

Use your noodle to make healthful choices

The U.S. may be known as a melting pot for many cultures, but adventurous cooks have also made it a boiling pot for noodles from around the world. As National Noodle Month, March is a great time to look at how such a popular food can play a major role in healthy eating.

The average American now consumes about 11 pounds of noodles each year, or double the amount consumed a decade ago. That's a healthy trend since noodles are a low-fat food and contain complex carbohydrates, niacin, thiamine, riboflavin, protein, iron and fiber.

When combined with the protein in a low-fat meat sauce or grated cheese, and served alongside a green salad with low-fat dressing and fresh fruit, noodles can serve as the foundation of a filling, nutritious meal.

Mix Asian flavor with Italian pasta in manicotti stuffed with sweet-and-sour cabbage. Heat a tablespoon of olive oil in a heavy-bottomed skillet and saute a small finely-chopped onion until it becomes translucent. Fill a skillet with water to a quarter-inch deep. Stir in a pound of shredded cabbage, a peeled, grated carrot, a peeled, cored and grated apple, and 1/8 tea-

spoon salt. Cover and steam the vegetables until soft - about 80 minutes - adding water as necessary.

Stuff twelve cooked manicotti tubes each with 2/3 cup of the cabbage mixture. Arrange the tubes in a baking dish and pour 1 cup low-sodium chicken stock over them. Cover the dish tightly with aluminum foil and bake for 30 minutes at 400 degrees. Serve with a tomato sauce cooked with 1/4 cup raisins.

For a nutritious meatless pasta topper, try this sauce on your favorite noodles: Saute 1/2 cup finely chopped onion in 1 tablespoon olive oil in a large skillet. Add 1 clove chopped garlic and cook 1 minute more.

Add 1-1/2 pounds of chopped fresh tomatoes (or a 28-ounce can of whole tomatoes packed in puree), 2 cups chopped broccoli, a 15-ounce can of kidney beans (drained and rinsed), 1/2 teaspoon sugar and 1/4 teaspoon crushed red pepper. Bring to a boil, cover and simmer about 15 minutes to blend flavors.

Seafood makes a great low-fat partner for noodles. Linguine with Shrimp and Tomatoes is a quick, colorful and tasty treat.

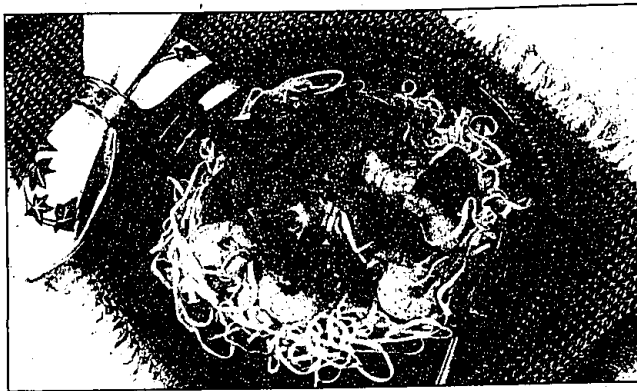
LINGUINE WITH SHRIMP AND TOMATOES

- 4 ounces linguine
- 1 tablespoon vegetable oil
- 1 garlic clove, chopped
- 2 tablespoons finely chopped shallots
- 2 large tomatoes, coarsely chopped
- 1/4 teaspoon dried basil
- 1/2 pound small or medium shrimp (raw)
- 2 spring onions, chopped
- Salt
- Freshly ground pepper

In a large pot of boiling water, cook linguine until it is tender but firm (according to package direction); drain and set aside, keeping warm in the pot with a little water.

Meanwhile, in a heavy fry pan, heat the oil over medium heat. Add the garlic and shallots and cook, stirring, for about 30 seconds. Add the tomatoes and basil and cook for 1-2 minutes. Stir in the shrimp and cook until they are hot and pink. Sprinkle the sauce with spring onions and season with salt and pepper. Serve over hot linguine.

Each of the two servings con-



AMERICAN INSTITUTE FOR CANCER RESEARCH

Colorful combination: Linguine with Shrimp and Tomatoes is a quick, colorful and tasty treat. Seafood makes a great low-fat partner for noodles.

tains 395 calories and 8 grams of fat. Information in this column

from the American Institute for Cancer Research. For a free brochure with ideas for healthy,

meals on hand, write AICR, Dept. HA, Washington, DC 20069.

Seasoned mashed potatoes are simply delicious

See related 2 Unique column on Taste from Chef Kelli L. Lewton.

CABERNET MASHED POTATOES

- 2 pounds Idaho potatoes peeled and sliced into chunks
- 1 cup cabernet sauvignon
- 2 shallots
- 2 cloves garlic

- 2/3 tablespoon unsalted butter
- 1/2 cup heavy cream (scalded)
- Salt and pepper to taste

Bring a pan with water covering potatoes to a boil, then reduce to a simmer until potatoes are fork tender, 15-20 minutes, drain.

Simmer wine, shallots and garlic

then reduce in 1/2. Mash potatoes with the wine reduction, butter, scalded cream and season to taste. Pipe hot potatoes on a plate with pastry bag or just a big spoon. Served well with beef or game.

- 6 tablespoons butter
- 1/2 cup fresh Parmesan or Romano (good quality)
- 2 tablespoons chopped fresh basil
- Salt and pepper to taste

Cover potatoes with water. Bring to a boil with garlic, then reduce to a simmer until fork tender, 15-20 minutes.

Mash potatoes with the remaining ingredients.

GARLIC-BASIL PARMESAN MASHERS

- 2-1/2 pounds potatoes
- 4 cloves of peeled garlic
- 1 cup whole milk (heated)

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