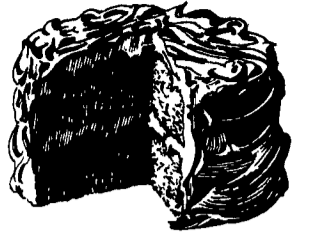


Home On The Range



New And Old Twists With Pasta

Pasta may have originated in Italy but it certainly has become an American favorite. On the average, an American eats 10 pounds of pasta per year.

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

There are many reasons why pasta is so popular. For one, it is easy to prepare. The diversity of pasta is another reason. It can be served with almost anything: vegetables, cheeses, seafood, meats and poultry.

MOZZARELLA PASTA SALAD

8 ounces corkscrew macaroni
1 recipe Parmesan dressing
10 ounces fresh spinach, torn
8 ounces cooked ham, chopped
1 (4 ounce) can diced green chili peppers, drained, or sweet peppers

8 ounces mozzarella cheese, cubed

Cook macaroni according to package directions. Drain. Toss macaroni with dressing and remaining ingredients. Cover; chill, sprinkle 2 tablespoons grated Parmesan cheese over each serving. Serves 6 to 8.

Parmesan Dressing:

1 egg
1 cup salad oil
Place egg in blender container, cover; blend 5 minutes. With blender running, slowly add oil until mixture is thick. Add:
½ cup grated Parmesan cheese
½ cup white wine vinegar
½ to 1 teaspoon pepper
½ teaspoon salt
¼ teaspoon ground cloves
1-2 cloves garlic, minced
Blend until smooth.

NOODLES, MEAT AND CHEESE BAKE

1 pound large shell noodles, cooked
2 pounds ground beef
1 quart spaghetti sauce
1 small onion, diced
1 green pepper, diced
¼ cup shredded cheese

Brown ground beef. Pour sauce over meat and simmer for a few minutes. Place noodles in a large casserole and pour meat sauce over them. Top with cheese. Bake covered at 400 degrees for 30 minutes.

Betty Biehl
Mertztown

NOODLES ALFREDO

8 ounces wide egg noodles
½ cup butter
½ cup light cream
1 cup grated Parmesan cheese
1 tablespoon parsley flakes
¼ teaspoon salt
Dash pepper

Cook and drain noodles. While noodles cook, heat butter and cream in small saucepan over low heat until butter is melted. Stir in cheese, parsley flakes, salt and pepper. Keep warm over low heat. Return drained noodles to kettle. Pour sauce over noodles, stirring gently until noodles are well coated. Serves 5 or 6. Contributor writes, a good accompaniment for any meat dish; try it with broiled chicken.

Kynel Bomgardner

Lebanon County Dairy Princess

PASTA WITH THE WORKS

½ cup thinly sliced pepperoni
1 medium green pepper, thinly sliced
2 cups spaghetti sauce with mushrooms
½ cup halved pitted ripe olives
4 cups hot cooked twisted macaroni (3½ cups uncooked)
1 cup shredded mozzarella cheese

½ cup grated Parmesan cheese
In a 10-inch skillet over low heat, cook pepperoni until lightly browned, stirring often. Add green pepper, cook 5 minutes or until green pepper is tender-crisp, stirring often.

Add sauce and olives. Cover; simmer 10 minutes, stirring occasionally.

Toss sauce mixture with macaroni and mozzarella cheese. Sprinkle with Parmesan cheese. Serves 4.

FETTUCINI ALFREDO

12 ounces uncooked fettucini
½ cup butter
1 cup half and half
1 cup grated Parmesan cheese
1 tablespoon dried parsley flakes
4 ounces sliced, canned mushrooms, optional

Cook fettucini as directed. Heat butter and half and half over low heat until butter is melted. Do not overheat. Stir in remaining ingredients. Keep warm over low heat. Pour sauce over hot, cooked fettucini, stirring gently until noodles are well coated. Serves 4 to 6.

Kathy Lee
Vermont



A delightfully creative way to serve pasta is as a salad.

PORK BALLS ON PARSLED NOODLES

1 pound ground pork
1 cup soft bread crumbs
¼ to ½ cup milk
1 egg
¼ cup finely chopped onion
1 teaspoon salt
1 teaspoon lemon juice
¼ teaspoon paprika
¼ teaspoon nutmeg
1 tablespoon butter or margarine

Sauce:

1 tablespoon butter
1 tablespoon flour
¼ teaspoon dry mustard
1½ cups milk

Noodles:

1 package (8 ounces) egg noodles
2 tablespoons butter, melted
2 tablespoons chopped parsley
Combine bread crumbs and milk; allow to soak a few minutes. Add ground pork, egg, onion, salt, lemon juice, paprika and nutmeg; mix well. Shape into 18 to 24 balls. Melt butter in 10-inch skillet. Brown pork balls well on all sides, turning as needed. Cover and cook slowly, about 18 minutes, until pork is cooked. Remove pork balls from skillet; keep warm. Prepare sauce. Add butter or margarine to skillet; melt. Blend in flour and mustard. Add milk; cook until sauce is thickened, stirring constantly. Cook noodles as directed on package. Drain well. Toss with melted butter or margarine; sprinkle with parsley. Serve pork balls and sauce over noodles. Serves 4 to 6.

Nat. Pork Producers Council

MEAT-VEGETABLE CASSEROLE

4 ounces noodles, uncooked
1 pound frozen mixed vegetables
1 can cream of mushroom soup
2 cups diced chicken, turkey or ham
8 ounces American grated cheese

½ cup milk
Cook noodles and vegetables according to directions; drain. Combine with remaining ingredients and place in 2-quart casserole. Bake at 350 degrees for 45 minutes to 1 hour. Serves 8 to 10. **Black & White Cow Cookbook**

SUPREMELY EASY SPINACH LASAGNA

1 pound Ricotta cheese
1½ cups shredded mozzarella cheese, divided (reserve ½ cup for topping)
1 egg
¼ cup toasted wheat germ (optional)
1 10-ounce package frozen, chopped spinach, thawed and drained
1 teaspoon salt
¼ teaspoon garlic powder
¼ teaspoon oregano
¼ teaspoon pepper
¼ cup parsley
2 jars (15½ ounces each) spaghetti sauce
½ package lasagna noodles
1 cup water

One step recipe. No need to cook noodles ahead.

Combine first 10 ingredients. In a greased 13x9-inch baking dish, layer ½ cup spaghetti sauce, ½ of noodles, ½ cheese mixture. Repeat and top with ½ cup cheese. Pour water around the edges. Cover tightly with foil. Bake at 350 degrees for 1 hour and 15 minutes. Let stand 15 minutes before stirring. Serves 6 to 8.

MOCK RAVIOLI

Sauce:
1 package bow tie noodles
1 pound hamburger
3 cans (8 ounces each) tomato sauce
3 cans water
2 packages dry spaghetti sauce mix

Paste:

1 package chopped frozen spinach, drained
½ cup Parmesan cheese
6 soda crackers, rolled fine
½ cup oil
2 beaten eggs
Small amount of garlic salt
Brown hamburger; add tomato sauce, water and sauce mix. Cook 30 minutes.

Make paste by mixing together spinach, cheese, crackers, oil, eggs and garlic salt.

Cook noodles and put into a 4-quart casserole, alternating sauce, noodles, paste, noodles and sauce. Sprinkle Parmesan cheese on top. Cook, uncovered, 35 to 40 minutes at 350 degrees.

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Featured Recipe

"Food for Mature Americans," a new leaflet from American Dairy Association, features entrees and desserts moderate in calories and rich in nutrients. As Americans grow older — more than 53 million of us will be over age 55 in 1990 — dietary concerns grow, and it becomes more important to make wise food choices. Still, taste does not have to be sacrificed, as this collection of nine recipes demonstrates. To receive a copy, simply send a stamped, self-addressed #10 envelope and 25 cents to: American Dairy Association, P.O. Box 750-MA, Rosemont, IL 60018.

PEACH MELBA FREEZE

2 Servings

½ cup sliced canned peaches, well drained
¼ cup vanilla frozen yogurt, softened
3 tablespoons dairy sour half and half
¼ teaspoon almond extract
½ cup fresh or unsweetened frozen raspberries
2 tablespoons raspberry schnapps
2 teaspoons sugar

Place peaches in blender container; cover. Puree until almost smooth. Combine peaches with frozen yogurt, sour half and half and extract in a large bowl. Gently fold until all ingredients are well mixed. Freeze until firm, 2 to 3 hours. About 1 hour before serving, combine raspberries, schnapps and sugar. Let stand at room temperature. To serve, divide frozen mixture between 2 dishes. Top each with half the raspberries.

Serving size: ½ of recipe. Calories per serving: 260. Protein 5 g, fat 8 g, carbohydrate 43 g. Calcium 140 mg, riboflavin (B2) .23 mg.

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. Recipes should reach our office one week before publishing date.

Nov.

- 11- One-Dish Meals
- 18- Thanksgiving Dinner
- 25- Novel Ways With Leftovers