

# Knowledge @ Noon

## *“Oodles of Noodles”*



*Wednesday, October 17, 2018*

*12:00 - 1:00 p.m.*

104 S. Brayman, Paola, KS

Marais des Cygnes Extension District, Paola Office

*Instructors: Marais des Cygnes Extension District  
Master Food Volunteers*

## MAKING HOMEMADE PASTA

Pastas can be divided into three categories: **Dried Semolina Pasta**, **Fresh Egg Pasta**, and **Fresh Eggless Pasta**.

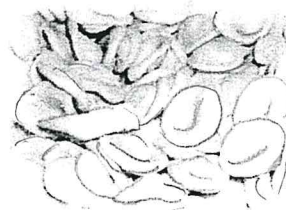
**Dried Semolina Pasta:** This is the pasta we typically find in our grocery store in shapes such as capellini (angel hair), elbow macaroni, farfalle (butterflies or bow ties), fettuccine, fusilli (spiral pasta), lasagna, penne, spaghetti and more. This pasta is made from durum wheat flour (called semolina in Italy) and water. Durum wheat is high in protein, produces an elastic dough, and springy, resilient noodles. These qualities, which work well in a commercial setting, are not as suited for home use. It is difficult to achieve a good quality homemade pasta with durum wheat and water.

**Fresh Egg Pasta:** Fresh egg pasta is delicate in flavor and texture and the wheat and strong egg flavors complement each other. Fresh pasta absorbs sauces better than dried pastas. Homemade pasta tastes much better than anything you can buy and is a fairly simple project, requiring only a few tools. A food processor can make the dough quickly and requires less effort than traditional hand-methods. Fresh egg pasta can be rolled and cut by hand or by machine. Egg pasta is typically used to make spaghetti, fettuccine, or lasagna as well as filled pastas such as ravioli or tortellini. Fresh egg pasta may be cooked immediately or dried for about 2 hours then sealed in a plastic bag and placed in the freezer for longer storage (use within 1 to 2 months). Add frozen pasta directly to salted boiling water and increase cooking time by a few minutes. For one pound of fresh egg pasta, you will need about 4 quarts of well-salted water.

**Fresh Eggless Pasta:** This type of pasta is more common in southern Italy and is hand-molded into cavatelli (mini hot-dog buns) or orecchiette (meaning "small-ear"). These pastas use a combination of semolina pasta or whole wheat pasta and all-purpose flour to make a more workable dough. This dough is stiffer and is best kneaded in a food processor. A final hand-kneading gives the dough a smooth, elastic finish. This dough does not require resting time because the dough is shaped, not stretched. Cut a rope of dough into small pieces and then use a knife to shape. To shape cavatelli, press your index finger against the blade of a butter knife to flatten dough. Pull knife toward you, allowing dough to drag across the work surface and curl around the tip of the knife. To shape orecchiette, use a butter knife and press into dough piece to form a shallow concave disk. Place index finger of other hand against the curved outside, put down knife and push the disk over your finger, turning it inside out. Transfer pasta to a jellyroll pan dusted with flour so pasta will not stick to each other.



cavatelli pasta



orecchiette pasta

## FRESH EGG PASTA

2 cups all-purpose flour, sifted  
3 large eggs, slightly beaten

YIELD: about 1 pound of noodles (serves 4 to 6) or filled pasta (serves 6 to 8)

Table-Mixing: Sift your measured flour into a pile on the table or countertop and make a well in the center. Add eggs to the well and begin to stir with a fork or whisk, pulling in the flour a little at a time until dough begins to form. Continue hand-kneading using remaining flour until dough is smooth, about 1 to 2 minutes.

Bowl-Mixing: Break eggs into bowl and whisk slightly. Add flour and use a large spoon to combine until dough forms. If dough is too dry, add a  $\frac{1}{2}$  teaspoon water at a time. If dough is too sticky, add 1 tablespoon flour at a time. Turn out onto a lightly floured surface and knead until the dough is smooth, about 1 to 2 minutes.

In a food processor: Add flour and process for several seconds to aerate the flour. Add the eggs and continue pulsing just until a dough begins to form a ball, about 30 seconds. If dough is sticky, add flour, 1 tablespoon at a time, and pulse until ball is formed. If too dry, add water about  $\frac{1}{2}$  teaspoon at a time and pulse until ball is formed. Place dough onto a dry surface and knead until the dough is smooth, about 1 to 2 minutes.

Cover with plastic wrap and let rest for at least 15 minutes or up to 2 hours. Divide dough into smaller balls (2 to 6 pieces, depending on rolling method) and keep unused portions wrapped in plastic.

### Variations:

#### **Whole Wheat Pasta**

Use  $\frac{1}{2}$  cup all-purpose flour and  $1\frac{1}{2}$  cups whole wheat flour. Blend flours together. Add 3 beaten eggs. Follow directions for Fresh Egg Pasta.

#### **Spinach Pasta**

Divide one 10-ounce package frozen, chopped spinach in two. You will only need half the package for one recipe. Add thawed spinach to 1 cup boiling water and cook two to three minutes until tender. Drain and press with a spoon to remove as much water as possible. Finely chop spinach, removing any further liquid. Add spinach to the 3 eggs and beat. Add  $2\frac{1}{2}$  cups flour and mix until dough forms. Turn out onto work surface and knead until smooth. Let rest before rolling pasta.

(Adapted from *The Complete Book of Pasta and Noodles*)

### More Variations::

#### **Fresh Herb Pasta**

Follow Fresh Egg Pasta directions and add the following herbs when adding the eggs: 2 tablespoons minced fresh parsley, basil, mint, cilantro, sage, thyme, oregano, marjoram or a combination.

#### **Corn Pasta**

Use ½ cup cornmeal and 1½ cups all-purpose flour. Blend together. Add 3 beaten eggs. Follow directions for Fresh Egg Pasta.

#### **Tomato Pasta**

Follow recipe for Fresh Egg pasta increasing flour to 2¼ cups and adding 2 tablespoons tomato paste when adding the eggs. Follow directions for Fresh Egg Pasta.

#### **Black Pepper Pasta**

Follow recipe for Fresh Egg Pasta adding 1½ teaspoons coarsely ground black pepper to the flour. Add beaten eggs. Follow directions for Fresh Egg Pasta.

(Adapted from *The Complete Book of Pasta and Noodles*)

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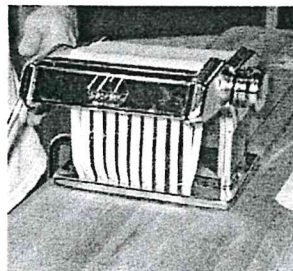
## ROLLING AND CUTTING PASTA

Hand-rolling: Flatten 1 piece of dough on a lightly floured surface and dust with flour. Use rolling pin or long dowel to roll out. Roll in all directions, turning over and dusting with flour every so often, until dough is rolled almost paper-thin. Do not worry about getting a perfect shape—this is the beauty of hand-rolled noodles. If desired, use a ruler to square off a section of your dough in order to cut precise pieces.

Machine-rolling: Flatten 1 piece into a disk and run through pasta machine set at its widest setting. Fold both ends towards the middle and send through widest setting again, repeat 2 more times until the dough is smooth. If the dough is sticky, dust with flour. Reduce the settings and continue rolling the dough until it reaches desired thickness.

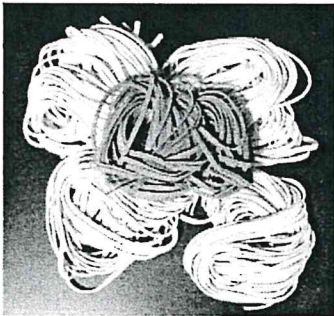
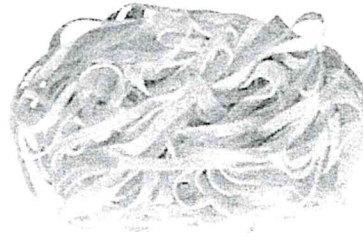
### Cutting Your Pasta:

Pasta may be hand-cut or machine cut into desired shapes and widths. If using immediately, lay flat on a clean towel and cover with a damp cloth to prevent drying. Otherwise, do not cover and allow the cut pasta to dry. You may also use a pasta rack, a plastic hanger or dowels set between chairs to dry.



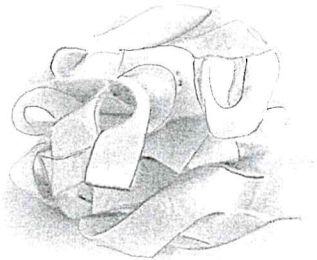
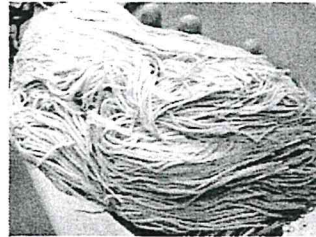
## VARIOUS PASTA SHAPES

**Fettuccine** is a long noodle that typically measures  $\frac{1}{8}$  to  $\frac{1}{4}$  inch across. They are sometimes called tagliatelle or trenett, especially when cut by hand into slightly wider strips. If using a pasta machine, run pasta sheets through next-to-last or last setting. Run through the wide cutter of the machine.



Similar to linguini, **taglierini** is a flat noodle like fettuccine but only measures about  $\frac{1}{16}$  inch across. If using a pasta machine, run pasta sheets through the thinnest setting, then run through the narrow cutter.

**Spaghetti** is a narrow pasta like taglierini but thicker. If using a pasta machine, only run pasta sheets through the next-to-last setting, then run through the narrow cutter.



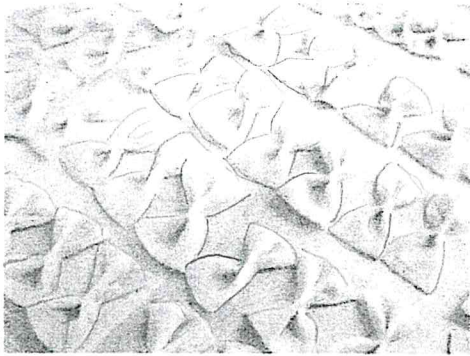
**Pappardelle** is a wide, ribbon-like noodle. With a knife, square off pasta sheet to about 12 or 15 inch lengths. Use a scalloped pastry cutter to cut 1-inch wide strips lengthwise.

**Pizzoccheri** is typically made from a combination of all-purpose and buckwheat flour and cut into  $2\frac{1}{2}$ -by- $\frac{3}{4}$ -inch pieces. These can be cut as a straight edge or cut with a scalloped pastry cutter.



## VARIOUS PASTA SHAPES

**Garganelli** is a rolled pasta that resembles penne when cooked. Cut pasta to 1½-inch squares. Use a clean pencil and roll from one corner to the other. Press closed and remove pencil. Repeat until enough pasta.



**Farfalle** is a bowtie or butterfly shaped pasta. Cut your pasta sheet into 1½ inch by 2 inch rectangles. Place your first finger in the center and pull the sides together with your thumb and second finger, removing your first finger at the last second and squeezing to stick. Repeat, then cook.

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## PAIRING PASTA AND SAUCES

*Simple rule: You should be able to eat the pasta and sauce easily in each mouthful*

### By pasta

Fresh egg pasta is especially good with dairy-based sauces. The flavors of the pasta and sauce are in harmony. Also, cream sauces tend to have more liquid, which can be better absorbed by the pasta.

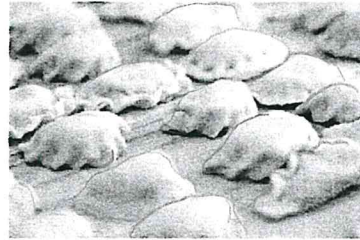
Fresh eggless pasta works well with hearty vegetable, meat, or seafood sauces, since the pasta is a more chewy & substantial pasta.

### By shape

- **Spaghetti** is best paired with smooth sauces, tomato or dairy based, or sauces with medium-sized chunks. Thinner **angel hair** pasta needs a light cream or tomato sauce.
- **Fettuccine** can handle more robust sauces: dairy-based, oil-based or tomato-based and work well in sauces combined with meat, vegetables, seafood or cheese. The wider the noodle (**pappardelle**), the chunkier the sauce it can support.
- **Taglierini** or **linguini** works best with traditional pestos or thin tomato, oil-based, or seafood sauces.
- Short tubular or molded shapes, such as **penne/garganelli**, or **elbow macaroni** trap chunkier sauces well. The larger the pasta, the larger the chunks it can support.
- **Farfalle** is great with intense fragrances and flavors. Try a light sauce with vegetables or fish, dairy-based sauces, simple oil-based sauces, or in pasta salads.

## FILLED PASTA

- 1 lb. fresh egg pasta
- 1 recipe any filling for pasta
- 1 recipes of any sauce for pasta



### Ravioli

1. Cut pasta sheets into long rectangles measuring 4 inches across. Use a spoon or filled pastry bag to place small balls of filling (about 1 rounded teaspoon each) in a line 1 inch from the bottom of the pasta sheet. Leave 1¼ inches between each ball of filling.
2. Fold over the top of the pasta and line it up with the bottom edge. Use your fingers to seal around each filling, pressing to remove any air pockets.
3. Use a fluted pastry wheel or ravioli stamp to cut along the bottom of the sealed pasta sheet and between each ravioli.
5. Bring 4 quarts of water to a boil in a large pot. Add 1 tablespoon salt and half the pasta. Cook at a gentle boil, until the doubled edges are al dente, about 4 to 5 minutes. With a slotted spoon, transfer the ravioli to warmed bowls; add some sauce. Meanwhile, cook the rest of the ravioli.

### Cannelloni

1. Roll your pasta to the thinnest setting allowed by your manual machine, or hand roll until you can see the outline of your hand through the dough. Cut into 3-inch by 5-inch rectangles. Cook three to four pasta sheets at a time to al dente in 6 quarts of well-salted boiling water. Using a slotted spoon, transfer to ice water for 30 seconds, drain and lay out on kitchen towels. Repeat until all noodles are cooked.
2. Spread filling lightly over pasta sheets, leaving a ¼-inch border on all sides.
3. Start at the short end and roll up jelly-roll style. Place seam-side down in a buttered 9x13-inch baking dish.
4. Spoon sauce over cannelloni and bake 12 minutes or until golden in a pre-heated 450 degree oven. Serve immediately.

### Tortellini

1. Cut pasta sheets into 2½-inch squares. Transfer squares to a clean, lightly floured work surface. Place ½ teaspoon filling in center.
2. Fold square diagonally in half to make a triangle with the top edge covering the filling, but leaving a thin border of the bottom edge exposed. Seal with your finger.
3. Lift the filled triangle and wrap the back of the triangle around the top of your first finger; squeeze the corners of the triangle together.
4. Fold back the top of the triangle so filling is completely enclosed and slide off your finger.



(Adapted from *The Complete Book of Pasta and Noodles*)



## Pasta

Pasta includes all forms of macaroni, noodles and spaghetti. It is made from wheat flour; there are also 100% whole wheat varieties available. When cooked, pasta can be used in many hot and cold dishes.

### Nutrition Information

Pasta is part of the grain group. Foods from the grain group provide our body with its number one source of energy.

Based on the MyPyramid,  $\frac{1}{2}$  cup of cooked pasta provides 1 ounce of grains from the grain group.

A typical person should aim to eat 6 ounces of grains every day. At least 3 ounces should be whole grains.

### Storage

Store uncooked pasta in a cool, dry place. Unopened pasta will keep up to 1 year.

After opening, store in a tightly covered plastic container. Do not store above refrigerator, stove, or next to soap products with strong odors.

### Tips for Cooking Pasta

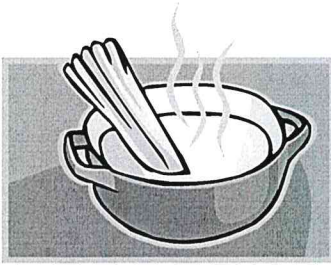
Follow package directions along with these general tips for cooking perfect pasta every time:

- 1 cup uncooked pasta = 2 cups cooked pasta
- Use at least 6 cups water for 2 cups uncooked pasta.
- Add 1 teaspoon oil to water to keep pasta from sticking and foaming. Bring water to a full, rolling boil before adding pasta.
- Add pasta gradually, so water does not stop boiling.
- Leave pan uncovered.
- Stir occasionally to keep from sticking.
- Cook just until tender (*al dente*). Read directions for cooking time.

Store cooked pasta in a tightly covered plastic container in the refrigerator. Use within 5 days. To reheat pasta, place in a saucepan with a small amount of water and slowly heat. Drain off water before eating.

**Know how. Know now.**





## Recipes and Tips

Shorten cooking time slightly if pasta is to be used in a casserole that needs further cooking. Drain pasta in a colander. If cooked pasta is to be used cold in salads, add the salad dressing while the pasta is hot. This helps prevent sticking and blends flavors.

### Vegetable Pasta Salad

6 servings

1½ c. pasta, uncooked	¼ tsp. pepper
½ c. vinegar	½ tsp. garlic powder
½ c. water	¼ tsp. dill weed
¼ c. sugar	¼ tsp. dried parsley
⅓ c. vegetable oil	3 c. fresh vegetables, chopped*
⅛ tsp. salt	

1. Cook pasta according to package directions.
2. In a small saucepan, combine vinegar, water, sugar, vegetable oil, salt, pepper, garlic powder, dill weed, and dried parsley. Bring to a boil then remove from heat to cool.
3. In a large bowl, combine pasta and vegetables.
4. Pour cooled dressing mixture over pasta and vegetables. Stir well.
5. Refrigerate 3 to 4 hours before serving.

\* Any of these vegetables will work great: carrots, celery, broccoli, green pepper, red pepper, cucumber, onion, and many more!

**Nutrition Information per Serving:** Calories 260, Total Fat 13 g (20% DV), Saturated Fat 1.5 g (7% DV), Cholesterol 0 mg (0% DV), Sodium 90 mg (4% DV), Total Carbohydrate 33 g (11% DV), Dietary Fiber 2 g (8% DV), Sugars 12 g, Protein 4 g, Vitamin A 100%, Vitamin C 30%, Calcium 4%, Iron 4%.

### Spaghetti Pie

6 servings

6 oz. spaghetti, uncooked	½ c. Parmesan cheese, grated
1 lb. lean ground beef	1 c. non-fat cottage cheese
2 c. spaghetti sauce	1 c. Mozzarella cheese, shredded
2 T. margarine	
2 eggs, well-beaten	

1. Preheat oven to 350°F. Grease a 9-inch pie pan. Set aside.
2. Cook spaghetti following directions on package.
3. While the spaghetti is cooking, brown ground beef. Drain fat. Add spaghetti sauce to ground beef and mix well.
4. Drain the spaghetti when done. Stir in margarine, eggs, and Parmesan cheese. Mix well. Form a crust in the prepared pie pan using the spaghetti mixture.
5. Spread cottage cheese over spaghetti crust. Top with hamburger mixture.
6. Bake for 20 minutes. Sprinkle Mozzarella cheese on top. Bake 5 minutes longer or until cheese is melted.

**Nutrition Information per Serving:** Calories 450, Total Fat 20 g (30% DV), Saturated Fat 8 g (39% DV), Cholesterol 130 mg (43% DV), Sodium 710 mg (29% DV), Total Carbohydrate 30 g (10% DV), Dietary Fiber 2 g (8% DV), Sugars 2 g, Protein 36 g, Vitamin A 15%, Vitamin C 10%, Calcium 30%, Iron 15%.

All recipes can be found in The Cook's Helper 2<sup>nd</sup> edition, University of Nebraska-Lincoln Extension, Nutrition Education Program  
Source: USDA <http://www.fns.usda.gov/fdd/facts/hhpfacts/hp-csfp.htm>

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.

Rev Feb 2009

## **Pasta making** (recipe from cooking class in Italy)

This recipe is the base for all types of homemade pasta.

Ingredients: 400g (14oz) plain flour (00 type flour or All Purpose Flour), 4 eggs (4 servings)

OR

Ingredients: 1 cup plain flour (00 type flour or All Purpose Flour), 1 egg (1 serving) preparation:

- 1) Sift the flour on to a clean work surface. Form a kind of volcano-shaped mound with a well in the center. Break the egg(s) into the middle. Use your hand to keep the shape of the volcano and mix it together by slowly adding the flour to the eggs with a fork. Continue to mix the flour into the eggs with your hands until it forms a coarse paste.
- 2) Next clean your hands and the work surface and lightly sprinkle with flour. Start to knead the dough with the heel of one hand. Continue to knead the dough for 10-15 minutes until it becomes smooth and elastic. If the dough gets hard just wet your hands and continue to knead and it will become softer. Wrap the dough in cling-film and place to one side to rest for around 10 minutes.
- 3) Place the dough out on the lightly floured work surface and gently roll it out with a rolling pin to form a sheet of roughly 3mm in thickness. Fold the dough over little by little sprinkling a little flour over the dough each time. Cut into small rolls, open them and put to rest on a clean cloth for about 30 minutes.
- 4) When ready, bring to the boil a pot of salted water, add the pasta and cook it for 7-10 minutes as desired.

## **Helpful Hints**

Cooking pasta: Italians like to eat their pasta 'al dente' so here are a few tips to make sure you cook your pasta the Italian way....

- As a first choice make fresh pasta by following this recipe, but if this is not possible, then buy pasta with egg. If cooking purchased pasta, strictly follow the timings given on the box to prevent the pasta from becoming too soft!
- Make sure the sauce is always ready at the same time the pasta is ready. Never cook the pasta and then leave it till the sauce is ready. Time carefully and if the sauce you choose takes a long time to make, then prepare it before hand and refrigerate if needed.
- If your sauce gets too thick then use the pasta water to reduce it slightly rather than normal water.
- Salt the cooking water as it comes to the boil before putting in your pasta.
- When the pasta is ready toss it into the pan to ensure that the pasta is covered in its sauce.

## **Noodles and Pasta**

Noodles and pasta differ primarily because of their ingredients and the type of processing involved.

Noodles are usually made with flour milled from common wheat. Pasta is processed from durum semolina, which is coarser than typical flour. However, that difference is not always so cut and dried.

Do noodles count as pasta?

All noodles are pasta, all pastas are not noodles. For instance couscous is pasta, but it bears no resemblance to a noodle. Most pasta is made of wheat flour, but not all.

## **Rita's Egg Noodles**

1 cup flour      ½ teaspoon salt      1 egg      2 Tablespoons milk

Mix everything together and roll out on a floured surface until very thin. Let noodles dry about 23 to 30 minutes. Once noodles have dried you can add them to a soup base. They make wonderful chicken and noodles.

Serves 3 Per serving: 176 calories; 2.1 g fat; 31.9 carbohydrates; 1.1 g fiber; 6.4 g protein; 62 mg cholesterol; 412 mg sodium

## Doris Rodewald's Noodle Recipe      Serves 6

4 eggs    3 cups flour    Water (optional)

Put flour in a large mixing bowl and make a well in the center. Break 4 eggs into the well and blend slowly with a fork. Combine eggs and flour until well blended. If dough is too wet, add more flour or if too dry, add water. Spread flour on table top and place dough on top and knead until color and texture is consistent. Make dough into a mound and cover with a damp towel. Let dough rest for 1 – 15 minutes. Cut dough into 4 inch thick slices. Always keep dough (not being used) under a damp cloth. Roll out with a rolling pin. Make noodles.

## Spooky Beef Stroganoff                      Makes 4 to 6 servings

2 pounds beef stew meat	2 (10.75 oz.) cans French onion soup
1 teaspoon salt	½ cup water
½ teaspoon pepper	1 cup sour cream
½ teaspoon garlic powder	2 Tablespoons all-purpose flour
½ teaspoon paprika	1 (12 oz.) package wide egg noodle
1 (8 oz.) can mushrooms, drained	

Place meat into crock of slow cooker and season with salt, pepper, garlic powder and paprika. Pour in mushrooms, French onion soup and water. Turn slow cooker onto low, cover with lid and cook for at least 8 hours. The last 30 minutes of cooking, turn the slow cooker's temperature to high. Stir sour cream and flour together in a small mixing bowl. Pour into slow cooker and stir until smooth. Prepare egg noodles according to package directions and serve meat over noodles.

**Nutrition per serving for 4.** Calories 904, Total fat, 33 g, Cholesterol 249 mg, Carbohydrates 74 g, Protein 75 g, Sodium 1586 milligrams.

## Broccoli, Beef and Noodle Soup              Serves 8

1 onion, chopped	1 Tablespoon basil
½ cup margarine	Garlic powder to taste
½ cup flour	Pepper to taste
1 ½ cups hamburger	Bay leaf
6 beef bouillon cubes	6 cups water
2 cups tomato juice	8 ounces noodles
1 Tablespoon parsley flakes	1 bunch broccoli, broken into bite-sized pieces

Brown beef and onion. Drain and set aside. In stock pot, melt margarine and add flour. Stir 2 minutes. Add beef cubes and water and continue stirring until dissolved (about 2 more minutes). Add beef, onion, juice seasonings and broccoli. Bring to a boil. Add noodles and cook until tender.

**Nutrition facts:** Calories 380, Total Fat 16 g (Sat Fat 4g, Trans Fat 2.5g.) Cholesterol 55mg, Sodium 950 mg., Total Carbs 34 g., Dietary Fiber 2g, Total sugars 4g, Protein 24 g.

*Recipe submitted by Gayle Plummer, MFV.*

## Broccoli Cheese Soup Serves 8

2 Tablespoons margarine	1/8 teaspoon garlic powder
3/4 cup chopped onion	6 cups milk
6 cups water	1 pound Velveeta cheese, cubed
6 chicken bouillon cubes	Pepper to taste
8 ounces fine egg noodles	Cornstarch to thicken (optional)
1 teaspoon salt	2 (10 oz.) package frozen, chopped broccoli

Heat margarine in a large saucepan. Add onion and sauté over medium heat 3 minutes. Add water and bouillon cubes and heat to boiling, stirring occasionally until cubes are dissolved. Gradually add noodles and salt so the bouillon mixture continues to boil. Cook, uncovered, 3 minutes. Stir in broccoli and garlic powder; cook 4 minutes more. Add milk, cheese and pepper and continue cooking until cheese melts, stirring occasionally. Makes 4 quarts or 12 servings. 250 calories per serving.

To Freeze: Cool soup quickly and pack into freezer containers. Use before 1 month. To reheat, place frozen soup into top of double boiler and heat.

**Nutrition facts:** Calories 360, Total fat 12g. (Sat. fat 6g, Trans fat .5g) Cholesterol 60 mg., Sodium 1920 mg, Total Carbs 41g., Dietary fiber 2 g., Total sugars 16g., Protein 24 g.

*Recipe submitted by Gayle Plummer, MFV.*

## Comforting Chicken Noodle Soup

**TOTAL TIME:** Prep/Total Time: 25 min. **YIELD:** 12 servings (about 3 quarts).

2 quarts water	8 teaspoons chicken bouillon granules
6-1/2 cups uncooked wide egg noodles	3 cups cubed cooked chicken
2 cans (10-3/4 ounces each) condensed cream of chicken soup, undiluted	1 cup sour cream
	Minced fresh parsley

**Directions:** In a large saucepan, bring water and bouillon to a boil. Add noodles; cook, uncovered, until tender, about 10 minutes. Do not drain. Add soup and chicken; heat through. Remove from the heat; stir in the sour cream. Sprinkle with minced parsley.

**Nutrition Facts:** 1 cup: 218 calories, 9g fat (4g saturated fat), 67mg cholesterol, 980mg sodium, 18g carbohydrate (2g sugars, 1g fiber), 15g protein. *Recipe from Taste of Home*

## Zesty Alfredo and Vegetable Rotini Salad

1 16 oz box Penne Spiral Pasta, cooked per package directions  
1 can sliced Black Olives, drained  
1 Cup Cherry Tomatoes, halved  
1 Cucumber, diced  
1 green Pepper, diced  
1/2-3/4 Cup White Alfredo Sauce

To cooled pasta, add olives, tomatoes, cucumber, pepper and Alfredo Sauce.

Add more or less sauce as desired. May add other vegetables too. About 10-12 1 cup servings.

**Nutrition facts:** Calories 170, Total fat 4g (Sat. Fat 1.5g) Cholesterol 10mg, Sodium 150 mg, Total Carbs. 29g., Dietary fiber 1g, Total sugars 3g, Protein 6g.

## Sharese's Spaghetti Salad

1 pound spaghetti, broken into pieces	1 (2 oz.) can sliced black olives, drained
10 slices bacon	2 tomatoes, chopped
½ cup chopped celery	¼ cup salad seasoning mix
1 large onion, diced	1 (16 oz.) bottle Italian-style salad dressing
1 green bell pepper, chopped	½ cup grated Parmesan cheese

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 – 10 minutes or until al dente: drain. In a large skillet over medium heat, cook bacon until crisp. Drain and crumble.

In a large bowl combine spaghetti, bacon, celery, onion, bell pepper, olives, tomatoes, salad seasoning, salad dressing and Parmesan. Toss to coat. Chill until serving.

**Nutrition facts:** Total Fat: 14.4g, Saturated Fat: 4.0g, Cholesterol: 12mg, Sodium: 668mg., Sugars; 3g Potassium: 160mg., Total Carbohydrates: 21.5g., Dietary Fiber: 1.4g., Protein: 6.1g.,

*Recipe from Allrecipes.com.*

## Chocolate-Butterscotch Haystacks

2 cups chocolate chips  
1 package (10-11) oz. pkg. butterscotch chips  
4 cups chow mein noodles  
Melt chips, pour over noodles, mix and drop out on waxed paper.  
Add peanuts if desired.  
3 dozen yield

**Nutrition Facts:** 24 servings.

Per Serving: 385 calories; 24.3 g fat; 37.8 g carbohydrates; 6.4 g protein; 0 mg cholesterol; 146 mg sodium.

## Butterscotch Haystacks

1 cup butterscotch chips  
1/2 cup peanut butter  
1/2 cup peanuts  
2 cups chow mein noodles  
Melt chips, add peanut butter. Mix well. Pour over noodles and peanuts.  
Drop out in waxed paper. 12 haystacks

**Nutrition Facts:** 12 servings. Per Serving: 292 calories; 19.1 g fat; 22.9 g carbohydrates; 5.6 g protein; 0 mg cholesterol; 137 mg sodium

## Marshmallow Chocolate Haystacks

1/2 white or chocolate chips  
1/4 cup peanut butter  
1 cup chow mein noodles  
1/2 cup mini marshmallows  
Melt chips, add peanut butter and mix well. Pour over noodles and marshmallows.  
12 servings.

**Microwave Apple Kugel** Prep 15 min. Cook 15 min.

1 (8 ounce) package egg noodles	1 teaspoon ground cinnamon
3 eggs	½ teaspoon salt
1/3 cup white sugar	1/3 cup raisins
2 apples - peeled, cored and finely chopped	2 tablespoons brown sugar
1/2 cup sour cream	2 tablespoons chopped walnuts
1/2 cup cottage cheese	2 tablespoons butter

1. Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the egg noodles, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 5 minutes. Drain well in a colander set in the sink.
2. Grease an 8-inch square microwave-safe glass baking dish. Beat the eggs together in a mixing bowl. Stir in the cooked noodles, white sugar, chopped apples, sour cream, cottage cheese, cinnamon, salt, and raisins; mix until combined. Pour the mixture into the prepared dish.
3. Microwave on medium high (70% power) for 7 minutes.
4. Combine the brown sugar and chopped walnuts in a bowl, and cut in the butter to form a crumbly topping. Sprinkle the topping over the pudding. Return the pudding to the microwave and cook on medium high (70% power) until the pudding is firm in the center, 7 to 9 minutes.

**Nutrition Facts:** Makes 9 servings. Per Serving: 265 calories; 9.5 g fat; 38.6 g carbohydrates; 7.9 g protein; 90 mg cholesterol; 232 mg sodium. *Recipe from Allrecipes.com*

## **Carrot Messages**

Carrots are so versatile in a kitchen! Just look at these ‘messages’!

Carrots originated in Afghanistan, but are cultivated all over the world. There are both domestic and wild carrots and over 15 different varieties of this root vegetable.

Carrots can freeze themselves in the ground and can be harvested all year round. When harvested through the winter months, carrots are much sweeter.

Carrots are not just orange. White, yellow and deep purple varieties exist, too.

Carrots are an excellent source of beta-carotene and contain about 25 calories and 2 grams of fiber.

Cooked carrots release more beta-carotene when cooked but can be consumed raw in salads, as a snack with hummus or included in soups, stews or roasts.

Use them raw over salads or slice them and add them to soups and pasta. Take them with you for packed lunches and snacks, too.

## 8 Fun Facts About Squash

Fall officially begins in just a few days! Are you ready for the shift in seasons?

I've found that people have renewed interest in seasonal topics at the very beginning of a new season. After all, winter squash are just hitting their stride in the markets. So, without further ado, here's a list of 8 fun facts about squash:

**There are two different types of squash: summer and winter squash.** Summer squash, like zucchini or patty pan squash, have thin skins and can be eaten whole -- skin, seeds, and all. Winter squash like pumpkin and butternut squash have robust skins that aren't usually edible (though some people like to keep the skin on with thinner-skinned winter squashes like delicata squash), much harder flesh, and their seeds generally need to be removed before eating (though they can be toasted and eaten separately).

**Squash and melons are related.** Did you know that both summer and winter squashes are related to melons like honeydew and watermelon?

**Butternut squashes (and most orange squashes) are loaded with vitamin A.** A single cup provides more vitamin A than most people need in a day (457% of the daily value, to be exact).

**Most winter squash have long shelf lives** and can last in a cool, dry place for weeks or even months!

**Pumpkins don't have to be orange.** We're most familiar with bright orange jack-o-lanterns or pie pumpkins, but pumpkins themselves can actually be orange, green, white, yellow, or even red!

Even though most winter squashes are harvested in the fall, **they are called "winter squashes" because they store well during long, cold winters.** That's when most people cook and eat them too.

The best winter squash for storing (then eating!) will generally **feel heavy for its size and have firm skin without dullness, blemishes, or soft spots.**

No, spaghetti squash doesn't taste like spaghetti. It gets its name from the fact that, when it's cooked, **its flesh separates into shapes that look remarkably like noodles.** Spaghetti squash is much less sweet than most other winter squashes.