

mixed vegetables; sauté 2 minutes.

Place cornstarch in a bowl. Gradually add broth, blending with a wire whisk; add to skillet. Stir in thyme and next 3 ingredients; bring to a boil over medium heat, stirring occasionally. Reduce heat, and simmer, uncovered, 15 minutes or until thickened. Spoon beef mixture into a 2-quart casserole coated with cooking spray; set aside.

Unroll dinner roll dough and separate into 2 rectangles; roll each portion to an 8- x 4-inch rectangle. Cut each rectangle lengthwise into 4 (1-inch) strips. Arrange strips in a lattice design over beef mixture. Bake at 375° for 20 minutes or until filling is bubbly and crust is golden. Yield: 4 servings (serving size: 1 cup).

CALORIES 304 (29% from fat) / PROTEIN 18g / FAT 9.7g (SAT 2.2g, MONO 5.2g, POLY 1.4g) / CARB 35.9g / FIBER 4.2g / CHOL 35mg / IRON 2.9mg / SODIUM 451mg / CALCIUM 41mg

ORANGE BREADSTICKS

Use a package of the country oatmeal twists in place of the cracked wheat and honey twists, if desired.

- 1 (11-ounce) package refrigerated cracked wheat and honey twists
- $\frac{1}{3}$ cup sifted powdered sugar
- 2 tablespoons unsweetened orange juice
- 1 teaspoon reduced-calorie margarine

Prepare and bake breadsticks according to package directions. Combine remaining ingredients in a small saucepan. Bring to a boil over medium heat, stirring well; reduce heat, and simmer, uncovered, 5 minutes. Brush over hot breadsticks. Serve warm. Yield: 10 breadsticks (serving size: 1 breadstick).

CALORIES 99 (21% from fat) / PROTEIN 2g / FAT 2.3g (SAT 0.8g, MONO 0.9g, POLY 0.1g) / CARB 19.3g / FIBER 1g / CHOL 0mg / IRON 0mg / SODIUM 124mg / CALCIUM 1mg

Parmesan Cheese Variation:

- 1 (11-ounce) package refrigerated cracked wheat and honey twists
- $\frac{1}{4}$ cup grated Parmesan cheese
- $1\frac{1}{2}$ teaspoons garlic powder
- 1 tablespoon reduced-calorie margarine
- 1 tablespoon white wine
- Worcestershire sauce

Prepare breadsticks according to package directions. Combine cheese and garlic

powder in a shallow dish; stir well. Melt margarine in a small saucepan over medium heat; add Worcestershire sauce, and stir well. Brush each breadstick with margarine mixture, and dredge in cheese mixture. Place on a baking sheet, and bake at 375° for 14 minutes or until golden. Yield: 10 breadsticks (serving size: 1 breadstick).

CALORIES 98 (30% from fat) / PROTEIN 2.9g / FAT 3.3g (SAT 1.3g, MONO 1.2g, POLY 0.3g) / CARB 15.4g / FIBER 1g / CHOL 2mg / IRON 0mg / SODIUM 186mg / CALCIUM 28mg

Cinnamon Variation:

- 1 (11-ounce) package refrigerated cracked wheat and honey twists
- 2 tablespoons sugar
- 1 teaspoon ground cinnamon
- 2 tablespoons reduced-calorie margarine, melted

Prepare breadsticks according to package directions. Combine sugar and cinnamon in a shallow dish; stir well. Brush each breadstick with margarine, and dredge in cinnamon mixture. Place on a baking sheet, and bake at 375° for 14 minutes or until golden. Yield: 10 breadsticks (serving size: 1 breadstick).

CALORIES 102 (31% from fat) / PROTEIN 2g / FAT 3.5g (SAT 0.9g, MONO 1.2g, POLY 0.5g) / CARB 17.8g / FIBER 1g / CHOL 0mg / IRON 0.1mg / SODIUM 142mg / CALCIUM 3mg

CURRIED CHICKEN AND RICE

- $\frac{1}{2}$ cup skim milk
- $\frac{1}{3}$ cup reduced-calorie mayonnaise
- 1 tablespoon lemon juice
- 1 teaspoon curry powder
- $\frac{1}{8}$ teaspoon pepper
- 1 (10 $\frac{3}{4}$ -ounce) can reduced-fat, reduced-sodium condensed cream of mushroom soup, undiluted
- $1\frac{1}{4}$ cups instant rice, uncooked
- $1\frac{1}{4}$ cups water
- $\frac{3}{4}$ pound skinned, boned chicken breast, cut into 1-inch pieces
- 2 cups chopped fresh broccoli
- $\frac{1}{4}$ cup sliced green onions
- $\frac{1}{4}$ teaspoon paprika

Combine milk and next 5 ingredients; stir well, and set aside.

Combine rice and water in a shallow 2-quart casserole; cover with casserole lid. Microwave at HIGH 6 to 6 $\frac{1}{2}$ minutes or until liquid is absorbed. Remove rice from dish; cover and set aside.

Place chicken in dish; cover and mi-

crowave at HIGH 4 to 4 $\frac{1}{2}$ minutes or until chicken is done, stirring every 2 minutes. Remove from dish, and set aside.

Combine broccoli and green onions in dish; cover and microwave at HIGH 2 to 4 minutes or until tender, stirring every 2 minutes. Return chicken to dish; add rice and soup mixture, stirring well.

Cover and microwave at HIGH 5 minutes or until thoroughly heated, rotating dish a half-turn after 2 $\frac{1}{2}$ minutes. Let stand, covered, 5 minutes. Sprinkle with paprika. Yield: 4 servings (serving size: 1 $\frac{1}{2}$ cups).

CALORIES 346 (26% from fat) / PROTEIN 25.3g / FAT 10g (SAT 1.6g, MONO 1.1g, POLY 1.4g) / CARB 37.3g / FIBER 2.1g / CHOL 65mg / IRON 2.6mg / SODIUM 544mg / CALCIUM 82mg

CHICKEN AND CABBAGE CASSEROLE

- 3 cups coarsely chopped cabbage (about $\frac{1}{2}$ pound)
- 1 cup coarsely shredded carrot
- $\frac{1}{2}$ cup thinly sliced celery
- $\frac{1}{2}$ cup minced green onions
- 2 tablespoons water
- 1 (15.8-ounce) can Great Northern beans, drained
- 1 (8-ounce) jar commercial medium taco sauce
- 6 chicken thighs (about 1 $\frac{3}{4}$ pounds), skinned
- $\frac{1}{4}$ teaspoons paprika

Combine first 5 ingredients in a 10- x 10- x 2-inch baking dish. Cover with heavy-duty plastic wrap and vent. Microwave at HIGH 7 minutes or until cabbage is tender, stirring every 3 minutes.

Stir in beans and taco sauce. Arrange chicken thighs over cabbage mixture with thickest portions toward outside of dish. Cover with heavy-duty plastic wrap and vent. Microwave at HIGH 9 minutes, rotating dish a quarter-turn every 3 minutes. Turn chicken over; sprinkle with paprika. Cover and microwave at HIGH 6 minutes or until chicken is done, rotating dish a quarter-turn every 3 minutes. Let stand, covered, 5 minutes. Serve warm. Yield: 6 servings (serving size: 1 thigh and $\frac{2}{3}$ cup vegetable mixture).

CALORIES 306 (15% from fat) / PROTEIN 29.5g / FAT 5g (SAT 1.3g, MONO 1.5g, POLY 1.3g) / CARB 34g / FIBER 5g / CHOL 98mg / IRON 2.9mg / SODIUM 465mg / CALCIUM 83mg ■

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