GOOD COOKS START WITH THE GREEN BOX

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 durum wheat. It’s the heart of this wheat called durum 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.

Creamettes pasta is a nutritious food, naturally low in fat and moderate in calories. See a Creamettes package for nutrition information.

Pasta products have been popular for many years because they are budget stretchers and a favorite with families. Pasta has recently become popular with calorie watchers because it is low in calories, low in fat, high in protein and high in complex carbohydrates, an energy source which releases slowly into the body system . . . much like time capsules of energy!

Two ounces of dry pasta = 210 calories!

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.

Creamette Brand products may be stored in their packages or tightly covered jars in a clean, dry pantry or cupboard shelf. Pasta products retain their freshness and usability almost indefinitely when stored under the conditions mentioned above.

All cooked macaroni products may be frozen — and they keep even better if frozen in a sauce. A casserole can be kept frozen for about 3 months for optimum quality.

Tip: When cooking Medium Shells be sure to use a large deep pot. Bring water to a full boil, slowly adding the Shells and stirring with a long handled spoon. Drain well. For baked dishes rinse with cold tap water. For pour over sauces rinse with hot tap water and toss with a little softened butter or margarine. A drop of margarine or oil may be added to the boiling water to prevent the pieces from sticking together.
Taco Shell Bake

1/2 of a (1 pound) package Creamette Medium Shells  
1 pound ground beef  
3/4 cup chopped onion  
1/2 cup chopped green pepper  
2 (10-3/4 ounce) cans condensed tomato soup  
1 cup water  
1 (1-1/4 ounce) package taco seasoning mix  
1 cup Cheddar cheese, grated  
1 cup taco chips

Prepare Creamettes Medium Shells according to package directions. Drain. Brown ground beef, onion and green pepper. Drain excess fat. Add soup, water and seasoning mix. Simmer 10 minutes. Combine cooked shells and meat mixture. Pour into a 3 quart casserole. Top with cheese and taco chips. Bake in a 325° oven 30 minutes. 6 to 8 servings

Sausage and Shell Salad

1/2 of a (1 pound) package Creamette Medium Shells  
1 pound kielbasa or other smoked sausage, cut into 1/2 inch slices, cooked and drained  
3 hard cooked eggs, chopped  
1 (16 ounce) can kidney beans, drained  
3/4 cup green pepper, chopped  
3/4 cup red onion, chopped  
2 tablespoons chopped parsley  
1/2 cup vegetable oil  
1/4 cup wine vinegar  
1 teaspoon salt  
1/2 teaspoon pepper  
1/4 teaspoon garlic powder  
1/4 teaspoon dried oregano leaves

Prepare Creamette Medium Shells according to package directions. Drain. In a large bowl, combine cooked shells with remaining ingredients; mix well, cover; chill thoroughly. 6 to 8 servings
Tossed Shell Salad

1/2 of a (1 pound) package Creamette Medium Shells
1 large tomato, quartered and thinly sliced
1 medium green pepper, quartered and thinly sliced
1 cup Cheddar cheese, grated
1/2 cup green onion, sliced
1/2 cup pitted black olives, sliced

Prepare Creamette Medium Shells according to package directions. Drain. Combine shells, tomato, green pepper, cheese, onion and olives. Blend together salad oil, lemon juice, vinegar, dill weed, oregano, salt and pepper; mix well. Toss dressing with shell mixture. Chill. Before serving toss well. 6 to 8 servings

Bacon 'n' Egg Shell Salad

1/2 of a (1 pound) package Creamette Medium Shells
8 slices bacon, cooked until crisp and crumbled, reserving 2 tablespoons for garnish
4 hard cooked eggs, chopped

Prepare Creamette Medium Shells according to package directions. Drain. Combine all ingredients; mix well. Cover and chill thoroughly. Stir before serving; garnish with reserved bacon. 6 to 8 servings
Sea Shell Salad

1/2 of a (1 pound) package Creamette Medium Shells
1 (12-1/2 ounce) can tuna, drained and flaked
1-1/2 cup tomatoes, chopped
1 cup fresh mushrooms, sliced
1 cup cucumber, chopped
1/2 cup celery, sliced
1/4 cup green onion, sliced
1/4 cup green pepper, diced
1/2 cup bottled Italian dressing
1/2 cup sour cream
1/2 teaspoon seasoned salt
1/8 teaspoon pepper

Prepare Creamette Medium Shells according to package directions. Drain. Combine shells, tuna, tomatoes, mushrooms, cucumber, celery, green onion and green pepper. Blend together Italian dressing, sour cream, seasoned salt and pepper. Toss dressing with shell mixture. Chill. 6 to 8 servings

Chicken Shell Salad

1/2 of a (1 pound) package Creamette Medium Shells
2 cups cooked chicken, chopped
1 (10 oz.) package frozen mixed vegetables, cooked and drained
1 cup diced Cheddar cheese
1/2 cup diced onion
1/2 cup sweet pickle relish
1/2 cup mayonnaise or salad dressing
1/2 cup sour cream
1-1/2 tablespoons lemon juice
1 teaspoon seasoned salt
1/4 teaspoon seasoned pepper

Prepare Creamette Medium Shells according to package directions. Drain. In a large bowl, combine cooked shells and remaining ingredients; mix well. Cover and chill thoroughly. 6 to 8 servings