

Benefits of Onions

Onions may make you cry, but there's an upside to those tears. A recent study from the National Cancer Institute found that individuals who ate the most allium vegetables (onions, scallions, garlic, chives and leeks) had a nearly 50 percent lower cancer risk than those who ate the least. Other studies link the veggies with a lower risk of cancer of the colon, stomach, prostate, esophagus, breast, and endometrium.

When buying onions, choose those that are heavy for their size, with papery, dry skin, and no scent or moistness. Strong-smelling onions have probably been bruised. Also, avoid onions that have started to sprout.

CARBONARA SAUCE

- 1 Tbsp. olive oil
- 2 Tbsp. all-purpose or whole-wheat flour
- 2 cups skim milk
- 1/4 cup white wine*
- 1/4 cup skim milk ricotta cheese
- 1 tsp. Mrs. Dash garlic herb seasoning
- 1/2 tsp. creole seasoning
- 1/4 cup grated Parmesan cheese
- *or substitute dealcoholized wine or chicken stock (fat-free/low salt)

Spray a nonstick skillet with cooking spray. Add olive oil and heat. Add flour, stirring with oil until blended.

Add skim milk; bring to a boil and simmer slowly until thickened, stirring often. Add white wine, ricotta, and seasonings. Stir over low heat until smooth. Stir in Parmesan cheese.

Makes 6 servings, 3/4 cup each.

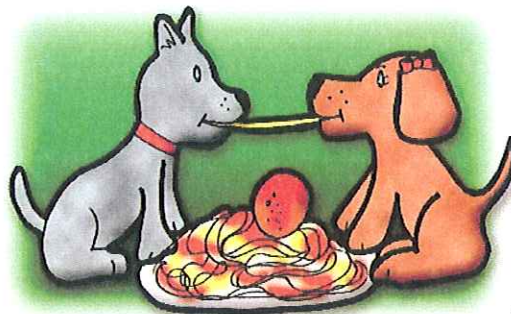
Each serving contains: 79 calories, 8 g. protein, 2.5 g. fat, 4 mg. cholesterol, 5.5 g. carbohydrates, 215 mg. sodium. Calories from fat 29 percent

Pamela Smith is a Registered Dietitian and nationally known radio and TV host. For more information, call 1-800-896-4010 or visit her website at www.pamsmith.com. Her new book, *When Your Hormones Go Haywire*, provides natural solutions for women over 40.



Preparing a Pasta Meal for Two

Pasta can be a good source of folic acid, a key nutrient in a woman's childbearing years. In addition to folic acid, a typical two-ounce serving of non-egg dry pasta contains valuable levels of iron, riboflavin, thiamine, and niacin. The same two-ounce serving contains only one gram of fat, no sodium or cholesterol, and 211 calories.



According to the National Pasta Association, here is how to cook perfect pasta every time:

- ▲ In a large pot, heat 4 to 6 quarts of water to boiling for one pound of dry pasta. (You can adjust this amount depending on how much pasta you're cooking.) Add salt, if desired, allowing 1 tablespoon of salt for every pound of pasta.
- ▲ When the water reaches a hard, rolling boil, add the pasta gradually, stirring at the same time. Allow the water to return to a boil. (Salt added to water is an optional ingredient, a matter of taste, not proper cooking.)

▲ Stir the pasta occasionally during cooking, to prevent sticking. Don't cover it.

▲ Follow the package directions for cooking times. Each manufacturer has tested their brands and shapes for the best cooking times. If the pasta is to be used as part of a dish that requires

further cooking, slightly undercook the pasta.

▲ Use a long-handled fork or spoon to taste for doneness. Perfectly cooked pasta is "al dente," or firm to the bite, yet cooked through.

▲ Drain pasta in a sturdy colander and toss immediately with sauce. (Don't rinse unless the recipe says to do so.)

▲ When choosing a sauce, remember that thin, delicate pastas, like angel hair or thin spaghetti, are better served with light, thin sauces. Thicker pasta shapes, like fettuccine, work well with heavier sauces. Pasta shapes with holes or ridges, like mostaccioli or radiatore, are good with chunkier sauces.

TURKEY CARBONARA

- 8 oz. dried linguine, preferably whole wheat
- 2 strips turkey bacon, chopped
- 1 shallot, minced
- 2 cloves garlic, minced
- 8 oz. smoked turkey, cut into chunks
- 1/2 cup frozen green peas, thawed
- 2 Tbsp. chopped fresh herbs (cilantro, basil, rosemary, thyme)
- 2 cups Carbonara Sauce
- 1 tsp. Mrs. Dash seasoning
- 1/2 tsp. creole seasoning
- 2 Tbsp. chopped fresh basil
- 1 plum tomato, diced



Makes 4 servings

In a large stockpot, cook pasta in boiling salted water until done, preferably al dente (slightly firm). Set aside. Spray a large sauté pan with cooking spray; heat. Add turkey bacon pieces, then shallots and garlic. Begin to cook over low heat. Add smoked turkey. Add pasta, peas, and fresh herbs, and sauté quickly. Then add Carbonara Sauce. Bring to a simmer and add seasonings. Serve immediately, sprinkled with basil and tomato.

Serve with a green salad and 1/2 cup chopped mixed fruit.

Each serving contains: 383 calories, 33 g. protein, 9 g. fat, 86 mg. cholesterol, 40 g. carbohydrates, 537 mg. sodium. Calories from fat 22 percent

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From Pamela Smith's *Eat Well, Live Well*. Visit www.pamsmith.com for more information.