

minutes or until heated through. Toss with hot spaghetti; sprinkle with Cheddar. Makes 4 servings. *Per serving: 762 cal, 25 g pro, 94 g car, 30 g fat (chol data unavailable)*


**SPAGHETTI WITH MEXICAN SAUCE**

- 1 can (29 ounces) tomato purée
- 1 can (8-1/4 ounces) whole-kernel corn, undrained
- 1 can (4 ounces) chopped green chilies
- 1/2 cup diced green pepper
- 1 teaspoon chili powder
- 1/2 teaspoon salt
- 1/4 teaspoon garlic powder
- 2 cups shredded Cheddar cheese (8 ounces), divided
- 1-1/2 pounds spaghetti, cooked and drained

In saucepan bring to boil tomato purée, corn, chilies, green pepper, chili powder, salt and garlic powder. Reduce heat, cover and simmer gently, stirring occasionally, 5 minutes. Stir in 1 cup Cheddar. Spoon over hot spaghetti; sprinkle with remaining Cheddar. Serves 6. *Per serving: 660 cal, 27 g pro; 107 g car, 14 g fat, 37 mg chol*

**SPAGHETTI WITH ONION SAUCE**


- 2 cups sliced onions (2 large)
- 1/3 cup oil
- 1-1/2 cups water
- 1 teaspoon salt
- 1/4 teaspoon fresh-ground pepper, or to taste
- 1 pound spaghetti or linguini, cooked and drained
- 1/4 cup grated Parmesan

 In large heavy skillet sauté onions in oil over high heat until brown. Add

water, salt and pepper. Boil 3 to 5 minutes or until liquid is reduced slightly and onion is soft. Toss with hot spaghetti and cheese. Makes 4 servings. *Per serving: 627 cal, 17 g pro, 91 g car, 21 g fat, 6 mg chol*

**NOODLES WITH CACCIATORE SAUCE AND CHICKEN**


- 1 small onion, sliced
- 1 can (4 ounces) mushroom stems and pieces, drained
- 3 tablespoons oil
- 1 can (16 ounces) stewed tomatoes
- 1/2 cup white wine
- 1 small barbecued or fried chicken, cut up (purchased or home-cooked)
- 1 pound broad egg noodles, cooked and drained

 In large heavy skillet sauté onion and mushrooms in oil 5 minutes or until onion is tender. Add tomatoes, wine and chicken. Cover and cook 5 minutes or until heated through. Remove chicken to serving

dish. Spoon sauce over hot noodles. Makes 4 servings. *Per serving without chicken: 586 cal, 16 g pro, 89 g car, 16 g fat, 106 mg chol*


**SPAGHETTI WITH BASIC MARINARA SAUCE**

- 1/4 cup oil
- 2 large cloves garlic, quartered
- 3 tablespoons minced parsley
- 1 can (16 ounces) tomatoes
- 1/2 teaspoon salt
- Fresh-ground pepper to taste
- 1 pound spaghetti, cooked and drained

 Heat oil in large heavy skillet. Add remaining ingredients except spaghetti. Cook over moderate heat 10 minutes, mashing with fork occasionally to break up garlic and tomatoes. Toss well with hot spaghetti. Makes 4 servings. *Per serving: 565 cal, 15 g pro, 91 g car, 15 g fat, 0 mg chol*









**SPAGHETTI WITH SAUSAGE CARBONARA**

- 6 links brown-and-serve sausage
- 4 eggs, beaten
- 2 tablespoons half-and-half
- 1/4 cup grated Romano cheese
- 1/2 teaspoon salt
- 1/4 cup butter or margarine
- 1 pound spaghetti, cooked and drained

 In large skillet brown sausage, breaking up meat with fork. Mix well eggs, half-and-half, Romano and salt. Add butter to skillet; heat to melt. Add egg mixture. Cook and stir only until eggs start to thicken. Toss quickly with hot spaghetti. Serves 4. *Per serving: 764 cal, 28 g pro, 88 g car, 33 g fat, 317 mg chol with butter, 281 mg chol with margarine* The End

**RECIPE SYMBOLS**

Here's your key to the symbols printed at the beginning of recipe directions. They're to let you know what electrical appliances can be put to good use in making the recipe.

- |  |                       |  |                       |
|--|-----------------------|--|-----------------------|
|   | <b>BLENDER</b>        |   | <b>FOOD PROCESSOR</b> |
|   | <b>DEEP-FAT FRYER</b> |   | <b>MIXER</b>          |
|   | <b>SLOW COOKER</b>    |   | <b>SKILLET</b>        |
|  | <b>GRINDER</b>        |  | <b>MICROWAVE OVEN</b> |

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