

# HOOSIER HOME COOKIN'

with Allison Meadows

Here's a quick and easy, light and fit pasta dish that will earn rave reviews from your family. It's a personal favorite that I adapted from a higher calorie counterpart. Honestly, it doesn't taste low-cal at all.

Make the recipe your own by choosing your favorite veggies or those in season. Serve it straight from the pasta pot, or place in a lightly greased 9x13 casserole dish, top with mozzarella and parmesan cheese and bake at 350 degrees for 15 minutes or until cheese is bubbly.

You can throw this recipe together in a snap. By the time the pasta's done, the sauce will be ready too!

Serve with a side salad, garlic bread and Creamy Frozen Fruit Cups, also a low-cal alternative. Happy eating!

### Pasta Primavera

- 1 lb. thin spaghetti
- 2 tsp. extra virgin olive oil
- 1 T. (or more) minced garlic
- 1 medium onion, chopped
- 1/4 cup diced green peppers
- 1/4 cup shredded carrots

- 1 lb. fresh mushrooms, sliced
- 1/2 cup white wine
- 1 large can (27 oz.) whole peeled Italian tomatoes
- 1 tsp. Italian seasoning
- 1 tsp. salt (more or less to taste)
- 1/2 tsp. pepper
- 1/2 tsp. red pepper flakes, optional
- Parmesan cheese
- Shredded mozzarella cheese

Cook spaghetti according to package directions. In a large stockpot warm oil over medium heat. Sauté garlic, onion and green peppers until tender, being careful not to scorch. Add wine, mushrooms and carrots and cook a few minutes until mushrooms begin to wilt. Add tomatoes (crushing each one gently with your hands), seasoning, salt, pepper and red pepper flakes if desired. Bring sauce to a boil and reduce until desired thickness. Drain pasta thoroughly and place on a large serving platter. Cover with sauce and cheeses.

### Creamy Frozen Fruit Salad

- 1 8-oz. pkg. reduced fat cream cheese
- 4 T. skim milk

- 3 T. Splenda
- 1 medium can crushed pineapple in its own juice
- 2 small cans reduced sugar fruit cocktail
- 1 container reduced fat, low sugar whipped topping
- Drain fruits. Combine cream cheese, milk and Splenda. Add fruit. Fold in whipped topping and spoon into paper lined muffin cups. Freeze until firm. Before serving, let stand at room temperature for a few minutes.

## Bridge - A - Rama

High scores for Round 7 were: Cleone and Ed Gruber, 4,100; Rita Wingard and Donanabelle Sieber, 3,500; and Joanne Vianco and Helen Schilling, 3,360.

Other scores were: Joanne Vianco and Helen Schilling, 3280; Melba Hughes and Sam Watkins, 3100; Melba Hughes and Helen Schilling, 2,990; Laura Baker and Sam Watkins, 2,980; and Edith Berninger and Donanabelle Sieber, 2,720.

## Engagements



### Mosak-Simpson

Mark and Kathy Mosak of Valparaiso announce the engagement of their daughter, Allison Leigh, to Tyler Jay Simpson. He is the son of Mark and Stacy Simpson of Flora.

The bride-elect is a 2001 graduate of Valparaiso High School and attended Purdue University with a major in pre-veterinary medicine. She is currently a doctor of veterinary medicine candidate at Purdue.

Her fiancé is a 2000 graduate of Carroll High School and a 2004 cum laude graduate of Wabash College. He has a bachelor of science degree in biology and is currently a doctor of veterinary medicine candidate at Purdue.

They are planning a July 23 wedding.



### Kistler-Tinsman

Jay and Sandy Kistler of Flora announce the engagement of their daughter, Kayla, to Rustin Tinsman. He is the son of Bill and Joretta Tinsman of Flora.

The bride-elect is a 2001 graduate of Carroll Jr.-Sr. High School and a 2005 graduate of Ball State University. She is employed in the Twin Lakes School Corporation as a full-day kindergarten teacher at Oaklawn Elementary.

Her fiancé is a 1996 graduate of Carroll Jr.-Sr. High School and is employed at Tinsman and Son Inc.

They are planning a July 22 wedding.



### Brown-Springer

Tracy Brown and Chad Springer, both of Kokomo, announce their approaching marriage. He is the son of Ken and Caren Springer of Bringhurst and she is the daughter of Rick and Connie Brown of Delphi.

The bride-elect is a 2000 graduate of Delphi Community High School. She holds an associate's degree from Vincennes University and a bachelor's degree from Indiana University in Kokomo. She is employed at IU in Kokomo in the admissions and financial aid office.

Her fiancé is a 1999 graduate of Carroll Jr.-Sr. High School. He earned a bachelor's degree from Wabash College and is currently working on a master's degree in business administration at IU in Kokomo. He is employed at Howard Regional Health System in Kokomo.

A June 24 wedding is planned.

## Meetings

### Delphi CWF

The CWF of the Delphi Christian Church met March 7 at St. Elizabeth Healthcare. Juanita Scott, one of the residents, was able to attend. Twelve members answered roll call - something a minister has said that has stayed with you.

Money has been given to the Purdue Christian Campus House and to a group called IDS for work in Mississippi.

Plans were made for Easter Sunrise and for the breakfast. Money for an Easter lily can be given to Edith Berninger.

Sharon Quinn gave the program.

A projector and screen have been purchased with the \$1,100 grant that was recently received through REMC.

Dan Suto was a guest speaker at a Carroll and Clinton county Lenten breakfast on March 12 at Burlington United Methodist Church to discuss Carroll County Habitat.

The next meeting is scheduled for April 4 at 7 p.m. at Delphi United Methodist Church.

### Wednesday Forum

Members of Wednesday Forum met at the Burrows Presbyterian Church in March. Jan Hathaway gave the program about science highlights in the 20th century. Hathaway reported since 1900 much advancement has been made in genetics and the prevention and treatment of disease. Air travel advanced from the first airplane flight to space exploration. Advancement was seen in televisions, microwaves, computers and telephones. Discussion ensued about how advancements have impacted members' lives.

### Delphi Lions

The Delphi Lions held a retreat at Camp Tecumseh, Whitetail Lodge on March 11. David Wright of the camp hosted 13 Lions. Understanding how the club works, membership, projects, buildings, budget concerns, better public relations, and team building were discussion topics. The next meeting will be March 15 at 5:30 p.m. at Camp Tecumseh.

### Habitat for Humanity

Carroll County Habitat for Humanity met March 7 at Honan Hall in Delphi with 13 members attending. Devotions were led by Rev. Janet Hildreth.

A discussion was held about the purchase of the utility trailer, for which half of the money was received from a Carroll County Community Foundation grant. The partner family for this summer's house build, Teddy and Angel Fontenot, along with their baby Jada, were present. They will begin required training classes in April.

A soup supper will be held at Honan Hall on March 18 from 5 to 7 p.m.

Jim Justice advised that he has two applications for future partner families, and he is in the process of reviewing these and hopes to arrange home visits this month.

## What's Happening Elsewhere

The LAFAYETTE SYMPHONY ORCHESTRA, led by guest conductor Jay Gephart, will present Mancini Memories, a pops concert on April 8 at 8 p.m. in the Long Center. The concert is a showcase of all the great music from legendary composer-conductor-arranger Henry Mancini. Tickets are on sale now at the Lafayette Symphony box office, open Monday - Friday from 10 to 5. Call (765) 742-6463 for tickets.

NEW ARTISTS 2006 EXHIBITION, an annual high school arts competition, will be March 19 to May 20 at the Art Museum of Greater Lafayette, 101 S. 9th St., Lafayette. Opening reception and awards presentation is March 19 from 2 to 4 p.m.

TOXICITY IN AMERICA AND ITS RELATIONSHIP TO DISEASE AND OBESITY seminar will be held at the Knights of Columbus Building in Carmel March 22 at 7 p.m. For more information, contact Susan Holsinger at (765) 379-3722.

KOKOMO COIN AND COLLECTIBLES SHOW will be held Sunday from 10 a.m. to 4 p.m. at the Johanning Civic Center, 1500 N. U.S. 31, Kokomo. Admission is free.

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