

SparkRecipes®

A Week of Healthy Italian Favorites

Just like your Italian grandmother used to make, with far less fat and fewer calories. Comfort food, Italian style!



Sunday



Spicy Low Fat Turkey Meatballs

with whole-wheat pasta and a low-sodium jarred sauce

Monday



Chef Meg's Slow Cooker Lasagna

Tuesday

Perfectly Healthy Pasta

Wednesday



Tuscan Chicken Milano

Thursday

Mediterranean Salmon

Friday



Linguine with Spicy Shrimp Sauce (Chef Meg's makeover)

Saturday



Italian Chicken and Pasta Bake