

# Get four meals from 12 foods

With these 12 foods on hand, you have what you need to make four quick, tasty and healthy meals. Make the rest of the meal easy: slice some fresh fruit, put whole-grain bread, bagels or rolls in a basket and pour low-fat milk.

1. Mozzarella cheese
2. Parmesan cheese
3. Plain nonfat yogurt
4. Pesto
5. Spinach
6. Tomatoes
7. Chicken
8. Lean ground beef
9. Whole-wheat pasta
10. Potatoes
11. Spaghetti sauce
12. Whole-wheat pizza crust



## Mediterranean Pizza

Servings: 4

- ¾ pound chicken or lean ground beef or sausage (low-fat, fat-free, 97 percent fat-free or spicy chicken)
- 2 cups fresh spinach, washed or 10 ounces frozen spinach, chopped thawed and drained well
- 1 to 2 tablespoons pesto or 2 tablespoons low-fat ranch dressing
- 1 large whole-wheat pizza crust
- 1 large tomato, washed
- ½ cup Parmesan cheese

Wash hands and surfaces. In a skillet, brown ground beef, then drain. Add spinach and mix together over heat. Cut tomato in half and squeeze out most of juice and seeds, then chop. Spread pizza crust with pesto or dressing. Spoon beef mixture on top of crust, and top with tomatoes and cheese. Bake at 450 degrees F for 6 to 8 minutes. Refrigerate leftovers immediately.

## Chicken Pesto Pasta

Servings: 4

- 8 ounces whole-wheat pasta (4 cups cooked)
- 1 cup plain nonfat yogurt
- ¾ pound chicken, cut into chunks
- 1 large tomato, washed, cubed
- 1 to 2 tablespoons pesto or ranch dressing mix
- ¼ cup Parmesan cheese
- Salt and pepper

Wash hands and surfaces. Cook pasta according to package directions. In a large skillet, stir-fry chicken and add tomato. Heat thoroughly. In a small mixing bowl, blend pesto or ranch dressing and mix with yogurt. Toss pasta, chicken and tomatoes with sauce. Add salt, pepper and top with Parmesan cheese. Refrigerate leftovers immediately.

## Italian Spuds

Servings: 4

- 4 large baking potatoes, washed
- ¾ cup low-fat mozzarella cheese, shredded
- ¾ pounds lean ground beef
- 1 cup spaghetti sauce
- 1½ cups fresh spinach, washed or 5 ounces frozen, chopped spinach

Wash hands and surfaces. Bake potatoes. In a large skillet, brown ground beef and drain. Add spinach and spaghetti sauce, and heat thoroughly. Split potatoes and top with ground beef mixture, then cheese. Broil to melt cheese, if needed. Refrigerate leftovers immediately.

## Quick Chicken Mozzarella

Servings: 4

- 8 ounces whole-wheat pasta  
(4 cups cooked)
- 4 skinless chicken pieces (breast or thigh)
- 2 cups spaghetti sauce, divided
- 1 cup low-fat mozzarella cheese, shredded
- ¼ cup olives, chopped (optional)
- ¼ cup mushrooms, chopped (optional)

Wash hands and surfaces. Cook pasta according to package directions. In a 9- by 9-inch baking pan, broil chicken until brown or until juices run clear. Remove chicken from pan and put pasta in pan. Spoon 1 cup spaghetti sauce onto pasta and place chicken on top of pasta. Top with remaining spaghetti sauce and olives or mushrooms, if desired. Spread with cheese. Bake at 350 degrees F until bubbly, about 15 minutes. Refrigerate leftovers immediately.



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