

recipes

penne rigate with sweet-and-spicy picadillo sauce

pictured at right and on page 157

Prep 10 minutes

Cook about 15 minutes

Makes 6 main-dish servings

- 1 package (16 ounces) penne rigate, bow-tie pasta, or radiatore pasta, preferably whole wheat
 - 2 teaspoons olive oil
 - 1 small onion, finely chopped
 - 2 cloves garlic, crushed with press
 - $\frac{1}{4}$ teaspoon ground cinnamon
 - $\frac{1}{8}$ to $\frac{1}{4}$ teaspoon ground red pepper (cayenne)
 - $\frac{3}{4}$ pound lean (90%) ground beef
- Salt**
- 1 can (14½ ounces) whole tomatoes in puree (if unavailable, use whole tomatoes in juice), preferably reduced sodium
 - $\frac{1}{2}$ cup dark seedless raisins
 - $\frac{1}{4}$ cup salad olives, drained, or chopped pimiento-stuffed olives
- Chopped fresh parsley for garnish

penne rigate with sweet-and-spicy picadillo sauce



1. Heat large saucepot of salted water to boiling over high heat. Add pasta and cook as label directs.
2. Meanwhile, in nonstick 12-inch skillet, heat olive oil over medium heat until hot. Add onion and cook, stirring frequently, until tender, about 5 minutes. Stir in garlic, cinnamon, and ground red pepper; cook 30 seconds. Increase heat to medium-high; add ground beef and

$\frac{1}{2}$ teaspoon salt and cook, stirring frequently, until beef begins to brown, about 5 minutes. Spoon off any excess fat as necessary. Stir in tomatoes with their puree, raisins, and olives, breaking up tomatoes with side of spoon, and cook until sauce thickens slightly, about 5 minutes longer.

3. When pasta has cooked to desired doneness, remove 1 cup pasta cooking water; set aside. Drain pasta and return to saucepot. Add ground-beef mixture and reserved pasta cooking water; toss well to coat pasta. Season with salt to taste. Garnish with parsley to serve.

» Each serving: About 452 calories, 22 g protein, 67 g carbohydrate, 9 g fiber, 12 g total fat (3 g saturated), 37 mg cholesterol, 175 mg sodium (if using reduced-sodium tomatoes).

ON THE SIDE For each person, trim and steam 8 spears asparagus. Serve with a spritz of lemon juice. ▶

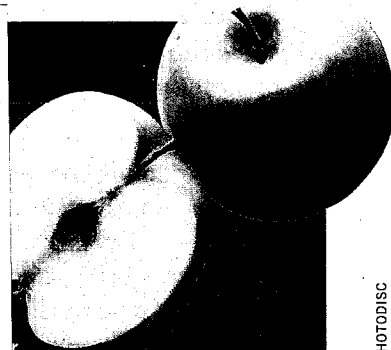
Fiber—the fabu

Switching to a high-fiber diet can aid your weight-loss pill. But how exactly?

- It's filling. It swells a little in the stomach, so a 100-calorie portion (18 g fiber) will make you feel a lot fuller than a 100-calorie portion of Kellogg's Corn Flakes.
- It lowers blood sugar. Many high-fiber foods (like oatmeal) help moderate your blood sugar, which helps keep your insulin level low. Low insulin levels help to lower body fat and lower risk of heart disease.

● It flushes out fat. Some types of fiber, especially those in fruits and vegetables, can sweep out fat before the body absorbs it.

SAVE
1 cup
WATER



ies than low-fiber foods.

ce has no fiber and
npeeled apple has 3.4 g

vegetables, legumes, brans,
archy foods made with

whole grains. (See "Can You Spot the Whole Grain?"
page 170.)