

*Literally means
"angry" in Italian!*

Penne Arrabbiata (means red hot)

5ml (1t) oil	375 ml (1 ½ cups) -PASTA-
1 clove garlic, minced	1-2 hot red pepper flakes (this makes it hot)
400 ml (1 ¾ cups) diced tomatoes	50 ml (¼ cup) chopped fresh parsley
Salt and pepper to taste	25 ml parmesan cheese

1. Fill a large pot ¾ full of water. Salt the water "as salty as the sea". Turn the element on to max and bring the water to a full, rolling boil, Then add pasta and cook until tender but firm (al dente), stirring occasionally with a wooden spoon. (8-10 minutes) Drain in colander. Put pasta back into pot and leave on stove until the sauce is done.
2. Heat oil in small fry pan on the element set at #3-4. Add garlic and hot pepper flakes. Cook gently until fragrant, but DO NOT BURN. Use a wooden spoon. Add tomatoes, salt and pepper. Cook for 10-15 minutes until sauce is thick.
3. Pour sauce over the cooked pasta and mix gently.

VEGGIES AND SKINNY DIP (LOW-FAT, HIGH CALCIUM)

2 carrots	25 mL plain yogurt (1T+1t)
1 celery stalk	25 mL mayonnaise (1T+1t)
optional: broccoli trees	25 mL low-fat sour cream (1T+1t)
cauliflower	3 mL dillweed (1/2 t)
	3 mL garlic powder (1/2 t)
	1/2 green onion, very finely chopped

1. Peel carrot, wash celery. Slice into narrow STICKS about 3-10 cm. long.
2. Make dip by combining all ingredients in small white bowl.
3. Using rubber scraper, remove to custard cup or small fancy dish (sugar bowl).
4. To serve: *Artfully* arrange veggies on Platter with dip container. Serve with a small spoon so each person can take some dip onto their own plate.