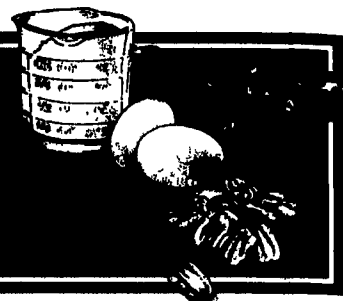




Home on the Range



'Pastabilities' Galore

Go to a large supermarket and look over the array of pasta. The unique shapes and possibilities for cooking them is mind boggling.

One of the most up and coming foods in this country is couscous (pronounced koo-se-koo-se). Couscous is tiny granules of pasta, made from 100 percent semolina wheat. Because it has already been cooked with steam and then dried, it is ready to eat in less than 10 minutes. Similar in texture and appearance to rice, it is ideal as a side dish or as an ingredient in main dish recipes. When prepared couscous remains fluffy and separate, and readily takes on the flavors of the other foods cooked or served with it.

Couscous has been around for nearly 1,000 years, originating in Morocco, Tunisia and Algeria. It is widely consumed throughout the world and is especially popular in France, but until recently most Americans had never heard of it. Once limited to specialty and health food stores, couscous can be found in most supermarkets. Couscous can be purchased plain or in flavors such as parmesan, herbed chicken, or roasted garlic and olive oil.

Couscous is naturally low in fat and high in carbohydrates. Because it is so easy to prepare and so versatile, couscous is an ideal part of any meal. It can be substituted in many of your favorite recipes that require rice or pasta.

Try some of these old favorite pasta dishes, but don't be afraid to experiment with couscous.

PASTA WITH PESTO SAUCE

1 cup snipped fresh parsley
3 tablespoons dried basil
½ cup slivered almonds or pine nuts
1 clove garlic
¼ teaspoon salt
6 tablespoons butter, melted and cooled
¾ cup grated parmesan cheese
10 ounces cooked hot pasta

Place parsley, basil, nuts, garlic, and salt in food processor or blender container. Process until ingredients are finely chopped. Add melted butter and cheese; process until well mixed. To serve, stir 1 tablespoon hot water into pesto sauce until well mixed. Place hot pasta in warm bowl; spoon pesto over pasta, toss to coat well. Serve immediately. Serves 6.

Am. Dairy

CHEESY MANICOTTI

12 uncooked manicotti shells
2 cups cottage cheese
1½ cups shredded mozzarella cheese
2 eggs, slightly beaten
¼ cup grated parmesan cheese
2 tablespoons butter, melted
¼ teaspoon Italian seasoning
¼ teaspoon salt and pepper
¼ teaspoon garlic powder
3 cups prepared spaghetti sauce
½ cup shredded mozzarella cheese
2 tablespoons grated parmesan cheese

Cook manicotti according to package directions for parboiling. Drain and place in bowl of cold water. Combine cottage cheese, 1½ cups mozzarella cheese, eggs, ¼ cup parmesan cheese, butter, and seasonings. Drain manicotti shells; pat dry. Fill shells with cottage cheese mixture. Preheat oven to 350 degrees. Spread about ½ cup spaghetti sauce over bottom of 3-quart rectangular baking dish. Place filled manicotti in dish. Cover with remaining sauce. Sprinkle with ½ cup mozzarella cheese and 2 tablespoons parmesan cheese. Cover dish loosely with aluminum foil. Bake, covered 30-40 minutes or until heated through.

Am. Dairy Association

PASTA WITH RUSTIC LAMB TOMATO SAUCE

12 ounces boneless leg of lamb or shoulder, sliced in thin strips
1 tablespoon olive oil
1 cup chopped onion
2 cloves garlic, minced
1½ cups thinly sliced zucchini
1 cup sliced mushrooms
14.5-ounce can diced tomatoes and juice
3 tablespoons chopped fresh basil leaves or 1 tablespoon dried basil
½ teaspoon ground black pepper
¼ teaspoon seasoned salt, optional
8-ounces pasta, cooked and drained
¼ cup sliced and drained ripe olives, optional

In large skillet with cover, heat oil and saute onion and garlic for 2 minutes. Add lamb and saute 4 to 5 minutes, stirring occasionally, until meat is cooked. Drain well, set aside. Add zucchini, mushrooms, tomatoes and juice, basil, pepper, and salt. Cover and cook for 5 minutes until vegetables are crisp-tender. Mix in cooked lamb and onions, pasta and olives. Heat through and serve.

Am. Lamb



Make it simple and fresh: Toss hot pasta with a room-temperature sauce.

LAZY DAY LASAGNA

12-ounces cottage cheese
2 cups shredded mozzarella cheese
2 eggs
½ cup chopped parsley
1 teaspoon onion powder
½ teaspoon dried basil leaves
¼ teaspoon pepper
32-ounces spaghetti sauce
¾ pound ground beef, cooked
9 uncooked lasagna noodles
Grated parmesan cheese

In large bowl, mix first seven ingredients until well blended; set aside. In another bowl, mix spaghetti sauce and cooked ground beef. In a 12x8x2-inch baking dish, spread ¾ cup meat sauce. Spread with half of cottage cheese mixture and 1½ cups meat sauce. Layer three more uncooked noodles on top of meat sauce. Spread with remaining cottage cheese mixture. Top with remaining three uncooked noodles and remaining meat sauce. Pour ½ cup water around edges of dish. Cover tightly with foil. Bake in 375 degree oven for 45 minutes. Uncover and bake 15 minutes or until noodles are tender. Let stand 10 minutes before serving. Serve with parmesan cheese. Makes six large servings.

Barbara Glick
Gap

PASTA PRIMAVERA

2 tablespoons butter
½ cup broccoli flowerets
½ cup thinly sliced carrots
¼ cup chopped red sweet pepper
1 clove garlic, minced
1 can condensed broccoli cheese soup
1 cup milk
¼ cup grated parmesan cheese
3 cups hot cooked fettucini

In 10-inch skillet over medium heat, cook all vegetables in hot butter until crisp and tender. Add garlic. Stir often. Stir in soup, milk, and cheese. Heat to boiling. Reduce heat to low. Cook 5 minutes, stirring occasionally. Pour over fettucini; toss to coat. Serve immediately.

Sarah Clark
Breezewood

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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.

October

28- Pumpkins Galore

November

4- Biscuits and Mix

11- Favorite Breads

18- Thanksgiving Dinner

Featured Recipe

It's the time of year when the air is brisk and leaves are changing color. Everywhere you look, something is being harvested. Pumpkins and cheese may sound like a strange combination, but are the perfect blend in this recipe. Cheese is packed with calcium and lots of other important minerals you need each day. This four-cheese blend provides a fun, yet nutritious variety that is perfect for fall socials or an after school snack.

Four Cheese Pumpkin

2 cup (8 oz.) shredded Colby cheese, at room temperature
1 cup (4 oz.) shredded Provolone cheese, at room temperature
1 cup cottage cheese
1 package (8 oz.) cream cheese, softened
1 teaspoon Worcestershire sauce
Paprika
Green bell pepper
Assorted crackers

Combine Colby cheese, Provolone cheese, cottage cheese, cream cheese, and Worcestershire sauce in work bowl of food processor. Process until smooth. Wrap in plastic wrap and refrigerate several hours for ease in shaping and to blend flavors. Shape into a pumpkin and sprinkle with paprika. Use a piece of green bell pepper for the stem. Allow to stand at room temperature about 20 minutes before serving with assorted crackers.