



weekend

easy

## QUICK FETTUCCINE ALFREDO

8 ounces whole-wheat fettuccine  
1 tablespoon butter  
1 clove garlic minced  
 $\frac{3}{4}$  cup nonfat plain Greek yogurt  
 $\frac{3}{4}$  cup shredded Parmesan cheese divided  
1 tablespoon chopped fresh parsley  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon freshly ground pepper  
 $\frac{1}{8}$  teaspoon ground nutmeg

Cook pasta in a pot of boiling water according to package directions. Drain, reserving  $\frac{1}{2}$  cup of the cooking water.

Melt butter in a large saucepan over medium heat. Add garlic and cook for 1 minute. Stir in the reserved pasta water and remove from heat. Whisk in yogurt,  $\frac{1}{2}$  cup Parmesan, parsley, salt, pepper and nutmeg. Add the fettuccine and combine well. Serve topped with the remaining  $\frac{1}{4}$  cup Parmesan.

© Meredith Corporation. All rights reserved. Used with permission.

Serves 4  
Active Time: 20m  
Total Time: 20m

## NUTRITION FACTS

Calories: 312  
Total Fat: 8g  
Saturated Fat: 5g  
Monounsaturated Fat: 2g  
Cholesterol: 21mg  
Sodium: 421mg  
Carbohydrates: 45g  
Dietary Fiber: 7g  
Total Sugars: 4g  
Added Sugars: 0g  
Protein: 18g  
Potassium: 207mg



weekend intermediate

## QUICK PASTA BOLOGNESE

1 tablespoon extra-virgin olive oil  
1 medium onion, finely chopped  
2 medium carrots, finely chopped  
2 medium stalks celery, finely chopped  
3 cloves garlic, minced  
8 ounces whole-wheat rigatoni or penne (about 3 cups)  
8 ounces lean (93% or leaner) ground beef  
½ cup dry red wine  
1 14-ounce can petite diced tomatoes  
2 tablespoons tomato paste  
⅛ teaspoon ground nutmeg  
¼ teaspoon salt  
¼ teaspoon freshly ground pepper

Heat oil in a large nonstick skillet over medium heat. Add onion, carrots, celery and garlic; cook, stirring occasionally, until just tender, 6 to 8 minutes.

Meanwhile, bring a large pot of water to a boil. Add pasta and cook according to package directions. Drain.

Add beef to the vegetables and cook, breaking up with a wooden spoon, until cooked through, 3 to 4 minutes. Increase heat to medium high, add wine and cook until almost evaporated, 1 to 1½ minutes. Stir in tomatoes, tomato paste and nutmeg; reduce heat to medium-low, cover and simmer, stirring occasionally, for 10 minutes. Remove from the heat and stir in salt and pepper. Serve the pasta with the sauce.

© Meredith Corporation. All rights reserved. Used with permission.

Serves 4  
Active Time: 30m  
Total Time: 40m

## NUTRITION FACTS

Amount per serving:  
Calories: 379  
Total Fat: 9g  
Saturated Fat: 2g  
Monounsaturated Fat: 5g  
Cholesterol: 1mg  
Sodium: 404mg  
Carbohydrates: 54g  
Dietary Fiber: 8g  
Total Sugars: 7g  
Added Sugars: 0g  
Protein: 22g  
Potassium: 755mg



## weekend advanced

### QUICK RISOTTO WITH SHRIMP, CORN AND EDAMAME

- 1 tablespoon extra-virgin olive oil
- 1 bunch scallions, sliced, white and green parts separated
- 2 cups instant brown rice
- 1 cup dry white wine
- 2 cups reduced-sodium chicken broth
- 1 pound peeled and deveined raw shrimp
- 1 cup frozen shelled edamame
- 1 cup frozen corn, thawed
- 4 ounces reduced-fat cream cheese (Neufchâtel), cut into small pieces
- ½ cup finely shredded Parmesan cheese
- ¼ teaspoon freshly ground pepper

Heat oil in a large nonstick skillet over medium heat. Add scallion whites and rice; cook, stirring, 1 minute. Add wine and cook on medium-high until most of it is evaporated, 2 minutes. Add broth; return to a boil. Reduce heat, cover and simmer for 5 minutes. Place shrimp on the rice. Return to a simmer. Cover and cook until the shrimp are cooked through, 5 to 7 minutes.

Stir in edamame, corn and cream cheese until the cream cheese is incorporated. Simmer, uncovered, stirring occasionally, until most of the liquid is evaporated, 4 to 5 minutes more. Remove from heat; stir in Parmesan and pepper. Top with scallion greens.

© Meredith Corporation. All rights reserved. Used with permission.

Serves 4  
Active Time: 30m  
Total Time: 30m

### NUTRITION FACTS

Amount per serving:  
Calories: 497  
Total Fat: 18g  
Saturated Fat: 6g  
Monounsaturated Fat: 6g  
Cholesterol: 2mg  
Sodium: 742mg  
Carbohydrates: 43g  
Dietary Fiber: 5g  
Total Sugars: 5g  
Added Sugars: 0g  
Protein: 32g  
Potassium: 694mg