

Easy  
make-  
ahead  
meals

# Our Best Comfort Food

## 115 Feel-Good Recipes

Pizza, Pasta,  
Pancakes,  
Pie & more

**MMM ...  
Melly  
Goodness  
Mac & Cheese**

p. 110

**30 BREAKFASTS  
Worth Waking Up To!**

p. 10

Four-  
Cheese  
White  
Pizza  
p. 101

2012  
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BHG SIP Yellow Checkout



## Spicy Shrimp Pasta

Pictured on page 66.

Company coming? Stop at the store to pick up the five ingredients you might not have on hand—shrimp, pasta, chile peppers, garlic, and tomatoes. Grab the oil, salt, and black pepper from your cupboard shelf, and start cooking.

**Start to Finish:** 30 minutes

- 12 ounces fresh or frozen large shrimp in shells**
- 8 ounces dried linguine or fettuccine**
- 2 tablespoons olive oil or vegetable oil**
- 1 or 2 fresh jalapeño chile peppers, finely chopped\***
- 2 cloves garlic, minced**
- ½ teaspoon salt**
- ¼ teaspoon ground black pepper**
- 2 cups cherry tomatoes, halved**
- Finely shredded Parmesan cheese (optional)**

1. Thaw shrimp, if frozen. Peel and devein shrimp. Rinse shrimp; pat dry with paper towels. In a large saucepan cook linguine according to package directions; drain. Return linguine to hot saucepan; cover and keep warm.

2. Meanwhile, in a large skillet heat oil over medium-high heat. Add chile peppers, garlic, salt, and black pepper; cook and stir for 1 minute. Add shrimp; cook and stir about 3 minutes or until shrimp are opaque. Stir in tomatoes; heat through.

3. Add shrimp mixture to cooked linguine; gently toss to combine. If desired, serve with cheese. **Makes 4 servings.**

**\*TIP:** Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

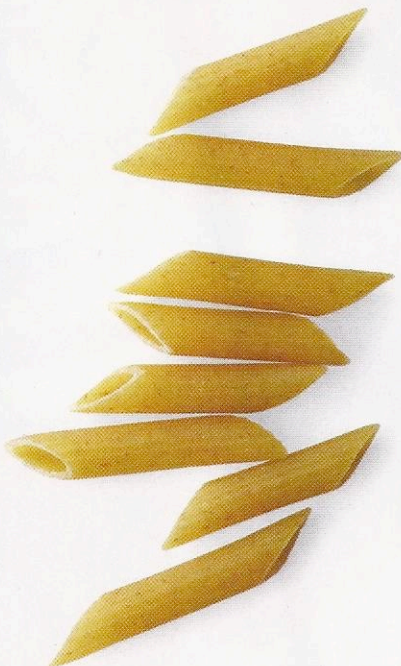
**Per serving:** 363 cal., 9 g total fat (1 g sat. fat), 97 mg chol., 396 mg sodium, 48 g carb., 3 g fiber, 21 g pro.

## THE NEXT THING IN NOODLES

Add a little variety—and more diverse grains—to your diet with these nourishing noodles. —Casey Barber



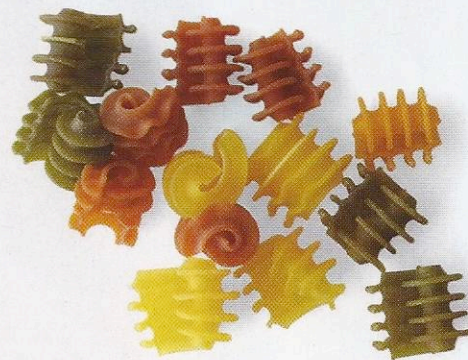
**TINKYÁDA'S** pasta, made with brown rice, keeps its bite and holds up even in baked pasta dishes. ([tinkyada.com](http://tinkyada.com); \$3.69 for 12 ounces)



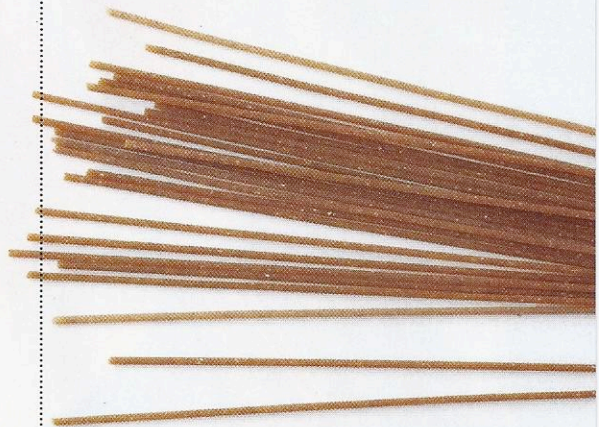
**DEBOLES** offers a variety of whole grain and wheat-free noodles, with oat bran, rice flour, and multigrain options. ([deboles.com](http://deboles.com); \$2.99 for 8 ounces)



**BIONATURAE'S** organic gluten-free pasta with rice, soy, and potato flours is crafted in Italy just like traditional semolina noodles. ([bionaturae.com](http://bionaturae.com); \$3.69 for 12 ounces)



**ANCIENT HARVEST QUINOA** blends organic corn and quinoa in its high-protein, high-fiber, gluten-free pastas and noodles. Your family probably won't notice the switch. ([quinoa.net](http://quinoa.net); \$3.19 for 8 ounces)



**JOVIAL** is the only whole grain pasta made with einkorn, a 12,000-year-old strain of wheat enjoyed by ancient Egyptians and Romans. ([jovialfoods.com](http://jovialfoods.com); \$3.69 for 12 ounces)