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Dinner Tonight!

Have you planned your dinner for tonight? Texas AgriLife Extension Service can help if you're looking for a quick and nutritious recipe! A team of agents from across the East Region have recorded healthy cooking demonstrations and you can view them via an internet video. While this project is still in the beginning stages, it is off to a great start. There are already plans to expand the web site and add more resources.

Besides the recipes, there are several other useful resources. There is a section on Family Nutrition Information. Here you can find articles such as Altering Recipes for Good Health, Little Tummys and Big Appetites: Nutrition and the 3 to 4 Year Old Child, and Seven Healthy Behaviors for Better Health. Also included are a great blog and a section for helpful tips and hints. There is also a link to our FCS website, <http://fcs.tamu.edu>.

To watch a video, you click on the Dinner Tonight Videos. A new video is released each Tuesday. You can also download a printable recipe. How easy is that? These are healthy, easy to prepare recipes that your family will really enjoy.

If you are interested in getting a weekly reminder from my office to check out the current week's recipe, please call or e-mail my office with your e-mail address. You may contact us at 903/473-5000, ext. 160 or e-mail us at [http://Rains-TX@tamu.edu](mailto:Rains-TX@tamu.edu).

Below is one of the recipes demonstrated on Dinner Tonight.

Beef Italian Pasta

Ingredients:

- 1 ¾ cups uncooked penne pasta
- 1 pound lean ground beef
- 1 can (15 ounces) tomato sauce
- 1 can (14 ounces) low sodium beef broth
- 1 ½ teaspoons Italian seasoning
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 cups chopped fresh spinach
- 2 cups shredded part-skim mozzarella cheese

Cook pasta according to package directions. Meanwhile in a skillet, cook beef over medium heat until meat is no longer pink; drain. Stir in the tomato sauce, broth, Italian seasoning, salt and pepper. Bring to a boil. Reduce heat; simmer, uncovered, for 10-15 minutes or until slightly

thickened. Add spinach; cook for 1-2 minutes or until spinach has turned dark green. Drain pasta; stir into beef mixture. Sprinkle with cheese; cover and cook for 3-4 minutes or until cheese is melted. Yield: 4 servings

Nutrition facts per serving:

Calories: 205

Total Fat: 8g

Cholesterol: 41mg

Sodium: 530 mg

Total Carbohydrate: 18g

Protein: 23g

Fiber 8g

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