

PENNE BOLOGNESE

2 tea olive oil

1 onion, minced

1 carrot, minced

1 rib celery, minced

1/2 pound lean ground beef

1/2 cup dry white wine

1/3 cup no-salt-added tomato paste

1 2/3 cups low-fat (1%) milk

3/4 tea salt

1/2 tea freshly ground black pepper

1/2 tea dried oregano

12 ounces penne pasta

1/4 cup chopped fresh parsley (optional)

3 tab grated Parmesan or Romano cheese

1. In large nonstick skillet, heat oil until hot but not smoking over medium heat. Add onion and cook, until softened, about 5 min. Stir in carrot, celery, and 1/3 cup of water and cook until the vegetables are tender and liquid has evaporated, about 5 minutes longer.

2. Stir in ground beef and cook until no longer pink, about 4 minutes. Add wine and cook until liquid has evaporated, about 5 minutes. Stir in tomato paste, 2/3 cup of milk, the salt, pepper, oregano, reduce to a simmer, and cook, stirring frequently, until the milk has been absorbed. Cook until sauce is thick and creamy, gradually adding the remaining 1 cup of milk until all has been absorbed, about 20 minutes longer.

3. Meanwhile, cook pasta until tender. Drain well. Transfer sauce

to large bowl. Add pasta, parley, if desired, and Parmensan and toss. Spoon Penne Bolognese into 4 serving bowls and serve.

Suggested accompaniments: Shredded Belgian endive with cooked frozen artichoke hearts tossed with nonfat Italian dressing.

Serves 4 Working Time: 25 minutes. Calories: 592, Fat: 18g/27%, Saturated Fat: 7g, Carb: 79g, Protein: 17g, Cholesterol: 50mg, Sodium: 611 mg