Basic Baked Macaroni and Cheese

1 (7-ounce) package Creamettes® Elbow Macaroni (2 cups uncooked)
2 tablespoons margarine or butter
2 tablespoons flour

Prepare Creamettes® Macaroni according to package directions. Drain. Preheat oven to 375°. In medium saucepan, melt margarine, stir in flour, and cook and stir until mixture thickens slightly (mixture should coat spoon). Remove from heat. Add 1 1/2 cups cheese, stir until melted. Stir in cooked macaroni. Turn into greased 1 1/2-quart shallow baking dish. Top with remaining cheese. Bake 20 to 25 minutes or until bubbly.

Hot Diggity Hot Dish

1 (7-ounce) package Creamettes® Elbow Macaroni (2 cups uncooked)
1 pound frankfurters, cut into quarters
1 (10 1/2-ounce) can condensed cream of celery or mushroom soup
1/2 cup diced green pepper

Prepare Creamettes® Macaroni according to package directions. Drain. 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. Makes 6 servings.

Meatless Lasagna

1/2 of a (1-pound) package Creamette Lasagna
1/2 cup chopped onion
1/2 cup diced celery
1 clove garlic, minced
2 tablespoons cooking oil
1 (8-ounce) can whole tomatoes with liquid, cut up

Prepare Creamette Lasagna according to package directions. Drain. Sauté onions, celery and garlic in oil. Do not brown. Add tomatoes, tomato paste, water and seasonings. Simmer 15 minutes. In buttered lasagna pan; layer lasagna, vegetable sauce and cheese. Repeat layers, ending with cheese. Bake in a 350° oven 30 to 40 minutes. Let stand 10 minutes before cutting. 8 servings.

Cheese and Mac Salad

1 (7-ounce) package Creamettes® Elbow Macaroni (2 cups uncooked)
1 cup diced Cheddar cheese
2 cups diced celery
1 large tomato, diced

Prepare Creamettes® Macaroni according to package directions. Drain. Combine macaroni, cheese, celery, tomato and green pepper. Blend mayonnaise, milk, salt, garlic powder, dry mustard and pepper. Toss dressing with macaroni mixture. Cover and chill. 6 to 8 servings.

Fresh Garden Salad

1 (7-ounce) package Creamettes® Elbow Macaroni (2 cups uncooked)
2 cups diced cooked ham
1 cup diced Cheddar cheese
1 cup cooked peas
1 cup torn lettuce
1 medium tomato, chopped
1/2 cup diced green pepper
1/4 cup minced Italian dressing
1 teaspoon salt
1/4 teaspoon pepper

Prepare Creamettes® Macaroni according to package directions. Drain. Combine all ingredients. Cover and chill.

Confetti Macaroni Salad

1 (7-ounce) package Creamettes® Elbow Macaroni (2 cups uncooked)
3 hard-cooked eggs, chopped
1 cup chopped celery
1/4 cup chopped green pepper
1 (10 1/2-ounce) package frozen green peas, thawed
2 tablespoons chopped pimento
1 teaspoon salt
1/2 teaspoon sugar
1/4 cup Mayonnaise
2 tablespoons ReaLemon® Reconstituted Lemon Juice

Prepare Creamettes® Macaroni according to package directions. Drain. In large bowl, combine all ingredients. Mix well. Chill thoroughly. 6 to 8 servings.
Beef-Noodles Marzetti
1/2 (1-pound) package Creamette Egg Noodles
1 pound lean ground beef
3/4 cup chopped green pepper
2 cloves garlic, finely chopped
1/4 cup chopped onion
3 and simmer 15 minutes. Stir in cooked noodles. Turn into greased 2 slices bacon
3-quart shallow baking dish (13x9-inch). Cover.

Chicken Macaroni Casserole
1 (7-ounce) package Creamettes® Elbow Macaroni (2 cups uncooked)
2 slices bacon
2 cans Campbell's Cream of Mushroom Soup
1/4 cup milk
2 tablespoons vinegar
1/2 cup chopped celery
1/2 cup chopped carrots
1/2 cup chopped onions
1/2 cup chopped green pepper
Prepare Creamettes® Elbow Macaroni according to package directions. Stir over medium heat until mixture thickens. Stir in cheese until melted. Remove from heat; stir in cooked macaroni. Turn into 1/4-quart baking dish, top with crumbs. Bake 20 minutes or until bubbly. Garnish with parsley, 8 servings.

Savory Beef'n Macaroni Casserole
1 (7-ounce) package Creamettes® Elbow Macaroni (2 cups uncooked)
1 pound ground beef
1/2 cup chopped celery
1/2 cup chopped onion
3 tablespoons flour
Prepare Creamettes® Macaroni according to package directions. Pour mixture into 21/4-quart casserole; cover. Bake at 350°F for 30 minutes or until hot, stir. 6-8 servings.

Baked Spaghetti Supper
1 (7-ounce) package Creamette Spaghetti or 1/2 of a (1-pound) package Creamettes® Elbow Macaroni (2 cups uncooked)
1 pound ground beef
2 tablespoons butter or margarine
1/4 cup flour
1/2 cup instant nonfat dry milk
1/4 teaspoon salt
1/4 teaspoon paprika
1/4 teaspoon pepper
Prepare Creamette Spaghetti according to package directions. Drain. Preheat oven to 350°. In large skillet, brown ground beef in butter. Remove from heat. Add 1/4 cup flour, nonfat dry milk, salt, pepper and half of the soup mix. Blend, gradually stir in water. Cook, stirring constantly, until thickened. Combine remaining soup mix with 1 tablespoon flour, then blend with sour cream; fold into cooked spaghetti. Turn spaghetti into a 1/4 quart buttered baking dish, pushing up sides to leave a "well" in center. Pour in meat mixture. Top with buttered bread crumbs. Bake in a 350° oven 30 minutes. 6-8 servings.

Slim Line Herb Mac And Cheese
1 (7-ounce) package Creamettes® Elbow Macaroni (2 cups uncooked)
1/4 cup low calorie margarine
3 tablespoons flour
1/2 teaspoon garlic salt
1/4 teaspoon basil leaves
Prepare Creamettes® Macaroni according to package directions. Drain. Preheat oven to 350°. In small saucepan, over low heat melt 1/4 cup low calorie margarine. Stir in cheese until melted. Add broccoli, carrots and mushrooms, heat through. Serve sauce over hot spaghetti. 6-8 servings.

Garden Lite Spaghetti
1 teaspoon salt
1/2 teaspoon thyme or oregano leaves
2 cups skim milk
6 slices Borden® Lite-line® Pasteurized Process Cheese Product, cut into small pieces
Prepare Creamette Spaghetti according to package directions. Drain. Toss hot spaghetti with butter, tomatoes, green onion, basil, pepper and cheese. Serve immediately. 6-8 servings.

Fresh Tomato Toss
1/2 of a (2 pound) package Creamettes® Elbow Macaroni (2 cups uncooked)
3 medium tomatoes, peeled
1 (4-ounce) can mushroom soup
Prepare as directed, provides approximately 260 calories per serving. (Values by product analyses and recipe calculations.)

Ham Icebox Salad
1/4 cup sliced green onion
2 teaspoons basil leaves
1 teaspoon salt
1/2 teaspoon pepper
1/2 cup grated Parmesan cheese
Prepare Creamette Spaghetti according to package directions. Drain. Combine macaroni with remaining ingredients. Cover and chill. 6 servings. Approximately 331 calories each.

Diet Meals
Beef-Noodles Marzetti
Chicken Macaroni Casserole
Savory Beef'n Macaroni Casserole
Baked Spaghetti Supper
Slim Line Herb Mac And Cheese
Garden Lite Spaghetti
Fresh Tomato Toss
Ham Icebox Salad

Page 3
Lite Luncheon Salad

1 (7-ounce) package Lite Luncheon Salad
2 tomatoes; mix well. Chill thoroughly. Serve in tomatoes. 8 servings.

Spaghetti with Tuna Sauce

1 (10½-ounce) can beef consomme
1 cup water
2 tablespoons butter or margarine
2 (7-ounce) cans tuna in water, drained and flaked
1∕4 cup chopped fresh parsley
2 teaspoons cornstarch
1 (7-ounce) package Creamettes® Spaghetti (or 1∕2 of a 1-pound package)

Summer Garden Salad

1 (7-ounce) package Creamettes® Elbow Macaroni
2 cups fresh spinach or romaine lettuce, cut in thin strips
1 (one) medium zucchini or cucumber, sliced
10-12 cherry tomatoes, halved
6 radishes, sliced
2 to 3 green onions, sliced

Ham Creole with Noodles

3∕4 cup cubed cooked lean ham (about 1 pound)
2 (8-ounce) cans tomato sauce
1 cup diced celery
1∕2 cup diced green pepper
1∕2 cup water
1 tablespoon minced onion
1∕2 teaspoon oregano leaves
1∕2 teaspoon garlic salt
1∕4 teaspoon salt
1∕4 teaspoon pepper

Chicken Noodle Dinner

3∕4 cup chopped green pepper
1∕2 cup chopped onion
2 tablespoons butter or margarine
1∕4 cup flour

Chili Garden Cheese Salad

1 (7-ounce) package Lite Garden Cheese Salad
1∕4 cup chopped green onions
1∕4 cup bottled low calorie Italian dressing
1 teaspoon celery seed
1 teaspoon seasoned salt
1∕2 cup skim milk
1∕2 cup shredded carrot

Calorie Watcher's Chinese Chicken With Spaghetti

1 (7-ounce) package Creamettes® Elbow Macaroni
2 cups water
1 tablespoon Wyler's® Chicken Flavor Instant Bouillon
2 teaspoons cornstarch
1 (5-ounce) package frozen pea pods, thawed or 1 (10-ounce) package frozen green peas, thawed
2 tablespoons chopped pimiento
2 tablespoons soy sauce
1∕4 to 1∕2 teaspoon ground ginger

Prepared Creamettes® Macaroni according to package directions. Heat beef consomme to boiling point. Combine water and flour; mix well. Add to consomme and cook over low heat until thickened, stirring constantly. Stir in horseradish, Worcestershire sauce, butter, tuna and parsley; cook over low heat 10 minutes, stirring constantly. Prepare Creamettes® Spaghetti according to package directions. Drain. Serve tuna sauce over hot spaghetti. 4 servings. Approximately 380 calories each.

ELEGANT CLASSICS

Lasagna Deliciosa

1∕2 of a (1 pound) package Creamettes® Elbow Macaroni
1 cup Italian sausage
1∕2 pound ground beef
1 cup chopped onion
2 cloves garlic, minced
2 teaspoons sugar
1 tablespoon salt
1∕2 teaspoon basil leaves
1∕4 teaspoon pepper
1 (28-ounce) can tomatoes, broken up
1∕4 cup Parmesan cheese

Prepare Creamettes® Macaroni according to package directions. Drain. Cook Italian sausage and ground beef; drain excess fat. Add onion and garlic; stir and cook 5 minutes. Add next seven ingredients and simmer 20 minutes. Combine egg, ricotta, parsley and salt and in bottom of a 13x9-inch baking dish, spoon about 1∕4 cups meat sauce. Layer 1∕4 the lasagna, 1∕4 the meat sauce, 1∕4 the Ricotta, 1∕4 the sliced olives, 1∕4 the Mozzarella and 1∕4 the Parmesan. Repeat layering. Cover with foil. Bake in a 375° oven for 25 minutes. Remove foil and bake uncovered 25 minutes longer. Let stand 10 minutes before cutting. 8-10 servings.
**Seashell Crab Salad**

<table>
<thead>
<tr>
<th>(7 ounce) package</th>
<th>(2 cups uncooked)</th>
<th>(11/2 ounce) can tomatoes, broken up</th>
<th>(8 ounce) cans tomato sauce</th>
<th>(10 ounce) package Sea Shell Crab Salad</th>
</tr>
</thead>
<tbody>
<tr>
<td>Creamette Shells</td>
<td>cooked crab meat, chopped</td>
<td>sliced cauliflowerets</td>
<td>sliced zucchini, chopped</td>
<td>prepared as directed</td>
</tr>
<tr>
<td>1 cup green onions</td>
<td>1/2 cup mayonnaise</td>
<td>1/2 cup bottled Thousand Island dressing</td>
<td>1 tablespoon lemon juice</td>
<td>Toss with softened butter</td>
</tr>
<tr>
<td>Prepare Creamette Shells according to package directions. Drain. Combine with crab, cauliflowerets, zucchini and onion. Blend mayonnaise, Thousand Island, lemon juice and pepper. Toss dressing with salad mixture. Cover and chill. 6 to 8 servings.</td>
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</table>

**Stir-Fry Beef and Spaghetti**

<table>
<thead>
<tr>
<th>1/2 pound ground beef</th>
<th>1/2 cup sliced green onions</th>
<th>1/4 cup chopped green pepper</th>
<th>1 clove garlic, minced</th>
<th>1/2 cup grated Parmesan cheese</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup onion, chopped</td>
<td>1/2 cup oregano leaves</td>
<td>1/4 teaspoon crushed red pepper</td>
<td>1/2 cup chopped shrimp</td>
<td>1/2 cup chopped fresh dill</td>
</tr>
<tr>
<td>1 (16-ounce) can tomatoes</td>
<td>1/2 cup chopped green pepper</td>
<td>1 teaspoon salt</td>
<td>1 teaspoon salt</td>
<td>1/2 cup grated Parmesan cheese</td>
</tr>
<tr>
<td>1 cup California Ripe Olives, coarsely chopped</td>
<td>1/2 cup minced onion</td>
<td>1/2 cup chopped onion</td>
<td>1/2 cup chopped onion</td>
<td>1/2 cup diced green pepper</td>
</tr>
<tr>
<td>1/2 cup Parmesan cheese wedge, grated</td>
<td>3 tablespoons soy sauce, divided</td>
<td>1 cup spaghetti</td>
<td>1/2 cup cooked chicken, cut in julienne strips</td>
<td>1/2 cup minced onion</td>
</tr>
<tr>
<td>Prepare Creamette Spaghetti according to package directions. Drain. In a large skillet, brown beef in cooking oil. Add green pepper and onion. Cook for 2 minutes. Add beef broth, cover and simmer on low for 20 minutes. Add tomatoes, tomato paste, cheese and spices, cook uncovered for 30 minutes. Prepare Creamette Spaghetti according to package directions. Drain. Serve sauce over hot cooked spaghetti. 8 to 10 servings.</td>
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</table>

**Spaghetti Shrimp Platter**

<table>
<thead>
<tr>
<th>1/2 of (1 pound) package</th>
<th>1/2 cup olive oil</th>
<th>2 cups cooked shrimp</th>
<th>1 clove garlic, minced</th>
<th>1/2 cup grated Parmesan cheese</th>
</tr>
</thead>
<tbody>
<tr>
<td>Creamette Spaghetti</td>
<td>1/2 teaspoon coarse grind pepper</td>
<td>1 (10-ounce) can clams, undrained</td>
<td>1 (6 ounce) can sliced mushrooms, drained</td>
<td>1 (4 ounce) can sliced mushrooms, drained</td>
</tr>
<tr>
<td>Prepare Creamette Spaghetti according to package directions. Drain. In a large skillet, brown beef in cooking oil. Add green pepper and onion. Cook for 2 minutes. Add beef broth, cover and simmer on low for 20 minutes. Add tomatoes, tomato paste, cheese and spices, cook uncovered for 30 minutes. Prepare Creamette Spaghetti according to package directions. Drain. Serve sauce over hot cooked spaghetti. 8 to 10 servings.</td>
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</tbody>
</table>

**Ranch-style Spaghetti**

<table>
<thead>
<tr>
<th>1 (pound) package</th>
<th>2 (6 ounce) cans tomato paste</th>
<th>1/4 cup Parmesan cheese</th>
<th>1 (4 ounce) jar sliced mushrooms, drained</th>
<th>2 tablespoons salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Creamette Spaghetti</td>
<td>1 teaspoon salt</td>
<td>1 teaspoon sweet basil leaves</td>
<td>1/2 teaspoon crushed red pepper</td>
<td>1/2 teaspoon chili powder</td>
</tr>
<tr>
<td>1 1/2 cups round steak, trimmed and cubed</td>
<td>1 large green pepper, diced</td>
<td>1 cup onion, diced</td>
<td>(10 ounce) can beef broth</td>
<td>1/4 teaspoon garlic powder</td>
</tr>
<tr>
<td>3 tablespoons cooking oil</td>
<td>1 (32 ounce) can whole tomatoes, cut up</td>
<td>1/2 cup sliced green onions</td>
<td>1/2 cup sliced green onions</td>
<td>1/2 cup minced onion</td>
</tr>
<tr>
<td>In large skillet, brown beef in cooking oil. Add green pepper and onion, cook for two minutes. Add beef broth, cover and simmer on low for 20 minutes. Add tomatoes, tomato paste, cheese and spices, cook uncovered for 30 minutes. Prepare Creamette Spaghetti according to package directions. Drain. Serve sauce over hot cooked spaghetti. 8 to 10 servings.</td>
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**Spaghetti Milano**

<table>
<thead>
<tr>
<th>1 (6 ounce) can tomato sauce</th>
<th>1 clove garlic, minced</th>
<th>1/2 cup chopped green pepper</th>
<th>1 tablespoon thinly sliced onion</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup chopped green pepper</td>
<td>1 (12 ounce) can mushrooms, drained</td>
<td>1/2 cup cooked chicken, cut in julienne strips</td>
<td>1/2 cup grated Parmesan cheese</td>
</tr>
<tr>
<td>1 (10 ounce) can clams, undrained</td>
<td>1/2 cup chopped green pepper</td>
<td>1 (6 ounce) can sliced mushrooms, drained</td>
<td>1/2 cup grated Parmesan cheese</td>
</tr>
<tr>
<td>Prepare Creamette Spaghetti according to package directions. Drain. In a large skillet, brown beef in cooking oil. Add green pepper and onion. Cook for 2 minutes. Add beef broth, cover and simmer on low for 20 minutes. Add tomatoes, tomato paste, cheese and spices, cook uncovered for 30 minutes. Prepare Creamette Spaghetti according to package directions. Drain. Serve sauce over hot cooked spaghetti. Pass the Parmesan cheese. 8 to 10 servings.</td>
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</table>
**Veal Lasagna**

1/4 of a (1 pound) package Creamettes Lasagna

1 pound cubed veal

(20 ounce) can tomatoes, cut up

(6 ounce) can tomato paste

Prepare Creamettes Lasagna according to package directions. Drain. 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 bouillion, cook and stir until smooth and thickened. Add meatballs; bring to a boil. Reduce heat; simmer uncovered 30 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. 6 to 8 servings.

**Fettuccini Brunch**

1/2 cup butter or margarine, softened

1/2 cup chopped onion

1 pound fresh mushrooms, sliced

1/4 pound cooked ham, cut in julienne strips

Melt 2 tablespoons butter in a large skillet; sauté onions, mushrooms and ham. Season to taste. Beat egg yolks in the top of a double boiler. Stir in cheese and remaining 1/2 cup butter. Place over hot (not boiling) water and stir constantly with wooden spoon until thickened. Prepare Creamettes Fettuccini according to package directions. Drain. Place in hot bowl and toss well with egg mixture. Top with ham mixture. Serve immediately. 4-6 servings.

**Mostaccioli al Fredo**

(1-pound) package Creamettes Mostaccioli

1 cup heavy cream

1 teaspoon salt

1/2 teaspoon pepper

1 pound Mozzarella cheese, grated

1/4 cup Parmesan cheese

Prepare Creamettes Mostaccioli according to package directions. Drain. Heat together soup, milk, Cheddar cheese, celery salt, Worcestershire sauce and 1 tablespoon bouillion; 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 bouillion, cook and stir until smooth and thickened. Add meatballs; bring to a boil. Reduce heat; simmer uncovered 30 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. 6 to 8 servings.

**TIME SAVING MAIN DISHES**

**Meatball Stroganoff**

1 1/2 pounds lean ground beef

1/4 cup finely chopped onion

1/4 cup soft bread crumbs

(about 1 slice bread)

2 eggs

2 tablespoons milk

1 teaspoon Worcestershire sauce

Prepare Creamettes Egg Noodles according to package directions. Drain. In medium bowl, combine meat, onion, crumbs, eggs, milk, Worcestershire sauce and 1 tablespoon bouillion; 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 bouillion, cook and stir until smooth and thickened. Add meatballs; bring to a boil. Reduce heat; simmer uncovered 30 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. 6 to 8 servings.

**Sea Breeze Salad**

(7 ounce) package CREAMETTES® Shells, or 2 cups CREAMETTES® Elbow Macaroni, uncooked

(1 1/2 pound) package CREAMETTES® Egg Noodles

1 1/2 cups grated Parmesan cheese

Prepare CREAMETTES® Shells according to package directions. Drain. Combine remaining ingredients with cooked shells; mix well. Chill. Toss before serving. 6-8 servings.

**1-2-3 Casserole**

(1 1/2 ounce) package CREAMETTES® Elbow Macaroni (2 cups uncooked)

(1 1/4 pound) can cream of mushroom soup

Prepare CREAMETTES® Macaroni according to package directions. Drain. In same pan, heat soup, evaporated milk, cheese and tuna. Stir in cooked macaroni. Serve immediately. 5 servings.

**Ham Casserole**

(1 1/2 ounce) package CREAMETTES® Elbow Macaroni (2 cups uncooked)

(1 1/2 pound) can cream of mushroom soup

(1/2 cup milk)

(1/2 teaspoon celery salt)


**Sausage Spaghetti**

1 pound Smoked Sausage or Italian Smoked Sausage cut into 1 inch slices

2 green peppers, diced

2 medium onions, diced

2 cans (15 ounce each) tomato sauce

1 can (6 ounce) tomato paste

1 can (4 ounce) sliced mushrooms, undrained

In a large skillet fry sausage until almost brown. Add green pepper and onion, cook until tender. Stir in tomato sauce, tomato paste, mushrooms with liquid, Worcestershire, basil, salt, pepper and garlic powder. Simmer uncover 20 minutes. Prepare Creamettes Spaghetti according to package directions. Drain. Arrange spaghetti on large platter and pour on sauce. 6 to 8 servings.

**Rigatoni**

Large, grooved pasta tubes. Marichotti is a larger version.
**Egg Noodle Slaw**

1 (1-pound) package Creamette Medium Egg Noodles
6 cups finely shredded cabbage
1 cup finely sliced celery
1 cup finely sliced cucumber
1 cup grated Cheddar cheese

Prepare Creamette Noodles according to package directions. Rinse and drain in cold water. In a large bowl, combine noodles, cabbage, celery, cucumber, and cheese. Blend yogurt, oil, vinegar, sugar, salt, mustard, and pepper. Gently toss into noodle mixture. Cover and chill. Sprinkle generously with paprika. 8-10 servings.

**The Crunchy Beef Bake Casserole**

1 (7-ounce) package Creamettes® Elbow Macaroni
1 pound ground beef
1 can (10 1/4 oz.) condensed cream of mushroom soup
1 (14 oz.) can tomatoes
1 cup shredded Cheddar cheese
1 cup salad dressing

Prepare Creamettes® Macaroni according to package directions. Drain. In a large saucepan, sauté onion in butter until tender. Stir in flour and salt. Gradually add evaporated milk and water. Cook over medium heat, stirring constantly until mixture just comes to a boil and thickens. Remove from heat, stir in cheese until melted. Add mustard, ham, green pepper, hot sauce, and cooked Creamettes®. Heat to serving temperature. To serve, pour into a warmed 1 1/2 quart casserole. 4 to 6 servings.

**Sunshine Ham and Mac**

1 (7-ounce) package Creamettes® Elbow Macaroni
1 (1-pound) package ham, cut in julienne strips
1/2 cup grated American cheese
1/2 cup chopped onion
1/2 teaspoon oregano leaves
1/2 teaspoon basil leaves
1/2 teaspoon pepper

Prepare Creamettes® Elbow Macaroni according to package directions. Drain. In large saucepan, sauté onion in butter until tender. Stir in flour and salt. Gradually add evaporated milk and water. Cook over medium heat, stirring constantly until mixture just comes to a boil and thickens. Remove from heat, stir in cheese until melted. Add mustard, ham, green pepper, hot sauce, and cooked Creamettes®. Heat to serving temperature. To serve, pour into a warmed 1 1/2 quart casserole. 4 to 6 servings.

**Linguini with Clam Sauce**

1 (1-pound) package Creamette Linguine
1/2 cup butter or margarine
1/2 cup vegetable oil
2 cloves garlic, minced
2 (6 1/2-ounce) cans minced clams, drained
1/4 cup finely chopped fresh parsley
1/4 teaspoon basil leaves
1/4 teaspoon oregano leaves
1/4 teaspoon salt
1/4 teaspoon pepper

Prepare Creamette Linguine according to package directions. Drain. In heavy saucepan heat butter and oil. Sauté garlic and clams over medium heat 2 to 3 minutes. Stir in parsley, basil, oregano, salt and pepper. Simmer 5 minutes. Add hot cooked Linguine to clam mixture; toss lightly. Serve on warm platter. Pass the Parmesan cheese. 4-6 servings.

**Spaghetti Bolognese**

1 pound ground beef
1 cup shredded carrots
1/2 cup chopped onion
1 teaspoon basil leaves, crushed
1 teaspoon oregano, crushed
1 beef bouillon cube
1 teaspoon sugar
1 teaspoon Italian seasoning
2 (15-ounce) cans Tomato Sauce
1 (1 pound) package Creamette Spaghetti


**Quick 'n Cool Summer Salad**

1 (7-ounce) package Creamettes® Elbow Macaroni
1 (16-ounce) can Veg-AII Mixed Vegetables, drained
1 (7-ounce) can tuna, drained and flaked
1 cup diced Cheddar cheese

Prepare Creamettes® Macaroni according to package directions. Drain. Add Veg-AII Mixed Vegetables, tuna, cheese, pickles and onion. Blend sour cream, salad dressing, lemon juice, seasoned salt and pepper. Toss dressing with macaroni mixture. Cover and chill. 6-8 servings.

**Rotini. Sometimes called rotelline or corkscrews or twists. Kids love them whatever they're called.
Lasagna Roll-Ups

12 to 16 strips Creamettes® Elbow Lasagna
2 tablespoons olive oil 1 large onion, chopped 1 clove garlic, minced 1 (1 pound) can Italian tomatoes broken up 1 (6 ounce) can tomato paste
1 teaspoon oregano leaves

Prepare Creamettes® Lasagna according to package directions. Drain. In a large skillet heat oil, cook onion and garlic until tender. Add next nine ingredients, simmer 20 minutes. Blend ricotta, 1 cup Mozzarella, Parmesan, eggs, parsley, and salt. Spread cheese equally on lasagna strips. Roll up each strip. Pour meat sauce in layers. Bake at 375° 35 to 40 minutes. Let stand 10 minutes.松散 edges with rubber spatula and invert onto serving platter. 8-10 servings.

Florentine Layers

1/2 lb. ground beef 1 cup finely chopped onion 1 clove garlic, crushed 1 (15-ounce) cans Hunt's® Tomato Sauce 1 teaspoon seasoned salt 1 teaspoon oregano 1 (10-ounce) pkg. frozen chopped spinach, thawed 1 pint small currant cottage cheese

Sauté ground beef, onion and garlic in 10-inch skillet. Add Hunt's Tomato Sauce, 1 teaspoon seasoned salt and oregano; simmer 5 minutes. Press spinach very dry; combine with cottage cheese, Parmesan cheese, egg, 1/2 teaspoon seasoned salt and pepper; set aside. Prepare Creamettes® Macaroni according to package directions. Drain. In 2-quart greased baking dish, layer half each of the Creamettes® diced cheese and meat sauce. Cover with the spinach mixture; then add remaining Creamettes® diced cheese and meat sauce in layers. Bake at 375° 35 to 40 minutes. Let stand a few minutes before serving. Makes 6 to 8 servings.

Macaroni and Cheese Bundt® Delight

2 (7 ounce) packages Creamettes® Elbow Macaroni (4 cups uncooked) 1/4 cup chopped onion 1 cup sliced, chopped tomatoes 4 eggs, slightly beaten 1/4 cup light cream 1 tablespoon seasoned salt 1/2 teaspoon pepper 1 cup grated Parmesan cheese 3 cups (12-oz.) grated American cheese 2 tablespoons butter or margarine

Prepare Creamettes® Macaroni according to package directions. Drain. Combine onion, olives, eggs, cream, salt and pepper. Add macaroni, Parmesan cheese, and American cheese and toss together. Grease a 12-cup Bundt® pan with butter or margarine and lightly sprinkle with flour. Pour macaroni mixture into Bundt pan. Bake at 350° for 40-45 minutes. Cool 10 minutes. Loosen edges with rubber spatula and invert onto serving platter.

Broiled Avocado Luncheon Cup

1 cup uncooked Creamettes® Elbow Macaroni 4 California Avocados, halved and pitted 3 to 4 drops hot sauce 1 pkg. (5 oz.) Hormel Stick pepperoni, chopped

Prepare Creamettes® Macaroni according to package directions. Drain. Scoop out avocado from shells and mash with hot sauce. Spread mixture in bottom and around sides of shells. Combine macaroni, pepperoni, cheese, carrot, onion and mayonnaise. Spoon into shells. Sprinkle mixture of bread crumbs and melted butter over filling. Broil 3-5 minutes. Serves 4 with 2 half shells each.

Chicken Shell Salad

4 cups uncooked 1/4 cup minced onion 2 (4-ounce) packages finely chopped pepperoni 4 cups finely chopped onion 3 (29-ounce) cans tomatoes, broken up 5 (6-ounce) cans tomato paste 4 cups water

Prepare Creamettes® Medium Shells according to package directions. Drain. Combine shells, chicken, celery, radishes, green pepper and onion; blend blue cheese dressing, sour cream, tarragon, salt and pepper; Stir dressing into salad mixture. Cover and chill. 6 to 8 servings.

Gracie's Spaghetti Sauce For a Crowd

4 pounds lean ground beef 2 tablespoons sugar 2 (4-ounce) packages finely chopped pepperoni 1 cup finely chopped onion 3 (29-ounce) cans tomatoes, broken up 2 (7-ounce) cans tomato paste 2 tablespoons Worcestershire sauce 1 tablespoon basil leaves 1 teaspoon tarragon leaves 1/2 teaspoon pepper 3 (1-pound) packages Creamette Spaghetti


Note: Sauce may be prepared a day ahead. Refrigerate. Reheat before serving.

Creamette Summer Salad

1 (7-ounce) package Creamettes® Elbow Macaroni (2 cups uncooked) 1 (12-ounce) can tuna, drained and flaked 1 (8-ounce) package or 2 cups natural Cheddar or Colby cheese, diced 2 cups fresh mushrooms, sliced 1 large tomato, diced 1/2 cup green onions, sliced 1/2 cup Italian dressing 1/2 cup sliced radishes


FESTIVE PARTY DISHES

Lasagna A flat, wide pasta used most often in baked dishes. Lasagna translates is "pots," hardly descriptive of this popular product.
Hon this 6,000 year old food can give you a new lease on life.

Creamettes: Macaroni and a whole lot more.

We're not talking just about Creamettes macaroni. We're talking about all Creamette pasta. Spaghetti, Lasagna, Shells. And the more than 60 other shapes Creamette pasta can take.

You've probably eaten macaroni and spaghetti before.

But did you ever stop to think about how many ways you could use just these two shapes of pasta?

Americans eat about 10 pounds of pasta a year per person. In some countries, they eat more than 54 pounds per person.

What do they know about pasta that we don't? Mostly that Creamette pasta can be used in as many different ways as there are days in the year.

As a main dish.

As a side dish.

As a salad.

Even a dessert.

There's no end to what you can do with Creamette macaroni, spaghetti, lasagna and all the other Creamette shapes. And if you start experimenting with shapes like linguine, mostaccioli, fettucini, rigatoni and the more than 60 other Creamette varieties, you'll definitely never get bored.

Good, and good for you.

Nearly everybody agrees that pasta tastes good. And whether it's a Creamette macaroni casserole or salad, spaghetti or a special fettucini dinner, you leave the table feeling full and satisfied.

Of course, that much can be said for many foods. But now we know that Creamette pasta is not only delicious and filling, but also healthier for us in several ways.

True, Creamettes is a carbohydrate, long considered a source of too many calories and a guaranteed "pound producer." But the difference between Creamettes and other carbohydrates (sugar, for example) is that it is a COMPLEX carbohydrate.

How complex carbohydrates work.

Unlike simple carbohydrates (candy, cake), the complex carbohydrate must be broken down for digestion. The process takes time and therefore supplies the brain and muscles with a slower and more constant source of energy. In addition, Creamettes is like a timed-release energy capsule that satisfies your hunger without the heavy price in added calories. That's why athletes load up on pasta the night before competition.

High energy, but low calorie.

Creamette macaroni, spaghetti and specialty products are made from select, hard durum wheat. The best.

They're made with the latest technology and the most modern equipment available. That's why Creamettes always cook up firm, yet tender, never sticky or mushy.

And the calorie content is about the same for the different kinds...210 calories for 2 oz. of dry pasta. So, interchanging shapes won't affect the taste, or calorie content, just the composition.

Variety is the Spice of Being Trim

Nothing dashes good dieting intentions as quickly as boredom. While spaghetti and meatballs have become an American tradition, that same home-made tomato sauce would seem new and special tossed with Creamette's Rotini. Shaped Creamette pasta, like tunnels, ribbons, and sea shells, add the fun and interest and sophistication that your weight-reduction diet needs to survive.

If you can boil water, you're in business.

Some Creamette pastas may be difficult to pronounce.

But they certainly aren't difficult to cook.

About all you have to be able to do is boil water. And add a simple sauce.

Most of the dishes in this cookbook take just minutes to prepare. But they taste like they took hours.

You can tell the difference when you use Creamettes.
Free coupons from Creamette to cut out and use in the months ahead.

15¢ OFF
Any size Creamette Shells

MR. DEALER: This coupon will be redeemed for the face value plus 8¢ handling when received at The Creamette Co., 428 N. 1st, Mpls., MN 55401, provided the coupon is taken in exchange on the Creamette product specified and provided the store redeeming the coupon has purchased stocks equal to or in excess of coupons redeemed. Cash value 1/20¢. IMPORTANT FRAUD CLAUSE: This coupon must be signed to be valid. Unauthorized republication prohibited. Computer tabulated.

Name ___________________________    CRM 00787

15¢ OFF
1 lb. Creamette Lasagna

MR. DEALER: This coupon will be redeemed for the face value plus 8¢ handling when received at The Creamette Co., 428 N. 1st, Mpls., MN 55401, provided the coupon is taken in exchange on the Creamette product specified and provided the store redeeming the coupon has purchased stocks equal to or in excess of coupons redeemed. Cash value 1/20¢. IMPORTANT FRAUD CLAUSE: This coupon must be signed to be valid. Unauthorized republication prohibited. Computer tabulated.

Name ___________________________    CRM 01087

15¢ OFF
1 lb. Creamette Rotini or Rainbow Rotini

MR. DEALER: This coupon will be redeemed for the face value plus 8¢ handling when received at The Creamette Co., 428 N. 1st, Mpls., MN 55401, provided the coupon is taken in exchange on the Creamette product specified and provided the store redeeming the coupon has purchased stocks equal to or in excess of coupons redeemed. Cash value 1/20¢. IMPORTANT FRAUD CLAUSE: This coupon must be signed to be valid. Unauthorized republication prohibited. Computer tabulated.

Name ___________________________    CRM 00687

15¢ OFF
1 lb. Creamette Mostaccioli

MR. DEALER: This coupon will be redeemed for the face value plus 8¢ handling when received at The Creamette Co., 428 N. 1st, Mpls., MN 55401, provided the coupon is taken in exchange on the Creamette product specified and provided the store redeeming the coupon has purchased stocks equal to or in excess of coupons redeemed. Cash value 1/20¢. IMPORTANT FRAUD CLAUSE: This coupon must be signed to be valid. Unauthorized republication prohibited. Computer tabulated.

Name ___________________________    CRM 01187

15¢ OFF
Any size Creamettes Elbow Macaroni

MR. DEALER: This coupon will be redeemed for the face value plus 8¢ handling when received at The Creamette Co., 428 N. 1st, Mpls., MN 55401, provided the coupon is taken in exchange on the Creamette product specified and provided the store redeeming the coupon has purchased stocks equal to or in excess of coupons redeemed. Cash value 1/20¢. IMPORTANT FRAUD CLAUSE: This coupon must be signed to be valid. Unauthorized republication prohibited. Computer tabulated.

Name ___________________________    CRM 01287
**Creamy Italian Toss**

1 (7-ounce) package Creamettes® Spaghetti (if desired break in thirds)
1/4 cup Hellmann’s® Real Mayonnaise
3 tablespoons wine vinegar
1 tablespoon prepared mustard
1 tablespoon finely chopped parsley
1 tablespoon sliced radishes

Prepare Creamette Spaghetti according to package directions. Rinse and drain in cold water. In a small bowl stir together next 5 ingredients. Add dressing; toss well to coat. Cover and chill for 2 hours. 4-6 servings.

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**Major League Macaroni (Easier than Potato Salad!)

1 (7-ounce) package Creamettes® Elbow Macaroni (2 cups uncooked)
1 cup diced celery
1 small cucumber, pared, seeded and chopped
1/2 cup sliced radishes
1/4 cup diced green peppers

Prepare Creamettes® Macaroni according to package directions. Drain. Combine macaroni, celery, cucumber, radish, green pepper, eggs and onions. Blend together mayonnaise, milk, mustard, V2 cup salad oil, 1 tablespoon lemon juice, 2 teaspoon salt, 1/4 teaspoon pepper. Mix with Italian salad dressing, lemon juice, salt and pepper. Stir in 1 cup fresh sliced mushrooms, 1 cup thinly sliced zucchini, 1 cup thinly sliced pepperoni (4-ounces), 1/2 cup chopped green pepper, 1/4 cup chopped onion. Cover and chill. 6-8 servings.

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**Cheesy Chili Mac Slow-Cook**

2 pounds ground beef
1 cup chopped green pepper
1 cup chopped onion
2 garlic cloves, chopped
1 (28-ounce) can tomatoes, cut up, undrained
1 (15-ounce) can chili beans, undrained
1 (6-ounce) can tomato paste
1/2 cups water
1/2 teaspoon salt
1/2 teaspoon prepared garlic powder

Brown ground beef, green pepper, onion and garlic on high in a slow-cooker. Drain excess fat. Add tomatoes, beans, tomato paste, water and seasonings. Cover and slow cook for 6 to 8 hours. Twenty minutes before serving, prepare Creamettes® Macaroni according to package directions. Drain. Stir macaroni into chili, cover and heat. Garnish individual servings with cheese. Makes about 3 1/2 quarts.

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**Chili Mac Quiche**

1 (7-ounce) package Creamettes® Elbow Macaroni (2 cups uncooked)
4 eggs, separated
4 eggs, beaten
1/2 cup grated american cheese
1/2 cup sour cream,
1/2 teaspoon chili powder
1/2 teaspoon seasoned salt
1 teaspoon pepper

Prepare Creamettes® Elbow Macaroni according to package directions. Drain. Sauté green pepper and onion until tender, do not brown. Combine with macaroni, eggs, milk, cheese, tomato, salt and pepper. Spoon into a greased 12 inch quiche dish or 9 inch square pan. Bake in a 350° oven for 50 minutes. Top each serving with heated chili. 6 to 8 servings.

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**Macaroni Souffle**

1 (7-ounce) package Creamettes® Elbow Macaroni (2 cups uncooked)
4 eggs, separated
1 1/2 cups milk
1/2 cup grated cheddar cheese
1/2 cup cream cheese
1/2 cup heavy cream
1/2 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon nutmeg

Prepare Creamettes® Macaroni according to package directions. Drain. Sauté chopped green onion, sliced green pepper, diced green chili, unsalted butter, diced black olives, and diced pimientos in a large saucepan over medium heat until cooked through. In a medium bowl, whisk together eggs, milk, cream, cream cheese, salt, pepper, and nutmeg. Stir in利drained macaroni. Spoon into an 8x8 inch baking dish and bake for 40 minutes. Top with grated cheese and bake until golden brown, 10-15 minutes. Let stand 5 minutes before cutting. 6-8 servings.

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**Pizza Mac**

1 (7-ounce) package Creamettes® Elbow Macaroni (2 cups uncooked)
1 (4-ounce) jar sliced mushrooms, drained
1 (2-ounce) can chopped green chilies, drained
1 small green pepper, diced
1 small tomato, diced
1 small onion, sliced
1 teaspoon Italian seasoning
1 (16-ounce) can kidney beans, drained
2 cups grated Mozzarella cheese

Prepare Creamettes® Macaroni according to package directions. Drain. In a medium size bowl beat milk, egg and salt, add macaroni and mix well; spread evenly in greased 15 x 10 inch cookie sheet. Spoon spaghetti sauce over macaroni. Top with beans, sausage, mushrooms, chilies, green pepper, tomato, onion, seasoning and cheese. Bake in a 350° oven 30 minutes. Let stand 5 minutes before cutting. 8-10 servings.

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**Mexican Delight**

1 (7 ounce) package Creamettes® Elbow Macaroni (2 cups uncooked)
1/2 cup chopped green pepper
1/2 cup chopped onion
1/2 cup chopped tomato
1/2 cup chopped green pepper
1/2 cup chopped tomato
1/2 cup shredded cheese

Prepare Creamettes® Macaroni according to package directions. Drain. Brown ground beef. Add kidney beans and simmer 10 minutes. Drain excess fat and let cool. Tear lettuce into bite-size pieces. Combine all ingredients except taco chips. Chill. At serving time, toss with Taco Chips. 6 to 8 servings.

* Avocado Dressing:
  In blender combine 1 ripe avocado, chopped, 1/2 cup sour cream, 1/2 cup salad oil, 1 tablespoon lemon juice, 2 teaspoons salt, 1/4 teaspoon sugar, 1/4 teaspoon chili powder, 1/4 teaspoon hot sauce and 1/4 teaspoon garlic powder. Blend until smooth.

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**Avocado Italiano**

1 1/2 cup each diced green pepper and carrots
1/4 cup each coarsely chopped black olives and celery
1 1/2 cup Italian salad dressing
1 1/2 teaspoon lemon juice
1 1/2 teaspoon salt
1 1/2 teaspoon pepper
1/2 cup each sliced green onions and radishes

Prepare Creamettes® Macaroni according to package directions, drain and chill in cold water for 5 minutes. Drain cooled macaroni; mix with Italian salad dressing, lemon juice, salt and pepper. Stir in onions, radishes, green pepper, carrot, black olives, and celery. Cover and refrigerate at least 2 hours. Carefully mix in avocado chunks. Gently toss salad. Serve on a bed of lettuce topped with avocado crescents. 6 to 8 servings.
What every good cook should know about Creamettes.

Not all pasta is created equal!

We invite you to compare premium quality Creamettes with other pastas. You can actually see the difference.

Creamette products cook up lighter and fluffier. They have the perfect bite size, with a deliciously firm yet tender texture. The Creamette color is more golden compared with many pastas that have a grayish hue.

Next thing you'll see is that when many pastas are cooked they become starchy and mushy, which causes them to stick together.

There are several reasons Creamette pastas are so obviously superior.

To start with, all Creamette products are made from a special hard, lean wheat that grows only in certain areas of North Dakota and Arizona where the soil and climate are uniquely right. This rare wheat is specially milled to our exact specifications and shipped directly to our modern plants in Minneapolis, and Phoenix.

Here the flour is processed into the fine family of Creamette pastas using the exclusive technology we have perfected over the past 70 years. The finished products are rushed to your local store, fresh and wholesome in their familiar green boxes.

<table>
<thead>
<tr>
<th>Cooking Tips</th>
<th>Recipe Tips</th>
<th>Tips for athletes, dieters and everyone else.</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Use a large deep pot.</td>
<td>• The recipes in this cookbook have all been developed and tested in the Creamette kitchens. They are specially designed for Creamette products. For optimum results, use only Creamette products for maximum appetite appeal and to avoid starchiness and stickiness.</td>
<td>• All Creamette products are complex carbohydrates, which means that, unlike simple carbohydrates (candy, heavily sugared sodas and desserts), they release energy to the body slowly. That is why so many athletes, especially in preparation for endurance events such as marathons, “load up” on Creamettes before an event. Creamettes keeps them going.</td>
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<tr>
<td>• Use plenty of water.</td>
<td>• For added zestty flavor try adding fresh lemon juice or fresh crushed herbs to the boiling water.</td>
<td>• Even if you’re not running a marathon, Creamettes products are an ideal source of energy. They keep you from “feeling hungry” between meals and from adding unwanted calories to your diet in the form of snacking.</td>
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<tr>
<td>• Make sure the water is rapidly boiling! Creamettes need to swim in the water!</td>
<td>• If your casserole or hot dish calls for sauteed vegetables (celery, green pepper, onion), try cooking them right along with the macaroni for added convenience.</td>
<td>• Creamettes are a near-perfect food!</td>
</tr>
<tr>
<td>• For long goods such as Spaghetti, Linguine, Fettuccini, use a long handled fork to stir and separate.</td>
<td>• BE CREATIVE! Invent your own new recipe! Toss hot cooked spaghetti with your favorite sauteed vegetables, bacon or grated cheeses. Toss the spaghetti with your favorite bottled salad dressing instead of salad oil! Creamettes are versatile as the leftovers in your refrigerator!</td>
<td>• NO artificial coloring or preservatives And it tastes great!</td>
</tr>
<tr>
<td>• For short goods such as Rigatoni, Rotini, Mostaccioli or Elbow Macaroni use a wide wooden spoon.</td>
<td>• If you have more questions about Creamette Pasta, call 1-800-328-8620 Ask for Debbie. In Minnesota, call collect</td>
<td>• Creamettes are not fattening</td>
</tr>
<tr>
<td>• Rinse and drain the pasta well before preparation.</td>
<td></td>
<td>1 cup cooked macaroni - 155 calories</td>
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</table>

Tips for athletes, dieters and everyone else.

- NO cholesterol
- NO sodium added
- NO artificial coloring or preservatives
And it tastes great!

- Creamettes are not fattening
  1 cup cooked spaghetti - 192 calories
  1 cup cooked egg noodles - 200 calories

Remember that high calories come from what you put on the Creamettes. If you are watching your diet you don’t have to be without pasta. Simply shy away from heavy cheese and meat sauces. Toss the Creamettes with fresh vegetables which have been sauteed in broth instead of oil. Toss your fresh pasta salad with low-calorie bottled salad dressing.

And just as important—limit your portions! Eating too large a portion of any food will result in too many calories.