**FIT PHO**

1 tbsp canola or sesame oil
1 lg zucchini cut into ½ inch pieces
1 cup sliced mushrooms
½ red bell pepper, thinly sliced
1 cup fresh baby spinach
1 packet white miso paste (.35 oz)

Heat oil in a large non-stick pan over medium heat. Add zucchini, mushrooms and bell peppers and cook until lightly browned, 3-5 minutes. Add the spinach and season lightly with salt and pepper.

Remove from heat, divided evenly between two bowls.

**HEALTHIER MAC + CHEESE**

½ 16oz package of whole wheat pasta (elbow or penne)
1 tbsp butter
3 tbsp all-purpose flour
3 cups fat-free milk
½ tsp salt
½ tsp dry mustard
1 8oz pkg. 2% reduced-fat sharp cheddar cheese, shredded
cooking spray

Cook pasta according to package instructions, drain. Melt butter in a large saucepan over medium heat. Whisk in flour, and cook for 2 minutes whisking constantly. Gradually whisk in milk, salt, dry mustard. Cook for an additional 5 minutes while whisking constantly. Remove from heat.

Add 1 ½ cups cheese, stirring until cheese melts and mixture is smooth. Stir in pasta until well combined. Spoon mixture into an 8-inch square cooking dish that has been pre-coated with cooking spray. Sprinkle remaining cheese evenly across the top. Bake for 20 minutes or until golden and bubbly. Let stand for 5 minutes before serving.