

Heart-smart spicy casserole delicious, easy

Spice up your life! If you're watching your diet, mealtime doesn't have to be boring. Heart-smart food really can be delicious and easy when you cook with flavorful ingredients — such as those indigenous to the Southwest.

Use your imagination! For example, to add "kick" to fish or poultry, top each serving with spicy-hot salsa. Or, customize simple side dishes like vegetables and cholesterol-free noodles with fresh herbs such as oregano and cilantro.

Healthy south-of-the-border one-dish meals are easy to prepare, too. You might trim down an enchilada recipe you already have, or try creating a stir-fry or casserole recipe of your own. Following are some heart-wise tips for Southwestern-style cooking.

• Take advantage of flavorful fruits and vegetables such as limes, tomatoes, bell peppers, onions and corn.

• Substitute reduced-fat products for higher fat dairy ingredients. For example, try reduced-fat sour cream or yogurt in place of regular sour cream, and use the new reduced-fat cheeses.

• Boost flavor with traditional seasonings like cilantro, cumin and chili peppers. They add instant punch — without adding excess fat, cholesterol and calories.

• Use low-fat cooking methods such as microwaving, baking, grilling or stir-frying.

Prepared in minutes on the stove top, Southwestern Skillet Noodle Casserole teams cooked turkey with bell peppers, corn, black beans and

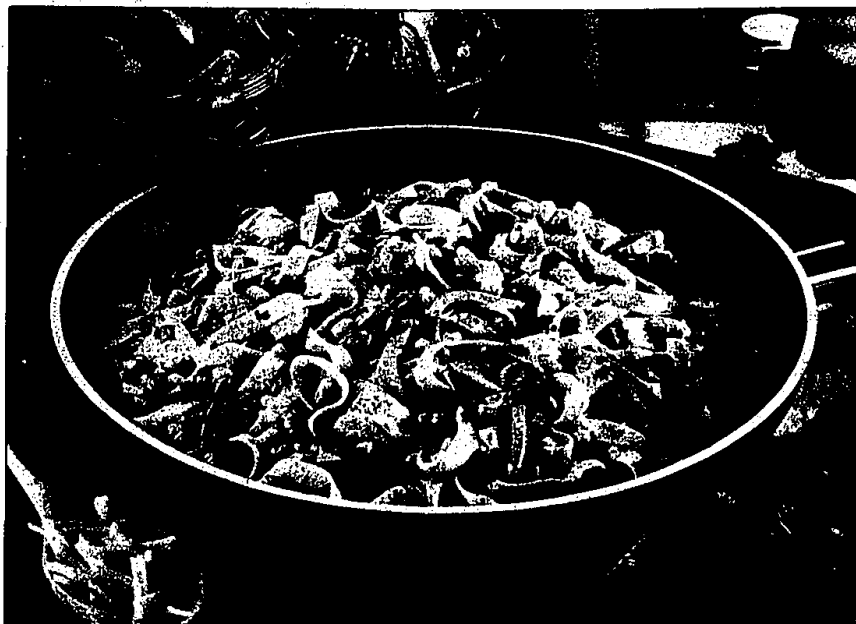
No Yolks noodles. The colorful combination is tossed with a spicy, low-fat sauce and topped with reduced-fat Monterey Jack cheese and cilantro. It's sure to please hearty and healthy eaters alike!

For more easy, heart-smart cooking tips and recipes, send a self-addressed, stamped business-size envelope to: No Yolks, Dept. 110, 520 East Church Street, Libertyville, Ill. 60048.

SOUTHWESTERN SKILLET NOODLE CASSEROLE

1/2 package (4 ounces) cholesterol-free noodles
1 teaspoon cornstarch
2 tablespoons fresh lime juice
1/2 cup reduced-fat sour cream
1 tablespoon finely chopped fresh jalapeno pepper
2 teaspoons chili powder
1 1/2 cups bell pepper strips (2 x 1/4 inches)
12 ounces cooked turkey, cut into bite-size pieces (about 1 1/2 cups)
1 can (15 ounces) black beans, rinsed and drained
1 cup frozen corn, thawed
1/4 cup shredded reduced-fat Monterey Jack cheese
2 tablespoons chopped fresh cilantro

Cook noodles according to package directions without salt. Meanwhile, dissolve cornstarch in lime juice in small bowl. Stir in sour cream, jalapeno and chili powder. In large nonstick skillet sprayed with nonstick cooking spray, sauté bell peppers over medium heat for about 4 minutes or until crisp-tender. Add sour cream mixture, turkey, beans,



Quick-to-make Southwestern Skillet Noodle Casserole stars a colorful combination of bell peppers, corn, black bean, bite-size pieces of turkey and noodles in a savory, spicy sauce.

corn and noodles; mix well. Continue cooking, stirring occasionally, for 5 minutes or until heated through. Sprinkle with cheese and cilantro. Makes 6 (1 1/2 cup) servings.

For less heat, remove seeds and/or

or ribs before chopping. Be sure to wear rubber gloves when handling peppers.

Nutritive values per serving: 322 calories; 30 g protein; 41 g carbohydrate; 5 g fat; 48 mg cholesterol; 122 mg sodium; 5 g dietary fiber.

Flavorful potato swirls low in fat

AP — For flavorful mashed potatoes that need no gravy, pipe together two holiday favorites — mashed potatoes and sweet potatoes. How's that for cutting fat from your holiday meal?

Two-Potato Swirls

3 large baking potatoes (6 to 8 ounces each)
3 large sweet potatoes or yams (6 to 8 ounces each)
2 tablespoons margarine or butter
2 tablespoons milk
2 tablespoons orange juice
1 tablespoon honey
Non-stick spray coating

Peel and quarter potatoes and sweet potatoes or yams. In separate saucepans cook white potatoes and sweet potatoes in a small amount of boiling salted water, covered, about 20 minutes or until tender. Drain.

In a small mixer bowl beat hot white potatoes with an electric mixer on low speed until almost smooth. Add 1 tablespoon of the margarine or butter and milk. Continue beating until light and fluffy. Transfer to another bowl.

In the same mixer bowl beat hot

sweet potatoes with an electric mixer on low speed until almost smooth. Add remaining margarine or butter, orange juice and honey. Continue beating until light and fluffy.

Line a baking sheet with foil; spray with non-stick spray coating. Fit a decorating bag with a large star tip. Spoon the white potato mixture along one side of the bag and the sweet potato mixture along the

other side. To make swirls, on the prepared baking sheet pipe eight 3-inch spirals of the mixture, starting at the center of each, building peaks, two layers high. Cover loosely with plastic wrap; chill until baking time.

To serve, bake, uncovered, in a 375-degree F oven for 15 to 20 minutes or until the tips are golden and swirls are heated through. Use a wide spatula to carefully transfer

the swirls to dinner plates. Makes 8 servings.

Nutrition information per serving: 193 cal. (14 percent calories from fat), 3 g pro., 38 g carbo., 3 g fat, 0 mg chol., 115 mg sodium, 646 mg potassium, 4 g dietary fiber. U.S. RDA: 341 percent vit. A, 43 percent vit. C, 10 percent riboflavin.

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