



Garlic Pasta



1 head plus 8 cloves garlic
1 pound spaghetti, preferably whole wheat
1 Tbsp olive oil
 $\frac{3}{4}$ cup low sodium chicken or vegetable broth
1 cup fresh parsley, chopped and loosely packed
1 tsp crushed red pepper flakes
 $\frac{1}{2}$ tsp salt
Ground pepper, to taste
Reduced fat parmesan, for grating (optional)

1. Heat oven to 425°F. Wrap the garlic head in parchment-lined foil; roast until soft and golden, about 1 hour. Let cool, trim tip of head, and squeeze out cloves using back of knife. Transfer to small bowl, set aside.
2. Bring a large pot of water to a boil. Add pasta and cook according to package directions. Drain.
3. Thinly slice 5 cloves of unroasted garlic; finely chop remaining 3 cloves. Heat oil over medium heat in a large skillet. Add sliced garlic; toast until golden. Using a slotted spoon, remove garlic; set aside. Add roasted garlic and broth; let simmer for about 3 minutes. Add pasta, parsley, and red pepper; season with salt and pepper. Toss to combine. Garnish with toasted garlic slivers. Grate cheese over each serving, if desired.

Makes: 4 servings

Nutrition Information:

CALORIES 460 (10% from fat); FAT 5g (sat 1g); CHOLESTEROL 0mg; SODIUM 340mg; CARBOHYDRATE 93g; FIBER 15g; PROTEIN 18g; CALCIUM 10%; IRON 30%



Honey-Glazed Carrots

1 pound carrots
1 Tbsp butter
2 Tbsp honey
 $1\frac{1}{2}$ tsp apple cider vinegar
 $\frac{1}{2}$ tsp salt
Ground pepper, to taste
Chopped fresh parsley, for garnish

1. Steam carrots over an inch of boiling water until just tender, 7 to 10 minutes.
2. Meanwhile, melt butter in a large skillet and stir in honey and vinegar. Add steamed carrots to the skillet and sauté over medium-high heat, stirring constantly, until carrots are well glazed, 2-4 minutes.
3. Season carrots with salt and pepper. Transfer to serving dish and garnish with parsley.



Makes: 4 servings

Nutrition Information:

CALORIES 100 (30% from fat); FAT 3g (sat 2g); CHOLESTEROL 10mg; SODIUM 370mg; CARBOHYDRATE 20g; FIBER 3g; PROTEIN 1g; CALCIUM 4%; IRON 2%