

Pastas



Chad and Grandma

Grandma, I want to thank you so much for the joy you have brought to this family through your love and, of course, your legendary cooking abilities! I can taste your meals just thinking about the recipes in this book.

I love you so much!
Chad

Notes



Pastas



Baked Ziti

Heather Mooty

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| 1 lb. dry ziti pasta | 1 ½ cups sour cream |
| 1 onion, chopped | 6 oz. mozzarella cheese, |
| 1 lb. ground beef | shredded |
| 2 (26 oz.) jars spaghetti sauce | 2 Tbsp. grated Parmesan |
| 6 oz. Provolone cheese, sliced | cheese |

Bring a large pot of slightly salted water to a boil. Add ziti pasta. Cook until done, about 8 minutes; drain. In large skillet, brown onion and ground meat. Add spaghetti sauce and simmer 15 minutes. Butter 9x13-inch dish and layer as follows: ½ ziti, Provolone cheese, sour cream, ½ sauce mixture, remaining ziti, mozzarella cheese, remaining sauce, Parmesan cheese. Bake at 350° until cheeses are melted, about 30 minutes.

Mock Lasagna

Natalie Horany

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| 1 lb. ground meat | 8 oz. whole grain penne pasta |
| 1 (15 oz.) can tomato sauce | 4 oz. cream cheese |
| ½ Tbsp. pepper | 8 oz. sour cream |
| 1 tsp. garlic salt | 1 medium onion, chopped |
| 1 tsp. sugar | Parmesan cheese, shredded |

Preheat oven to 350°. Brown ground beef. Add onion, tomato sauce, and spices. Simmer sauce while cooking pasta according to directions.

Next, layer ½ noodles, ½ meat sauce mix, thin slices of cream cheese, sour cream, and then another layer of noodles and sauce. Sprinkle top with Parmesan cheese. Bake 30 minutes.

Crock Pizza

Connie Horany

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| 1 bag egg noodles | 8-12 oz. grated Cheddar cheese |
| 1 (12-16 oz.) can spaghetti sauce | 1 pkg. pepperoni |
| 1 (8-12 oz.) jar pizza sauce | 1 ½ lbs. ground beef, browned with minced onions |
| 8-12 oz. grated mozzarella cheese | |

Cook meat and drain. Stir in sauces. Cook noodles; drain. Layer in large casserole dish: noodles, meat, cheeses, pepperoni; repeat. Bake until cheese melts and pepperoni starts to brown.

The Best Lasagna Ever

Stephanie Collins

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| 1 Tbsp. olive oil | 10 to 12 fresh basil leaves, rolled and chopped, divided* |
| 2 ½ tsp. salt, divided | |
| 1 package (10 oz.) whole wheat lasagna noodles | ¼ cup chopped flat-leaf parsley, divided* |
| 1 ½ lbs. ground beef | 3 cups lowfat cottage cheese |
| 1 lb. hot breakfast sausage | 2 whole eggs, beaten |
| 4 garlic cloves, minced | 1 cup grated (not shredded) Parmesan cheese (do not use prepackaged—grate your own), divided |
| 2 cans (14.5 oz. each) whole tomatoes, with juice | 1 lb. fresh mozzarella, sliced (do not use prepackaged cheese) |
| 2 cans (6 oz. each) tomato paste | |
| Pepper, to taste | |

Bring a large pot of water to boil. Add olive oil and ½ teaspoon of salt. Prepare noodles according to directions (cook to “al dente”). Drain noodles and lay flat on a piece of aluminum foil.

In a large skillet or saucepan, combine ground beef, sausage, and garlic. Cook over medium-high heat until browned. Drain off the excess fat. Add tomatoes with juice, tomato paste, 1 teaspoon salt, and pepper to taste. With a fork or spoon, crush the whole tomatoes while blending the mixture. Simmer over low heat for 45 minutes, uncovered.

Add half each of the chopped basil and parsley to meat mixture and stir together.

In another bowl, mix cottage cheese, beaten eggs, ½ cup grated Parmesan cheese, 1 teaspoon salt and the other half of the fresh herbs. Stir together and set aside.

To Assemble: Arrange 4 cooked lasagna noodles in the bottom of a lightly greased 9x13-inch baking dish. Spoon half of the cottage cheese mixture over the noodles. Spread evenly. Cover the cottage cheese with a layer of sliced mozzarella cheese. Spoon a little less than half the meat sauce mixture over the top. Repeat layers, ending with meat sauce mixture. Sprinkle the remaining ½ cup grated Parmesan cheese on top. Either freeze, refrigerate for up to 2 days, or bake immediately at 350° for 25 to 30 minutes, or until top is bubbly.

**You can substitute 4 tablespoons dried parsley and 2 tablespoons dried basil for fresh herbs. If you do, add 2 tablespoons parsley and basil when you add the tomatoes (before simmering meat sauce). The other 2 tablespoons parsley go in the cottage cheese mixture.*

Penne Pasta with Bacon and Cream

Patricia Cooper

15 bacon slices	1 cup grated Parmesan cheese
1 (8 oz.) pkg. fresh mushrooms, sliced	2 cups whipping cream
4 cloves garlic	½ tsp. pepper
16 oz. penne pasta, cooked	4 green onions

Cook bacon in large skillet until crisp. Reserve 2 tablespoons drippings in skillet. Coarsely crumble bacon and set aside. Sauté mushrooms and garlic in drippings for 3 to 5 minutes or until tender. Stir in pasta, cheese, whipping cream, and pepper. Simmer over medium-low heat, stirring often, until sauce is thickened. Stir in bacon and green onions. Serve hot. You can add more cheese on top if you like.

Chicken & Spinach Pasta Bake

Stacy Lundy

8 oz. uncooked rigatoni	1 (8 oz.) container chive & onion cream cheese
1 Tbsp. olive oil	
1 cup finely chopped onion	½ tsp. salt
1 box frozen chopped spinach, thawed	½ tsp. pepper
3 cups cooked cubed chicken breasts	1 ½ cup shredded mozzarella cheese
1 can Italian-style diced tomatoes	

Cook pasta. Spread oil in bottom of 11x7-inch baking dish. Add onion in single layer. Bake at 375° for 15 minutes until just tender, and transfer to large bowl.

Drain spinach and press between paper towels. Stir rigatoni, spinach, chicken, and next 4 ingredients into onion bowl. Put mixture into baking dish and sprinkle with mozzarella cheese. Bake, covered, for 30 minutes. Uncover and bake 15 minutes more or until bubbly.



Austen and Grandma

Chicken Spaghetti

Grandma's Recipe

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| 1 fryer chicken, boiled and deboned – reserve broth (can use 4 breasts) | 1 can Ro-Tel tomatoes |
| 1 lb. spaghetti | 1 can diced tomatoes |
| 1 green pepper, chopped | 1 can or jar mushrooms |
| 1 onion, chopped | $\frac{1}{4}$ tsp. garlic powder |
| 1 stick margarine | $\frac{1}{2}$ lb. Velveeta cheese, grated |
| 1 can cream of chicken soup | $\frac{1}{2}$ lb. Cheddar cheese, grated |
| | Salt and pepper to taste |

Cook spaghetti in chicken broth. Sauté green pepper and onion in margarine. Add to drained spaghetti. Combine all other ingredients in large bowl. Pout into large baking dish sprayed with Pam, and bake at 350° for 30 minutes.

Creamy Chicken Spaghetti Casserole

*Heather Mooty
(From The Pioneer Woman)*

Whole fryer chicken, cut up	¼ cup flour
1 stick (½ cup) butter, divided	1 ½ cups whole milk
16 oz. white mushrooms, sliced	1 cup freshly grated Parmesan cheese
½ cup dry white wine, divided	1 cup whole black olives, chopped
Kosher salt and pepper, to taste	1 tsp. kosher salt, or to taste
2 cups chicken broth (canned)	Freshly ground black pepper
1 lb. thin spaghetti	Extra cheese, for sprinkling

Place chicken in a pot of water and boil on medium-low heat for 30 to 40 minutes. Remove chicken from pot and allow to cool slightly. Keep broth in pot.

Bring reserved chicken broth to a boil. Break spaghetti into thirds (shorter pieces). Add spaghetti pieces to boiling broth and cook. Drain when al dente. Remove meat from bones and shred until you have 2 cups (or more) of shredded chicken.

Melt 2 tablespoons butter in a large skillet. Throw in mushrooms, add ¼ cup white wine, and sprinkle with 1 tsp. salt and pepper. Cook over medium heat for 8 to 10 minutes, or until liquid has totally evaporated. Remove mushrooms from skillet. Set aside.

Return large skillet to medium-low heat. Add 6 tablespoons butter. Sprinkle flour over butter, whisking to combine. Cook for 1 or 2 minutes. Pour in 2 cups broth and whisk to combine. Pour in milk, remaining ¼ cup wine, salt and pepper to taste. Cook and bubble until thick. Turn off heat, add Parmesan cheese, and stir.

Add mushrooms, chicken, and chopped olives. Stir to combine and check seasonings. Add cooked spaghetti; stir.

Turn into a 9x13-inch casserole pan. Bake at 350° or until golden brown and bubbly. Serve with a salad and warm, crusty bread.

Healthy Chicken Spaghetti

Connie Horany

3-4 chicken breasts	1 medium can tomato sauce
1 small pkg. spaghetti	1 onion, chopped
2 cans cream of mushroom soup	1 cup chopped celery
	Grated cheese

Cook chicken until tender; let cool and chop. Cook spaghetti in chicken broth until done; drain. While spaghetti is cooking, sauté onion and celery in butter. When noodles are done, add chicken, mushroom soup, and tomato sauce. Mix well. Stir in onions, celery, and cheese. Pour in large casserole dish. Bake at 350° until bubbly or dish has thick consistency.

Angel Chicken Pasta

Lindsey Pilarczyk

6 boneless, skinless chicken breasts	½ cup white wine
¼ cup butter	1 can cream of mushroom soup
1 pkg. dry Italian dressing mix	4 oz. cream cheese with chives
	1 lb. angel hair pasta

Preheat oven to 325°. In large saucepan, melt butter over low heat. Stir in package of dressing mix. Blend in wine and mushroom soup. Mix in cream cheese and stir until smooth. Heat through, but do not boil. Arrange chicken breasts in a single layer in 9x13-inch baking dish. Pour sauce over. Bake for 1 hour. Cook pasta and drain. Serve chicken and sauce over pasta.

Linguine with Chicken and Spicy Pesto

Traci Horany Bayer

3 Tbsp. olive oil, divided	12 oz. linguine
1 lb. skinless, boneless chicken breasts, cut in 1/3-inch strips	Freshly grated Parmesan cheese
Salt and pepper	
3 green onions, thinly sliced	Pesto:
1/3 cup chopped pecans, toasted	2 cups loosely packed basil leaves
1 Tbsp. minced garlic	1/2 cup grated Parmesan cheese
2 to 3 tsp. minced, seeded jalapeño chiles	1/4 cup toasted almonds
1/4 to 1/2 tsp. dried crushed red pepper flakes	3 garlic cloves, peeled
1/2 to 3/4 cup pesto (store-bought or recipe to follow)	1/3 cup olive oil
	Salt and pepper, to taste

Heat 2 tablespoons oil in a large heavy skillet over medium-high heat. Season chicken strips with salt and pepper. Add chicken to skillet and sauté until cooked through and browned on both sides (about 4 to 5 minutes). With a slotted spoon transfer chicken to bowl. Add remaining 1 tablespoon oil to skillet; sauté green onions, pecans, garlic, jalapeño, and pepper flakes until the onions begin to wilt, about 3 minutes. Add pesto and chicken with accumulated juices to pan. Stir to blend well; remove from heat.

Meanwhile, cook linguine in boiling salted water until tender. Drain, reserving about 3/4 cup cooking liquid. Return the skillet to medium heat. Add 1/2 cup pasta cooking liquid to sauce and stir to blend. Transfer pasta to a large serving bowl and top with sauce. Sprinkle with Parmesan cheese and toss to coat pasta and evenly distribute sauce, adding remaining cooking liquid if pasta seems dry. Serve immediately.

Pesto: Combine basil, cheese, almonds, and peeled garlic in a food processor; pulse until finely chopped. With motor running, pour olive oil through feed tube and process until finely ground. Season with salt and pepper.

Shrimp and Edamame Rotini

Stacy Lundy

Edamame ups the protein content of this dish while adding color and a slightly nutty flavor.

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| 8 oz. (about 3 cups) dry whole wheat rotini or whole wheat blend rotini, such as fiber-enriched Barilla PLUS | 1 lb. large raw shrimp, shelled and deveined |
| 1 ½ cups frozen shelled edamame, thawed | 1 (15 oz.) can diced tomatoes (<i>fire-roasted is really good</i>) |
| 1 Tbsp. olive oil | ⅓ cup grated Parmesan cheese |
| 4 cloves garlic, minced | 3 Tbsp. chopped fresh parsley |
| | Salt and pepper to taste |

Cook rotini in large saucepan according to package directions. Add edamame for the last 5 minutes of cooking. When the pasta and edamame are done, drain and return to the saucepan.

While the pasta is cooking, heat olive oil in large nonstick skillet over medium heat. Add garlic and cook until golden 30 seconds to 1 minute. Add shrimp, and cook over high heat for 1 minute per side; add diced tomatoes and bring to a boil. Lower the heat and simmer for an additional 2 minutes.

Combine the shrimp mixture with the cooked pasta and edamame. Toss with the Parmesan cheese and parsley. Season with salt and pepper. *Makes 5 servings.*

Roasted Shrimp and Orzo Salad

Stephanie Collins

Kosher salt	1 cup chopped fresh dill
Olive oil	1 cup chopped fresh flat-leaf parsley
$\frac{3}{4}$ lb. orzo pasta (rice-shaped pasta)	1 hothouse cucumber, unpeeled, seeded, and medium-diced
$\frac{1}{2}$ cup fresh lemon juice (3 lemons)	$\frac{1}{2}$ cup small-diced red onion
Freshly ground black pepper	$\frac{3}{4}$ lb. good Feta cheese, large diced
2 lbs. shrimp, peeled and deveined	
1 cup minced scallions, white and green parts	

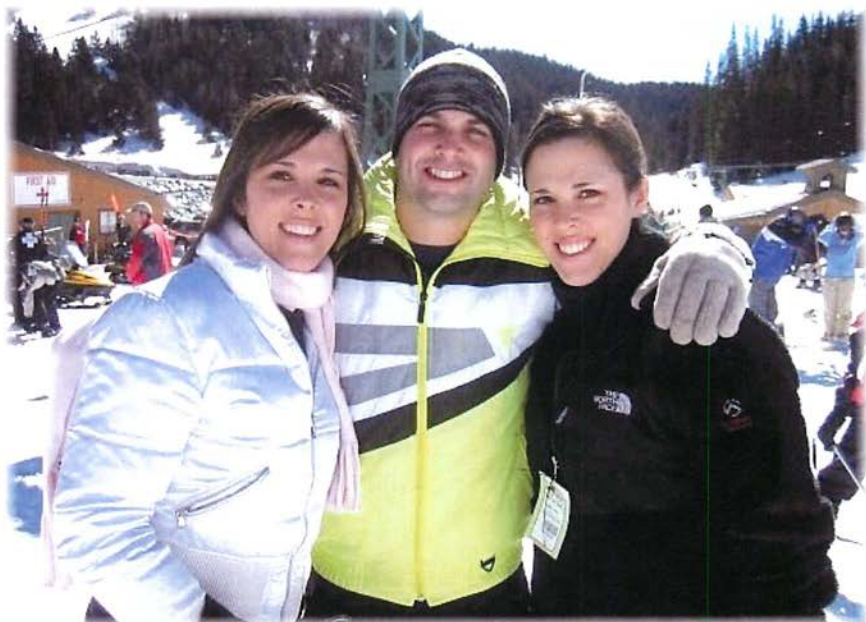
Preheat the oven to 400°. Fill a large pot with water, add 1 tablespoon of salt and a splash of oil, and bring the water to a boil. Add the orzo and simmer for 9 to 11 minutes, stirring occasionally, until it's cooked al dente. Drain and pour into a large bowl.

Whisk together the lemon juice, $\frac{1}{2}$ cup olive oil, 2 teaspoons salt and 1 teaspoon of pepper. Pour over the hot pasta and stir well.

Meanwhile, place the shrimp on a sheet pan, drizzle with olive oil, and sprinkle with salt and pepper. Toss to combine and spread out in a single layer. Roast for 5 to 6 minutes, until the shrimp are cooked through. Don't overcook!

Add the shrimp to the orzo and then add the scallions, dill, parsley, cucumber, onion, 2 teaspoons salt, and 1 teaspoon pepper. Toss well. Add the Feta cheese and stir carefully.

Set aside at room temperature for 1 hour to allow the flavors to blend, or refrigerate overnight. If refrigerated, taste again for seasonings and bring back to room temperature before serving.



Lindsey, Cory, Traci

Fresh Tomato Pasta

Stephanie Collins

1 (8 oz.) pkg. whole wheat
penne pasta
4 cups chopped tomatoes
½ cup Kalamata olives
½ cup Parmesan cheese
2 Tbsp. olive oil
1 Tbsp. toasted pine nuts

1 Tbsp. balsamic vinegar
2 cloves garlic, minced
½ tsp. salt
¼ tsp. pepper
⅛ tsp. crushed red pepper
Capers
½ cup fresh basil

Cook pasta. Combine all ingredients and toss. Add chopped chicken or shrimp for variation.

Bobby's Spaghetti Sauce

Bobby Collins

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| 1 white onion, chopped | 2 cans (15 oz. each) tomato sauce |
| 1 Tbsp. minced garlic (about 4 to 6 cloves) | 1 jar (24 oz.) spaghetti sauce (<i>I use Classico Tomato Basil or Fire Roasted Tomato and Garlic</i>) |
| 2 Italian sausage links, casings removed (<i>I use 1 hot link and 1 mild link</i>) | ¼ to ½ cup red wine |
| 1 lb. lean ground beef | Oregano* |
| Salt and pepper, to taste | Basil* |
| 1 can (6 oz.) tomato paste | Italian seasoning* |
| 1 can (15 oz.) diced tomatoes | Thyme* |
| 2 cans (15 oz. each) tomato sauce with Italian herbs (<i>I use Contadina brand</i>) | Salt and pepper, to taste* |
| | 2 bay leaves |

Sauté onion and garlic; add sausage and sauté for 5 minutes. Add ground beef and sauté until browned. Salt and pepper as needed.

Remove from heat and stir in tomato paste. Add back to heat and add diced tomatoes, tomato sauces, spaghetti sauce, wine, bay leaves and all seasonings. Stir in and bring to boil. Reduce heat and simmer, stirring occasionally, for a minimum of 1 hour (the longer the better). Serve over your favorite pasta. *Makes 6 to 8 servings with very generous proportions. We usually have plenty of leftovers or we will freeze the extra sauce for another dinner. Just thaw and place in pot to heat.*

**This is where you can adjust or add seasonings to your liking; I use roughly 1 tablespoon of each.*

***As a healthy alternative, you can use spaghetti squash in place of pasta. Cut squash in half lengthwise and remove pulp and seeds. Place facedown on cookie sheet. Bake 45 minutes at 350°. Turn over and cook another 15 minutes. Scoop spaghetti squash out into a bowl and season to taste.*

****Squash Veggie Bake:** Follow above steps for squash (save squash shells) and set squash aside. In a large skillet, saute some shallots, garlic and onion in a generous amount of olive oil for about 3 to 5 minutes. Add cubed or large diced assorted vegetables. I use carrots, celery, squash, zucchini, broccoli, and asparagus. Add salt and pepper and saute until tender. Stir in spaghetti squash, 1 cup sauce, fresh chopped tarragon, and salt and pepper. Using the hollow spaghetti squash shells as your bowl, scoop some sauce to cover bottom. Fill shell with vegetable mixture. Top with a generous amount of sauce. Slice fresh mozzarella cheese on top and place under broiler until bubbly and brown. Drizzle a little more sauce on top. You can also prepare in individual ramekins. This is delicious!

Spaghetti with Roasted Asparagus

Traci Horany

1 ¼ lbs. fresh asparagus, trimmed	¼ tsp. dried thyme
½ lb. whole wheat spaghetti	¼ tsp. red pepper flakes
1 Tbsp. olive oil	Grated zest and juice of 1 lemon
3 cloves garlic, minced	1 tsp. garlic salt

Spread asparagus on a large rimmed baking sheet sprayed with nonstick spray. Season with salt and pepper to taste. Roast at 425° until lightly charred and tender, about 12 to 14 minutes. When cool enough handle, cut into 1-inch pieces.

Meanwhile, cook spaghetti according to package directions. Mix the oil, garlic, thyme, and red pepper flakes in a microwavable bowl; microwave on high just until warm and fragrant, 30 to 40 seconds. Stir in lemon zest, juice, and salt.

Drain spaghetti, reserving ¼ cup cooking liquid. Toss the spaghetti, asparagus, and oil mixture in a bowl with enough of the reserved liquid to evenly moisten the spaghetti. *This would also be good with grilled chicken added!*



Chris, Lindsey, Traci and Adam

Spinach & Feta Pasta

Lindsey Pilarczyk

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| 1 (8 oz.) pkg. penne pasta | 1 cup sliced fresh mushrooms |
| 2 Tbsp. olive oil | 2 cups spinach leaves |
| ½ cup chopped onion | Salt and pepper to taste |
| 1 clove garlic, minced | 1 pinch red pepper flakes |
| 3 cups chopped tomatoes | 8 oz. feta cheese, crumbled |

Bring a large pot of water to a boil. Cook pasta in boiling water and drain. Meanwhile, heat olive oil in large skillet over medium-high heat; add onion and garlic, and cook until golden brown. Mix in tomatoes, mushrooms, and spinach. Season with salt, pepper, and red pepper flakes. Cook 2 minutes more, until tomatoes are heated through and spinach is wilted. Reduce heat to medium, stir in pasta and feta cheese, and cook until heated through.

Baked Penne

with Farmhouse Cheddar and Leeks

Stephanie Collins

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| ¼ cup (½ stick) butter | 1 Tbsp. Dijon mustard |
| 5 cups chopped leeks | 1 tsp. hot pepper sauce |
| ¼ cup all-purpose flour | 2 large eggs |
| 3 ½ cups whole milk | 1 lb. penne pasta (can use
whole wheat if desired) |
| 1 lb. extra-sharp Cheddar
cheese, coarsely grated
(about 4 cups) | |

Lightly butter 15x10x2-inch baking dish. Melt ¼ cup butter in large saucepan over medium heat. Add leeks; stir to coat. Cover saucepan and cook until leeks are tender, stirring occasionally, about 12 minutes (do not brown). Uncover saucepan; add flour. Stir 2 minutes. Add milk; bring to simmer, stirring often. Add cheese, mustard, and pepper sauce. Stir until cheese melts. Remove from heat. Season cheese sauce with salt and pepper to taste.

Whisk eggs in medium bowl. Gradually whisk in 1 cup cheese sauce. Stir egg mixture into cheese sauce in saucepan.

Meanwhile, cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Drain. Return to pot. Stir cheese sauce into pasta in pot. Transfer to prepared baking dish. Can be made 2 hours ahead of time. Let stand at room temperature.

Preheat oven to 400°. Bake pasta until cheese sauce is bubbling around edges and some ends of pasta are golden brown, about 25 to 30 minutes. Let stand 15 minutes before serving.

Note: Be careful when adding the hot cheese sauce to the eggs; you'll need to whisk the sauce in slowly so that the eggs don't curdle.

Spaghetti Puttanesca

Stephanie Collins

12 oz. whole wheat spaghetti	12 Kalamata olives
2 tsp. olive oil	2 Tbsp. capers
3 cloves garlic, minced	½ tsp. crushed red pepper
1 (28 oz.) can diced tomatoes	¼ cup fresh basil
Oregano	

Cook spaghetti. Meanwhile, heat oil in skillet over medium-high heat. Add garlic and sauté 1 to 2 minutes. Add tomatoes, olives, capers, red pepper, and oregano. Bring to simmer and reduce heat. Simmer over low heat, uncovered, for 10 minutes. Stir in basil and serve over pasta. You can toss in shrimp or chicken for variety.

Vegetable Lasagna

1 (8 oz.) pkg. lasagna noodles	1 (10 oz.) pkg. frozen chopped spinach, thawed and squeezed to drain
1 ¼ cups fat-free ricotta cheese (<i>I use mozzarella</i>)	½ tsp. salt
½ cup fat-free egg product (Egg Beaters) or 4 egg whites	¼ tsp. ground nutmeg (optional)
1 cup chopped mushrooms	1 (14 oz.) jar spaghetti sauce
1 cup chopped onions	3 Tbsp. Parmesan cheese

Preheat oven to 350°. Spray 11x7x1 ½-inch dish with Pam. Cook and drain noodles.

Mix ½ cup ricotta cheese, ¼ cup egg product, mushrooms, and onion. Mix remaining ¾ cup ricotta cheese, ¼ cup egg product, spinach, salt, and nutmeg. Spread ½ cup of the spaghetti sauce in dish. Top with 4 noodles, overlapping to fill. Layer with mushroom mixture, 3 noodles, spinach mixture, 3 noodles, and remaining spaghetti sauce.

Cover loosely and bake 50 minutes. Sprinkle with Parmesan cheese. Bake, uncovered, about 10 minutes or until cheese is melted.