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FASHIONABLE DINING THE TRIM WAY

With the sophisticated palates of today's consumer and a rising interest in nutrition, healthful eating and lighter foods, it's little wonder that both pasta and seafood are in the spotlight these days.

Featured here are several delicious entrées from which to choose—all combining versatile Alaska seafood and assorted pastas. Each dish has a distinctive flavor and each has been calorie-trimmed as well. All tally about 400 calories or less per serving.

Protein-rich Alaska canned salmon can be combined with nourishing pasta in an endless number of wonderful combos. Presented here are several suggestions which will supply excellent eating in a minimum of time.

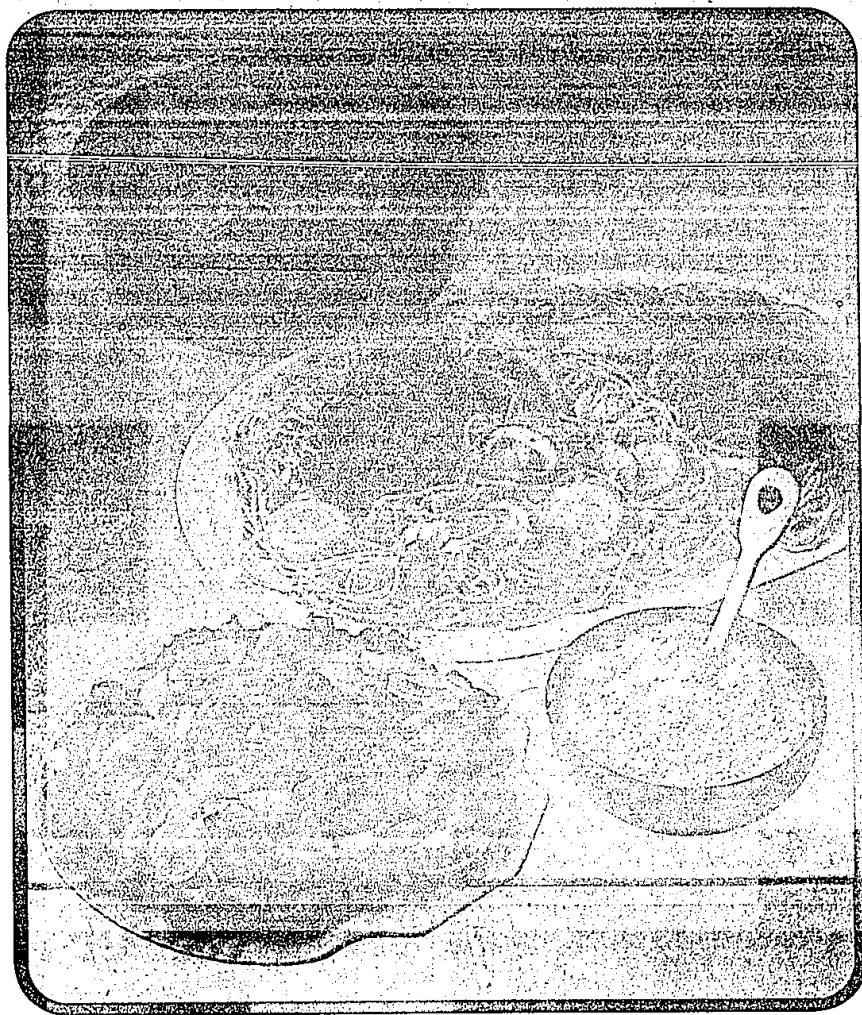
Lasagne-Salmon Pinwheels make great company fare. To prepare, lasagne is cooked just until tender, spread with a colorful blend of canned salmon, spinach and ricotta cheese, then rolled up and baked with stewed tomatoes.

In a main-dish salad, marinated pasta shells combine with convenient canned salmon, cucumber, celery, hard-cooked egg, green onion and grated Parmesan cheese.

Spaghetti and Crab Primavera is sensational for a special occasion. Quick to prepare, this outstanding pasta dish brings together succulent Alaska Snow crab with colorful vegetables.

On another occasion, fill jumbo macaroni shells with nourishing canned salmon, cottage cheese and broccoli and bake with a fresh mushroom sauce. Or prepare a salmon version of the ever popular macaroni and cheese casserole for compliments galore.

Another culinary delight combines sautéed Alaska halibut and assorted vegetables with egg noodles.



LASAGNE-SALMON PINWHEELS

(Makes 8 servings)

- 8 lasagne
- 1 tablespoon salt
- 3 quarts boiling water
- 1 can (15-1/2 ounces) salmon
- 1 container (15 ounces) part skim milk ricotta cheese
- 3 cups chopped fresh spinach (stems removed)
- 2 tablespoons minced onion
- 2 tablespoons grated Parmesan cheese
- 1-1/2 teaspoons grated lemon peel
- 1/8 teaspoon pepper
- 1 can (14-1/2 ounces) stewed tomatoes

Gradually add lasagne and salt to rapidly boiling water so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander.

While lasagne is cooking, drain salmon and reserve liquid. Break salmon into small chunks in small bowl; set aside. In another bowl, stir together ricotta cheese, spinach, onion, Parmesan cheese, lemon peel and pepper until blended. Add salmon chunks and toss gently.

Spread salmon mixture evenly over each lasagne leaving a 1/2-inch border at each end. Roll up and place open-side up in greased 2-1/2 or 3-quart casserole. Stir salmon liquid into tomatoes. Spoon tomatoes around lasagne pinwheels. Cover and bake at 375°F. about 30 minutes or until bubbly. Calories per serving: 274

SALMON-PASTA SALAD

(Makes 4 servings)

- 8 ounces small shell macaroni
- 1 tablespoon salt
- 3 quarts boiling water
- 1/2 cup oil-free Italian dressing
- 1 teaspoon Dijon mustard
- 1/2 teaspoon sugar
- 1/8 teaspoon tarragon, crushed
- 1 can (15-1/2 ounces) salmon
- 1 cup seeded, diced cucumber
- 1/4 cup chopped celery
- 1 hard-cooked egg, chopped
- 2 tablespoons each sliced green onion, minced parsley and grated Parmesan cheese
- Salt and pepper
- Lettuce

Gradually add shells and salt to rapidly boiling water so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander.

Combine dressing, mustard, sugar and tarragon. Marinate shells in 1/4 cup dressing; cool at room temperature. Drain salmon; break into chunks with a fork. Add salmon, cucumber, celery, egg, green onion, parsley, cheese and remaining dressing; toss gently. Salt and pepper to taste. Serve on lettuce-lined platter. Calories per serving: 407

SPAGHETTI AND CRAB PRIMAVERA

(Makes 4 servings)

- 1-1/2 to 2 pounds Alaska Snow crab clusters, thawed if necessary
- 8 ounces spaghetti
- 1 tablespoon salt
- 3 quarts boiling water
- 1-1/2 cups sliced mushrooms
- 2 tablespoons chopped onion
- 1 tablespoon butter
- 1 tablespoon flour
- 1/2 teaspoon salt
- 1/8 teaspoon each basil and oregano, crushed
- Dash pepper
- 1/2 cup low-fat milk
- 1 small yellow squash or zucchini, sliced and cooked crisp-tender
- 1/2 cup each partially cooked fresh peas* and diced tomato
- 1 tablespoon minced parsley
- 1 tablespoon white wine (optional)
- 1 tablespoon grated Parmesan cheese (optional)
- Lime or lemon wedges

Rinse crab under cool water. Remove shoulder meat from shell; reserve. Cut legs and claws into serving-sized pieces; score backs of leg sections using large, heavy knife or slit with kitchen shears. Steam crab legs about 5 minutes or until thoroughly heated. Gradually add spaghetti and 1 tablespoon salt to rapidly boiling water so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander.

Sauté mushrooms and onion in butter. Add flour, 1/2 teaspoon salt, herbs and pepper; cook and stir 1 minute. Gradually add milk; cook and stir until thickened. Add crab meat and cooked vegetables, tomato, parsley and wine. Heat thoroughly. Toss hot spaghetti with vegetable mixture; serve on heated platter. Sprinkle with cheese. Garnish with crab legs and lime. Calories per serving: 375

*Thawed frozen peas can be substituted.

SALMON-STUFFED PASTA SHELLS

(Makes 4 servings)

- 16 jumbo macaroni shells (about 2 cups)
- 1 tablespoon salt
- 3 quarts boiling water
- 1 can (7-3/4 ounces) salmon
- 1/2 cup low-fat cottage cheese
- 1/2 cup frozen chopped broccoli, thawed
- 1/4 teaspoon grated lemon peel
- Dash ground nutmeg
- Dash salt and pepper
- 2 tablespoons butter
- 1 tablespoon flour
- 1 vegetable bouillon cube
- 1 cup boiling water
- 1-1/4 cups chopped fresh mushrooms
- 2 teaspoons lemon juice

Gradually add shells and salt to 3 quarts rapidly boiling water so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander.

While shells are cooking, drain salmon and flake into medium bowl. Add cottage cheese, broccoli, lemon peel, nutmeg, salt and pepper. Stir lightly until just mixed. Fill each shell with mixture; set aside.

In small saucepan, melt butter. Stir in flour and cook over low heat, stirring constantly, until mixture thickens. Add bouillon cube to 1 cup water and stir until dissolved. Slowly add to flour mixture, then cook, stirring, until mixture thickens. Add mushrooms and lemon juice and cook 2 to 3 minutes or until mushrooms are just tender. Pour all but 1/2 cup mushroom sauce in bottom of an 11 x 7 x 2-inch baking dish. Place stuffed shells in dish and pour remaining sauce over. Cover with foil. Bake at 375°F. 25 to 30 minutes or until bubbly and hot. Calories per serving: 266

SALMON-MACARONI CASSEROLE

(Makes 4 servings)

- 2 cups elbow macaroni (8 ounces)
- 1 tablespoon salt
- 3 quarts boiling water
- 2 tablespoons butter or margarine
- 2 tablespoons minced onion
- 2 tablespoons flour
- 1-1/3 cups skim milk
- 1 cup shredded part skim milk Swiss cheese
- 1 teaspoon prepared mustard
- 3/4 cup frozen peas, thawed
- 1 can (7-3/4 ounces) salmon

Gradually add macaroni and salt to rapidly boiling water so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander.

While macaroni is cooking, melt butter in medium saucepan over low heat. Sauté onions in butter. Stir in flour until smooth. Gradually stir in milk and cook, stirring constantly, until thickened and comes to a boil. Add cheese and mustard and cook until cheese is melted. Stir in peas. Break salmon into chunks, stir salmon and liquid into sauce. Heat through. Combine macaroni and salmon sauce in a 2-quart casserole. Cover and bake at 375°F. 25 to 30 minutes or until bubbly. Calories per serving: 420

HALIBUT SAUTE ON NOODLES

(Makes 4 servings)

- 1 pound Alaska halibut, thawed if necessary and cut into 2 x 1/2 x 1/4-inch strips
- Salt and pepper
- 8 ounces fine egg noodles (about 4 cups)
- 1 tablespoon salt
- 3 quarts boiling water
- 1 tablespoon oil
- 2 cups coarsely shredded cabbage
- 1 cup each thinly julienned sliced carrots and celery
- 1/4 cup each sliced green onion and thinly sliced red or green pepper
- 1/4 cup water
- 2 teaspoons cornstarch
- 1/4 teaspoon ground mustard
- 1/8 teaspoon ground ginger
- 2 tablespoons toasted sliced almonds

Season halibut with salt and pepper.

Gradually add noodles and salt to rapidly boiling water, so water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander.

Sauté halibut in oil until barely cooked; remove from skillet. Sauté vegetables in same skillet until crisp-tender. Return halibut to skillet. Combine 1/4 cup water, cornstarch and spices. Add halibut mixture. Cook and stir until thickened. Serve halibut-vegetable mixture over noodles. Garnish with toasted almonds. Calories per serving: 406