspoon freshly ground pepper
- 12 ounces canned chunk light tuna, drained (see *Tips*)
- 1 cup frozen peas, thawed
- 1 cup finely grated Parmesan cheese, divided
- ½ cup coarse dry whole-wheat breadcrumbs (see *Tips*)

1. Bring a large pot of water to a boil. Cook noodles until just tender, 6 to 8 minutes or according to package directions. Drain and rinse.

2. Position rack in upper third of oven and preheat broiler.

3. Meanwhile, heat oil in a large ovenproof skillet over medium-high heat. Add onion, mushrooms and salt and cook, stirring often, until the onion is softened but not browned, about 5 minutes. Add wine and cook until evaporated, 4 to 5 minutes. Sprinkle flour over the vegetables; stir to coat. Add milk and pepper and bring to a simmer, stirring constantly. Stir in tuna, peas and ½ cup Parmesan until evenly incorporated. Then, stir in the noodles (the pan will be very full). Remove from the heat.

4. Sprinkle the casserole with breadcrumbs and the remaining ½ cup Parmesan. Broil until bubbly and lightly browned on top, 3 to 4 minutes.

**Per serving:** 406 calories; 8 g fat (3 g sat, 3 g mono); 53 mg cholesterol; 47 g carbohydrate; 0 g added sugars; 32 g protein; 5 g fiber; 684 mg sodium; 593 mg potassium.

**Nutrition bonus:** Calcium (30% daily value), Potassium (17% dv), Iron, Vitamin A & Vitamin C (15% dv), good source of omega-3s.

**Carbohydrate Servings:** 3

**Exchanges:** 2½ starch, ½ nonfat milk, 3 lean meat

**Tips:** Chunk light tuna, which comes from the smaller skipjack or yellowfin, has less mercury than canned white albacore tuna. The FDA/EPA advises that women who are or might become pregnant, nursing mothers and young children consume no more than 6 ounces of albacore a week; up to 12 ounces of canned light tuna is considered safe.



**To make fresh breadcrumbs,** trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse crumbs form. One slice of bread makes about ½ cup fresh crumbs. For dry breadcrumbs, spread the fresh crumbs on a baking sheet and bake at

250°F until crispy, about 15 minutes. One slice of fresh bread makes about ⅓ cup dry crumbs. Or use prepared coarse dry breadcrumbs. We like Ian's brand labeled "Panko breadcrumbs." Find them in the natural-foods section of large supermarkets.





## Chicken & Sun-Dried Tomato Orzo

**Makes:** 4 servings

**Active time:** 30 minutes **Total:** 30 minutes

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Sun-dried tomatoes and Romano cheese pack a flavorful punch along with the tantalizing aroma of fresh marjoram in this rustic Italian-inspired dish. Serve with sautéed fresh spinach or steamed broccolini.

- 8 ounces orzo, preferably whole-wheat
- 1 cup water
- ½ cup chopped sun-dried tomatoes (not oil-packed), divided
- 1 plum tomato, diced
- 1 clove garlic, peeled
- 3 teaspoons chopped fresh marjoram, divided
- 1 tablespoon red-wine vinegar
- 2 teaspoons plus 1 tablespoon extra-virgin olive oil, divided
- 4 boneless, skinless chicken breasts, trimmed (1-1¼ pounds)
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

- 1 9-ounce package frozen artichoke hearts, thawed
- ½ cup finely shredded Romano cheese, divided

1. Cook orzo in a large saucepan of boiling water until just tender, 8 to 10 minutes or according to package directions. Drain and rinse.
2. Meanwhile, place 1 cup water, ¼ cup sun-dried tomatoes, plum tomato, garlic, 2 teaspoons marjoram, vinegar and 2 teaspoons oil in a blender. Blend until just a few chunks remain.
3. Season chicken with salt and pepper on both sides. Heat remaining 1 tablespoon oil in a large skillet over medium-high heat. Add the chicken and cook, adjusting the heat as necessary to prevent burning, until golden outside and no longer pink in the middle, 3 to 5 minutes per side. Transfer to a plate; tent with foil to keep warm.
4. Pour the tomato sauce into the pan and bring to a boil. Measure out ½ cup sauce to a small bowl. Add the remaining ¼ cup sun-dried tomatoes to the pan along with the orzo, artichoke hearts and 6 tablespoons cheese. Cook, stirring, until heated through, 1 to 2 minutes. Divide among 4 plates.
5. Slice the chicken. Top each portion of pasta with sliced chicken, 2 tablespoons of the reserved tomato sauce and a sprinkling of the remaining cheese and marjoram.

**Per serving:** 457 calories; 12 g fat (3 g sat, 6 g mono); 68 mg cholesterol; 54 g carbohydrate; 0 g added sugars; 36 g protein; 10 g fiber; 372 mg sodium; 546 mg potassium.

**Nutrition bonus:** Folate (34% daily value), Iron (25% dv), Potassium (16% dv), Calcium & Vitamin C (15% dv).

**Carbohydrate Servings:** 3

**Exchanges:** 3 starch, 1 vegetable, 3 lean meat, ½ fat

## Creamy Scallop & Pea Fettuccine

**Makes:** 5 servings, about 1½ cups each

**Active time:** 40 minutes **Total:** 40 minutes

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☐ Gluten Free

This rich pasta dish is full of sweet seared scallops and plump peas. Low-fat milk and flour thicken the sauce, giving it creamy texture without the extra calories and fat found in traditional cream sauces.

- 8 ounces whole-wheat fettuccine
- 1 pound large dry sea scallops (see *Tips*)
- ¼ teaspoon salt, divided
- 1 tablespoon extra-virgin olive oil
- 1 8-ounce bottle clam juice (see *Tips*)
- 1 cup low-fat milk
- 3 tablespoons all-purpose flour
- ¼ teaspoon ground white pepper
- 3 cups frozen peas, thawed
- ¾ cup finely shredded Romano cheese, divided
- ⅓ cup chopped fresh chives
- ½ teaspoon freshly grated lemon zest
- 1 teaspoon lemon juice

1. Bring a large pot of water to a boil. Cook fettuccine until just tender, 8 to 10 minutes or according to package instructions. Drain.
2. Meanwhile, pat scallops dry and sprinkle with ⅛ teaspoon salt. Heat oil in a large non-stick skillet over medium-high heat. Add the scallops and cook until golden brown, 2 to 3 minutes per side. Transfer to a plate.
3. Add clam juice to the pan. Whisk milk, flour, white pepper and the remaining ⅛ teaspoon salt in a medium bowl until smooth. Whisk the milk mixture into the clam juice. Bring the mixture to a simmer, stirring constantly. Continue stirring until thickened, 1 to 2 minutes. Return the scallops and any accumulated juices to the pan along with peas and return to a simmer. Stir in the fettuccine, ½ cup Romano cheese, chives, lemon zest and juice until combined. Serve with the remaining cheese sprinkled on top.



**Per serving:** 399 calories; 7 g fat (3 g sat, 3 g mono); 38 mg cholesterol; 54 g carbohydrate; 0 g added sugars; 31 g protein; 9 g fiber; 618 mg sodium; 492 mg potassium.

**Nutrition bonus:** Vitamin A (45% daily value), Vitamin C (35% dv), Magnesium (28% dv), Calcium (25% dv).

**Carbohydrate Servings:** 3

**Exchanges:** 3 starch, 1 vegetable, 3 lean meat

### Tips:

Be sure to buy “dry” sea scallops (scallops that have not been treated with sodium tripolyphosphate, or STP). Scallops that have been treated with STP (“wet” scallops) have been subjected to a chemical bath and are not only mushy and less flavorful, but will not brown properly.

Some bottled clam juices are very high in sodium, so salt the recipe accordingly. We like the Bar Harbor brand (120 mg sodium per 2-ounce serving). Look for it in the canned-fish section or the seafood department of your supermarket.



## Lemony Asparagus Pasta

**Makes:** 2 servings, 1½ cups each

**Active time:** 35 minutes **Total:** 35 minutes

☐ Heart Health ☒ Diabetes ☒ Weight Loss ☐ Gluten Free

Penne and asparagus are bathed in a rich sauce with a slight bite of mustard, lemon and Parmesan. This dish is lovely in early spring, when asparagus is at its peak and nights are still cool enough to inspire a craving for something rich and warm.

**4 ounces whole-wheat penne pasta**  
(about 1½ cups)

**½ bunch asparagus, trimmed and cut**  
into ¾-inch pieces

**¾ cup whole milk**

**2 teaspoons whole-grain mustard**

**2 teaspoons all-purpose flour**

**⅛ teaspoon salt**

**¼ teaspoon freshly ground pepper**

**1 teaspoon extra-virgin olive oil**

**2 tablespoons minced garlic**

**1 teaspoon minced fresh tarragon**  
or ¼ teaspoon dried

**¼ teaspoon freshly grated lemon zest**

**1 teaspoon lemon juice**

**½ cup freshly grated Parmesan cheese,**  
divided

**1.** Bring a large saucepan of water to a boil. Cook pasta for 6 minutes. Add asparagus and continue cooking, stirring occasionally, until the pasta and asparagus are just tender, about 3 minutes more. Drain and return to the pot.

**2.** Meanwhile, whisk milk, mustard, flour, salt and pepper in a medium bowl. Heat oil in a small saucepan over medium-high heat. Add garlic and cook, stirring constantly, until fragrant and lightly browned, 30 seconds to 1 minute. Whisk in the milk mixture. Bring to a simmer, stirring constantly, and cook until thickened, 1 to 2 minutes. Stir in tarragon, lemon zest and juice.

**3.** Stir the sauce into the cooked pasta and place over medium-high heat. Cook, stirring constantly, until the sauce is thick, creamy and coats the pasta. Stir ¼ cup Parmesan into the pasta until combined. Serve the pasta topped with the remaining ¼ cup Parmesan.

**Per serving:** 397 calories; 12 g fat (6 g sat, 4 g mono); 27 mg cholesterol; 54 g carbohydrate; 0 g added sugars; 21 g protein; 6 g fiber; 607 mg sodium; 389 mg potassium.

**Nutrition bonus:** Calcium (38% daily value), Folate (25% dv), Magnesium & Zinc (19% dv), Vitamin A (18% dv), Iron (16% dv).

**Carbohydrate Servings:** 3½

**Exchanges:** 3½ starch, 1 vegetable, ½ whole milk, 1 lean meat



# About EatingWell

The EatingWell mission is to provide the inspiration and information people need to make healthy eating a way of life.


- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.


EatingWell reaches millions of consumers through the award-winning *EatingWell* Magazine, [www.EatingWell.com](http://www.EatingWell.com), EatingWell cookbooks and licensing partners that trust EatingWell to provide healthy recipes, how-to instruction, diet and nutrition articles and custom healthy-eating solutions.


We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!


## About EatingWell health tags

A recipe checked...

 **Heart Health** has limited saturated fat.

 **Diabetes** is low in calories and meets limits for Carbohydrate Servings.

 **Weight Loss** has reduced calories (and limited saturated fat).

 **Gluten Free** does not contain wheat, rye, barley or oats.  
(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)