

cup kiwifruit over pudding mixture. Repeat procedure with remaining ingredients, ending with kiwifruit; cover and chill at least 3 hours. Yield: 10 servings (serving size: 1 cup).

CALORIES 230 (11% from fat) / PROTEIN 5.8g / FAT 2.7g (SAT 1.5g, MONO 0.2g, POLY 0.2g) / CARB 47.4g / FIBER 2.3g / CHOL 8mg / IRON 0.4mg / SODIUM 235mg / CALCIUM 137mg

VEGETABLE-BEEF POT PIE

Vegetable cooking spray

1 cup chopped onion

1/2 pound lean boneless sirloin steak, cut into 1-inch strips

1 cup peeled, cubed baking potato

1 (10-ounce) package frozen mixed vegetables

2 tablespoons cornstarch

2 cups canned no-salt-added beef broth

1/2 teaspoon dried whole thyme

1/2 teaspoon dried whole basil

1/4 teaspoon salt

1/4 teaspoon pepper

1 (4-ounce) package refrigerated crescent dinner rolls

Coat a nonstick skillet with cooking spray; place over medium heat until hot.

Add onion and steak, and sauté 3 minutes or until onion is tender. Add potato and

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

1/3 cup sifted powdered sugar

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

crowave at HIGH 4 to 4 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 1/2 minutes. Let stand, covered, 5 minutes. Sprinkle with paprika. Yield: 4 servings (serving size: 1 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 1/2 pound)

1 cup coarsely shredded carrot

1/2 cup thinly sliced celery

1/2 cup minced green onions

2 tablespoons water

1 (15.8-ounce) can Great Northern beans, drained

1 (8-ounce) jar commercial medium