Contents

Money-saving meals with terrific taste begin with a versatile and economical base—Creamette® Macaroni, Spaghetti and Egg Noodles.

These tried and true recipes, tested in the Borden Kitchens, include old favorites from Creamettes and new ideas for money-saving main dishes, soups and salads. Creamettes products are the perfect penny-pincher's choice for family favorite recipes. Macaroni, Spaghetti and Egg Noodles provide the nutritious base for meatless classics like Macaroni and Cheese...or for stretching other more expensive protein ingredients like ground beef, chicken or tuna.

Check the "Elegant & inexpensive" section for entrees for entertaining that won't break the bank. And, if you're a calorie watcher, we've provided a special section with delicious Creamettes recipes.

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BASIC BAKED MACARONI AND CHEESE

Makes 6 to 8 servings

1 (7-ounce) package or 2 cups uncooked Creamettes® Elbow Macaroni, cooked as package directs and drained
2 tablespoons margarine or butter
2 tablespoons flour
1 teaspoon dry mustard
1 teaspoon salt
2½ cups milk
2 cups (8 ounces) shredded sharp Cheddar cheese

Preheat oven to 375°. In medium saucepan, melt margarine; stir in flour, mustard and salt. Gradually stir in milk. Cook and stir until mixture thickens slightly (mixture should coat spoon). Remove from heat. Add 1½ cups cheese; stir until melted. Stir in cooked macaroni. Turn into greased 1½-quart shallow baking dish. Top with remaining cheese. Bake 20 to 25 minutes or until bubbly. Refrigerate leftovers.

VARIATIONS: Add any of the following to macaroni before baking:
1 (7-ounce) can tuna or salmon, drained and flaked OR
1½ cups cubed cooked chicken or turkey OR
1½ cups cubed cooked ham or luncheon meat OR
½ pound frankfurters, sliced diagonally into fourths OR
½ pound sliced smoked sausage OR
1 (10-ounce) package frozen chopped broccoli or spinach, thawed and well drained OR
2 tablespoons each chopped onion and pimiento. Top with cornflake crumbs. Pictured above.

TIP: To double recipe to make 10 to 12 servings, use 1 (1-pound) package Creamettes® Elbow Macaroni, ½ cup margarine or butter, ½ cup unsifted flour, 2 teaspoons dry mustard, 2 teaspoons salt, 5¼ cups milk and 4 cups (1 pound) shredded Cheddar cheese. Proceed as above; combine in large bowl. Turn into greased 3-quart shallow baking dish (13x9-inch) OR 2 (1½-quart) shallow baking dishes. Bake 25 to 30 minutes. Or, casserole can be tightly covered and frozen unbaked. To bake frozen macaroni and cheese, preheat oven to 375°. Bake frozen casserole, uncovered, 1 hour and 15 minutes or until bubbly and hot in center.
SOUTHERN-STYLE BAKED MACARONI AND CHEESE

Makes 6 to 8 servings

1 (7-ounce) package or 2 cups uncooked Creamettes® Elbow Macaroni
8 ounces (2 cups) shredded sharp Cheddar or Swiss cheese
1¾ cups milk
3 eggs
1 teaspoon salt
1 teaspoon dry mustard

Preheat oven to 350°. Cook macaroni as package directs; drain. To hot macaroni, in same saucepan, add remaining ingredients except ½ cup cheese; mix well. Cook and stir over medium heat 3 to 5 minutes until cheese melts. Turn into greased 1½-quart shallow baking dish or 9x5-inch loaf pan. Top with remaining cheese. Bake 20 to 25* minutes or until bubbly. Refrigerate leftovers.

*If loaf pan is used, bake 30 to 35 minutes.

VARIATIONS: Same as for Basic Baked Macaroni and Cheese.

NOODLES ROMANOFF

Makes 6 to 8 servings

½ (1-pound) package Creamette® Egg Noodles, cooked as package directs and drained
½ cup finely chopped onion
1 (16-ounce) container cottage cheese
1 (16-ounce) container sour cream, at room temperature
1 teaspoon Worcestershire sauce
1 teaspoon salt
¼ teaspoon garlic powder
½ teaspoon pepper
1 cup (4 ounces) shredded Cheddar cheese

Preheat oven to 350°. In large bowl, combine all ingredients except Cheddar cheese; mix well. Turn into greased 2-quart shallow baking dish (12x7-inch). Cover; bake 25 to 30 minutes. Uncover; top with Cheddar cheese and bake 5 minutes longer. Refrigerate leftovers.
EASY SPAGHETTI BAKE

Makes 4 to 6 servings

1 (7-ounce) or ½ (1-pound) package Creamette® Italian Style Spaghetti or Vermicelli Extra Thin Spaghetti, cooked as package directs and drained
1 pound lean ground beef or bulk country sausage
½ cup chopped onion
1 teaspoon salt
1 (32-ounce) jar spaghetti sauce
1 (4-ounce) can mushroom stems and pieces, drained
1 teaspoon basil leaves
1 cup (4 ounces) shredded Cheddar cheese

Preheat oven to 375°. In large skillet, brown meat; pour off fat. Add onion; cook and stir until tender. Stir in remaining ingredients except spaghetti and cheese. Simmer 10 minutes. Stir in cooked spaghetti. Turn into greased 2-quart shallow baking dish (12x7-inch). Bake 20 minutes. Top with cheese; bake 5 minutes longer. Refrigerate leftovers.

YANKEE MACARONI

Makes 4 to 6 servings

1 (7-ounce) package or 2 cups uncooked Creamettes® Elbow Macaroni, cooked as package directs and drained
2 cups (8 ounces) shredded process American or Cheddar cheese
1 (8-ounce) container sour cream, at room temperature
1 teaspoon salt
½ teaspoon pepper

Preheat oven to 350°. In large bowl, combine all ingredients except ½ cup cheese; mix well. Turn into greased 1½-quart baking dish. Top with remaining cheese. Bake 20 to 25 minutes or until hot and bubbly. Refrigerate leftovers.

Saucepan Variation: Omit sour cream. In large saucepan, combine cooked macaroni, 1½ cups shredded cheese, 1 cup milk, ¼ cup margarine, 1 teaspoon salt and ½ teaspoon pepper. Cook and stir over medium heat until cheese melts and mixture is well blended.

SAUSAGE AND NOODLE SQUARES

Makes 6 servings

½ (1-pound) package Creamette® Egg Noodles, cooked as package directs and drained
½ pound bulk Italian or country sausage
½ cup chopped celery
½ cup chopped onion
1½ cups milk
3 eggs
½ teaspoon salt
1 cup (4 ounces) shredded Cheddar cheese

Preheat oven to 350°. In large skillet, brown meat; pour off fat. Add celery and onion; cook and stir until vegetables are tender. In large bowl, beat milk and eggs; stir in remaining ingredients except cheese. Turn into greased 2-quart shallow baking dish (12x7-inch). Cover; bake 40 minutes. Uncover and top with cheese; bake 5 minutes longer. Let stand 5 minutes before serving. Cut into squares to serve. Refrigerate leftovers.

HOMEMAKER'S HOLIDAY

Makes 6 servings

1 (7-ounce) package or 2 cups uncooked Creamettes® Elbow Macaroni, cooked as package directs and drained
1 (10¾-ounce) can condensed cream of celery or mushroom soup
1 cup milk
1 cup (4 ounces) shredded Cheddar cheese
1 (12-ounce) can luncheon meat, cubed
½ cup chopped green pepper

Preheat oven to 325°. In large skillet or saucepan, combine soup, milk and cheese; cook and stir until cheese melts. Stir in remaining ingredients. Turn into 1½-quart baking dish. Bake 30 minutes. Refrigerate leftovers.
### MEXICAN BEEF CASSEROLE

**Makes 8 servings**

1 (7-ounce) package or 2 cups uncooked Creamettes® Elbow Macaroni, cooked as package directs and drained
1 pound lean ground beef
¾ cup chopped green pepper
¾ cup chopped onion
1 clove garlic, finely chopped
2 cups hot water
1 (16-ounce) can tomatoes, cut up and undrained
1 (6-ounce) can tomato paste
1 (12-ounce) can whole kernel corn, drained
¼ cup pitted ripe olives, sliced if desired
1 (8-ounce) can tomato sauce
2 teaspoons chili powder
1 teaspoon oregano leaves
1 teaspoon salt
½ teaspoon ground cumin, optional
Corn chips
½ cup (2 ounces) shredded Cheddar cheese

Preheat oven to 350°. In large skillet, brown meat; pour off fat. Add green pepper, onion and garlic; cook and stir until tender. Stir in cooked macaroni, water, tomatoes, tomato paste, corn and olives. Pour into 3-quart shallow baking dish (13x9-inch). Stir together tomato sauce and seasonings; pour over macaroni mixture. Bake 25 to 30 minutes or until hot; top with corn chips and cheese. Bake 5 minutes longer or until cheese melts. Refrigerate leftovers.

### MANHATTAN MACARONI

**Makes 8 servings**

1 (7-ounce) package or 2 cups uncooked Creamettes® Elbow Macaroni, cooked as package directs and drained
1 pound lean ground beef
¼ cup chopped green pepper
¼ cup chopped onion
2 cloves garlic, finely chopped
1 (15-ounce) can tomato sauce
1 (6-ounce) can tomato paste
¼ cup water
1½ teaspoons salt
1 teaspoon chili powder
1 teaspoon sugar
¼ teaspoon crushed red pepper, optional
1 cup cottage cheese
1½ cups (6 ounces) shredded Cheddar cheese

Preheat oven to 350°. In large skillet, brown meat; pour off fat. Add green pepper, onion and garlic; cook and stir until tender. Add remaining ingredients except macaroni and cheeses; mix well. Cover; simmer 15 minutes, stirring occasionally. In greased 3-quart shallow baking dish (13x9-inch), layer cooked macaroni, meat mixture, cottage cheese and Cheddar cheese. Bake uncovered 30 minutes or until hot. Refrigerate leftovers.

### FRONTIER DINNER

**Makes 6 servings**

1 (7-ounce) package or 2 cups uncooked Creamettes® Elbow Macaroni, cooked as package directs and drained
1 (15-ounce) can chili with beans
1 (10¾-ounce) can condensed tomato soup

Preheat oven to 350°. In large skillet or saucepan, combine chili and soup; cook and stir until hot. Stir in cooked macaroni; heat through. Serve immediately. Refrigerate leftovers.
MACARONI STROGANOFF

Makes 6 servings

1 (7-ounce) package or 2 cups uncooked Creamettes® Elbow Macaroni, cooked as package directs and drained
1 pound lean ground beef
1/2 cup finely chopped onion
1 teaspoon salt
1/4 teaspoon pepper
1 tablespoon vegetable oil
1 (10%-ounce) can condensed cream of mushroom soup
1 (10-ounce) package frozen green peas, thawed or 1 (17-ounce) can green peas, drained
1 (8-ounce) container sour cream, at room temperature
2 tablespoons dry or cocktail sherry, optional

Preheat oven to 350°. In medium bowl, combine meat, onion, salt and pepper; mix well. Shape into 18 meatballs. In large skillet, brown meatballs in oil; pour off fat. In large bowl, combine cooked macaroni, meatballs, soup, peas, sour cream and sherry. Turn into greased 2 1/2-quart baking dish. Bake covered 35 to 40 minutes or until hot. Refrigerate leftovers.

BEEF CASSEROLE ORIENTALE

Makes 6 to 8 servings

1 (7-ounce) package or 2 cups uncooked Creamettes® Elbow Macaroni, cooked as package directs and drained
1 pound lean ground beef or 2 cups diced cooked beef or pork
2 cups diagonally sliced celery
3/4 cup chopped onion
2 (10%-ounce) cans condensed cream of mushroom, chicken or celery soup
1 soup can water
1 (8-ounce) can water chestnuts, drained and sliced
1/4 cup soy sauce
Cashews, optional

Preheat oven to 350°. In Dutch oven or large skillet, brown meat; pour off fat. Add celery and onion; cook and stir until tender. Add soup, water, water chestnuts and soy sauce. Cook and stir until hot. Stir in cooked macaroni. Turn into 3-quart shallow baking dish (13x9-inch). Cover; bake 20 to 25 minutes. If desired, garnish with cashews and serve with additional soy sauce. Refrigerate leftovers.
### Sausage Spaghetti A

Makes 6 to 8 servings

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>1 to 1 1/2 pounds smoked or Italian</td>
<td>smoked sausage links, cut</td>
<td>into 1-inch pieces</td>
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<tr>
<td>3/4 cup chopped green pepper</td>
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<tr>
<td>1/2 cup chopped onion</td>
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<tr>
<td>2 (15-ounce) cans tomato sauce</td>
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<tr>
<td>1 (6-ounce) can tomato paste</td>
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<tr>
<td>1 (4-ounce) can sliced mushrooms, drained</td>
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<td></td>
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<tr>
<td>1 tablespoon Worcestershire sauce</td>
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<tr>
<td>1 teaspoon basil leaves</td>
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<tr>
<td>1 teaspoon salt</td>
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<tr>
<td>1/4 teaspoon pepper</td>
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<tr>
<td>1/2 teaspoon garlic powder</td>
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<tr>
<td>1 (1-pound) package Creamette® Italian Style Spaghetti, cooked as package directs and drained</td>
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In large skillet, lightly brown sausage; add green pepper and onion. Cook and stir until tender. Add remaining ingredients except spaghetti; mix well. Bring to a boil; reduce heat and simmer uncovered 20 minutes. Serve over hot cooked spaghetti. Refrigerate leftovers.

### Macaroni and Beef Skillet

Makes 6 to 8 servings

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
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<tbody>
<tr>
<td>1 pound lean ground beef</td>
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<tr>
<td>1/4 cup chopped green pepper</td>
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<td></td>
</tr>
<tr>
<td>1/4 cup chopped onion</td>
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<tr>
<td>1 (16-ounce) can stewed tomatoes</td>
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<tr>
<td>1 (10 1/4-ounce) can condensed tomato soup</td>
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<td></td>
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<tr>
<td>1 (4-ounce) can mushroom stems and pieces, undrained</td>
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<td></td>
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<tr>
<td>1/2 to 1 teaspoon garlic salt</td>
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<td></td>
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<tr>
<td>1/2 teaspoon pepper</td>
<td></td>
<td></td>
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<tr>
<td>1/2 cup (2 ounces) shredded Cheddar cheese</td>
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<td></td>
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</tbody>
</table>

In large skillet or saucepan, brown meat; pour off fat. Add green pepper and onion; cook and stir until tender. Stir in remaining ingredients except macaroni and cheese. Cover; simmer 15 minutes. Stir in cooked macaroni; cook uncovered 10 minutes. Top with cheese. Serve immediately. Refrigerate leftovers.
TRADITIONAL SPAGHETTI AND MEATBALLS

Makes 4 to 6 servings

Meatballs:
- 1 pound lean ground beef
- 1 cup soft bread crumbs (about 1 slice bread)
- 1/2 cup tomato juice
- 1 teaspoon garlic salt
- 1 teaspoon Italian seasoning
- 1/2 teaspoon pepper

In medium bowl, combine ingredients; shape mixture into 1 1/2-inch meatballs. In large heavy pan or Dutch oven, brown meatballs; remove from pan, reserving drippings.

Sauce:
- 8 ounces fresh mushrooms, sliced (about 2 cups)
- 3/4 cup chopped onion
- 3 cloves garlic, finely chopped
- 2 cups tomato juice
- 1 (6-ounce) can tomato paste
- 1 teaspoon Italian seasoning
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 (7-ounce) package or 1/2 (1-pound) package Creamette® Italian Style Spaghetti, cooked as package directs and drained

In same pan, with reserved drippings from meatballs, cook and stir mushrooms, onion and garlic until tender (add 1 to 2 tablespoons margarine or butter if needed). Stir in tomato juice, tomato paste and seasonings. Add meatballs; simmer uncovered 30 minutes, or until thickened. Serve over hot cooked spaghetti. Refrigerate leftovers.
1 1/2 pounds lean ground beef
1/2 cup finely chopped onion
1/2 cup soft bread crumbs (about 1 slice bread)
2 eggs
2 tablespoons milk
1 teaspoon Worcestershire sauce
2 tablespoons Wyler's® Beef-Flavor Instant Bouillon
Vegetable oil, optional
1/4 cup unsifted flour
2 1/2 cups water
1/2 cup sour cream, at room temperature
1 (1-pound) package Creamette® Egg Noodles, cooked as package directs and drained

Makes 6 to 8 servings

In medium bowl, combine meat, onion, crumbs, eggs, milk, Worcestershire sauce and 1 tablespoon bouillon; mix well. Shape into 1 1/2-inch meatballs. In large skillet, brown meatballs; remove. If necessary, add oil to drippings to make 3 tablespoons. Stir in flour. Add water and remaining 1 tablespoon bouillon; cook and stir until smooth and thickened. Add meatballs; bring to a boil. Reduce heat; simmer uncovered 30 minutes. Remove from heat; cool 5 minutes. Stir about 1/4 cup sauce into sour cream; add slowly to mixture in skillet, stirring constantly until sour cream is thoroughly blended. Heat through (do not boil). Serve over hot cooked noodles. Refrigerate leftovers.
LASAGNA WITH MUSHROOMS

Makes 8 servings

1 (8-ounce) package Creamette® Italian Style Lasagna, cooked as package directs and drained
1 pound lean ground beef or Italian sausage
1 cup chopped onion
3 cloves garlic, finely chopped
3 1/2 cups tomato juice
8 ounces fresh mushrooms, sliced (about 2 cups)
1 (6-ounce) can tomato paste
1 tablespoon Worcestershire sauce
1 teaspoon oregano leaves
1/2 teaspoon salt
1/6 teaspoon pepper
1 (15- or 16-ounce) container ricotta cheese
1 cup grated Parmesan cheese
2 cups (8 ounces) shredded Mozzarella cheese
Parsley flakes

In large saucepan, brown meat; pour off fat. Add onion and garlic; cook and stir until onion is tender. Stir in tomato juice, mushrooms, tomato paste and seasonings. Cover; simmer 30 minutes, stirring occasionally. In 3-quart shallow baking dish (13x9-inch), layer half each of the cooked lasagna noodles, sauce, ricotta cheese, grated cheese and Mozzarella cheese. Repeat layering; top with parsley. Cover tightly with foil; bake in preheated 350° oven 30 minutes or until bubbly. Uncover; bake 15 minutes longer. Remove from oven; let stand 20 minutes before serving. Refrigerate leftovers.

SPAGHETTI-IN-THE-POT

Makes 4 to 6 servings

1 (7-ounce) or 1/2 (1-pound) package Creamette® Italian Style Spaghetti or Vermicelli Extra Thin Spaghetti, cooked as package directs and drained
1 pound lean ground beef
1/2 cup chopped onion
1 clove garlic, finely chopped or 1/4 teaspoon garlic powder
1 (32-ounce) jar spaghetti sauce
1 teaspoon sugar
1/2 teaspoon oregano leaves
Grated Parmesan cheese

In large saucepan, brown meat; pour off fat. Add onion and garlic; cook and stir until tender. Stir in remaining ingredients except spaghetti and cheese. Bring to a boil; reduce heat and simmer 30 minutes. Stir in cooked spaghetti; heat through. Serve with cheese. Refrigerate leftovers.
BEEF-NOODLES MARZETTI
Makes 6 to 8 servings

1/2 (1-pound) package Creamette® Egg Noodles, cooked as package directs and drained
1 pound lean ground beef
3/4 cup chopped green pepper
3/4 cup chopped onion
2 cloves garlic, finely chopped
1 (32-ounce) jar spaghetti sauce
1 (4-ounce) can mushroom stems and pieces, drained
1 teaspoon basil leaves
1 teaspoon oregano leaves
1/2 teaspoon sugar, optional
1 cup (4 ounces) shredded Cheddar cheese

Preheat oven to 350°. In large skillet, brown meat; pour off fat. Add green pepper, onion and garlic; cook and stir until tender. Stir in remaining ingredients except noodles and cheese. Cover and simmer 15 minutes. Stir in cooked noodles. Turn into greased 3-quart shallow baking dish (13x9-inch). Cover.

Bake 20 minutes or until bubbly. Top with cheese; bake 3 minutes longer. Refrigerate leftovers.

HOT DIGGITY HOT DISH
Makes 6 servings

1 (7-ounce) package or 2 cups uncooked Creamettes® Elbow Macaroni, cooked as package directs and drained
1 pound frankfurters, cut into quarters
1 (10 3/4-ounce) can condensed cream of celery or mushroom soup
1 (8-ounce) container sour cream, at room temperature
1 cup shredded carrot
1/2 cup chopped onion
1/4 cup chopped green pepper
1/2 teaspoon dill weed, optional

Preheat oven to 350°. In large bowl, combine all ingredients; mix well. Turn into greased 2-quart baking dish. Cover; bake 30 to 35 minutes or until hot and bubbly. Refrigerate leftovers.
CHICKEN TETRAZZINI

Makes 4 to 6 servings

1 (7-ounce) or ½ (1-pound) package
Creamette® Italian Style Spaghetti,
cooked as package directs and
drained
3 tablespoons margarine or butter
⅛ cup unsifted flour
1 tablespoon Wyler's® Chicken-Flavor
Instant Bouillon or 3 Chicken-
Flavor Bouillon Cubes
4 cups milk
2 cups cubed cooked chicken
or turkey
1 (2½-ounce) jar sliced mushrooms,
drained
2 tablespoons chopped pimiento
⅛ teaspoon ground nutmeg
1 cup buttered soft bread crumbs
(about 2 slices bread)
Grated Parmesan cheese, optional

Preheat oven to 375°. In medium
saucepan, melt margarine; stir in flour
and bouillon. Gradually add milk. Cook
and stir until bouillon dissolves and
mixture thickens slightly (mixture should
coat spoon). In large bowl, combine
chicken, cooked spaghetti, sauce,
mushrooms, pimiento and nutmeg; mix
well. Turn into greased 2-quart shallow
baking dish (12x7-inch). Top with
crumbs. Bake 20 to 25 minutes or until
bubbly. Let stand 10 minutes before
serving. Serve with grated cheese if
desired. Refrigerate leftovers.

PIZZERIA MACARONI

Makes 6 to 8 servings

1 (7-ounce) package or 2 cups
uncooked Creamettes® Elbow
Macaroni, cooked as package
directs and drained
1 pound lean ground beef
¾ cup chopped onion
1 (15-ounce) can tomato sauce
½ teaspoon Italian seasoning
½ teaspoon oregano leaves
¼ teaspoon pepper
½ teaspoon garlic powder
1 egg, beaten
⅓ cup milk
⅓ teaspoon salt
⅓ pound Mozzarella cheese,
cut into strips or shredded

Preheat oven to 350°. In large skillet,
brown meat; pour off fat. Add onion;
cook and stir until tender. Stir in sauce,
Italian seasoning, oregano, pepper and
garlic powder; simmer uncovered 10
minutes. Meanwhile, stir together cooked
macaroni, egg, milk and salt. Spread
evenly in greased 14-inch pizza pan or
15x10-inch jellyroll pan. Spoon meat
mixture over macaroni. Top with cheese.
Bake 20 minutes. Let stand 10 minutes
before serving. Refrigerate leftovers.
SPAGHETTI WITH SUPREME SAUCE

Makes 6 to 8 servings

1/2 cup chopped onion
1/4 cup margarine or butter
1/4 cup unsifted flour
3 cups milk
1 to 1 1/2 teaspoons salt
1 cup frozen green peas, thawed
1 (2 1/2-ounce) jar sliced mushrooms, drained
2 tablespoons chopped pimiento
1 (1-pound) package Creamette® Italian Style Spaghetti, cooked as package directs and drained
Grated Parmesan cheese, optional
Freshly ground pepper, optional

In medium saucepan, cook onion in margarine until tender. Stir in flour; gradually add milk and salt. Cook and stir until mixture begins to boil. Stir in peas, mushrooms and pimiento; heat through. Serve over hot cooked spaghetti. Serve with grated cheese and pepper if desired. Refrigerate leftovers.

VARIATIONS: Add any of the following to Supreme Sauce:
2 cups cubed cooked chicken or turkey OR
1 (9- or 10-ounce) can tuna, drained and flaked OR
2 cups cubed cooked ham or luncheon meat OR
1/2 pound cooked smoked sausage, sliced OR
2 (6 1/2-ounce) cans clams, undrained

CRUNCHY CHEESERONI CASSEROLE

Makes 6 servings

1 (7-ounce) package or 2 cups uncooked Creamettes® Elbow Macaroni, cooked as package directs and drained
1 pound lean ground beef
3/4 cup chopped green pepper
3/4 cup chopped pimiento, optional
1 (10 1/4-ounce) can condensed cream of mushroom soup
1 (10 1/4-ounce) can condensed tomato soup
2 cups (8 ounces) cubed Colby cheese
1 (3-ounce) can French fried onions

Preheat oven to 350°. In large skillet, brown meat and pimiento; pour off fat. Add onion; cook and stir until tender. Add remaining ingredients except spaghetti and cheese; mix well. Bring to a boil; reduce heat and simmer uncovered 2 hours, stirring occasionally. Serve over hot cooked spaghetti with grated cheese. Refrigerate leftovers.

GRACE'S SPAGHETTI FOR A CROWD

Makes 24 servings

4 pounds lean ground beef
2 (4-ounce) packages sliced pepperoni
4 cups finely chopped onion
4 cloves garlic, finely chopped or 1 1/2 teaspoons garlic powder
3 (28-ounce) cans tomatoes, broken up
5 (6-ounce) cans tomato paste
4 cups water

1 to 2 tablespoons sugar
2 tablespoons Worcestershire sauce
1 tablespoon basil leaves
1 tablespoon oregano leaves
1 tablespoon salt
1/2 teaspoon pepper
4 bay leaves
3 pounds Creamette® Italian Style Spaghetti, cooked as package directs and drained
Grated Parmesan cheese

In large kettle, brown meat and pepperoni; pour off fat. Add onion; cook and stir until tender. Add remaining ingredients except spaghetti and cheese; mix well. Bring to a boil; reduce heat and simmer uncovered 2 hours, stirring occasionally. Serve over hot cooked spaghetti with grated cheese. Refrigerate leftovers.
CREAMETTES & HAM CASSEROLE

Makes 6 servings

1 (7-ounce) package or 2 cups uncooked Creamettes® Elbow Macaroni, cooked as package directs and drained
1 (12-ounce) can luncheon meat, cubed or 1 1/2 cups cubed cooked ham
1 (10 3/4-ounce) can condensed cream of chicken, celery or mushroom soup
1/2 cup milk
1/2 cup sour cream, at room temperature
1 (10-ounce) package frozen broccoli spears, thawed
1/2 cup (2 ounces) shredded Cheddar cheese

Preheat oven to 350°. In large bowl, combine cooked macaroni, luncheon meat, soup, milk and sour cream; mix well. Turn into greased 2-quart baking dish. Arrange broccoli on top. Cover and bake 30 to 35 minutes. Uncover; top with cheese and bake 5 minutes longer. Refrigerate leftovers.

TACO FRANKS AND MAC BAKE

Makes 6 to 8 servings

1 (7-ounce) package or 2 cups uncooked Creamettes® Elbow Macaroni, cooked as package directs and drained
3/4 cup chopped onion
1/2 cup chopped green pepper
1/4 cup margarine or butter
2 (10 3/4-ounce) cans condensed tomato soup
1 cup water
1 (1 1/4-ounce) package taco seasoning mix
1 pound frankfurters, cut into quarters

Buttered soft bread crumbs

Preheat oven to 350°. In large skillet, cook onion and green pepper in margarine until tender. Stir in soup, water and taco seasoning; blend until smooth. Bring mixture to a boil; simmer 10 minutes. In large bowl, combine cooked macaroni, tomato mixture and frankfurters; mix well. Turn into greased 2-quart baking dish; top with crumbs. Bake 30 minutes or until hot and bubbly. Let stand 10 minutes before serving. Refrigerate leftovers.
SWISS HAM AND NOODLE CASSEROLE

Makes 6 to 8 servings

- 1/2 (1-pound) package Creamette® Egg Noodles, cooked as package directs and drained
- 2 cups cubed cooked ham
- 1/4 cup chopped onion
- 1/4 cup margarine or butter
- 1 (8-ounce) container sour cream, at room temperature
- 1 cup (4 ounces) shredded Swiss cheese
- 2 eggs, well beaten
- 2 teaspoons Dijon-style mustard
- Canned French fried onions

Preheat oven to 350°. In small saucepan, cook onion in margarine until tender. In large bowl, combine all ingredients except French fried onions; mix well. Turn into greased 1 1/2-quart baking dish. Cover; bake 35 minutes or until hot and bubbly. Uncover; top with French fried onions. Bake 5 minutes longer. Refrigerate leftovers.

MACARONI MEDITERRANEAN

Makes 8 to 10 servings

- 1 (7-ounce) package or 2 cups uncooked Creamettes® Elbow Macaroni, cooked as package directs and drained
- 2 cups cubed cooked chicken or turkey
- 1/2 pound hard salami, cubed (about 2 cups)
- 1 (10-ounce) package frozen green peas, thawed
- 3/4 cup chopped onion
- 2 tablespoons margarine or butter
- 1/2 cup sliced pitted ripe olives
- 1 1/2 cups milk
- 1 (10 1/4-ounce) can condensed cream of mushroom, chicken or celery soup
- 1 teaspoon salt
- 1 cup (4 ounces) shredded Cheddar cheese

Preheat oven to 350°. In small saucepan, cook onion in margarine until tender. In large bowl, combine all ingredients except cheese; mix well. Turn into greased 3-quart baking dish. Cover; bake 40 minutes. Uncover; top with cheese and bake 5 minutes longer. Refrigerate leftovers.
SPAGHETTI WITH HEARTY ITALIAN MEAT SAUCE

1 1/2 pounds lean ground beef or bulk Italian or country sausage
3/4 cup chopped onion
2 cloves garlic, finely chopped
1 (28-ounce) can tomatoes
1 (8-ounce) can tomato sauce
1 (6-ounce) can tomato paste
1 tablespoon Wyler's® Beef-Flavor Instant Bouillon
2 teaspoons sugar
1 1/2 teaspoons Italian seasoning
1 (1-pound) package Creamette® Italian Style Spaghetti, cooked as package directs and drained
Grated Parmesan cheese, optional

Makes 8 servings

In large skillet, brown meat; pour off fat. Add onion and garlic; cook and stir until tender. Stir in remaining ingredients except spaghetti and grated cheese. Simmer uncovered 45 minutes, stirring occasionally. Serve over hot cooked spaghetti and with grated cheese if desired. Refrigerate leftovers.

VARIATION: 2 (6 1/2-ounce) cans clams can be substituted for beef. Cook onion and garlic in 1/4 cup margarine or butter; add clams and juice. Proceed as directed omitting bouillon.
When you want a pasta that cooks up tender and delicious every time, choose Creamettes® products.

For over 70 years, we've been making Creamettes macaroni, spaghetti and egg noodles from select, hard wheat. It's this wheat that gives Creamettes products their golden color...and a special texture that helps them blend deliciously with the flavors of the ingredients you serve with them.

**Pasta as a penny-pincher.**

Very few foods are more versatile and economical than Creamettes macaroni, spaghetti and egg noodles. Creamettes products are inexpensive meal extenders in main dishes, side dishes, salads and a whole lot more. They make a little meat, fish or poultry stretch a long way, filling up a hungry family at a price that's easy to swallow.

**Good taste that's good for you.**

Creamettes pasta is a nutritious food, naturally low in fat and moderate in calories. In addition, Creamettes pasta is enriched with thiamine, riboflavin, niacin, and iron, and is a significant source of protein. See a Creamettes package for nutrition information.

**For the calorie conscious.**

If you're a calorie watcher, a weakness for Creamettes pasta is really no weakness at all.

It isn't the macaroni, spaghetti or egg noodles that tip the food scales into the heavy calorie category. It's the heavy, high fat sauces you serve with them. In fact, 1 cup of cooked Creamettes Macaroni has only 155 calories; Spaghetti, cooked al dente, about 192 calories per cup. Egg Noodles about 200 calories per cup. The calorie watcher's recipes in this book provide good taste and appetite satisfaction—but with real calorie savings.

**How to cook/How much to cook.**

When you have a Creamettes product on the shelf, dinner can be only minutes away. Because it takes just 7 to 10 minutes to cook. Just follow the package directions.

If you've ever had trouble judging the amount of spaghetti you want to cook, you're not alone. Here's a tip that might help. Remove an amount of Creamettes Spaghetti from the box and grasp it in your hand. If the diameter of the ends of the spaghetti is about the same size as a quarter, you've got enough for two servings when cooked. A half dollar sized bundle will serve three.

We suggest that you not use a microwave oven for initial cooking of Creamettes products. Time savings are negligible over the regular method of boiling. However, a microwave oven is very useful for reheating dishes made with Creamettes pasta. Just follow the instructions of your specific microwave oven manufacturer for reheating.

**Try it tonight.**

There are a lot of reasons for making Creamettes products a regular part of your menu-planning. They are nutritious, delicious, easy to prepare and add variety to meals. Best of all they make your food budget go a lot further.

There's no better time to find out for yourself than tonight.
BEEF VEGETABLE SOUP

Makes about 2 1/2 quarts

1 pound beef cubes for stew, cut into 1-inch pieces
3/4 cup chopped onion
2 tablespoons vegetable oil
9 cups water
3 tablespoons Wyler's® Beef-Flavor Instant Bouillon or 9 Beef-Flavor Bouillon Cubes
1 bay leaf
1/2 teaspoon basil leaves
1/2 teaspoon pepper
1 1/2 cups sliced carrots
1 1/2 cups sliced celery

1 (16-ounce) can stewed tomatoes
1/2 (1-pound) package uncooked Creamette® Egg Noodles

In large Dutch oven, brown beef and onion in oil. Add water, bouillon, bay leaf, basil and pepper. Bring to a boil; reduce heat and simmer covered 1 1/2 hours. Add carrots, celery and tomatoes; cook 15 minutes. Stir in noodles; cook 10 to 12 minutes longer or until noodles are tender, stirring occasionally. Refrigerate leftovers.
**SEA SHELL CHOWDER**

Makes about 2 quarts

- ¾ cup chopped onion
- 1 clove garlic, finely chopped
- 3 tablespoons margarine or butter
- 4 cups light cream or milk
- 2 tablespoons chopped parsley
- 1½ cups (6 ounces) shredded Cheddar cheese
- 2 (6½-ounce) cans clams, undrained
- ½ to 1 teaspoon salt
- ¼ teaspoon pepper
- 1 (7-ounce) package Creamette® Macaroni Shells or Elbow Macaroni, cooked as package directs and drained

In large saucepan or Dutch oven, cook onion and garlic in margarine until golden. Add remaining ingredients except macaroni; cook over medium heat, stirring until soup is hot and cheese has melted (do not boil). Stir in cooked macaroni; heat through. Refrigerate leftovers.

**HEARTY VEGETABLE SOUP**

Makes about 4½ quarts

- 3 pounds beef shanks, cracked
- 12 cups water
- 3 tablespoons Wyler's® Beef-Flavor Instant Bouillon or 9 Beef-Flavor Bouillon Cubes
- 2 bay leaves
- 2 (16-ounce) cans tomatoes
- 1 cup sliced carrots
- ½ cup chopped celery
- ½ cup chopped onion
- ½ teaspoon thyme leaves
- 1 (7-ounce) package or 2 cups uncooked Creamettes® Elbow Macaroni
- 2 small zucchini, sliced

In large kettle, combine shanks, water, bouillon and bay leaves. Bring to a boil; simmer covered 1½ hours or until meat is tender. Remove shanks from stock; cut meat into 1½-inch cubes. Discard bones. Cool stock; skim fat from surface. Strain stock if desired. In same kettle, combine meat, stock, tomatoes, carrots, celery, onion and thyme; simmer covered 20 minutes. Add macaroni. Cook 15 minutes longer or until macaroni is tender, stirring occasionally. Add zucchini during last 5 minutes of cooking. Refrigerate leftovers.

**TIP:** For a smaller yield, decrease to the following: 7 cups water, 2 tablespoons bouillon, 1 (16-ounce) can tomatoes and ½ (7-ounce) package or 1 cup uncooked Creamettes® Elbow Macaroni. All other ingredient amounts remain the same. Proceed as directed. (Makes about 2½ quarts.)

**CHICKEN NOODLE SOUP**

Makes about 4 quarts

- 4 cups diced cooked chicken or turkey
- 1 cup chopped celery
- 1 cup chopped onion
- ¼ cup margarine or butter
- 12 cups water
- 1 cup diced carrots
- 3 tablespoons Wyler's® Chicken-Flavor Instant Bouillon or 9 Chicken-Flavor Bouillon Cubes
- ½ teaspoon marjoram leaves
- ¼ to ½ teaspoon pepper
- 1 bay leaf
- ½ (1-pound) package uncooked Creamette® Egg Noodles
- 1 tablespoon chopped parsley

In large Dutch oven, cook celery and onion in margarine until tender; add remaining ingredients except noodles and parsley. Bring to a boil. Reduce heat; simmer covered 30 minutes. Remove bay leaf; add noodles and parsley. Cover and cook 10 minutes longer or until noodles are tender, stirring occasionally. Refrigerate leftovers.
MEATBALL MINESTRONE
Makes about 4 quarts

1 1/2 pounds lean ground beef
2 cups chopped onion
1 teaspoon salt
10 cups water
2 (16-ounce) cans stewed tomatoes
4 tablespoons Wyler's® Beef-Flavor Instant Bouillon or 12 Beef-Flavor Bouillon Cubes
1 1/2 teaspoons thyme leaves
1/4 teaspoon pepper
2 cups chopped cabbage
1 (16-ounce) can garbanzo beans, drained
1 (7-ounce) or 1/2 (1-pound) package uncooked Creamettes® Italian Style Spaghetti
Grated Parmesan cheese

In large bowl, combine meat, 1 cup onion and salt; mix well. Shape into 1/2-inch meatballs. In large kettle, brown meatballs; remove from pan. Pour off all but 2 tablespoons drippings. Cook remaining onion in drippings until tender. Add meatballs, water, tomatoes, bouillon, thyme and pepper. Bring to a boil; reduce heat and simmer covered 1 hour. Add cabbage, garbanzo beans and spaghetti. Cook 15 minutes longer or until spaghetti is tender. Serve with cheese. Refrigerate leftovers.

TIP: Soup can be frozen. To serve, warm over low heat until completely thawed and heated through.

MEATBALL MACARONI CHILI
Makes 8 servings

1 (7-ounce) package or 2 cups uncooked Creamettes® Elbow Macaroni, cooked as package directs and drained
1 pound lean ground beef
1/2 cup soft bread crumbs (about 1 slice bread)
1 egg
1 teaspoon salt
1/2 teaspoon pepper
1 tablespoon vegetable oil, optional
1/2 cup finely chopped green pepper
1/2 cup finely chopped onion
2 1/2 cups tomato juice
1 (16-ounce) can stewed tomatoes
1 (15-ounce) can tomato sauce
1 to 2 teaspoons chili powder
1/2 teaspoon ground cumin, optional
1 (16-ounce) can kidney beans, drained

In medium bowl, combine meat, crumbs, egg, salt and pepper; mix well. Shape into 18 meatballs. In large saucepan or Dutch oven, brown meatballs in oil; remove from pan. Add green pepper and onion; cook and stir until tender. Stir in meatballs, tomato juice, tomatoes, tomato sauce, chili powder and cumin if desired. Simmer covered 20 minutes, stirring occasionally. Stir in cooked macaroni and beans; cover and heat through. Refrigerate leftovers.
QUICK 'N' COOL SALAD A

Makes 6 to 8 servings

1 (7-ounce) package or 2 cups uncooked Creamettes® Elbow Macaroni, cooked as package directs, rinsed and drained
1 (16-ounce) can mixed vegetables, drained or 1 (10-ounce) package frozen mixed vegetables, cooked and drained
1 (7-ounce) can tuna, drained and flaked
1 cup (4 ounces) diced Cheddar cheese
½ cup chopped onion
1/2 cup chopped sweet pickles or sweet pickle relish
1/2 cup mayonnaise or salad dressing
1/2 cup sour cream
1 1/2 tablespoons ReaLemon® Reconstituted Lemon Juice
1 teaspoon seasoned salt
1/4 teaspoon seasoned pepper

In large bowl, combine cooked macaroni with remaining ingredients; mix well. Cover; chill thoroughly. Serve on lettuce. Refrigerate leftovers.
CREAMETTES 'N' SAUSAGE SALAD A
Makes 6 to 8 servings

1 (7-ounce) package or 2 cups uncooked Creamettes® Elbow Macaroni, cooked as package directs, rinsed and drained
3 hard-cooked eggs, chopped
1 pound link kielbasa or other smoked sausage, cut into 1/2-inch slices, cooked and drained
1 (16-ounce) can kidney beans, drained
1/2 cup coarsely chopped green pepper
1/4 cup chopped red onion
2 tablespoons chopped parsley
1/2 cup vegetable oil
1 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon garlic powder
1/4 teaspoon oregano leaves

In large bowl, combine cooked macaroni with remaining ingredients; mix well. Cover; chill thoroughly. Serve on lettuce. Refrigerate leftovers.

PARTY CHICKEN MACARONI SALAD
Makes 8 to 10 servings

1 (3-pound) broiler-fryer chicken, cooked and meat removed from bones and cubed (about 3 cups)
1 (7-ounce) package or 2 cups uncooked Creamettes® Elbow Macaroni, cooked as package directs, rinsed and drained
1 cup chopped celery
1 tablespoon grated orange rind
2 medium oranges, peeled and sliced
1 cup seedless white grapes
1/2 to 1 cup mayonnaise or salad dressing
1/2 to 1 cup sour cream
1 teaspoon salt
3 tablespoons sliced maraschino cherries
Lettuce leaves
1/2 cup toasted nuts

In large bowl, combine all ingredients except cherries, lettuce and nuts. Mix well. Chill thoroughly. Just before serving, stir in cherries; serve on lettuce garnished with nuts. Refrigerate leftovers.
**SALMON MACARONI SALAD**

Makes 6 servings

1 (7-ounce) package Creamette® Macaroni Shells or Elbow Macaroni, cooked as package directs, rinsed and drained
3 hard-cooked eggs, chopped
1 (7¾-ounce) can salmon, drained and flaked
1 cup mayonnaise or salad dressing
¾ to 1 cup finely chopped celery
¼ cup chopped green pepper
2 tablespoons chopped pimiento
2 tablespoons ReaLemon® Reconstituted Lemon Juice
2 tablespoons sweet pickle relish
1 teaspoon salt

In large bowl, combine all ingredients; mix well. Cover; chill thoroughly. Stir before serving. Refrigerate leftovers.

**CONFETTI MACARONI SALAD**

Makes 6 to 8 servings

1 (7-ounce) package or 2 cups uncooked Creamettes® Elbow Macaroni, cooked as package directs, rinsed and drained
3 hard-cooked eggs, chopped
1 cup chopped celery
1/4 cup chopped green pepper
1 (10-ounce) package frozen green peas, thawed
2 tablespoons chopped pimiento
1 teaspoon salt
1 teaspoon sugar
½ to ¾ cup mayonnaise or salad dressing
2 tablespoons ReaLemon® Reconstituted Lemon Juice

In large bowl, combine all ingredients. Mix well. Chill thoroughly. Refrigerate leftovers.

**BACON 'N' EGG MACARONI SALAD**

Makes 6 servings

1 (7-ounce) package or 2 cups uncooked Creamettes® Elbow Macaroni, cooked as package directs, rinsed and drained
8 slices bacon, cooked until crisp and crumbled, reserving 2 tablespoons for garnish
3 hard-cooked eggs, chopped
½ cup chopped celery
½ cup chopped green onions
¾ cup mayonnaise or salad dressing
¼ teaspoon pepper

In large bowl, combine all ingredients; mix well. Cover and chill thoroughly. Stir before serving; garnish with reserved bacon. Refrigerate leftovers.

**LAYERED MACARONI VEGETABLE SALAD**

Makes 8 to 10 servings

1 (7-ounce) package or 2 cups uncooked Creamettes® Elbow Macaroni, cooked as package directs, rinsed and drained
3/4 to 1 cup mayonnaise or salad dressing
3 to 4 teaspoons milk
1 to 2 teaspoons chopped parsley
1 teaspoon garlic salt
3 to 4 cups torn mixed salad greens
1 (10-ounce) package frozen green peas, thawed
2 medium tomatoes, cut into wedges
4 ounces fresh mushrooms, sliced (about 1 cup)
Cooked crumbled bacon, optional

In small bowl, combine mayonnaise, milk, parsley and garlic salt; mix well. Set aside. In 4- or 5-quart salad bowl, layer salad greens, cooked macaroni, peas, tomatoes and mushrooms. Stir dressing; spread evenly over salad. Top with bacon if desired. Cover; chill 6 hours or overnight. Toss to serve. Refrigerate leftovers.
TRADE WINDS SALAD
Makes 8 servings

1 (7-ounce) package or 2 cups uncooked Creamettes® Elbow Macaroni, cooked as package directs, rinsed and drained
1 cup sliced celery
1 large apple, diced and tossed with lemon juice (about 1½ cups)
1 cup seedless white grapes
1 (15-ounce) can pineapple chunks, well drained

MACARONI FRUIT SALAD
Makes 8 to 10 servings

1 (7-ounce) package or 2 cups uncooked Creamettes® Elbow Macaroni, cooked as package directs, rinsed and drained
1 tablespoon margarine or butter
2 tablespoons brown sugar
1 (12-ounce) can luncheon meat, cubed
1 (15½-ounce) can pineapple chunks, drained, reserving 2 tablespoons liquid
1 cup (4 ounces) cubed process American cheese
½ cup chopped celery, optional
½ cup mayonnaise or salad dressing
1 (8-ounce) container sour cream or pineapple yogurt
½ teaspoon salt

In large skillet, melt margarine with brown sugar; add luncheon meat. Cook and stir until golden brown. In large bowl, combine cooked macaroni, luncheon meat, pineapple, cheese and green pepper. Stir together mayonnaise, sour cream, reserved pineapple liquid and salt. Add to macaroni mixture; mix well. Chill thoroughly. Serve on lettuce garnished as desired. Refrigerate leftovers.

Lettuce leaves

MACARONI TUNA GARDEN SALAD
Makes 8 servings

1 (7-ounce) package or 2 cups uncooked Creamettes® Elbow Macaroni, cooked as package directs, rinsed and drained
1 large firm tomato, chopped (about 1½ cups)
1 small cucumber, thinly sliced
½ cup chopped celery
½ cup chopped green onions
½ cup chopped green pepper
1 (12-ounce) can tuna, drained and flaked
1 cup mayonnaise or salad dressing
½ cup bottled Italian dressing
1 tablespoon prepared mustard
1 teaspoon dill weed
1 teaspoon salt
½ teaspoon pepper

In large bowl, combine cooked macaroni, tomato, cucumber, celery, onions, green pepper and tuna; mix well. In small bowl, stir together remaining ingredients. Add to macaroni mixture; mix well. Cover and chill thoroughly. Serve on lettuce garnished with hard-cooked egg if desired. Refrigerate leftovers.
CHICKEN HUNGARIAN GOULASH

Makes 6 to 8 servings

2 whole chicken breasts (about 2 pounds), split, skinned, boned and cut into strips
Salt and pepper
Flour
1/2 cup vegetable oil
1 large onion, sliced (about 1 cup)
1 clove garlic, finely chopped
1 1/2 cups tomato juice
1 (16-ounce) can stewed tomatoes
1 tablespoon Wyler's® Chicken-Flavor Instant Bouillon or 3 Chicken-Flavor Bouillon Cubes
2 teaspoons paprika
1/2 teaspoon thyme leaves
1/4 teaspoon pepper
1 (8-ounce) container sour cream, at room temperature

1/2 (1-pound) package Creamette® Egg Noodles, cooked as package directs and drained

Sprinkle chicken lightly with salt and pepper; coat with flour. In large skillet, brown in oil. Pour off all but 3 tablespoons drippings. Add onion and garlic; cook until onion is tender. Add remaining ingredients except sour cream and noodles. Cover and simmer 20 to 25 minutes. Uncover; remove from heat. Cool 5 minutes. Stir about 1/4 cup sauce into sour cream; add slowly to mixture in skillet, stirring constantly until sour cream is thoroughly blended. Heat through (do not boil). Serve over hot cooked noodles. Refrigerate leftovers.
PASTITSIO (Greek Macaroni Bake)

Makes 8 servings

Pasta layer:
1 (7-ounce) package or 2 cups uncooked Creamettes® Elbow Macaroni, cooked as package directs and drained
2 eggs, beaten
1/2 cup grated Parmesan cheese
1 tablespoon margarine or butter, melted

Meat layer:
1 pound lean ground beef
1/2 cup finely chopped onion
1 clove garlic, finely chopped
1 (8-ounce) can tomato sauce
1/4 teaspoon ground allspice
1/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1 teaspoon salt
1/2 teaspoon pepper

Cream sauce:
3 tablespoons margarine or butter
2 tablespoons flour
1/2 teaspoon salt
1/4 teaspoon pepper
2 cups milk
1/4 cup grated Parmesan cheese

In large bowl, stir together cooked macaroni, eggs, 1/3 cup grated Parmesan cheese and 1 tablespoon melted margarine. Spoon evenly into greased 3-quart shallow baking dish (13x9-inch). In large skillet, brown meat; pour off fat. Stir in onion and garlic; cook and stir until onion is tender. Add tomato sauce, allspice, cinnamon, nutmeg, salt and pepper; mix well. Simmer 10 minutes. Spoon evenly over macaroni mixture. In medium saucepan, melt 3 tablespoons margarine; stir in flour, salt and pepper. Gradually stir in milk. Cook and stir over medium heat until slightly thickened (mixture should coat spoon). Remove from heat. Stir in remaining 1/4 cup Parmesan cheese. Spoon evenly over meat layer. Cover. Bake in preheated 325° oven 30 minutes or until bubbly. Garnish with parsley. Refrigerate leftovers.

PEPPER BEEF

Makes 6 servings

1 pound flank steak, partially frozen and cut diagonally into strips
2 tablespoons vegetable oil
3 cups water
1 tablespoon Wyler’s® Beef-Flavor Instant Bouillon or 3 Beef-Flavor Bouillon Cubes
3 tablespoons cornstarch
3 tablespoons soy sauce
1 cup sliced celery
1 medium green pepper, cut into 1-inch pieces
1 firm medium tomato, cut into eighths
1/2 (1-pound) package Creamette® Egg Noodles, cooked as package directs and drained

In large skillet, cook beef in oil over medium high heat until browned and liquid is absorbed. Add water and bouillon. Stir together cornstarch and soy sauce. Add to skillet; cook, stirring constantly, until thickened and clear. Reduce heat to medium; add celery and green pepper. Cook 5 to 8 minutes. Add tomato; cook 5 minutes longer. Serve over hot cooked noodles with additional soy sauce if desired. Refrigerate leftovers.
REUBEN MACARONI CASSEROLE
Makes 6 to 8 servings

1 (7-ounce) package or 2 cups uncooked Creamettes® Elbow Macaroni, cooked as package directs and drained
1 (16-ounce) can sauerkraut, rinsed and drained
½ cup sweet pickle relish
½ cup margarine or butter
½ cup unsifted flour
2 teaspoons dry mustard
1½ teaspoons salt
4 cups milk
2 cups (8 ounces) shredded Swiss cheese
1 (12-ounce) can corned beef, flaked
1 cup buttered rye or pumpernickel bread crumbs

Preheat oven to 325°. In large bowl, combine cooked macaroni, sauerkraut and pickle relish; mix well. In medium saucepan, melt margarine; stir in flour, mustard and salt. Gradually stir in milk. Cook and stir over medium heat until slightly thickened (mixture should coat spoon). Remove from heat. Stir in 1 cup cheese until melted. In greased 3-quart shallow baking dish (13x9-inch), layer half the macaroni mixture, half the sauce mixture, corned beef, remaining macaroni mixture, remaining 1 cup cheese, remaining sauce mixture and crumbs. Bake 30 minutes or until bubbly. Refrigerate leftovers.

SPAGHETTI WITH SHRIMP MORNAY
Makes 8 to 10 servings

1 pound small fresh or frozen shrimp, peeled and deveined
8 ounces fresh mushrooms, sliced (about 2 cups) or 1 (4½-ounce) jar sliced mushrooms, drained
½ cup chopped onion
¼ cup margarine or butter
2 (10½-ounce) cans condensed cream of shrimp soup
1½ cups light cream
½ cup (2 ounces) shredded Gruyere or Swiss cheese
3 tablespoons dry or cocktail sherry

Chopped parsley

1 (1-pound) package Creamette® Italian Style Spaghetti, cooked as package directs and drained

In large saucepan, cook mushrooms and onion in margarine over medium high heat until mushroom liquid is absorbed, stirring constantly. Stir in soup, cream and cheese; cook and stir over medium heat until well blended and hot. Stir in shrimp, sherry and parsley. Heat through. Serve over hot cooked spaghetti garnished with additional parsley if desired. Refrigerate leftovers.

MACARONI AND DOUBLE CHEESE PIZZA
Makes 6 to 8 servings

1 (7-ounce) package or 2 cups uncooked Creamettes® Elbow Macaroni, cooked as package directs and drained
3 eggs
1 cup (4 ounces) shredded sharp Cheddar cheese
½ cup finely chopped onion
1 (15-ounce) can tomato sauce
1 teaspoon basil leaves
1 teaspoon oregano leaves
½ teaspoon garlic powder
1 (3-ounce) package sliced pepperoni
1 (4-ounce) can sliced mushrooms, drained
1 cup (4 ounces) shredded Mozzarella cheese

Preheat oven to 375°. In large bowl, beat eggs; stir in cooked macaroni, Cheddar cheese and onion. Spread evenly in well-greased 14-inch pizza pan or 15x10-inch jellyroll pan. Bake on lowest rack in oven 25 minutes. Meanwhile, in medium bowl, stir together tomato sauce, basil, oregano and garlic powder. Spoon evenly over baked macaroni. Top with pepperoni, mushrooms and Mozzarella cheese. Return to lowest oven rack and bake 12 minutes or until cheese is bubbly. Let stand 5 minutes before serving. Refrigerate leftovers.
SAVORY SAUCED CHICKEN WITH NOODLES

Makes 6 servings

3 whole chicken breasts (about ¾ pound each), split
1/2 cup plus 3 tablespoons unsifted flour
1/2 teaspoon paprika
Salt and pepper
Vegetable oil
1/4 cup chopped onion
2 cups water
4 ounces fresh mushrooms, sliced (about 1 cup) or 1 (4-ounce) can sliced mushrooms, drained
2 tablespoons ReaLemon® Reconstituted Lemon Juice
1 tablespoon Wyler's® Chicken-Flavor Instant Bouillon or 3 Chicken-Flavor Bouillon Cubes
1/4 teaspoon basil leaves
1/2 (1-pound) package Creamette® Egg Noodles, cooked as package directs and drained
Chopped parsley

In paper or plastic bag, mix 1/3 cup flour, paprika, salt and pepper. Add chicken breasts, a few at a time; shake to coat. In 1 inch hot oil, fry until tender and golden brown. Drain on paper towels. In 1/4 cup drippings, cook onion until tender. Stir in remaining flour, then remaining ingredients except noodles and parsley. Cook, stirring until bouillon dissolves and sauce thickens, about 10 minutes. Serve with chicken and hot cooked noodles garnished with parsley. Refrigerate leftovers.

CHICKEN CASSEROLE ALMONDINE

Makes 8 servings

1 (7-ounce) package or 2 cups uncooked Creamettes® Elbow Macaroni, cooked as package directs and drained
2 to 3 cups cubed cooked chicken
1 1/2 cups chopped celery
1/2 cup chopped green pepper
1/4 cup chopped onion
1/4 cup margarine or butter
2 (10 1/4-ounce) cans condensed cream of chicken soup
3/4 cup milk
2 cups (8 ounces) shredded Cheddar cheese
2 tablespoons chopped pimiento
1/2 teaspoon salt
Toasted slivered almonds

Preheat oven to 350°. In large skillet, cook celery, green pepper and onion in margarine until tender. Stir in soup, milk and cheese. Cook and stir until cheese melts. In large bowl, combine cooked macaroni, chicken, sauce mixture, pimiento and salt; mix well. Turn into greased 3-quart shallow baking dish (13x9-inch). Bake 30 minutes or until bubbly. Top with almonds. Refrigerate leftovers.

PARMESAN NOODLES CANTONESE

Makes 6 servings

1/2 (1-pound) package Creamette® Egg Noodles
1 (6-ounce) package frozen pea pods, thawed
Melted margarine or butter
1/4 to 1/2 cup grated Parmesan cheese

In medium saucepan, cook noodles as package directs, adding pea pods during last 3 minutes. Drain. Toss with margarine and grated cheese. Serve immediately. Refrigerate leftovers.

CREAMY NOODLES WITH ALMONDS

Makes 4 to 6 servings

1/2 (1-pound) package Creamette® Egg Noodles, cooked as package directs and drained
1/2 cup chopped onion
2 tablespoons margarine or butter
1 (10 1/4-ounce) can condensed cream of mushroom, celery or chicken soup
3/4 cup milk
1/4 to 1/2 cup toasted slivered almonds

In large saucepan, cook onion in margarine until tender. Stir in soup and milk; cook and stir until well blended and hot. Stir in cooked noodles; heat through. Add almonds; serve immediately. Refrigerate leftovers.
ROULADEN WITH NOODLES

Makes 6 servings

4 cups sliced onions
1/4 cup vegetable oil
6 tip steaks (about 1/4 pound each), pounded
Salt and pepper
Dijon-style mustard
6 slices bacon, partially cooked
6 dill pickle spears
Flour
1 1/2 cups water
4 teaspoons Wyler's® Beef-Flavor Instant Bouillon or 4 Beef-Flavor Bouillon Cubes
1 teaspoon thyme leaves
1 bay leaf
1 tablespoon margarine or butter, softened
1 tablespoon flour
1/2 (1-pound) package Creamette® Egg Noodles, cooked as package directs and drained

In large skillet, cook onions in 2 tablespoons oil until tender but not brown. Remove. Season steaks with salt and pepper; spread each with mustard, 1 slice bacon, about 1/4 cup onions and 1 pickle spear. Roll up. Secure with toothpicks. Coat with flour. In same skillet, brown meat in remaining 2 tablespoons oil. Add remaining ingredients except margarine and flour; bring to a boil. Simmer covered 30 minutes or until tender. Mix margarine and flour together; stir into broth in skillet; simmer until slightly thickened. Remove toothpicks; serve over hot cooked noodles garnished as desired. Refrigerate leftovers.
For today's calorie watcher, Creamettes Macaroni, Spaghetti and Egg Noodles are sensible choices. These recipes include ingredients that are especially formulated to provide fewer calories. We've used herbs, fresh vegetables and seasonings to add interest and good taste, and avoided those ingredients that can tally up the calorie count. So go ahead and enjoy.

**SLIM LINE HERB MAC AND CHEESE**

Makes 8 servings

1 (7-ounce) package or 2 cups uncooked Creamettes® Elbow Macaroni, cooked as package directs and drained
1/4 cup low calorie margarine
1/4 cup unsifted flour
1 teaspoon dry mustard
1 teaspoon garlic salt
1/4 to 1/2 teaspoon basil leaves
1/2 teaspoon paprika
2 cups skim milk
8 slices Borden® Lite-line® Pasteurized Process Cheese Product, cut into small pieces
2 teaspoons corn flake crumbs
Chopped parsley

Preheat oven to 350°. In small saucepan, over low heat, melt margarine; stir in flour, mustard, salt, basil and paprika. Gradually stir in milk; cook and stir until thickened. Add cheese product; cook and stir until melted. Remove from heat; stir in cooked macaroni. Turn into 1 1/2-quart baking dish; top with crumbs. Bake 20 minutes or until bubbly. Garnish with parsley. Refrigerate leftovers.

**LITE LUNCHEON SALAD**

Makes 8 servings

1 (7-ounce) package or 2 cups uncooked Creamettes® Elbow Macaroni, cooked as package directs, rinsed and drained
1 (7-ounce) can tuna packed in water, drained and flaked
4 slices Borden® Lite-line® Pasteurized Process Cheese Product, cut into small pieces
1/2 cup chopped green pepper
2 tablespoons chopped pimiento
6 tablespoons bottled low calorie Italian dressing
2 tablespoons ReaLemon® Reconstituted Lemon Juice
1 to 2 tablespoons prepared horseradish
1/2 teaspoon garlic salt
2 tablespoons chopped parsley
8 medium tomatoes (cut into wedges, cutting to, but not through, bases)

In large bowl, combine all ingredients except tomatoes; mix well. Chill thoroughly. Serve in tomatoes. Refrigerate leftovers.

VARIATION: Add 2 cups chopped fresh tomatoes to salad mixture; serve on lettuce instead of in tomatoes. Prepared as directed, provides approximately 180 calories per serving. (Values by product analyses and recipe calculations.)
**LITE GARDEN CHEESE SALAD**

Makes 6 servings

- 1 (7-ounce) package Creamettes®
  Elbow Macaroni or Italian Style Spaghetti, cooked as package directs, rinsed and drained
- 3 hard-cooked eggs, chopped
- 1 (16-ounce) container lowfat cottage cheese
- ½ cup shredded carrot
- ½ cup chopped green onions
- ½ cup bottled low calorie Italian dressing
- 1 teaspoon celery seed
- 1 teaspoon seasoned salt
- ½ cup skim milk

Lettuce leaves

In large bowl, combine all ingredients except milk and lettuce; mix well. Cover; chill thoroughly. Just before serving, stir in milk; serve on lettuce. Refrigerate leftovers.

Prepared as directed, provides approximately 250 calories per serving. (Values by product analyses and recipe calculations.)

**FISHERMAN’S LEAN SPAGHETTI**

Makes 6 servings

- 1 (7-ounce) package Creamette®
  Italian Style Spaghetti or Elbow Macaroni, cooked as package directs and drained
- 1 pound sole, perch or other white fish fillets, fresh or frozen, thawed
- 2 tablespoons ReaLemon® Reconstituted Lemon Juice
- 3 tablespoons low calorie margarine
- 4 ounces fresh mushrooms, sliced (about 1 cup)
- ½ cup chopped onion
- 2 cups water
- 1 tablespoon Wyler’s® Chicken-Flavor Instant Bouillon
- 2 teaspoons cornstarch
- 1 (6-ounce) package frozen pea pods, thawed or 1 (10-ounce) package frozen green peas, thawed
- 2 tablespoons chopped pimiento
- 2 tablespoons soy sauce
- ¼ to ½ teaspoon ground ginger

In large skillet or Dutch oven, cook fish with ReaLemon in 2 tablespoons margarine until fish flakes with fork; remove fish. In same skillet, cook mushrooms and onion in remaining margarine until onion is tender and liquid is absorbed. Stir in cooked spaghetti, 2 cups milk, salt and basil; cook and stir over medium heat until hot. Meanwhile, stir together flour and remaining milk until smooth. Add to spaghetti mixture; cook and stir until thickened. Top with fish and parsley; heat through. Refrigerate leftovers.

Prepared as directed, provides approximately 320 calories per serving. (Values by product analyses and recipe calculations.)

**CALORIE WATCHER’S CHINESE CHICKEN WITH SPAGHETTI**

Makes 6 servings

- 1 (7-ounce) package Creamette®
  Italian Style Spaghetti or Elbow Macaroni, cooked as package directs and drained
- 2 whole chicken breasts (about 1½ pounds), skinned, boned and cut into strips
- 6 ounces fresh skinned, boned and cut into strips
- 6 tablespoons low calorie margarine
- 1 tablespoon chopped parsley
- 1½ cups chopped green onions
- 3 tablespoons low calorie margarine
- 2 cups water
- 1 tablespoon ReaLemon® Reconstituted Lemon Juice
- 2 cups water
- 1 tablespoon Wyler’s® Chicken-Flavor Instant Bouillon
- 2 teaspoons cornstarch
- 1 (6-ounce) package frozen pea pods, thawed or 1 (10-ounce) package frozen green peas, thawed
- 2 tablespoons chopped pimiento
- 2 tablespoons soy sauce
- ⅛ to ⅛ teaspoon ground ginger

In large skillet or Dutch oven, cook chicken, mushrooms and onions in margarine until chicken is tender and liquid is absorbed. Meanwhile, stir together water, bouillon and cornstarch. Add to chicken mixture along with cooked spaghetti and remaining ingredients; mix well. Heat through. Serve with additional soy sauce if desired. Refrigerate leftovers.

Prepared as directed, provides approximately 310 calories per serving. (Values by product analyses and recipe calculations.)
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