



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.

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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.

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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.

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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