



pasta from the prairies

70 great recipes from the farm kitchens of Western Canada



on the cover: mediterranean pasta bake
recipe on page 46

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about this cookbook

This book was conceived as a 70th anniversary project of the Canadian Wheat Board, the farmer-controlled marketing organization for wheat, durum and barley in Western Canada. It contains 70 recipes that were submitted by farm families across the Prairies or were taste-tested in their kitchens. As a result, you can be sure that these meals are wholesome and delicious.

A pasta cookbook was chosen, not only because of pasta's popularity, but because western Canadian farmers grow huge quantities of top-quality durum wheat, which becomes the semolina used to make pasta.

Pasta is a healthy food, a ready source of protein and complex carbohydrates. Modern food science has revealed that pasta is high in minerals such as iron, phosphorus and essential B vitamins (Thiamine, Niacin and Riboflavin). Now it is also fortified with folic acid, which is important to the early development of infants in the womb.

On behalf of the employees of the CWB and the farm families that contributed to this project, I wish you good health and good eating.

Maureen Fitzhenry
Cookbook Editor

dear fellow pasta lovers,

The durum wheat I grow on my Saskatchewan farm is used in pasta dishes around the world – whether it's spaghetti in Italy, ravioli in New York City or fettuccine in Calgary.

Western Canadian farmers have good reason to be proud of this grain. Canada Western Amber Durum makes the best quality pasta in the world – and we grow more of it than anywhere else in the world.

That's why I'm so proud of this CWB pasta cookbook which showcases the delicious meals that can be made with our durum. It's an appropriate project to mark the 70th birthday of the CWB.

Pasta is one of my favourite foods because of its versatility. Some of the recipes in this book are appropriate for fancy meals, while others are best for kids' suppers or summer picnics. My personal favourite is macaroni salad on the combine.

I'm also proud of the CWB and its long history of serving the farmers of Western Canada with superior marketing and economic stability. As we look to the future, I feel fortunate that the path of history has resulted in a unique organization that is controlled by farmers, wholly Canadian-owned and entirely devoted to our needs as producers.

I hope you like these recipes. I know this is the kind of cookbook that my family will soon have splattered with tomato sauce and smelling like oregano. Enjoy!



Ken Ritter
Chair, CWB board of directors

pasta comes from durum wheat

The best pasta in the world is made from the best durum wheat in the world – Canada Western Amber Durum (CWAD). Canada grows more durum than any other country except Italy.

The CWB markets quality durum grown by western Canadian farmers to more than 40 countries around the world. It is primarily used for pasta and couscous, which is a staple dish in North Africa. The CWB is, by far, the largest durum exporter in the world, holding 50 to 60 per cent of global market share in any given year.

If you think of Italy when you think of pasta, you should also think of the Canadian Prairies in the same breath. Both countries grow the prime ingredient, which is ground into durum flour called semolina.

In fact, Italian pasta makers are among the top buyers of Canadian durum. Other valuable customers are in North Africa (Algeria, Morocco, Tunisia), South America (Venezuela, Chile, Peru) and the United States. Canada's own domestic pasta industry is also usually among the top five buyers.

Global buyers value Canadian durum for its consistently high quality and for the ease of supply that results from our superior marketing and grain handling systems.

International durum customers are regular visitors to downtown Winnipeg, where a pilot pasta plant is operated by the Canadian International Grains Institute (CIGI), supported by the CWB and the Government of Canada. Here, customers gain first-hand knowledge of the quality of pasta products made from our durum wheat. Visitors also stop by the CWB's Main Street office to enhance their relationship with our durum marketers.

In all, Canada produces about 4.5 million tonnes of durum each year – all of it grown in the western Canadian provinces. As you prepare meals from the recipes in this book, remember that the main ingredient was grown on a farm right here!

about the CWB

The CWB is a marketing agency controlled by producers from the three Canadian Prairie provinces and the Peace River district of British Columbia. It empowers 85,000 farmers to sell their own grain by working together to maximize their returns.

More than 80 per cent of the wheat, durum and malting barley sold by these farmers is exported outside Canada to about 70 different countries. CWB sales revenue totals more than \$4 billion a year, making it one of Canada's largest exporters. All sales revenue, less marketing costs, is returned directly to farmers.

The 2005-06 crop year marks the CWB's 70th anniversary. It was born from the cooperative movement on the Prairies in the 1930s and has evolved into the largest single seller of wheat and barley in the world. Its size and structure allow western Canadian farmers to successfully compete with the huge transnational companies that control the grain trade in most of the world. The CWB also gives farmers a powerful voice in grain transportation and handling.

The CWB is headquartered in Winnipeg, with offices in Tokyo, Beijing, Vancouver, Airdrie and Saskatoon. It is governed by a 15-member board of directors, including 10 farmers elected by their peers, four members appointed by the federal government for their business or financial expertise and the CWB's president & chief executive officer, who is chosen by the board.



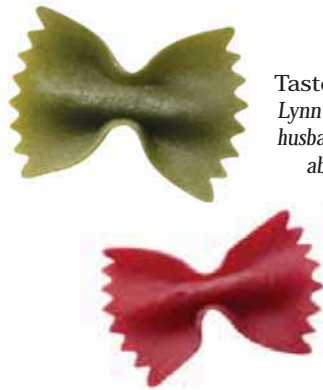
bow pasta salad

12 oz.	bow or spiral pasta*	340g
3 to 4	chicken breasts, cooked	3 to 4
1/4 cup	red onion, chopped	50mL
1/4 cup	sun-dried tomatoes, diced (the kind in jar of oil)	50mL
1/2 cup	basil-tomato flavour feta cheese	125mL
1/2 cup	caesar salad dressing (creamy or non-creamy)	125mL
1/2 cup	chopped fresh tomatoes	125mL
	sliced black olives	

Cook pasta and add the remaining ingredients. Serve with buns and tossed salad. Serves about four.

**Note: To stretch the servings, add more cooked pasta.*

Helen Nemeth
Winnipeg



Taste tester's notes:

Lynn Dechant of Fairview, Alberta made this for her farmer husband and adult son. It was easy to prepare, taking only about half an hour. The ingredients were also easy to find: she only had to buy the sun-dried tomatoes. Lynn said this would be excellent for a lunch or barbecue. However, she cautions that feta cheese and sun-dried tomatoes are best for those who enjoy strong flavours.

cool summer salad

2 lbs.	ripe tomatoes, peeled, seeded and chopped	1000g
2 Tbsp.	dried basil	30mL
2 tsp.	salt (or less depending on taste)	10mL
1/4 tsp.	black pepper	1mL
4 Tbsp.	wine vinegar	60mL
1 pkg. (17.6 oz.)	spiral pasta	1 pkg. (500g)
2/3 cup	olive oil	150mL
1 cup	green pepper, chopped	250mL
1 cup	red pepper, chopped	250mL
1 cup	ripe olives, chopped	250mL
12 oz.	mozzarella cheese, cut in 1/4-inch cubes	340g
1/2 cup	parmesan cheese, grated	125 mL

Start with all ingredients at room temperature. Put tomatoes in large serving bowl, add basil, salt, pepper and vinegar. Toss well and set aside, then cook spiral pasta according to directions. When done, drain well, add to tomato mixture and toss well. Add the oil, green and red peppers, and olives. When ready to serve, add mozzarella cubes, sprinkle with parmesan and serve.

Makes eight servings.

Maxine Richards
Lethbridge, AB

Taste tester's notes:

Joan Allen found this an extremely tasty and colourful salad, giving it 5 of 5 stars – and all for only 15 minutes' work! She liked it so much that she took it to the annual rural school picnic near her Carman, Manitoba farm, and received many favourable comments. To save time, Joan didn't peel the tomatoes and she chopped the vegetables while the pasta was boiling. She also suggests that people who don't like peppers could reduce or eliminate them.



italian pasta salad

3 to 5 cups	cooked rotini pasta	750mL to 1250mL
1 cup	low-fat Italian dressing	250mL
1/2 cup	chopped green, red and yellow pepper	125mL
	purple onion, sliced	
1/3 cup	parmesan cheese	75mL

Cook pasta until slightly firm. Rinse and add dressing, peppers, sliced onion and parmesan. Chill for a couple of hours. Before serving, sprinkle with additional parmesan cheese.

I sometimes use coloured rotini or whole wheat rotini, which works fine. My daughter-in-law requests this salad for all occasions. This is a favourite at our place.

Lorrie Kessler
Pangman, Saskatchewan

pastafact

Pasta is high in minerals like iron, phosphorus and essential B vitamins (Thiamine, Niacin, Riboflavin). It is also fortified with folic acid to promote healthy fetal development.

greek pasta salad

1 cup	orzo pasta	250mL
1 cup	cherry or grape tomatoes	250mL
1 cup	cucumbers, cut in chunks	250mL
1 cup	sliced red onion	250mL
1/2 cup	feta cheese, crumbled	125mL
1/2 cup	black olives	125mL
	bottled Greek salad dressing	

Cook orzo according to package directions. Drain and cool. Add all other ingredients, using amount of dressing to taste. Refrigerate for at least two hours to allow flavours to blend before eating.

Donna Gosselin
Gravelbourg, Saskatchewan



ham & pasta salad



ham & pasta salad

salad:

2 cups	cooked ham, cubed	500mL
1	small green pepper, chopped	1
3 cups	fusilli or small shells, cooked and drained	750mL
1 1/2 cups	cheese, cubed	375mL
1 head	broccoli, cooked, drained and separated into bite-sized pieces	1
1	small red onion, chopped (optional)	1
	parmesan dressing (see below)	

parmesan dressing:

1/4 cup	parmesan cheese, grated	50mL
1/4 cup	olive or vegetable oil	50mL
2 Tbsp.	parsley, chopped	30mL
2 Tbsp.	lemon juice	30mL
2 Tbsp.	vinegar	30mL
1 tsp.	dry mustard	5mL
1 tsp.	dried basil	5mL
1/4 tsp.	dried oregano	1mL
1/4 tsp.	dried marjoram	1mL
1/8 tsp.	pepper	0.5mL
1	clove garlic, crushed	1

Toss all ingredients. Cover and refrigerate at least six hours before serving (or including in your picnic basket). To make dressing, shake all ingredients in tightly covered container.

Angeline Bergman
CWB

Taste tester's notes:

Wanda Jefferies said everyone loved this salad when they tried it on their Glenboro, Manitoba farm (the youngest boy picked out the pepper and onion). This is a very good option for a cold lunch, picnics or the field lunch kit, Wanda wrote. She suggested trying it with a few black olives as well. It took her about 30 minutes to prepare and, as for taste? Four out of five stars.

creamy broccoli pasta salad

2 1/2 cups	pasta (shells, wagon wheels or rotini work best)	625mL
2 cups	broccoli florets	500mL
1 stalk	celery, thinly sliced	1 stalk
2	green onions, chopped	2
1/4 cup	cucumber, sliced	50mL
2 Tbsp.	dried parsley (or small handful of fresh parsley, minced)	30mL
1 cup	mayonnaise	250mL
1/2 cup	sour cream	125mL
2	cloves garlic, minced	2
2 tsp.	prepared mustard	10mL
1/2 tsp.	paprika	2mL
1/2 tsp.	salt	2mL
8	cherry tomatoes, diced	8

Cook pasta according to directions, adding broccoli during the last four minutes of cooking. Drain well, rinsing in cold water to cool. In a large bowl, combine pasta and broccoli with celery, green onions, cucumber and parsley. In a separate bowl, mix together mayonnaise, sour cream, garlic, mustard, paprika and salt. Pour this mixture over the pasta and broccoli, tossing to coat. Cover and chill for at least two hours. Just before serving, add tomatoes and toss gently.

Makes six servings.

Margo Eckberg
Rapid City, Manitoba

durumfact

Western Canadian farmers seed five or six million acres with durum each year, making it Canada's fourth-largest crop behind hard red spring wheat, canola and barley.

macaroni salad

1 pkg.	macaroni and cheese	1 pkg.
3/4 cup	mayonnaise	175mL
2 Tbsp.	Thousand Island dressing	30mL
1 tsp.	prepared mustard	5mL
1 Tbsp.	vinegar	15mL
	salt and pepper to taste	
1 tsp.	celery seed	5mL
	green onions, finely chopped (optional)	
	celery, finely chopped (optional)	

Cook and prepare macaroni according to directions on box. Add the other ingredients and chill for a couple of hours.

My family calls this our KFC macaroni salad.

Lorrie Kessler
Pangman, Saskatchewan



marinated pasta salad

dressing:

1/2 cup	vegetable oil	125mL
2 Tbsp.	lemon juice	30mL
2 Tbsp.	red wine vinegar	30mL
1	clove garlic, minced	1
1 tsp.	dried oregano leaves	5mL
1/2 tsp.	dry mustard	2mL
	salt and pepper to taste	

salad:

1/2 pkg. (8.8 oz.)	large shell pasta or rotini	1/2 pkg. (250g)
1 cup	cooked broccoli florets	250mL
1/2	small red onion, thinly sliced	1/2
2/3 cup	pepperoni, sliced	150mL
1/2 cup	feta cheese, crumbled	125mL
2	tomatoes, sliced into eighths	2
4	hard-cooked eggs, quartered	4

In a bowl, whisk together dressing ingredients and set aside. Cook pasta according to package directions. Drain well and rinse in cold water to cool. Toss shells with broccoli, onion, pepperoni, cheese and dressing. Cover and chill two hours. Just before serving, add tomatoes and toss gently. Garnish with egg wedges.

Joan Allen
Carman, Manitoba

pasta salad

2 cups	uncooked small macaroni	500mL
2 or more	tomatoes, finely chopped	2 or more
2 or more	green onions, finely chopped	2 or more
	green and red pepper, finely chopped (optional)	

sauce:

2/3 cup	white sugar	150mL
1/2 cup	canola oil	125mL
1/3 cup	ketchup	75mL
1/4 cup	vinegar	50mL
1 tsp.	salt	5mL
1/4 tsp.	pepper	1mL
1 tsp.	paprika	5mL

Cook macaroni as directed on package and cool. Combine with chopped vegetables. Mix sauce ingredients and pour over macaroni. Cool in fridge two to three hours or overnight.

Maureen and Clay McKegney
Weyburn, Saskatchewan



mediterranean salad

3 cups	fusilli or rotini pasta	750mL
1	red pepper, finely chopped	1
1	yellow pepper, finely chopped	1
1/3 cup	red onion, sliced	75mL
1/2	cucumber, chopped	1/2
6 Tbsp.	parsley, chopped	90mL
8 to 10	olives (optional)	8 to 10
1 1/2 cups	feta cheese, crumbled	375mL
8 to 10	cherry tomatoes, cut in half	8 to 10
3/4 cup	Italian dressing	175mL

Cook fusilli or rotini according to package directions. Drain and rinse in cold water to cool. Combine pasta with pepper, onion, cucumber, parsley, olives, feta and tomatoes. Add dressing and toss to coat.

Lori Watkins
Aylesbury, Saskatchewan

pastafact

A pilot pasta plant operates from the Canadian International Grain Institute office in Winnipeg. Here, international customers learn about the high-quality product that can be made with our durum.

mediterranean salad



spiral macaroni salad

15 oz.	spiral macaroni	425g
2/3 cup	sugar	150mL
1/2 cup	oil	125mL
1/2 cup	ketchup	125mL
1/4 cup	vinegar	50mL
1 tsp.	salt	5mL
1/4 tsp.	pepper	1mL
1 tsp.	paprika	5mL
1	large tomato, diced	1
1 cup	cucumber, diced	250mL
1 cup	celery, diced	250mL
4	green onions, chopped	4
1 cup	red or green pepper, chopped	250mL

Cook macaroni. Mix together sugar, oil, ketchup, vinegar, salt, pepper and paprika. Add vegetables to the cooked macaroni. Pour the dressing mixture over the macaroni and vegetables and refrigerate.

This is a tasty salad and serves many!

Shannon Amell, Pioneer Grain
Coronach, Saskatchewan



the ultimate picnic pasta salad

2 cups	rotini or corkscrew pasta	500mL
1 cup	broccoli florets	250mL
1/2 cup	Miracle Whip salad dressing	125mL
1/4 cup	Kraft Zesty Italian dressing	50mL
2 Tbsp.	parmesan cheese	30mL
1 cup	crab or imitation crab meat, chopped	250mL
1	medium tomato, chopped	1
1/4 cup	green onion, chopped (or 1/8 cup finely cut sweet onion, 25mL)	50mL
1/2 tsp.	salt	2mL
	dash of ground pepper	
	cheddar cheese, shredded (optional)	

Cook pasta and drain. Partially cook the broccoli. Combine dressings and cheese, pour over all other ingredients and mix well. Chill overnight before serving. Garnish with some shredded cheddar if desired.

This summertime treat really is terrific and can be easily doubled or tripled for a larger gathering. It lasts quite a while in the fridge and goes great with anything!

Marvin Maronda
Lomond, Alberta

tortellini salad

1 pkg. (12 oz.)	cheese tortellini, cooked	1 pkg. (350g)
3/4 cup	olive oil	175mL
2 Tbsp.	garlic, chopped	30mL
1/2 cup	smoked turkey, sliced into thin strips	125mL
1/2 cup	prosciutto ham, sliced into thin strips	125mL
2	carrots, cut into thin strips	2
1	red pepper, cut into thin strips	1
1/2 cup	parsley, chopped	125mL
1 cup	cooked peas	250mL

Mix cooked tortellini with 1/2 cup (125mL) olive oil. Mix the remaining oil with the chopped garlic and add to the rest of the ingredients. Mix together and chill for at least four hours.

Enjoy!

Holly Alexander
Regina, Saskatchewan



wheat salad

1 1/2 cups	durum wheat	375mL
8 oz.	cream cheese	227g
1 pkg.	instant vanilla pudding	1 pkg.
1	large tub cool whip	1
1/3 cup	lemon juice	75mL
1 tin	crushed pineapple, undrained	1
1 tsp.	vanilla	5mL

Wash wheat, soak in cool water overnight and drain. Boil in a pot with enough water to cover, stirring often. Simmer until all water disappears. Cool and add remaining ingredients.

Roger and Holly Dahl
Viceroy, Saskatchewan

beef & mushroom romanoff

2 tsp.	beef bouillon powder	10mL
3/4 cup	water	175mL
2 Tbsp.	cornstarch	30mL
1/8 tsp.	black pepper	.5mL
1 lb.	beef stir-fry strips (or inside round or sirloin tip steak, cut into strips)	500g
2 tsp.	garlic, minced (or 1 tsp. garlic powder, 5mL)	10mL
2	large onions, sliced	2
1/2 lb.	mushrooms, thick slices	250g
1/2 pkg. (8.5 oz.)	fettuccine	1/2 pkg. (250g)

Combine bouillon, water, cornstarch and pepper. Mix well and set aside. Heat a large oiled skillet over high heat. Add beef and garlic, cook and stir until beef loses its pink colour. Remove from pan. Cook onions and mushrooms over medium heat until tender, adding a bit more oil if necessary. Return beef to skillet. Stir bouillon to re-blend, add to skillet and bring to a boil, stirring constantly. Cook one minute to thicken. Serve over fettuccine noodles.

Can substitute stir-fry beef with leftover roast beef or steak, cut into thin strips.

Karen Klimek
CWB

Taste tester's notes:

This recipe was tested by Emmy Martens on her farm near Boissevain, Manitoba. She shared it with her husband, son and two young grandchildren, who all enjoyed it. One of its best qualities is the ease of preparation, rating only a 1 out of 5 on the difficulty scale. She also found all the ingredients right in her cupboard and fridge. "It had a very good flavour, but we also enjoy more veggies stir-fried, so I added more the next time," said Emmy. She also noted that it works well with chicken substituted for beef, along with a bit of ginger and sliced zucchini and red pepper.



beef parmigiana

1 1/2 to 2 lbs.	round steak	750g to 1000g
3 Tbsp.	flour	45mL
1/4 tsp.	salt	1mL
	pepper	
1	egg, beaten	1
1 Tbsp.	water	15mL
1/2 cup	fine dry bread crumbs	125mL
1/4 cup	parmesan cheese, grated	50mL
1/4 tsp.	basil	1mL
4 tsp.	oil	20mL
1 can (14 oz.)	tomato sauce	1 can (398mL)
1	clove garlic, crushed	1
1/2 tsp.	oregano	2mL
6	slices mozzarella cheese	6
1 lb.	pasta (wide noodle works best)	500g

Cut steak into six serving size pieces. Combine flour with salt and pepper and dredge meat in flour. Pound both sides with mallet or edge of saucer. Mix egg with water. Combine bread crumbs with parmesan and basil. Dip each piece of meat into egg and dredge with crumbs. Brown meat lightly in oil and place in greased 9x13-inch baking pan. Combine tomato sauce, garlic and oregano and pour over meat. Cover with foil and bake two hours in a 275° F (140° C) oven or until very tender. Place a slice of cheese on each piece of meat. Sprinkle with oregano, if desired. Bake a few minutes longer until cheese is melted. Cook pasta as directed. Serve beef over noodles.

Serves six.

Cathy Heide,
Boissevain, Manitoba

chicken & mushroom sauté

2 Tbsp.	margarine	30mL
1 1/2 lbs.	chicken breasts	750g
2 cups	mushrooms, sliced	500mL
1	onion, diced	1
1 can (10 oz.)	cream of mushroom soup	1 can (284mL)
1/2 cup	milk	125mL
4 cups	cooked wide pasta such as fettuccine	1000mL
	tomato and parsley, chopped	

In large skillet over medium high heat, melt half the margarine. Sauté chicken until no longer pink. Remove from skillet and set aside. In the same skillet over medium heat, melt remaining margarine. Sauté mushrooms and onion until tender and liquid is evaporated, stirring often. Stir in soup and milk, bringing to boil. Add chicken and heat through, stirring often. Serve over pasta. Garnish with tomato and parsley.

Linda Tomaszewski
Camrose, Alberta

durumfact

Italian pasta makers are among the largest-volume buyers of Canadian durum, along with North Africa (Algeria, Morocco, Tunisia), South America (Venezuela, Chile, Peru), the United States and Canada.

chicken tequila pasta

1 lb.	boneless, skinless chicken breast, cubed	500g
3 Tbsp.	soy sauce	45mL
2 Tbsp.	cooking oil, divided	30mL
1/2	red onion, thinly sliced	1/2
1	red pepper, thinly sliced	1
1	green pepper, thinly sliced	1
1/3 cup	fresh cilantro, chopped	75mL
4	cloves garlic	4
1	jalapeno pepper, seeds removed, minced	1
1/2 cup	chicken stock	125mL
2 Tbsp.	tequila	30mL
2 Tbsp.	lime juice	30mL
1 cup	whipping cream	250mL
2 lbs.	fresh spinach fettuccine	1000g

Combine chicken and soy sauce in a bowl. Chill until needed. Cook onion and peppers in one tablespoon (15mL) oil over medium heat. Remove from pan and set aside. In the same pan, add cilantro, garlic and jalapeno to remaining oil and stir-fry for two to three minutes. Add chicken stock, tequila and lime juice. Bring to a boil and cook until liquid has evaporated, five to seven minutes. Add chicken and soy sauce mixture. Add whipping cream and bring to a boil, stirring constantly. Heat until sauce is thick. Stir in onion and peppers.

Cook fettuccine in rapidly boiling water until al dente. Drain well and toss with sauce.

Pat Keena
CWB

Taste tester's notes:

The McMillan family thought this was delicious when they tried it on their farm at Margaret, Manitoba: giving it 4.5 stars out of 5 (except one of the kids didn't like the peppers). Pam McMillan said it took a bit of preparation to cook, but was well worth the effort. She substituted fresh parsley for cilantro and omitted the jalapeno peppers. Her husband, Cam, added cashews for extra flavour. They would definitely make it again for their family or company.



chicken chorizo pasta



chicken chorizo pasta

1	red pepper, halved and seeded	1
2	boneless, skinless chicken breasts	2
	flour, salt, pepper	
2 Tbsp.	butter	30mL
2 Tbsp.	olive oil	30mL
2	cloves garlic, minced	2
1	shallot, diced	1
1	large chorizo sausage	1
1 cup	chicken broth	250mL
2	large tomatoes, diced	2
1/2 cup	half and half cream	125mL
1/2 lb.	linguine or fettuccine	250g

Roast red pepper under the broiler until charred. Remove and place in plastic bag. Cut chicken into bite-sized pieces. Dredge in seasoned flour. Heat butter, olive oil, garlic and shallot and lightly brown chicken. Remove from pan. Slice sausage into bite-sized pieces and brown in same pan, then remove. De-glaze pan with chicken broth (or 1/4 cup white wine if desired). Add chopped tomatoes and bring to a boil. Reduce.

Remove skin from red pepper and place in blender. Add cream and blend until smooth. Add to pan and simmer on low.

Cook pasta and add chicken and sausage back to sauce and heat through. Add drained pasta and enjoy.

Serves four.

Kate MacKay
CWB

Taste tester's notes:

Dan Devine and Donna Grauner cooked this up on their farm near Eyebrow, Saskatchewan. Donna said it was very easy to prepare and the roast peppers turned out great. She says you can substitute any kind of spicy sausage for the chorizo. As for taste: four out of five stars from this family. They would definitely make it again.

fusilli with peppers & sausage

1 pkg. (14 oz.)	multigrain fusilli	1 pkg. (400g)
6 Tbsp.	olive oil	90mL
1	onion, diced	1
3	cloves garlic, minced	3
1	yellow pepper, thinly sliced	1
1	red pepper, diced	1
15	snow peas, cut in half	15
2	cooked Italian or chorizo sausages, sliced into rounds	2
	salt and pepper, freshly ground	
	romano cheese, grated (optional)	

Cook fusilli according to package directions. Heat oil in large skillet over medium heat. Add onion and garlic and sauté five to six minutes or until tender. Add peppers and snow peas. Sauté three to four minutes or until just softened. Add sausage and sauté for two to three minutes to heat through. Toss fusilli with sausage mixture. Season to taste with salt and pepper and serve with cheese, if desired.

I use this recipe all the time. My mother gave it to me, but I am unsure where it originally came from.

Janice Cournoyer
Lorette, Manitoba

pasta alfredo

sauce:

1/2 cup	milk	125mL
1 Tbsp.	butter	15mL
1/3 cup	parmesan cheese, grated	75mL
1/2 tsp.	garlic powder	2mL
	pepper to taste	
	parsley, diced	
1	egg yolk, beaten	1
4 to 6 cups	cooked pasta such as fettuccine	1000mL to 1500mL

Heat the sauce ingredients, except for the egg yolk. Add the egg yolk after sauce is heated and stir until thick. Stir into well-drained pasta.

Dianne Axten
Minton, Saskatchewan

pastafact

*Pasta is so delicious and healthy
that it has become a staple
food of Western society.*

*It is a great source of protein
and complex carbohydrates
that is also easy to prepare.*

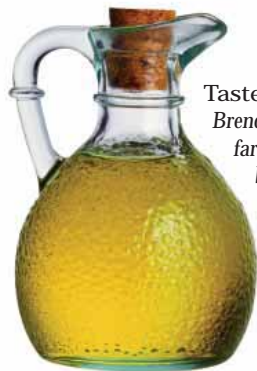
tequila mussels on fettuccine

7 pints	water	4L
1 lb.	fresh fettuccine	500g
3 Tbsp.	olive oil	45mL
1/4 cup	onions, diced	50mL
1/4 cup	tequila	50mL
2 lbs.	mussels, washed and scrubbed	1000g
1/2 cup	oil-packed sun-dried tomatoes	125mL
1/2	shrimp ring, tails removed	1/2
3 to 4 Tbsp.	tomato sauce	45 to 60mL

Boil water and add fresh fettuccine. Cook until al dente.

In olive oil, fry diced onions. Once soft, add tequila and mussels. Boil to reduce. Add sun-dried tomatoes and shrimp. A few tablespoons of tomato sauce may be required to create desired consistency. Toss with cooked fettuccine.

Pat Weatherald
CWB



Taste tester's notes:

Brenda Borley made this for her husband and two small children on their farm at Starbuck, Manitoba. She said it was fairly difficult to prepare because of the need to wash mussels and boil pasta – plus you need to live near a city to find the ingredients. However, the results were more than worth it. Brenda gave this recipe 4.5 stars out of 5 for taste! “It tastes like something you would get at a restaurant,” she wrote. She suggests it’s best for adults, perhaps for a fancy dinner.

fettuccine with stir-fry vegetables

1	small broccoli head	1
1/2	cauliflower head	1/2
1	carrot	1
2	celery stalks	2
1/2	red or green pepper	1/2
1/2	onion	1/2
2	ripe tomatoes	2
1 Tbsp.	olive oil	15mL
	garlic to taste	
	parsley to taste	
	lemon pepper to taste	
	dash soy sauce (optional)	
4 cups	cooked fettuccine	1000mL

Prepare the vegetables by cutting into bite-sized pieces. Pour olive oil into a pan and stir-fry the vegetables and spices for two to three minutes. The tomatoes will juice to make a sauce. Add soy sauce if you prefer. Serve over hot fettuccine.

Dianne Axten
Minton, Saskatchewan

taco pasta

1 lb.	ground beef	500g
1 can (10 oz.)	tomato soup	1 can (284mL)
1 cup	hot or mild salsa	250mL
1 cup	fusilli pasta, cooked	250mL
1 cup	cheddar cheese, grated	250mL
	tortilla chips	

Brown ground beef in an electric frying pan. Drain excess juices. Add tomato soup and salsa and heat well. Add cooked pasta and heat through. Sprinkle grated cheddar cheese on top and cover so cheese will melt. Serve with tortilla chips. Tastes great!!

Melissa Klassen
Winkler, Manitoba



greek-style casserole

bottom:

1/2 pkg. (8.5 oz.)	ready-cut macaroni (or 2 cups for a 9x13 pan, 500mL)	1/2 pkg. (250g)
2	eggs, slightly beaten	2
1/3 cup	parmesan cheese, grated	75mL

filling:

1 1/2 lbs.	lean ground beef	750g
2 cups	mushrooms, sliced	500mL
1	onion, chopped	1
1 can (14 oz.)	tomato spaghetti sauce	1 can (398mL)
1 tsp.	garlic powder	5mL
1 tsp.	each: dried oregano and basil leaves	5mL each
1/4 tsp.	each: salt, pepper and ground cinnamon	1mL each

topping:

1/3 cup	butter or margarine	75mL
1/3 cup	all-purpose flour	75mL
3 cups	milk	750mL
	salt and ground nutmeg to taste	
2	eggs, slightly beaten	2
1/3 cup	parmesan cheese, grated	75mL

Cook macaroni according to package directions. Combine macaroni with eggs and cheese. Spread mixture over bottom of a well-greased 9x13 baking dish and set aside. In large non-stick skillet, brown beef with mushrooms and onion. Drain off fat. Stir in spaghetti sauce and seasonings. Simmer, uncovered, while preparing topping.

In a large saucepan, melt butter. Stir in flour; cook and stir five minutes. Gradually whisk in milk; cook and stir until bubbly and thickened. Season to taste with salt and nutmeg. Remove from heat and gradually stir in eggs. Return to stove top. Cook over low heat one minute longer.

To assemble, spread meat filling over macaroni then pour topping over meat. Sprinkle with parmesan. Bake uncovered at 350° F (175° C) for 35 to 40 minutes or until top is golden brown and bubbly.

curried chicken lasagne

4 1/2 lbs.	oven-ready chicken	2kg
12 oz.	dried lasagne noodles	340g
2 oz.	butter or margarine	55g
2 Tbsp.	flour	30mL
3 Tbsp.	curry powder	45mL
2 pints	milk	1.1L
	salt and pepper	
1.5 oz.	shredded coconut	40g
1 Tbsp.	fresh bread crumbs	15mL

Skin chicken, remove flesh, trim off the fat and cut meat into half-inch chunks. Cook several lasagne noodles at a time in a large saucepan of boiling salted water until just tender. Drain, rinse in cold water, then cool on a cloth. Melt the butter in a saucepan, stir in flour and curry powder and cook for one minute, stirring. Remove from heat and gradually stir in the milk. Return to heat, bring to a boil slowly and cook until sauce thickens, stirring continually. Simmer for five minutes, season with salt and pepper to taste and add most of coconut.

Spoon some sauce into a large, shallow rectangular baking dish. Arrange the lasagne and chicken in single layers, adding a little sauce to each layer. Finish with lasagne, pouring the rest of the sauce over the top. Sprinkle with the remaining coconut and bread crumbs. Bake in oven at 350° F (175° C) for about one hour, until top is brown.

Serves six.

Mike and Maggie Kinnish
Kayville, Saskatchewan

curried chicken lasagne



spinach & cheese lasagne roll-ups

tomato sauce:

2 Tbsp.	olive oil	30mL
1 can (14 oz.)	chopped tomatoes	1 can (398mL)
2 tsp.	basil	10mL
1 can (5.5 oz.)	tomato paste	1 can (156mL)
1 tsp.	oregano	5mL
1 Tbsp.	honey	15mL
1 tsp.	thyme	5mL
	lots of freshly ground black pepper	
1 1/2 tsp.	salt	7mL
4	large cloves garlic, minced	4

lasagne:

1 pkg. (10.5 oz.)	chopped frozen spinach, thawed and drained	1 pkg. (300g)
2 1/2 cups	cottage cheese, drained	625mL
1/2 cup	parmesan cheese, grated	125mL
3 oz.	mozzarella cheese, grated	85g
2	eggs, beaten	2
12	lasagne noodles	12

Heat olive oil in a large saucepan. Add all of the sauce ingredients and bring to a boil. Lower heat and simmer, partially covered for 20 minutes. Spoon half of the sauce into the bottom of a 9x13-inch baking pan.

In a large bowl, mix together the spinach, cheese and eggs. If you like, set aside some of the grated mozzarella to sprinkle on top of the lasagne later. Boil the lasagne noodles in water for 10 minutes and drain well. Cut each noodle in half, separating and laying flat so they don't stick together. Place a generous amount of filling onto each noodle and roll up.

Place the filled, rolled-up noodles into the baking pan with the tomato sauce, squeezing them in tightly. If there is any leftover filling, spread it over top of the lasagne rolls. Cover with remaining tomato sauce and, if desired, grated mozzarella.

Cook in a 350° F (175° C) oven for 25 to 30 minutes.

lasagne

3/4 lb.	lean ground beef	385g
1	small onion, diced	1
1 can (28 oz.)	tomatoes	1 can (796mL)
1 can (5.5 oz.)	tomato paste	1 can (156mL)
1/2 cup	water	125mL
2 tsp.	brown sugar	10mL
1 1/2 tsp.	salt	7mL
1 tsp.	ground oregano	5mL
1/2 tsp.	garlic powder	2mL
1/4 tsp.	pepper	1mL
1/2 pkg. (8 oz.)	lasagne noodles	1/2 pkg. (250g)
16 oz.	low fat cottage cheese	500g
1	egg	1
1 pkg. (8 oz.)	partly skimmed mozzarella, grated	1 pkg. (250g)

In a large Dutch oven, cook beef and onion until beef is browned. Stir often. Add tomatoes with liquid, tomato paste, water, brown sugar and spices. Heat to boiling, stirring to break up tomatoes. Reduce heat, simmer for 30 minutes, stirring often. Prepare lasagne noodles as directed. Press cottage cheese through a sieve, stirring in egg.

Preheat oven to 375° F (200° C). In a 9x13 pan, arrange half the noodles, overlapping to fit. Spoon half the cheese mixture over noodles, then half the mozzarella and sprinkle with half the meat sauce. Repeat layers. Bake for 40 minutes or until heated through. Remove from oven, let sit 10 minutes for easier serving.

Serves 10.

Annemari Schafer
Schuler, Alberta

Taste tester's notes:

Taste tester Elisabeth Nahorniak loved the spinach & cheese lasagne roll-ups (facing page), which she tried on her grain farm near Quill Lake, Saskatchewan. She gave it 5 out of 5 for taste. "This is a very impressive dish which is easy to prepare, just takes a bit of time to get everything ready and mixed prior to assembly, but worth it – it looks as though I spent all day making it! I've already been asked for the recipe." She said the sauce was very rich and piquant, with elegant presentation – most appropriate for adults and older children. Her only suggestion: a bit more water to thin out the sauce.

turkey lasagne

1 cup	onion, chopped	250mL
1 can (10 oz.)	cream soup	1 can (284mL)
1 cup	water	250mL
3 cups	cooked turkey, chopped	750mL
	salt and pepper to taste	
1 tsp.	each: basil and oregano	5mL
1 1/2 cups	mozzarella cheese, grated	375mL
1 cup	parmesan cheese, grated	250mL
9 to 10	lasagne noodles, cooked	9 to 10

Cook the chopped onion slightly in the microwave. Mix with canned soup and water. Combine onion and soup mixture with turkey and spices. Mix the mozzarella and parmesan cheese together.

Layer in a 9x13-inch pan: noodles, turkey mix, cheeses, noodles, turkey mix, cheeses. Top with a layer of noodles if desired.

Cook at 350° F (175° C) for about 30 minutes.

Terry and Rae Belsher
Francis, Saskatchewan

durumfact

More than 40 countries eat pasta and couscous made from Canadian Prairie durum. Couscous is a staple dish in North Africa, made with durum semolina and water mixed into crumbly meal.

vegetarian lasagne

2 Tbsp.	olive oil	30mL
1	large onion, diced	1
5	cloves garlic, minced	5
1 tsp.	basil	5mL
1 tsp.	thyme	5mL
1 tsp.	black pepper	5mL
2 tsp.	oregano	10mL
2 Tbsp.	parsley	30mL
1 Tbsp.	honey	15mL
1 can (28 oz.)	tomatoes	1 can (796mL)
1 can (5.5 oz.)	tomato paste	1 can (156mL)
1 pkg. (10.5 oz.)	frozen spinach, thawed and drained	1 pkg. (300g)
16 oz.	cottage cheese	450g
	lasagne noodles (no-cook variety)	
	mozzarella, grated	

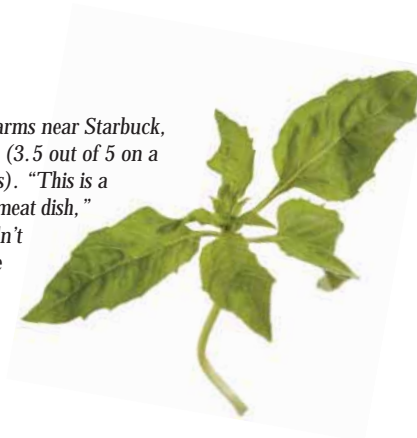
Heat olive oil, add onion and cook until tender. Add garlic, spices and honey, cooking for about two minutes, stirring constantly. Add tomatoes, tomato paste and water if necessary. Reduce heat to minimum and simmer for at least one hour.

Cook spinach. Combine with cottage cheese. Layer lasagne in a large pan: sauce, then cottage cheese mixture, then noodles. There should be enough ingredients for three layers. Top with grated mozzarella. Cook at 350° F (175° C) for about an hour or until cheese is melted and browned.

Gord Gilmour
CWB

Taste tester's notes:

This recipe was tested by the Borley family of No Time Farms near Starbuck, Manitoba. Brenda Borley said this was not an easy recipe (3.5 out of 5 on a difficulty scale), but paid off in good taste (4 out of 5 stars). "This is a plain dinner and would be good for the field if served with a meat dish," she wrote. "It was good. Even the kids (aged 3 and 5) didn't mind it." Brenda added she didn't have time to simmer the sauce for an hour and it still worked out fine.



linguine & clam sauce

1 Tbsp.	olive oil	15mL
3	garlic cloves, chopped	3
2 cans (5 oz.)	baby clams, drained with juice saved	2 cans (142g)
4 Tbsp.	butter or margarine	60mL
3 Tbsp.	flour	45mL
1 cup	whole or 2% milk	250mL
1 1/4 cups	asiago cheese, grated	300mL
3 Tbsp.	fresh parsley	45mL
	salt and pepper	
1 lb.	linguine or spaghetti	500g

Sauté the garlic cloves in olive oil for one minute. Add drained clams and sauté for another two minutes. Remove from pan and set aside.

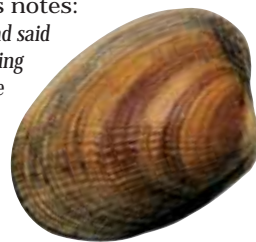
In a heavy pot, make roux by cooking butter and flour together until smooth. Add milk and cook until thickened. Add asiago cheese and cook until melted. Add clam juice and cook another few minutes (amount of juice depends upon how thick you prefer the sauce). Add the clams and mix. Remove from heat. Add fresh parsley and salt and pepper to taste.

Serve on linguine or spaghetti noodles. Sauce can be made up to eight hours ahead.

Avis Gray
CWB

Taste tester's notes:

Helena Caplette tried this on her farm at Delmas, Saskatchewan and said it was very easy to prepare, although the cheese grating, clam draining and garlic chopping takes a while. She thinks mozzarella could be substituted for the asiago cheese and canola oil instead of olive. On a taste scale, she gave it 4 of 5 stars. "We found it a bit too salty, so omitted the salt and used half the clam juice." Helena said this recipe would be appropriate for any lunch or dinner.



seafood linguine

1	clove garlic, mashed	1
1	medium onion, chopped fine	1
2 tsp.	olive oil	10mL
3/4 cup	white wine	175mL
2 cups	chicken broth	500mL
	dash of pepper	
	tabasco sauce, to taste	
1 tsp.	oregano	5mL
1 pkg. (8 oz.)	soft light cream cheese	1 pkg. (226g)
1 can (10-14 oz.)	baby clams, liquid reserved	1 can (284mL to 398mL)
	other seafood (boneless fish, crab or shrimp) if desired	
1 lb.	linguine pasta	500g
	parmesan, grated	
	parsley, chopped	

In a large heavy saucepan, sauté garlic and onion in oil, but do not brown. Add wine, broth, clam juice, pepper, tabasco and oregano and simmer for 15 minutes. Stir in cream cheese until blended and add seafood. Cook pasta according to directions, drain and add to sauce. Mix and let stand five minutes, then sprinkle with parmesan and parsley and serve immediately with hot bread.

Serves four to six.

Karen Anne Maronda
Lomond, Alberta

napa valley linguine



napa valley linguine

1/3 cup	extra virgin olive oil	75mL
2 Tbsp.	capers (or chopped sun-dried tomatoes or both)	30mL
2 tsp.	garlic, minced	10mL
1/4 tsp.	hot chili flakes	1mL
1/4 cup	feta cheese	50mL
1/2	lime, juiced with zest	1/2
2 oz.	prosciutto (or ham, bacon, capicollo or any cold cut), thinly sliced	55g
1 oz.	arugula leaves (or spinach or Swiss chard)	30g
1 pkg. (17.6 oz.)	linguine, cooked al dente	1 pkg. (500g)
	feta or parmesan cheese, for garnish	
	freshly grated black pepper to taste	
	pine nuts or walnuts (optional)	

Heat oil in sauté pan. Add capers, garlic, chili flakes, feta and lime juice with zest. Sauté over medium heat for about five minutes, then stir until smooth. Add prosciutto and arugula, cooking briefly until arugula wilts.

Add hot, cooked pasta and a small amount of reserved pasta water. Toss and serve with cheese and pepper, and sprinkle nuts on top if desired.

Serves two to three.

Valerie Berenyi
Editor of Real Life, *The Calgary Herald*

Taste tester's notes:

Anna Finsson tried this on the family farm near Arborg, Manitoba and found it both easy and delicious. "I had expected it to be very garlicky or that the chili flakes would dominate the taste, but these ingredients blended in well." Anna served it with rolls and salad and a bottle of red wine. She notes that many of the ingredients in this recipe are unavailable in farm communities, so appreciated being given options for substitutions.

zesty shrimp & pasta

1/3 pkg. (11 oz.)	linguine, uncooked	1/3 pkg. (300g)
3/4 cup	Italian dressing	175mL
2 cups	fresh mushrooms, sliced	500mL
1	small onion, thick slices	1
1 can (14 oz.)	artichoke hearts, drained, quartered (optional)	1 can (398mL)
	red and/or green peppers, sliced (optional in place of artichoke)	
1 lb.	large shrimp, cleaned	500g
1 Tbsp.	fresh parsley, chopped	15mL
1/4 cup	parmesan-style grated cheese	50mL

Cook pasta as directed on package. Meanwhile, heat 1/2 cup (125mL) Italian dressing in a large skillet on medium heat. Stir in mushrooms, onions and artichokes; cook until onions are crisp tender, stirring occasionally. Add shrimp and parsley and stir. Cook until shrimp are pink and vegetables are tender, stirring occasionally. Drain pasta and place in large bowl. Add shrimp mixture and remaining 1/4 cup (50mL) dressing and mix lightly. Sprinkle with cheese.

Linda Tomaszewski
Camrose, Alberta



zesty shrimp & pasta



mediterranean pasta bake

2 to 3	hot Italian sausages	2 to 3
1 tsp.	vegetable oil	5mL
1	onion, chopped	1
4	garlic cloves, minced	4
1	small eggplant, peeled and cut into 1/2-inch cubes, 1cm	1
1 Tbsp.	granulated sugar	15mL
1	small fennel bulb (or 2 stalks celery), sliced	1
1	red pepper, chopped	1
1 can (28 oz.)	tomatoes, diced	1 can (796mL)
1 cup	chicken broth	250mL
1/4 cup	fresh basil, chopped (or 1 tsp. dried basil, 5mL)	50mL
1 tsp.	hot red pepper flakes (optional)	5mL
1/2 tsp.	dried leaf oregano	2mL
1/2 tsp.	salt	2mL
1 1/2 cups	small pasta, such as macaroni, uncooked	375mL
1/2 cup	grated parmesan or crumbled feta	125mL

Preheat oven to 350° F (175° C). Remove sausages from casings and crumble. Heat oil in a large oven safe saucepan or pot. Add sausages, onion and garlic and sauté, stirring often over medium heat for 10 minutes. Stir in eggplant and sprinkle with sugar. Cook for five minutes, stirring often. Add fennel or celery, red pepper, tomatoes including juice, chicken broth and seasonings. Bring to a boil over high heat. Stir in pasta. Bake, covered, for 15 minutes. Stir. Continue baking until pasta is cooked, 15 to 20 more minutes. Stir in cheese. Add more basil if needed.

Makes nine cups, four to six servings. (Pictured on front cover)

Lenore Kersey
CWB

Taste tester's notes:

Sheila Backman tried this one on her family's farm at Consul, Saskatchewan and found it "truly excellent". She said the fennel, basil and oregano were important to the final taste, suggesting that substituting celery for fennel would make for a different flavour. "Although the ingredient list was 'exotic' for the farm, the result was well worth the hunt," she wrote. Sheila cooked it all up in a single pot, making it ahead of time and cooking in the oven before dinner, which made clean-up a snap.



mom's macaroni

1 Tbsp.	margarine	15mL
1/2 cup	onion, chopped	125mL
1 1/2 cups	macaroni, uncooked	375mL
1 cup	Velveeta cheese, cubed	250mL
1 can (14 oz.)	tomatoes	1 can (398mL)
1 cup	water	250mL
1 tsp.	salt	5mL
1/4 tsp.	pepper	1mL

Preheat oven to 350° F (175° C). Melt margarine and sauté onions. Transfer to a two-quart casserole dish. Add remaining ingredients. Stir, breaking tomatoes into small pieces. Bake for one hour.

Anita Herter
Richmond, Saskatchewan

pastafact

Each Canadian eats about seven kilograms (15 pounds) of pasta a year. A reduction in consumption due to the low-carb diet craze seems to be reversing.

chicken & spinach manicotti

2 pkgs. (21 oz.)	frozen chopped spinach	2 pkgs. (600g)
1 or 2	small cooked chickens	1 or 2
3/4 cup	medium cheddar cheese, finely grated	175mL
1	box manicotti noodles (14 in a box)	1
1 can (14 oz.)	spaghetti sauce without meat or cheese	1 can (398mL)
	parmesan cheese, freshly grated	

white sauce:

6 Tbsp.	butter or margarine	90mL
6 Tbsp.	flour	90mL
4 cups	milk	1000mL
1 1/2 Tbsp.	Worcestershire sauce	22mL
	salt to taste	
	white pepper to taste	
3 to 4	cloves fresh garlic, crushed	3 to 4

Preheat oven to 350° F (175° C). Prepare white sauce by melting butter in a large saucepan on medium heat. Stir in flour. Slowly add milk, stirring with a whisk to avoid lumps. Mix until smooth and creamy. Cook until sauce thickens, stirring constantly, then add Worcestershire sauce, salt, pepper and garlic. Lower heat, cook for another two to three minutes and remove from heat.

Cook frozen spinach according to package directions. After cooking, drain and squeeze well. Dice or shred chicken into large bowl. Add cooled, well-squeezed spinach and about two cups of white sauce, enough to bind chicken and spinach to consistency of chicken salad. Set aside.

Add 1/2 cup (125mL) cheddar cheese to remaining white sauce. Stir with a whisk to blend back to a smooth, creamy texture. Cover and set cheese sauce aside.

Boil manicotti according to instructions; allow two to four manicotti noodles per person. Drain the noodles well and lay on flat surface. Don't worry if they collapse. Using either a piping tube or your fingers, stuff the manicotti with the chicken and spinach mixture. Lay side by side in large, greased baking dish. Pour spaghetti sauce on noodles, followed by the cheese sauce. Garnish with remaining cheddar cheese and parmesan. Bake for 1 to 1 1/2 hours until heated through.

quick beef & pasta bake

1 lb.	ground beef	500g
1 cup	elbow pasta, cooked and drained	250mL
1/2 cup	each: chopped onions, green peppers, celery, mushrooms (or whatever combination your family likes)	125mL
1 can (10 oz.)	tomato soup	1 can (284mL)
1 to 2 Tbsp.	soya sauce	15mL to 30mL
1/4 tsp.	pepper	1mL
	mozzarella cheese, grated	

Brown ground beef with vegetable combination. Add tomato soup, soya sauce and pepper. Stir in pasta and heat to boiling. Pour into casserole dish and top with grated cheese. Bake 20 to 25 minutes at 350° F (175° C).

I serve with a tossed salad and whole wheat buns. This recipe doubles well and is very quick to prepare. It's ideal for busy wives and great to send with kids starting out on their own.

Ida Donovan
Milestone, Saskatchewan

Taste tester's notes:

Chicken & spinach manicotti (facing page) is not a simple dish to prepare, but pays off in great taste. The Cyca family tried it on their farm near Lemberg, Saskatchewan. Bonnie Cyca gave it 4 out of 5 stars for taste, but said it might be best for a fancy dinner. It took her 1.5 hours plus baking time to prepare and she gave it a 3 out of 5 on the difficulty scale. Instead of whole chickens, she used chicken breasts and had to shop for the manicotti, which she would not usually keep on hand. "It is not a quick recipe to make, but it tasted good," Bonnie wrote.

vegetable manicotti

7	manicotti noodles	7
1 Tbsp.	oil	15mL
1	onion, finely chopped	1
1	red pepper, finely chopped	1
1	yellow pepper, finely chopped	1
2 Tbsp.	fresh parsley, chopped	30mL
16 oz.	ricotta or cottage cheese	500g
1/3 cup	parmesan cheese, grated	75mL
1	egg, beaten	1
1 jar (24 oz.)	pasta sauce	1 jar (700mL)
1 cup	water	250mL

Cook manicotti according to package directions. Drain and rinse in cold water to cool.

In saucepan, heat oil and cook onion, peppers and parsley until tender. Remove from heat, cool slightly. Combine ricotta and parmesan cheese with egg and vegetable mixture, and set aside.

Combine sauce and water. Spread half of sauce mixture in 9x13-inch baking dish. Fill manicotti with cheese and vegetable mixture and place on sauce. Cover with remaining sauce.

Cover and cook at 350° F (175° C) for 45 to 50 minutes or until tender.

Karen Klimek
CWB

Taste tester's notes:

This recipe was tested by Bonnie Werdal, who farms near Aylesbury, Saskatchewan. She served it to her husband and 22-year-old granddaughter, who really liked it – although she and her husband wanted it seasoned more. She suggests more seasoning and less water in the sauce. It was very easy to make, with one manicotti enough for one person. Bonnie said she planned to make it again when her extended family is visiting.



mushroom pasta pilaf

1	small onion, chopped	1
1/4 cup	margarine	50mL
1 1/3 cups	uncooked ring, orzo or other small pasta	325mL
1 can (10 oz.)	beef consommé, undiluted	1 can (284mL)
1 cup	water	250mL
1 can (7 oz.)	mushroom stems and pieces, undrained	1 can (200mL)
1 Tbsp.	Worcestershire sauce	15mL
1/4 Tbsp.	soy sauce	3mL
	dash pepper	
	salt to taste	

In a large skillet, sauté onion in margarine until tender. Add remaining ingredients and bring to a boil. Reduce heat, cover and simmer for 20 minutes or until pasta is tender and liquid is absorbed.

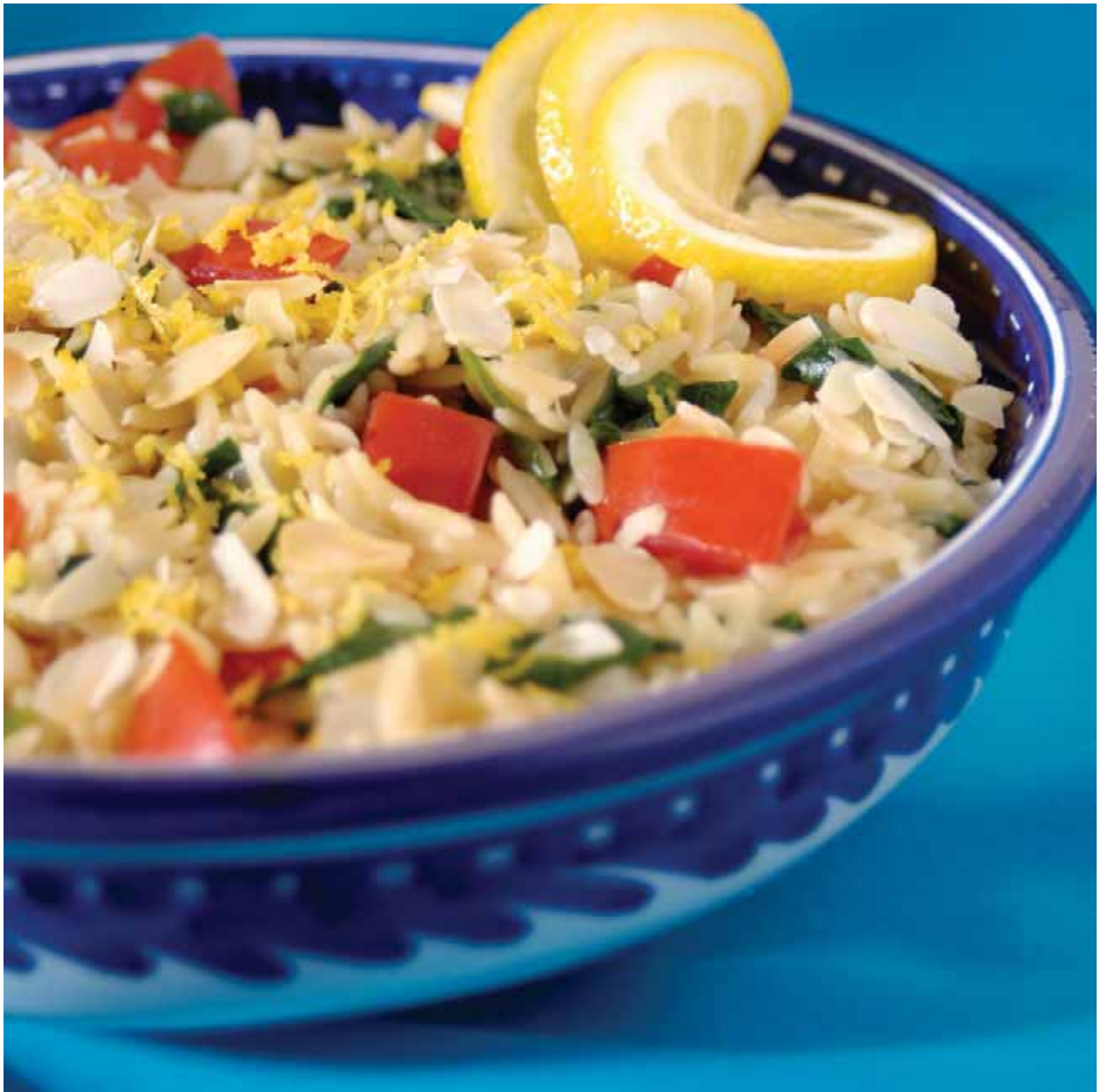
Yields six to eight servings.

Helen Nemeth
Winnipeg, Manitoba

Taste tester's notes:
The ingredients for this one are all easy to find and most will have them at home, says Lynn Dechant of Fairview, Alberta. However, she cautions that this is not a dish for every palette.



toasted orzo



toasted orzo

1 Tbsp.	butter or margarine	15mL
1/4 cup	onion, chopped	50mL
1	clove garlic, minced	1
1 1/2 cups	orzo pasta	375mL
1/4 cup	chicken broth	50mL
3 1/2 cups	warm water	875mL
3/4 tsp.	salt	3mL
1/4 tsp.	pepper	1mL
3 cups	spinach leaves	750mL
1	tomato, chopped	1
1 1/2 tsp.	lemon rind, grated	7mL
1/4 cup	toasted almonds, sliced (optional)	50mL

Melt the butter over medium heat. Add onion and garlic, cooking for one minute. Add the orzo and cook one to two minutes until light brown. Add broth, two cups water (500mL), salt and pepper. Stir until liquid is nearly gone, about eight to 10 minutes. Stir in remaining water and cook five to six minutes until liquid is absorbed. Add spinach and cook for one minute. Stir in tomatoes and lemon rind. Add almonds if desired.

Maureen and Clay McKegney
Weyburn, Saskatchewan

expanding pasta

1/2 pkg. (8.8 oz.)	penne pasta	1/2 pkg. (250g)
1 Tbsp.	canola or olive oil	15mL
1/2 cup	Spanish or red onions, sliced	125mL
1 lb.	hot Italian sausage	500g
1/4 cup	white wine	50mL
	hot peppers or hot sauce to taste	
1 cup	red or yellow peppers, sliced	250mL
1 to 1 1/2 cups	canned whole or marinated mushrooms	250mL to 375mL
1/2 to 3/4 cup	pitted olives	125mL to 175mL
1/2 to 1 cup	marinated or canned artichokes	125mL to 250mL
1/2 cup	sun-dried tomatoes (optional)	125mL

Cook pasta while preparing topping. Pour the oil in a pan, and sauté onions and sausage. Add wine, hot peppers or hot sauce, peppers, mushrooms, olives, artichokes and sun-dried tomatoes, if you prefer. Cook to let flavours blend. Spoon topping on top of penne.

We call this expanding pasta because after you eat, it seems to expand in your stomach and you feel very full! Serve with a salad.

Brenda Borley
Starbuck, Manitoba

penne with onions & fennel

2 Tbsp.	butter	30mL
1/4 cup	olive oil	50mL
1 lb.	yellow onions, roughly chopped	500g
1 lb.	fennel bulb, trimmed and cut into penne-sized strips	500g
1/2 cup	chicken broth	125mL
1/4 tsp.	salt	1mL
1/4 tsp.	pepper	1mL
1 pkg. (17.6 oz.)	penne	1 pkg. (500g)
	parmesan cheese, grated	

Melt butter with olive oil in a large skillet. Add onions and sauté about 10 to 12 minutes until lightly browned. Add fennel to the onions and stir to combine. Stir in chicken broth, salt and pepper and bring to boil. Reduce heat to medium-low, cover, and cook until the fennel is crisp tender.

Meanwhile, cook penne until al dente and drain well. Toss the cooked pasta with the sauce. Serve immediately with parmesan cheese.

Ruth Hallonquist
Winnipeg

Taste tester's notes:
Joyce Potts served this to her family on the farm at Watrous, Saskatchewan. Although it was very easy to prepare, the family was disappointed with its bland flavour. However, there were no strong tastes that children would object to. To improve it later, Joyce used the leftover penne and added browned ground beef, canned tomatoes, mushrooms, green peppers and mushroom soup and made "baked pasta" – proving the strength of innovation on the farm!



polla alla cacciatore

2 Tbsp.	butter	30mL
2 Tbsp.	olive oil	30mL
3 to 4	garlic cloves minced in salt	3 to 4
1	large onion, chopped	1
1 cup	red, green, orange and yellow peppers, sliced pitted black olives (optional)	250mL
1 can (5.5 oz.)	tomato paste	1 can (156mL)
2	bay leaves	2
1 tsp.	each: dry basil and oregano (fresh is best)	5mL
1 Tbsp.	brown sugar	15mL
	pepper to taste	
4 to 6	chicken breasts, cut into 2-inch pieces, 5cm (or 8 to 10 boneless, skinless thighs, cut in half)	4 to 6
3/4 cup	dry red wine	175mL
1 cup	chicken stock	250mL
1 can (14 oz.)	whole roma or plum tomatoes	1 can (398mL)
1/2 pkg. (8.8 oz.)	penne pasta	1/2 pkg. (250g)
	mozzarella or feta cheese (optional)	
	chopped parsley	

Melt butter with oil in saucepan. Fry garlic and onion until aromatic, then add vegetables and sauté to soften. Remove with a slotted spoon. Add chicken and brown on all sides. Return vegetables to pan. Add some wine, then stock and tomatoes. Add tomato paste and spices. Simmer for 45 to 60 minutes until tender. Adjust seasoning. Serve over cooked penne pasta. Sprinkle with shredded mozzarella or feta cheese if desired. Garnish with parsley.

Barb Bain
CWB

Taste tester's notes:

Marilyn Haugen tried this one for her family on their farm near Lougheed, Alberta.

"This has a pleasant, tomato-based sauce, which is great for the whole family.

Only very young children would reject it," she says. Marilyn gave a few suggestions, such as adding some thinly sliced carrots, zucchini or yellow squash. If you don't have red wine, she also says to just throw in some cranberry or grape juice and skip the brown sugar.

Another good idea: try whole-wheat pasta for a firmer bite and canola/olive oil mixture instead of butter as a healthier option.



chicken & sun-dried tomato rotini

4 quarts	water	4L
4 cups	rotini	1000mL
	olive oil	
3	chicken breasts, sliced	3
1/4 cup	onion, diced	50mL
1/2 cup	oil packed sun-dried tomatoes	125mL
1/4 cup	fresh basil, chopped	50mL
	tomato sauce	

Boil water, then add rotini and a small amount of olive oil to keep pasta from sticking. Brown chicken breast, slice and set aside. In the same pan, fry onions in olive oil until soft. Add sun-dried tomatoes and basil. Once heated, add pasta and chicken. Add a few tablespoons of tomato sauce and/or water to make desired consistency.

Serve with thick-sliced French bread.

Pat Weatherald
CWB

Taste tester's notes:

Shirley Dunn tried this recipe on her farm near Russell, Manitoba. She said it took about 40 minutes to prepare, but was not difficult. Most of her family liked the taste and she said it would feed six with leftovers – provided you serve some garlic bread too. For the Dunn family, this dish became more of a side dish or snack than a full meal.



pasta with arrabiata sauce

3 to 4 Tbsp.	olive oil	45mL to 60mL
4	cloves garlic, minced	4
1/2 tsp.	chili flakes (or to taste)	2mL
1 can (28 oz.)	diced roma tomatoes	1 can (796mL)
1 tsp.	salt	5mL
1/2 pkg. (8.8 oz.)	rotini or penne pasta	1/2 pkg. (250g)
	parmesan	
	parsley	

Heat the olive oil over medium heat and cook the garlic and chili flakes until garlic is transparent. Do not let the garlic brown. Add the tomatoes, bring to a boil and simmer for 30 minutes or longer for a thicker sauce. Serve over the pasta. Sprinkle parmesan and parsley over top.

Arrabiata means “angry” in Italian, a reference to the spiciness of the sauce. I suggest buying the best tomatoes you can afford and using half a bulb of garlic if you want bolder flavour. The sauce goes particularly well with rotini or penne, but you can use pasta shapes of your choice. A great variation is to precook and slice hot Italian or chorizo sausage and add with the tomatoes. With the sausage in the sauce it pairs very well with linguine.

Jen Pederson
Saskatoon, Saskatchewan



scrawny ronnie's killer casserole

2 lbs.	extra lean ground beef	1000g
1	large sweet onion, chopped	1
1	sweet red bell pepper, diced	1
1 jar (24 oz.)	pasta sauce	1 jar (700mL)
2 tsp.	garlic, minced	10mL
1 can (14 oz.)	chili-style red kidney beans	1 can (398mL)
1 tsp.	Worcestershire sauce	5mL
4 cups	rotini pasta, uncooked	1000mL
1 cup	old cheddar cheese, shredded	250mL
1 small pkg.	back bacon (optional)	1 small pkg.

In large skillet or Dutch oven, cook ground beef until well done. Drain well. Rinse in colander to remove all fat if desired. Add onion and bell pepper. Cook until onion is translucent. Add pasta sauce, garlic, beans and Worcestershire sauce. Bring mixture to a boil, then reduce heat and simmer for 20 minutes.

Preheat oven to 325° F (160° C). Cook pasta according to package instructions. Drain and transfer into a large casserole dish sprayed with non-stick spray. Add meat mixture and mix well. Use large spoon to press mixture into casserole dish. Top with cheddar cheese. Add layer of sliced back bacon if desired. Bake for 45 minutes or until cheese is crispy. Remove from oven and let stand for five minutes.

Serves eight. Enjoy!!!

Ron and Merna Burr
Lethbridge, Alberta

bacon & tomato spaghetti

1/4 pkg. (4.4 oz.)	spaghetti	1/4 pkg. (125g)
6	slices bacon, chopped	6
1	clove garlic, minced	1
2	green onions, sliced	2
2	tomatoes, chopped	2
1/2 cup	green pepper, chopped (optional)	125mL
1 Tbsp.	fresh basil, chopped (or 1 tsp. dried basil, 5mL)	15mL
	salt and pepper	

Cook spaghetti according to directions. In a large skillet, cook bacon until crisp and drain on paper towels. Reserve one or two tablespoons (15 or 30mL) bacon drippings in skillet. Add garlic and green onions and cook one minute. Stir in tomatoes, green pepper (if desired) and basil and simmer five minutes until tomatoes are softened and saucy. Add to spaghetti and toss to mix. Season to taste with salt and pepper.

Makes two servings.

Melody David
Ogema, Saskatchewan

durumfact

Canada is the largest durum exporter in the world, holding 50 to 60 per cent of global market share in any given year. The next-biggest durum exporter, the United States, holds 12 per cent of the world market.

bruschetta chicken bake

1 can (18 oz.)	stewed roma tomatoes	1 can (540mL)
2	cloves garlic, minced	2
1 pkg.	chicken stuffing mix	1 pkg.
1 1/2 lb.	boneless, skinless chicken breasts, cut into bite-sized pieces	750g
1 tsp.	dried basil	5mL
1 cup	mozzarella cheese, shredded	250mL
1/2 pkg. (8.8 oz.)	spaghetti, cooked and drained	1/2 pkg. (250g)

Preheat oven to 400° F (205° C). Place tomatoes with liquid in medium bowl. Add garlic and stuffing mix, stirring until stuffing mix is moistened. Set aside. Place chicken in 9x13 baking dish, sprinkle with basil and cheese. Top with stuffing mixture. Bake 30 minutes or until chicken is cooked through.

Serve with spaghetti.

Karen Klimek
CWB

Taste tester's notes:

Shannon Adamchuk made this for her husband and three children on their farm at Minitonas, Manitoba. For them, the tomato taste was too strong, although the kids loved the spaghetti and always eat any kind of pasta. Shannon thinks she would try it again with spaghetti sauce instead of tomatoes, leave out the box of stuffing and leave the chicken breasts whole, with cheese and sauce on top. This is an easy dish that takes only about 15 minutes to prepare.



chicken with sesame & ginger

3/4 cup	Knorr sesame ginger marinade	175mL
4	boneless, skinless chicken breasts, thin slices	4
2 Tbsp.	vegetable oil	30mL
1 cup	baby carrots, quartered lengthwise	250mL
1 cup	snow peas	250mL
1	red bell pepper, cut into thin strips	1
4	green onions, cut into 3/4-inch diagonal slices, 2cm	4
1/3 pkg. (5 oz.)	spaghettini, cooked and drained	1/3 pkg. (140g)
2 tsp.	sesame seeds, toasted (optional)	10mL

In a large, resealable plastic bag, combine 1/2 cup (125mL) marinade with chicken and seal bag. Marinate in refrigerator for at least 30 minutes. Remove chicken from bag and discard marinade.

Heat oil in a large non-stick skillet or wok. Add chicken and stir-fry until no longer pink inside and juices run clear. Remove chicken and set aside in bowl. Add carrots, snow peas, red pepper and green onions and stir-fry until tender crisp. Add spaghettini and remaining 1/4 cup (50mL) Knorr sesame ginger marinade. Cook and toss for one minute or until completely heated through. Sprinkle with toasted sesame seeds, if desired, and serve.

Karen Klimek
CWB

Taste tester's notes:

Dorothy Weetman from Stewart Valley, Saskatchewan said this meal was a great hit on her farm. She fed it to four adults who all gave it five out of five on the delicious scale. It was also very easy to prepare, taking about half an hour. The recipe made two very generous servings, but would have fed four if the meal included salad and dessert, she said. "This recipe could also work for a wrap," she added. "You could add chopped peanuts and a few bean sprouts."

chicken with sesame & ginger



chicken cacciatore

2 Tbsp.	vegetable oil	30mL
2	boneless chicken breasts, halved	2
1	medium onion, sliced	1
1 can (28 oz.)	Italian spice tomatoes	1 can (796mL)
1 cup	dry wine or chicken stock	250mL
1 tsp.	dry basil	5mL
1/4 tsp.	pepper	1mL
1/2 pkg. (8.8 oz.)	spaghetti, broken in half	1/2 pkg. (250g)
1/4 cup	parmesan cheese, grated	50mL

Heat oil on medium heat in a large fry pan. Add chicken and onion, browning chicken on both sides. Add tomatoes, wine or stock, basil and pepper and bring to a boil. Stir in spaghetti. Cover and simmer for about 15 minutes, stirring occasionally. Sprinkle with cheese, cover and cook for one minute.

Janice Stirling
Mortlach, Saskatchewan

pastafact

Historians now believe pasta originated in Italy before Marco Polo travelled to China. There is evidence that pasta was consumed in Genoa before Marco returned from his travels.

chicken tetrazzini

6 Tbsp.	margarine	60mL
1	medium or large onion, chopped finely	1
1 can (7 oz.)	mushrooms, chopped finely	1 can (200mL)
1/2	green pepper, chopped finely (optional)	1/2
2	large cloves garlic, minced	2
1/4 cup	white flour	50mL
3/4 cup	water	175mL
2 cups	whipping cream or milk	500mL
6	chicken legs, cooked and cut up (chicken breast, chicken thighs or turkey can be substituted)	6
2 pkgs.	chicken boullion	2 pkgs.
	salt and pepper to taste	
1 pkg. (17.6 oz.)	spaghettini pasta	1 pkg. (500g)
	parmesan cheese	

Sauté margarine, onion, mushrooms, green pepper and garlic on low/medium heat until mushrooms are slightly darker. Add flour and stir to combine with ingredients. Add water slowly to blend evenly and, once finished, add the cream or milk, 1/2 cup (125mL) at a time, blending so there are no lumps. Stop adding when it starts to look watery. Add chicken, boullion and salt and pepper to taste. If you think it requires more boullion, add another package. Stir to mix, heat until thickened again. Remove from heat.

Boil spaghettini two minutes less than package directions and drain. Spread some of the sauce with chicken on the bottom of a 9x13 glass baking dish. Layer the pasta over the sauce evenly. Spread sauce evenly over the pasta. Sprinkle a layer of parmesan cheese over the sauce. Bake at 350° F (175° C) for about 30 minutes or until top is lightly browned. Let sit for 10 minutes and serve.

Sirpa Hristovski
CWB

Taste tester's notes:

Terry Gosnell served this to six people on her farm at Crystal City, Manitoba and found it very tasty (4 out of 5 stars), as well as easy to prepare, with ingredients easy to find.

Altogether, including cooking time, this took about an hour and a half to prepare.

Terry said it would make a good meal for the combine and a good, plain dinner as well.

She used fresh mushrooms rather than canned and omitted the salt and pepper.

easy noodle casserole

1 lb. to 1 1/2 lb.	lean ground beef	500g to 750g
	salt and pepper	
1 to 2 cups	celery, chopped	250mL to 500mL
2 cups	fresh or canned mushrooms, chopped (optional)	500mL
1	medium onion, chopped	1
1 lb.	spaghetti or spaghetti	500g
2 cans (10 oz.)	Campbell's cream of celery soup	2 cans (284mL)
1	soup can full of milk	1
1 1/2 cups	medium or old cheddar cheese, grated	375mL

Brown ground beef well and drain. Season with salt and pepper, add vegetables and sauté with meat until tender. Cook pasta as directed and drain.

Mix together soup and milk, adding a little more milk for moister results.

Layer in one large (or two medium) greased casserole dishes: half the pasta first, followed by half the meat and vegetable mixture, followed by half the soup/milk mixture and half the cheese. Repeat layers a second time in the same order. Bake covered at 350° F (175° C) for one hour.

Like the name suggests, this simple, nutritious dinner dish is so easy a child could make it up in minutes. In fact, it introduced me to the joy of pasta as a youth and remains a staple in my deep freeze because it freezes well! In the uninformed days of my youth, mother used regular ground beef, full-fat cheese and whole milk and the dish was unbelievably good.

Marvin Maronda
Lomond, Alberta

italian sausage spaghetti pizza

6 cups	spaghetti, cooked	1500mL
2	eggs, lightly beaten	2
1/3 cup	milk	75mL
2 cups	spaghetti sauce	500mL
5	Italian sausages, cooked, drained and sliced	5
1 can (10 oz.)	mushrooms, drained and sliced	1 can (284mL)
1 can (10 oz.)	olives, sliced	1 can (284mL)
2 1/2 cups	mozzarella, shredded	625mL

Combine spaghetti, eggs and milk and spread in a greased 10x15-inch spring form pan. Top with spaghetti sauce, sausages, mushrooms, olives and cheese. Bake at 350° F (175° C) for 30 minutes.

Ilona and Gregor Beck
Rouleau, Saskatchewan

durumfact

Prairie farmers produce about 4.5 million tonnes of durum each year – enough for four billion 900g packages!

pesto spaghetti



pesto spaghetti

1 lb.	spaghetti	500g
4 oz.	fresh basil leaves	115g
4	cloves garlic, crushed	4
3 Tbsp.	pine nuts	45mL
5 Tbsp.	olive oil	75mL
	black pepper, freshly ground	

Cook spaghetti in a large pot. Drain and keep warm. Make pesto by blending basil, pine nuts and garlic at high speed in a blender or food processor. Add oil and pepper to pesto mixture and continue to blend. Add pesto to spaghetti and toss.

Karen Anne Maronda
Lomond, Alberta



mediterranean-style tuna

1/2 cup	creamy caesar salad dressing	125mL
1	onion, chopped	1
3	cloves garlic, minced	3
1 can (6 oz.)	tuna, drained	1 can (184g)
1/2 cup	sliced black olives	125mL
1 Tbsp.	crumbled dried basil	15mL
1/4 tsp.	hot pepper flakes	1mL
1 cup	chopped tomato	250mL
5 oz.	feta cheese, cut in 1/2-inch cubes, 1cm	140g
1/2 pkg. (8.8 oz.)	spaghetti	1/2 pkg. (250g)

In skillet, heat salad dressing over medium heat. Add onion and garlic. Cook for five minutes, stirring occasionally or until softened. Add tuna, breaking into large chunks. Add olives, basil and hot pepper flakes, and cook for two minutes. Add tomato and feta cheese, cooking about a minute or until warmed through and feta cheese melts at edges.

Meanwhile, cook spaghetti in pot of boiling salted water for eight or nine minutes, until tender but firm. Drain well and return to pot. Add sauce and gently toss to coat.

Makes four servings.

Stella Farmer
CWB



Taste tester's notes:

This recipe was tested by Sandra Berry on her farm near Foxwarren, Manitoba. She said it is very quick and easy. "There is minimum chopping/dicing/slicing – I liked that!" she wrote. "The sauce can all be done in one pan, which means easy clean-up as a result." For taste, she gave it a 3 out of 5, saying the fish was a pleasant change for beef eaters – but not great for children because of the black olives, feta and garlic. She recommends more tuna (two tins) and a wider pasta like fettuccine and says you could also substitute shrimp or fake crab if your budget allows. "This is perfect for the last-day-of-harvest celebration because it's not much work."

sherry chicken tetrazzini

6 Tbsp.	butter	90mL
2 cups	sliced fresh mushrooms	500mL
1 cup	onion, chopped	250mL
1	small green pepper, chopped	1
1/4 cup	flour	50mL
3 tsp.	salt	15mL
1/4 tsp.	pepper	1mL
4 tsp.	chicken bouillon powder	20mL
2 cups	water	500mL
1/2 cup	whipping cream	125mL
1/4 cup	sherry	50mL
2 cups	cooked chicken, cut in bite-sized pieces	500mL
1/2 pkg. (8.8 oz.)	spaghetti or spaghetti, broken in half	1/2 pkg. (250g)
1 Tbsp.	cooking oil	15mL
	parmesan cheese, grated	

Melt butter in frying pan; add mushrooms, onion and green pepper. Sauté until soft. Sprinkle flour, one teaspoon (5mL) salt, pepper and bouillon powder over top. Mix together. Stir in water until it boils and thickens. Add cream, sherry and chicken. Stir and set aside.

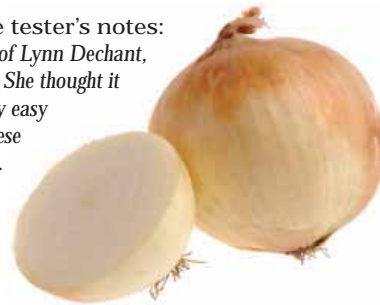
In large, uncovered saucepan, cook pasta in boiling water, cooking oil and remaining salt until tender but firm. Drain pasta and place in a greased two-quart casserole. Spoon chicken mixture over top and sprinkle with parmesan cheese. Bake uncovered in 350° F (175° C) oven for 30 to 35 minutes until hot and lightly browned.

Serves six to eight.

Lois Kosowan
CWB

Taste tester's notes:

This recipe was tested on the Fairview, Alberta farm of Lynn Dechant, who served it to her husband, son and hired man. She thought it was delicious, giving it 4 of 5 stars for taste. It was also very easy to make, rating a 1 out of 5 for difficulty. "I usually have these ingredients on hand, except for the cream," she wrote. The pepper would probably not appeal to children, but could be replaced with another green vegetable like asparagus or broccoli. Lynn also tried it with chicken breasts (cut up and browned) and suggests trying it with leftover chicken or turkey as well.



souper casserole

2 to 3	slices bacon	2 to 3
2	stalks celery, chopped	2
3 lbs.	ground beef	1500g
1 can (10 oz.)	tomato soup	1 can (284mL)
1 can (10 oz.)	cream of chicken soup	1 can (284mL)
1 can (10 oz.)	cream of mushroom soup	1 can (284mL)
1 can (10 oz.)	cream of celery soup	1 can (284mL)
1/2 pkg. (8.8 oz.)	spaghetti or spaghetti	1/2 pkg. (250g)
	crushed potato chips	

Crisp bacon and set aside. Cook celery and ground beef until done. Add all the soups. Cook pasta. Combine with meat mixture and mix well. Top with crushed potato chips and bacon. Cook at 350° F (175° C) about 30 minutes.

Serves 10 to 12.

Great meal for families on the run and for those meals which have to be taken out to the fields! Freezes well.

Helen Nemeth
Winnipeg



Taste tester's notes:

This was a "souper-easy" meal to make, according to Bonnie Werdal, who farms near Aylesbury, Saskatchewan. The ingredients are easy to find and you'll already have most of them at home. It's also quite tasty: she gave it a three out of five. "It could use a little more seasoning," she advised. It also makes a large amount, so you might want to freeze some. With just two pounds of beef, it fed four adults and three children, with some left over. This one is good for lunch, for a plain dinner or a meal in the field.

turkey tetrazzini

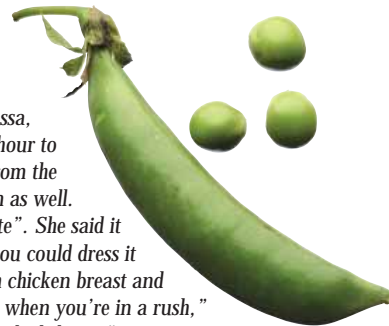
1/2 pkg. (8.8 oz.)	spaghetti, broken in half	1/2 pkg. (250g)
1 pkg. (10 oz.)	frozen green peas	1 pkg. (315g)
1 can (10 oz.)	cream of mushroom soup	1 can (284mL)
1/4 cup	half-and-half cream	50mL
2 cups	cooked turkey or chicken, chopped	500mL
1/8 tsp.	garlic powder	.5mL
1/8 tsp.	pepper	.5mL
1/4 cup	parmesan cheese, grated	50mL

Cook spaghetti according to package directions. Rinse peas in hot water to thaw. Add peas to spaghetti in two-quart casserole dish. Mix together soup, cream, turkey and spices and add to spaghetti. Microwave on high for five minutes, stirring once. Sprinkle with parmesan cheese. Microwave on high five to six minutes more.

Karen Klimek
CWB

Taste tester's notes:

Bette Reiss tested this recipe on her farm at Odessa, Saskatchewan. She found it took about half an hour to make in total. It's a great way to use leftovers from the Christmas turkey, but you can use roast chicken as well. Bette gave it a 4 out of 5 for its "nice, garlic taste". She said it would be good for lunch or a plain dinner, but you could dress it up a bit for a fancier dinner and maybe try fresh chicken breast and sliced fresh mushrooms. "This is quick and easy when you're in a rush," she wrote. "Take out the turkey and it's a good side dish too."



spaghetti pizza

	spaghetti (about three handfuls or enough to fill the bottom of 9x13 pan)	
1/4 cup	parmesan cheese, grated	50mL
1	egg	1
1/4 cup	milk	50mL
1/2 cup	spaghetti sauce	125mL
	assorted pizza toppings (pepperoni, mushrooms, tomatoes, onion, ham, pineapple, etc.)	
1/4 cup	cheddar cheese, grated	50mL

Cook spaghetti. Add parmesan cheese, egg and milk to cooked spaghetti and put in a greased 9x13-inch baking dish. Spread spaghetti sauce on top of spaghetti mixture. Add assorted toppings. Sprinkle grated cheddar on top and cook in 350° F (175° C) oven for 30 minutes.

Remove from oven, sprinkle with parmesan and let sit for five minutes. Serve with caesar salad and garlic toast.

Kerri Chase
CWB

Taste tester's notes:
Peggie McHolm from Moose Jaw, Saskatchewan says this one is easy and tastes great (she rates it 4 out of 5 stars). "It's a nice change from straight spaghetti and sauce," she wrote. This recipe is also good for the whole family: an excellent plain dinner you can serve with salad and bread. It took Peggie half an hour to prepare, plus cooking time.



spaghetti cheese bake

1/2 lb.	spaghetti	250g
1 cup	onion, chopped	1
1 lb.	lean ground beef	500g
1 Tbsp.	oil	15mL
1 can (10 oz.)	cream of mushroom soup	1 can (284mL)
1 can (10 oz.)	tomato soup	1 can (284mL)
1/2 cup	water	125mL
1 tsp.	seasoned salt	5mL
1/4 tsp.	pepper	1mL
2 1/4 cups	cheddar, grated	550mL
1/2 cup	bread crumbs	125mL
2 Tbsp.	melted butter	30mL

Cook spaghetti and set aside. Fry onion and beef in oil. Add mushroom soup, tomato soup, water, seasoned salt and pepper. Simmer slowly, uncovered, for 10 to 15 minutes. Add two cups (500mL) cheese and stir to melt. Mix with cooked spaghetti and put into greased casserole. Mix bread crumbs with melted butter, then stir in remaining 1/4 cup (50mL) cheese. Sprinkle on top of casserole. Bake uncovered at 350° F (175° C) for 20 to 30 minutes or until hot and browned.

This recipe can easily be doubled and frozen.

Joan and Lawrence Allen
Carman, Manitoba

spaghetti with cherry tomatoes

1/2 pkg. (8.8 oz.)	spaghetti	1/2 pkg. (250g)
4	green onions, coarsely chopped	4
3	cloves garlic, crushed	3
1 lb.	cherry tomatoes, halved or equivalent roma tomatoes	500g
1 oz.	parmesan cheese, grated	30g
8 to 10	fresh basil leaves	8 to 10
	salt and pepper to taste	
3 Tbsp.	olive oil	45mL
4 oz.	fresh mozzarella cheese, cut into 1/2-inch cubes, 1cm	125g

Cook spaghetti in a large pot of boiling, salted water until tender but still firm. Combine the next seven ingredients in a food processor. Pulse just until the tomatoes are coarsely chopped, but do not purée.

Drain the pasta, reserving some of the water. Toss the pasta with the tomato mixture and mozzarella in a large bowl; add some water if the sauce looks dry. Serve immediately.

Yields four servings.

Claire Lesperance
Willow Bunch, Saskatchewan

spaghetti with cherry tomatoes



beef & bows

8 oz.	bow-shaped or farfalle pasta	227g
1 Tbsp.	cooking oil	15mL
3/4 lb.	sirloin steak, sliced into 1/8-inch thin strips	400g
	salt and pepper	
2 cups	fresh mushrooms, sliced	500mL
1	medium red pepper, cut into 3/4-inch squares, 2cm	1
1/8 tsp.	dried, crushed chili peppers	.5mL
2 Tbsp.	parmesan cheese, grated	30mL
2 Tbsp.	fresh parsley, chopped	30mL

Cook pasta in salted boiling water until tender but firm. Drain, return to pot and cover to keep warm. Heat wok or frying pan on medium high. Add cooking oil and beef strips. Stir-fry until cooked to preference. Sprinkle with salt and pepper. Transfer to bowl. Add mushrooms, red pepper and crushed chili peppers to pan, adding more oil if necessary. Stir-fry two to three minutes until tender. Add beef and heat through. Add parmesan cheese and parsley, and toss. Spread pasta on platter. Spoon beef mixture over top.

Karen Klimek
CWB



Taste tester's notes:

Claire Bolt made this for her farm family at Dafoe, Saskatchewan and said it was a great meal for the whole family – especially fun for children because of the bow-shaped pasta. “I found this a nutritious, tasty and quick recipe,” she said, adding that it incorporates several food groups. “For a farming family, I think this would be an excellent meal in the field at harvest time.” Because it is also visually appealing, Claire thought this meal could also be served as a fancy dinner. “I love pasta and my husband loves his beef, so it is a great combination for us.”

chicken noodle divan

1 1/2 cups	medium-sized pasta	375mL
1 can (10 oz.)	cream of mushroom soup	1 can (284mL)
1 cup	milk	250mL
3 cups	broccoli, chopped (1 large head or frozen)	750mL
2 Tbsp.	parmesan cheese, grated	30mL
2 lbs.	chicken pieces, cut up	1000g
	Shake'n Bake coating	

Cook pasta for four minutes, then drain. Combine soup and milk, then add pasta. Pour into a greased casserole dish. Top with broccoli and then sprinkle cheese on top. Place chicken that has been coated with Shake'n Bake on top. Bake at 400° F (205° C) for 50 to 60 minutes.

This was a recipe from my great grandfather, Clark Puckett. I prefer using tortiglioni pasta.

Laura Shoemaker
Mossbank, Saskatchewan

pastafact

When durum wheat is milled, it is ground into a granular flour called semolina. To make pasta, a stiff dough is formed from water and semolina. The dough is then forced under high pressure through dies (metal discs with holes) to create hundreds of different shapes.

gnocchi with tomato/bacon sauce

gnocchi:

24 oz.	white potatoes	680g
1	egg	1
1 1/2 tsp.	salt	7mL
2 oz.	parmesan cheese, grated	55g
7 oz.	all-purpose flour	200g
2 oz.	durum semolina (additional at your discretion)	55g

tomato/bacon sauce:

1 Tbsp.	oil	15mL
3 Tbsp.	onion, finely diced	45mL
4	strips bacon, chopped	4
1 can (14 oz.)	plum tomatoes	1 can (398mL)
2 Tbsp.	tomato paste	30mL
	salt, pepper, basil to taste	

Cook and mash the potatoes. Beat egg, mix in salt and parmesan. Mix the egg into the potatoes, then add the flour semolina mixture. Depending on the consistency of the potatoes, you may need to add more flour or semolina. The texture should be firm without cracking. Let sit 30 minutes. Spread some flour on a flat surface and roll out into two-centimetre thick ropes and cut into three-centimetre pieces. Flatten slightly with fork. Boil in salted water until they rise to the top and cook about one minute longer.

For tomato/bacon sauce, fry onion and bacon in oil until the onion is soft. Crush the plum tomatoes to desired consistency and add to onion and bacon mixture. Stir in tomato paste and season with salt, pepper and basil. Cook on low for approximately five minutes.

Janis Arnold
CWB

Taste tester's notes:

This recipe was tested in the Birch Hills, Saskatchewan farm kitchen of Barbara Getz. She gave it 4 out of 5 stars for good taste. "We enjoyed the mixture of flavours: tomatoes, bacon and onions with the cheese and potatoes," she wrote, adding she'd like to try it again with farmer's sausage instead of bacon. Preparation time is needed, however, as this dish took two hours to make and the durum semolina had to be specially purchased.



ham & pasta toss

1 Tbsp.	olive oil	15mL
1	onion, chopped	1
1	clove garlic	1
9 oz.	shaved ham	255g
1 cup	tomato, chopped	250mL
1/2 cup	chicken stock	125mL
2 oz.	cream cheese	55g
1 cup	frozen peas	250g
1 tsp.	basil	5mL
1 tsp.	oregano	5mL
	pepper and salt to taste	
1 pkg. (17.6 oz.)	pasta of your choice	1 pkg. (500g)
2 Tbsp.	parmesan cheese	30mL

Cook olive oil on medium heat. Add onion, garlic and ham and fry well. Gradually add the tomato and chicken stock. Cook for five minutes. Gradually stir in cream cheese. Add the peas, basil, oregano, pepper, salt and pasta. Add parmesan cheese, mix and serve.

Ilona and Gregor Beck
Rouleau, Saskatchewan



meatless giant shells

8	giant pasta shells	8
1 can (14 oz.)	Mexican stewed tomatoes	1 can (398mL)
2 tsp.	cornstarch	10mL
1/2 tsp.	dried oregano	2mL
1	egg, beaten	1
1 cup	cottage cheese	250mL
1/2 cup	parmesan cheese, grated	125mL
1/2 cup	mozzarella cheese, grated	125mL
2 Tbsp.	parsley, chopped	30mL

Cook shells according to directions. To make sauce, mix tomatoes and cornstarch and cook in microwave until thickened. To make filling, combine the rest of the ingredients. Fill each shell with equal amount of filling. Spoon some of the sauce over the shells. Microwave on high, three to five minutes or until the filling is heated through.

Makes four servings.

Laura Shoemaker
Mossbank, Saskatchewan



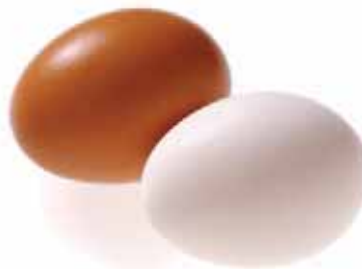
pasta & vegetable frittata

3 oz.	small pasta shapes	85g
1 oz.	butter	30g
1	bunch spring onions, finely chopped	1
1	clove garlic, crushed (optional)	1
1	red pepper, seeded and sliced	1
1	zucchini, sliced	1
4	eggs, beaten	4
4 Tbsp.	milk	60mL
3 oz.	old cheddar (or other strong-flavoured cheese), crumbled or grated	75g
1 tsp.	mixed dry herbs	5mL
	salt and pepper	

Cook the pasta shapes in salted boiling water for eight to 10 minutes according to instructions. Drain, rinse with cold water and cool. Melt the butter in a large frying pan and cook the onions and garlic gently for three minutes, then add the red pepper and zucchini. Cook over low heat for about 10 minutes until the vegetables are tender, stirring occasionally.

Beat the eggs and milk together, add the cooked pasta, cheese and dry herbs, then season with salt and pepper. Pour into the pan and cook on medium until set. Brown the top under a medium grill. Allow the frittata to cool for a few minutes, then serve alone or with a salad.

Mike and Maggie Kinnish
Kayville, Saskatchewan



pasta with puttanesca sauce

4 Tbsp.	olive oil	60mL
3 to 4	cloves garlic, minced	3 to 4
1	tin anchovies, patted dry and minced	1
1 can (28 oz.)	tomatoes, chopped (or 10 fresh tomatoes, peeled and chopped)	1 can (796mL)
1 tsp.	red chili flakes	5mL
2 tsp.	oregano	10mL
2 tsp.	parsley	10mL
1/4 tsp.	black pepper	1mL
1/4 cup	black olives	50mL
2 Tbsp.	capers	30mL
	pasta of your choice, enough for two people	
	parmesan cheese, grated	

Heat oil with garlic and anchovies, do not brown garlic. Add remaining ingredients and simmer. Cook pasta and toss with a little olive oil. Serve with sauce and freshly grated parmesan cheese. Delicious with a green salad and crusty bread.

Brenda Martfeld
Luseland, Saskatchewan



pasta with puttanesca sauce



rigatoni a la matriciana

1 pkg. (17.6 oz.)	rigatoni	1 pkg. (500g)
	extra virgin, cold-pressed olive oil	
1	red onion, diced	1
3	cloves garlic, diced	3
7 oz.	mild pancetta (Italian bacon), diced	200g
1 can (28 oz.)	Italian tomatoes	1 can (796mL)
	salt	
	pepper	
	oregano	
	parmesan cheese, grated	

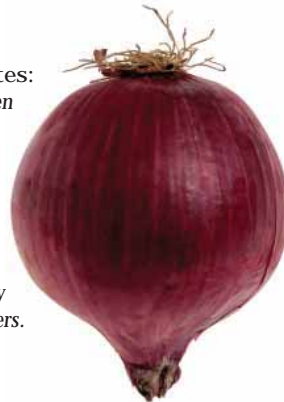
Start boiling rigatoni. In a large, non-stick pan, pour some olive oil, add onion and garlic and stir for two minutes at medium heat. Add pancetta and stir for two minutes. Add tomatoes, salt, pepper, oregano, stirring to crush the tomatoes. Let sauce simmer for 10 minutes and taste for seasoning. When pasta is ready, drain, add to sauce in pan and stir for a few seconds. Then pour it all in a large bowl, add grated parmesan cheese, stir and it's ready.

Simple and delicious!

Ramzy Yelda
CWB

Taste tester's notes:

Elisabeth Nahorniak and her family loved this recipe when they tried it on their Quill Lake, Saskatchewan farm. "It's a definite keeper!" she wrote. "A very scrumptious blend of pancetta, onion and tomatoes. This is a very hearty dish to be eaten with crusty bread and washed down with a robust red wine." Elisabeth thinks it best to let the sauce simmer 10 minutes longer than suggested if you like it thicker. As a very easy recipe, she would make it for the whole family or for a fancy meal by adding a side salad with romaine lettuce or cucumbers.



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