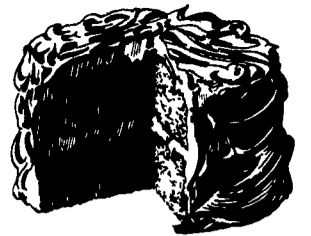


Home On The Range



Make It With Pasta

Pasta is a general term covering all the Italian thin-dough products, such as macaroni, spaghetti, and noodles. Some are usually made fresh, such as pot pie and ravioli; most are dried, and it is estimated that more than 150 shapes are made commercially. They taste different because they look different, but the dough is the same for all.

Pasta dough is made by adding water with or without salt to semolina, farina, flour, or a mixture of these. The quality depends almost entirely on the wheat used. Pastas made from durum wheat break with a clean, sharp edge and keep their shape when cooked. Egg pastas, which include noodles and egg vermicelli, are made of a similar dough with the addition of whole eggs or egg yolks.

Baked or boiled, served with all sorts of sauces or with plain butter, pasta is an integral part of American diets. It cooks quickly and easily; its bland flavor blends well with other foods, and it needs only a green salad to make a well-rounded meal.

LO CAL FETTUCINI ALFREDO WITH SPINACH & CLAMS
 16 ounces uncooked fettucini
 1½ cups of 2% fat milk
 1 cup parmesan cheese
 ¼ pound butter
 ¼ pound fresh spinach, well rinsed

3 dozen small clams
 Bring 4 quarts water to a rolling boil, add fettucini. Pour milk in heavy skillet at low heat to reduce. Steam clams just till open. Discard unopened clams. Remove clams from shell and set aside. Remove stems and chop spinach after steaming two minutes. Add butter, cheese, and spinach to milk and stir. Add clams and heat thoroughly. Salt to taste. Drain fettucini and place on warm plate. Toss with sauce. The sauce can be made completely in the time it takes to boil the water and cook the fettucini. Serves 6 to 8.

Bill Brown
 Almonesson, NJ

CAROUSEL SALAD
 ½ of a 7-ounce package spaghetti, cooked, drained, cooled
 1 cup shredded carrots
 ½ cup diced celery
 ½ cup mayonnaise or salad dressing
 2 tablespoons dill pickle, chopped
 1 teaspoon dill pickle juice
 Combine cooked spaghetti, carrot, and celery. Blend together remaining ingredients and ½ teaspoon salt. Toss with spaghetti mixture. Chill. Serves 6 to 8.

Betty Biehl
 Mertztown

LOW-GURT LASAGNA
 12 lasagna noodles
 32-ounces plain low-fat yogurt
 16-ounces low-fat cottage cheese
 1 onion, chopped
 1 green pepper, chopped
 2 cloves garlic, minced
 1 tablespoon oregano
 1 tablespoon basil
 1 tablespoon parsley
 4 cups tomatoes, peeled, diced, drained
 ½ pound lean ground beef
 ½ pound low-fat mozzarella cheese

Lightly grease a shallow 9x15-inch baking pan. Arrange four uncooked lasagna noodles in bottom of pan. Spoon half of the yogurt over noodles. Spoon half of the cottage cheese over yogurt. Arrange next layer of four noodles, yogurt, and cottage cheese. Top with a layer of the last four noodles. Combine onion, pepper and garlic. Layer over noodles. Combine herbs and sprinkle over vegetables. Place tomatoes over herbs. Crumble raw beef over top. Cover tightly with foil and bake at 425 degrees for 1 hour. Carefully remove foil, sprinkle with mozzarella cheese. Continue baking, uncovered, at 350 degrees for 30 minutes. Remove from oven and wait 15 minutes before cutting. Serves 12.

Betsy Berglund
 Somerville, N.J.

HOT-TUNA MACARONI TOSS
 1 cup elbow macaroni
 ¼ cup Italian salad dressing
 ¼ teaspoon dry mustard
 ½ teaspoon celery seed
 Salt and pepper
 1 6½-ounce can tuna, drained
 ½ cup celery, diced
 ¼ cup green pepper, chopped
 ¼ cup mayonnaise
 Green pepper, ring
 Cook macaroni in boiling water until tender. Drain. In skillet, mix Italian salad dressing, mustard, celery seed, salt and pepper. Heat just to boiling point.

Add drained macaroni, tuna, celery, and green pepper. Toss and heat thoroughly. Stir in mayonnaise. Top with green pepper rings. Serve hot. Serves 4.

Betty Biehl
 Mertztown



Easy and elegant chicken medallions is a smart dish for those who like to entertain.

SPAGHETTI SAUCE
 Boil and process into juice
 1 bushel tomatoes
 2 stalks celery
 24 onions
 Add:
 1½ cups sugar
 ½ cup salt
 1½ teaspoons paprika
 ½ pound butter
 Cook all ingredients together and add 1 cup of cornstarch to thicken. Pour into jars and process to seal. Use with pasta recipes.
 Mary Nolt
 East Earl

SPAGHETTI PIZZA
 1 pound spaghetti, cooked
 1 egg, beaten
 ½ cup milk
 ½ stick butter, melted
 2½ cups shredded mozzarella cheese
 Spaghetti sauce
 ¼ cup Parmesan cheese
 pepperoni
 Combine first four ingredients with ½ cup mozzarella cheese in bowl, mixing well. Place on greased 10½ x15-inch baking sheet. Spread sauce over top. Top with Parmesan cheese, remaining mozzarella cheese and pepperoni. Bake at 350 degrees for 35 to 40 minutes or until bubbly. Serves 10.
 PA Dairy Promotion

TUNA COTTAGE CHEESE CASSEROLE
 1 7-ounce can tuna
 1½ cups creamed cottage cheese
 ¼ cup bread crumbs
 ½ teaspoon salt
 ½ teaspoon Worcestershire sauce
 ¼ teaspoon pepper
 1 teaspoon onion flakes
 1 beaten egg
 Combine ingredients in one quart casserole and sprinkle on top:
 ¼ cup bread crumbs
 3 tablespoons Parmesan cheese
 Top with 2 tablespoons butter
 Bake in preheated 350 degree oven for 35 minutes. Serves 4-6.
 PA Dairy Promotion

PASTA SALAD
 1 pound pasta, any shape
 ½ pound Monterey Jack cheese
 ½ pound yellow American cheese
 ½ pound mozzarella cheese
 ½ cup celery, diced
 ½ cup green pepper, diced
 1 cup green onion, diced
 3 tomatoes, diced
 ½ cup shredded carrots
 1 cucumber, sliced
 1 tablespoon oregano
 1 tablespoon basil
 1½ bottles of Catalina salad dressing or spicy French dressing
 Cook pasta, drain and rinse with cold water and drain again. Add all other ingredients and pour on dressing. Mix well. Refrigerate 2 to 3 hours before serving. Dressing can be added or subtracted according to taste.
 Serves a large group.
 Cinnamon Rudy
 Centre Co. Dairy Princess

FIESTA SALAD BOWL
 1 cup elbow macaroni, cooked
 1 10-ounce package frozen or fresh brussel sprouts cooked in separate saucepan. Following package directions, drain, half brussel sprouts. Combine cooked macaroni, halved brussel sprouts and the following:
 1 4-ounce package corned beef, cut in strips
 2 tablespoons chopped onions
 2 tablespoons chopped green pepper
 Stir in 2 tablespoons vinegar in ½ cup mayonnaise or salad dressing. Add:
 1 tablespoon sugar
 ½ teaspoon salt
 ½ teaspoon prepared horseradish
 Pour mayonnaise mixture over macaroni mixture, toss lightly; chill. Serves 5 to 6.
 Betty Biehl
 Mertztown

(Turn to Page B8)

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.

November

- 3- Bread baking
- 10- Cooking With Cheese
- 17- Thanksgiving Favorites

Featured Recipe

Apples are the perfect snack food: they're portable, great tasting and good for you with only 81 calories and no cholesterol. Medical research is showing that a diet including lots of apples may help prevent heart disease, osteoporosis, diabetes, stroke, and certain types of cancer.

Apples are rich in dietary fiber, ranking just behind prunes in fiber content. The fiber in apples fills the stomach and causes it to empty more slowly after a meal, further slowing the absorption of glucose into the blood stream.

A recent study concluded that an extra serving of potassium-rich foods such as apples could reduce the risk of stroke by 40 percent.

Here is a recipe from the Pennsylvania Apple Marketing Board that you are sure to enjoy.

APPLE CIDER SALAD

1 6-ounce package orange-flavored gelatin
 4 cups apple cider
 1 cup raisins
 1 cup coarsely chopped apples
 1 cup chopped celery
 ½ cup walnut halves
 Juice and grated rind of 1 lemon
 Lettuce
 Dissolve gelatin in 2 cups hot apple cider; stir in raisins. Let cool. Add remaining 2 cups cider; chill until consistency of unbeaten egg white. Stir in apples, celery, walnuts, lemon juice, and refrigerate until set. Unmold onto lettuce leaves. Yields 8 to 10 servings.