



Extension Nutrition Programs

FSNEP/EFNEP

Italian "Pastabilities"

MENU MAGIC

Pasta main dish
+ bread
+ fruit or vegetable
+ glass of milk
= quick, easy, healthy meal

PASTA PREPARATION

- When COOKING use about 4 cups water to 4 ounces pasta.
- Bring water to a boil, add pasta gradually so boiling doesn't stop. Stir to prevent sticking together. One tsp of oil may be added to prevent foaming.
- Cook uncovered according to package directions (6-15 min) stirring occasionally.
- Test for doneness. It should be firm, not mushy.
- Drain. If used for a cold dish, rinse in cold water. If used in a hot dish, rinsing is not necessary.
- **REHEAT** in microwave or place in boiling water just long enough to heat.
- **STORE** cooked pasta in refrigerator up to 3 days or freeze for 2 months.

5 MINUTE RED SAUCE

Use one of these combinations:

Combo 1:

- 1 - 6 ounce can tomato paste + 1 can of water
- 1 - 16 ounce can of crushed tomatoes

or Combo 2:

- 2 - 15 ounce cans tomato sauce

Add to either combo:

- 1/8-1/4 teaspoon garlic powder
- 3/4 teaspoon Italian seasoning
- 1 Tablespoon dried onion
- 1 teaspoon sugar
- Salt and pepper to taste

Simmer ingredients for 5-10 minutes.

Tips

- Try different shapes of pasta - kids love it.
- Double your favorite recipe and freeze for later use.

EASY ALFREDO SAUCE

Here are two 10 minute versions of a cheesy white sauce. Add leftover meat and vegetables, toss with pasta, and create a healthy main dish.

Recipe 1:

- 1 Tablespoon margarine
- 1 Tablespoon flour
- 1/2 cup chicken stock or broth
- 1/2 cup milk
- 1/3 cup Parmesan cheese

Melt margarine over low heat in medium sauce pan. Stir in flour and cook until bubbly. Add liquid and cook over medium heat until it boils. Boil for 1 minute. Stir in cheese.

Recipe 2:

- 1 cup evaporated milk
- 1 cup Parmesan cheese

Bring evaporated milk to a simmer over medium heat, stirring constantly. Stir in the cheeses and simmer until melted. Continue to stir until thickened.

Skillet Supper

- 1/2 pound hamburger
- 1 1/2 cups chunky spaghetti sauce (1/2 jar)
- 2 1/4 cups water
- 1 can mushrooms (or other vegetable)
- 2 cups uncooked macaroni (or small pasta)

Brown meat in skillet and drain fat. Add rest of ingredients and bring to a boil. Reduce heat, cover and simmer 8 to 11 minutes, or until pasta is done. Stir occasionally and remove lid the last few minutes. Top with cheese if desired.

Chicken Parmesan

- 4 boneless chicken breasts
- 1/2 cup Parmesan cheese
- 1/2 cup cracker or bread crumbs
- 1 egg
- 1 1/2 cup spaghetti sauce (1/2 jar)

Mix cheese and cracker crumbs together. Beat egg. Dip chicken in egg then cheese mixture. Place sauce in the bottom of 9" x 13" baking pan, place coated chicken on top. Bake 350° for 30-35 min.

How Much?... PASTA CONVERSIONS

Spaghetti and long types

8 oz. = 4 1/2 " bundle dry = 4-5 cups cooked

Noodles & flat types

8 oz. = 5 c. dry = 5 c. cooked

Macaroni & short shapes

8 oz. = 2 c. dry = 4 c. cooked

Italian Casserole

- 1 can creamed soup (chicken, mushroom, celery)
- 2 1/4 cup water
- 1/2 teaspoon basil or other seasoning
- 2 cups frozen vegetables
- 2 cups uncooked small pasta
- 1 cup cooked chicken, turkey, or 1 can tuna

In skillet combine soup, water, seasoning, frozen vegetables, and pasta. Bring to a boil, reduce heat and cover. Simmer 10 minutes, stirring occasionally. Remove lid, add cooked meat and continue cooking until pasta is done. Top with Parmesan cheese.

SUBSTITUTIONS

<i>Instead of...</i>	<i>Use...</i>
1 clove garlic	1/4 teaspoon instant minced garlic or 1/8 teaspoon garlic powder
1/2 cup chopped onion	2 Tablespoons instant minced onion or 1 teaspoon onion powder
1 Tablespoon fresh herbs	1 teaspoon dried herbs

ITALIAN SEASONINGS

Use any combination of basil, oregano, or Italian seasoning, onions and garlic (dried or fresh) to your liking, and top off with Parmesan, mozzarella or whatever cheese you prefer.

Easy Oven Lasagna

- 1/2 pound hamburger
- 3/4 cup water
- 4 cups red sauce (see the recipe on front page)
- 8 ounces uncooked lasagna noodles
- 1 cup low-fat cottage cheese
- 2 cups shredded mozzarella cheese
- 1/4 cup Parmesan cheese

Brown meat and drain any fat. Add water and sauce to the meat. In a 9" x 13" pan, layer a sauce mixture, uncooked noodles, cottage cheese, and mozzarella cheese. Do this to form 3 layers. On the third layer, put sauce on last and top with Parmesan cheese.

Cover with foil and bake 1 hour, or until noodles are tender, at 375°. Let stand 5-10 minutes before serving. Serves 6-8.

Tip: This dish can be made the night before, refrigerated, and baked the next day.

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