

● **Macaroni**

(From page 13)

tomato, 2 slices bologna
Orange Sherbet (½ cup)
Total calories per serving 500
Preparation time - 15 min

VEGETABLE NOODLE SOUP

3 quarts boiling water
7 chicken bouillon cubes
1½ cup diced squash
1 cup peas
½ cup diced carrots
½ cup chopped celery
¾ cup chopped onions
2 teaspoons salt
½ teaspoon pepper
8 ozs fine egg noodles
Combine water, bouillon cubes, squash, peas, carrots, celery, onions, salt and pepper. Cover and cook 5 - 10 minutes. Gradually add noodles so that liquid continues to boil. Cook uncovered, stirring occasionally until noodles are tender. Serves 6
228 calories per serving.

EGG AND MACARONI SALAD

Broccoli Spears (2 small)
Carrot Salad
(1½ cups grated carrot,
1 tablespoon lemon juice,
1 lettuce leaf) Red Apple
Total calories per serving 540
Preparation time - 15 min.

EGG & MACARONI SALAD

1 tablespoon salt
3 quarts boiling water
2 cups elbow macaroni (8 ounces)
½ cup mayonnaise
2 tablespoons lemon juice
4 hard-cooked eggs, chopped
½ teaspoon salt
2 tablespoons chopped canned pimiento
2 tablespoons chopped olives
2 tablespoons chopped chives
Crisp lettuce
Add one tablespoon salt to

rapidly boiling water. Gradually add macaroni so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. Rinse with cold water, drain. Meanwhile, combine mayonnaise and lemon juice; blend. Combine macaroni, eggs, ½ teaspoon salt, pimientos, chives; toss lightly. Combine macaroni mixture and mayonnaise mixture. Toss lightly but thoroughly. Serve on lettuce. Serves 4 - 433 calories per serving.

QUICKIE SPAGHETTI AND SCALLOPS

Asparagus Spears (6 medium)
Spiced Peach Half (1 half)
Total calories per-serving 490
Preparation time - 15 min

QUICKIE SPAGHETTI AND SCALLOPS

2 tablespoons salt
4-6 qts boiling water
1 pound spaghetti
2 cans (8 ounces each) tomato sauce
¼ cup lemon juice
½ teaspoon oregano
1½ pounds scallops
Salt and pepper
Add 2 tablespoons salt to rapidly boiling water. Gradually add spaghetti so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. Meanwhile, combine tomato sauce, lemon juice, oregano and salt and pepper. Heat to boiling point, add scallops. Cover and cook over low heat about 8 minutes, or until scallops are tender, stirring occasionally. Serve with spaghetti. Serves six - 427 calories per serving.

SPAGHETTI & MEAT SAUCE

Cole Slaw (¾ cup)
Chilled Minted Apricot Halves (about 4)
Total calories per serving 515
Preparation time - 20 min

SPAGHETTI & MEAT SAUCE

6 tablespoons flour
2½ cups boiling water
1 tablespoon chopped celery
2 teaspoons salt
¼ teaspoon pepper
2 cans (3 ounces each) sliced mushrooms
¼ cup finely chopped parsley
1 teaspoon garlic powder
½ teaspoon basil
2 pounds ground beef

round... 15 minutes. Meanwhile, add 1½ cups cooked whole onions (one pound can, drained)
2 tablespoons salt
4-6 quarts boiling water
1 pound spaghetti

Slowly stir flour into 2½ cups boiling water. Add celery, 2 teaspoons salt, undrained mushrooms, 2 tablespoons parsley, basil, garlic powder, beef and onions. Cover and cook over low heat, stirring occasionally.

2 tablespoons salt to 4-6 qts. rapidly boiling water. Gradually add spaghetti so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. Serve meat mixture with spaghetti. Serves ten. 386 calories per serving.

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