

1/3 c nonfat dry milk  
1 1/2 c skim milk or more as needed  
1 1/2 T Wondra instant blending flour  
2 T light process cream cheese product (NOT nonfat!)  
2/3 c. grated Parmesan cheese  
9 oz cholesterol-free fettuccine  
1/2 c. chopped arugula

Heat a med-size nonstick saute' pan.

Remove from the heat and spray with vegetable oil spray.

Add the onion and saute' over medium heat until limp, about 5 to 10 min.

Add the asparagus and the garlic, cover the pan, and turn off the heat.

(The steam from the onion will cook the asparagus)

In a large skillet, combine the dry milk and skim milk and whisk until blended.

Add the flour, stir, and cook over medium-high heat until thickened.

In a small bowl, add 2 T of the hot sauce to the cream cheese and stir until smooth.

Return this mixture to the hot sauce.

Add the Parmesan and stir until melted.

Keep hot.

If the mixture becomes too thick, thin with small amounts of skim milk.

The consistency should be like cream, not gravy.

Cook the fettuccine in boiling water according to the package directions until it is al dente; drain.

Add the hot pasta and the garlic and the vegetables to the sauce in the skillet.

Stir and cook over med-low heat until heated through.

Serve garnished with chopped arugula.

Serves 4

NOTE: To bake the garlic, preheat the oven to 350.

Place a whole head of garlic in a small baking pan.

Drizzle one tsp of olive oil over the head of garlic;

add 1/4 c. water to the pan.

Bake the garlic, loosely covered with aluminum foil, for 45 to 60 in or until the cloves are soft.

The cloves will slip right out of their skins to be mashed, chopped, or served whole.

The whole garlic cloves can be served as a side dish with any roast meat;

the mashed garlic cloves are also delicious mixed with hot homemade mashed potatoes.

#### FUDGE SOUFFLE'

1/2 c. unsweetened cocoa powder

1/2 c. confectioners' sugar

1 c. skim milk

1/3 c. semisweet chocolate chips

5 egg whites

1/4 c. sugar

1/2 tsp vanilla extract

Lowfat whipped topping (opt.)

Whisk the cocoa powder, confectioners' sugar, and milk in the top of a double boiler over boiling water until smooth.

Add the chocolate chips and stir until the chips are melted.

Stir and lower the heat to simmer.

In a large bowl, beat the egg whites until soft peaks form.

Gradually add sugar and beat until stiff peaks form.

Fold the vanilla and 1/2 c of the chocolate mixture into the egg white mixture.

Bring the water in the bottom of the double boiler back to a boil.

Stir the chocolate-egg white mixture into the chocolate mixture in the top of the double boiler.

Using an electric beater or whisk, beat this mixture for a minute or until it is well combined.

Cover the double boiler and continue to cook over boiling water for 25 to 30 min or until the souffle' is puffed and set.

Serve with lowfat whipped topping if desired.

Serves 4

#### TURKEY CURRY WITH RAISIN RICE

1 lb. ground turkey  
1 c. chopped unpeeled apple  
1 c. chopped onion  
1 1/2 T olive oil  
2 T all-purpose flour  
1 T curry powder  
1 T beef bouillon granules  
1/2 c. nonfat dry milk  
2 c. skim milk

In large saute' pan, saute' the turkey over med high heat, stirring frequently, until browned evenly.  
Drain the turkey on paper towels and set aside

Spray a wide nonstick skillet with vegetable oil spray.  
Over med heat, saute' the apple and onion, stirring frequently, until the onion is translucent.  
Set aside.

In another large skillet, heat the olive oil over low heat just until it is warm. Stir in the flour and curry powder.  
Heat and stir over medium-low heat until the flour begins to bubble.  
Combine the bouillon granules, dry milk, and skim milk; whisk until combined.  
(The bouillon granules will dissolve when they are heated in the sauce)  
Gradually add the milk mixture to the curry mixture, continuing to stir over medium-low heat until the mixture thickens.  
When the mixture is thick, add the turkey and the apple-onion mixture.  
Stir well and heat through.  
Serve over Raisin Rice  
Serves 4

Raisin Rice: In large nonstick skillet, toast 1 c. raw white rice over med. heat, stirring frequently, until most of the rice is brown.

(Appearance may be mottled; this is desirable)

Add 1/2 c. raisins and 2 1/4 c. lowfat chicken stock (from killer pancake recipe)

Bring the mixture to a boil, reduce the heat to low, cover the pan, and cook for 25 min or until the liquid is absorbed.

#### SHRIMP (CHICKEN) RISOTTO WITH PORTOBELLO MUSHROOMS

1 T dry sherry  
1 1/2 c. chopped portobello mushrooms  
4 to 4 1/2 c. lowfat chicken stock from killer pancake recipe  
1 c. water  
1 tsp old bay seasoning  
3/4 lb. (about 20-22) large "Easy-Peel" Shrimp  
1 T olive oil  
1/2 c. finely chopped onion  
1 Garlick clove, pressed  
1 1/4 c. Arborio rice  
1 tsp. finely chopped fresh thyme  
4 c. broccoli florets

Pour the sherry over the chopped mushrooms, stir, and set aside to marinate while you prepare the risoto.

In large saucepan, bring 1 c. of chicken stock, water and old bay seasoning to boil.  
Add the shrimp and poach for 3-5 min or until just pink.  
Remove and shell; set aside

Heat 2 tsp of olive oil in a heavy-bottomed skillet.  
Add onion and saute' over med heat for 2-5 min or until limp.