

March 2007 Recipes

Low - Fat Italian Chicken

*Chicken tenders or breasts skinned and boned
Homemade or low-fat prepared marinara sauce
Fat free or low fat cottage cheese
Fat free or low fat mozzarella cheese, shredded
Low fat parmesan cheese*

Place chicken in sprayed, flat baking dish, pour sauce over chicken. Combine cheeses and dollop over the chicken by teaspoonfuls. Shake grated parmesan over the top and bake at 350 for 30 to 60 min. depending on size of chicken pieces. Serve over rice, pasta or just alone.*

Vegetarian Low-Fat Creamy Ricotta & Spinach Raviolini

*Ready made tiny, filled ravioli
Creamy white, marinara or any favorite low-fat sauce
Shredded parmesan or romano cheese*

Cook pasta as directed on package and drain. For creamy, white sauce use either a plain white sauce made with skim milk and flour and spices for flavor or use a country gravy mix and make it with skim milk. I added mild spices to gravy mix and after cool I added low-fat sour cream. Pour sauce over pasta and sprinkle the grated cheese on top. It's good to have some veggie recipes ready to fix when guests arrive.

Both these recipes are easy and serve-up well with garlic sticks (almost no-fat) and a good tossed salad.