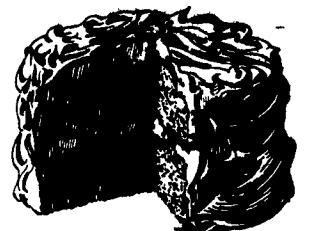


Home On The Range



Spaghetti, Macaroni, Noodles And Other Pastas

Pasta is a general term covering all the Italian thin-dough products, such as macaroni, spaghetti and noodles.

Baked or boiled, served with all sorts of sauces or with plain butter, pasta is an integral part of many diets. It cooks quickly and easily, its bland flavor blends well with tomato and cheese. But don't stick to old favorites. Try some with seafood and vegetables.

HAMBURGER-STUFFED SHELLS

- 8 ounces pasta shells, large
- 1½ pounds ground beef
- 1 onion, finely chopped
- 1 tablespoon dried parsley
- 1 (48-ounce) jar spaghetti sauce
- ½ pound grated cheese
- ½ cup bread crumbs

Cook shells in boiling water according to directions on box. Fry ground beef and onion, drain off excess grease. Add bread crumbs and parsley to beef. Set aside. Cover bottom of cake pan with half of spaghetti sauce. When shells are cooled, fill with meat mixture and place in pan. Cover with remaining sauce. Sprinkle with cheese. Bake at 350 degrees for 30 minutes. Freezes well.

Edith Zimmerman
Manheim

FUSILLI WITH TUNA SAUCE

- ¼ cup butter
- 2 cloves garlic, crushed
- ¼ cup minced fresh parsley
- 1 (28-ounce) can Italian-style tomatoes

- 1 (6-ounce) can tomato paste
- 1 teaspoon basil, crushed
- ½ teaspoon salt
- 2 cups (6½ ounces) grated Cheddar cheese

Parsley
Freshly ground black pepper
Melt butter in large skillet; sauté garlic 2 to 3 minutes. Add parsley, tomatoes including liquid, tomato paste, basil and salt. Simmer, uncovered, 20 minutes. Drain tuna; flake. Add to sauce; heat thoroughly. Pour one half of pasta into heated serving bowl; pour on half of tuna sauce; sprinkle with half of Cheddar cheese. Add remaining pasta, then sauce, then Cheddar cheese. Sprinkle with Parmesan cheese. Garnish with chopped parsley and grind black pepper over the dish.

Denise Martin
Franklin Co. Dairy Princess

LASAGNA

- 1 pound ground beef
- 1 (48-ounce) jar spaghetti sauce
- 1 pound cottage cheese
- 1 pound grated Mozzarella cheese
- 2 eggs
- 2 (10-ounce) packages spinach, cooked and drained
- 8-ounce package lasagna, uncooked
- ½ cup grated Parmesan or Romano cheese

Brown meat. Add to spaghetti sauce. Mix cheeses (except Parmesan) spinach and eggs. Line a 9x13x2-inch pan with a thin layer of sauce. Place a layer of noodles on the sauce. Add more sauce on top of noodles. Spread one-half of the cottage cheese mixture over noodles. Repeat with remaining noodles, sauce and cheese mix. Sprinkle grated Parmesan on top. Cover with foil. Bake at 375 degrees for 1½ hours. Uncover and allow to set 20 minutes before serving.

Mary C. Haug

TUNA NOODLE CASSEROLE

- 2 cups cooked noodles
- 1 (7-ounce) can tuna
- 1 (10-ounce) can cream of mushroom soup
- ½ cup milk
- 2 cans canned peas
- ¼ cup bread crumbs

Combine soup and milk. Layer the noodles, tuna, peas and soup in a casserole. Sprinkle bread crumbs on top. Bake 35 minutes in 350 degree oven. Serves 8.

SHRIMP AND CHEESE SPAGHETTI SAUCE

- 1 (2½-ounce) jar sliced mushrooms
- 1 (1½-ounce) package spaghetti sauce mix
- 1 (8-ounce) can tomato sauce
- 2 tablespoons butter
- 1 (6-ounce) package frozen cooked shrimp, thawed, rinsed and drained

1 cup (4 ounces) shredded Provolone cheese

Hot buttered spaghetti
Drain mushrooms, reserving liquid. Add enough water to reserved liquid from mushrooms to make 1 cup. Combine spaghetti sauce mix and tomato sauce. Stir in liquid and butter. Cook according to package directions. Add mushrooms and shrimp; stir in cheese until melted. Serve over hot buttered spaghetti.

Denise Martin
Franklin Co. Dairy Princess



Macaroni and Three Cheeses, an updated version of the classic mac 'n cheese, boasts a creamy sauce rich with the flavors of Cheddar, Provolone and Blue cheeses.

MACARONI AND THREE CHEESES

- 12 ounces macaroni OR curly pasta, uncooked
- ½ cup butter
- ½ cup chopped red pepper
- ½ cup chopped green pepper
- ½ cup flour
- ½ teaspoon salt
- ½ teaspoon pepper
- ¼ teaspoon nutmeg
- 2 cups milk
- 1 cup (4 ounces) shredded Provolone
- 1 cup shredded Cheddar cheese
- ½ to ¾ cup (2 to 3 ounces) blue cheese, crumbled
- 2 small tomatoes, sliced
- 1 tablespoon butter
- ¼ cup seasoned dry bread crumbs

Cook macaroni on top of the stove according to package directions; rinse and drain. Place ½ cup butter in a 2½-quart round casserole. Microwave on High 1 minute. Add peppers and saute on High until tender-crisp, about 2 minutes. Stir in flour and seasonings until smooth. Microwave on High 45 to 60 seconds, or until mixture bubbles. Gradually stir in milk. Microwave on High 6 minutes, or until thickened and bubbly, stirring every 2 minutes. Stir in cheeses until melted. Stir in cooked macaroni. Place tomatoes around outer edge of casserole. Microwave 1 tablespoon butter in 1-cup measuring glass on High 20 seconds. Stir in bread crumbs until well combined. Sprinkle bread crumbs over tomatoes and pasta. Microwave casserole on High 5 to 6 minutes, or until hot and bubbly, rotating dish after half the cooking time. Serve immediately.

Trish Williams

SALMON-PASTA SALAD

- 1 (7½-ounce) can salmon, undrained
- 2 tablespoons olive oil
- 2 tablespoons white wine vinegar
- 1 teaspoon Dijon mustard
- ½ teaspoon sugar
- ¼ teaspoon salt
- Dash pepper
- 2 cups cooked shell macaroni
- 1 red apple, unpeeled and diced
- ½ cup chopped walnuts
- 2 tablespoons chopped green onion
- 2 tablespoons chopped fresh

parsley

Lettuce
Drain salmon, reserving 2 tablespoons of the liquid; flake with a fork. Set salmon aside. Combine reserved salmon liquid, olive oil, vinegar, mustard, sugar, salt, and pepper in a small bowl; blend well. Pour over pasta. Cover and refrigerate at least 1 hour. Add salmon, apple, walnuts, green onions, and parsley. Stir well. Serve in lettuce-lined bowl. Serves 4.

Cathy Darling
Grafton, W.Va.

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Featured Recipe

The old adage, "Behind every successful man is a good woman," applies to Beth and Floyd Kurtz of Fleetwood. Floyd, recently named outstanding farmer by the Kutztown Jaycees, credits success to his running the barn and his wife the house.

Beth, who did not grow up on the farm, is an adamant supporter of farm life.

Her husband said, "She wouldn't let me get out of farming even if I wanted to."

Fortunately the whole family loves farming. Beth, who believes it's important to encourage her husband, usually has homemade cookies for him to snack. Here is one of their favorites. To learn more about the Kurtz family, look for their story, "Proud To Be A Farmer," in B section.

BEST OATMEAL COOKIES

- ¼ cup margarine
- ¾ cup firmly packed brown sugar
- ½ cup granulated sugar
- 1 egg
- 1 teaspoon vanilla
- 1½ cup flour
- 1 teaspoon baking soda
- 1 teaspoon salt (optional)
- 1 teaspoon cinnamon (optional)
- 3 cups oatmeal, uncooked
- 1 cup chocolate chips (optional)

Heat oven to 375 degrees. Beat margarine and sugars until light and fluffy. Beat in egg and vanilla. Combine flour, baking soda, spices and salt; add to margarine mixture, mixing well. Stir in oats. Drop by rounded tablespoonfuls onto ungreased cookie sheet. Bake 8 to 9 minutes for a chewy cookie, 10 to 11 minutes for a crisp cookie. Cool 1 minute on cookie sheet; remove to wire cooling rack.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

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|-------|---------------------|
| April | |
| 15- | Blueberry Recipes |
| 22- | Carrots |
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| May | |
| 6- | Veal |