



Easy Mediterranean Pasta

600 calories

$\frac{3}{4}$ cup minestrone soup, heated, then add:

Toss $\frac{3}{4}$ cup hot cooked pasta (Barilla Plus penne or spiral) with 1- 10 oz box thawed frozen spinach (or $\frac{3}{4}$ cup thinly sliced fresh), $\frac{1}{2}$ cup Italian diced tomatoes, $\frac{1}{4}$ cup canned garbanzo beans (drained), 2 Tbsp. Reduced fat feta cheese, 1 Tbsp. Lemon juice, 2 tsp. Olive oil, $\frac{3}{4}$ tsp. Mixed dried Italian seasoning and $\frac{1}{4}$ tsp pepper.

Serve with Italian or sourdough bread, topped with zero cal butter spray.

No-Guilt Pizza

1/6th pizza

270 calories

2 T. cornmeal

1 (10-oz) can refrigerated pizza dough

1-1/2 cups fresh broccoli florets, chop

1 cup fresh cauliflower, chop

1 (14 oz can) crushed Italian tomatoes, drained

1 cup thin, 2 inch long strips of red and/or green pepper

$\frac{1}{2}$ cup thinly sliced fresh mushrooms, or 4 oz canned, drained

1-1/2 cups shredded low fat mozzarella cheese

4-1/2 oz Canadian bacon, sliced

$\frac{1}{4}$ cup grated fresh Parmesan cheese

Preheat the oven to 425 F.

Coat a 12-in pizza pan or 8 x 12-inch baking pan with vegetable oil spray; sprinkle with cornmeal. Unroll the pizza dough and place it in the pan. Starting at center, press out dough to edges of pan using your hands. Bake 5 minutes. Remove from oven.

Meanwhile microwave the broccoli and cauliflower in a large glass bowl with 3 T. water, cover, about 2 minutes or until crisp-tender. Drain. Set aside. Top pizza crust with tomatoes, veggies and cheese. Optional toppings: chopped onion, olives. Final topping is cheese. Bake 11-15 minutes until crust is golden brown. 6 servings.

