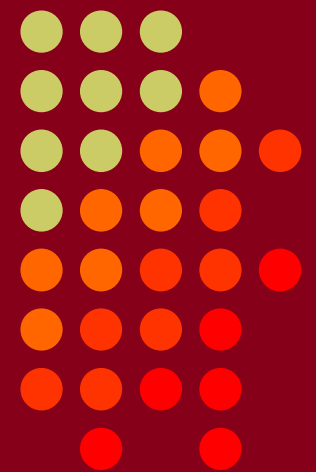
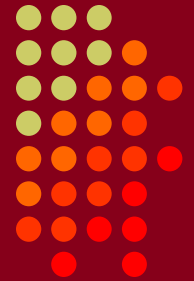


Healthy Recipes

What's in your kitchen?



Inside the website, on the front page, there is always a recipe. The recipes change every month and the past recipes become a link that you can still get to after that month as passed.



Here is an example of a recipe on our website:



Three-Cheese Chicken Penne Pasta Bake

1-1/2 cups multi-grain penne pasta,
uncooked 1 pkg. (9 oz.) fresh spinach leaves
1 lb. boneless skinless chicken breasts, cut into bite-size pieces
1 tsp. dried basil leaves
1 jar (14-1/2 oz.) spaghetti sauce
1 can (14-1/2 oz.) diced tomatoes, drained
2 oz. (1/4 of 8-oz. pkg.) PHILADELPHIA Cream Cheese cubed
1 cup KRAFT 2% Milk Shredded Mozzarella Cheese, divided
2 Tbsp. KRAFT Grated Parmesan Cheese

HEAT oven to 375°F.

COOK pasta as directed on package, adding spinach to the boiling water the last minute.

COOK and stir chicken and basil in large nonstick skillet sprayed with cooking spray on medium-high heat 3 min.

Stir in spaghetti sauce and tomatoes; bring to boil. Simmer on low heat 3 min. or until chicken is done. Stir in Cream cheese.

DRAIN pasta mixture; return to pan. Stir in chicken mixture and 1/2 cup mozzarella. Spoon into 2-qt. casserole or 8-inch square baking dish.

BAKE 20 min.; top with remaining cheeses. Bake 3 min. or until mozzarella is melted.

Prep Time: 20 min ,
Total Time: 43 min,
Makes: 4 servings

In addition to main dishes, we also put up recipes that are snacks, sandwiches, desserts, and breakfast ideas. We put up some of our favorite recipes from the biggest loser cookbook and other credible sources. Some of our recipes come from the PPW consultants' kitchen. We put up recipes for baking, crock pots, and even recipes that require no baking. Our website could be your source to tonight's dinner idea!