

# Mission Meltaway Weekly Newsletter

Some Fun Ideas to Help You Stay on Track November 16, 200

Surviving an Italian dinner can be a trial! Try these tips to reduce the calories you take in:



1/2 Cup Marinara Sauce:  
95 calories and 3 grams of fat

1/2 Cup Alfredo Sauce  
240 calories and 23 grams fat

- begin the meal with a salad with light dressing
- Either eat the bread OR a pasta dish
- ask if they serve whole wheat pasta
- go for marinara sauce if you're having pasta

## Spaghetti con Aglio e Olio



In Italian, aglio e olio means garlic and oil. Give this easy, healthy recipe a try this week!

### Ingredients:

- 1/2 lb pasta
- 1/4 cup extra virgin olive oil
- 1 tbsp minced garlic
- 1/2 tbsp crushed red pepper flakes

### Directions:

- Cook pasta in boiling water according to the directions on the box
- In a sauce pan, heat olive oil over medium heat. Add the garlic and red pepper flakes and cook until the garlic is lightly browned, remove from heat
- Drain pasta, reserve 1/4 cup of pasta water, and place pasta in a bowl
- Add olive oil mixture, toss. If it looks too dry, add some of the reserved pasta water.

This recipe is easily modified. It serves 3-4 people as written. But simply cut down the pasta and use a little less of the other ingredients if you're cooking for 1 or 2.