

Pasta Perfect!

From Anolini to Ziti: Pasta Facts

For the health-conscious, pasta is a wise choice. This low-fat, low-cholesterol food is high in carbohydrates and rich in B-vitamins and iron. As you gear up for spring, here are some tips that will help put this energy-boosting staple to work for you.

- When selecting pasta, remember to match ridged or ribbed pasta with thin sauces, and to match the smoother shaped pastas with thicker sauces.

- Turn any pasta side dish into an exciting entree. Simply add cooked chicken, beef, pork or seafood along with fresh vegetables to make a delicious and wholesome meal.

- Pasta salads are not only healthy, but fun to make. To keep the kids entertained during their school break, try serving some of the more imaginatively shaped pasta, ranging from bow ties to ruffles.

- This spring break, for a healthy alternative to the normal soft drinks and potato chips beach fare, try packing a pasta salad that contains fresh vegetables in a cooler. It is refreshing on a warm day and far more filling than high-fat or sugary foods.

With spring just around the bend, lighter, more flavorful dishes are on the horizon. No longer associated with just European fare, versatile pasta is ideal for any type of dish, from a fresh salad to Asian or Middle-Eastern cuisine. Although enjoyed the world over, pasta's popularity here at home has made it an American classic. Try the following recipes which combine international flair with speedy convenience.



Italian-Style Turkey and Pasta

- 2 tablespoons olive oil
- 8 ounces turkey cutlets, cubed
- 1½ cups sliced fresh mushrooms
- 6 cups packed, coarsely chopped fresh spinach
- 1½ cups water
- ½ cup KROGER Milk
- 1 (4.1-ounce) package LIPTON Pasta & Sauce Italian Cheese with Bow Tie Pasta
- 1 to 2 tablespoons sherry (optional)
- Grated Parmesan cheese

Heat olive oil in a large heavy 12-inch skillet over medium-high heat; add turkey, and cook until almost done. Add mushrooms; cook 3 to 4 minutes or until just tender. Add spinach; cook 1 to 2 minutes or until spinach is just tender. Remove from skillet and set aside.

In same skillet, bring water and milk to a boil; add pasta and sauce package. Reduce heat and continue boiling, stirring occasionally for 12 minutes or until pasta is tender. Remove from heat and stir in turkey mixture and sherry. Let stand 2 to 3 minutes before serving. Sprinkle with Parmesan cheese.

Yield: 2 to 3 servings.

Chicken Divan Dinner

- 1½ cups water
- 1 (4.1-ounce) package LIPTON Pasta & Sauce Chicken Primavera with Bow Tie Pasta
- 4 ounces KROGER Light Cream Cheese, cubed
- 1½ cups diced, cooked chicken
- 2 cups small broccoli florets, cooked and drained
- 2 teaspoons lemon juice (optional)
- 3 tablespoons slivered almonds, toasted (optional)

Bring water to a boil in a medium saucepan; stir in pasta and sauce package. Reduce heat and continue boiling, stirring occasionally, 12 minutes or until pasta is tender. Stir in cheese until melted.

Add chicken, broccoli, and lemon juice, stirring well. Cook 1 to 2 minutes or until thoroughly heated, stirring constantly. Remove from heat and let stand 2 to 3 minutes before serving. To serve, sprinkle with almonds. Yield: 2 to 3 servings.



Lipton.
Side Dishes

