



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Think Outside the Jar!

Getting a quality meal on the table quickly during busy weeknights can be simpler than you think. And you don't need to rely on just opening a jar of prepared sauce to accomplish it.

Find ways to make simple meals using a combination of shelf-stable and fresh ingredients. Pick a day where you can prep your fresh ingredients for meals during the week. After grocery shopping, take extra time to chop and store veggies for your weekly meals.

Prepping takes a little time and planning but ends up saving you time when you're ready to cook a quick meal. And less food goes to waste!

This Bolognese recipe is a combination of canned and fresh ingredients. Chopping the veggies earlier in the week could save you 15 minutes when it comes time to cook dinner.

Penne with Mushroom Bolognese

Ingredients:

- 1/2 (16-ounce) package whole wheat penne pasta
- 2 Tbsps. olive oil
- 1/4 cup finely chopped carrots
- 1/4 cup finely chopped celery
- 1/4 cup finely chopped white onion
- 1 package (8 ounces) white mushrooms, finely chopped
- 2 garlic cloves, minced
- 1/2 lb. 93% lean ground beef
- 1/2 cup nonfat milk



- 1 can (28 ounces) crushed tomatoes
- 1/4 cup white wine
- 1/4 tsp. salt
- 1/4 tsp. ground black pepper

Directions:

1. Prepare pasta as label directs; drain, return to saucepot and cover to keep warm.
2. In medium saucepot, heat oil over medium-high heat. Add carrots, celery, and onion; cook 4 minutes or until vegetables begin to soften, stirring occasionally. Add mushrooms and garlic; cook 4 minutes or until mushrooms begin to soften, stirring occasionally. Add beef; cook 5 minutes or until browned, breaking up beef with side of spoon. Stir in milk; cook 5 minutes or until most liquid is absorbed, stirring occasionally.
3. Reduce heat to low. Stir in tomatoes with their juice and wine; cook 15 minutes, stirring occasionally. Stir in salt and pepper. Makes about 4 cups. Serve over pasta.