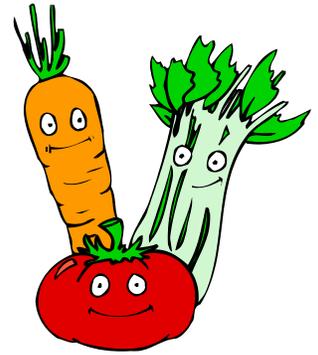


Healthier Meals



Chickpea-stuffed shells

18 jumbo pasta shells (uncooked)	1/3 cup grated Parmesan cheese
1 can of chickpeas/great northern beans	1 small onion, quartered
2 egg whites	1 garlic clove minced
1 carton reduced fat ricotta cheese (15oz)	1 jar of meatless spaghetti sauce
½ cup minced parsley	1 ½ cup shredded mozzarella cheese

Cook pasta shells according to package. Meanwhile place the chickpeas and egg whites in a food processor or blender. Cover and process until smooth. Add ricotta, parsley, Parmesan, onion and garlic; and process until well blended. Pour 1 ¼ cups of spaghetti sauce into an ungreased 13in x 9in baking dish. Set aside.

Drain pasta shells; stuff with chickpea mixture. Place over sauce, drizzle with remaining sauce. Bake, uncovered at 350° for 30 minutes. Sprinkle with mozzarella cheese bake 5-10 minutes longer or until cheese is melted and sauce is bubbly. YIELD: 6 servings

Turkey Tetrazzini

- 1 1/2 cups diced deli, lower-salt turkey breast (about 1/2 pound)
- 1/2 cup chopped onion
- 1/4 cup water
- 1 (10 3/4-ounce) can condensed reduced-fat, reduced-sodium cream of mushroom soup,
- 3/4 cup (3 ounces) shredded reduced-fat sharp cheddar cheese
- 2 cups hot cooked spaghetti (about 1/4 pound uncooked)
- 2 tablespoons chopped fresh parsley
- 1/8 teaspoon black pepper
- 1 (2 ounce) jar diced pimiento or red pepper
- parsley sprigs (optional)

Heat a large nonstick skillet or saucepan coated with cooking spray over medium-high heat. Add turkey and onion; sauté 3 minutes or until onion is tender. Stir in water, soup, and cheese; reduce heat to low and cook 4 minutes or until cheese melts, stirring until mixture is smooth. Stir in pasta and next 3 ingredients; cook until thoroughly heated. Garnish with parsley sprigs, if desired. Yield: 4 servings

White Bean Enchiladas

2 T fat free sour cream	1 T chopped fresh cilantro
1 (16oz) can cannelloni beans or white beans rinsed and drained	1 T ground cumin
½ c shredded cheddar cheese	1 (10 oz) can enchilada sauce, divided
2 T canned chopped green chilies	¼ c water
1 T sliced green onions	6 (6-inch) corn tortillas

Combine the sour cream and beans in a food processor, process until almost smooth. Stir in ¼ c cheese, chilies, onions, chopped cilantro, and cumin. Combine 1/3 c enchilada sauce and ¼ c water in small nonstick skillet over medium-low heat. Dip one tortilla in the sauce mixture to soften, transfer to a plate. Spread ¼ cup bean mixture on the middle of the tortilla and roll up. Place seam side down in a 9x13" pan. Add remaining sauce to pan, cook 1 minute. Spoon over enchiladas, sprinkle with ¼ c cheese. Bake at 350 for 30 minutes or until bubbly. Yield: 6 serving

Zucchini Chocolate Cake

1 ¾ cups sugar	1 tsp baking soda
½ cup canola oil	½ tsp salt
2 eggs, lightly beaten	½ cup 1% buttermilk
2/3 cup unsweetened applesauce	2 cups peeled, shredded zucchini
1 tsp vanilla extract	1 cup (6 oz) mini semisweet chocolate chips
2 ½ cups flour	½ cup chopped pecans, toasted
½ cup cocoa	

In a large mixing bowl, beat sugar and oil on medium speed for 1 minute. Add the eggs, applesauce and vanilla; beat 1 minute longer. Combine the flour, cocoa, baking soda and salt; add to sugar mixture alternately with buttermilk, beating just until blended. Stir in zucchini. Transfer to a 13 x 9 in baking pan coated with cooking spray. Bake at 350 for 20 minutes. Sprinkle with chocolate chips and pecans. Bake 10-15 minutes longer or until a toothpick inserted near the center comes out clean. Cool.

Strawberry Cake Roll

1 (14.5 oz) pkg angel food cake mix	¼ c sugar
½ cup powdered sugar, sifted	2 cups whipping cream or large cool whip
1 quart strawberries-sliced	3 T powdered sugar (only if using whipping cream)

Preheat oven to 375°, grease your 17 x 11 in. Jelly roll pan with vegetable oil and line with wax paper. Grease paper and set aside. Prepare cake as directed. Spread batter in pan. Bake at 375° for 10-12 minutes. Sift ½ cup powdered sugar onto a large linen towel. When cake is done, loosed from sides of pan, turn out onto powdered sugar. Peel off waxed paper. Starting from narrow end, roll up cake and towel together. Cool on wire rack 20 min; seam side down. Combine strawberries and sugar; set aside. Beat whipping cream until foamy; gradually add 3 T powdered sugar beating till soft peaks form. Drain berries. Unroll cake and remove towel. Spread cake with ½ of the whipped cream. Top with berries. Roll cake up again and chill. Place on serving platter, seam side down and cut into slices.