

## Classic Macaroni and Cheese

This recipe proves you don't have to give up your favorite dishes to eat heart healthy meals. Here's a lower fat version of a true classic.

Makes 8 servings.

2 cups whole wheat macaroni  
1/2 cup onion, chopped  
1/2 cup evaporated skim milk  
1 medium egg, beaten  
1/4 tsp. black pepper  
1 1/4 cups (4 oz.) lowfat sharp cheddar cheese, finely shredded  
as needed nonstick cooking spray

1. Cook macaroni according to directions - but do not add salt to the cooking water. Drain and set aside.
2. Spray casserole dish with nonstick cooking spray.
3. Preheat oven to 350° F.
4. Lightly spray saucepan with nonstick cooking spray. Add onions to saucepan and sauté for about 3 minutes.
5. In another bowl, combine macaroni, onions, and rest of the ingredients, and mix thoroughly.
6. Transfer mixture into casserole dish.
7. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

## Having a snack attack?

We all crave a snack now and then, especially when we're trying to watch our diets. Try these star rated snacks to satisfy your next craving.

Craving - chips and dip  
Try - carrots (3 stars) & hummus (2 stars)

Craving - chocolate bar  
Try - starred energy bar

Craving - whole milk  
Try - 2% milk (1 star) or 1% milk (3 stars) or skim milk (3 stars)

Craving - ice cream  
Try - plain nonfat yogurt (3 stars) with strawberries (3 stars) and sliced almonds (3 stars)

Craving - cheese and crackers  
Try - Nabisco Triscuits (2 stars) with Smucker's Organic Peanut Butter (2 stars)

Craving - buttered popcorn  
Try - Wise Light Buttered Popcorn (1 star)

Craving - trail mix  
Try - a small handful of peanuts and raisins (2 stars)

Craving - soda  
Try - seltzer water with lemon

Craving - bagel  
Try - Thomas whole grain english muffin (2 stars)

Craving - gummy bears  
Try - Fruit Roll Up (2 stars)



# Menu Makeover

Try out our tasty new Guiding Stars recipes.



**Guiding Stars®**  
Nutritious choices made simple <sup>SM</sup>

## 20-Minute Chicken Creole



This quick Southern dish contains no added fat and very little added salt in its spicy tomato sauce. Makes 4 servings.

4 medium chicken breast halves, skinless, boneless, and cut into 1-inch strips  
1 cup tomatoes, diced  
1 cup low-sodium chili sauce  
1 1/2 cups (1 large) green pepper, chopped  
1 1/2 cups celery, chopped  
1/4 cup onion, chopped  
2 cloves garlic, minced  
1 Tbsp. fresh basil (or 1 tsp. dried)  
1 Tbsp. fresh parsley (or 1 tsp. dried)  
1/4 tsp. red pepper, crushed  
1/4 tsp. salt  
as needed nonstick cooking spray

1. Spray deep skillet with nonstick cooking spray. Preheat pan over high heat.
2. Cook chicken in hot skillet, stirring, for 3-5 minutes or until no longer pink. Reduce heat.
3. Add tomatoes with juice, low-sodium chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper and salt. Bring to boil and reduce heat. Simmer covered for 10 minutes.
4. Serve over hot cooked rice or whole wheat pasta.

## Spaghetti with Turkey Meat Sauce



1 lb. ground turkey, lean  
1 can (28 oz.) no salt added tomatoes, cut up  
1 cup green pepper, finely chopped  
1 cup onion, finely chopped  
2 cloves garlic, minced  
1 tsp. oregano  
1 tsp. black pepper  
1 lb. whole wheat spaghetti  
as needed nonstick cooking spray

1. Coat large skillet with nonstick cooking spray.
2. Add turkey and cook, stirring occasionally. Drain fat and discard.
3. Stir in tomatoes with juice, green pepper, onion, garlic, oregano, and black pepper. Bring to boil. Reduce heat and simmer covered for 15 minutes, stirring occasionally. Remove cover and simmer for 15 minutes more.
4. Meanwhile, cook spaghetti in unsalted water. Drain well.
5. Serve sauce over spaghetti.

## Cowboy Beef and Black Bean Chili



This recipe is an excellent source of fiber, protein, niacin, vitamin B6, vitamin B12, iron, selenium and zinc. Total preparation and cooking time: 2 hours  
Makes 8 servings.

2 lb. ground beef (95% lean)  
1 Tbsp. vegetable oil  
1 1/2 cups chopped onions  
2 Tbsp. minced garlic  
2 medium yellow bell peppers, chopped  
1 large jalapeño pepper, seeded, finely chopped  
1/4 cup chili powder  
1 Tbsp. ground cumin  
1 tsp. dried oregano leaves, crushed  
1 tsp. dried thyme leaves, crushed  
1/8 tsp. ground red pepper  
1 can (28 oz.) crushed tomatoes, undrained  
1 can (14 1/2 oz.) chili seasoned or zesty style diced tomatoes, undrained  
1 can (14 to 14 1/2 oz.) ready-to-serve beef broth  
12 oz. dark beer  
1/3 cup tomato paste  
1 Tbsp. honey  
2 cans (15 oz. each) black beans, rinsed, drained  
Chopped fresh cilantro (optional)

1. Brown ground beef in stockpot over medium heat 8 to 10 minutes or until beef is no longer pink, breaking up into crumbles. Remove from stockpot with slotted spoon. Set aside. Pour off drippings.
2. Heat oil in same stockpot over medium heat until hot. Add onions and garlic; cook and stir 3 to 5 minutes or until onions are tender. Add bell peppers and jalapeño; cook and stir 4 to 5 minutes or until peppers are tender.
3. Return beef crumbles to stockpot. Add chili powder, cumin, oregano, thyme and red pepper; cook and stir for 2 to 3 minutes. Stir in crushed tomatoes, diced tomatoes, broth, beer, tomato paste and honey; bring to a boil. Reduce heat; cover and simmer 45 minutes. Uncover stockpot; continue simmering 30 minutes or until thickened to desired consistency, stirring occasionally. Stir in beans; cook 5 to 10 minutes or until beans are heated through. Season with salt and black pepper, as desired. Garnish with cilantro, if desired.

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It's easy, delicious and nutritious!

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