

LUNCH AND DINNER



RECIPES HERBED LENTIL AND BARLEY SOUP

PER SERVING:

CALORIES: 202

PROTEIN: 8 G

FAT: 7 G

CARBOHYDRATE: 25 G

FIBRE: 5.2 G

SODIUM: 287 MGS

CALCIUM: 78 MGS

SERVES 4

PREPARATION TIME: 30 MINUTES

COOKING TIME: 1½ HOURS

THIS SOUP IS EASY, healthy, colourful, delicious, and almost as thick as a stew. It's a great source of fibre and protein, which makes it especially good for vegetarians. It is also inexpensive and freezes well. You can serve it with a slice of whole wheat bread, a small green salad and low-fat yogurt or fruit for dessert.

INGREDIENTS:

2 tbsp (25 mL) vegetable oil (canola)

½ medium onion, chopped

1 clove garlic

½ medium carrot, finely chopped

1 tbsp (15 mL) parsley flakes (or 2 tbsp fresh)

½ cup (125 mL) green or brown lentils

2½ cups (625 mL) water

1 tsp (5 mL) dried oregano

1 tsp (5 mL) dried thyme

½ tsp (2 mL) dried sage

¼ cup (60 mL) pearl barley

14 oz (398 mL) tin chopped tomatoes, with juice

Lemon slices (optional)

Universal Seasoning (see page 182) to taste



INSTRUCTIONS:

1. In a large pot, heat oil over medium heat.
2. Add onion and cook, stirring occasionally, until soft and lightly browned.
3. Add garlic, carrots and parsley.
4. Cover and cook over low heat until carrots are tender.
5. Add lentils, water, oregano, thyme, sage, barley and tomatoes.
6. Bring to a boil, then reduce to a simmer and cook (partially covered) until the lentils are tender, about 1½ hours. If the soup is too thick, add more water.
7. Season and garnish with lemon slices.

Thanks to Mohinder Sidhu of Vancouver, BC.

OUR RECOMMENDATION

Lentils come in three colours: red, green and brown. All are very high in fibre and folic acid (also called folate, a B vitamin).

We recommend green or brown lentils for this recipe because they hold their shape better when cooked.

RECIPES SPINACH SALAD WITH ORANGE SESAME DRESSING

PER SERVING:

CALORIES: 82

PROTEIN: 2 G

FAT: 5 G

CARBOHYDRATE: 7 G

FIBRE: 2 G

SODIUM: 36 MGS

CALCIUM: 62 MGS

SERVES: 2

PREPARATION TIME: 20 TO 30 MINUTES

THIS SALAD is a nice change from lettuce and tomato and much less expensive in the winter months. Spinach and oranges are both rich in fibre and folate, as well as vitamins A and C. Serve this salad with a piece of baked fish, a side dish of brown rice and a glass of low-fat milk for a complete meal. Have a piece of fruit for dessert. If you are saving a portion for the next day, save the dressing separately.

SALAD INGREDIENTS:

2 cups (500 mL) chopped fresh spinach

1 orange

1 tbsp (15 mL) chopped red or green onion

DRESSING INGREDIENTS:

1½ tsp (7 mL) olive oil or canola oil

½ tsp (2 mL) sesame oil (optional)

¼ tsp (1 mL) honey or sugar

1 pinch powdered ginger

1 pinch pepper

½ tsp (2 mL) orange rind

1 tbsp (15 mL) orange juice

1 tsp (5 mL) sesame seeds, toasted



INSTRUCTIONS:

1. Wash and dry spinach. Tear or chop it into bite-sized pieces and place in a serving bowl.
2. Finely grate a small amount of peel from the orange and put it in a small jar or cup.
3. Peel the orange, slice it into bite-sized pieces and add it to the spinach. Add chopped onion.
4. Make the dressing by adding all remaining ingredients to the orange rind in jar or cup. Shake or whisk together.
5. When ready to serve, pour dressing on top of the spinach and orange slices and sprinkle with sesame seeds.

Thanks to Trudi Stevenson of Courtenay, B.C.

VARIATION

In strawberry season, use 1 cup sliced fresh strawberries instead of the orange and do not use the orange rind. Substitute 1 tbsp red wine vinegar for the orange juice and 1 tsp poppy seeds for the sesame seeds.

RECIPES BROCCOLI SALAD

PER SERVING:

CALORIES: 115

PROTEIN: 4 G

FAT: 5 G

CARBOHYDRATE: 14 G

FIBRE: 2.5 G

SODIUM: 192 MGS

CALCIUM: 47 MGS

SERVES: 2, APPROXIMATELY 1 CUP (250 ML) EACH

PREPARATION TIME: 20 MINUTES

EASY, DELICIOUS and so nutritious! Any leftovers will keep well in the refrigerator for one day.

SALAD INGREDIENTS:

1 cup (250 mL) finely chopped broccoli

¼ cup (60 mL) finely chopped red or yellow pepper

1 tbsp (15 mL) finely chopped green or red onion

2 tbsp (25 mL) chopped dried apricots (or raisins)

2 tbsp (25 mL) sunflower seeds, unsalted, plain

1 tbsp (15 mL) bacon bits (optional)

DRESSING INGREDIENTS:

1 tbsp (15 mL) light miracle whip or mayonnaise

1 tbsp (15 mL) plain low fat yogurt

1½ tsp (7 mL) vinegar

1 tsp (5 mL) sugar



INSTRUCTIONS:

1. Mix all salad ingredients together in a small bowl.
2. Mix ingredients for dressing in a jar or cup.
3. Pour dressing over top of broccoli mixture and toss lightly.

Thanks to Trudi Stevenson of Courtenay, B.C.

(We made Trudi's original recipe a little leaner and simpler by using bacon bits instead of real chopped bacon.)

RECIPES TUNA GARDEN

PER SERVING:

CALORIES: 330

PROTEIN: 25 G

FAT: 6 G

CARBOHYDRATE: 33 G

FIBRE: 4.3 G

SODIUM: 266 MGS

CALCIUM: 86 MGS

SERVES: 2

PREPARATION AND COOKING TIME: 30 MINUTES

THIS IS A HEALTHIER VERSION of the old standby, tuna noodle casserole. It's high in protein and fibre and low in salt and fat. Serve the casserole with a salad, a small dish of fruit and a glass of milk. You can't freeze this dish, but it will keep well in the refrigerator for one day.

INGREDIENTS:

2 large sliced mushrooms

1/3 cup (75 mL) sliced onion

2 tsp (10 mL) vegetable oil

1 - 6½ oz (170 g) tin canned tuna, chunk, water packed

2/3 cup (150 mL) water

¼ cube (3 g) low-sodium bouillon cube

2 tsp (10 mL) flour

2 tsp (10 mL) lemon juice

2 tsp (10 mL) chopped pimento (optional)

½ tsp (2 mL) grated lemon rind (optional)

½ tsp (2 mL) thyme

1 pinch garlic powder

1 pinch pepper

1 pinch Universal Seasoning (see page 182)

1 medium sliced carrot

1 stalk chopped broccoli

2/3 cup (150 mL) macaroni or other pasta



INSTRUCTIONS:

1. Cook macaroni or pasta following the directions on the package, while preparing sauce and vegetables.
2. Cook onions and mushrooms in oil in a medium non-stick frying pan on medium heat for about five minutes or until tender.
3. Stir in drained tuna.
4. In a small bowl, combine water, bouillon cube, lemon juice, flour, pimento, lemon rind and seasonings.
5. Stir into tuna mixture and cook for about five minutes until slightly thickened.
6. Steam carrots and broccoli until tender-crisp. Drain and add to tuna mixture.
7. Add previously cooked macaroni or pasta to tuna and vegetable mixture.
8. Stir everything together and heat.

Thanks to The Canadian Dietetic Association,
Eat Well, Live Well, 1990, published by MacMillan of Canada.

VARIATIONS

For a different taste, try canned salmon or clams instead of tuna. Substitute 1½ cups (375 mL) of cooked mixed frozen vegetables for fresh vegetables.

RECIPES QUESADILLA

PER SERVING:

CALORIES: 252

CARBOHYDRATE: 33 G

SODIUM: 308 MGS

PROTEIN: 12 G

FIBRE: 3.4 G

CALCIUM: 236 MGS

FAT: 7 G

SERVES: 1

PREPARATION AND COOKING
TIME: 25 MINUTES

QUESADILLA are a warm, tasty way to use up leftover cooked vegetables and small amounts of cooked meat. For a complete meal, serve with a piece of fresh fruit and a glass of milk.

INGREDIENTS:

1 whole wheat soft tortilla
(7 inch or 18 cm)

¼ cup (60 mL) shredded
low-fat mozzarella cheese

¾ cup (175 mL) cooked
vegetables
(use leftovers if you have
them)

Cooked meat (optional)

Sliced olives or sun dried
tomatoes (optional)

Helpful hints

Vernis McCuaig of Penticton, B.C. likes to divide a fresh bottle of salsa into small portions. She then pops the small portions into the freezer, where they stay fresh and are quick to thaw when she needs them. Extra tortillas will also keep well in the freezer for a short period.

More hints:

Fill leftover tortillas with a piece of grilled or baked fish, some tartar sauce and salad greens. Or try warm refried beans, grated cheddar cheese, chopped tomatoes and salsa.

You can also use traditional meat or fish sandwich fillings and lettuce and roll the tortillas like a log.

Lightly bake tortillas in the oven until they are crispy and eat them with your soup instead of salty crackers.



INSTRUCTIONS:

1. Chop vegetables and grate cheese before you start to cook.
2. Heat a non-stick frying pan over medium heat.
3. Place tortilla on heated pan.
4. Quickly place cut up vegetables on top of tortilla and cover with grated cheese.
5. Lift up half the tortilla and fold over the other half, enclosing the vegetables and cheese, and lightly press on top to hold together.
6. Cook until the tortilla is lightly browned and crispy.
7. Flip over and cook the other side.
8. Cut in half and serve with a small amount of salsa.

Thanks to Georgina Lawlor of Penticton, B.C.

SUGGESTED VEGETABLES

Asparagus, broccoli, yams, red peppers, carrots, mushrooms and/or onions.

RECIPES TOFU STIR FRY

PER SERVING:

CALORIES: 291

PROTEIN: 21 G

FAT: 13 G

CARBOHYDRATE: 25 G

FIBRE: 5.2 G

SODIUM: 406 MGS

CALCIUM: 274 MGS

SERVES: 2

PREPARATION AND COOKING TIME: 30 MINUTES

IF YOU ARE NOT FAMILIAR WITH TOFU, this is an easy and flavourful way to introduce it to your diet. If you dislike tofu, this recipe also works well with fresh fish. Just slice the fish into $\frac{3}{4}$ inch cubes, toss with soy sauce and add once the vegetables are almost cooked. The fish will flake when it is cooked. Serve over brown rice, with a glass of milk and fruit or yogurt for dessert.

INGREDIENTS:

7 oz (200 g) ($\frac{1}{2}$ cake) extra firm tofu

2 tsp (10 mL) low-sodium soy sauce

1 tsp (5 mL) brown sugar

2 tsp (10 mL) vegetable oil

1 clove garlic

1 tsp (5 mL) grated fresh ginger (optional)

$\frac{1}{2}$ medium sliced onion, sliced

2 cups (500 mL) chopped fresh vegetables

1 tsp (5 mL) cornstarch

1 tbsp (15 mL) cold water

INSTRUCTIONS:

1. Cut tofu into ½ inch (1 cm) cubes and toss in a bowl with soy sauce and brown sugar.
2. Chop vegetables.
3. Heat oil in heavy skillet or frying pan, add onion, garlic and ginger and stir fry. Toss gently for about four minutes.
4. Add chopped vegetables and stir fry another four to five minutes until almost cooked. Turn heat down.
5. Dissolve cornstarch in cold water, then add to stir fry.
6. Add the tofu cubes and heat through, approximately three to four more minutes.

Adapted from The Senior Chef and Dietitians of Canada cookbooks.

VEGETABLE SUGGESTIONS

We suggest you use three to four vegetables for this recipe. Our picks: asparagus, carrots, cauliflower, broccoli, celery, green beans, green cabbage, mushrooms, bok choy, snow peas, Swiss chard, spinach, wax beans or zucchini.

For more flavour add one or two of these after cooking:

- a dash of Tabasco sauce
 - ½ tsp sesame oil
 - ½ tsp Universal Seasoning (see page 144)
 - toasted sesame seeds
 - a squeeze of fresh lemon
- and toss.
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LEFTOVER TOFU?

Most tofu is packaged in 400 g blocks, twice the amount needed for this recipe. Cover the leftover tofu with cold water in a small covered container and place in your refrigerator. Keep refreshing the water covering the tofu and use within a week.

RECIPES QUICK STEAMED FISH FILLETS WITH POTATOES AND ASPARAGUS

PER SERVING:

CALORIES: 183

PROTEIN: 25 G

FAT: 3 G

CARBOHYDRATE: 15 G

FIBRE: 2.5 G

SODIUM: 110 MGS

CALCIUM: 78 MGS

SERVES: 1

PREPARATION TIME: 30 MINUTES

STEAMING is a fast and low-fat way to prepare fish. It's also a great way to cook vegetables so that they retain their natural goodness. Serve this dish with the Berry Cobbler or a Pumpkin Raisin Muffin and a glass of milk.

INGREDIENTS:

½ cup (125 mL) small new potatoes, quartered

½ cup (125 mL) asparagus or green beans, cut into two-inch pieces

1- 4 oz (125 g) fish fillet

2 tbsp (25 mL) chopped fresh tomatoes

¼ tsp (1 mL) dried basil

black pepper to taste

½ tsp (2 mL) non-hydrogenated soft-tub margarine or butter

½ tsp (2 mL) lemon juice

Universal Seasoning (see page 182) to taste



INSTRUCTIONS:

1. Place potatoes in a large steamer set over a pot of boiling water. Cover and steam for eight to 10 minutes until they begin to soften but are not fully cooked.
2. Place asparagus on top of potatoes.
3. Place fish fillet on top of asparagus.
4. Top with chopped tomatoes and sprinkle with basil and pepper.
5. Cover and steam for five to six minutes until fish is opaque and flakes easily with a fork.
6. Dot with margarine, cover and steam for 30 seconds more.
7. Sprinkle with lemon juice and a dash of Universal Seasoning.

Adapted, with permission, from Dietitians of Canada, *Cook Great Food*, 2001, published by Robert Rose.

SUGGESTION

Pat Mesic of Penticton, B.C., likes to steam her fish over chopped spinach (2 cups for one person) instead of asparagus. She serves the dish with a small amount of salsa.

RECIPES SKILLET PORK CHOPS WITH SWEET POTATOES AND COUSCOUS

PER SERVING:

CALORIES: 389

PROTEIN: 22 G

FAT: 13 G

CARBOHYDRATE: 44 G

FIBRE: 3.5 G

SODIUM: 154 MGS

CALCIUM: 49 MGS

SERVES: 2

PREPARATION AND COOKING TIME: 35 MINUTES

THIS IS A “MEAL IN A SKILLET” that uses couscous, a fine pasta made from durum wheat, often used in recipes from North Africa. You’ll find it near the rice in your grocery store. Serve this dish with a salad (try our Spinach and Orange Salad) and a glass of milk. This meal tastes great the next day, too.

INGREDIENTS:

2 boneless pork loin chops

1 tsp (5 mL) vegetable oil

1 cube (11 g) low-sodium vegetable bouillon base

½ cup (125 mL) water

¼ cup (60 mL) chopped onion

¼ cup (60 mL) chopped celery

1 cup (250 mL) diced sweet potato, yam or carrots

½ tsp (2 mL) dried rosemary or dried sage

½ cup (125 mL) orange juice or apple juice

2 tbsp (25 mL) dried cranberries or raisins or chopped apple

½ cup (125 mL) couscous



INSTRUCTIONS:

1. In a large non-stick fry pan (skillet) heat oil over medium heat. Add pork chops and cook, turning once, for seven to eight minutes or until juices run clear. Put chops on a plate in a warm oven.
2. Dissolve bouillon cube in $\frac{1}{2}$ cup of boiling water. Set aside.
3. Put chopped onions and celery in skillet and cook for three minutes.
4. Add chopped sweet potatoes, bouillon mixture, rosemary and cranberries. Bring to a boil, reduce heat, cover the skillet and simmer for seven to eight minutes, until sweet potatoes are tender.
5. Stir in orange juice and couscous. Put pork chops back into the skillet and simmer for two more minutes.
6. Remove the skillet from the heat, let stand two minutes, fluff couscous with a fork.

Adapted, with permission, from Dietitians of Canada, Cook Great Food, 2001, published by Robert Rose.

RECIPES MEATLOAF AT ITS VERY BEST

PER SERVING:

CALORIES: 255

PROTEIN: 20 G

FAT: 11 G

CARBOHYDRATE: 15 G

FIBRE: 1.4 G

SODIUM: 225 MGS

CALCIUM: 143 MGS

SERVES: 3

PREPARATION TIME: 20 MINUTES

COOKING TIME: 30 TO 40 MINUTES

THIS OLD-FASHIONED MEATLOAF is delicious – and even tastier if you add shredded cheese. Serve it with a baked potato and our broccoli salad with fruit for dessert. If you have leftovers, pop a portion in the freezer for another day or enjoy it the next day cold in a sandwich.

INGREDIENTS:

½ pound (220 g) lean ground beef

½ cup (125 mL) low-fat milk (skim or 1%)

1 egg

¼ cup (60 mL) rolled oats (regular or quick cooking)

2 tbsp (30 mL) chopped onion

¼ cup (60 mL) grated carrot

¼ cup (60 mL) low-fat shredded cheddar cheese

TOPPING:

1 tbsp (15 mL) ketchup

1 tbsp (15 mL) brown sugar

1 tsp (5 mL) mustard, prepared



INSTRUCTIONS:

1. Preheat oven to 350°F (180°C).
2. Break egg into medium mixing bowl and beat with fork.
3. Add meat, milk, rolled oats, onion, carrot and cheese and mix together well with a large spoon.
4. Pack meat mixture into small loaf pan or small casserole dish.
5. Combine ketchup, brown sugar and mustard in a cup. Spread over top of meat mixture.
6. Bake about 30 to 45 minutes, or until the meat is fully cooked (no longer pink, and loaf begins to get a bit crusty on the edges),

Thanks to Linda Quilty of Vancouver, B.C.

(We cut this recipe down and revised it slightly to make it even healthier.)

RECIPES INDIAN CURRY SAUTÉ

PER SERVING:

CALORIES: 271

PROTEIN: 7 G

FAT: 9 G

CARBOHYDRATE: 42 G

FIBRE: APPROX. 8 G

SODIUM: 336 MGS

CALCIUM: 85 MGS

SERVES: 1

PREPARATION AND COOKING TIME: 40 MINUTES – 30 MINUTES TO GET EVERYTHING CHOPPED AND IN THE POT, AND ANOTHER 10 MINUTES TO FINISH COOKING.

THIS IS A VERY LIGHT CURRY, full of healthy vegetables, fruit and fibre. Serve it with brown rice or couscous. The recipe can be doubled, but we do not recommend freezing it. Instead, save it in the fridge for the next day.

INGREDIENTS:

2/3 cup (150 mL) finely diced carrots

1/3 cup (75 mL) finely diced celery

1/3 cup (75 mL) finely diced apples

1/3 cup (75 mL) finely diced onions

1 tsp (5 mL) curry powder

1 tsp (5 mL) canola oil

¼ cup (60 mL) water

¼ low-sodium bouillon cube

1/3 cup (75 mL) chickpeas

2 tsp (10 mL) toasted sliced almonds

VARIATION

Use black beans, pinto beans, diced cooked chicken or diced cooked beef instead of chickpeas.



INSTRUCTIONS:

1. Dice vegetables.
2. In heavy skillet (fry pan), heat oil, add vegetables and cook over medium high heat for two to three minutes.
3. Dissolve the $\frac{1}{4}$ bouillon cube in $\frac{1}{4}$ cup of water, and add to the vegetables with the chickpeas. Cook to desired tenderness.
4. Top with toasted almonds.

Adapted from Eileen Faughey's
Quick Flip to Delicious Dinners, 1999.

HELPFUL HINTS

If you use canned chickpeas, drain off the liquid in the can and rinse beans well under cold water to remove some of the salt.

You can save canned chickpeas in the refrigerator and add them to a salad for extra protein and fibre. Or you could use them to make hummus in your blender – or, for a quick lunch, combine them with cooked vegetables and wrap the whole mixture in a soft whole wheat tortilla.

RECIPES SPINACH FRITTATA

PER SERVING:

CALORIES: 362

PROTEIN: 23 G

FAT: 14 G

CARBOHYDRATE: 19 G

FIBRE: 3.8 G

SODIUM: 562 MGS

CALCIUM: 316 MGS

SERVES: 1

PREPARATION AND COOKING TIME: 20 MINUTES

SERVE THIS FRITTATA with a slice of whole wheat toast, a glass of milk and fruit for dessert.

INGREDIENTS:

2 eggs

1½ tsp (7 mL) water

½ tsp (2 mL) olive oil

2 tbsp (25 mL) chopped onion

¼ tsp (1 mL) minced garlic

1 cup (250 mL) chopped spinach or Swiss chard, packed

¼ tsp (1 mL) dried basil

2 tbsp (25 mL) grated parmesan cheese



INSTRUCTIONS:

1. In a small bowl, whisk eggs and water together. Set aside.
2. In a small non-stick skillet (fry pan), heat oil over medium heat. Add onion and garlic, cook for one to two minutes.
3. Stir in chopped spinach or Swiss chard and basil, and cook for three to four minutes or until wilted.
4. Add the egg mixture and cook for three to five minutes or until browned on the bottom but still not completely set on top.
5. Sprinkle with cheese.
6. Flip frittata over and cook for one to two minutes until browned and completely set.
7. Remove from pan and cut in half.

Adapted, with permission, from Dietitians of Canada, *Cook Great Food*, 2001, published by Robert Rose.

RECIPES SWEET AND SOUR CHICKEN AND VEGETABLE CASSEROLE

PER SERVING:

CALORIES: 235

PROTEIN: 23 G

FAT: 6 G

CARBOHYDRATE: 23 G

FIBRE: 2.9 G

SODIUM: 467 MGS

CALCIUM: 77 MGS

SERVES: 3

PREPARATION TIME: 40 MINUTES

COOKING TIME: 30 MINUTES

THIS TASTY DISH is made with simple ingredients. It takes a little time, but it will reward you with great leftovers for the next day. It freezes well, too. Serve over steamed rice, with a lightly cooked green vegetable on the side. Enjoy a glass of milk or yogurt for dessert.

INGREDIENTS:

2 halves boneless, skinless chicken breasts

1 cup (250 mL) water

1 tbsp (15 mL) vegetable oil

½ cup (125 mL) chopped carrots

½ cup (125 mL) chopped celery

½ onion, chopped

1 clove garlic, chopped

1 14 oz (398 mL) tin chopped tomatoes, with juice

2 tbsp (25 mL) brown sugar

2 tbsp (25 mL) vinegar

1 pinch cinnamon

Pepper to taste



INSTRUCTIONS:

1. Preheat oven to 350°F (170°C).
2. Cut chicken into cubes. Place in pot, add water, bring to boil and simmer for five minutes. Drain off cooking liquid and save one cup to be used in sauce.
3. While chicken is cooking, use a fresh cutting board to chop vegetables.
4. In a heavy skillet (fry pan) or heavy large pot, heat oil over medium heat. Add chopped vegetables and garlic and cook with lid on for five minutes or until vegetables are tender.
5. Add tomatoes, brown sugar, vinegar, cinnamon and liquid saved from cooking chicken. Cover and cook for 10 minutes.
6. Place chicken pieces into a baking casserole. Cover with tomato and vegetable sauce.
7. Cover with foil or casserole lid and bake for 15 minutes.

Adapted from ActNow BC cookbook, 2006, and with permission from John Bishop.

RECIPES BEEF, VEGETABLE AND PASTA CASSEROLE

PER SERVING:

CALORIES: 326

PROTEIN: 27 G

FAT: 12 G

CARBOHYDRATE: 32 G

FIBRE: 2.3 G

SODIUM: 786 MGS

CALCIUM: 274 MGS

SERVES: 3

PREPARATION TIME: 40 MINUTES

COOKING TIME: 40 MINUTES

THIS RECIPE IS A COMPLETE MEAL, with something from all the food groups. It reheats well, which makes the extra preparation time worthwhile. Serve it with a green salad and a fruit dessert.

INGREDIENTS:

½ lb (250 g) extra-lean ground beef

½ cup (125 mL) sliced onions

½ cup (125 mL) diced zucchini or celery

1 tsp (5 mL) minced garlic

1 14 oz (398 mL) canned diced tomatoes, with juice

1 tbsp (15 mL) low-sodium soy sauce

¼ tsp (1 mL) crushed red pepper flakes* (optional)

1 cup (250 mL) rotini or fusili pasta (uncooked)

¾ cup (175 mL) shredded low-fat mozzarella cheese

*The pepper flakes are what give this recipe its wonderful warm flavour. You may wish to use less or substitute with some milder Italian herbs if you cannot eat spicy things.



INSTRUCTIONS:

1. Preheat oven to 350°F (180°C).
2. In a large non-stick skillet (fry pan) or pot, over medium heat, combine ground beef, onions, zucchini and garlic, and cook for 8 to 10 minutes until beef is no longer pink and vegetables are soft.
3. Drain fat and pour beef mixture into a greased casserole or baking dish big enough to hold 6 cups (1½ L).
4. Using a paper towel, wipe fat out of skillet or pot. Put tomatoes, soy sauce and pepper flakes in pot and heat to boiling point.
5. Add uncooked rotini or fusili to tomato mixture.
6. Pour tomato and pasta mixture over the meat and vegetable mixture in the casserole and combine. Press down pasta to make sure it is submerged in the liquid.
7. Bake covered for 20 minutes.
8. Remove cover and stir gently. Sprinkle with cheese.
9. Bake uncovered for another 15 to 20 minutes until pasta is tender.

Adapted, with permission, from Dietitians of Canada, Cook Great Food, 2001, published by Robert Rose.