

Spaghetti Puttanesca

Stephanie Collins

12 oz. whole wheat spaghetti	12 Kalamata olives
2 tsp. olive oil	2 Tbsp. capers
3 cloves garlic, minced	½ tsp. crushed red pepper
1 (28 oz.) can diced tomatoes	¼ cup fresh basil
Oregano	

Cook spaghetti. Meanwhile, heat oil in skillet over medium-high heat. Add garlic and sauté 1 to 2 minutes. Add tomatoes, olives, capers, red pepper, and oregano. Bring to simmer and reduce heat. Simmer over low heat, uncovered, for 10 minutes. Stir in basil and serve over pasta. You can toss in shrimp or chicken for variety.

Vegetable Lasagna

1 (8 oz.) pkg. lasagna noodles	1 (10 oz.) pkg. frozen chopped spinach, thawed and squeezed to drain
1 ¼ cups fat-free ricotta cheese (<i>I use mozzarella</i>)	½ tsp. salt
½ cup fat-free egg product (Egg Beaters) or 4 egg whites	¼ tsp. ground nutmeg (optional)
1 cup chopped mushrooms	1 (14 oz.) jar spaghetti sauce
1 cup chopped onions	3 Tbsp. Parmesan cheese

Preheat oven to 350°. Spray 11x7x1 ½-inch dish with Pam. Cook and drain noodles.

Mix ½ cup ricotta cheese, ¼ cup egg product, mushrooms, and onion. Mix remaining ¾ cup ricotta cheese, ¼ cup egg product, spinach, salt, and nutmeg. Spread ½ cup of the spaghetti sauce in dish. Top with 4 noodles, overlapping to fill. Layer with mushroom mixture, 3 noodles, spinach mixture, 3 noodles, and remaining spaghetti sauce.

Cover loosely and bake 50 minutes. Sprinkle with Parmesan cheese. Bake, uncovered, about 10 minutes or until cheese is melted.