

drained sliced mushrooms; drained sliced ripe olives; finely chopped green pepper. If using zucchini slices, carrots, broccoli, or fresh mushrooms, saute or cook in microwave until crisp-tender and drain off any liquid. Add 1/2 ounce sliced pepperoni for added variety.

Bake 25-30 minutes or until spaghetti crust is firm and cheese melts. Serve immediately. Serves 6.

Nutrition Analysis. One-sixth of a pizza made with ground turkey, sauce and part-skim cheese with no additional toppings provides 343 calories, 24 g protein, 24 g carbohydrates, 1 g dietary fiber, 17 g fat, 82 mg cholesterol, 342 mg calcium, 512 mg potassium and 663 mg sodium.

Note: This recipe can be easily doubled. Bake in a greased 15 1/2" x 10 1/2" x 1" jelly roll pan at 350°F for 30 minutes.

In a small saucepan, heat the water and cracked wheat to boiling; cook, stirring occasionally, on medium-high heat until water is absorbed, about 6 minutes. Cool to 80°F.

Measure ingredients exactly and place in pan in the order the bread machine manufacturer recommends. Select the "whole wheat" cycle, and bake on the light setting. Press start. Do not use the "delayed time" cycle.

After bread has baked, remove from pan and let cool.

Nutrition Analysis. One serving (1 1/2 pound loaf, 24 servings per loaf) provides 77 calories, 2 g protein, 14 g carbohydrates, 1 g dietary fiber, 1 g fat, 2 mg cholesterol, 17 mg calcium, 55 mg potassium and 102 mg sodium.

Note: If your machine does not have a "whole wheat" cycle, after the first knead cycle has completed, reset the machine and start it again. The extra knead is especially important in 100 percent whole wheat bread because it gives the yeast and gluten a second chance to create a lighter loaf.

Tip: After dough has mixed and kneaded several minutes, touch dough to check consistency. Add 1-3 teaspoons extra water or flour if needed.

What Counts as a Serving?

Each of the food groups illustrated by the Food Guide Pyramid provide some, but not all, of the nutrients you need. No one food group is more important than another; for good health you need them all. Go easy on fats, oils and sweets, the foods in the small tip of the Pyramid.

Bread, Cereals, Rice, Pasta

- ▲ 1 slice soft-crust bread
- ▲ 1/2 ounce cookies, crackers
- ▲ 1 small waffle, 3 1/2-inches square
- ▲ 1 ounce cold cereal
- ▲ 1/2 bun, pita, English muffin, regular bagel or soft pretzel
- ▲ 1/2 - 1 wheat or corn tortilla
- ▲ 1/2 slice firm hearth bread
- ▲ 1/2 medium muffin
- ▲ 1 pancake, 4-inches diameter
- ▲ 1/2 cup cooked cereal
- ▲ 1/2 cup cooked pasta, couscous, bulgur or rice

Vegetables

- ▲ 1 cup raw leafy vegetables
- ▲ 1/2 cup cooked or chopped vegetables
- ▲ 3/4 cup vegetable juice

Fruit

- ▲ 1 medium apple, banana or orange
- ▲ 1/2 cup chopped, cooked or canned fruit
- ▲ 3/4 cup fruit juice

Milk, Yogurt, Cheese

- ▲ 1 cup milk or yogurt
- ▲ 2 ounces processed cheese
- ▲ 1 1/2 ounces natural cheese

Meat, Poultry, Fish, Dry Beans, Eggs, Nuts

- ▲ 1/2 cup cooked dry beans, 1 egg and 2 tablespoons of peanut butter count as 1 ounce of lean meat
- ▲ 2-3 ounces lean meat, poultry or fish