

Pasta and Chicken Delight

Believe it or not, pasta lends itself to light eating in low calorie entrees. It's definitely a food to remember as nutritious meals are planned. Pasta is an excellent source of complex carbohydrates—those recommended that we increase, as we cut back on fats and sugars, and American-made pasta, processed from durum and/or other high quality hard wheat, supplies niacin, thiamine, riboflavin, iron and protein. It's a low fat, low sodium food—and, there are only 210 calories in a five-ounce cooked portion.

These two spaghetti and chicken combinations are certainly suitable for any celebration. Team chicken with cauliflower. Arrange over piping hot spaghetti and top with a parsley sauce. Or try stir-fried chicken and vegetables with pasta. Both can be enjoyed at less than 350 calories each. They're easy to prepare, nourishing and easy on the budget. Enjoy!

CHICKEN WITH SPAGHETTI AND CAULIFLOWER

- No-stick cooking spray
- 1 broiler-fryer (about 2 1/4 lbs.) cut into serving-size pieces
- 2 cups sliced fresh cauliflowers
- 8 ounces spaghetti
- 1 tablespoon salt
- 3 quarts boiling water
- 2 tablespoons butter or margarine
- 2 tablespoons all-purpose flour
- 1/4 teaspoon salt
- Dash pepper
- 1 1/2 cups milk
- 1/4 cup finely chopped parsley

Coat a 10-inch heavy skillet with cooking spray. Place chicken, skin-side down, in skillet. Cover and cook over low heat, turning once or twice, about 50 minutes or until chicken is almost fork tender. About 20 minutes before chicken is done, pour off drippings leaving about 1/4 cup in skillet. Add cauliflower. Cover and cook until chicken is done and cauliflower is crisp-tender. Meanwhile, gradually add spaghetti and 1 tablespoon salt to rapidly boiling water so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain; place on heated serving platter and place chicken and cauliflower on top.

Sauce: In medium saucepan, melt butter; stir in flour, 1/4 teaspoon salt and pepper. Gradually stir in milk. Cook over low heat, stirring constantly, until mixture just begins to bubble. Add parsley and simmer gently 2 to 3 minutes; stir frequently. Pour over chicken. Makes 6 servings, 343 calories per serving.

SPAGHETTI WITH STIR-FRY CHICKEN

- 8 ounces spaghetti
- 1 tablespoon salt
- 3 quarts boiling water
- No-stick cooking spray
- 2 cups chopped celery
- 2 cups thinly sliced Broccoli flowerets
- 1 1/2 cups cubed cooked chicken
- 1/4 cup grated Romano cheese

Gradually add spaghetti and salt

School Lunch

Monday, Dec. 12: Texas chili, mixed vegetable salad, cinnamon roll, pineapple chunks, milk.

Tuesday, Dec. 13: Lasagna, tossed salad w/dressing, warm garlic bread, orange half, milk.

Wednesday, Dec. 14: Hot dog on a bun, green beans, apple wedges, granola cookie, milk.

Thursday, Dec. 15: Oven-baked chicken, potato salad, cherry bread, banana half, milk.

Friday, Dec. 16: Cheeseburger, lettuce, tomato & pickle slice, tater triangle, peach slices, milk.

School Breakfast

Monday, Dec. 12: Pear half, breakfast bun w/peanut butter, milk.

Tuesday, Dec. 13: Pineapple chunks, cinnamon roll, milk.

Wednesday, Dec. 14: Orange half, openface cheese toast, milk.

Thursday, Dec. 15: Apple wedges, waffle, milk.

Friday, Dec. 16: Banana half, cherry bread, scrambled egg, milk.

to rapidly boiling water so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander.

While spaghetti is cooking, coat a large skillet with cooking spray. Add celery and broccoli. Cover over low heat, stirring frequently, about 8 minutes. Add chicken and continue cooking about 10 minutes or until vegetables are tender-crisp. Sprinkle cheese over top. Serve with spaghetti. Makes 4 servings, 321 calories per serving.



Chicken with Spaghetti and Cauliflower with a parsleyed cream sauce is an excellent weeknight supper.

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