A NEW LOOK AT THE BASICS
Introduction

A recent study of U.S. eating habits conducted for Better Homes & Gardens magazine and Food Marketing Institute found that the American family dinner... eating together at home... is making a great resurgence. It's "in." The study suggests that Americans are increasingly attaching great value to eating dinner together as a family because they feel it strengthens their family ties and gives them an opportunity for family-oriented discussions and comraderie.

We at Creamette® feel that many of you share these views. Why? Because so many of our consumers have written and called asking for ways to prepare nutritious, homecooked meals for themselves or their families. Asking for ways to prepare those "fancy" pasta dishes they try in restaurants. Asking for ways to help them save time and money. In short, asking for ways to make family dining delicious, simple and inexpensive.

This recipe book will help you satisfy all those wants and also provide useful tips on pasta: microwaving, conventional cooking and nutrition. By following the guidelines in this book, you will be able to use your own creativity to prepare everything from the simple to the elegant without spending hours in the kitchen.

Most recipes are color-coded to match the chart on page 3, which lists the Creamette® Pasta shapes that can be used in place of those suggested in the recipe. This list will also be helpful in adding variety to your other pasta recipes. You will find both cooking and estimated preparation time given with each recipe, along with storage tips.

Enjoy!

THE CREAMETTE® KITCHEN

How Much To Cook?

SHORT GOODS MEASURE

1 cup UNCOOKED = 2 cups COOKED (except noodles)

LONG GOODS MEASURE

EGG NOODLES

1 cup UNCOOKED = 1 1/4 cups COOKED

How To Cook Creamette® Pasta

1. Bring water to rapid boil. Covering the pot helps the water boil faster.


3. Cook UNCOVERED according to package directions, as cooking times vary depending on size and shape.

4. Drain pasta in a colander. Rinse well with cold water for salads and casseroles; hot water for pour-over sauces.

5. For pour-over sauces, add a small amount of oil or softened butter; toss lightly.

THE CREAMETTE® KITCHEN

Cover Key
Add variety to your favorite recipes by trying a new shape! The following color-coded chart offers pasta alternatives for these recipes. Most recipes are color-coded to match this chart. Simply use the appropriate color to identify substitute pasta shapes. A few recipes are not color-coded, because for best results, we do not recommend substitutions in these recipes.

<table>
<thead>
<tr>
<th>LONG GOODS</th>
<th>Spaghetti</th>
<th>Thin Spaghetti</th>
<th>Fine Egg Noodles</th>
<th>Vermicelli</th>
<th>Capellini</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fettuccini</td>
<td>Egg Noodles</td>
<td>Spaghetti</td>
<td>Macaroni Ribbons</td>
<td>Linguine</td>
<td></td>
</tr>
<tr>
<td>Elbow Macaroni</td>
<td>Rotini</td>
<td>Small Shells</td>
<td>Juniorettes</td>
<td>Ready-Cut Spaghetti</td>
<td></td>
</tr>
<tr>
<td>SHORT GOODS</td>
<td>Egg Noodles</td>
<td>Kluski Noodles</td>
<td>Elbow Macaroni</td>
<td>Rigatoni</td>
<td>Mostaccioli</td>
</tr>
<tr>
<td>Ziti</td>
<td>Pasta Nuggets</td>
<td>Rotelle</td>
<td>Rotini</td>
<td>Rainbow Rotini</td>
<td></td>
</tr>
<tr>
<td>Medium Shells</td>
<td>Acini di Pepe</td>
<td>Rosmarina</td>
<td>A-B-C-ettes</td>
<td>Rings</td>
<td></td>
</tr>
</tbody>
</table>
Does Pasta Belong in the Microwave?

It’s Better to Cook Pasta the Good Old Fashioned Way!

It is possible to cook pasta in the microwave, but why would you want to? Not only is it impractical for cooking large amounts of pasta, but even for smaller amounts, microwaving takes longer and requires much more attention than cooking pasta conventionally. Because of this and the fact that the pasta does not turn out as well, we do not recommend initial cooking of pasta in the microwave.

Why?

Containers needed are too large and difficult to handle when full of water in the small space of the microwave oven.

The time required to heat the large amount of water (needed to cook pasta properly) is as long or longer in the microwave as on the stovetop. Water takes longer to bring to, and return to, a boil in the microwave.

The end result is not as good as if conventionally cooked. Pasta may be sticky or gummy because water was not rapidly boiling.

You can actually save time by cooking pasta conventionally, because you can cook pasta on the stovetop while doing the sauce or casseroles base in the microwave, so you can do two things at once.

Initial heating and reheating of dishes containing pre-prepared pasta works very well in the microwave. The following are important considerations to help you microwave your favorite recipes.

How do I know what power level to use?

The power level you should choose will depend on several things. The most important are: stirrable or non-stirrable, size and delicate foods.

Stirrable or Non-Stirrable means foods that can be stirred (like spaghetti sauce or tuna casserole) instead of foods that should not be stirred (like lasagna). If you can stir the food during reheating, you can usually use a higher power level for reheating.

Stirring the food during microwaving allows you to take the hotter areas usually the outer edges and move them toward the center, which allows the heat to be distributed evenly throughout the food. Foods that can not be stirred should be heated at a lower power level (usually 50% to 70%) to prevent the outer edges from becoming overcooked before the center is hot.

Size of food effects the power level you should use because smaller pieces microwave faster than larger pieces. For example, although lasagna should not be stirred, a serving-size piece will heat faster than an entire dishful, so a higher power level can be used on the single piece than on the entire dish. Since the single piece takes less time to heat, the outer edges probably will not overcook before the center is hot.

Delicate foods are foods that may break down or curdle when cooked at high power. These are the same foods that you probably wouldn't cook on high heat conventionally, such as whipping cream, sour cream and eggs. If these foods make up a large part of your recipe, you will usually get better results by using a lower power level (again, 50% to 70%) is a good start). Stirring, if possible, also helps shorten heating times and minimizes curdling.

To Cover or Not To Cover?

Covering foods when cooking or reheating is usually optional. Covering tightly (with a glass lid or vented plastic wrap) helps hold in a lot of steam and heat which keeps food very moist and speeds cooking. Covering loosely (with waxed paper or a paper towel) helps hold in some heat (to speed cooking) and prevents food from spattering. Wax paper also holds in a minimum of steam.

How Do I Tell When It’s Hot?

A good trick is to carefully feel the bottom of the plate or dish. If it is warm, the food above it is warm. BE CAREFUL because food heats quickly in the microwave, and the dish may be hotter than you expect.

How To Convert Conventional Pasta Recipes to the Microwavable:

In all cases, we suggest you cook the pasta conventionally... in rapidly boiling water on your stovetop. However, you can use the microwave to save time in preparing the other elements of your recipe. Here are some tips:

Refer to your owner’s manual for a similar recipe to use as a guide.

Use less liquid, especially in recipes that cook uncovered conventionally. Check food during cooking and add more liquid if needed.

Reduce seasonings slightly. Taste part way through cooking and add more if desired.

Omit butter or oil used for sauteing, if desired. (May be left in for flavor).

Combine ingredients in microwave-safe container. Be sure the container is large enough to prevent boilovers.

Stir or rotate food at least once during microwave time to assure even cooking.

To determine microwave time at High power, use about 1/4 to 1/2 the time given in the conventional recipe. Add time as needed.

How do I know when it’s done? Generally, the doneness test will be the same as conventional cooking. Because food will continue to cook after being removed from the microwave, you should underrcook foods slightly (especially egg products), and microwave a short time longer if necessary after 1 to 2 minute stand time. Remember, it’s easier to add time than it is to deal with food that is overcooked!

Quick Tips for the Microwave:

To thaw frozen vegetables for use in recipes, microwave the vegetables at High just until warm, about 2 to 4 minutes, depending on the amount of vegetables needed.

Soften butter by microwaving for a few seconds at a very low power level (about 10% to 30% power). For a full stick of butter, microwave only about 20 to 30 seconds at 30%. Use less time and/or lower power levels for smaller amounts of butter. Consult your owner’s manual for more complete directions.

Here’s How To Make Your Own Frozen Entrees And Save Money

1. Save leftovers and freeze them in microwave-safe containers to be reheated later. OR
2. Purposely make more than you need for dinner (either by making extra batches or large recipes) and freeze the extras in individual or family-size servings in microwave-safe containers. OR
3. Prepare a recipe and freeze the entire amount in single servings in microwave-safe containers.
### Serving Suggestions And Storage Tips

Most of the recipes in this book can be served with tossed salad, a hot or cold vegetable, or a variety of breads.

Leftovers may be refrigerated or frozen in individual portions or family size servings. Each recipe indicates the best method(s) for storing leftovers. Reheat to serving temperature in microwave oven or conventionally.

### Did You Know?

Pasta alone has little or no sodium. Some nutrition groups have recommended that dietary salt intake not exceed 6 grams (2400 mg. of sodium) per day. A serving of pasta contributes less than one-half of 1% of the sodium found in 6 grams of salt. Eating pasta is one way to follow the Surgeon General’s recommendation to reduce dietary intake of sodium by choosing foods relatively low in sodium.

### Quick Recipe Chart

<table>
<thead>
<tr>
<th>Creamette® Pasta</th>
<th>Meat</th>
<th>Vegetables</th>
<th>Sauce</th>
<th>Spice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Use any (7-ounce) package or 1/2 of a (1-pound) package or 2 cups of any uncooked Creamette® Pasta (product types listed in chart on pg 3)</td>
<td>Use any one meat in the quantity listed</td>
<td>Use any one or any combination of vegetables totaling 2 cups</td>
<td>Use any one sauce in the quantity listed</td>
<td>Use 1/2 to 1 teaspoon or to taste (as indicated)</td>
</tr>
<tr>
<td>1 lb. ground beef, cooked &amp; drained</td>
<td>bell pepper - red (chopped or strips)</td>
<td>2 cups bottled spaghetti sauce*</td>
<td>basil leaves</td>
<td></td>
</tr>
<tr>
<td>1 lb. ground lamb, cooked &amp; drained</td>
<td>bell pepper - green (chopped or strips)</td>
<td>1/3 cup Italian dressing</td>
<td>curry powder</td>
<td></td>
</tr>
<tr>
<td>1 lb. ground veal, cooked &amp; drained</td>
<td>bell pepper - yellow (chopped or strips)</td>
<td>1/3 cup Italian dressing + 1/4 cup sour cream or yogurt**</td>
<td>dill weed</td>
<td></td>
</tr>
<tr>
<td>1 lb. bulk sausage, cooked &amp; drained</td>
<td>broccoli flowerettes</td>
<td>1/2 cup olive oil*</td>
<td>Italian seasoning</td>
<td></td>
</tr>
<tr>
<td>1 lb. ground pork, cooked &amp; drained</td>
<td>cabbage (chopped or sliced)</td>
<td>1/2 cup mayonnaise + 1/4 cup sour cream or yogurt**</td>
<td>marjoram leaves</td>
<td></td>
</tr>
<tr>
<td>2-10 slices bacon, cooked &amp; drained</td>
<td>carrot (sliced, shredded, diced or julienne)</td>
<td>1/2 cup olive oil + 1/4 cup red wine vinegar</td>
<td>oregano leaves</td>
<td></td>
</tr>
<tr>
<td>2 cups cubed fully cooked ham</td>
<td>cauliflower flowerettes (sliced)</td>
<td>1 (15-ounce) can flavored or plain tomato sauce*</td>
<td>chives</td>
<td></td>
</tr>
<tr>
<td>2 cups cubed cooked chicken</td>
<td>celery (chopped or sliced)</td>
<td>1 recipe White Sauce (with or without cheese) (pg. 5)*</td>
<td>dried thyme</td>
<td></td>
</tr>
<tr>
<td>2 cups cubed cooked turkey</td>
<td>cucumber (chopped or sliced)**</td>
<td>1 (10%-ounce) can of any flavor cream soup + 1/2 cup milk*</td>
<td>garlic powder</td>
<td></td>
</tr>
<tr>
<td>2 cups julienne or sliced cooked bratwurst</td>
<td>green onion (sliced)</td>
<td>1 (11-ounce) can Cheddar cheese soup*</td>
<td>onion powder</td>
<td></td>
</tr>
<tr>
<td>2 cups julienne, cubed or sliced smoked sausage</td>
<td>lettuce (torn)**</td>
<td>1 (10%-ounce) can tomato soup*</td>
<td>parsley leaves</td>
<td></td>
</tr>
</tbody>
</table>
| 1 1/2 cups cubed, sliced or chopped pepperoni | olives (sliced) | 2 cups tomato juice* | pepper (1/4 tsp)
| 1 1/2 cups cubed, sliced or chopped salami | onion (chopped or sliced) | 2 cups vegetable juice cocktail* | "Extras" (as desired) as bay leaf, parsley, Parmesan cheese, raisins, shredded cheese, nuts |
| 1 or 2 (6 1/2-ounce) cans tuna, drained | tomato (seeded, chopped) | | |
| 1 or 2 (6 1/2-ounce) cans boneless salmon, drained | yellow summer squash (sliced or strips) | | |
| 1 or 2 (6 1/2-ounce) cans boneless chicken, drained | zucchini (sliced or strips) | | |
| 1 or 2 (6 1/2-ounce) cans clams, drained | fresh or canned (drained) sliced mushrooms | | |
| 1 1/2 cups canned or frozen (thawed) cooked shrimp | canned garbanzo beans, drained | | |
| 1 or 2 (6 1/2-ounce) cans crab, drained | canned kidney beans, drained | | |
| 1 lb. scallops cooked & drained | canned or frozen (thawed) vegetable combination, drained | | |
| | canned or frozen (thawed) corn, drained | | |
| | canned or frozen (thawed) peas, drained | | |
| | canned or frozen (thawed) green beans, drained | | |

*For Hot Recipes Only  **For Cold Recipes Only

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Q: Is there cream in Creamettes®?
A: No. Flour and water...that's all. The flour is the finest—made from the highest grade of durum wheat. Some Creamette® products contain egg, which is clearly noted on the label.

Q: Why is it called Creamettes® if there isn't cream in it?
A: Because Creamettes® are made from 100% durum semolina, the "cream" of the wheat crop.

Q: How do I use Creamette® Pasta in recipes calling for fresh pasta?
A: For each pound of "fresh" pasta called for in a recipe, use 1/2 to 3 pounds Creamette® Pasta. Another easy guide is to check the number of servings the recipe makes and use about 2 ounces of uncooked Creamette® Pasta in place of "fresh" pasta, you're able to always have a supply on hand, since Creamette® keeps indefinitely when stored properly ("fresh" pasta can be stored for only a few days).

Q: Is there artificial food coloring in your colored pasta?
A: There is no artificial food coloring. Red or green pasta contains tomato or spinach, in addition to flour and water.

**What If You’ve Cooked Too Much Pasta?**

1. Oil the extra pasta lightly, toss to coat.
2. REFRIGERATE up to 3 days in a covered container. Reheat in a microwave or drop pasta in boiling water until hot—about 1 minute. Stir gently to separate... OR FREEZE. Place cooled, oiled pasta in a plastic freezer bag, seal and freeze for up to 3 weeks. To reheat, remove pasta from bag and add to boiling water; stir gently to separate. Return to boil. Reheat until hot—about 2 minutes.
**Hearty Lasagna**

Approx. Prep. Time: 1 1/2 hours
Cooking Time: 1 hour

1/2 of a (1-pound) package Creamettes® Lasagna, uncooked
2 pounds bulk Italian sausage
1 medium onion, chopped
2 cloves garlic, minced
1 (28-ounce) can whole tomatoes, cut up (undrained)
2 teaspoons salt
2 teaspoons sugar
1 tablespoon parsley
1 teaspoon red pepper

Prepare Creamettes® Lasagna according to package directions; drain. In large skillet, cook sausage, stirring occasionally; drain. Stir in next six ingredients. Bring to boil. Reduce heat; simmer 20 minutes. In medium bowl, blend ricotta, egg, parsley and salt.

In medium saucepan, melt butter. Stir in flour, salt and pepper. Blend in milk. Cook, stirring constantly, until thickened and bubbly. If desired, add one of the cheeses listed below. Stir until cheese melts. Keep warm. Refrigerate leftovers. 4 servings.

* Cheese:
  1 1/2 cups shredded American cheese
  1 1/2 cups shredded Cheddar cheese
  1 1/2 cups shredded Monterey Jack cheese
  1 cup shredded Swiss cheese
  1/2 cup grated Parmesan cheese

**Quick Pasta Side Dish**

Prepare 1/2 of a (1-pound) package of any Creamettes® Pasta according to package directions; drain. Combine sauce and pasta; mix well. Heat through. OR, serve sauce over hot pasta.

**Homestyle Chicken & Macaroni Bake**

Approx. Prep. Time: 20 minutes
Cooking Time: 40 minutes

1 (7-ounce) or 1/2 of a (1-pound) package Creamettes® Elbow Macaroni (2 cups uncooked)
3 tablespoons butter or margarine
1 cup chopped celery
1 small onion, chopped
1 (4-ounce) container sliced mushrooms, drained
2 (10%-ounce) cans cream of chicken soup
1 1/2 cups shredded American cheese, divided

Prepare Creamettes® Elbow Macaroni according to package directions; drain. In medium saucepan, melt butter. Add celery, onion and mushrooms; cook until tender. Stir in soup, 1 cup cheese, milk, pimiento, bouillon, tarragon, seasoned salt and pepper. Cook, stirring constantly, until cheese melts. Combine macaroni, cheese mixture and peas; mix well. Pour into 13 x 9-inch baking dish. Arrange chicken breasts on top of macaroni mixture. Top with remaining 1/2 cup cheese. Cover; bake in a 375° oven until hot and chicken is no longer pink, 35 to 40 minutes. Refrigerate leftovers. 4 servings.

**Sausage & Mostaccioli Bake**

Approx. Prep. Time: 25 minutes
Cooking Time: 30 minutes

1/2 of a (1-pound) package Creamettes® Mostaccioli, uncooked
1 pound fully cooked smoked sausage, cut into serving pieces
1 (10%-ounce) can cream of chicken soup
1/2 cup sour cream

Prepare Creamettes® Mostaccioli according to package directions; drain. In medium skillet, brown sausage; drain. In medium bowl, blend soup, sour cream, milk, parsley flakes, salt and hot pepper sauce. Add mostaccioli and cheeses; mix well. Pour into greased 9x9-inch baking dish. Top with smoked sausage. Bake in a 350° oven until hot, about 30 minutes. Refrigerate leftovers. 4 to 6 servings.
Oven Goulash

Approx. Prep. Time: 15 minutes
Cooking Time: 40 minutes

1 (7-ounce) or 1/2 of a (1-pound) package Creamettes® Elbow Macaroni (2 cups uncooked)
1 pound ground beef
1 medium onion, chopped
1/2 cup sliced celery
1 (28-ounce) can whole tomatoes, cut up (undrained)

Prepare Creamettes® Elbow Macaroni according to package directions; drain. In medium skillet, combine ground beef, onion and celery. Cook until beef is browned and celery is tender; drain, if desired. Stir in next six ingredients. Add macaroni; mix well. Pour into 2-quart casserole. Top with cheese. Bake in a 350° oven until hot, 35 to 40 minutes. Refrigerate or freeze leftovers. 4 to 6 servings.

Stove-top variation: If desired, after adding macaroni to meat mixture in skillet, simmer for 10 minutes. Omit baking.

Chicken Noodle Soup

Approx. Prep. Time: 50 minutes
Cooking Time: 1 1/4 hours

1 (21/2- to 3-pound) broiler-fryer chicken, cut up
14 cups hot water, divided
1 medium onion, cut into wedges
2 bay leaves
2 teaspoons salt
1/2 teaspoon pepper
1 cup sliced carrots
1 cup sliced celery
1 cup sliced tomatoes, cut up (undrained)
1 (8-ounce) can tomato sauce
1 teaspoon salt
1/2 teaspoon marjoram leaves
1/4 teaspoon thyme leaves
1/4 teaspoon pepper
1 cup shredded American cheese

In Dutch oven, combine chicken, 8 cups water, onion, bay leaves, salt and pepper. Bring to boil. Reduce heat; simmer, covered, until chicken is tender, about 1 hour. Remove chicken; cool slightly. Remove and discard skin and bones. Cut meat into bite-size pieces. With slotted spoon, remove onion and bay leaves. Skim fat from broth. Add remaining 6 cups water, the chicken, carrots, celery, bouillon, basil and parsley to broth. Bring to boil. Reduce heat; simmer, covered, just until carrots are tender, about 10 minutes. Add Creamette® Egg Noodles. Simmer until noodles are tender, 10 to 15 minutes, stirring occasionally. Refrigerate or freeze leftovers. About 3 1/2 quarts.

Mom's Spaghetti Sauce

Approx. Prep. Time: 20 minutes
Cooking Time: 20 minutes

1 pound ground beef
1 medium onion, chopped
1/2 medium green bell pepper, chopped
1 clove garlic, minced
1 (28-ounce) can whole tomatoes, cut up (undrained)
1 (6-ounce) can tomato paste
1/4 cup water

In Dutch oven, combine ground beef, onion, green pepper and garlic. Cook until beef is browned and green pepper is tender; drain, if desired. Stir in next seven ingredients. Bring to boil. Reduce heat; simmer 20 minutes, stirring occasionally. Prepare Creamettes® Spaghetti according to package directions; drain. Serve meat sauce over hot spaghetti. Top with Parmesan cheese, if desired. Refrigerate or freeze leftovers. 4 to 6 servings.

Note: If desired, prepare sauce in advance and refrigerate or freeze for future use.

Quick Rotini Dinner

Approx. Prep. Time: 15 minutes
Cooking Time: (included)

1/2 of a (1-pound) package Creamettes® Rotini, uncooked
White Sauce with Parmesan cheese (page 6)
1 1/2 cups cubed cooked chicken or ham

Prepare Creamette® Rotini according to package directions; drain. Prepare White Sauce according to directions, adding Parmesan cheese. In medium saucepan, combine rotini, cheese sauce, chicken, vegetables, milk and pepper; mix well. Heat through. Refrigerate leftovers. 4 servings.

Pacinic Partner Macaroni Salad

Approx. Prep. Time: 25 minutes
Cooking Time: (Chill)

1 (7-ounce) or 1/2 of a (1-pound) package Creamettes® Elbow Macaroni (2 cups uncooked)
1 cup diced Cheddar cheese
1/2 cup frozen peas, thawed and drained
1/2 cup sliced celery
2 tablespoons finely chopped onion
2 tablespoons milk
2 teaspoons seasoned salt
1 teaspoon parsley flakes
1 teaspoon pepper
2 teaspoons vinegar

Prepare Creamettes® Elbow Macaroni according to package directions; drain. In medium bowl, combine macaroni, cheese, peas, celery and onion. In small bowl, blend mayonnaise, milk, seasoned salt, parsley flakes, sugar and pepper. Stir in vinegar. Add to macaroni mixture; mix well. Cover; chill thoroughly. Stir gently before serving. Garnish as desired. Refrigerate leftovers. 6 to 8 servings.

Tuna-Noodle Casserole

Approx. Prep. Time: 20 minutes
Cooking Time: 40 minutes

1/2 of a (1-pound) package Creamettes® Medium Egg Noodles, uncooked
1 (10 1/2-ounce) can cream of mushroom soup
1 (5-ounce) can evaporated milk
1/2 cup sour cream

Prepare Creamette® Egg Noodles according to package directions; drain. In medium bowl, blend soup, evaporated milk, sour cream, tuna, peas, mushrooms and onion. Add noodles; mix well. Pour into greased 2-quart casserole. Top with potato chips. Bake in a 350° oven until hot and bubbly, 35 to 40 minutes. Refrigerate leftovers. 4 to 6 servings.
**Pork Tenderloin Stroganoff**

Approx. Prep. Time: 15 minutes
Cooking Time: 30 minutes

- 2 tablespoons butter or margarine
- 1 pound pork tenderloin, trimmed and cut into cubes
- 1 (8-ounce) container fresh mushrooms, sliced
- 1 medium onion, halved lengthwise and thinly sliced
- 1 clove garlic, minced
- 2 tablespoons all-purpose flour
- 2 tablespoons Wyle's* Chicken-Flavor Instant Bouillon

In large skillet, melt 2 tablespoons butter. Add pork, mushrooms, onion and garlic; cook just until meat is browned. Stir in flour, bouillon, parsley, thyme and pepper. Blend in water. Bring to boil. Reduce heat; simmer 20 minutes, stirring occasionally. Stir in sour cream. Heat through; do NOT boil. Prepare Creamette® Egg Noodles according to package directions; drain. Add softened butter; toss to coat. Serve hot meat mixture over noodles. Refrigerate leftovers. 4 to 6 servings.

**Easy Ziti Primavera**

Approx. Prep. Time: 30 minutes
Cooking Time: (included)

- ½ of a (1-pound) package Creamette® Ziti, uncooked
- 1 (½-pint) container whipping cream, room temperature
- 2 cups fresh broccoli flowerets
- 2 cups fresh cauliflowerets
- 1 cup julienne carrot strips
- 1 small red bell pepper, cut into small strips
- ½ cup sliced green onion

In Dutch oven, bring 3 quarts water to boil. Add Creamette® Ziti. Prepare according to package directions, adding next five ingredients during last 4 minutes of cooking time; drain. Return ziti mixture to Dutch oven. Over very low heat, add one-half each cream and Parmesan cheese; tossing well to coat. Add remaining cream, Parmesan cheese and seasonings; tossing well. Heat through. Serve immediately. Refrigerate leftovers. 6 to 8 servings.

Variation: Substitute 1 (16-ounce) package frozen vegetable combination, thawed and drained for fresh vegetables. Add as directed above.

**Noodles Romanoff**

Approx. Prep. Time: 15 minutes
Cooking Time: 40 minutes

- ½ of a (1-pound) package Creamette® Wide Egg Noodles, uncooked
- 1½ cups creamed cottage cheese
- 1½ cups sour cream
- 3 tablespoons milk
- 3 tablespoons finely chopped onion

Prepare Creamette® Egg Noodles according to package directions; drain. In large bowl, blend remaining ingredients, except paprika. Add noodles; mix well. Pour into buttered 3-quart casserole. Sprinkle with paprika. Cover. In larger baking dish, add water to equal ½ inch depth. Place casserole containing noodle mixture in baking dish. Place in a 325° oven. Bake until hot, 35 to 40 minutes. Serve immediately. Refrigerate leftovers. 6 to 8 servings.

**Rigatoni & Meat Sauce**

Approx. Prep. Time: 20 minutes
Cooking Time: 30 minutes

- 1 pound bulk Italian sausage or ground beef
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 (28-ounce) can whole tomatoes, cut up (undrained)
- 1 (16-ounce) can tomato sauce

In large skillet or Dutch oven, combine Italian sausage, onion and garlic. Cook until sausage is no longer pink; drain. Stir in next six ingredients. Bring to boil. Reduce heat; simmer 30 minutes, stirring occasionally. Prepare Creamette® Rigatoni according to package directions; drain. Serve with meat sauce. Top with Parmesan cheese. Refrigerate leftovers. 4 to 6 servings.

**Fettuccini Alfredo**

Approx. Prep. Time: 30 minutes
Cooking Time: (included)

- ½ of a (1-pound) package Creamette® Fettuccini, uncooked
- ¾ cup softened butter
- ¾ cup whipping cream, room temperature
- ¾ cup freshly grated Parmesan cheese
- ½ teaspoon salt
- ½ teaspoon white pepper
- ¼ teaspoon paprika
- ¼ teaspoon ground nutmeg (optional)
- ¼ teaspoon ground pepper (optional)
- ¼ teaspoon red pepper (optional)

In Dutch oven, prepare Creamette® Fettuccini according to package directions; drain. Remove pan from heat. In same pan, combine hot fettuccini and butter; toss to coat. Add one-half the cream; toss well. Add remaining cream; toss well to coat. Add remaining Parmesan cheese, salt, pepper and nutmeg; toss well until coated and creamy. Arrange in warm serving dish. Serve immediately with pepper and Parmesan cheese. Refrigerate leftovers. 4 servings.

**TIPS FOR PERFECT FETTUCCINI ALFREDO**

Dutch oven should not be on the burner while adding ingredients to hot fettuccini or the butter will separate and the sauce will not be creamy.

The fettuccini and the Dutch oven must be hot when other ingredients are added. Since the Dutch oven is not on the burner, the heat from the fettuccini is needed to melt the butter and Parmesan cheese in order to make a creamy sauce.

Toss fettuccini gently with two long-handled plastic forks in order to separate and coat the fettuccini without breaking it.

Tossing is very important for a smooth and creamy sauce.

Place fettuccini in warm serving dish to help keep it hot and serve immediately. This dish does not hold or reheat well, so plan to enjoy it all as soon as it is ready.

**Q:** Do you use any kind of fat or salt in manufacturing?

**A:** No. The fat and sodium content you see listed on the box is inherent in the wheat and water.
Spaghetti Carbonara

**Approx. Prep. Time:** 20 minutes  
**Cooking Time:** (included)

- ¾ cup half-and-half, room temperature  
- 3 egg yolks* beaten, room temperature  
- ½ cup grated Parmesan cheese  
- ½ teaspoon salt  
- ¼ teaspoon coarse ground pepper

In small bowl, blend half-and-half, egg yolks, Parmesan cheese, salt and pepper; set aside. In large skillet, cook bacon until crisp. Drain, reserving 3 tablespoons bacon drippings. Return drippings to skillet. Add garlic; cook just until golden. Remove from heat. Prepare Creamette® Spaghetti according to package directions; drain. In same pan, combine hot spaghetti and garlic mixture; toss to coat. Cover; chill thoroughly. Toss gently before serving. Garnish as desired. Refrigerate leftovers. 4 to 6 servings.

*You may use a blender, but pesto will be a coarser consistency. Stop blender and stir down as needed.

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Linguine and Clams

**Approx. Prep. Time:** 15 minutes  
**Cooking Time:** (included)

- 1 (1-pound) package Creamette® Linguine, uncooked
- 2 to 4 tablespoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon basil leaves
- ¼ cup liquid

Prepare Creamette® Linguine according to package directions; drain. In large skillet, heat olive oil. Add garlic; cook and stir just until golden. Stir in reserved clam liquid, salt and pepper; heat just until mixture begins to boil. Remove from heat. Stir in clams, parsley and basil. Combine clam mixture and hot cooked linguine; toss to coat. Place in warm serving dish. Top with Parmesan cheese. Serve immediately. Refrigerate leftovers. 4 to 6 servings.

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Shrimparoni Salad

**Approx. Prep. Time:** 20 minutes  
**Cooking Time:** (Chill)

- ½ of a (1-pound) package Creamette® Medium Shells, uncooked
- 1 (10-ounce) package frozen cooked shrimp, thawed and drained
- 1½ cups chopped celery
- ½ cup mayonnaise

Prepare Creamette® Medium Shells according to package directions; drain. In large bowl, combine shells, shrimp, celery, and cucumber. In small bowl, blend mayonnaise, sour cream, horseradish sauce, onion, seasoned salt and pepper. Add to shells mixture; toss to coat. Cover; chill thoroughly. Toss gently before serving. Garnish as desired. Refrigerate leftovers. 4 to 6 servings.

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Vermicelli with Parsley Pesto

**Approx. Prep. Time:** 15 minutes  
**Cooking Time:** (included)

- 1½ cups finely packed fresh parsley sprigs  
- 1 cup finely packed fresh basil leaves  
- ⅓ cup walnuts  
- 2 cloves garlic  
- 1 teaspoon salt

In food processor*, combine first six ingredients. While processing, slowly add ⅓ cup oil; process until smooth. Blend in Parmesan cheese. Prepare Creamette® Vermicelli according to package directions; drain. Add olive oil; toss to coat. Add pesto; toss to coat. Serve immediately. Refrigerate leftovers. 6 to 8 servings.

*You may use a blender, but pesto will be a coarser consistency. Stop blender and stir down as needed.

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Pasta Nuggets with Peppers and Proscuitto

**Approx. Prep. Time:** 1 hour 15 minutes  
**Cooking Time:** (Included)

- 3 red bell peppers, seeded and cut into quarters
- 3 yellow bell peppers, seeded and cut into quarters
- 1 (1-pint) container whipping cream
- 3 tablespoons tomato paste
- ½ teaspoon sugar
- ½ teaspoon salt
- ½ teaspoon cayenne pepper
- 1 (1-pound) package Creamette® Pasta Nuggets or Rotini, uncooked

Rub outer surface of pepper quarters with olive oil. Place skin-side-up in broiler pan. Broil, about 4 inches from heat, until blackened and blistered (about 10 minutes), watching carefully. With sharp knife, remove and discard skins. Cut roasted peppers into chunks. In small saucepan, heat cream. Do NOT boil! In medium saucepan, heat tomato paste, sugar, salt and cayenne. Blend in warm cream. Heat through. Do NOT boil. Keep warm. Prepare Creamette® Pasta Nuggets according to package directions; drain. In large skillet or Dutch oven, combine ½ cup olive oil, the pepper chunks, proscuitto, capers, garlic, basil and salt. Cook until garlic is golden and mixture is hot. Add pasta nuggets; toss to mix. Heat through. Serve immediately; topped with warm tomato-cream sauce. Refrigerate leftovers. 8 to 10 servings.

**Q:** Does pasta belong in the microwave?  
**A:** For initial heating and reheating of dishes containing pre-prepared pasta, the microwave works very well. See page 4 of this booklet for helpful hints that will ensure easy, successful pasta dishes in the microwave oven. Cooking pasta should be done the good old fashioned way... in boiling water on your stovetop. While it's possible to cook pasta in the microwave, there are really no time or effort savings to be gained (see page 4 for more details).
Quick Trick Stir-fry Chart

Approx. Prep. Time: 15 minutes

COOKING DIRECTIONS: In medium skillet, heat 2 to 3 tablespoons vegetable, olive or peanut oil. Add meat and vegetables; stir-fry until hot and vegetables are tender. Stir in seasoning sauce (if desired) and herbs. Prepare 1/2 of a (1-pound) package of any Creamette® Pasta according to package directions; drain. Add to stir-fry mixture; toss to mix. Heat through. Serve immediately. Refrigerate leftovers. 4 servings.

<table>
<thead>
<tr>
<th>Meat (choose one)</th>
<th>Vegetables (2 cups total — any combination)</th>
<th>Seasoning sauces (1 to 2 tablespoons — choose one (optional)</th>
<th>Herbs and flavorings (choose one)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 to 2 cups sliced smoked sausage</td>
<td>Frozen stir-fry vegetable combination, thawed</td>
<td>Worcestershire sauce (light or dark)</td>
<td>1/2 to 1 teaspoon basil leaves</td>
</tr>
<tr>
<td>1 pound bulk sausage, cooked and drained</td>
<td>Sliced fresh mushrooms, canned mushrooms,</td>
<td>Soy sauce</td>
<td>1 1/2 teaspoon marjoram leaves</td>
</tr>
<tr>
<td>1 to 2 cups fully cooked ham strips or chunks</td>
<td>Shredded or thinly sliced carrot</td>
<td>Teriyaki sauce</td>
<td>1/4 to 1/2 teaspoon dill weed</td>
</tr>
<tr>
<td>1 to 2 cups cooked pork strips or chunks</td>
<td>Julienne carrot strips</td>
<td>Chili sauce</td>
<td>1/4 to 1/2 teaspoon thyme leaves</td>
</tr>
<tr>
<td>1 to 2 cups cooked chicken or turkey strips or chunks</td>
<td>Sliced or chopped celery</td>
<td>Steak sauce</td>
<td>1/2 teaspoon garlic powder</td>
</tr>
<tr>
<td>1 to 2 cups cooked beef strips or chunks</td>
<td>Thinly sliced onion</td>
<td>Cooking wine</td>
<td>4 to 8 drops bottled hot pepper sauce</td>
</tr>
<tr>
<td>1 to 2 cups cooked shrimp</td>
<td>Strips or chopped green, red or yellow bell pepper</td>
<td></td>
<td>Wyler's® Chicken or Beef-Flavor Instant Bouillon</td>
</tr>
<tr>
<td>1 pound ground beef, cooked and drained</td>
<td>Fresh broccoli flowerets</td>
<td></td>
<td>Grated Parmesan cheese</td>
</tr>
</tbody>
</table>

Combinations shown are from chart (above).

Out Of Time

Pasta Nugget Salad

Approx. Prep. Time: 30 minutes

1/2 of a (1-pound) package Creamette® Pasta Nuggets or Rotini, uncooked
1 1/2 to 2 cups cubed cooked chicken or ham
1 small cucumber, quartered and sliced
Prepare Creamette® Pasta Nuggets according to package directions; drain. In large bowl, combine pasta nuggets and remaining ingredients; toss to mix. Serve immediately, or cover and chill thoroughly. Stir gently before serving. Garnish as desired. Refrigerate leftovers. 4 to 6 servings.

Frontier Dinner

Approx. Prep. Time: 15 minutes

1 (7-ounce) or 1/2 of a (1-pound) package Creamettes® Elbow Macaroni (2 cups uncooked)
Prepare Creamettes® Elbow Macaroni according to package directions; drain. In large saucepan, blend chili and tomato soup; heat through. Add macaroni; heat through. Refrigerate leftovers. 4 to 6 servings.

For added zesty flavor in your pasta, try adding fresh lemon juice or crushed herbs to the boiling pasta water.
Quick Spaghetti & Sauce

Approx. Prep. Time: 15 minutes
Cooking Time: 10 minutes

1 \(\frac{1}{2}\) pound bulk Italian sausage
1 (6-ounce) package pepperoni, chopped
\(\frac{1}{2}\) cup chopped onion
1 clove garlic, minced
1 (14-ounce) jar Classico® Pasta Sauce, any flavor

In medium saucepan, combine sausage and pepperoni. Cook until sausage is no longer pink; drain. Add onion and garlic; cook until tender. Stir in remaining ingredients, except spaghetti and cheese. Bring to a boil. Reduce heat; simmer 10 minutes. Prepare Creamettes® Spaghetti according to package directions; drain. Serve meat sauce over spaghetti. Top with Parmesan cheese. Refrigerate leftovers. 4 to 6 servings.

Trade Winds Salad

Approx. Prep. Time: 20 minutes
Cooking Time: (Chill)

1 (7-ounce) or \(\frac{1}{2}\) of a (1-pound) package Creamettes® Elbow Macaroni (2 cups uncooked)
1 tablespoon butter or margarine
\(\frac{1}{4}\) cup chopped onion
\(\frac{1}{2}\) cup cream of shrimp soup
1 (4-ounce) can crushed potato chips

Prepare Creamettes® Elbow Macaroni according to package directions; drain. In medium skillet, melt butter and brown sugar; heat until melted. Add luncheon meat and cook until browned and coated with sugar mixture. In medium bowl, combine macaroni, luncheon meat mixture, pineapple and cheese. In small bowl, blend mayonnaise, sour cream, reserved pineapple liquid and salt. Add to macaroni mixture; toss to coat. Serve immediately or cover and chill thoroughly. Toss gently before serving. Serve in lettuce-lined bowl. Top with grapes. Refrigerate leftovers. 6 servings.

Quick Beef-Vegetable Soup

Approx. Prep. Time: 20 minutes
Cooking Time: 30 minutes

1 pound ground beef
1 (16-ounce) package frozen mixed soup vegetables
4 cups vegetable juice
1 (7-ounce) can cream of shrimp soup
1 (4-ounce) can diced tomatoes, cut up
1 (10-ounce) can cream of mushroom soup
1 (4-ounce) can green chilies
1 (4-ounce) can water

In Dutch oven, brown ground beef; drain. Stir in next ten ingredients. Bring to boil. Reduce heat; simmer 30 minutes. Prepare Creamette® Spaghetti according to package directions; drain. Add to soup mixture; heat through. Serve with Parmesan cheese. Refrigerate or freeze leftovers. About 2 \(\frac{1}{2}\) quarts.

Q: Sometimes I see dark specs in my pasta. What is it?
A: It's bran. It can't be completely removed during the milling process, but don't worry about it...it's good for you!
Lasagna Roll-ups

Approx. Prep. Time: 1 hour
Cooking Time: 50 minutes

1 (1-pound) package Creamette® Lasagna, frozen, uncooked
2 (16-ounce) containers ricotta cheese
2 eggs, beaten
1/2 cup grated Parmesan cheese
1 1/2 teaspoons salt
1/4 teaspoon pepper
1/4 teaspoon garlic powder

Prepare Creamette® Lasagna according to package directions; drain. In medium bowl, blend ricotta, eggs, Parmesan cheese, salt, pepper and garlic powder. Stir in spinach and 2 cups mozzarella cheese. Spread ricotta mixture evenly on lasagna strips. Roll up each strip. In two 12 x 8-inch baking dishes, spread one-third the sauce. Place roll-ups seam-side-down in spinach and 2 cups mozzarella cheese. Spread remaining 2 cups mozzarella cheese. Cover. Bake in a 350° oven until hot, 45 to 50 minutes. Refrigerate or freeze leftovers. 10 to 12 servings.

Note: Roll-ups may be prepared in advance and wrapped individually and refrigerated or frozen. To heat refrigerated roll-ups, unwrap and place in sauce as directed. Top with sauce and cheese; bake in a 350° oven for 1 hour 45 minutes to 2 hours, topping with mozzarella during last 15 minutes.

Add vegetables called for in your recipe to the boiling pasta water for the last few minutes to save time and utensils, cooking them right along with your pasta.

Glorified Pasta Salad

Approx. Prep. Time: 20 minutes
Cooking Time: 

1 cup Creamette® Acini Di Pepe, Rosmarina or Rings, uncooked
2 eggs
1 (20-ounce) can crushed pineapple, drained, reserved
3 tablespoons liquid
3 tablespoons RealLemon® Concentrate
1 tablespoon butter or margarine
1/2 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon garlic powder

Prepare Creamette® Acini Di Pepe according to package directions; drain. In medium bowl, beat eggs with wire whisk until foamy. Stir in reserved pineapple liquid, RealLemon® brand lemon juice, sugar, butter and salt. Cook over low heat until mixture thickens and coats a metal spoon, stirring constantly, about 2 minutes. Cool to room temperature. In large bowl, combine acini di pepe, pineapple, oranges, grapes and marshmallows; mix well. Fold in egg mixture, then whipped cream. Cover; chill thoroughly. Stir gently before serving. Garnish with cherries. Refrigerate leftovers. 8 to 10 servings.

Sue's Spaghetti Sauce

Approx. Prep. Time: 1 hour
Cooking Time: 4 to 8 hours

1 1/2 pounds ground beef
1 1/2 pounds bulk Italian sausage
1 (6-ounce) package pepperoni, diced
2 large onions, chopped
1 medium green bell pepper, chopped
3 cloves garlic, minced
3 (28-ounce) cans whole tomatoes, cut up (undrained)
3 (6-ounce) cans tomato paste
1 (16-ounce) can tomato sauce
1 cup water
1 (8-ounce) container fresh mushrooms, sliced
1 cup sliced pimiento stuffed green olives

In large Dutch oven or stockpot, combine ground beef, sausage, pepperoni, onions, green pepper and garlic. Cook until sausage is no longer pink; drain. Stir in remaining ingredients, except spaghetti, olive oil and Parmesan cheese. Bring to boil. Reduce heat. Simmer, uncovered, until desired consistency, 4 to 8 hours, stirring occasionally. Sauce may be prepared in advance and refrigerated for 1 to 2 days. *Prepare Creamette® Spaghetti in one pound batches according to package directions; drain. Add olive oil; toss to coat. Serve meat sauce over hot spaghetti. Garnish as desired. Serve with Parmesan cheese. Refrigerate or freeze leftovers. About 4 quarts sauce (18 to 24 servings).

* For 6 to 8 servings, prepare 1 (1-pound) package Creamette® Spaghetti and serve with one-third the sauce.

Note: Sauce may be frozen in serving-size batches until ready to reheat.

Garden Macaroni Salad

Approx. Prep. Time: 30 minutes
Cooking Time: 

1 (1-pound) package Creamette® Elbow Macaroni, uncooked
1 medium yellow squash, cut into julienne strips
1 cup diced Cheddar or Monterey Jack cheese
1 1/2 cups sliced fresh cauliflower
2 cups sliced fresh mushrooms
1 medium zucchini, sliced

Prepare Creamettes® Elbow Macaroni according to package directions; drain. In large bowl, combine macaroni and remaining ingredients; toss to mix. Cover; chill thoroughly. Toss gently before serving. Garnish as desired. Refrigerate leftovers. 12 to 16 servings.

Did You Know?

Over 75% of the calories in pasta are from complex carbohydrates (a great source of long-lasting energy). The U.S. Surgeon General recommends increasing consumption of complex carbohydrates.
Turkey & Cheese Lasagna Bake

Approx. Prep. Time: 45 minutes
Cooking Time: 1 hour

1/2 of a (1-pound) package Creamette® Lasagna, uncooked
2 (10%-ounce) cans cream of chicken soup
1/2 cup milk
1/2 cup finely chopped onion
1 teaspoon tarragon leaves
1/2 teaspoon Wyler's® Chicken-Flavor Instant Bouillon
1/2 teaspoon seasoned salt
1/4 teaspoon pepper

Prepare Creamette® Lasagna according to package directions; drain. In medium saucepan, blend soup, 1/3 cup cream. Remove from heat. In medium bowl, blend milk, onion, tarragon, Bouillon, seasoned salt and soup mixture and cheeses. Repeat layers. Cover. Bake 350° oven until hot, about 50 minutes. Uncover; bake 10 minutes longer. Let stand 5 minutes before cutting. Refrigerate or freeze leftovers. 8 to 12 servings.

Chili Mac Buffet

Approx. Prep. Time: 45 minutes
Cooking Time: 1 hour

6 to 8 slices bacon, finely chopped
2 pounds ground beef
2 medium onions, chopped
1 medium green bell pepper, chopped
1/2 cup chopped celery
2 cloves garlic, minced
2 (28-ounce) cans whole tomatoes, cut up (undrained)
1 (16-ounce) can whole tomatoes, cut up (undrained)
1 (16-ounce) can dark red kidney beans, (undrained)

In Dutch oven, cook bacon until browned. Add ground beef, onions, green pepper, celery and garlic. Cook until beef is browned and vegetables are tender; drain. Stir in next nine ingredients. Bring to boil. Reduce heat; simmer, covered, 1 hour, stirring occasionally. Prepare Creamette® Elbow Macaroni according to package directions; drain. In medium skillet, cook bacon until crisp; drain. In large bowl, combine macaroni, bacon, cheeses, bread cubes, onion and green pepper. In medium bowl, beat together egg yolks, milk, salt and hot pepper sauce. Add to macaroni mixture; mix well. In large bowl, beat egg whites until stiff. Fold into macaroni mixture. Pour into buttered 2-inch quiche dish or 13 x 9-inch baking dish. Place a shallow baking dish with 1 to 2 inches water on lowest rack of 325° oven. Place quiche on center rack. Bake until set and knife inserted in center comes out clean, about 1 hour. Let stand 5 minutes before cutting. Garnish as desired. Serve with salsa. Refrigerate leftovers. 10 to 12 servings.

Brunch Quiche ▲

Approx. Prep. Time: 20 minutes
Cooking Time: 1 hour

1 (7-ounce) or 1/2 of a (1-pound) package Creamettes® Elbow Macaroni (2 cups uncooked)
2 cups sour cream
2 eggs, separated
6 to 8 slices bacon, chopped
2 cups shredded Monterey Jack cheese
2 cups shredded American cheese

Prepared creamettes® Elbow Macaroni according to package directions; drain. In medium skillet, cook bacon until crisp; drain. In large bowl, combine macaroni, bacon, cheeses, bread cubes, onion and green pepper. In medium bowl, beat together egg yolks, milk, salt and hot pepper sauce. Add to macaroni mixture; mix well. In large bowl, beat egg whites until stiff. Fold into macaroni mixture. Pour into buttered 12-inch quiche dish or 13 x 9-inch baking dish. Place a shallow baking dish with 1 to 2 inches water on lowest rack of 325° oven. Place quiche on center rack. Bake until set and knife inserted in center comes out clean, about 1 hour. Let stand 5 minutes before cutting. Garnish as desired. Serve with salsa. Refrigerate leftovers. 10 to 12 servings.

Rainbow Rotini Salad

Approx. Prep. Time: 35 minutes
Cooking Time: (Chill)

1 (1-pound) package Creamette® Rainbow Rotini, uncooked
3/4 to 1 pound summer sausage, cut into julienne strips (about 3 cups)
2 medium tomatoes, seeded and chopped

Prepare Creamette® Rainbow Rotini according to package directions; drain. In large bowl, combine rotini and remaining ingredients, except lettuce; toss to mix. Cover; chill thoroughly. Before serving, add lettuce; toss to mix. Refrigerate leftovers. 10 to 12 servings.

Q: Is there egg in Creamette® Pasta products?
A: Most Creamette® products do not contain egg. The products that do (egg noodles, egg spaghetti, egg linguine, etc.) clearly state the word "egg" on the label in the name. Those that do contain egg have 5.5% egg solids.

Q: How do I keep manicotti tubes from splitting when I cook them?
A: Use a wooden spoon and place the tubes GENTLY in the water; add about 1 teaspoon vegetable oil to the water to keep them from sticking to each other; and keep the water boiling.

Spaghetti Picnic Salad

Approx. Prep. Time: 1 hour
Cooking Time: (Chill)

1 pound boneless chicken breasts or thighs, skinned and cut into strips
1 cup red salsa, divided
1/4 teaspoons seasoned salt, divided
2 tablespoons vegetable oil
1 (1-pound) package Creamette® Spaghetti, broken into halves, uncooked
2 (16-ounce) cans pinto beans, kidney beans, or kidney beans,

In medium bowl, combine chicken, 1/2 cup salsa and 1/4 teaspoon seasoned salt; mix well. Marinate in refrigerator 1 hour. In medium skillet, heat oil. Add chicken mixture. Cook until chicken is cooked through; cool slightly. Prepare Creamette® Spaghetti according to package directions; drain. In large bowl, combine spaghetti and chicken mixture; toss to coat. Add pinto beans, tomato, green onions, olives and cheeses; toss to mix. In small bowl, blend sour cream, remaining 1/2 cup salsa and remaining 1 teaspoon seasoned salt. Add to spaghetti mixture; toss to coat. Cover; chill thoroughly. Before serving, add lettuce; toss to mix. Serve on lettuce-lined platter topped with nacho chips. Refrigerate leftovers. 8 to 10 servings.

DID YOU KNOW?

One serving (2 ounces uncooked) of Creamette® Pasta provides about 9% of the U.S. RDA of iron, 6% of the U.S. RDA of magnesium and 6% of the U.S. RDA of phosphorus...all for only about 8% of the calorie requirements (for a 19-22 year old).
Fish Fillets with Noodles

Approx. Prep. Time: 20 minutes
Cooking Time: (included)

Water
1 small onion, sliced
2 tablespoons Real Lemon* Juice from Concentrate
1 tablespoon Wyler's* Chicken-Flavor Instant Bouillon
4 to 6 drops bottled hot pepper sauce
1 bay leaf
1 or 2 fish fillets (1/2 to 3/4 inch thick)

In medium skillet, add water to equal 1/2 inch depth. Add next five ingredients. Bring to boil. Add fish. Return just to boil. Reduce heat. Simmer, covered, until fish flakes easily in thickest part, about 4 to 8 minutes. Prepare Creamettes® Egg Noodles according to package directions; drain. Add butter, Parmesan cheese, parsley flakes and pepper; toss to coat. Arrange on serving plate. With slotted spatula, remove fish from cooking liquid. Place fish on top of buttered noodles. Top with Parmesan cheese and paprika. Refrigerate leftovers. 1 or 2 servings.

Quick Chicken Dinner

Approx. Prep. Time: 15 minutes
Cooking Time: 40 minutes

1 cup Creamettes® Elbow Macaroni, uncooked
1 medium carrot, thinly sliced
1 medium rib celery, sliced
2 tablespoons finely chopped onion
1 teaspoon Wyler's* Chicken-Flavor Instant Bouillon
1 (8-ounce) can cream-style corn

Prepare Creamettes® Elbow Macaroni according to package directions, adding next four ingredients during last 4 minutes of cooking time; drain. In small casserole, combine macaroni mixture, corn, 1/2 cup cheese, milk, seasoned salt and pepper; mix well. Arrange chicken on top. Sprinkle with parsley flakes. Cover. Bake in a 350° oven 30 minutes. Sprinkle with remaining 1/4 cup cheese. Bake, uncovered, until chicken is cooked through, about 10 minutes longer. Refrigerate leftovers. 1 or 2 servings.

Breakfast Noodles

Approx. Prep. Time: 15 minutes
Cooking Time: (included)

1 cup Creamette® Medium Egg Noodles, uncooked
1 tablespoon butter or margarine
1/2 cup diced fully cooked ham
1/2 teaspoon ground cayenne pepper
3 tablespoons shredded Cheddar cheese

Prepare Creamettes® Egg Noodles according to package directions; drain. In small skillet, melt butter. Add ham and green onion; cook and stir 2 minutes. In small bowl, blend egg, milk, salt and cayenne. Stir noodles into ham mixture. Pour egg mixture over noodles. Top with cheese. Cover. Cook on low heat until set, about 5 minutes. Loosen edges and slide onto serving plate. Refrigerate leftovers. 1 or 2 servings.

Bacon-Tomato Capellini

Approx. Prep. Time: 15 minutes
Cooking Time: (included)

6 slices bacon, cut up
2 tablespoons sliced green onion
1 clove garlic, minced
2 medium tomatoes, peeled and chopped
1/2 teaspoon basil leaves
1/2 teaspoon salt
1/2 teaspoon pepper

In large skillet, cook bacon until crisp. Drain, reserving 1/4 cup drippings; return to skillet. Add bacon, green onion and garlic; cook 1 minute. Stir in tomatoes, basil, salt and pepper. Simmer 5 minutes. Prepare Creamettes® Capellini according to package directions; drain. Add to tomato mixture; toss to mix. Garnish as desired. Serve immediately. Refrigerate leftovers. 2 servings.

Cool Rainbow Salad

Approx. Prep. Time: 20 minutes
Cooking Time: (included)

1 cup Creamette® Rainbow Rotini, uncooked
2 tablespoons finely chopped green bell pepper
1/2 cup diced fully cooked ham or chicken (optional)
1/2 medium tomato, seeded and chopped
1 small carrot, shredded
1/4 teaspoon salt
Dash pepper

Prepare Creamette® Rainbow Rotini according to package directions; drain. In medium bowl, combine rotini and next five ingredients; mix well. In small bowl, blend remaining ingredients. Add to rotini mixture; toss to coat. Serve immediately, or cover and chill thoroughly. Refrigerate leftovers. 1 or 2 servings.

Smoked Brats • and Pasta Nuggets

Approx. Prep. Time: 15 minutes
Cooking Time: (included)

1 cup Creamette® Pasta Nuggets or Rotini, uncooked
2 tablespoons olive oil
1 or 2 fully cooked smoked bratwurst or hot dogs, cut into chunks
1/2 small onion, chopped
1/4 clove garlic, minced
1/4 teaspoon Italian seasoning
1/4 teaspoon salt
1/4 teaspoon sugar
Grated Parmesan cheese (optional)

Prepare Creamette® Pasta Nuggets according to package directions; drain. In medium skillet, melt butter. Add bratwurst; cook until browned. Add onion, green pepper and garlic. Cook just until green pepper is tender. Stir in tomato sauce, Italian seasoning, salt and sugar. Simmer 5 minutes. Pour sauce over hot pasta nuggets. Garnish as desired. Serve with Parmesan cheese. Refrigerate leftovers. 1 or 2 servings.

Creamette® Pasta is a near perfect food. It contains no sodium or cholesterol unless you use a cut that contains egg—which is noted clearly on the package—is an excellent source of complex carbohydrates, fits easily into a low-fat diet and is as economical as it is delicious!
Quick & Easy Dinner

1. Prepare 1 (7-ounce) package (2 cups) Creamettes® Elbow Macaroni according to package directions; drain.
2. Stir in 1 (10 3/4-ounce) can cream of mushroom soup and 1/2 cup milk.
3. Stir in 1 (6 1/2-ounce) can drained tuna. Heat on stovetop until hot, stirring occasionally...

OR

Pour into medium casserole. Cover; microwave at High power 7 to 9 minutes, or until hot, stirring once. Refrigerate leftovers. 4 servings.

Fruit and Shells Salad

Approx. Prep. Time: 20 minutes

Cooking Time: (Chili)

1 (7-ounce) package Creamettes® Shells or Rings, uncooked
1 (15-ounce) can fruit cocktail, drained
1 medium banana, sliced
1/4 teaspoon ground cinnamon

Prepare Creamettes® Shells according to package directions; drain. In medium bowl, combine shells, fruit cocktail, banana and apple. In small bowl, blend whipped topping and cinnamon. Stir into salad mixture. Cover; chill thoroughly. Stir gently before serving. Refrigerate leftovers. 6 to 8 servings.

Kid's Corner

Frankly Fabulous

Approx. Prep. Time: 10 minutes

Cooking Time: 10 minutes

1/2 of a (1-pound) package Creamettes® Rotini, uncooked
1 (11-ounce) can Cheddar cheese soup
1/2 of a soup can of milk

Prepare Creamettes® Rotini according to package directions; drain. In medium skillet, blend soup, milk, pickle relish, mustard and onion. Stir in rotini and hot dogs. Heat through. Refrigerate leftovers. 4 to 6 servings.

Note: To heat in microwave; prepare rotini as directed. Combine all ingredients in medium casserole; mix well. Cover. Microwave at High power 4 to 6 minutes, or until hot, stirring once.

Quick Spaghetti

Approx. Prep. Time: 15 minutes

Cooking Time: (included)

1 pound ground beef
1 (14-ounce) jar Classico® Pasta Sauce, any flavor
1/2 of a (1-pound) package Creamettes® Spaghetti, uncooked

In medium skillet, brown ground beef; drain. Stir in sauce; heat through. Prepare Creamettes® Spaghetti according to package directions; drain. Serve sauce over hot spaghetti. Top with Parmesan cheese. Refrigerate leftovers. 4 to 6 servings.

Cheesy Ham & Macaroni

Approx. Prep. Time: 15 minutes

Cooking Time: (included)

1 (7-ounce) or 1/2 of a (1-pound) package Creamettes® Elbow Macaroni (uncooked)
1/4 cup milk
1/4 teaspoon pepper
1 to 2 cups cubed fully cooked ham

Prepare Creamettes® Elbow Macaroni according to package directions; drain. In medium saucepan, combine cheese and milk. Cook, stirring constantly, until hot and blended. Add macaroni and remaining ingredients; mix well. Heat through. Refrigerate leftovers. 4 to 6 servings.

Note: To heat in microwave; prepare macaroni as directed. In 2-qt casserole, combine macaroni and remaining ingredients; mix well. Cover. Microwave at High power 5 to 8 minutes, or until hot, stirring once.

Macaroni Pizza

Approx. Prep. Time: 20 minutes

Cooking Time: 40 minutes

1 (7-ounce) or 1/2 of a (1-pound) package Creamettes® Elbow Macaroni or Spaghetti, uncooked
1 (14-ounce) jar Classico® Pasta Sauce, any flavor
1/2 cup milk
1 egg, beaten

Prepare Creamettes® Elbow Macaroni according to package directions; drain. In medium bowl, blend milk, egg and salt. Add macaroni; mix well. Spread evenly onto greased 14-inch round pizza pan. Spoon sauce evenly over macaroni mixture. Add toppings as directed from columns below. Top with mozzarella cheese. Bake in a 350° oven until macaroni mixture is set, about 40 minutes. Let stand 5 minutes before cutting. Refrigerate leftovers. 8 to 10 servings.

Pecos Pasta

Approx. Prep. Time: 10 minutes

Cooking Time: 15 minutes

1 (7-ounce) or 1/2 of a (1-pound) package Creamettes® Elbow Macaroni (2 cups uncooked)
2 (15-ounce) cans Hormel® Chili with Beans
1 (12-ounce) can whole kernel corn, drained
1 teaspoon seasoned salt
1 teaspoon pepper
1 cup shredded Cheddar cheese

Prepare Creamettes® Elbow Macaroni according to package directions; drain. In large skillet, melt butter. Add green pepper and onion; cook until tender. Add chili, corn, seasoned salt and pepper. Simmer 5 to 10 minutes. Stir in macaroni. Top with cheese. Cover. Cook over low heat 5 minutes. Refrigerate leftovers. 6 servings.

Meats

(Choose ONE)

1 1/2 pound ground beef (small uncooked bits)
3 ounces sliced pepperoni
1/2 pound sliced smoked sausage

Toppings

(Any Combination)

1/2 pound bacon, cooked, drained and crumbled
1 small green bell pepper, chopped
1 small onion, chopped or thinly sliced
1/2 cup sliced or chopped pitted olives

Vegetables

1/4 pound ground beef (small uncooked bits)
1 (4-ounce) container sliced mushrooms
3 ounces sliced pitted olives
1 small tomato, seeded and chopped
1 small green bell pepper, chopped
1 small onion, chopped or thinly sliced

Fruit and Shells Salad

Approx. Prep. Time: 20 minutes

Cooking Time: (Chili)

1 (7-ounce) package Creamettes® Shells or Rings, uncooked
1 (15-ounce) can fruit cocktail, drained
1 medium banana, sliced
1/4 teaspoon ground cinnamon

Prepare Creamettes® Shells according to package directions; drain. In medium bowl, combine shells, fruit cocktail, banana and apple. In small bowl, blend whipped topping and cinnamon. Stir into salad mixture. Cover; chill thoroughly. Stir gently before serving. Refrigerate leftovers. 6 to 8 servings.
Creamette® History

CREAMETTE® was born with an idea. The idea was to take macaroni, a traditional Italian pasta that took literally hours to cook because it was so thick and solid, and extrude it into thin-walled elbows that took only seven minutes to cook.

The idea met with immediate acceptance. Not only did CREAMETTES® Elbow Macaroni mean time-saving convenience, they opened up an infinite variety of ways to enjoy pasta in casseroles, hot dishes and as an entree side dish. That original idea, coupled with a dedication to quality and to helping people enjoy the goodness and healthiness of pasta by providing them with new recipe and menu ideas, made CREAMETTE® the first and only Nationally distributed pasta in America.

Today, CREAMETTE®, which was purchased by the Borden Company in 1979, offers more than 60 different varieties of pasta, and is available in nearly every supermarket and corner grocery store in the country.

For more information, call Debbie at 1-800-328-8620. Call between 8:30 am and 4:30 pm Central Standard Time, Monday through Friday.