

PASTA DISHES

Spinach Lasagna Rolls



Ingredients:

- * 8 whole wheat lasagna noodles
- * 10 oz frozen chopped spinach, thawed & drained
- * 15 oz fat free ricotta cheese
- * ½ cup parmesan cheese, reduced fat, grated
- * 1 egg
- * Pepper to taste
- * 32 oz tomato sauce, no salt added
- * ½ cup mozzarella cheese, reduced fat, shredded

Directions:

Makes 8 servings.

Preheat oven to 350°F. Boil a large pot of water and follow package directions to cook lasagna noodles. Once cooked, lay flat to dry. In a bowl, mix together spinach, ricotta, parmesan, egg and pepper and set aside. In a 9x13 baking dish, ladle 1 cup of tomato sauce onto the bottom. Take a large spoonful of ricotta mixture and spread evenly onto each noodle, roll carefully and place in baking dish. Continue the same process for remaining noodles. Ladle remaining sauce over noodles and top with mozzarella cheese. Cover with foil. Bake for 40 minutes or until cheese has melted.

Nutrition Facts	Amount Per Serving		% Daily Values*		* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.																												
	Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*																													
Serving Size 1 Calories 228	Total Fat 4g	6%	Total Carbohydrate 31g	10%	<table border="1"> <thead> <tr> <th></th> <th>Calories</th> <th>2,000</th> <th>2,500</th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td>Less than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Sat Fat</td> <td>Less than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2400mg</td> <td>2400mg</td> </tr> <tr> <td>Total Carbs</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> </tbody> </table>		Calories	2,000	2,500	Total Fat	Less than	65g	80g	Sat Fat	Less than	20g	25g	Cholesterol	Less than	300mg	300mg	Sodium	Less than	2400mg	2400mg	Total Carbs		300g	375g	Dietary Fiber		25g	30g
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	Saturated Fat 1g	5%	Dietary Fiber 5g	20%																													
	Trans Fat 0g		Sugars 6g																														
Cholesterol 41mg	14%	Protein 14g	28%																														
Sodium 305mg	13%																																
Vitamin A 60%		Vitamin C 19%																															
		Calcium 19%																															

When choosing pasta noodles, always opt for whole wheat! This increases the amount of fiber per serving.

Recipe adapted from: <http://www.skinnytaste.com/2010/02/spinach-lasagna-rolls.html>

PASTA DISHES

Zucchini Lasagna



Ingredients:

- * 1 lb lean ground beef
- * 3 cloves garlic
- * ½ onion, chopped
- * 28 oz can crushed tomatoes, no salt added
- * 2 tbsp fresh basil, chopped
- * 3 medium zucchini, sliced with mandolin
- * 15 oz ricotta cheese, fat-free
- * 16 oz mozzarella cheese, reduced fat
- * ¼ cup parmesan cheese, reduced fat, grated
- * 1 egg

Directions:

Makes 8 servings.

First brown meat. When cooked, place meat into colander and drain fat into container. Sauté garlic and onions for about 2 minutes then return meat to pan. Add crushed tomatoes, basil and let simmer, covered, for 40 minutes. While meat is cooking, slice zucchini and blot dry using paper towel. Next, mix ricotta, parmesan cheese and egg together until combined. You are now ready to create your layers. Preheat oven to 350° F. Using a 9x13 glass dish, spread meat sauce, then add zucchini layer, then ricotta cheese mixture and top with mozzarella. Repeat these layers until all ingredients are used. Last layer should be meat sauce with mozzarella. Cover with foil, bake for 60 minutes.

Nutrition Facts	Amount Per Serving		Amount Per Serving		*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.
		% Daily Values*		% Daily Values*	
Serving Size 1 Calories 377	Total Fat 17g	26%	Total Carbohydrate 16g	5%	Calories 2,000 2,500
	Saturated Fat 8g	40%	Dietary Fiber 3g	12%	Total Fat Less than 65g 80g
	Trans Fat 0g		Sugars 7g		Sat Fat Less than 20g 25g
	Cholesterol 99mg	33%	Protein 36g	72%	Cholesterol Less than 300mg 300mg
	Sodium 567mg	24%			Sodium Less than 2400mg 2400mg
	Vitamin A 41%		Calcium 97%		Total Carbs 300g 375g
					Dietary Fiber 25g 30g

By replacing noodles with a vegetable like zucchini, you create a gluten-free dish packed with additional nutrients!

Recipe adapted from: <http://www.skinnytaste.com/2009/02/zucchini-lasagna.html>

PASTA DISHES

High Fiber Broccoli Mac & Cheese



Ingredients:

- * 12 oz whole wheat elbow macaroni
- * ¼ cup onion, minced
- * ¼ cup whole wheat flour
- * 2 cups skim milk
- * 1 cup chicken broth, no salt added
- * 2 cups cheddar cheese, reduced fat, shredded
- * 12 oz broccoli florets
- * 2 tbsp parmesan, reduced fat, grated
- * ¼ cup bread crumbs
- * 1 tbsp olive oil and Canola oil spray

Directions:

Makes 8 servings.

Preheat oven to 375° F and spray a large baking dish with oil. Boil water in a large pot and follow package instructions to cook pasta and broccoli together, slightly undercooked. Next, in a saucepan, add olive oil and sauté onion for 2 minutes, then add flour and cook until golden. Add milk and broth, whisking, while raising heat to medium-high until mixture comes to a boil. Cook for 5 minutes until the sauce is smooth and thick, then add cheese and mix until cheese melts. Add in cooked macaroni and broccoli, mix to coat evenly. Finish off with grated parmesan, breadcrumbs and a spray of oil. Bake for 20 minutes and finish with a couple minutes under the broiler.

Nutrition Facts

Serving Size 1
Calories 238

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 9g	14%	Total Carbohydrate 28g	9%
Saturated Fat 4g	20%	Dietary Fiber 3g	12%
Trans Fat 0g		Sugars 4g	
Cholesterol 23mg	8%	Protein 15g	30%
Sodium 333mg	14%		
Vitamin C 26%	•	Calcium 51%	

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

*Always opt for whole wheat macaroni, it increases the fiber content per serving!
By including a vegetable like broccoli, you also increase the amount of nutrients.*

Recipe adapted from: <http://www.skinnytaste.com/2011/09/skinny-baked-broccoli-macaroni-and.html>

PASTA DISHES

Spaghetti Squash



Ingredients:

- * 1 large spaghetti squash
- * Pepper to taste
- * 2 cloves garlic, minced
- * 2 cups tomato sauce, no salt added
- * 1 cup mozzarella cheese, reduced fat, shredded
- * Pepper to taste

Directions:

Makes 4 servings.

Preheat oven to 350°F. Cut the squash in half and scoop the seeds out with a spoon. Sprinkle with pepper, place on baking sheet, cut side up, and roast for about an hour until the squash is soft and tender. While the squash is roasting, heat tomato sauce in a small saucepan. Once squash is roasted, scrape the inside with a fork, removing the spaghetti-like strands and place in a large dish. Pour tomato sauce over spaghetti squash strands, mix to coat evenly, top with minced garlic and shredded mozzarella. Broil until cheese melts and bubbles.

Nutrition Facts	Amount Per Serving		Amount Per Serving		*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.
		% Daily Values*		% Daily Values*	
Serving Size 1 Calories 127	Total Fat 3g	5%	Total Carbohydrate 17g	6%	Calories 2,000 2,500
	Saturated Fat 2g	10%	Dietary Fiber 3g	12%	Total Fat Less than 65g 80g
	Trans Fat 0g		Sugars 8g		Sat Fat Less than 20g 25g
	Cholesterol 11mg	4%	Protein 8g	16%	Cholesterol Less than 300mg 300mg
	Sodium 208mg	9%			Sodium Less than 2400mg 2400mg
					Total Carbs 300g 375g
					Dietary Fiber 25g 30g
	Vitamin A 14%	•	Vitamin C 26%	•	Calcium 34%

By replacing noodles with squash, you create a gluten-free dish packed with more nutrients! You can also increase the protein by adding slices of chicken or turkey.

Recipe adapted from: <http://www.skinnytaste.com/2013/01/cheesy-baked-spaghetti-squash-boats.html>