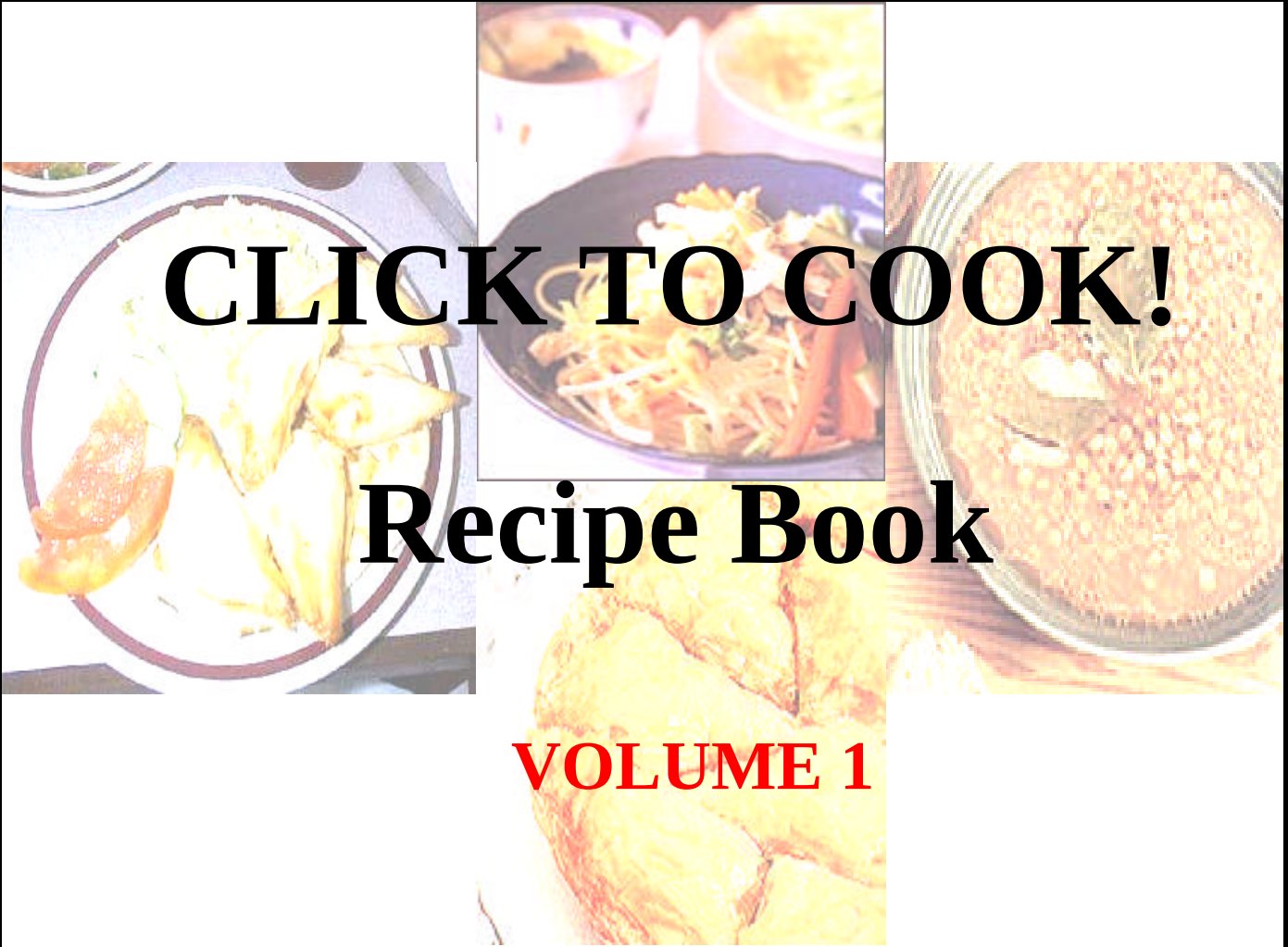




CLICK TO COOK!

Recipe Book

VOLUME 1

FLAVOURS FROM AROUND THE WORLD

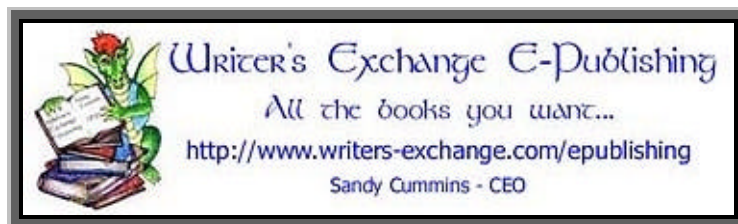
Recipe Series Created by Rena Georgiadis-Park

**Just click on the recipe,
print the page, and you're ready to go.**

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ASIAN COOKING

Asian style cooking is probably the most famous throughout the world. The unique blends of spices, rice, and sauces from the various dishes presented by Asian cuisine tantalise the tastebuds and leave them shivering with delight.

This is my favourite section of the Click to Cook Recipe Book and I know it may well become yours. Experience Asian cooking with these traditional recipes. And enjoy!



FRIED RICE

Makes: 4 Servings

2 cups rice, cooked

1/4 cup red peppers, finely diced

1 tbsp cooking oil

½ cup bean sprouts

2 tbsp sesame oil

½ cup broccoli florets

1/4 cup peas

3 tbsp soy sauce

1. Prepare rice according to directions and set overnight in the refrigerator, covered.
2. Place a large skillet over medium heat on the stove, add the oils, peas, pepper, sprouts and broccoli.
3. Cook, stirring, for 1 minute.
4. Add the rice and soy sauce and cook, stirring for another 5 mins.
5. Place cooked rice in a serving dish. Serve.

CHINESE EGG SOUP

Makes 6 servings

4 cups seasoned chicken broth

1/2 cup frozen green peas

1 egg, beaten

1. Bring chicken broth and peas to a boil in a large saucepan.
2. Slowly add egg to the boiling broth, stirring constantly. Serve hot, garnished with chopped green onions.

FRIED RICE SHOYU

Makes: 5 servings

1 egg, beaten lightly

2 tsp vegetable oil

1 tsp soy sauce

4 cups rice, cooked

1 cup scallions, chopped

½ shrimps or crabmeat, cooked or pork, diced or ham,

½ cup green peas, cooked

1. Heat oil in skillet. Add egg and scramble.
2. Add all remaining ingredients except soy sauce.
3. Cook over medium heat 4 or 5 minutes, stirring gently.
4. Add soy sauce. Stir until evenly coated.
5. Cook 2 minutes.

CHICKEN FRIED RICE

Makes 4 servings

1 tbsp oil
1 egg, slightly beaten
2 tbsp oil
1 cup chicken, finely diced
½ cup water chestnuts, finely diced
½ cup bamboo shoots, finely diced
½ cup celery, finely diced
1 cup fresh bean sprouts
½ cup frozen peas
½ cup diced mushrooms
4 cups rice, cooked
soya sauce
salt
pepper

1. Cut up and prepare all ingredients.
2. Reserve. Heat wok up with 1 tbsp oil and fry egg into a thin sheet. Remove to plate and reserve. Add 2 tbsp oil to wok.
3. Heat oil until almost smoking.
4. Stir fry chicken and onion together until cooked.
5. Add bean sprouts, peas, celery.
6. Stir and cook for 2 minutes in covered wok.
7. Uncover wok, add vegetables.
8. Stir fry, then cook covered for 2 minutes.
9. Add cooked rice, season with salt, pepper, soya sauce. Reduce heat to medium.
10. Break up clumps of rice. Stir fry until rice has even colour and heated through.
11. Finely chop egg sheet and stir into rice. Serve.

CHICKEN & MUSHROOM RICE

4 chicken breasts (skinned)

1 can cream of chicken soup, low-fat

1 can mushrooms

1 tsp Greek seasoning

salt

1 ½ cups quick rice

1 can cream of mushroom soup, low-fat

2 cups water

½ tsp garlic powder

pepper

1. Combine rice, mushrooms, soup and water.
2. Add salt, pepper, garlic powder and Greek seasoning.
3. Place in 9 x 13 baking dish.
4. Place chicken breasts on top of rice mixture. Sprinkle top of chicken breasts with additional Greek seasoning and garlic powder.
5. Bake at 375 degrees for 45 minutes or until chicken is done. (Should be golden brown)

CHOW FRIED RICE

Makes: 4 servings

2 tbsp vegetable oil

1/4 cup green onions, chopped

2 eggs, slightly beaten

1/4 cup green peas, uncooked

1/4 cup shrimps, cooked, diced

3 cups rice, cold, cooked

1/4 cup barbecued pork or ham, diced

½ tsp light soy sauce

1 tbsp dark soy sauce

1. Swirl vegetable oil around bottom and sides of a heated wok.
2. Add onions and eggs, quick fry, then add peas and shrimp and blend together.
3. Immediately add rice and break up with fork to separate.
4. Add pork or ham, salt, and soy sauces.
5. Stir together and serve.

CHINESE FRIED RICE

2 cups rice
1 tsp ginger-garlic paste
2 tbsp olive oil
1 cup chopped beans, carrots, cabbage, peas, celery, green onions
1 tsp vinegar
1 tsp soya sauce
1 tsp sugar
2 tsp tomato ketchup
2 tsp chili sauce
2 tbsp butter
1 tsp salt

1. Heat olive oil in a pan, add ginger-garlic paste, chopped vegetables and fry.
2. When the vegetables are half cooked add vinegar, mix well and put to one side.
3. In a separate pan heat butter and fry rice for 2 minutes. Add 2 cups of water and salt.
4. Mix soya sauce, sugar, tomato ketchup and chilli sauce in a bowl.
5. Add rice to the cooked vegetables with the soya sauce mixture.
6. Stir well and cook until it is done.

FRIED RICE (CHOW FUN)

Makes: 4 Servings

3 cups rice, cooked
3 slices bacon
3 eggs, slightly beaten
1 1/4 cups meat, finely diced
2 green onions, finely chopped
½ lb fresh bean sprouts
6 mushrooms, diced
salt
1 dash black pepper
2 tbsp soy sauce

1. Cook bacon til lightly browned. Put aside.
2. Scramble eggs in bacon drippings.
3. Remove and finely chop.
4. Add cooked rice and fry for 5 minutes stirring constantly then add remaining ingredients.
5. Add your favourite precooked diced meat like pork, chicken or beef.
6. Stir constantly and cook for 10 minutes.
7. Serve.

FIVE-SPICE MEATBALLS

Makes: 48 meatballs

1 egg white, slightly beaten

3/4 cup soft breadcrumbs

1/4 tsp five-spice powder

1 lb lean beef, ground

1 ½ cups orange juice

3 tbsp honey

2 tsp cornstarch

4 tsp soy sauce

1/4 tsp ginger, ground

1 medium red pepper or green peppers sliced

1. In a large bowl combine egg white, bread crumbs, five-spice powder, and ½ tsp salt. Add beef; mix well.
2. Shape into 48 1" meatballs.
3. Place in a 15 " x 10"x 1" baking pan.
4. Bake in a 350 oven for 15 to 20 minutes or until no pink remains in centre of meatballs.
5. Drain.
6. Meanwhile, in a large saucepan stir together orange juice, honey, cornstarch, soy sauce, and ginger.
7. Cook and stir until thickened and bubbly.
8. Cook and stir for 2 minutes more. Add sweet pepper and meatballs in saucepan; cook and stir until heated through.
9. Keep warm in a fondue pot or chafing dish.
10. Serve with toothpicks.

JAPANESE SWEET RICE DUMPLINGS

Makes: 9 servings

3 cups water

1 ½ cups sweet brown rice, uncooked

1 pinch sea salt

¾ raisins

¾ tsp cinnamon

2 ½ cups walnuts, shelled

1. Bring water to boil in 2 quart saucepan.
2. Add rice and salt, cover and reduce heat to medium.
3. Cook for one hour (or until rice is tender).
4. Remove from heat and let cool for 5 minutes.
5. Preheat oven to 350 degrees F.
6. Mix half the raisins and half the cinnamon into half of the rice and process mixture thoroughly through a grain mill. Or you can place mixture in wooden bowl and pound until paste forms.
7. Repeat with the remaining rice, raisins and cinnamon.
8. Place walnuts on a baking sheet and roast in oven and let cool.
9. Finely chop walnuts.
10. Measure rice into 2½ tbsp portions.
11. Shape dumplings with moistened hands.
12. Roll each dumpling in walnuts to coat. Serve immediately.

MICROWAVE RICE PILAF

Makes: 2 servings

½ cup fresh mushrooms, sliced

2 green onions, sliced

1 tbsp butter or margarine

2/3 cup water

1/3 cup long grain rice

1/4 medium bell peppers cut in 1 -inch julienne strips

1/4 tsp salt

1/4 tsp dried sage, crushed

2 tsp parsley, snipped

1. In a 1 quart casserole microwave mushrooms, onion and butter or margarine, uncovered, on 100% power for 1 ½ to 2 ½ minutes or til vegetables are tender.
2. Stir in water, rice, bell pepper strips, salt and sage.
3. Micro-cook, covered, on 100% power for 2 to 3 minutes or til boiling. Micro-cook, covered, on 50% power for 14 to 16 minutes or til rice is tender and liquid is absorbed, stirring once.
4. Stir in parsley.
5. Let stand, covered, for 5 minutes.

RICE PAPER WRAPPED CHICKEN

2lbs chicken breasts or chicken thighs

1 piece ginger, pounded for juice

1 tsp light soy sauce

3 tbsp oyster sauce

2 tbsp Chinese wine or sherry wine

2 tsp sugar

2 stalks scallions, chopped

1 package rice paper

oil for frying

1. Marinate chicken in seasonings for 30 minutes.
2. Place one piece of chicken on one sheet of paper, wrap firmly, deep fry. Continue process with remaining chicken.
3. Serve.

STEAMED GINGER RICE

Makes: 6 servings

2 cups long-grain rice

3 cups water, cold

1 tsp ginger, finely grated

1/4 lb snow peas, chopped

1. Wash rice in several of changes of water until the water runs clear.
2. Place rice in a 3 quart saucepan that has a tight fitting lid.
3. Add water and grated ginger.
4. Bring to a boil, uncovered.
5. Reduce heat slightly but continue to cook uncovered until surface water disappears and holes appear in the surface of the rice.
6. Cover tightly, turn heat very low and cook 20 minutes.
7. Add snow peas and cover.
8. Cook 2 minutes longer then remove from heat and let stand 2 to 5 minutes before serving.
9. Stir gently to combine rice with snow peas.

ASIAN PASTA TOSS

Makes: 6 to 8 Servings

1 lb Rotini, Twist or Spirals, uncooked

½ cup bean sprouts

2 cups diced, cooked chicken or turkey

1 cup thinly sliced carrots

1 cup diagonally sliced celery

1 8oz can water chestnuts, sliced

½ cup green pepper, cut into matchstick strips

1 cup honey mustard salad dressing

1 tbsp Dijon mustard

1/4 tsp pepper

3 tbsp low-sodium soy sauce

1. Prepare pasta according to package directions.
2. Rinse in cold water, drain thoroughly.
3. Mix pasta with chicken, bean sprouts, carrots, celery, water chestnuts and green pepper in a large bowl.
4. Mix remaining ingredients together.
5. Stir into pasta mixture.
6. Cover and chill several hours.

SAUTE MANDARIN FISH GRAINS IN CRAB SHELLS

<http://www.sh.com/entert.htm>

10 river crabs
250g mandarin fish meat
crab ovum
eggs
salt
wine vinegar
ginger juice
pepper



1. Take crab meat out of the shells, clean the shells. Grain the mandarin fish meat, coat them with paste made from salt, gourmet powder, egg white, water chestnut powder.
2. Saute shredded chives and ginger with pork fat, then put in crab meat and saute them until they are dry, pour in wine, salt, gourmet powder, vinegar, pepper, stir-fry them up. When they are cool, put them in the crab shells, seal the shells with egg paste, fry them to be done and place them in a dish.
3. Move the mandarin fish meat grains across warm salad oil in a frying pot to make them almost done, then keep them in a holed ladle to drain off oil. Make a paste with wine, gourmet powder, little vinegar, delicious soup, pour the paste in the fish meat grains and done crab ovum, then stir-fry them several times, place them in the dish.

ASIAN CHICKEN PASTA SALAD

Makes: 4 Servings

8 oz Ozro, Small Shells or other small pasta shape, uncooked

2 cups poached chicken, cut into chunks

4 oz spinach leaves, stems removed and sliced into strips

½ cup bean sprouts

½ red bell pepper, seeded and cut into strips

2 scallions, sliced

3 tbsp red wine vinegar

1 tbsp reduced-sodium soy sauce

1 tbsp sesame or vegetable oil

2 tsp Teriyaki sauce

1 ½ tbsp prepared chilli sauce

1 tbsp fresh grated ginger

3 tbsp slivered almonds, toasted

1. Prepare pasta according to package directions; drain.
2. In a large mixing bowl, combine pasta, chicken, spinach, sprouts, pepper and scallions.
3. In a small mixing bowl, mix together remaining ingredients except almonds; whisk well.
4. Toss dressing with pasta mixture and refrigerate until ready to serve.
5. Sprinkle almonds over top just before serving.

ASIAN CHICKEN AND NOODLES

Makes: 4 Serves

8oz Medium Egg noodles, uncooked

1 tbsp vegetable or olive oil

1 lb boneless, skinless chicken breasts, cut in julienne strips

2 carrots, peeled and thinly sliced

1 bunch scallions, chopped

½ red bell pepper, thinly sliced

1/4 cup chopped celery

1 4oz can sliced water chestnuts

½ tsp garlic powder

½ tsp white pepper

1 tsp dried cilantro

2 tbsp toasted almonds (optional)

1. Prepare egg noodles according to package directions; drain.
2. In a large skillet or wok, saute chicken, carrots, scallions and red bell pepper in oil until chicken is opaque and white, about 4 minutes, stirring constantly.
3. Add soy sauce, celery, water chestnuts, garlic powder, white pepper and cilantro.
4. Mix all ingredients together, cover and simmer for 5 minutes.
5. Stir in cooked egg noodles.
6. Sprinkle with toasted almonds, if desired.

JAPANESE PASTA

Makes: 6 Servings

1 lb Spaghetti or Linguine, uncooked
12-16oz flank steak, cut into thin strips
1/3 cup soy sauce
1 red bell pepper, halved and sliced
2 carrots, sliced into ¼ inch coins
2 bunches scallions, sliced

1. Prepare pasta according to package directions; drain.
2. In a non-stick skillet, saute the flank steak over high heat.
3. If it begins to stick, add a little soy sauce, one tablespoon at a time.
4. When the steak is cooked through, reduce the heat to medium-low and add the soy sauce, red bell pepper, carrots and scallions.
5. Increase heat to medium-high and cook 3 minutes.
6. Toss with pasta and serve.

WONTONS

Makes: 50 Servings

2 tbsps peanut oil
1 ½ tbsps grated fresh ginger
2 garlic cloves, pressed
2 tofu cakes, crumbled
½ cup scallions, finely chopped
2 tsps dark sesame oil
2 tbsps Tamari soy sauce
50 wonton wrappers
bowl of lukewarm water
cornstarch for dusting

1. Heat peanut oil in a wok.
2. Sizzle the ginger and garlic briefly then add tofu and stir-fry for a few minutes.
3. Add scallions, sesame oil, tamari soy sauce and stir well. Set aside and cool.
4. Set up work area with wonton wrappers, water and cornstarch.
5. Place a wrapper in front of you in a diamond position.
6. Drop a heaping teaspoonful of filling in the centre of the wrapper.
7. Moisten all 4 edges with water and pull the top corner down to the bottom, folding the wrapper over the filling to make a triangle.
8. Press edges firmly to make a seal.
9. Bring left and right corners together above the filling.
10. Overlap the tips of these corners, moisten with water and press together.
11. Place completed wrapper on the corn-starch platter and continue till all wrappers are used.
12. Heat 2 to 3 cups of oil in a wok. Deep fry wontons 2 to 3 minutes on each side until golden brown. Drain.
13. Serve with dipping sauce.

STEAMED PORK DUMPLINGS

Makes: 30 Servings

1 package round dumpling skins

½ lb prawns

12 Chinese mushrooms, small

½ lb Ground pork

2 Green onions, finely chopped

1 Egg

Seasoning:

½ tsp salt

1 tsp sugar

1 tbsp sesame oil

2 tsp Thin soy sauce

1 tsp oyster sauce

1 tbsp Cornstarch

1. Shell, de-vein, wash, and drain prawns.
2. Dice into small bits.
3. Boil mushrooms in water for 10 minutes, rinse, squeeze dry, cut off and discard stems; then chop into very small pieces.
4. Combine the pork, mushrooms, prawns, and onion.
5. Put mixture on chopping board and chop 10 to 15 strokes with cleaver or sharp knife.
6. Add seasoning and egg to pork mixture. Mix together well.
7. To make dumpling, place 1 tbsp filling in the centre of a dumpling skin.
8. Then bring all sides of the skin up to cover the meat as much as possible, without closing.
9. The top of the dumpling is left open.
10. Cook dumpling by steaming 30 minutes
11. Wrap and freeze unused dumplings. They can be cooked after thawing by steaming for 10 minutes.
12. Serve with soy sauce, or your favourite dipping sauce.

BOILED DUMPLINGS (JIAOZI)

Makes: 100 Servings

4 ½ cups (500 g) flour, sifted

1 tsp salt, or to taste

2 tsp ginger, chopped

½ tsp MSG

10 ½ oz (300 g) lean boneless pork or mutton, minced

6 ½ tbsp (100 g) scallions, chopped

1/8 tsp five-spice powder

1. Mix the flour 3 ½ oz (100 ml) of water to make dough, knead until smooth and let stand for 30 minutes.
2. To prepare the filling, mix the pork or mutton with 7oz (200 ml) of water and the salt.
3. Stir in one direction until it becomes a paste.
4. Add the scallions and blend well, divide filling into 100 portions.
5. Divide the dough into 4 portions and roll into long rolls.
6. Cut each into 25 pieces.
7. Flatten each piece and roll into 2 inches (5 cm) circles.
8. Place 1 portion of filling in the centre of each wrapper and fold the dough over it, making a bonnet shaped pouch.
9. Pinch the edges together to seal the dumpling.
10. Repeat until all the dough and filling are used.
11. Bring 8 cups (2 litres) of water to a boil over high heat.
12. Add the dumplings. Stir them around gently with a ladle, and let the water return to a boil.
13. Add enough cold water to stop the boiling, then bring back to a boil.
14. When the water boils again, add more cold water and bring to a boil a third time.
15. The dumplings will be done when they float to the surface.
16. Remove, drain well, and serve.

JUICY STEAMED DUMPLINGS

4 ½ (500 g) cups flour, sifted

4 tsp soy sauce

½ tsp fresh ginger, chopped

½ tsp sugar

½ tsp MSG

1 lb (500 g) lean boneless pork, minced

½ tsp salt, or to taste

4 oz (125 ml) sesame oil

1. Mix the pork with the soy sauce, rice wine, ginger, MSG, salt and sugar.
2. Stir in one direction until it becomes a paste. Stir in the sesame oil and mix well.
3. Add 9oz (250 ml) of cold water gradually to the flour and mix into a dough. Let rest.
4. Turn out onto a flour board and knead until firm and elastic.
5. Knead the dough again and cut into ½ oz (5 g) balls.
6. Flatten each ball lightly with your hand, then roll out each piece into a 3 inch circle, rotating the dough counter- clockwise while rolling so the centre is slightly thicker than the edges.
7. Place about 1 to 1 ½ tsps of filling on each circle and pinch the edges together in 18 pleats.
8. Place the dumpling in a steamer and steam for 5 minutes over high heat.

STEAMED POT DUMPLINGS

Makes: 30 Servings

4 ½ cups (500 g) flour, sifted
7 oz (200 g) lean boneless pork, minced
½ tsp fresh ginger, chopped
7 tsps sesame oil
4 ½ tsps baking powder
4 tbsps soy sauce
2 tsps scallions, chopped
5 fl oz (140 ml) water for the filling

1. Mix the flour and baking powder with 9 fl oz (250 ml) of water.
2. Knead until smooth and elastic, then cover with a warm wet cloth and let rise.
3. Mix the pork with the soy sauce and ginger.
4. Gradually add 5oz (140 ml) of water, 1 ½ oz at a time, stirring after each addition until the pork becomes a thick paste.
5. Mix in the scallions and sesame oil.
6. Knead the dough and roll into a long roll.
7. Divide it into 30 portions and roll each into a flat circle about 3 inches (7 to 8 cm) in diameter.
8. Divide fillings into 30 portions.
9. Place with about 1 portion of the pork filling and pinch the edges together into 18 pleats.
10. Place the dumplings in a steamer and steam for 7 minutes.
11. Remove and serve.

SAUTEED DUMPLINGS

Dough:

4 ½ cups flour, sifted

4 ½ tsps baking powder

Filling:

7 oz (200 g) boneless mutton, minced

1 lb (500 g) turnips, cooked and chopped

1 tsp fresh ginger, chopped

5 tsps sesame oil

1 tsp MSG

4 tsps salt, or to taste

3 ½ oz (100 g) scallions, chopped

1 tsp five-spice powder

1 tbsp soy sauce

1. Mix the flour and baking powder with 9oz (250 ml) water. Knead until smooth and elastic, then cover with a warm wet cloth and let rise.
2. Place mutton in a bowl with 5 oz (150 ml) of water and the salt.
3. Stir in one direction until it becomes a paste.
4. Mix the turnips and scallions together and mince.
5. Squeeze off any excess water and add to the mutton.
6. Stir in MSG, ginger, five-spice powder, 2 tsps of the sesame oil, and the soy sauce, and mix well.
7. Knead the dough for 3 minutes.
8. Divide the dough into 4 pieces.
9. Divide the pieces into ¾ inch or 12 g balls.
10. Divide the filling into as many portions as there are dough balls.
11. Roll the balls into flat circles about 3 inches (7 to 8 cm) in diameter.
12. Place some filling into the centre of each round and pinch the edges together to make a dumpling.
13. Repeat until all the filling is used.
14. Heat 1 tsp of oil in a flat pan until it starts to smoke.
15. Arrange the dumplings (they may need to be cooked in more than 1 batch) in the pan pinched side down, and add enough water to half cover them.
16. Cover the pan and saute the dumplings for about 5 minutes, or until the bottoms are lightly browned but there is still water in the pan.
17. Turn the dumplings upside down and continue sauteing them until all the water evaporates.
18. Trickle the remaining 3 tsps of sesame oil into the pan around the dumplings.
19. Turn them over and continue to saute for 1 to 2 minutes, or until crisp.
20. Remove and set aside.
21. Heat another 1 tsp of oil and repeat until all the dumplings are cooked.

SHAPED DUMPLINGS

(SHAO MAI)

4 ½ cups (500 g) flour, sifted
1 lb (500 g) lean boneless pork, beef or other meat, diced
3 ½ vegetable oil or lard
1 tsp shrimp eggs
1 tsp rice wine
3 ½ tbsps soy sauce
7 oz (200 ml) stock
2 egg whites
5 oz (150 g) cooked meat, diced
3 ½ oz (100 g) canned bamboo shoots, diced
1 tbsp fresh ginger, chopped
2 tbsps salt, or to taste
3 ½ oz (100 ml) sesame oil
1 tbsp MSG

1. Mix flour with egg whites and 9oz (250 ml) water to make a firm dough. Knead until smooth and elastic then cover with a warm wet cloth and let rise.
2. Knead the dough for 3 minutes.
3. Divide the dough into 50 portions and each into a circle 5 inches (13 cm) in diameter.
4. Stack 10 fine pieces, one on top of the other.
5. Flour lightly between each of the 10 pieces.
6. Press the end of the rolling pin into the dough circularly to make 1 inch (25 mm) long marks, and separate them to avoid sticking.
7. Heat the oil or lard in a wok until the oil surface ripples.
8. Add the cooked meat and bamboo shoots and stir-fry briefly.
9. Add the shrimp eggs, ginger, 1 tsp of the rice wine, 1 tsp of the salt, and ½ tsp of the MSG.
10. Continue to stir-fry 1 minutes. Remove and cool.
11. Mix the uncooked meat with the remaining ½ tsp of MSG, 1 tsp of the rice wine, 1 tsp of the salt, soy sauce, sesame oil and a little water.
12. Add the bamboo shoots and cooked meat. Mix well.
13. Divide the filling into 50 portions.
14. Take a pastry circle and place 1 portion of the filling in the centre.
15. Pull up the edges of the pastry around the filling to make a cylinder, leaving the top open so the filling is visible and the dumpling resembles a pomegranate.
16. Repeat until all the dumplings are made.
17. Place the dumplings in a steamer and steam for 5 minutes over high heat.
18. Sprinkle with the stock and continue to steam until cooked through.
19. Remove and Serve.

STEAMED CRYSTAL-FILLED DUMPLINGS

Makes: 10 Servings

4 ½ cups (500 g) flour
2 oz (50 g) pork fat, diced
7/8 cup (200 g) sugar
1 tsp (5 g) red preserved plum, shredded (optional)
4 ½ tsp baking powder
2 oz (50 g) stir-fried flour
1/3 oz (10 g) walnuts, chopped
1 tsp (5 g) green preserved plum, shredded (optional)

1. Mix the flour, baking powder, and 9oz (250 ml) of water into a dough. Let rise, then knead roll the dough until smooth and elastic.
2. Cut in 10 pieces.
3. Mash the pork fat in bowl.
4. Mix in the stir-fried flour, sugar, walnuts, preserved plums, and enough water to make a filling.
5. Divide the filling into 10 portions.
6. Roll out the dough balls into 3 inch (7 cm) circles.
7. Place 1 portion of filling in each wrapper and pinch gather the edges.
8. Steam in a steamer for 7 minutes, or until cooked.
9. Remove and serve.

SAUTEED DUMPLINGS (POT STICKERS)

Makes: 60 Servings

4 ½ cups (500 g) flour,
1 tbsp soy sauce
1 tsp fresh ginger, chopped
3 ½ oz (100 g) hotbed leeks
1 tsp flour mixed with 2 tsbps water
9oz (250 g) lean boneless pork, minced
5 tsp salt, or to taste
3 ½ oz (100 g) sesame oil
1 tsp MSG

1. Mix the pork with the soy sauce, rice wine, ginger, MSG and salt.
2. Stir in one direction, adding 5oz (150 ml) of water, a little at a time until the pork becomes sticky.
3. Add the leeks and sesame oil and blend well, and divide into 60 portions. Set aside.
4. Stir 7oz (200 ml) of water into the flour. Knead until the dough is smooth and elastic.
5. Let rest for 30 minutes.
6. Roll into a long cylinder and cut into 60 portions.
7. Flatten each piece and roll into a circle about 3 inches (8 cm) in diameter.
8. Place 1 portion of the filling on each circle and fold over.
9. Pinch tightly to seal the edges and form a squat bonnet-shaped pouch.
10. Repeat until all the dough and filling are used.
11. Arrange the pouches in a large pan.
12. Heat to moderately hot, then add water to cover the pouches one-third of the way up.
13. Cover the pan and cook over high heat until the water is almost absorbed.
14. Trickle the flour mixture around the pouches.
15. Cover the pan and saute over low heat until the flour forms a crisp film that link the dumplings together.
16. Sprinkle the dumplings with a little sesame oil, cover again, and saute until the pouches are browned on the bottom.
17. Remove with a spatula and serve.
18. Saute and serve.

DEEP FRIED DOUGH STICKS

Makes: 15 Servings

3 ½ cups (500 g) flour, sifted

4 cups (1000 ml) vegetable oil for deep- frying

1 tsp salt, or to taste

½ oz (15 g) alum

1/4 oz (7 g) baking soda

1. Dissolve the salt, baking soda and alum in 11 oz (325 ml) of water.
2. Mix the water and flour to form dough.
3. Let stand for 15 minutes, then dampen your hands and knead until the dough is smooth and elastic.
4. Place the dough on an oiled surface and roll into a long strip.
5. Cut into 30 short strips of about 1 oz in weight.
6. Press 2 strips together and roll them lengthwise.
7. Pull the batter sticks until they are 10 inches long.
8. Heat the oil to 400 F (205 C), or until a piece of day-old bread browns in about 30 seconds.
9. Add the dough sticks, a few at a time, and deep fry, stirring constantly, until brown.
10. Drain well and serve warm with milk or bean milk.

PANCAKE WITH EGG FILLING

1 ½ cups (200 g) flour, sifted

4 eggs

2 tsps scallions, chopped

7 fl oz (200 ml) vegetable oil

tsp salt, or to taste

1. Mix the flour and water. Knead until the dough is soft, smooth and elastic.
2. Roll out the dough into a large flat circle.
3. Rub oil all over the surface of the dough, sprinkle with scallions and salt.
4. Roll the piece away from you. Lift one end, press down to make a ball. Roll out the ball into a flat circular dough.
5. Place the dough on a heavy frying pan, bake the cake until almost cooked.
6. Lift the cake with one hand and make an opening at the rim.
7. Beat the eggs and pour into the hollow of the cake. Pinch and seal the opening.
8. Add a little oil to the frying pan, cook until fluffy.
9. Remove and serve.

MUTTON TARTS

Makes: 10 Servings

4 ½ cups (500 g) flour, sifted
1 ½ lb (750 g) lean mutton, minced
4 tsps soy sauce
9 oz (250 g) cellophane noodles, boiled and chopped in 1/4 inch (1 cm) sections
2 tsps fresh ginger, chopped
1 tsp five-spice powder
1 cup (250 g) vegetable oil
2 tsps salt, or to taste
7 oz (200 ml) mutton stock
3 ½ tbsps (50 g) scallions, chopped
1 tbsps (15 ml) sesame oil
1 tsp MSG

1. Mix the mutton with 1 tsp of the salt, soy sauce and stock.
2. Stir in one direction until it becomes a paste, then add the noodles, scallions, ginger, MSG, sesame oil and five-spice powder and blend well.
3. Divide the filling into 10 portions. Set aside.
4. Dissolve 1 tsp salt in 10 ½ oz (300 ml) of water.
5. Stir the water into the flour to make a dough. Knead well. Let stand for awhile.
6. Roll the dough into a long roll and cut into 10 round pieces.
7. Roll out each round into thin circle.
8. Add 1 portion of the filling to the centre of the piece and seal it.
9. Repeat until all the dough and filling are used.
10. Heat the oil in a pan to about 230 F (110 C).
11. Add the tarts and fry over low heat for 5 minutes, or until the bottoms are brown.
12. Turn the tarts over and continue to fry for 5 more minutes.
13. Repeat until all tarts are fried, drain well, and serve.

SAUTEED CHICKEN WONTONS

Makes: 4 Servings

9 scallions

5 oz boneless chicken thighs

2 tsps Tamari or other soy sauce, plus more for serving

2 tsps Oriental sesame oil (optional)

salt and pepper

½ lb wonton skins

6 tbsps peanut oil

½ tsp minced fresh ginger

1 tbsp Sesame seeds

salt and pepper

1. For the filling, cut the scallions into thin slices.
2. In a meat grinder or food processor, grind the meat to a coarse texture, being careful not to over process.
3. Stir in 1/4 of the scallions, 2 teaspoons tamari, the sesame oil, 1/4 tsp salt and 1/8 tsp pepper.
4. Bring a large pot of salted water to a boil.
5. Put about 1 tbsp of the filling in the centre of the wonton skin.
6. Brush the edges of the skin with warm water, top with another skin, and press gently around the filling to seal the edges.
7. Repeat until all the filling is used.
8. Slide wontons into boiling water, stirring gently, and cook for 2 minutes.
9. Drain carefully and plunge into cold water to stop cooking. Drain again.
10. Toss with 1 tbsp of the peanut oil. Mince the ginger.
11. In a large frying pan, heat 1 tbsp of the peanut oil over medium heat.
12. Add the sesame seeds; cook, stirring frequently, until just golden, about 1 minute. Stir in the ginger.
13. Add the remaining scallions and cook until soft, about 2 minutes.
14. Season to taste with salt and pepper.
15. Heat 2 more tbsps of the peanut oil over medium heat.
16. Brown the wontons in batches, adding the remaining peanut oil between additions, or use 2 pans.
17. Cook until both sides are golden, about 4 minutes total.
18. Top wontons with the scallion-sesame mixture.
19. Serve with favourite dipping sauce.

WONTON IN OYSTER SAUCE

Makes: 40 Servings

40 Wonton Skins

2 qt Water

1 ½ tbsps Sesame oil

1 tbsp Thin soy sauce

2 tbsps Oyster sauce

1 Scallion, chopped

1. In a large saucepan bring 2 quarts water to a boil.
2. Add wonton and boil for 5 minutes; then remove with a Chinese strainer or colander.
3. Put the cooked wonton in a deep serving bowl, and add all other ingredients except the scallion, and mix carefully.
4. Garnish with the chopped scallion

BRIDGE CROSSING NOODLES

9 oz (250 g) very fine Chinese Egg noodles

2 oz (50 g) boneless chicken breast

2 oz (50 g) shrimps or prawns, shelled

1/8 tsp fresh ginger, chopped

1/8 tsp soy sauce

5 tbsps chicken fat

1 oz (25 g) spinach or rape

2 oz (50 g) fish fillet, skinned

½ tsp rice wine

½ tsp salt to taste

6 cups (1500 ml) chicken broth

½ tsp MSG

1. Blanch the spinach or rape briefly in boiling water, drain and set aside.
2. Mix the rice wine, ginger, 1/8 tsp of salt, and the soy sauce into the marinade.
3. Slice the chicken, fish, and prawns very finely.
4. Spread out on a serving platter and add the marinade. Let stand.
5. Heat a pot of water to boiling and add the noodles.
6. Bring back to a boil and cook uncovered until they are soft, about 4 minutes for dried noodles and 2 minutes for fresh ones.
7. Drain in a colander and lay the vegetable on top.
8. Bring the chicken broth to a boil in a saucepan and add the MSG, the remaining ½ tsp of salt, and add the chicken fat.
9. Bring to a fast boil for 1 minute.
10. Pour the meat and noodles into the boiling hot broth. They will cook instantly.
11. Stir and serve in individual bowls.

SHRIMP NOODLES

1 ½ tsps salt to taste

4 ½ cups (500 g) flour, sifted

4 egg whites

5 oz (150 g) shrimp, shelled and deveined

Sauce:

1 Leek

lard

oyster sauce

cornstarch

1. Mince the shrimp into a pulp and mix with the egg whites, salt and flour.
2. Add enough water to knead a smooth, elastic dough.
3. Roll out into a very thin sheet and fold into 3 layers.
4. Cut crosswise into fine noodles.
5. Heat 5 cups of water to boiling and cook uncovered until the noodles are done, about 1 ½ minutes.
6. In a separate pan, boil leek, lard, oyster sauce together and thicken by adding dissolved cornstarch.
7. Serve the noodles in bowls with leek sauce.

SWEET AND SOUR (PORK, CHICKEN, ETC)

1 lb pork, chicken, shrimp, etc.

- 1. ½ tsp salt
 ½ tsp soy sauce
 1 tbsp corn starch
 1 tbsp cold water
 1 egg yolk**
- 2. 1 green pepper
 2 carrots
 2 onions
 1 can chunk pineapple or fresh**
- 3. 4 tbsps vinegar
 4 tbsps catsup
 4 tbsps sugar
 5 tbsps cold water
 5 tbsps pineapple juice
 3 tps corn starch
 1 tsp salt
 1 tsp toasted sesame oil**
- 4. ½ cup or more corn starch
 4 cups oil**

1. Pound pork or chicken with back of cleaver to tenderize, then cut it into 1" cubes.
2. Mix it with 1. and marinate at least 30 minutes or overnight.
3. Cut peppers (remove seeds and membranes) cut into 1" squares.
4. Peel carrot and slice diagonally into 1/8"thick slices.
5. Peel onion and cut into 1" squares. Drain pineapple. Set each aside separately.
6. Mix 3. together in a bowl and set aside.
7. Heat 4 to 6 cups of oil to deep frying temperature in a deep skillet or wok.
8. While oil is heating, individually coat each piece of meat, removing excess marinade, with the ½ cup corn starch.
9. When oil is hot, add meat and cook until golden brown, about 4 minutes.
10. Remove meat from skillet and drain well.
11. Put 2 tbsps of oil in a clean wok and heat it up good and hot.
12. Add carrots and cook 1 minute, then add onions for 2 minutes, green peppers for 1 minute and pineapple for 1 minute— 5 minutes total.
13. Pour 3. and cook until thickened.
14. Turn off heat.
15. Add meat and stir well.
16. Serve immediately.

MARINATED HOISIN CHICKEN

Makes: 4 Servings

1 ½ lbs skinless, boneless chicken breast

2 tbsps hoisin sauce

2 tbsps rice vinegar or cider vinegar

1 tbsps sesame seeds

1. Rinse chicken and pat dry. Place in plastic bag with a tight fitting seal.
2. In a small bowl, stir together remaining ingredients.
3. Pour over chicken in bag.
4. Seal and marinate in the refrigerator for 3 to 24 hours, turning bag occasionally to distribute marinade.
5. Preheat oven to 375 F.
6. Drain chicken and discard marinade.
7. Arrange chicken in a single layer in a glass baking dish.
8. Bake, uncovered, 20 to 25 minutes or until chicken is tender and no longer pink.

PEDDLER'S HOT AND SPICY NOODLES (DANDAN NOODLES)

Makes: 5 Servings

1 lb Flour Noodles

5 tsp sesame oil

3 tbsps vegetable oil or lard

2 oz Sichuan preserved cabbage, chopped, or fresh coriander (or cilantro)

1 tsp MSG

4 tbsps sesame paste

5 oz soy sauce

5 tsps scallions, chopped

5 tbsps chili oil

1. Mix the sesame paste with the sesame oil and set aside.
2. Mix together the soy sauce, vegetable oil or lard, scallions, preserved cabbage or coriander, MSG, and chili oil, and divide among 5 serving bowls.
3. Bring a pot of water to a boil and add the noodles. Bring back to a boil and let cook for 30 seconds.
4. Add enough cool water to stop the boiling, then back to the boil.
5. Add more cool water and bring to a boil a third time. This time, boil until the noodles are just cooked.
6. Drain well in a colander and divide among the 5 bowls.
7. Blend the noodles and seasonings, and serve.

HERB RICE

1 ½ cups raw rice
1 cup margarine or butter
1 cup sliced onions
1 teaspoon thyme
1 teaspoon sage
1 teaspoon marjoram
½ teaspoons salt
¾ teaspoon pepper
1/3 cup chopped parsley
¾ cup celery and leaves

1. Cook rice and let it cool.
2. Melt butter in saucepan and add the rest of the ingredients.
3. Cook together for 5 minutes.
4. Add rice and mix well.

PLAIN FRIED RICE

Makes: 2 Servings

2 cups cooked rice, cooled
1/4 cup onion, chopped
1/4 cup carrot, chopped
1/4 cup green pepper, chopped
1/3 cup ham, diced
2 eggs
½ tsp garlic salt
1 tsp chicken bouillon
2 tbsps soy sauce
2 tsp vegetable oil

1. Put a wok or a pan on high heat.
2. Add oil to the pan.
3. Whisk the eggs in a bowl.
4. Put the eggs in the heated and scramble very quickly.
5. Stop the heat and remove scrambled eggs from the pan into a dish.
6. Put the pan on high heat and add more oil.
7. Saute vegetables and ham until soft.
8. Add garlic salt and chicken bouillon.
9. Add rice and stir well.
10. Add the scrambled egg that was cooked earlier to the rice mixture and mix together.
11. Turn the heat down to low, add soy sauce and stir quickly.
12. Serve.

COOKING PLAIN RICE

2 cups uncooked rice
2 ½ cups water

1. Put the rice in a bowl and wash it with cold water.
2. Repeat washing until the water becomes clear.
3. Drain the rice in a colander and set aside.
4. Place the rice in a pan or rice cooker and add water.
5. The amount of water used is just a little more than the amount of rice.
6. Let the rice soak in the water at least 30 minutes.
7. Bring water to vigorous boil.
8. Turn the heat to low and cook about 15 -20 minutes until the water is almost gone.
9. Remove pan from the heat and let it steam for 10-15 minutes before serving.

SWEET AND SOUR PORK

½ kg (1lb) pork, cubed 1" pieces

(A)

1 spring onion, cleaned and cut into strips

2 tomatoes, cut in halves

1 onion, peeled and cut into 8 sections

red chillies to taste, seeds removed and cut into fine slices

1 fresh pepper, cut into bit-sized pieces

(B)

½ tsp salt

½ tsp Chinese wine

½ tbsp light soya sauce

pepper to taste

1 egg yolk, beaten

2 tbsps water

1 tbsp cornflour

*** Above three to be blended well**

(C)

3 tbsps tomato sauce

3 tbsps sugar

3 tbsps vinegar

1tsp chilli sauce

½ tsp salt

¾ cup water or stock

½ tsp sesame oil

1 ½ tbsps light soya sauce

½ tbsp cornflour blended with 2 tbsps water

1. Marinade pork with ingredients **(B)** for at least ½ hour.
2. Heat oil for deep frying.
3. Coat seasoned pork pieces with cornflour.
4. Fry pork until browned (about 2 minutes) and then take out.
5. Reheat oil, then fry again until crispy.
6. Remove pork and drain off oil.
7. Heat 2 tbsps oil, fry the ingredients **(A)**.
8. Add the ingredients **(C)** to make seasoning sauce, continuing to stir-fry until the sauce thickens.
9. Add in the pork, mix well, serve hot.

ORIENTAL SHRIMP SALAD

Makes: 4 Servings

4 ½ cups water
1 ½ lb unpeeled medium-size fresh shrimp
1 cup fresh bean sprouts
1 can sliced water chestnuts, drained
1/4 cup green onions
1/4 cup celery
3/4 cup mayonnaise or salad dressing
1 tbsp lemon juice
1 tbsp soy sauce
1/4 tsp ground ginger
1 cup Chow Mein noodles, divided
lettuce leaves

1. Bring water to a boil; add shrimp, and cook 3 to 5 minutes or until shrimp turn pink.
2. Drain well; rinse with cold water. Chill.
3. Peel, de-vein, and chop shrimp.
4. Combine shrimp, bean sprouts, water chestnuts, green onions, and celery in a bowl.
5. Combine mayonnaise and next 3 ingredients; stir well.
6. Add mayonnaise mixture to shrimp mixture, tossing gently.
7. Cover and chill.
8. Just before serving, stir in 3/4 cup noodles.
9. Spoon onto individual lettuce-lined plates, and sprinkle with remaining 1/4 cup noodles.

THAI FRIED RICE

3 tbsps peanut or corn oil

7oz/200g boneless skinned chicken breasts, cut lengthways into 1 cm pieces

1 tbsp chopped garlic

1 medium onion, sliced

2 eggs

4 cups cooked rice

1 tomato, cut into 8 wedges

1 spring onion, chopped

2 tbsps soya sauce

½ tsp peppercorns

1 tsp fish sauce

1 tsp sugar

1 tsp ground white pepper

1. Heat the oil in wok or pan.
2. Add the chicken and garlic, and mix well over heat for 1 minute.
3. Add the onion and cook for 1 minute, break in the eggs, mix very well, and then stir in the rice and the rest of the ingredients.
4. Stir well.
5. Cook for 2 minutes and serve immediately with cucumber slices and whole green onions.

THAI CURRIED FISH CAKES

(THOT MAN PLA)

½ kg boneless fish steak, minced
1/4 kg winged beans or French beans, finely chopped
1 egg, beaten
1/4 cup shallots, chopped
1/4 cup garlic, chopped
1/4 cup lemon grass, chopped
½ tbsp coriander roots, chopped
½ tbsp galanga root, chopped
1 tbsp krachai root, chopped
½ tsp peppercorns
½ tsp kaffir-lime rind, grated
1 tbsp shrimp paste
5 - 10 dried chillies, seeded, soaked and shredded
½ tbsp salt
1 cup vegetable oil

1. Pound or grind together the shallots, garlic, lemon grass, coriander root, galanga root, krachai root, peppercorns, grated kaffir-lime rind, shredded dried chillies, salt and shrimp paste to a fine paste.
2. Put the minced fish in an electric blender and blend in the curry mixture into a large bowl.
3. Mix in the chopped beans.
4. Make flat, round fish cakes. Use about 1 spoonful of the fish mixture at a time.
5. Heat the oil in a frying pan, and deep-fry the fish-cakes until golden brown.

CRISPY NOODLES

(MI KROP)

4 cups oil
6oz Rice Vermicelli

Sauce:

½ cup vinegar
½ cup sugar
1 tsp salt
1 tsp tomato paste
3 tbsps garlic pickle

Garnish:

2 eggs, beaten (optional)
1/4 cup green onions, chopped
1/4 cup red bell pepper, chopped
1/8 cup chives
4oz fried tofu, diced
1 tbsp cilantro/coriander leaves chopped

1. In a wok or deep fryer, heat the oil to 375 F (190 C) and fry the rice vermicelli until puffed.
2. Remove and set aside.
3. Combine the sauce ingredients in a large skillet and cook over medium heat for 4 minutes until of a syrupy consistency.
4. If desired, fry the beaten eggs in a small pan. When cooked, remove and slice into strips. Set aside.
5. Add the noodles to the sauce and mix quickly so that they are evenly coated.
6. Place on a serving dish, sprinkle with garnish, and lay the egg strips on the top.
7. Serve immediately.

SPRING ROLLS

(PO PIA THOT)

2 tbsps oil
1 tsp garlic, minced
8 oz pork, minced
2 cups carrots, grated
2 cups celery, chopped
1/4 cup fish sauce
1 tbsp Maggi seasoning
2 tbsps sugar
1/8 tsp white pepper
1 cup bean sprouts
20 spring roll wrappers
2 egg yolks, beaten
3 cups oil for frying

1. Heat a large skillet, add the oil, garlic, and pork, and saute until pork is cooked.
2. Add the carrots, celery, sauces, sugar and pepper.
3. Cook for 1 minute on high heat to reduce the sauce and drain whatever liquid is left from the pan.
4. Allow the filling to cool and then add the bean sprouts.
5. Place a wrapper as a diamond with a corner towards you and place two tablespoons in the lower portion.
6. Fold the corner up, rolling once. Bring the sides in and brush the upper portion of the wrapper with egg yolk.
7. Roll the wrapper up, sealing the entire spring roll.
8. Repeat with the rest of the wrappers.
9. Heat the oil to 350 F (180 C) and deep fry spring rolls until golden brown.
10. Serve with sweet and sour sauce.

THAI FRIED NOODLES

(PHAT THAI)

3 cups narrow rice noodle
½ cup sliced chicken meat, small strip
4 shrimps
2 eggs
1/3 cup soya bean curd, cut into small slivers
1 tbsp pickled white radish, chopped
½ cup cooking oil
1 tsp shallot or onion, chopped
1 tsp ground dried red chilli or paprika
4 tbsps sugar
4 tbsps fish sauce
4 tbsps vinegar
½ cup bean sprouts
1 lime for garnishing
1/4 cup carrot, for garnishing, sliced thinly
1/4 cup cabbage, for garnishing sliced thinly
2 tbsps ground roasted peanut

1. Fry the chopped garlic and onion until yellow.
2. Add chicken and fry until cooked.
3. Pour in the shrimp, pickled white radish and soya bean curd.
4. Break the eggs into the pan and scramble.
5. Add sugar, fish sauce, vinegar, ground dried red chilli and stir well.
6. Pour in the noodles, stir fry until mixed well, add spring onion, 3/4 or half of the bean sprouts (the remainder, clipped both ends, used for garnishing) and stir-fry until cooked.
7. Spoon onto platter, Garnish with ground roasted peanut, bean sprouts, carrot, cabbage and sliced lime.

SPICY BEEF SALAD (YAM NUEA)

Makes: 4 - 6 Servings

**450g prime beef tenderloin
2 cloves garlic
6 fresh coriander leaves
1/4 cup sugar
2 tsps light soy sauce
2 tsps fresh lime juice
salt to taste
freshly ground black pepper
2 spring onions, thinly sliced
6 fresh red chillies , thinly sliced
2 tbsps vegetable oil
lettuce leaves**

1. Cook the beef until medium rare, or as preferred and cut into thin slices.
2. Pound together the garlic, 2 chopped coriander leaves, sugar, soy sauce, lime juice, salt and ground black pepper until smooth.
3. Heat the oil in a saucepan and stir-fry the spice paste for 3-4 minutes.
4. Add the beef and cook for a further minute.
5. Remove the beef and allow to cool.
6. Serve on a plate.
7. Then sprinkle the chillies on top and garnish with the remaining coriander leaves.

THAI STIR FRIED MIXED VEGETABLES

1 ½ cups cabbage, cut bite size
6 broccoli, cut bite size
10 snow peas, ends clipped
1 cup carrots, sliced across
2 asparagus, cut into 1" lengths
3 mushrooms, halved
½ cup green and red bell chilli, sliced lengthways
½ cup baby corn, medium size
1/4 cup ear mushroom, thinly sliced
½ cup bean sprouts, clipped both ends
2 tsps garlic, chopped
4 tsps cooking oil
1 tbsp dark soya sauce
2 tsps light soya sauce
1 pinch ground pepper

1. Fry the garlic for a little while in the oil and add the cabbage, broccoli, snow peas, carrot, asparagus, mushrooms, chillies, baby corn, and ear mushrooms and saute.
2. Add dark soya sauce, light soya sauce and bean sprouts and stir fry until mixed well.
3. Spoon up onto platter and sprinkle with ground pepper.

THAI SATAY

1 ½ lbs chicken breast
1/4 tsp roasted coriander seeds powder
1/4 tsp roasted cumin seeds powder
1/4 tsp pepper
1/4 tsp turmeric powder
½ tsp curry powder
3 slices galangal
½ tbsp lemon grass, finely chopped
1 tbsp salt
5 garlic cloves
1 cup coconut milk
2 tbsps vegetable oil
2 tbsps sugar
small wooden skewers

1. Slice the chicken breast finely, width approximately 1 ½ inches.
2. Pound together, or blend in a blender, the coriander seeds, cumin seeds, pepper, turmeric, curry powder, galangal, lemon grass, salt and garlic.
3. Pour the blended ingredients into the coconut milk.
4. Add sugar and vegetable oil and blend again so that all the ingredients are well mixed.
5. Add the chicken slices and marinate for 2 hours.
6. Place chicken slices on skewers.
7. Pour the marinating sauce into a pot and heat until boiling.
8. Place the chicken slices over a charcoal grill and apply the sauce to the chicken while turning.
9. When cooked through, serve with satay sauce and cucumber sauce.

THAI BARBECUED CHICKEN, STICKY RICE, GREEN PAPAYA SALAD

Sticky Rice:

4 cups sticky (glutinous) rice
water

1. Place 4 cups of sticky rice in a saucepan and add water to cover.
2. Rub the rice between your hands several times and drain off the milky water; add clean water and repeat until the water is clear.
3. Soak overnight in water to cover or it can be soaked in hot water for 3 hours before steaming.
4. Drain the rice and place in a cloth lined basket or in a steaming basket.
5. Place the basket over a pot of boiling water, cover, and steam for approximately 30 minutes.

Barbecued Chicken:

1 whole chicken, cut in half
1 tsp salt
4 garlic cloves, chopped
1 tsp white pepper
1 tbsp minced cilantro leaves and root
2 tbsps cognac, whiskey, or rice wine
2 tbsps coconut milk
1 tbsp fish sauce
1 tsp fresh ginger, chopped

1. Rub the entire chicken with the combined marinaded ingredients and marinate for 15 minutes.
2. Bake at 350 F (180C) for 45 minutes and then broil/grill for 10 minutes until done.
3. Cut into smaller pieces before serving.

Papaya Salad:

1 medium dark green papaya
4 garlic cloves
6 green Thai chillies
2 tomatoes, cut into wedges
1-2 cups green beans, chopped into ½ inch pieces
½ tsp salt
1/4 cup lime juice or tamarind juice

1. Peel the papaya and rinse under running water.
2. Remove the seeds and shred the flesh with a grater. Set aside.
3. Place the garlic cloves and chillies in a mortar and mash with a pestle until crushed into chunks.
4. Add the papaya and the remaining ingredients and gently combine all with the pestle and a spoon. Serve cold.

THAI FRIED RICE & BASIL

4 cloves garlic, chopped
4 tbsps vegetable oil
1 cup firm tofu, sliced into strips
1 onion, sliced
1-2 sweet potatoes or white potatoes, diced
4 cups plain cooked rice
1/4 pound mushrooms, sliced
1-2 tomatoes, chopped
1 tsp brown sugar
3 tbsps light soy sauce
1/4 tsp good quality curry powder
½ tbsp turmeric
1/4 tsp pepper
2-3 green onions, sliced
2-3 sprigs Thai basil, snipped

1. Fry the garlic in the oil until browned, and then add the tofu and onions and fry 2-3 minutes.
2. Add the rice, mushrooms, tomatoes, brown sugar and soy sauce and fry for 2-3 minutes.
3. Then add the curry powder, turmeric, and pepper. Mix well.
4. Cut the onions into pieces and sprinkle over the top along with the snipped basil.

VEGETARIAN THAI NOODLES

Makes: 4 Servings

Sauce:

1/4 cup sherry

1/4 cup vegetable stock

2 tbsps fresh grated ginger

1 tsp cornstarch

1/4 tsp cayenne

Noodles:

1 tsp vegetable or canola oil

1 tsp sesame oil

3 tbsps white wine

2 tbsps vegetable stock

½ cucumber, peeled, seeded and cut julienne

½ red bell pepper, diced

1 carrot, julienne

1 cup bean sprouts

8pz Asian Noodles, cooked

Sesame seeds for garnish

1. Whisk sauce ingredients in a small saucepan and bring to a boil.
2. Reduce heat and simmer for two minutes, stirring frequently until sauce thickens. Set aside.
3. Heat oil in a wok or large skillet over high heat.
4. Stir-fry cucumber, carrot and pepper for a minute or two then add 2 tbsps stock and 3 tbsps white wine.
5. Add bean sprouts, stir and add cooked noodles and sauce.
6. Toss to coat and serve.
7. Garnish with sesame seeds.

CHICKEN TERIYAKI NOODLES

Makes: 6 Servings

1lb boneless, skinless chicken breasts, cut into small chunks or slices

2 tbsps teriyaki glaze (homemade or commercial)

2 tbsps vegetable oil

1 small onion, sliced

2 cloves garlic, finely chopped

1 tbsp fresh ginger root, chopped

1 carrot, cut julienne

1 rib celery, cut into julienne

1 zucchini, cut into julienne

½ lb bean sprouts

1 ½ cups chicken stock, dashi or water

¾ lbs udon noodles or spaghetti

1. In a small bowl, marinate chicken in teriyaki glaze for ½ to overnight in the refrigerator.
2. To cook, heat oil in a large, deep, preferably non-stick skillet or a large heavy wok.
3. Add chicken and stir-fry until chicken is browned.
4. Add onions, garlic and ginger and stir fry about 1 minute.
5. Add carrots, celery and zucchini and stir 3 minutes until vegetables just begin to wilt.
6. Add stock and bring to boil. Cook gently 2 minutes until chicken is cooked through and add bean sprouts.
7. Meanwhile, cook noodles in a large pot of boiling water until almost tender.
8. Drain and add chicken and vegetables.
9. Toss pasta with vegetables in the pan over gentle heat for a few minutes until noodles absorb liquid.
10. Taste and adjust with salt and pepper if necessary.
11. Serve in large bowls.

SOY-GINGER CHICKEN WINGS

Makes: 4 Servings

2 tbsps ginger, fresh or ground
1 tsp sesame seeds
3 tbsps honey
½ cup reduced-sodium soy sauce
1/3 cup water
½ cup water
½ cup sugar
1 tsp garlic, minced
16 chicken wings

Note: To reduce total fat, cook skinless wings in portions by broiling, baking or roasting.

1. Combine all ingredients except chicken wings and boil for 2 minutes.
2. In a foil-lined baking dish, add chicken wings and pour sauce over them.
3. As wings bake, baste them every 10 minutes with sauce.
4. When wings are done, remove from pan, pour sauce into a pan and boil sauce until only half remains.
5. Pour sauce over wings, toss to coat, serve immediately.

FRESH SHRIMP ROLLS

Makes: 24 Rolls

6 oz thin rice stick noodles, (Vermicelli)
1 lb medium shrimp, boiled, peeled, deveined and sliced in half lengthwise
2 large carrots, peeled and grated
1 large head of lettuce, leaves separated, rinsed, and dried,
3/4 cup fresh Thai holy basil or sweet basil leaves, finely shredded
1/3 cup fresh cilantro leaves, coarsely chopped
Spicy Lime Dressing
24 round Paper wrappers
Spicy Sweet and Sour dipping sauce

Spicy Lime Dressing:

3 tbsps fish sauce
Juice of 2 limes
1 to 2 small jalapeno peppers, seeded and chopped
2 ½ tbsps sugar

1. Softened Vermicelli in hot water, cooked until just tender. Rinse under cold water and drained, cut into 3 inch lengths.
2. Poach the shrimp in boiling water until pink. Remove from heat; drain. Peel and devein the shrimp and then slice in half lengthwise.
3. Mix Spicy Lime Dressing ingredients together.
4. In a bowl, combine the noodles, carrots, basil, and cilantro.
5. Add the spicy lime dressing and toss lightly to coat.
6. Fill a wide shallow pan with hot water and spread a dish towel out on a work surface.
7. Dip a rice wrapper in the water for about 3 seconds until softened and place on the towel.
8. Place a lettuce leaf on the lower third of the of the rice wrapper.
9. Spoon a scant 1/4 cup of the noodle mixture onto the lettuce, arrange 2 shrimp halves next to each other, and roll up into a cylinder, tucking in the ends as you go.
10. Place the roll on a platter and cover with a damp towel to prevent it from drying out.
11. Repeat with remaining rice wrappers, noodles and shrimp.
12. Serve with Sweet and Sour Sauce or Peanut sauce for dipping.

SWEET AND SOUR SAUCE

Makes: **About 2/3 Cup**

1 tsp crushed red pepper

Juice of 3 limes or 2 lemons

1-1/4 cup fish sauce

3 tbsps sugar

1 tbsp minced garlic

2 tbsps grated carrots

1. In a medium bowl, soak the crushed red pepper in the lime juice for 2 to 3 minutes.
2. Add the fish sauce, sugar and garlic and stir to dissolve the sugar.
3. Just before serving, add the carrots.
4. Refrigerate, in a covered container, the sauce will keep for up to 5 days.

MINI SPRING ROLLS

Makes: **Serves 4 People**

1 tbsp oil
200g minced pork
½ tsp minced ginger
1 tbsp light soya sauce
1 spring onion, chopped
1 tbsp honey
100g prawns, cooked, peeled and chopped
50g bean sprouts
½ tbsp fresh coriander, chopped
12 wrappers
oil for deep frying

1. Heat oil in frying pan over moderate heat, add pork, ginger, spring onions and soya sauce.
2. Cook for 5 minutes, stirring constantly.
3. Stir in honey, prawns, bean sprouts and coriander, mix well.
4. Remove from heat and set aside to cool.
5. Cut each wrapper in two.
6. Fill it with about 2 teaspoons of pork mixture, roll up tucking in the ends then brush edges with a little water to seal.
7. Deep fry for about 2 minutes or until golden brown.
8. Drain on paper towels and serve.

SESAME BEEF/PORK/CHICKEN

Makes: 4 Servings

1 lb Sirloin steak (or pork or chicken, whichever you prefer)
2 tbsps sesame seeds
1 tbsp sesame oil
2 tbsps vegetable oil
4 oz small mushrooms, quartered
1 large green bell pepper, seeded and cut into strips
4 scallions, chopped diagonally
boiled rice, to serve

Marinade:

2 tpsps cornstarch
2 tbsps Chinese rice wine or dry sherry
1 tbsp lemon juice
1 tbsp soy sauce
few drops of Tobasco sauce
1-inch piece fresh ginger, grated
1 garlic clove, crushed

1. Trim the steak and cut into thin strips, about ½ x 2 inch.
2. Make the marinade: In a bowl, blend cornstarch with the rice wine or dry sherry, then stir in lemon juice, soy sauce, Tobasco sauce, ginger and garlic. Stir in steak strips, cover and leave in cool place for 3-4 hours.
3. Place the sesame seeds in a wok or large frying pan and dry-fry over moderate heat, shaking the pan, until seeds are golden. Set aside.
4. Heat the sesame and vegetable oils in the wok or frying pan.
5. Drain the steak, reserving the marinade, and stir-fry a few pieces at a time until browned. Remove with a slotted spoon.
6. Add the mushrooms and green pepper and stir-fry for 2-3 minutes.
7. Add the scallions and stir-fry 1 minute more.
8. Return the steak to the wok or frying pan, together with the reserved marinade, and stir over a moderate heat for a further 2 minutes, or until the ingredients are evenly coated with glaze.
9. Sprinkle with sesame seeds on top and serve immediately with boiled rice.

SPICY CHICKEN WINGS

Makes: 28

14 whole chicken wings
1 tbsp cooking oil
3 small whole dried red chillies
6 slices ginger, each the size of a quarter, lightly crushed
2 green onions, halved
1 cinnamon stick
½ tsp toasted peppercorns
1 ½ tsps cornstarch dissolved in 1 tbsp water

Marinade:

2 tsps chicken broth
1 tbsp soy sauce
pinch of white pepper

Sauce:

½ cup chicken broth
2 tsps dark soy sauce
1 tbsp Chinese rice wine or dry sherry
1 ½ tsps packed brown sugar

1. Remove tips from chicken wings; save for stock.
2. Cut wings apart at joint.
3. Combine marinade ingredients in a bowl. Add wings and stir to coat; let stand for 15 minutes.
4. Combine sauce ingredients in a small bowl.
5. Place a wok over high heat until hot.
6. Add oil and chillies, swirling to coat sides.
7. Add chicken; cook until chicken is browned on all sides, 3 to 4 minutes.
8. Add ginger, green onions, cinnamon stick, and peppercorns; stir-fry for 15 seconds.
9. Add sauce. Bring to a boil; reduce heat, cover, and simmer until wings are tender when pierced, about 12 minutes.
10. Remove and discard chillies, ginger, green onions, and cinnamon stick.
11. Add cornstarch solution; cook, stirring, until sauce boils and thickens and wings are glazed.
12. Serve hot.

CHICKEN WITH CASHEW NUTS

Makes: 4 Servings

½ cup Cashews
1 red bell pepper
1 lb boneless chicken breasts
3 tbsps peanut oil
4 garlic cloves, finely chopped
2 tbsps Chinese rice wine or dry sherry
3 tbsps Hoisin Sauce
2 tbsps sesame oil
5-6 scallions, green part only, cut into 1 inch lengths

1. Heat a wok until hot, add the cashews and dry-fry over low to medium heat for 1-2 minutes, until golden brown. Remove and set aside.
2. Cut the red bell pepper in half and remove seeds. Slice into thin strips.
3. Skin the chicken fillet and cut into thin finger-length strips.
4. Heat the wok again until hot, add the oil and swirl it around.
5. Add the garlic and let it sizzle in the oil for a few seconds.
6. Add the bell pepper and chicken and stir-fry for 2 minutes.
7. Add the rice wine or dry sherry and hoisin sauce.
8. Continue to stir-fry until the chicken is tender and all the ingredients are evenly glazed.
9. Stir in the sesame oil, toasted cashews and scallions.
10. Serve immediately.

ASIAN CHICKEN

Makes: 4 Servings

2 chicken thighs (about 12 oz in total), boned and skinned

1/4 tsp salt

½ egg white, lightly beaten

1 tsp cornstarch paste

1 green bell pepper

1/4 cup vegetable oil

3-4 dried red chillies, soaked in water for 10 minutes

1 scallion, cut into short sections

few small pieces of fresh ginger, peeled

1 tbsp sweet bean paste or hoisin sauce

1 tsp chili bean paste

1 tbsp Chinese rice wine or dry sherry

2/3 cup roasted cashews

few drops of sesame oil

1. Cut the chicken meat into small cubes, each about the size of a sugar cube.
2. Combine the chicken, salt, egg white and cornstarch paste in a bowl.
3. Seed the bell pepper and cut it into cubes about the same size as the chicken.
4. Heat the oil in a preheated wok. Stir-fry the chicken cubes for about 1 minute or until the colour changes.
5. Remove from the wok with a slotted spoon and keep warm.
6. Add the bell pepper, chillies, scallion and ginger and stir-fry for about 1 minute.
7. Then add the chicken, sweet bean paste, chili bean paste and wine or sherry.
8. Blend well and cook for 1 minute.
9. Add the cashews and sesame oil.
10. Serve hot.

CHICKEN WITH CHINESE VEGETABLES

Makes: 4 Servings

8-10 oz skinless, boneless chicken breasts
1 tsp salt
1.2 egg white, slightly beaten
2 tbsps cornstarch paste
4 tbsps vegetable oil
6-8 small dried shitake mushrooms, soaked in hot water
4 oz canned sliced bamboo shoots
4 oz snow peas
1 scallion, cut into short sections
few small pieces of fresh ginger
1 tsp light brown sugar
1 tbsp light soy sauce
1 tbsp Chinese rice wine or dry sherry
few drops sesame oil

1. Cut the chicken into thin strips, each about the size of an oblong postage stamp.
2. Place in a bowl and mix with a pinch of salt, the egg white and the cornstarch paste.
3. Heat the oil in a preheated wok, add the chicken and stir-fry over medium heat for about 30 seconds, then remove with a slotted spoon and keep warm.
4. Add the vegetables and ginger to the wok and stir-fry over high heat for about 1 minute.
5. Add the remaining salt, sugar and chicken. Blend, add the soy sauce and wine or sherry. Stir for another minute.
6. Sprinkle with sesame oil and serve.

SHREDDED CHICKEN WITH CELERY

Makes: 4 Servings

10 oz skinless, boneless chicken breasts

1 tsp salt

½ egg white, lightly beaten

2 tps cornstarch paste

2 cups vegetable oil

1 celery heart, cut into fine strips

1-2 fresh red chillies, seeded and cut into fine strips

1 scallion, cut into fine strips

few strips of fresh ginger, cut into fine strips

1 tsp light brown sugar

1 tbsp Chinese rice wine or dry sherry

few drops of sesame oil

1. Using a sharp knife, thinly shred the chicken. In a bowl, mix together a pinch of the salt, the egg white and the cornstarch paste. Stir in the chicken.
2. Heat the oil in a preheated wok, add the chicken and stir to separate the shreds.
3. When the chicken turns white, remove with a strainer and drain. Keep warm.
4. Pour off all but 2 tbsps of the oil.
5. Add the celery, chillies, scallion and ginger to the wok and stir-fry for 1 minute.
6. Add the chicken, remaining salt, sugar and rice wine or dry sherry.
7. Cook for 1 minute, then add the sesame oil. Serve hot.

SWEET AND SOUR ASIAN DELIGHT

Makes: 4 Servings

12 oz lean chicken OR beef OR pork
1/4 tsp salt
½ tsp ground peppercorns
1 tbsp Chinese rice wine or dry sherry
1 can (4 oz) bamboo shoots
2 tbsps all-purpose flour
1 egg, lightly beaten
vegetable oil, for deep frying

Sauce:

1 tbsp vegetable oil
1 garlic clove, finely chopped
1 scallion cut into short sections
1 green bell pepper, seeded and diced
1 fresh red chili, seeded and cut into fine strips
1 tbsp light soy sauce
2 tbsps light brown sugar
2-3 tbsps rice vinegar
2-3 tbsps tomato paste
½ cup basic broth or water

1. Cut the chicken/pork/beef into small bite sized cubes and place in a shallow dish.
2. Add the salt, peppercorns and rice wine or dry sherry and marinate for 15-20 minutes.
3. Drain the bamboo shoots and cut them into small cubes the same size as the chicken/beef/pork.
4. Dust the chicken/beef/pork with flour; dip in the beaten egg and coat with more flour.
5. Heat the oil in a preheated wok and stir-fry the chicken/pork/beef in moderate hot oil for 3-4 minutes, stirring to separate the pieces. Remove and drain.
6. Reheat the oil until hot, return the chicken/beef/pork to the wok and add the bamboo shoots. Fry for about 1 minute, or until the chicken/beef/pork is golden. Remove and drain well.
7. To make the sauce, heat the oil in a clean wok or frying pan and add the garlic, scallion, green bell pepper and red chili.
8. Stir-fry for 30-40 seconds, then add the soy sauce, sugar, rice vinegar, tomato paste and broth or water.
9. Bring to a boil, then add the chicken/beef/pork and bamboo shoots.
10. Heat through and stir to mix, then serve.

LEMON CHICKEN

Makes: 4 Servings

Marinade:

2 tbsps oyster-flavoured sauce

1 tbsp cornstarch

4 boneless, skinless chicken breast halves

Sauce:

1/3 cup lemon juice

1/4 cup honey

2 tbsps chicken broth

2 tsps soy sauce

1 tsp grated lemon peel or orange peel

cooking oil for deep-frying

cornstarch

1 egg, lightly beaten

2 tsps cornstarch dissolved in 1 tbsp water

3/4 cup Japanese - style bread crumbs (panko)

½ cup diced honeydew melon

½ cup diced cantaloupe

1. Combine marinade ingredients in a bowl.
2. Place chicken between waxed paper: pound to an even thickness.
3. Add chicken to marinade and stir to coat. Let stand for 10 minutes.
4. Combine sauce ingredients in a small saucepan.
5. In a wok or 2-quart saucepan, heat oil for deep-frying to 350F.
6. Dip chicken in cornstarch; shake to remove excess.
7. Dip into egg and, drain briefly, then coat with bread crumbs.
8. Deep-fry chicken, turning once, until golden brown, 3 to 4 minutes on each side. Remove with a slotted spoon; drain on paper towels.
9. Cook sauce over medium heat, stirring, until it simmers.
10. Add cornstarch solution and cook, stirring, until sauce boils and thickens.
11. Add diced melons; cook until heated through.
12. To serve, cut chicken into bite-sized pieces.
13. Pour sauce on top.

MU SHU PORK

1/3 cup dried tiger lily buds
4 dried black mushrooms
6 dried cloud ears
2 ½ tbsps cooking oil
2 eggs, lightly beaten
1 tsp minced garlic
½ lb boneless pork, julienned
4 cups finely shredded cabbage
1 small carrot, cut into 1-inch slivers
2 green onions, cut into 1-inch slivers
½ cup chicken broth
2 tbsps soy sauce
1 tbsp Chinese rice wine or dry sherry
1 tsp sesame oil
1 ½ tps cornstarch dissolved in 1 tbsp water
about 16 Mandarin pancakes, heated
Hoisin sauce

1. In separate bowls, soak lily buds, mushrooms and cloud ears in warm water covered until softened, about 20 minutes; drain.
2. Cut hard knobby ends off lily buds; tie each bud into a knot. Discard mushroom stems.
3. Thinly slice mushroom caps and cloud ears.
4. Place a non-stick frying pan over medium heat until hot.
5. Brush with ½ tsp cooking oil.
6. Add half of eggs and cook until lightly browned on bottom and set on top, about 1 minute.
7. Turn over and cook for 5 seconds; remove from pan.
8. Repeat with ½ tsp oil and remaining egg. Cut into 1/4-inch-wide strips.
9. Place a wok over high heat until hot.
10. Add remaining cooking oil, swirling to coat sides.
11. Add garlic and ginger and cook, stirring, until fragrant, about 10 seconds.
12. Add pork; stir-fry until lightly browned, about 2 minutes.
13. Add lily buds, mushrooms, cloud ears, cabbage, carrot, green onions and broth.
14. Stir-fry until vegetables are tender-crisp, about 2 minutes.
15. Stir in soy sauce, wine and sesame oil.
16. Add cornstarch solution and cook, stirring, until sauce boils and thickens.
17. Toss in egg strips and mix well.
18. Place meat-vegetable mixture on a serving plate.
19. Place Mandarin pancakes and a small bowl of hoisin sauce along side.
20. To eat, spread a small amount of hoisin sauce and about 3 tbsps of meat-vegetable mixture on pancake.
21. Wrap like a burrito.

MANDARIN PANCAKES

Makes: 16 Servings

2 cups flour

3/4 cup boiling water

2 tbsps sesame oil

1. Place flour in bowl. Add boiling water, stirring with chopsticks or a fork until dough is evenly moistened.
2. On a lightly floured board, roll dough into a cylinder; cut into 16 equal pieces. Roll each into a ball, then flatten slightly into a pancake. Brush top of each pancake with a light coating of sesame oil.
3. Place 1 pancake on top of a second pancake, oiled sides together.
4. With a rolling pin, roll to make a circle 6 inches in diameter.
5. Stack and roll remaining pairs of pancakes the same way. Cover with a damp cloth to prevent drying.
6. Place a nonstick frying pan over heat until hot.
7. Add 1 pair of pancakes and cook, turning once, until lightly browned and bubbles appear on the surface, about 2 minutes on each side.
8. Remove from pan and separate into 2 pancakes on a plate while cooking remaining pairs of pancakes.
9. Serve pancakes hot.
10. If making ahead, reheat pancakes in a microwave oven or wrap in a dish towel and steam in a bamboo steamer for 5 minutes.

MONGOLIAN BEEF

Makes: 4 Servings

3/4 lb flank steak, think sliced across the grain

2 ½ tbsps cooking oil

2 tbsps minced garlic

10 small dried red chillies

10 green onions, cut into 3 -inch pieces

2 tbsps hoisin sauce

1 tbsp soy sauce

Marinade:

2 tbsps dark soy sauce

2 tbsps Chinese wine or dry sherry

1 tsp cornstarch

1. Combine marinade ingredients in a bowl.
2. Add beef and stir to coat. Let stand for 10 minutes.
3. Place wok over high heat until hot.
4. Add 2 tbsps oil, swirling to coat sides.
5. Add beef and stir-fry until no longer pink, 1 ½ to 2 minutes. Remove meat from pan.
6. Add remaining ½ tbsp oil to wok, swirling to coat sides.
7. Add garlic and chillies; cook, stirring, until fragrant, about 10 seconds.
8. Add green onions and stir-fry for 1 minute.
9. Return meat to wok and add hoisin sauce and soy sauce; cook until heated through.

BEIJING SWEET AND TANGY BEEF

Makes: 6 Servings

1 ½ lbs beef, cut ½ inch thick (try to use pork or chicken if you prefer them better)
egg, lightly beaten
cornstarch
cooking oil for deep frying

Marinade:

3 tbsps Chinese wine or dry sherry
2 ½ tbsps soy sauce
1 tbsp cornstarch

Sauce:

1/4 cup ketchup
3 tbsps Chinese black vinegar or balsamic vinegar
2 tbsps hoisin sauce
2 tbsps Worcestershire sauce
1 tbsps soy sauce
1 tbsp sugar
1 tsp chili garlic sauce

1. Cut beef into 2-inch squares. Combine marinade ingredients in a bowl. Add meat and stir to coat.
2. Cover and refrigerate for 2 hours.
3. Combine sauce ingredients in a small pan and set aside.
4. Place egg and cornstarch in separate bowls.
5. Dip beef in egg, drain briefly, then dip in cornstarch; shake off excess.
6. In a wok or 2-quart saucepan, heat oil for deep-frying to 360 F.
7. Deep-fry beef, a few pieces at a time, turning occasionally, until golden brown, 3 to 4 minutes. Remove with a slotted spoon; drain on paper towels.
8. Cook sauce over medium heat. Stirring, until heated through.
9. Add beef in the sauce. Stir fry and serve

CHINESE BARBECUED SPARERIBS

Makes: 4 Servings

2 lbs pork spareribs, cut into 3-inch lengths

Char sui sauce or hoisin sauce

Marinade:

1/3 cup char sui sauce or hoisin sauce

3 tbsps Chinese rice wine or dry sherry

3 tbsps soy sauce

1 tbsp sesame oil

1 tbsp minced ginger

2 tsps minced garlic

1 tsp Chinese five-spice

1. Cut ribs between every second bone to make serving-size pieces.
2. Combine marinade ingredients in a bowl.
3. Add spareribs and stir to coat.
4. Cover and refrigerate for 6 hours or up to overnight.
5. Preheat oven to 400 F.
6. Place ribs on a rack in a foil-lined baking pan; cover loosely with foil.
7. Bake for 30 minutes. Turn ribs over, baste with char sui sauce, and continue baking, loosely covered, until tender, about 30 minutes.
8. Baste again with char sui sauce.
9. Bake , uncovered, for 6 minutes.
10. Turn spareribs over, baste with char sui, and bake until well glazed, about 6 minutes more.

CHINESE BARBECUED PORK

Makes: 8 Servings

3 lb boneless pork shoulder or butt

Marinade:

1/4 cup soy sauce

1/4 cup hoisin sauce

3 tbsps Chinese rice wine or dry sherry

2 tbsps ketchup

2 tbsps sugar

1 tbsp grated orange peel

1 tsp minced garlic

1 tsp minced ginger

½ tsp sesame oil

½ tsp Chinese five-spice

1 tbsp sesame seed paste (optional)

4-5 drops red food colour (optional)

1. Trim excess fat from pork.
2. Cut meat into pieces roughly 1 inch thick, 3 inches wide and 8 inches long.
3. Combine marinade ingredients in a large bowl; add pork and stir to coat.
4. Cover and refrigerate at least 4 hours or up to overnight; turn meat occasionally.
5. Preheat oven to 350 ° F.
6. Remove meat from marinade; reserve marinade.
7. Place meat on a rack in a foil lined baking pan.
8. Bake, uncovered, for 30 minutes.
9. Turn slices over and bake for 45 minutes longer, brushing occasionally with reserved marinade.
10. Cut into thin slices.
11. Serve hot or cold.

FRIED EGGPLANT

2 young eggplants

salt and pepper

2 eggs

flour to make a light batter

2 tbsps shortening

1. Slice the eggplants very thin, paring them if large, and leave the skin on it young and tender.
2. Season the eggplant well with salt and pepper.
3. Make a light batter with eggs and flour.
4. Soak the slices in the batter.
5. Lift out and fry in the hot shortening.
6. When done on one side, turn.
7. When done, remove the eggplants to paper towels or brown paper; keep warm.
8. Serve hot.

PORK CHOW MEIN

Makes: 4 Servings

6 ounces medium egg noodles
12 oz pork fillet
2 tbsps sunflower oil
1 tbsp sesame oil
2 garlic cloves, crushed
8 scallions, sliced
1 red bell pepper, seeded and roughly chopped
1 green bell pepper, seeded and roughly chopped
2 tbsps dark soy sauce
3 tbsps Chinese rice wine or dry sherry
6 oz bean sprouts
3 tbsps chopped flat leaf parsley
1 tbsp toasted sesame seeds

1. Soak the noodles according to the package directions. Drain well.
2. Thinly slice the pork fillet.
3. Heat the sunflower oil in a preheated wok or large frying pan and cook the pork over high heat until golden brown and cooked through.
4. Add the sesame oil to wok or frying pan, with the garlic, scallions and bell peppers.
5. Cook over high heat for 3-4 minutes, or until the vegetables are beginning to soften.
6. Reduce the heat slightly and stir in the noodles, with the soy sauce and rice wine or dry sherry.
7. Stir-fry for 2 minutes.
8. Add the bean sprouts and cook for another 1-2 minutes.
9. If the noodles begin to stick, add a splash of water.
10. Stir in the parsley and serve sprinkled with the sesame seeds.

TONKATSU - DEEP FRIED PORK FILLETS

Pork:

6 Pork escalopes, around .5mm thick and weighing 130-150g each

120g plain flour

salt and freshly ground black pepper

2 eggs, beaten

200g dried breadcrumbs

oil for deep frying

To Serve:

shredded cabbage

boiled rice

Hot English Mustard or Japanese Mustard

(prepackaged hot English mustard)

Tonkatsu sauce or mixture of 50/50

Worcestershire sauce and tomato sauce

1. Using a mallet or meat tenderiser flatten out the pork fillets evenly.
2. Season the flour with salt and pepper in a bowl.
3. Place the beaten eggs and breadcrumbs on separate plates or bowls.
4. Coat the pork in the flour then eggs and finally the breadcrumbs shaking off any excess crumbs.
5. Set aside until ready to cook.
6. Heat some oil in a deep fryer or wok to 180-190° C.
7. Cook 1 or 2 fillets at a time in the hot oil for around 5 minutes until they are golden brown.
8. Remove them from the heat and drain them on kitchen paper and keep warm while you cook the remaining fillets.
9. Place a bed of cabbage on each plate.
11. Slice the pork fillets into 6-8 slices and place them on the cabbage.
12. Accompany each serving of pork with a bowl of rice, mustard and Tonkatsu sauce or a mixture of Worcestershire sauce.

SAUTE MANDARIN FISH PIECES

<http://www.sh.com/entert.htm>

1 mandarin fish (1000g)

egg

salt

gourmet powder

wine

lemon juice

water chestnut powder



1. Cut off the head, tail of the cleaned mandarin fish, remove the bones from the middle part, then knife it into cubes of 4cm., make cross cuts on them and coat them and the head and tail with the paste made from salt, gourmet powder, wine, egg yolk.
2. Pat water chestnut powder on the fish pieces and saute them in hot oil until almost done. After heating the oil to boiling, fry them again until they are well-done, then place them in a dish.
3. Make a paste with lemon juice, salt, sugar, vinegar, pour the paste on the fish pieces.

SEAFOODS CASSEROLE

<http://www.sh.com/entert.htm>

abalone
sea cucumbers
shrimp colloid
shrimp meat
dried mushrooms
sea clam meat
fresh scallops
black moss
broccoli
salt
prickly ash
bean powder
water chestnut powder



1. Scald the broccoli in boiling water until it is done, then place it at the bottom of a casserole.
2. Scald the abalone, sea cucumbers, shrimp meat, dried mushrooms, sea clam meat, shrimp colloid, scallops, black moss in boiling water, then drain off water, mix them up with the paste made from salt, bean powder and prickly ash, put them on the broccoli, place the abalone, scallops at the top.
3. Heat the casserole on a stove, when boiling, pour in peanut oil.

SALMON WITH LIME AND DILL

1 lb salmon fillet

1 tsp dried dill leaves or 4 sprigs of fresh dill

1 medium lime

2 tbsp of butter

1/4 tsp of salt and fresh black pepper

1. Preheat oven to 350 F.
2. Place salmon in a foil lined baking dish.
3. Sprinkle dill evenly over salmon.
4. Squeeze juice of ½ of the lime over the fillet.
5. Sprinkle salt and pepper over the salmon.
6. Spread 1 tbsp butter on fillet, and cover tightly with foil.
7. Bake for 20-25 minutes (Fish should be white and flake with fork when done)
8. Remove from oven, squeeze remaining lime juice over salmon. Place remaining tbsp of butter in juices in pan.

MOIST POACHED SALMON

Makes: 2 Servings

2 salmon steaks

1 cup dry white wine

3 cups water

dill stalks

whole peppercorns

salt and pepper

1. Arrange salmon steaks, over dill stalks, in a single layer in a shallow skillet wide enough to accommodate them without crowding.
2. Season with salt and pepper.
3. Add enough wine and water to completely cover salmon; add peppercorns.
4. Slowly bring liquid barely to a simmer.
5. Reduce heat to low, cover and simmer until top of salmon looks opaque, 2 to 3 minutes.
6. Turn heat off and let stand for 10 minutes.
7. Top with tomato sauce.

GRILLED MARINATED SALMON

Makes: 1 Serving

1 ½ lb salmon fillets

½ cup oil

1/4 cup vinegar, red wine

3/4 tsp garlic salt

1/4 tsp salt

1/4 tsp sugar

½ tsp Italian seasoning

1 large garlic clove, minced

1/8 tsp pepper

1 tbsp water

1. Mix all ingredients in large bowl or pan.
2. Place salmon in marinade for 30 minutes.
3. Grill, brushing often with leftover marinade.

HERBED SALMON IN FOIL

Makes: 4 Servings

4 salmon fillets

2 tbsp shallots, chopped and divided

8 sprigs fresh dill or basil

2 tsp lime juice divided

8 ea fresh sorrel leaves

1/4 tsp pepper, divided

1. Rinse salmon and pat dry.
2. Cut 4 pieces of aluminium foil. Light coat dull side of each foil square with cooking spray.
3. Centre a dill sprig and sorrel leaf of lower half of foil.
4. Top with salmon.
5. Place another dill sprig and sorrel leaf on top of the fillet.
6. Sprinkle with 1 ½ tsp chopped shallots, ½ tsp lime juice and a pinch of pepper.
7. Repeat procedure with remaining fillets.
8. Fold upper half of foil over fillets, meeting bottom edges of foil.
9. Seal edges together making a ½ inch fold. Fold again.
10. Allow space for heat circulation and expansion.
11. Repeat to seal each side.
12. Place foil packets on a baking sheet then bake at 400 degrees for 7 to 10 minutes.
13. Cut an “X” in top of each packet and fold back.
14. Spoon salmon and herbs onto warm plates.

MOIST FOIL BAKED SALMON

Makes: 2 Servings

2 tsp oil
4 oz carrots, julienne
5 oz courgettes, julienne
1 medium leek, julienne
1 tbsp shallots, finely chopped
2 fl oz water
1 ½ tbsp dry sherry
1 tbsp parsley
1 tbsp lemon juice
2 tsp lemon peel, grated
1 tsp Dijon mustard
1/4 tsp salt
1/8 tsp white pepper
2 salmon steaks

1. Preheat oven to 375 F.
2. Pour 1 tsp of oil in pan.
3. Fry carrots, courgettes, leek and shallots until almost done.
4. Stir in the remaining ingredients except the salmon and cook for a further 2 minutes.
5. Grease 2 pieces of foil with remaining oil.
6. Place the salmon steak on the foil and cover with the vegetables and the liquid.
7. Seal the foil packets and place in oven for 15 to 20 mins.
8. Cut an X in top of each packet and fold foil back.
9. Serve on plates in foil packets.

SALMON PATTIES

(SINGLE SERVING)

Makes: 1 Serving

1 3 ½ oz can salmon, skin and bones removed

1/4 cup mayonnaise

½ tsp Dijon-style mustard

3 soda crackers, crushed into fine crumbs

1 scallion, minced

1 tsp lemon juice

1 tsp fresh chopped parsley

salt and freshly ground pepper to taste

bread crumbs

3 tbsp vegetable oil

1. Mix all ingredients except the bread crumbs and oil.
2. From the mixture make 2 equal sized patties.
3. Coat evenly with bread crumbs.
4. Pour oil in skillet and fry patties until golden brown.

SALMON PATTIES

Makes: 6 Servings

15 ½ oz can pink salmon
1 cup fine dry bread crumbs
½ cup chopped onion
1/4 cup chopped parsley
2 eggs , beaten
2 tbsp lemon juice
1/8 tsp pepper
2 tbsp oil
Lemon Wedges

1. Drain salmon, reserving 1/3 cup liquid; flake.
2. In a medium bowl, combine salmon, bread crumbs, onion, and parsley.
3. Add reserved salmon liquid, eggs, lemon juice, and pepper; mix well.
4. Shape into 6 patties.
5. Place oil in skillet. Fry salmon patties until golden brown.
6. Garnish with lemon wedges.

SALMON PATTIES & ONION

Makes: 4 Servings

2 cans (6 ½ oz each) salmon, drained and flaked
1 cup mashed potatoes
2 tbsp plain low-fat yogurt
2 tbsp prepared yellow mustard
1 large egg white
1 medium-sized carrot, peeled and finely chopped
1 large yellow onion, finely chopped
½ tsp paprika
1 tbsp lemon juice
½ cup fine dry bread crumbs
1 ½ tbsp corn oil

1. In a medium-size bowl, combine the salmon, potatoes, yogurt, mustard, egg, carrot, onion, paprika and lemon juice; shape into 8 patties.
2. Put the bread crumbs on a plate and coat the patties with the crumbs.
3. You can prepare the patties and store them in the refrigerator for several hours before cooking.
4. In a heavy 12-inch skillet; heat the corn oil over moderate heat for 1 minute; add the patties and cook about 3 minutes on each side or until golden brown.
5. Transfer to a heated platter.

SEAFOOD CHOP SALAD

Makes: 4 Servings

1 large head romaine lettuce, leaves separated

1/3 cup salad dressing (your favourite)

1 lb of cooked shrimp, flaked crabmeat, lobster meat, crawfish meat, flaked smoked salmon, trout, bluefish or mackerel

2 hard boiled eggs, chopped

¼ cup sliced black olives

7 mushrooms, sliced

2 green onions, thinly sliced

1/4 cup chopped walnuts

1/4 cup sunflower seeds

1. Place the lettuce leaves in a large bowl and toss with dressing.
2. Place seafood and all ingredients except eggs in bowl and toss gently leaving lettuce leaves at the bottom of the bowl.
3. Place chopped eggs on top of salad.
4. Serve.

FISH CAKES

Makes: 10-12 Servings

2 tbsp chopped fresh lemon grass
3 cloves garlic, chopped
1 ½ tsp chopped fresh ginger
1 ½ tsp paprika
¼ tsp ground cayenne pepper
½ cup onion, chopped
1 tsp ground turmeric
1 tsp ground white pepper
½ cup thickened cream
1 lb fish fillets, skinned and all bones removed
2 large eggs, lightly beaten
2 cups bread crumbs
1 tsp salt
1/3 cup finely diced red capsicum
1/3 cup finely chopped red onion
2 tbsp vegetable oil
1 tbsp butter

1. Combine the chopped lemon grass, garlic, ginger, paprika, cayenne pepper, onion, turmeric, white pepper and cream in a food processor and mix to a paste.
2. Scrape into a large bowl.
3. Rinse the fish fillets and pat dry with paper towels.
4. To the processor, add the fish and process until finely ground (but not mashed to a pulp), then transfer to the bowl with the lemon grass paste.
5. Stir in the lightly beaten eggs, 1 1/4 cups of the bread crumbs, salt and add the capsicum and red onion, mix in well.
6. Cover the bowl with plastic wrap, and put into the fridge for 2 hours.
7. Heat the oil and butter in a large frying pan over medium heat.
8. Wet your hands and shape the fish mixture into cakes.
9. Roll in the remaining bread crumbs and fry, in batches, until golden, crispy, and cooked through.
10. Drain on paper towels.
11. Serve with lemon wedges.

CREAMY SHRIMP SALAD ON ROMAINE

Makes: 4 Servings

2 cups cooked and deveined shrimp, chilled

1 1/4 cups sliced celery

4 hard boiled egg whites, coarsely chopped, discard yolks

3 tbsp chopped walnuts

2 tsp finely chopped onions

½ cup fat-free Thousand Island salad dressing

4 cups shredded romaine lettuce

1. In a large bowl, combine shrimp, celery, egg whites, walnuts and onions.
2. Add the dressing and stir until the shrimp-mixture is coated.
3. Cover and chill in refrigerator about 30 minutes to blend the flavours.
4. To serve, divide the lettuce among the four plates.
5. Then top with shrimp mixture.

SEAFOOD-RICE SALAD

2 lbs Scallops, cooked
1 lb medium shrimp, cleaned and cooked
6 oz crab meat
4 cup Basmati rice, cooked
3 cup Broccoli flowerets, blanched

Dressing:

½ cup Vegetable oil
½ cup lemon juice
2 tbsp Chives, chopped
1 tbsp lemon peel, grated
1 tsp Dijon mustard
1 tsp sugar

1. Mix all ingredients except Lemon Vinaigrette in large bowl. Pour lemon vinaigrette over salad; toss.
2. Cover and refrigerate 1 to 2 hours or until chilled.
3. In a small bowl, mix all the ingredients for the Lemon Vinaigrette.
4. To blanch broccoli, plunge into boiling water 10 to 15 seconds or until broccoli turns bright green.
5. Remove from boiling water; plunge into pan of ice and water to stop cooking; drain.
6. Combine seafood-mixture, dressing and broccoli and serve.

BAKED SALMON PACKETS

Makes: 4 Servings

4 Salmon Fillets

4 tsp butter

8 Thyme sprigs, fresh

8 Parsley sprigs, fresh

4 Garlic cloves, , minced

4 tbsp White wine, dry

½ tsp salt

½ tsp black pepper, ground

1. Preheat oven to 400 degrees.
2. Place 4 large pieces of foil on a working surface, shiny side down.
3. Spray the inside with vegetable cooking spray.
4. Place a fish fillet on each piece of foil.
5. Evenly divide thyme, parsley, garlic, salt, pepper, and wine among the fish.
6. Dot each fillet with one teaspoon of butter and then securely fold and seal the edges.
7. Place the packets on a baking sheet and bake for 10-12 minutes.
8. Place pockets on plates and open carefully.

OVEN FRIED SALMON CAKES

Makes: 4 Servings

2 large egg whites
1 15oz can Salmon, drained and flaked
1 cup fresh bread crumbs
1/4 cup scallions, chopped
2 tbsp lemon juice
1 tsp Worcestershire sauce

1. Preheat oven to 400 degrees.
2. Spray cookie sheet with cooking spray.
3. Beat eggs in a medium-size bowl.
4. Add all remaining ingredients; mix well until blended.
5. Shape into 8 ½ inch patties.
6. Place on prepared cookie sheet and bake 10-12 minutes, turning once until golden on both sides.
7. A great low-fat alternative to frying.

POACHED SALMON WITH ZUCCHINI

4 salmon steaks, ½ inch thick

2 tbsp water

½ tsp chicken stock or flavouring

3 medium zucchinis

1/4 tsp salt

3/4 tsp minced fresh basil

½ cup white dry wine or skim milk

1. Place salmon in large saucepan or skillet that has been coated with cooking spray.
2. Add milk or wine, water and bouillon.
3. Cover and bring to a boil; reduce heat and simmer until fish is done, about 6 minutes.
4. Cut zucchini into small strips; steam with a vegetable steamer for 2 to 3 minutes.
5. Pour into a bowl and toss gently with basil.
6. Transfer to serving plates.
7. Top with salmon.
8. Garnish with sprigs of basil.

CRAB CAKES

Makes: 4 to 6 Servings

1 lb crab meat

1 cup seasoned bread crumbs

1 large egg

1/4 cup mayonnaise

½ tsp salt

1/4 tsp pepper

1tsp Worcestershire sauce

1 tsp dry mustard

Margarine, butter or oil for frying

1. Remove all cartilage from crabmeat.
2. In a bowl, mix bread crumbs, eggs, mayonnaise and seasonings.
3. Add crab meat and mix gently.
4. If mixture is too dry, add a little more mayonnaise.
5. Shape into 6 cakes.
6. Cook cakes in a frying pan, in just enough fat to prevent sticking, until they are browned (about 5 minutes on each side).

BAKED SALMON WITH VEGETABLES AND HERBS

Makes: 4 Servings

8 small red-skinned potatoes, sliced
1 large carrot, sliced
4oz green beans, cut into 1-1/2 inch pieces
1/4 cup olive oil
1/4 cup soy sauce
2 large leeks(white and pale parts only), sliced
3 green onions, sliced
2 tbsp chopped fresh dill or 2 tsp dried dillweed
1 tbsp chopped fresh basil or 1 tsp dried basil
nonstick vegetable spray
4 6oz salmon fillets
4 tbsp unsalted butter

1. Preheat oven to 450 degrees.
2. Fill large pot with water to depth of 1 inch.
3. Place steamer rack in pot and bring water to boil.
4. Place potatoes and carrot slices on steamer rack.
5. Cover pot and steam 5 minutes.
6. Add green beans and steam 5 minutes longer.
7. Transfer vegetables to a large bowl. Add olive oil, soy sauce, leeks, green onions, dill and basil and toss well. Season to taste with pepper.
8. Place 4 large foil sheets on baking sheets.
9. Spray foil with vegetable oil spray.
10. Place 1 salmon fillet on each foil sheet. Season with pepper.
11. Spoon vegetable mixture evenly over salmon.
12. Top each with 1 tablespoon butter.
13. Wrap foil around salmon and vegetables and seal.
14. Bake until fish is opaque, about 13 minutes.
15. Transfer salmon and vegetables to plates, discard foil.

GRILLED SALMON FILLETS, SMOKED BACON WRAPS

7 oz Salmon Fillets
1 strip smoked bacon
2 roasted Roma tomatoes
4 leaves of Basil cut into strips
salt and pepper to taste
1 oz white wine
1 oz vegetable broth
1 tsp garlic, chopped
1 tsp olive oil

1. Wrap salmon fillets with smoked bacon, secured with toothpicks, in fashion of a beef fondue.
2. Cook open flame broiler for 9 to 12 minutes til fish is just cooked through.
3. While fish is cooking, saute garlic in olive oil til golden brown.
4. Add roasted tomatoes, basil, salt and pepper.
5. Saute 1 minute, add white wine and vegetable broth.
6. Cool 3 to 4 minutes over medium heat high heat.
7. Place salmon in centre of plate and remove toothpicks.
8. Smother in sauce.
9. Serve with your favourite vegetable.

KING SALMON SCAMPI

Makes: 1 serving

4 oz Fresh Salmon

½ oz celery, chopped and finely diced

½ oz red onion, diced

½ oz tomato, diced

½ oz mushrooms, sliced

4 pieces artichoke crown

dash of Worcestershire sauce

dash of Tabasco pepper sauce

dash of lemon

dash of salt

dash of celery seed

2 dashes of white pepper

1 oz of white wine

½ cup of Saffron rice

Scampi Butter:

1-1/4 oz butter

1/4 oz garlic

Parsley

1. Add scampi butter to saute pan; melt.
2. Add celery, onion, mushroom and artichokes; saute 2 minutes.
3. Add tomato and white wine. Simmer 1 minute.
4. Add salmon and seasonings. Cook until salmon is done, about 1 ½ minutes.
5. Place over saffron rice.
6. Garnish plate with red leaf lettuce, tomato wedge, lemon wedge and parsley sprig.

IMITATION CRAB WHEELS

Makes: 6 Servings

8 oz Imitation Crab, cut into ½" pieces

½ cup Reduced-fat mayonnaise

1 red bell pepper, diced

1 small onion, minced

1 ¼ cup reduced fat, shredded Monterey Jack cheese

2 tsp dried Oregano

3 pita breads, separated into 6 rounds

freshly grated parmesan cheese

1. In a bowl, mix crab, mayonnaise, pepper, onion, Monterey Jack cheese and oregano until well blended.
2. Spread one-sixth of mixture on inner, rough side of each pita.
3. Sprinkle with parmesan cheese.
4. Broil for 4 to 5 minutes or until cheese melts and mixture is bubbly.

YOU OLD SMOOTHIE!

**Tantalising drinks
to help you beat
the summer heat!**



WATERMELON SMOOTHIE

Makes: 4 slushes

6 ice cubes

2 cups seedless pieces of watermelon

1 tbsp sugar or honey

1. Put the ice cubes in a blender or food processor. Mix the ice until they are crushed.
2. Add the watermelon pieces and blend until the shake is slushy, about 1 minute.
3. Add the sugar or honey and blend for 10 seconds.
4. Pour the slush into tall glasses.

QUICKIE FRUIT SHAKE

Makes: 4 servings

1 cup natural yogurt

½ cup milk

2 medium peaches, sliced

1 cup fresh strawberries (or partially thawed frozen strawberries)

1 banana, sliced

1 tsp vanilla essence

¼ teaspoon cinnamon

4 ice cubes

1. In a blender combine yogurt, milk, peaches, strawberries, banana, vanilla and cinnamon. Add the ice cubes.
2. Blend 30 seconds until foamy.
3. Pour into chilled glasses and serve.

TROPICAL PUNCH

Makes: 3 litres

**2 cups mango puree
2 cups orange juice
3 cups canned pineapple juice
juice of 1 lemon
1 cup iced tea
1 bottle dry ginger ale (300 ml)
12 ice cubes**

Drink Garnishes

orange slices, cubed mango, cubed pineapple, sliced strawberries

1. Place mango, orange, pineapple and lemon juice in a large punch bowl or jug. Stir to mix well. Cover and chill for at least 2 hours.
2. Chill tea and ginger ale at same time.
3. Remove fruit mixture from refrigerator and add ginger ale and tea. Mix well. Add ice cubes and garnish fruits.
4. Serve.

ROCKMELON & MANGO SMOOTHIE

Makes: 2 servings

2 mango slices

6 cubes of rockmelon

40 ml orange juice

squirt of lemon juice

4 ice cubes

1. Place all ingredients in blender with ice cubes.
2. Blend 30 seconds until foamy.
3. Pour into chilled glasses and serve.

BERRY BONANZA SMOOTHIE

Makes: 2 servings

2 strawberries

12 blueberries (large)

40 ml cranberry juice

splash orange juice

splash lime juice

30 ml ruby grapefruit juice

4 ice cubes

1. Place all ingredients in blender with ice cubes.
2. Blend 30 seconds until foamy.
3. Pour into chilled glasses and serve.

APPLE-PEAR SMOOTHIE

Makes: 2 servings

1 pear, peeled and cored

40 ml apple juice

splash lime juice

splash lemon juice

4 ice cubes

1. Place all ingredients in blender with ice cubes.
2. Blend 30 seconds until foamy.
3. Pour into chilled glasses and serve.

STRAWBERRY SMOOTHIE

Makes: **About 1 Quart**

Pour into Blender:

1-1/4 cups apple juice

Add and Blend Together:

3 tbsp seedless strawberry jam

3/4 tsp vanilla extract

1/8 tsp almond extract

3 cups strawberries, sliced, partially frozen

1 ½ cups ice chips

BLACKBERRY BLUEBERRY SMOOTHIE

Makes: **About 1 Quart**

Pour into Blender:

1 cup apple juice
½ cup grape juice

Add and Blend Together:

1 ½ cups blackberries, partially frozen
1 ½ cups blueberries, partially frozen
1 tsp vanilla extract
1 cup ice chips

STRAWBERRY LEMONADE SMOOTHIE

Makes: **About 1 Quart**

Pour into Blender:

½ cup lemon juice, freshly squeezed
1/4 cup cold water

Add and Blend Together:

1/4 cup sugar
3 cups strawberries, sliced, partially frozen
2-1/4 cups ice chips

BLUEBERRY BANANA SMOOTHIE

Makes: **About 1 Quart**

Pour into Blender:

3/4 cup skim milk
1/3 cup orange juice

Add and Blend Together:

3/4 cup low-fat vanilla yogurt
1 ½ cups blueberries, partially frozen
1/3 cup banana slices, partially frozen
3 /4 cup ice chips

PEACH RASPBERRY SMOOTHIE

Makes: **About 1 Quart**

Pour into Blender:

2/3 cup apple juice

Add and Blend Together:

2/3 cup low-fat vanilla yogurt

2 ½ cups fresh peaches, sliced, partially frozen

½ cup raspberries, partially frozen

2 cups ice chips

BANANA PINEAPPLE SMOOTHIE

Makes: **About 1 Quart**

Pour into Blender:

1 cup pineapple juice

Add and Blend Together:

1 cup low-fat vanilla yogurt

1 tsp vanilla extract

1 cup banana slices, partially frozen

2 cups ice chips

PINEAPPLE COCONUT SMOOTHIE

Makes: *About 1 Quart*

Pour into blender:

3/4 cup skim milk

Add and Blend Together:

1 cup non-fat frozen vanilla yogurt

2 tbsps cream of coconut milk

2 cups fresh pineapple, diced, partially frozen

1 ½ cups ice chips

CARAMEL APPLE SMOOTHIE

Makes: **About 1 Quart**

Toss Together, Freeze:

2 ½ cups apples, peeled, diced
1 tbsp lemon juice, freshly squeezed

Pour into Blender:

¾ cup apple juice

Add and Blend Together:

1-1/4 cups nonfat frozen vanilla yogurt
1/4 cup caramel sauce
Frozen apples
1-1/4 cups ice chips

ORANGE CREAM SMOOTHIE

Makes: *About 1 Quart*

Pour into Blender:

3/4 cup orange juice

½ cup skim milk

Add and Blend Together:

3/4 cup orange sherbet

3/4 cup nonfat frozen vanilla yogurt

1 ½ tsp vanilla

½ cup orange segments, partially frozen

3/4 cup ice chips

EGGS WITH ZUCCHINI

Makes: 4 servings

2 lbs zucchini

½ cup butter

salt

pepper

parsley or dill, chopped

6 eggs, beaten

4 tbsp grated cheese

1. Wash the zucchini and cut in thick slices.
2. Heat the butter in a large frying pan, add zucchini, salt, pepper and chopped parsley.
3. Cover and cook for about 30 minutes.
4. Add eggs, sprinkle the cheese over the top and cook, covered, for 3 to 4 minutes.
5. NOTE: Cook 2 tomatoes, peeled and finely diced with the zucchini.

EGGS WITH TOMATOES

Makes: 3 to 4 servings

½ cup olive oil

1 medium - sized onion, diced

1 ½ lbs ripe tomatoes, peeled and sliced

salt

pepper

1 tsp sugar

6 eggs, beaten

1. Heat oil in a large frying pan.
2. Add the onion and cook until soft.
3. Add tomatoes, salt, pepper and sugar.
4. Simmer for 30 minutes or until tomatoes are soft.
5. Add the eggs whole or beaten.
6. Cover and cook for about 3 to 4 minutes.

OODLES OF NOODLES

For the noodle lover in all of us.



EGG NOODLE BAKE WITH RAISINS

Makes: 6 Servings

12 oz Medium or Fine Egg Noodles, uncooked

16 oz low-fat cottage cheese

1 cup low-fat sour cream

1 tbsp margarine

1 medium onion, diced

2 egg whites

1 ½ cups low-fat milk

½ cup raisins or sultanas

2 tbsp sugar

½ tsp cinnamon

1. Prepare pasta according to package directions. Drain. Rinse under water and drain again.
2. Preheat oven to 350F.
3. In a large bowl, combine the noodles with the cottage cheese and sour cream. Set aside.
4. Melt the margarine in a small skillet.
5. Add onion and saute over medium heat until soft, about 5 minutes.
6. Combine onion with noodles.
7. Beat egg whites in a medium bowl for 30 seconds. Beat in milk.
8. Add mixture to noodles. Stir raisins into noodles.
9. Lightly grease a 1½ quart baking dish with oil (or cooking spray).
10. Spoon noodle mixture into the dish.
11. In a small bowl, combine sugar and cinnamon and sprinkle over noodles.
12. Bake noodles until firm and browned on top, about 55 minutes.
13. Serve hot from the oven or at room temperature.

SALMON AND SPINACH NOODLE BAKE

Makes: 12 Serves

12 oz Medium or Wide Egg Noodles, uncooked
2 tbsp vegetable oil or olive oil
2 leeks, chopped
2 garlic cloves, minced
1/3 cup flour
2 cups 2% milk
2 tbsp Dijon mustard
2 tbsp fresh dill, chopped or 1 tsp dried dill
salt and freshly ground black pepper to taste
2 10oz packages frozen spinach, chopped, thawed and squeezed dry
2 14.75oz cans best quality red salmon
- or about 1 lb fresh salmon, poached and skin and bones removed
vegetable oil cooking spray

Garnish:

2 oz smoked salmon, cut into thin strips
fresh spinach leaves
fresh dill sprigs
Roasted red peppers
Lemon slices

1. Preheat oven to 350F.
2. Cook noodles slightly less than package directions, very “al dente”. Drain and set aside.
3. Heat oil over medium-high heat in large saucepan.
4. Add leeks and garlic and saute, stirring occasionally, until leeks are softened, about 5 minutes.
5. Add flour and cook, stirring, 2 more minutes.
6. Gradually add the milk, stirring constantly.
7. Bring to boil, then reduce heat and simmer sauce, stirring constantly, until thickened, about 10 minutes.
8. Stir in mustard, dill, salt and pepper to taste.
9. Add the spinach, salmon and cooked noodles to the cream mixture; blend well.
10. Spray a 9 or 10-inch ring mold with vegetable oil cooking spray.
11. Transfer noodle mixture into the mold and press lightly.
12. Bake 20-25 minutes. Loosen edges with a knife and invert onto platter.
13. Garnish, if desired, with smoked salmon strips, dill sprigs and lemon slices.

MEDITERRANEAN TURKEY CASSEROLE

Makes: 8 Servings

1 lb Medium egg Noodles, uncooked
1 14 ½ oz can low-sodium chicken broth
1 cup skim milk
1 tsp salt
1/4 cup cornstarch
2 cups cooked turkey, chopped
1 14 oz can artichoke hearts, drained and quartered
1 7 ½ oz jar roasted red peppers, drained and sliced
9 Kalamata olives, pitted and sliced
½ cup grated mozzarella cheese
½ cup white wine
1 tsp fresh lemon juice
½ tsp black pepper
vegetable oil cooking spray
2 tbsp parmesan cheese, grated

1. Prepare pasta according to package directions; drain.
2. Stir the broth, milk, salt and cornstarch together in a large pot or Dutch oven until the cornstarch is dissolved.
3. Cook over medium heat, stirring constantly, until thickened and bubbly.
4. Stir in noodles, turkey, artichoke hearts, red peppers, olives, mozzarella cheese, wine, lemon juice and pepper.
5. Heat oven to 350 F.
6. Spray a 3 quart baking dish with cooking spray.
7. Spoon noodle mixture into dish.
8. Sprinkle with Parmesan cheese.
9. Bake until bubbling around the edges, about 35 minutes.
10. Let stand 5 minutes before serving.

BAKED CHICKEN CURRY AND NOODLE CASSEROLE

Makes: 6 Servings

12oz Medium Egg Noodles, uncooked
1 tbsp vegetable oil
8oz boneless, skinless chicken breasts, cut into ½" cubes
1 small red onion, diced (about ¾ cup)
3-4 tsp curry powder
1 ½ cups low-sodium chicken broth
1 10oz can evaporated skim milk
1 ½ tbsp cornstarch
1 cup frozen peas, thawed
1 ½ cups fresh mushrooms, sliced
1 tbsp lemon juice
2 tbsp dry bread crumbs
salt and pepper to taste

1. Prepare pasta according to package directions.
2. While pasta is cooking, heat the oven to 375F.
3. Heat the oil in a large heavy skillet over medium-high heat.
4. Add the chicken and onion and stir until the chicken begins to brown, about 4 minutes.
5. Add the curry powder and continue stirring 2 minutes.
6. Pour in the chicken broth and reduce heat to low.
7. In a small bowl, mix the cornstarch and evaporated skim milk together until the cornstarch is dissolved.
8. Stir the cornstarch into the skillet, heat to simmering and simmer 2 minutes.
9. Pour the contents of the skillet into a large bowl.
10. When the pasta is done; drain well.
11. Add the cooked pasta, peas, mushrooms, lemon juice, salt and pepper to the curry sauce.
12. Toss well.
13. Pour the mixture into an 11 x 9-inch baking dish and sprinkle the bread crumbs on top.
14. Bake until the edges are bubbling and the crumbs are golden brown, about 15 minutes.
15. Serve hot.

CHICKEN & MUSHROOM NOODLE MARSALA

Makes: 6 Servings

12oz Medium Egg Noodles, uncooked

1 egg white

1 ½ lb boneless, skinless chicken breast, cut crosswise into ½-inch pieces

1/3 cup Italian seasoned dry bread crumbs

1/4 cup grated Parmesan cheese

2 tbsp olive oil, divided

1 40z packages exotic mushrooms or

- 1 8oz package sliced mushrooms

4 cloves garlic, minced or

- 2 tsp bottled minced garlic

1/4 tsp freshly ground black pepper

1 cup can low-sodium chicken broth

4 tsp cornstarch

1 cup dry marsala wine

3 tbsp chopped basil or parsley

1. Cook pasta according to package directions.
2. Meanwhile, beat egg white in a large bowl; add chicken pieces; toss to coat.
3. Sprinkle with bread crumbs and cheese; toss well.
4. Heat 1 tbsp oil in a large non-stick skillet over medium-high heat until hot.
5. Add half of chicken, stir fry 3 to 4 minutes or until chicken is cooked through.
6. Transfer to plate; keep warm.
7. Repeat with remaining 1 tbsp oil and remaining half of chicken.
8. Cook mushrooms and garlic in same skillet 3 minutes over heat.
9. Sprinkle with salt and pepper.
10. Combine broth and cornstarch; mix well.
11. Add both mixture and wine to skillet; increase heat to medium-high and bring to a simmer.
12. Simmer uncovered 2 to 3 minutes or until sauce thickens, stirring occasionally.
13. Drain noodles; toss with chicken and transfer to 6 serving plates.
14. Spoon mushroom sauce over chicken pasta; sprinkle with basil.
15. Serve with additional basil if desired.

CHEESEBURGER NOODLES

Makes: 6 Servings

8oz Medium or Wide Egg Noodles, uncooked

1 lb extra lean ground beef

1/4 cup dry breadcrumbs

1/2 tsp onion powder

1/2 tsp salt, divided

1 egg

2 tsp vegetable oil

1 14 1/2 oz can fat-free chicken broth

1/4 cup water

1/4 cup ketchup

1/2 cup non-fat sour cream

1 cup shredded low-fat Cheddar cheese

1. Combine ground beef, breadcrumbs, onion powder, 1/4 tsp salt and egg; mix well.
2. Shape into approximately 36 3/4 -inch meatballs.
3. Heat oil in a large skillet coated with cooking spray.
4. Add meatballs and cook until browned on all sides. Drain well.
5. Combine chicken broth, water, ketchup and remaining 1/4 tsp salt; add to skillet.
6. Bring to boil; stir in noodles, making sure it is covered by the liquid.
7. Reduce heat, cover, and simmer 10 to 15 minutes or until noodles are done.
8. Stir in sour cream and cheese.
9. Cook until thoroughly heated and mixture thickens, about 5 minutes. (Do not boil.)

HAM & EGGS BREAKFAST PASTA

Makes: 4 Servings

8 oz Medium Shells

4oz turkey ham, diced

4 hard boiled eggs, chopped

2 very ripe tomatoes, diced

3 tbsps fresh basil, chopped

2 tbsps olive oil

3 tbsps red wine vinegar

1 clove garlic, minced

salt, to taste

fresh ground black pepper, to taste

1. Cook pasta according to package directions; drain, rinse with cool water, and transfer to a large mixing bowl.
2. Stir in the ham, eggs, tomatoes and basil.
3. In a small bowl, whisk together the olive oil, vinegar, and garlic.
4. Pour the vinaigrette over the pasta and toss.
5. Season to taste with salt and pepper, and serve.

SPICY BREAKFAST CASSEROLE

Makes: 8 to 10 Servings

1 lb Medium Egg Noodles

3/4 lb mild sausage

1 small onion, chopped

1 small red bell pepper, chopped

1 16oz can diced tomatoes, drained

1/4 cup egg substitute, slightly beaten

1 can low-fat cream of mushroom soup, mixed with one can of water

1/8 tsp pepper

1 tsp chili pepper

2 cups low-fat cheddar cheese

picante sauce

1. Cook pasta according to package directions.
2. While pasta is cooking, saute sausage, onion, and bell pepper in a skillet.
3. Drain sausage mixture.
4. While mixture is draining, scramble eggs in skillet.
5. When eggs are done, add eggs, soup with water, tomatoes, spices, pasta and sausage mixture to 9 x 13 pan.
6. Sprinkle top with cheese.
7. Bake in preheated 350 degree oven for 20 minutes or until cheese is melted.
8. Serve topped with picante sauce.

EGG NOODLES PRIMAVERA

Makes: 8 Servings as a side dish

12oz Medium Egg Noodles, uncooked
1 14 ½oz can chicken broth
2 cups fresh asparagus, cut into 1-inch pieces
1 cup thinly sliced carrots
1 red bell pepper, cut into short, thin strips
1 cup shelled fresh peas or
- frozen baby peas or
- 1 cup fresh snow pea pods, cut in halves
2 tbsps chopped fresh dill
2 tbsps chopped fresh thyme
2 tbsps chopped fresh mint
1/4 cup chopped fresh chives
3/4 cup grated Asiago or Parmesan cheese, divided
freshly ground pepper

1. Prepare noodles according to package directions.
 2. While noodles are cooking, bring chicken broth to a boil in a medium saucepan. Add asparagus, carrots and red bell pepper.
 3. Simmer vegetables uncovered 4 minutes.
 4. Stir in peas; continue cooking 3 to 4 minutes or until vegetables are tender-crisp.
 5. When noodles are done, drain well and return to the pasta pot.
 6. Add broth and vegetables, herbs and chives.
 7. Cook over low heat, tossing gently until combined.
 8. Add ½ cup of the cheese; toss gently.
 9. Transfer to a serving patter; sprinkle with remaining 1/4 cup cheese.
 10. Garnish with freshly ground pepper.
- NOTE:** Refrigerate leftovers tightly covered. For a quick main dish, add julienned cooked ham or lamb leftovers; gently reheat.

EGG NOODLES - ORIENTAL SEASONING

Makes: 4 Servings

4 oz Medium or Wide Egg Noodles, uncooked

1/4 cup water

2 tbsps low-sodium soy sauce

1 tsp vinegar

1 tsp sugar

1 tsp cornstarch

1 tbsp vegetable oil

2 scallions, trimmed and thinly sliced

1 clove garlic, finely chopped

½ tsp dried ginger

1/4 lb snow peas, trimmed

1. Prepare egg noodles according to package directions.
2. While egg noodles are cooking, stir in water, soy sauce, vinegar, sugar and cornstarch together in a small bowl until the sugar and cornstarch are dissolved.
3. Set aside.
4. When noodles are done, drain well.
5. Heat the vegetable oil in a wok or large, deep skillet over high heat.
6. Add the scallions, garlic and ginger and stir until the garlic and ginger are fragrant, about 15 seconds.
7. Add the snow peas and toss just until they begin to change colour, about 10 seconds.
8. Add noodles and toss with the seasoned oil.
9. Stir in the soy sauce mixture and pour all into the wok.
10. Stir well until the sauce is thickened and the noodles are evenly distributed.
11. Transfer immediately to a serving dish.
12. Serve hot.

EGG DROP NOODLE SOUP

Makes: 8 Servings

8 oz Medium Egg Noodles, uncooked

8 14 1/2oz cans low-sodium chicken broth

2 large eggs

4 tbsps water

½ cup grated Parmesan Cheese

½ tsp freshly ground pepper

1 cup frozen chopped spinach, thawed and drained well or

- 1 cup chopped fresh spinach, stems removed

salt to taste

1. In a medium saucepan, heat the chicken broth to a boil.
2. Stir in egg noodles and cook according to package directions.
3. Meanwhile, beat the eggs and water together until blended.
4. Beat in the Parmesan cheese and pepper.
5. Stir the spinach into the broth and reheat to boiling.
6. Pour the egg mixture into the soup slowly while stirring constantly with a fork.
7. Cook 30 seconds.
8. Check the seasoning and add salt if desired.
9. Serve hot.

SAVOURY HAM NOODLE CASSEROLE

Makes: **Serves 12 as Side Dish, 8 as Main**

12oz Medium or Wide Egg Noodles

1 15oz low-fat ricotta cheese

1 cup low fat-fat sour cream

3/4 cup skim milk

1 cup cooked ham, finely chopped

1/3 cup grated Parmesan or Romano cheese

1 10oz package frozen peas, thawed

3 egg whites, lightly beaten or

- 3/4 cup egg substitute

2 tbsps fresh dill, chopped or

- or your favourite herb or

- 2 tsps dried herbs

1/4 tsp salt

1/4 tsp freshly ground black pepper

1. Heat oven to 350 F.
2. Prepare noodles according to package directions.
3. Meanwhile, combine ricotta cheese, sour cream, milk, Parmesan and ham in a large bowl; mix well.
4. Add peas, egg whites, dill or other herb, salt and pepper.
5. Drain noodles; rinse with cool water.
6. Add noodles to bowl; toss to coat with ricotta mixture.
7. Spread evenly into 9 x 13-inch glass baking dish coated with cooking spray.
8. Bake 40 to 45 minutes or until golden brown.
9. Let stand 5 minutes before serving.

HOISIN PORK - NOODLES

Makes: 6 Servings

12oz Medium Egg Noodles, uncooked
1 1/4 lbs pork tenderloin, trimmed of fat
2 tsp oriental sesame oil
4 cloves garlic, minced
2 tsp bottled ginger root or
- finely shredded fresh ginger root
1 red or yellow bell pepper, cut into short, thin strips
1 1/2 cups snow pea pods or sugar snap peas (fresh or frozen)
1/2 cup canned low-sodium chicken broth
1 tbsp cornstarch
1/2 cup hoisin sauce
1 tbsp low-sodium soy sauce
1/2 cup thinly sliced onions
1/4 cup chopped peanuts or cashews (optional)

1. Prepare noodles according to package directions.
2. Meanwhile, cut pork crosswise into 1/4-inch thick slices; cut slices in half.
3. Heat oil in a large deep nonstick skillet over medium-high heat until hot.
4. Add pork, garlic and ginger, stir-fry 3 minutes or until pork is no longer pink.
5. Transfer mixture to a bowl; set aside.
6. Add bell pepper and snow peas to skillet; stir-fry 1 minute.
7. Combine broth and cornstarch; mix well.
8. Add broth mixture, hoisin sauce and soy sauce to skillet; bring to boil, stirring constantly.
9. Add pork mixture; stir fry 1 minute or until pork is cooked through.
10. Drain noodles; transfer to 6 serving plates.
11. Spoon pork mixture over noodles; sprinkle with green onions.
12. Garnish with peanuts, if desired.

EGGPLANT NOODLE CASSEROLE

Makes: 4 Servings

8 oz Medium Egg Noodles, uncooked
1 eggplant, peeled and cut into 1/4-inch slices
½ cup egg substitute
¾ cup fine dry bread crumbs
1 16oz can low-sodium tomato sauce
½ tsp garlic powder
1/8 tsp pepper
½ tsp oregano
1/3 cup grated Parmesan cheese, divided
4oz part-skim mozzarella cheese, thinly sliced, divided

1. Prepare noodles according to package directions.
2. While noodles are cooking, dip each slice of eggplant into egg substitute, then into bread crumbs.
3. Coat each side well.
4. Spray a cookie sheet with vegetable cooking spray.
5. Place eggplant slices on cookie sheet and place under broiler for 3 to 4 minutes on each side, or until lightly browned.
6. Preheat oven to 375 F.
7. In a medium bowl, combine tomato sauce, garlic powder, pepper and oregano.
8. When noodles are done, drain well.
9. Spray a 2 quart baking dish with cooking spray.
10. Place a layer of eggplant in bottom of baking dish.
11. Layer half the noodles, followed by half the tomato mixture.
12. Sprinkle half the Parmesan cheese and half the mozzarella cheese on top.
13. Cover with foil and bake for 30 minutes.
14. Remove foil and continue baking 15 minutes, until cheese is melted and top is lightly browned.

TANGY PEAR 'N' PECAN NOODLE SALAD

Makes: 8 Servings

12 oz Medium or Wide Egg noodles, uncooked

½ cup fresh orange juice

4 tbsps balsamic vinegar

2 tbsps fresh lemon juice

1 garlic clove, minced

1 tbsp orange zest

1 tbsp vegetable or olive oil

salt and freshly ground pepper to taste

16oz spinach, stems removed and rinsed, cut into 1-inch crosswise strips

4 pears (red or green, or mixed), cored and sliced, leaving peel on

½ cup golden raisins

crumbles blue cheese

1/4 cup pecan pieces, toasted

½ red onion, thinly sliced

1. Prepare noodles according to package directions.
2. Drain and place in large bowl.
3. Whisk together orange juice, balsamic vinegar, lemon juice, garlic, orange zest, oil, salt and pepper to taste in small bowl.
4. In a large saute pan, heat 2 tbsps of dressing over medium heat.
5. Saute spinach in 2 to 3 batches until slightly wilted.
6. In a large bowl, combine cooked noodles, pears, raisins, half of cheese, half of pecans, wilted greens and red onion.
7. Add remaining dressing and toss to combine.
8. Sprinkle top with remaining cheese and pecans.
9. Serve immediately.

BLACKENED CHICKEN SALAD

Makes: 8 Serves

1 lb Radiatore, Medium Shells or other medium pasta shape, uncooked

1 lb boneless, skinless chicken breasts

1-2 tbsp spicy Creole seasoning

1 tsp vegetable oil

1 ½ cups fat-free mayonnaise

3 tbsp fresh parsley, minced

2 tbsp fresh chives, chopped

2 tbsp lemon juice

2 tbsp Dijon mustard

2 tsp capers, drained (optional)

1 tsp anchovy paste (optional)

1 cup chopped tomatoes

½ cup sliced green onions

½ cup chopped green pepper

1. Prepare pasta according to package directions.
2. Drain and rinse under cold water; drain again.
3. Rub chicken with Creole seasoning.
4. Coat a large, heavy skillet with cooking spray.
5. Add oil and place over medium-high heat until hot.
6. Add chicken from skillet, and let cool.
7. Cut chicken into ½-inch pieces and set aside.
8. Combine mayonnaise, parsley, chives, lemon juice, mustard, capers and anchovy paste; mix well.
9. In a large bowl, combine pasta, chicken, mayonnaise mixture, tomatoes, onions, and pepper.
10. Cover and chill thoroughly.

CRUNCHY SWEET AND SOUR FETTUCCHINE SALAD

Makes: 4 Servings

5 cups Honey-Mustard Chicken with Fettuccine

1 1-inch piece ginger, peeled and minced or 1 tbsp dried ginger

1 cup diced celery

1 medium cucumber, peeled, chopped and seeded

2 medium apples, cored and chopped

1. Toss all ingredients together and serve.

DIJON-BLACKENED CHICKEN SALAD

Makes: 6 Servings

4 skinless, boneless chicken halves (4 oz each)

4 tbsp Dijon Mustard

3/4 cup oat bran

1/4 cup Parmesan cheese, grated

1 tsp dried thyme

Non-stick cooking spray

Salad:

4 cups Medium Shells, uncooked

4 cups salad greens, torn

1 red bell pepper, cut into chunks

1 green bell pepper, cut into chunks

1 cup canned corn, drained

½ cup red onions, sliced

Dressing:

1/4 cup frozen apple juice concentrate, thawed

2 tbsp balsamic vinegar

2 tbsp Dijon mustard

4 tsp fresh apple, grated

1/4 cup cilantro, chopped

1 tsp sugar

1/4 tsp cayenne pepper

1. Cook pasta according to package directions; drain and rinse under cold water; drain again and set aside.
2. When pasta is cool, toss with other salad ingredients in large bowl and set aside.
3. Set oven to broil.
4. Pound chicken between wax paper sheets until 1/4-inch thick.
5. Spread mustard evenly over chicken.
6. Combine oat bran, cheese and thyme.
7. Lightly coat chicken with oat bran mixture.
8. Spray bottom of roasting pan with cooking spray.
9. Place coated chicken in roasting pan and cook approximately 5 inches below broiler for about 3 minutes on each side or until meat turns white.
10. Cut chicken breasts into strips and set aside.
11. Blend dressing ingredients together at high speed in food processor or blender.
12. Toss pasta salad with dressing, top with chicken strips and serve.

RIGATONI TURKEY SALAD

Makes: 4 servings

8 oz Rigatoni, Elbow Macaroni or other medium pasta shape, uncooked

1 ½ cups cooked turkey, cubed

1/4 cup onion, chopped

1 cup carrots, thinly sliced

1 cup frozen peas, thawed

2 tbsp vegetable oil

2 tbsp cider vinegar

1/4 tsp thyme

1/4 tsp salt

1/4 tsp pepper

1. Prepare pasta according to package directions. Drain and rinse under cold water. Drain well.
2. Combine turkey and vegetables in a large bowl.
3. Add pasta.
4. Combine oil, vinegar and seasonings in a jar.
5. Shake until well blended.
6. Pour over pasta and stir well.
7. Cover and chill until ready to serve.

PASTA AND BEEF SALAD

Makes: 8 Servings

1 lb Ozro, Small Shells or other pasta shape, uncooked

2 cups roast beef from the deli, cubed

3 medium ripe tomatoes, chopped

1 cup zucchini, chopped

1 cup fresh parsley, chopped

½ cup green onion, freshly chopped

2 tbsps fresh mint, minced

3 cloves garlic, minced

½ cup lemon juice

2 tbsps olive or vegetable oil

1 tsp black pepper

salt to taste

1. Prepare pasta according to package directions.
2. Drain and rinse under cold water; drain again.
3. In a large mixing bowl, combine pasta, beef, tomatoes, zucchini, parsley, onion and mint.
4. In a small mixing bowl, combine remaining ingredients; whisk well.
5. Toss dressing with pasta mixture.
6. Salt to taste.
7. Serve immediately or refrigerate until ready to serve.

PASTA CHOPPED SALAD

Makes: 6 to 8 Servings

1 lb Ditalini, Ozro or other small pasta shape, uncooked

4 oz cooked turkey ham, diced into 1/4-inch cubes

½ cup Swiss cheese, diced into 1/4-inch cubes

3 stalks celery, chopped

3 scallions, sliced

½ cup red onion, diced

1/4 cup black olives, diced

salt and fresh ground pepper to taste

1/4 cup Dijon Mustard

2 tbsp vegetable oil

1/4 cup white wine vinegar

1. Prepare pasta according to package directions; drain, rinse with cold water and drain again.
2. Place the pasta, turkey ham, cheese, celery, scallions, onion and olives in a mixing bowl.
3. Season with salt and freshly ground pepper to taste.
4. In a small bowl, mix the mustard, vegetable oil and vinegar until combined.
5. Add to the pasta and toss.
6. Refrigerate for 2 hours and serve chilled.

PASTA TACO SALAD

Makes: 4 Servings

8oz Wagon Wheels, Medium Shells or other medium pasta shape, uncooked

8oz ground turkey

1 tsp chili powder

2 cups shredded Romaine lettuce

½ cup avocado, diced

½ cup non-fat plain yogurt

Tortilla chips, optional

1 recipe for Salsa Cruda

1. Prepare pasta according to package directions.
2. While pasta is cooking, prepare the salsa cruda.
3. When the pasta is done, drain well and rinse under cold water until completely cool.
4. Crumble turkey into a large skillet. Add chili powder.
5. Place the skillet over medium heat and cook, stirring frequently, until the turkey is cooked through and crumbled into small bits. Drain in colander.
6. Drain the salsa well.
7. In a straight-sided, 2 quart casserole dish, layer the pasta , then the lettuce, then the turkey and the avocado, then the salsa, reserving about 1/4 cup of the salsa for the top.
8. Spread the non-fat yogurt in an even layer over the top and pour the remaining salsa over the yogurt.
9. Cover the bowl tightly and refrigerate 2 to 4 hours.
10. Bring to room temperature 30 minutes before serving.
11. Garnish with tortilla chips, if desired.

ORANGE PASTA SALAD

Makes: 8 Servings

1 lb Medium Shells, Elbow Macaroni or other medium pasta shape, uncooked
3 cups boneless, skinless chicken breasts, cooked and cooled
1 1/4 cups red or white seedless grapes, cut in half
1 large cucumber, peeled, seeded and cut into chunks
6 scallions, sliced
3 cups navel oranges, peeled and sectioned with a knife
1 head of lettuce

Light Orange Vinaigrette:

1/4 cup vegetable oil
1/4 cup white wine vinegar
3/4 cup orange juice concentrate
1 tsp salt
1/2 tsp pepper

1. Prepare pasta according to package directions; drain.
2. Cut the chicken into 1-inch cubes.
3. In a large mixing bowl, stir together the pasta, chicken, grapes, cucumber, scallions and half the orange sections.
4. In a small mixing bowl, whisk together all the ingredients.
5. Pour the vinaigrette into the pasta mixture and toss the salad gently.
6. On a large platter, arrange the lettuce leaves.
7. Mound the salad on top of the lettuce and garnish with remaining orange slices.

LAYERED PICNIC PASTA SALAD

Makes: 6 Servings

12oz Bow Ties or other medium pasta shape

½ cup vinaigrette salad dressing

1 cup frozen green peas, thawed

3 plum tomatoes, sliced

1 cup fresh mushrooms, sliced

2oz prosciutto, thinly sliced

2 tbsps fresh basil, chopped

3 tbsps Parmesan cheese, freshly grated

1. Cook pasta according to package directions, drain.
2. Return to cooking pan and toss with 2 tbsp vinaigrette dressing.
3. Transfer half the pasta to a clear glass bowl.
4. Layer peas, tomatoes, mushrooms, and prosciutto on pasta.
5. Top with remaining pasta.
6. Sprinkle with basil and pour remaining dressing evenly over salad.
7. Sprinkle with Parmesan cheese.
8. Serve at once or cover and chill until ready to serve.
9. Toss right before serving to evenly coat dressing.

ZESTY RADIATORE SALAD

Makes: 6 to 8 Servings

1 lb Wide Egg Noodles
5 ripe plum tomatoes, sliced
1 cup jumbo black olives, sliced
3 ½oz Pepperoni, sliced
1/4 cup Parmesan cheese, grated
3 tbsps fresh lemon juice
½ cup vegetable oil
1/4 cup fresh basil, chopped
salt and pepper to taste

1. Prepare pasta according to package directions; drain and cool.
2. Toss pasta with tomatoes, olives, pepperoni, and parmesan cheese.
3. In a separate mixing bowl, blend together lemon juice, vegetable oil, basil, salt and pepper.
4. Toss dressing with pasta mixture and serve.

SEAFOOD PASTA SALAD

Makes: 8 Servings

1 lb Medium Shells, Elbow Macaroni or other medium pasta shape, uncooked

2 6 1/8oz cans white albacore tuna, packed in water, drained

1 10oz package frozen peas, thawed

2 cups snowpeas, trimmed and blanched in boiling water for 30 seconds, or

- 1 10oz package frozen snowpeas, thawed

3 stalks celery, halved lengthwise and sliced

1 8oz can water chestnuts, drained and chopped

1 tbsp seafood seasoning

½ cup 1%-fat buttermilk

1/4 cup non-fat or low-fat sour cream

1/4 cup reduced-calorie mayonnaise

1/4 cup lime juice

1-4 drops hot sauce

salt and pepper to taste

1. Cook pasta according to package directions; drain.
2. In a large mixing bowl, combine the pasta, tuna, peas, snowpeas, celery and water chestnuts.
3. In a small mixing bowl, mix together the remaining ingredients.
4. Mix dressing with pasta mixture and stir to combine.
5. Serve chilled.

COOL RADIATORE MELON SALAD

Makes: 6 Servings

1 lb Radiatore, Medium Shells or other medium pasta shape, uncooked

1/3 medium honeydew, cut into ½ -inch chunks

½ medium cantaloupe, cut into ½ -inch chunks

1 medium cucumber, peeled, seeded and cut into ½-inch chunks

½ cup limeade concentrate

2 tbsps vegetable oil

1 tsp chili powder

1 tsp salt

1. Prepare pasta according to package directions.
2. While pasta is cooking, toss the honeydew, cantaloupe and cucumber together in a large bowl.
3. In a small bowl, whisk together the limeade concentrate, oil, chili powder and salt.
4. Add the dressing to the fruit mixture.
5. When pasta is done, drain and rinse under cold water; drain again.
6. Toss pasta with fruit and dressing and serve.

Note: This salad is also great with the addition of 2 cups diced cooked chicken.

PARMESAN RICE AND PASTA PILAF

Makes: 6 Servings

2 tbsp olive oil

½ cup vermicelli, finely broken, uncooked

2 tbsp onions, diced

1 cup long-grain white rice, uncooked

1 1/4 cups chicken stock

1 1/4 cups hot water

1/4 tsp white pepper, ground

1 bay leaf

2 tbsp parmesan cheese, grated

1. In a large skillet, heat oil. Saute vermicelli and onion until golden brown, about 2 to 4 minutes over medium-high heat. Drain off oil.
2. Add rice, stock, water, pepper and bay leaf. Cover and simmer 15-20 minutes.
3. Fluff with fork. Cover and let stand 5-20 minutes.
4. Remove bay leaf. Sprinkle with cheese and serve immediately.

WILD RICE WALDORF SALAD

Makes: 6 servings

2/3 cup wild rice
2 ½ cups hot water
1 cup brown rice – preferably long grain
1 large tart apples – Crispin or G. Smith
3 tbsp fresh lemon juice
1 bell pepper, seeded and diced – any colour
1 cup celery, diced
½ cup red onions, minced
½ cup currants or raisins
1/4 cup toasted almonds or slivered almonds or walnuts, chopped

Dressing:

½ cup orange juice
1 tbsp pure maple syrup or honey
1 tsp ground coriander
½ tsp ground cardamom
1 tbsp canola oil

1. In a saucepan with a tight fitting lid, soak the wild rice in a 1 cup of the hot water for 30 minutes.
2. Add the remaining 1 ½ cups of water, bring to boil, then lower to a simmer, cover and cook for about 45 minutes, until the rice is tender.
3. When the rice has cooked for about 30 minutes, dice the apple and toss with the lemon juice in a large bowl. Add the peppers, celery red onions currants or raisins, and almonds or walnuts and set aside.
4. Whisk together all of the dressing ingredients.
5. Add the cooked rice and the dressing to the bowl and toss well to combine.

YOGURT RICE

1 cup long-grain rice
2 cups water
1 tsp brown mustard seeds
2 tsp mung dal nonstick cooking spray
½ tsp oil
1 serrano chili, minced
1 tbsp gingerroot, minced
1/4 cucumbers, peel, seed and mince
2 cups plain nonfat yogurt
½ cup nonfat milk
1 tsp salt
1/4 cup cilantro, minced

1. Bring water to boil in saucepan and add rice. Return to boil, then reduce heat, cover and simmer until tender and water is absorbed, 20 to 25 minutes.
2. While rice is cooking, toast mustard seeds and dal in skillet sprayed with nonstick cooking spray and oil until mustard seeds begin to pop, 2 to 3 minutes.
3. Fluff rice with fork and stir in mustard seeds, dal, chilli, ginger and cucumber.
4. Combine yogurt, milk and salt. Lightly stir into rice with fork.
5. Sprinkle with cilantro.

COUNTRY RICE

Makes: 4 servings

1/3 cup chicken stock, made without salt or fat

1/3 cup green onions, chopped

1 pinch black pepper, freshly ground

1/3 cup white rice, uncooked

1. Bring the stock to a boil with the green onion and pepper.
2. Add the rice; turn to a simmer and cover; cook for 20 minutes.
3. NOTE: If you want drier rice, remove the cover at 20 minutes and heat just a minute or so longer.
4. VARIATIONS: Rice made with fish stock can be served with fish, beef-stock rich in beef.
5. If you begin adding more vegetables, you will end up with a jambalaya instead of a side course of Country Rice.

SURPRISE RICE

Makes: 8 servings or 8 cups

3 cups rice

1 cup milk

1lb sausages

1 small onions

1 sweet pepper margarine

1. Remove the seeds from the pepper, chop and parboil.
2. Add pepper and onion, chopped fine, to the rice.
3. Mix thoroughly and put a layer in a buttered baking dish.
4. Add a layer of the sausages which have been partially cooked, and cover
5. Pour milk over it all and dot with butter.
6. Cover and bake for one-half hour.
7. Remove the cover and bake for another half hour.
8. Temperature: 350 F Time: 1 hour

15 MINUTE RED BEAN AND RICE

½ cup green peppers, chopped

1 (15 ½-ounce) can kidney beans, drained

½ cup onions, chopped

2 chicken bouillion cubes oil

½ tsp hot pepper sauce

2 cups water

2 cups MINUTE White Rice, uncooked – quick

cook rice

1. Cook and stir green pepper and onion in oil in large skillet on medium heat.
2. Stir in water, beans, bouillion and pepper sauce. Bring to boil.
3. Stir in rice; cover.
4. Remove from heat. Let stand 5 minutes.

SALSA CRUDA

Makes: 4 Servings

2 large tomatoes, cored and diced in 1/4" pieces

1/4 cup finely diced red onion

2 tbsp fresh cilantro, finely chopped

1 to 2 jalapeno peppers, cored and chopped (leave the seeds in for extra spice; scrape them out for a milder salsa)

1 small clove garlic, finely chopped

½ tsp salt to taste

1. Toss all ingredients in a small bowl and let stand at least ½ hour before using.
2. The salsa can be made and refrigerated up to a day in advance.
3. Drain off excess liquid and season to taste with salt before serving.

BEEF STEW

Makes: 8 to 10 Servings

1 ½ cups Acine de Pepe, Ditalini or other small pasta shape, uncooked
2 tbsps vegetable oil
1 lb lean beef stew meat, cut into 1-inch chunks
¾ cup chopped onion
9 cups hot water
3 tbsps beef-flavour instant bouillon
1 large bay leaf
1 tsp basil leaves
1/8 tsp pepper
1 ½ cups carrots, sliced
1 ½ cups celery, sliced
1 14.5oz can stewed tomatoes

1. In a large saucepan or Dutch oven, heat oil.
2. Coat beef with flour.
3. Add beef cubes and onion; cook until beef is browned.
4. Add water, bouillon, bay leaf, basil and pepper.
5. Bring to boil.
6. Reduce heat; simmer, covered, until meat is tender, about 1-1/2 hours.
7. Add carrots, celery and tomatoes.
8. Cook 15 minutes longer.
9. Remove bay leaf.
10. Stir in pasta.
11. Cook until pasta is tender, 10 to 15 minutes, stirring occasionally.

PIZZA DOUGH

Makes: 2 Pizza Crusts

1 envelope dry yeast

1/4 teaspoon sugar

3/4 cup lukewarm water

75 - 80 degrees F. (IMPORTANT! Too hot and you'll kill the yeast)

1. Stir yeast and sugar in water, let sit for 8 minutes or longer.
2. It should become slightly foamy with a "yeast" odour.
3. If the yeast doesn't activate after 6, then the yeast was bad or water was the wrong temperature. Start over with fresh yeast.

1 3/4 cups unbleached all-purpose flour or bread flour

1/2 teaspoon salt

4. In a bowl mix the flour and salt.
5. Add the yeast mixture.
6. If using food processor, continue running until dough forms a ball, 10 - 20 seconds.
7. By hand, just jump in and mix away. If you've never done dough before, it gets a little sticky.
8. If the dough is a little dry (ie: flour left on sides of bowl and you absolutely can't get it mixed) add 1/2 teaspoon water and try until you get it. If measured right, you shouldn't need any additional water.
9. Knead dough on a floured surface for a minimum of 5 minutes.
10. If dough is a little sticky, dust your finger and counter with flour, but as little as possible.
11. Roll out by hand for an 11" pizza.
12. Add all your favourite pizza toppings.
13. Bake at 475 F in pre-heated oven for 8 - 12 minutes. The edges will turn nice golden brown when done.

BEAN AND VEGETABLE SOUP

MAKES: 6 SERVINGS

10 oz (300g) dried black-eyed beans
4 fl oz (125ml) olive oil
4 carrots, finely chopped
3 celery sticks, finely chopped
3 and half pints (2 litres) beef stock
sea salt and ground pepper
1 onion, finely chopped
2 cloves garlic, crushed
2 tbsps thyme
1 tbsp tomato puree
3 tbsps water
3 tomatoes
1 tsp parsley, finely chopped

1. Put the beans in a bowl and cover with water, soak for 4 hours or overnight.
2. Skin tomatoes and dice, reserve any juices.
3. Drain beans and place in saucepan, cover with cold water.
4. Heat, bring to the boil, drain, rinse under a running tap, set aside.
5. Add 3 fl.oz of olive oil to rinsed saucepan, add onion, carrots and celery.
6. Fry over a low heat for 24 minutes until golden.
7. Add the garlic, thyme, parsley and beans, cover with water.
8. Bring to boil and simmer for 1 hour, until beans are tender.
9. While mixture is simmering, sprinkle the tomatoes with salt and set aside for 15 minutes.
10. Add the 3 tbsps of water to puree and mix to a paste, add to pan.
11. Add in salt, pepper, olive oil and tomatoes, simmer for 5 minutes extra.
12. Serve hot.

TUNA MELTS

MAKES: 6 SERVINGS

1 can of solid white tuna, drained

1/3 cup mayonnaise

1 ½ tbsps onion, chopped

½ tbsps mustard

1 green onion, chopped

1/3 cup can mushrooms, chopped

salt

pepper

1 tbsps parsley, chopped

1 tbsps olive oil

3 slices of your favourite cheese,

2 plum tomatoes, chopped

3 English muffins, split and toasted

6 slices of your favourite cheese, extra

1. In a medium bowl, combine tuna, mayonnaise, mustard, onion, green onion, mushrooms, salt, pepper, parsley tomatoes, cheese and parsley: mix well.
2. Spread a 1/3 cup of the tuna mixture on each muffin half.
3. Top with extra cheese slices.
4. Broil for 4 to 5 minutes or until cheese melts.
5. Serve.

DONAIR MEAT

3 pounds lean hamburger
3/4 cup bread crumbs
2 tsp pepper
1-2 tsp cayenne red pepper (depending on your taste)
1½ tsps oregano
3 tsps paprika
2 tsps onion powder
1 tsp garlic powder
½ tsp salt

1. Combine all ingredients in a large bowl.
2. Knead for 20 minutes.
3. Shape into two lightly formed loaves.
4. Bake on broiler pan for 2 to 2 ½ hours at 300 degrees Fahrenheit.
5. Cool loaves and slice thinly.
6. Meat can be frozen for future use.

DONAIR SAUCE

2/3 cup canned milk
2/3 cup sugar
2 tsps white vinegar
½ tsp garlic powder

1. Stir canned milk, sugar and garlic powder until sugar is dissolved.
2. Slowly add vinegar and continue mixing.
3. Let sauce sit for at least one hour in refrigerator before using.

Preparation

1. Heat donair meat in a frying pan.
2. Dip a pita bread in water and fry in frying pan to soften.
3. Place a small amount of sauce on bread.
4. Top with meat, chopped onions and tomatoes and finish and finish off with sauce. Roll up or serve open on plate.

KING DONAIR

Donair Meat:

3 lbs lean hamburger
3/4 cup bread crumbs
2 tsps pepper
1-2 tsps cayenne red pepper
1 ½ tsps oregano
3 tsps paprika
2 tsps onion powder
1 tsp garlic powder
½ tsp salt

1. Combine all ingredients in a large bowl.
2. Knead for 20 minutes.
3. Shape into two tightly formed loaves.
4. Bake on broiler pan for 2 ½ hours at 300 degrees F.
5. Let cool and slice into slabs.

Donair Sauce:

2/3 cups evaporated canned milk
2/3 cups sugar
2 tbsps white vinegar
½ tsp garlic powder
Corn starch (optional)

1. Stir canned milk, sugar and garlic powder until sugar is dissolved.
2. Add vinegar and continue mixing. The quicker you add vinegar the thicker the sauce will be.
3. Refrigerate 1 hour before using.

Note: If sauce is not thick enough try adding a teaspoon of cornstarch and boiling it in a pot for a few minutes.

Preparation:

1. Heat Donair meat in a frying pan.
2. Dip pita bread in water and fry in frying pan to soften.
3. Place a generous amount of sauce on bread.
4. Top with meat, chopped onions, tomatoes and sauce.

DONAIR

Donair Meat:

2 ½ lbs ground beef
1 tsp cayenne pepper
3 tsps oregano
½ cup fine cracker crumbs
2 cloves garlic, crushed
2 tsps Italian dressing
½ tsp basil
1 ½ tsp dry mustard
½ tsp cumin
1 tsp soya sauce
1 tsp Worcestershire sauce

1. You may adjust the spices to taste. Add more cayenne for spicier meat.
2. Mix all spices and cracker crumbs in a bowl or bag.
3. Add to meat and onion.
4. Mix well (knead) and shape into loaf pan.
5. Bake at 300 F for 1 ½ hours.
6. Cool and slice thinly.

Donair Sauce:

2/3 cup evaporated milk
2/3 cup white sugar
1/4 cup vinegar
corn starch

1. Mix 1/4 cup vinegar and corn starch.
2. Add to milk and sugar.
3. Heat until thick.

PASTA VEGETABLE SOUP WITH CROUTONS

Makes: 5 to 6 Serves

8 oz Small shells, ozro or other small pasta shape, uncooked

6 cups low-sodium chicken broth

4 cups water

4 medium carrots, peeled and diced (about 1 ½ cups)

2 ribs celery, diced (about 1 cup)

1 onion, peeled and diced

½ cup croutons

½ cup fresh parsley, chopped

½ tsp ground black pepper

salt to taste

½ cup Parmesan cheese

1. Combine chicken broth, water, carrots and onions in a 45 quart heavy pot.
2. Heat to boiling, reduce heat to simmer and cover pot. Simmer 15 minutes.
3. Stir pasta into chicken broth mixture.
4. Increase heat to boiling. Cook 5 minutes, stirring often.
5. Stir in parsley, pepper and salt to taste.
6. Continue boiling until pasta is al dente, tender but firm to the bite, about 8 minutes.
7. Ladle some pasta and broth into each serving bowl.
8. Sprinkle croutons and parmesan cheese over each serving.

CHICKEN AND STARS SOUP WITH PEAS

Makes: 6 Servings

1 ½ cups Stellini, Alphabets or other small pasta shape, uncooked
1 tbsp butter or margarine
3 medium carrots, finely diced
2 celery stalks, finely diced
6 cups low-sodium chicken broth, skimmed of fat
1 ½ cups diced cooked chicken
½ cup frozen peas, thawed
salt to taste

1. Prepare pasta according to package directions, drain and set aside.
2. Melt the butter or margarine in a medium saucepan.
3. Add carrots and celery.
4. Saute vegetables over medium heat until soft, about 7 to 10 minutes.
5. Stir in chicken broth, diced chicken, pasta and peas.
6. Bring the soup to a boil, season to taste with salt and serve.

ACORN SQUASH 'N' PASTA SOUP

Makes: 4 to 6 Servings

8oz Acine di Pepe, Ditalini or Small Shells, uncooked

2 medium acorn squash (about 1 ½ lbs each), split, peeled, seeded and quartered

2 tbsps margarine

1 large onion, chopped

¾ tsp ground mace or nutmeg

½ tsp ground ginger

½ tsp cinnamon

1 cup carrot, grated

1 ½ tsp brown sugar

1 13 ¼ oz can low-sodium chicken broth (about 6 cups)

Topping:

1 cup non-fat sour cream

1 tbsp sugar

1. Cook squash in one inch of water in covered saucepan for 15 minutes, or until tender.
2. Cool. Scrape out pulp and put back in pot.
3. Add margarine, onion, carrots, sugar, mace, ginger and cinnamon.
4. Cover and simmer gently for 10 minutes, stirring occasionally.
5. Cook until vegetables are tender.
6. Add 3 cups of the broth and puree all in a blender or food processor.
7. Return to the pot and add remaining 3 cups of broth, bring to a boil and add pasta.
8. Cook, stirring occasionally, for 10 minutes, or until pasta is done.
9. Before serving, blend sour cream and sugar in a separate bowl.
10. Put dollop on top of each bowl of soup.
11. Serve hot.

***NOTE:** If soup is too thick, thin with additional chicken broth.

FIESTA PASTA SOUP

Makes: 6 Servings

6oz Vermicelli, broken into 1-inch pieces
2 14 ½ oz cans chicken broth
1 14 ½ oz can roasted garlic seasoned chicken broth
2 cups water
1 10oz can diced tomatoes and green chillies, undrained
2 tbsp fresh cilantro, minced
1 tsp chili powder
½ tsp cumin
½ lb smoked sausage
1 14 ½ oz can Mexi-corn, drained
1 14 ½ oz can black beans, rinsed and drained
1 tbsp lime juice

1. Combine broths, water, tomatoes, cilantro, chili powder and cumin in a Dutch oven; bring to boil.
2. Cover, reduce heat and simmer 10 minutes.
3. Cut the sausage in half lengthwise then thinly slice.
4. Add meat, pasta, pasta, corn and black beans to broth; cover and simmer 10-12 minutes or until pasta is cooked.
5. Stir in lime juice.
6. Ladle into bowls. Garnish each serving with minced fresh cilantro, thinly sliced avocado and grated cheddar or Monterrey Jack cheese.

SUMMER PASTA SOUP WITH HERBED CUCUMBER

Makes: 8 Servings

4oz of any small pasta shape, such as Acine di Pepe, Ozro, Ditalini or Alphabets, uncooked
3 medium cucumbers, peeled, seeded and cut into chunks
2 cups low-sodium chicken broth
2 cups plain low-fat yogurt or light sour cream
2 garlic cloves, minced
2 tbsps minced dill
2 tbsps snipped chives
2 tbsps minced flat-leaf parsley
2 tbsps minced mint
salt and white pepper to taste

Garnish:

Cucumber, thinly sliced

Herb Sprigs

Snipped chives

1. Prepare pasta according to package directions.
2. Drain and set aside in large bowl.
3. Process cucumber chunks in a food processor or blender until smooth.
4. Add remaining ingredients and pulse until well blended.
5. Stir in pasta. Serve soup well chilled with any of the above garnishes.

PASTA CHOWDER

Makes: 6 Servings

2 cups Small Shells, Ditalini or Stars, uncooked

3 tbsps margarine

1 small onion, chopped

1 clove garlic, minced

4 cups milk

2 tbsps fresh parsley, chopped

1 ½ cups shredded Parmesan cheese

2 (6 ½ oz) cans minced clams, undrained

salt and pepper to taste

1. Prepare pasta according to package directions; drain.
2. In a large saucepan or Dutch oven, melt margarine.
3. Add onion and garlic.
4. Cook until tender.
5. Stir in remaining ingredients, except pasta.
6. Cook over medium heat, stirring constantly, until soup is hot and cheese melts.
7. So not boil.
8. Stir in pasta.
9. Heat through.

GREEK CASSEROLED OCTOPUS

Makes: 6 servings

3 lb Octopus

1/4 cup Vinegar or lemon juice

2 cup mushrooms, sliced

2 garlic cloves, crushed

1 tsp oregano, dried

1/4 cup rice

½ cup olive oil

1/4 cup dry red wine

1 cup onions, chopped

1 tsp parsley, dried

2 bay leaves

1. Clean, cut up and tenderize octopus.
2. Place in casserole with the rest of the ingredients except the rice and simmer covered for 3 ½ hours.
3. Add water if necessary.
4. 30 minutes before serving add rice.
5. When serving, remember to remove bay leaves.

KARIDOPITA (WALNUT CAKE)

6 eggs
2½ cup Bisquick
½ tsp cinnamon
1 tsp cinnamon
1 tsp salt
½ tsp ground cloves
¾ tsp baking powder
2 cup sugar
2½ cup chopped walnuts
1½ cup milk
1½ tbsp vegetable oil
¾ cup sugar
½ cup water
2" strip orange peel
2" strip lemon peel
½ cinnamon stick
¼ cup honey
½ lemon; juiced
¼ cup walnuts
1 tsp ground cinnamon

1. In large bowl place eggs, Bisquick, ½ tsp cinnamon, salt, cloves, baking powder, sugar, chopped walnuts, milk and oil.
2. Blend them together with an electric mixer for 5 minutes. Turn the mixer on high and beat for 15 seconds.
3. Preheat the oven to 375 F.
4. Pour the batter into a baking pan that is 10 x 14 inches, and 2 ½ inches deep.
5. Bake the cake for 45 minutes, or until a toothpick inserted comes out clean.
6. Remove the cake and let it sit for 2 hours.
7. In a medium saucepan place the ¾ cup of sugar, water, orange peel, lemon peel, and cinnamon stick.
8. Bring the ingredients to a boil and then simmer them for 5 minutes.
9. Add the honey and bring the mixture to a boil.
10. Remove the pan from the heat and add the lemon juice.
11. Stir the ingredients together and let the syrup cool.
12. Remove the orange and lemon peels, and the cinnamon stick.
13. Spread the syrup over the cake.
14. Sprinkle on the ¼ cup of walnuts and the ground cinnamon.

SPANAKORIZO

(SPINACH AND RICE)

Makes: 4 servings

½ cup olive oil

1 bunch Parsley, chopped

1 large yellow onion, finely chopped

1 tbsp Garlic, finely chopped

3 cups water

2 tbsp tomato paste

1 cup tomatoes, chopped

1/8 tsp salt

1/8 tsp pepper

2 bunches spinach, stems removed, - chopped

1 cup white rice, uncooked

1. In a large saucepan place the oil and heat it on medium high until it is hot.
2. Add the parsley, onions, and garlic.
3. Saute the ingredients for 3 to 4 minutes, or until the onions are translucent.
4. Add the water and bring it to a boil.
5. Add the tomato paste, tomatoes, salt and pepper.
6. Mix the ingredients together thoroughly so that everything is well combined.
7. Add the spinach and rice.
8. Simmer the ingredients for 30 minutes on low heat, or until the rice is done.

RICE PUFFS

Makes: 1 servings

2 cups short grain rice

salad oil

water

salt

1. Put rice in a 3 quart pan.
2. Wash with water until water runs clear. Drain.
3. Add 2 cups of water, bring to a boil.
4. Cover and simmer on low heat about 25 minutes.
5. Turn out rice on a slightly greased cookie sheet.
6. Pack rice in an even layer about 1/4 inch thick.
7. Bake uncovered at 275 degrees about 2 hours - until thoroughly dry.
8. Cool. Break into bite-size pieces.
9. In a 3 quart pan, pour 1 inch of oil and heat to 375 degrees.
10. Fry rice pieces until fluffy and golden (about 1 minute).
11. Drain and salt to taste.

KOTOPOULO GIOUVETSI

Makes: 4 servings

1 medium Roasting chicken (3 - 4 lbs)
3 tbsp olive oil
salt
freshly ground pepper
1 ½ cups Ozro
3 mediums Onions, coarsely chopped
2 garlic cloves, minced
2 large bell peppers, cored, seeded, finely chopped
1 cup plum tomatoes, peeled, chopped
½ tsp ground cummin
1/3 cup brandy
4 cup water
Grated Parmesan Cheese

1. Wash chicken and rub outside and inside 1 tbsp olive oil.
2. Season skin with salt and pepper.
3. Place chicken in a medium-to-large baking pan, preferably glass or clay, and spread ozro evenly around chicken.
4. Add remaining oil and other ingredients except cheese and toss in pan to combine.
5. Place pan, uncovered, in hot oven and reduce heat to 350F.
6. Bake for 1 ½ hours, basting chicken every 10 to 15 minutes with pan juices, until chicken is tender and ozro is cooked, adding more water, if necessary, during baking if ozro seems too dry.
7. Sprinkle with grated cheese before serving.

GOLDEN FRIED ARTICHOKEs

Makes: 6 servings

12 Artichokes small, tender

2 lemons, juice and rinds

1 cup flour

2 eggs

2 egg yolks

salt

1 lemon, cut lengthwise into 6 wedges

1. Cut artichokes in half lengthwise and cut each half into 3 wedges, keep them in acidulated (lemon water) for no longer than 15 minutes.
2. Drain and pat dry with paper towels.
3. Dredge with flour and shake to remove excess.
4. Beat the egg yolks together.
5. Heat the oil in a small frying pan.
6. Dip artichokes in beaten egg and fry, a few at a time, in moderately hot oil until lightly browned on all sides.
7. Sprinkle with salt, garnish with lemon wedges and serve immediately.

GUACOMOLE

Makes: 1 serving

1 ripe avocado
1/4 cup onion, grated
2 tsp lime juice
1 tomato, finely chopped
salt
pepper

Garnish - 1 cup tomato, chopped

1. Mash the avocado.
2. Mix in the onion, lime juice, chopped tomato, salt, and pepper.
3. Use 1 cup chopped tomato for garnish.

HOME STYLE ZUCCHINI AND TOMATOES

Makes: 4 servings

2 tbsp oil

1 medium clove garlic, finely chopped

4 ½ cup zucchini, thinly sliced

14 ½ oz (1 can) tomatoes

1 envelope onion soup mix

1 1/4 tsp basil leaves

1. In a large skillet, heat oil and cook garlic with zucchini over medium-high heat for 3 minutes.
2. Stir in tomatoes, then golden onion recipe soup mix.
3. Thoroughly blend with reserved liquid and basil.
4. Bring to a boil, then simmer, stirring occasionally.
5. Cook 10 minutes or until zucchini is tender and sauce is slightly thickened.

LEMON PEPPER POTATOES

Makes: 4 servings

1 lb small red potatoes, about 7, chopped into 1 inch cubes

1½ oz envelope butter flavour mix

1 tbsp snipped fresh chives or finely chopped green onion

½ tsp lemon-pepper seasoning

1/4 cup water

1. In an 11 x 7 x 1 -1/2 baking pan. Combine the butter flavour mix, chives, and lemon pepper seasoning.
2. Add remaining ingredients.
3. Bake uncovered, in 375-degree oven for 45 to 50 minutes or til potatoes are cooked and starting to brown. Stir as required to prevent burning.

MARINARA SAUCE

Makes: 3 servings

1/4 cup extra virgin olive oil

2½ lb tomatoes, peeled, seeded and finely chopped

2 small garlic cloves, minced

2 tbsp fresh basil, finely chopped

1/4 tsp salt

½ tsp pepper

1. Place garlic and oil in saucepan. Braise garlic until golden brown, stirring occasionally.
2. Add tomatoes and season with salt and pepper.
3. Cook until thickened, 25 to 30 minutes.
4. Before serving, stir in basil.
5. Serve with pasta dishes or fried foods.

OCTOPUS WITH GARLIC

Makes: 6 servings

5 cloves garlic, crushed

2 octopus, each about 1¼ pounds

1 bay leaf

1 small green pepper

½ tsp cumin seeds

1/4 cup olive oil

salt

chopped parsley (optional)

1. Cut out eyes, mouth and remove ink sack and bone. Slice off points in the tentacles. With tenderizing hammer, tenderize octopus on cutting board.
2. Wash octopus until white. Place in covered baking pan. Season with oil, bay leaf and cumin seeds.
3. Cover dish and cook over low heat for 2 hours.
4. When cooked (tender), drain off liquids and remove bay leaf.
5. Season with oil, salt, green pepper, garnish with parsley (optional) and serve.

BOUREKAKIA

(MEAT TRIANGLES)

1 lb mincemeat
2 eggs, beaten
2 tbsp diluted tomato paste
2 cups water
1 onion, finely chopped
1/4 cup oil
pepper
salt
½ tsp nutmeg
1 cup feta cheese, grated
1 phyllo pastry
butter (unsalted)

1. In a saucepan add oil and saute onion. When onions become translucent, add mince and cook until just turning brown.
2. Add tomato paste, 2 cups of water, pepper, salt, nutmeg.
3. Continue cooking until mincemeat is fully well done. There should not be much liquid in pan at this point.
4. Remove from stove. Add feta cheese, beaten eggs. Stir, then put aside.
5. Remove phyllo pastry from packet. Cut lengthwise.
6. Keep remaining phyllo pastries covered with moist tea towel so they don't dry out.
7. Brush one sheet with melted butter, fold lengthwise and spoon in small portion of mincemeat mixture.
8. Pick phyllo from bottom and fold upwards around meat. Pinch sides to enclose, then fold to make a triangle.
9. Follow procedure for each triangle until mincemeat is used up.
10. Brush triangles with melted butter and place on greased baking sheet.
11. Bake in oven 200 C until pastry is golden brown.

LAMB FRICASSE & DILL

6 lamb chops

4 eggs

2 large lettuce

2 onions sliced

some olive oil

fresh dill

juice of 2 lemons

salt

1. Saute onions in pan with olive oil.
2. Salt lamb chops, place in pan, and brown.
3. Wash lettuce leafs and place on top of lamb chops.
4. Add the fresh dill, cover, and let cook on medium/high.
5. When cooked (meat should be tender) remove from heat.
6. Set pan to one side to cool and prepare egg/lemon sauce.
7. Beat eggs with mixer, slowly adding lemon juice.
8. Empty egg mixture into pot, stir, and serve.

MARINATED PORK TENDERLOIN

1 ½ cups red wine
2 tbsp lemon juice
1 clove garlic, minced
1 medium onion
½ tsp pepper
1 tsp crushed coriander
1 4-lb tenderloin pork roast - deboned, rolled and tied
3 tbsp olive oil

Gravy Thickener

**2 tbsp cornstarch mixed
with 2 tbsp cold water**

1. Combine wine, lemon juice, garlic, onion, pepper and coriander in deep glass or ceramic baking dish about the size of pork roast.
2. Add the pork roast, cover, and marinate, turning frequently.
3. After at least 8 hours, drain marinade, reserving for later use. Pat roast dry.
4. Heat oven to 375 degrees.
5. Heat the olive oil in Dutch oven.
6. Add the roast and brown on all sides.
7. Add the marinade.
8. Roast in oven covered for 2 hours. Uncover and bake 30 minutes more.
9. Strain juices and thicken, if desired with 2 tbsp cornstarch and 2 tbsp cold water.
10. Slice the roast.
11. Serve.

SOUPA NISIOTIKI (ISLAND SOUP)

Makes: 10 servings

2 lb Haddock fillets cut in 2" pieces
2 dozen clams with liquid
1 lb fresh shrimp, cleaned and deveined
1 lb scallops
½ cup light olive oil
1 clove garlic, crushed
1 tbsp salt
½ tsp pepper
1 large onion, finely diced
1 carrot, grated
½ cup celery, finely diced
½ cup chopped parsley
2 bay leaves
3 cups whole canned tomatoes, drain and reserve liquid
1 cup dry white wine

1. In a large saucepan, saute onion, carrot, celery, and garlic in oil.
2. Add the drained tomatoes, parsley, bay leaves, salt and pepper to saucepan.
3. Simmer 5 minutes.
4. Combine tomato and clam liquids, and add enough boiling water to make 3 cups, and set aside.
5. In a deep casserole, arrange layers of haddock, clams, shrimp, crabmeat, scallops covering each layer with some of the vegetable mixture and the white wine.
6. Cover and simmer 10 minutes. Add reserved tomato/clam liquid and simmer uncovered 20 minutes.
7. Serve from the casserole.

PITA BREAD

Makes: 12 servings

1 packet Active dry yeast

3 3/4 cups flour

1/4 cup shortening, softened

1 1/2 tsp salt

1 1/4 cup warm water

1. In a large mixing bowl soften yeast in warm water.
2. Add 2 cups flour, shortening and salt.
3. Beat at low speed of electric mixer for 1/2 minute, scraping bowl. Beat 3 minutes on medium.
4. Stir in as much remaining flour as you can mix in with a spoon.
5. Turn onto a lightly floured work surface.
6. Knead in enough remaining flour to make a soft dough that is smooth and elastic.
7. Cover, and let rest in a warm place about 15 minutes.
8. Using fingers, flatten balls.
9. Cover, with a damp cloth, let rest 10 minutes.
10. On a well floured surface lightly roll out one piece of dough at a time into a circle 6 inches in diameter, turning dough over once.
11. Do not puncture or tear dough.(work with enough flour so dough does no stick).
12. Place on baking sheet. Bake one sheet at a time, in a 450 F oven about 3 minutes or until dough is puffed and softly set.
13. Turn with a spatula, and bake 2 more minutes until dough is light brown.
14. Repeat with remaining dough, baking one batch before uncovering and rolling the next.

STEAK SOFRIDO

1 - 1 ½ lbs Veal fillets
5 cloves garlic, peeled, finely chopped
4 tbsp fully chopped Italian parsley
½ cup pure olive oil
1/3 cup grape vinegar
3 tbsp red wine
salt
fresh ground pepper
1 cup sifted white flour

1. Thinly slice the veal fillet.
2. Sprinkle with salt and pepper, flour up both sides and pat them with your fingers.
3. Shake the excess flour.
4. Fry lightly in a shallow pan on both sides with some of the oil. Set aside.
5. In another deeper pan, add the remaining oil, heat it up and lightly fry the garlic.
6. Place in the fillets and add ½ cup warm water, add Italian parsley.
7. Cover and simmer for 15 minutes.
8. Uncover, add wine and vinegar, shake the pan well, add a little more black pepper.
9. Cover, let it set for 10 - 12 minutes.
10. Served with your choice of cooked vegetable.

LOUKOUMADES (DUMPLINGS)

4 tsp yeast
1 tbsp sugar
2 cups flour
1 short tsp salt
oil
thyme honey
cinnamon
sesame seeds

1. Thin the yeast in $\frac{1}{2}$ cup of warm water and 1 tbsp sugar.
2. Mix the flour with the salt and put it in a deep bowl.
3. Add the yeast and an extra cup of warm water and mix well until you make a uniform thin paste.
4. Cover and let rise for $1\frac{1}{2}$ hours until it forms bubbles under the surface.
5. Heat the oil in a deep frying pan and pour your mix in, one large spoonful at a time.
6. The mix will form round dumplings.
7. Remove them with a strainer/ ladle when they darken a little.
8. Pour honey over them, cinnamon and the sesame seeds.

TSOUREKI

(EASTER BREAD)

1 cup milk
2 cups sugar and honey
2 tsp cinnamon
½ lb sweet butter
1 tbsp mahlepi powder
2 packages active dry yeast
½ cup warm water
5 eggs or egg substitute
10 cups flour
pinch of salt

1. In a small saucepan bring the milk to a boil.
2. Pour it into a large mixing bowl and add the sugar, butter, mahlepi, and salt.
3. Let cool to lukewarm. Dissolve yeast in warm water and add to lukewarm milk.
4. Beat 4 eggs and add to milk mixture.
5. Gradually stir in flour with a wooden spoon until the batter becomes too thick to stir. Coat hands with flour and work in the rest of the flour by hands until, soft, elastic dough forms.
6. Cover with waxed paper and a thick towel and let stand in a warm place free from drafts for 2 to 3 hours or until the dough doubles in bulk. Punch down on dough and knead again.
7. Divide the dough into 12 balls about the size of oranges. Roll each ball on a board into a rope 1.5" x 2" thick and 15" - 20" long.
8. Braid three ropes together to make a "twist". Pinch ends and tuck under.
9. Place on greased baking sheets and let rise until twists are doubled in bulk.
10. Preheat oven to 350 degrees.
11. Brush the twists with the remaining egg (well-beaten) and bake until tops are a deep chestnut colour, about 30 minutes.
12. Check after 15 minutes, and if the colour is darkening too quickly, reduce heat to 275 degrees and continue to bake for ½ hour.
13. Cool on baking sheets for 10 minutes and then invert on racks to finish cooling.
14. Store in covered containers or wrap and keep in freezer.

EKMEK

Syrup:

2 tsp honey
2/3 cup cognac
1 cup sugar
1 cup water

Cake:

1 package square Rusks (dried bread, like Melba toast)
ground cinnamon

Pudding/Custard:

2 tbsp flour
2 tbsp cornstarch
3 cups milk
2/3 cup sugar
2 lightly beaten egg yolks

Top layer:

real whipped cream
ground cinnamon
slivered almonds

1. Assemble syrup ingredients in a pan and boil for about 15 minutes. Prepare pudding while syrup boils.
2. When the pudding is done, remove syrup from heat and let cool.
3. Pudding/Custard: Pour milk and sugar into a pan, add lightly beaten egg yolks, add flour and starch.
4. Stir in constantly over low-medium heat until it bubbles and thickens.
5. Remove from heat and stir occasionally while cooling so no “skin” forms on top
6. Line a glass dish with rusks.
7. Pour cooled syrup over rusks. Cover rusks completely with syrup.
8. Sprinkle lightly with cinnamon.
9. Pour cooled pudding over rusks.
10. Pour whipped cream over pudding.
11. Sprinkle with slivered almonds and cinnamon.

KOURABIEDES (CHRISTMAS COOKIES)

Makes: 48 cookies

2 sticks sweet butter

½ cup confectioner's sugar (icing sugar)

1 egg yolk

½ tsp vanilla extract

1 tbsp Greek brandy

2 ½ cups flour, sifted then measured

½ tsp baking powder

½ finely chopped walnuts or almonds

48 cloves

Additional icing sugar

1. Heat oven to 350 degrees.
2. Soften butter at room temperature. Then beat butter with electric mixer until light and fluffy.
3. Sift the flour and baking powder together.
4. Add the nuts to butter mixture.
5. Then add flour mixture and stir to form a soft dough.
6. Knead lightly and chill for several hours or overnight.
7. Form the dough into balls, using a rounded tsp of dough for each cookie, and place on an ungreased cookie sheet 2 inches apart.
8. Place a whole clove in each cookie.
9. Bake at 350 degrees for 15 to 20 minutes or until light brown.
10. Roll warm cookies in icing sugar.
11. Cool and store in airtight containers.

MELOMAKARONA

150 ml olive oil
80 g sugar
4 tbsp brandy
juice on 1 orange
½ tsp cinnamon
400 g Self- Raising flour
pinch of salt
½ tsp bicarbonate soda

Syrup:

1 teacup honey
120 g sugar
150ml water

Topping:

2 tsp cinnamon
170 g shelled walnuts, coarsely chopped

1. Beat the oil and sugar well, add the brandy, orange juice and cinnamon and blend.
2. Sift the flour with a pinch of salt and the soda and add it gradually into the oil and sugar mixture, mixing it with a spoon.
3. Knead the dough well for about 10 minutes. If too sticky, add 1 - 2 tbsp more flour and mix it well.
4. Knead until it feels soft and pliable.
5. Flour your hands and take egg-sized portions of dough. Roll and shape them with the palm of your hand.
6. Bake in a preheated oven, gas no. 4/ 350 grades F/ 180 grades C), for 25 minutes.
7. Let them cool and harden for 24 hours before dripping them in the honey syrup.
8. Prepare the syrup by mixing in a saucepan the honey, sugar and water.
9. Bring slowly to the boil, skim them with a spoon, then simmer for 4 -5 minutes.
10. Dip the cold melomakarona in the hot syrup, three to four at a time only.
11. Let them stand for 1 minute and take them out with a slotted spoon.
12. Place on decorative platter and immediately sprinkle with a little cinnamon and chopped walnuts.
13. If they are not consumed over next few days, place in airtight container like biscuits.

MILOPITA

(GREEK APPLE PASTRY)

Makes: 8 servings

1 lb phyllo pastry

Filling:

8 apples, peeled, cored and chopped

½ cup sugar

½ tsp cinnamon

½ tsp allspice

1 tbsp cornstarch

1/4 cup currants or raisins

½ cup walnuts

½ cup butter, melted

Topping:

1 cup Powdered Sugar

1. NOTE: If desired, 2 cups canned apples (drained) may be substituted.
2. Defrost frozen phyllo pastry to room temperature, 2 to 4 hours.
3. Mix filling in a bowl tossing ingredients with a spoon. Set aside.
4. Lay 5 sheets phyllo flat, one on top of each other, with a little melted butter brushed between sheets.
5. Spread 1 cup of filling along one end. Roll phyllo over the apple filling so you will have a long filled tube.
6. Fold side edges over ½ “ so the filling won’t fall out. Continue rolling.
7. Place the buttered baking pan or cookie sheet.
8. Brush tops generously with melted butter.
9. Bake at 350 degrees for 1 hour.
10. Sift powdered sugar over tops and sides as soon as it is taken out of the oven and while still hot.
11. When cool, cut into 2" pieces and serve.

CURRIED LAMB SHANKS IN WINE

Makes: 4 servings

4 tbsp oil

4 Lamb shanks

4 tbsp flour

1 ½ tsp curry powder

1 cup water

1 cup dry white wine

1 onion, thinly sliced

garlic salt

salt

pepper

1. Heat oil in a heavy skillet with a tight-fitting lid.
2. Add shanks and brown slowly on all sides.
3. Remove shanks from pan.
4. Add flour and curry powder to drippings and blend well; add water and wine, stirring, until thickened.
5. Return shanks to pan, season with salt, garlic salt and pepper.
6. Top with onions.
7. Cover and simmer gently for 1½ hours until tender.

GRILLED LOIN CHOPS

Makes: 4 servings

8 lamb loin chops

1 tbsp Dijon

1 tbsp balsamic or red wine vinegar

2 garlic cloves, minced

1/4 tsp pepper

1/4 cup olive oil

4 tsp Basil leaves; slivered, fresh

1. Use fresh or frozen chops. If using frozen, thaw in refrigerator overnight.
2. Dry chops well, slash each edge once and arrange in single layer in shallow glass baking dish.
3. In a small bowl, whisk in mustard, vinegar, garlic and pepper. Slowly whisk in oil; then stir in basil.
4. Pour and spread over chops, turning to coat both sides.
5. Cover and refrigerate for at least 1 hour, but not more than four hours.
6. Bring to room temperature 30 minutes before grilling.
7. Place chops on oiled grill 4 to 6 inches above medium- hot coals or on medium-high setting and grill for about 5 minutes per side or until done to your liking.

GREEK CHICKEN

Makes: 4 servings

1 packet chicken tenderloins
1 packet Shake 'n' Bake coating
vegetable oil (to grease dish)
1 packet sour cream
1 lemon
salt
pepper

1. Preheat oven to 350F.
2. Oil bottom and sides of baking dish.
3. Wash and dry tenders.
4. Dip tenders in sour cream, cover well.
5. Roll tenders in coating mix.
6. Place in baking dish, squeeze lemon over chicken.
7. Bake 35 - 40 minutes.

KOTOPOULO KAPANCINI

Makes: 4 servings

4 chicken pieces, skinned

salt

freshly ground pepper

3 tbsp olive oil

1 tbsp butter

1 small onion, chopped

3 garlic cloves, crushed

½ cup Dry white wine

1 lb ripe tomatoes, peeled, seeded and chopped

1 tbsp tomato paste

1 cinnamon stick

4 cloves

6 Allspice berries

1 cup water

1- 2 tbsp fresh parsley, chopped

1. Sprinkle the chicken liberally with salt and pepper.
2. Heat the oil with the butter in a large casserole, add the chicken and fry over moderate heat for about 5 minutes until soft.
3. Return the chicken to the pan, pour in the wine, then add the tomatoes and tomato paste and mix well.
4. Let the mixture bubble for a few minutes.
5. Meanwhile, pound the spices with a pestle in a mortar.
6. Add to the casserole with the water and stir well to mix.
7. Cover the pan and simmer for 45 - 60 minutes until the chicken is tender.
8. Taste and adjust seasoning, stir in the parsley and serve immediately.

GARIDES TOURKOLIMANO (GREEK SHRIMP)

Makes: 6 servings

3 lb raw large shrimp
½ cup lemon juice
½ cup butter, whipped
1 garlic clove, minced
1 cup chopped green onion tops
3 large tomatoes; peeled in wedges
1 tsp oregano
1 lb feta cheese
¾ cup cream sherry
salt
pepper

1. Peel and de-vein shrimp.
2. Sprinkle with lemon juice and set aside.
3. Melt butter in large skillet
4. Saute garlic, green onion tops and tomato wedges.
5. Add shrimp and season with oregano, salt and pepper to taste.
6. Turn shrimp frequently and saute until pink.
7. Add feta cheese and cream sherry.
8. Bring to boil and cook 3 - 4 minutes.
9. Remove shrimp carefully to casserole.
10. Spoon cheese-sherry mixture over shrimp.

BAKED STUFFED SQUID

Makes: 5 servings

1 lb squid

salt

6 tbsp olive oil

1 onion, chopped

1/3 cup raw long-grain white rice

½ cup fresh parsley, chopped

1/4 cup fresh mint leaves, chopped

2 tbsp white wine

1/4 cup pine nuts

1/4 cup black raisins

freshly ground pepper

4 tomatoes, drained and peeled

1/3 cup white wine

1. Wash and clean the squid, separating the outer sacs from the heads and tentacles, removing and discarding the translucent cartilage, and small sand bag and ink.
2. Rub salt on the outer sacs and rinse them inside and out with cold water.
3. Heads and tentacles should be rinsed thoroughly and cooked along with the sacs after you stuff the latter.
4. Drain and set aside.
5. Heat 1/4 cup of the oil in a heavy frying pan, then add the onion and cook, without browning, until transparent.
6. Stir in rice and saute a few minutes, until golden brown.
7. Blend in the parsley, mint, 2 tbsp wine, pine nuts, and raisins, and season with salt and pepper to taste.
8. Add enough water to half cover and cook for a few minutes, then stuff the squid sacs with the mixture using a very small spoon and allowing enough liquid in each for the rice to cook.
9. Seal opening with skewers or toothpicks.
10. Place the stuffed sacs with the heads and tentacles in a baking- serving dish.
11. Sprinkle with salt and pepper and set aside.
12. Meanwhile, combine the tomatoes, 1/3 cup wine, and a little salt and pepper in a small saucepan and simmer for 5 minutes.
13. Pour the sauce over the squid and dribble the remaining 2 tbsp olive oil over the top.
14. Bake in a medium-slow oven (300F) for 1½ hours or until squid and rice are tender and the sauce has thickened.
15. Serve warm or cold.

VEGETABLE KABOBS

Makes: 4 servings

1 small eggplant, cut into 2" cubes

3 medium carrots, sliced ½"

8 small red potatoes

3 medium zucchini sliced 1"

1 large red or green pepper, seeded and cut in 1" squares

2 medium onions cut in wedges - separate wedges into 2-3 - layers each

16 mushrooms, whole

herbs (your favourites)

salt

pepper

1. Cook eggplant in 1" boiling water for 3 minutes and drain.
2. Cook carrots in 1" boiling water until just tender crisp and drain.
3. Cook unpeeled potatoes in 1" boiling water for approximately 15 - 20 minutes. Drain and cut in half.
4. Place eggplant, carrots, potatoes, zucchini, peppers, onions and mushrooms in a large plastic bag.
5. Add favourite herbs, shake gently to coat, seal bag well. Refrigerate for 2 hours or overnight.
6. Drain vegetables, alternating varieties.
7. Place on lightly greased grill, over low heat.
8. Cook, turning often, for 15 - 20 minutes, or until the vegetables are tender.
9. Sprinkle lightly with salt before serving.

Note: Soak wooden skewers in water before using.

SHRIMP IN GREEK TOMATO SAUCE & FETA

Makes: 4 servings

1 ½ lb Shrimp, peel and devein
½ cup clam juice or fish stock
½ lb Feta, sliced 1/4" - thick, or crumbled cheese
2 cup Greek tomato sauce

Greek Tomato Sauce:

3 tbsp Olive oil
1 yellow onion, peeled and - coarsely chopped
1 clove garlic, minced
5 very ripe tomatoes, cored - coarsely chopped (about 4 ½ cups)
2 tbsp parsley, chopped
2 tsp oregano, whole
1 cup dry red wine
1 can tomato sauce, 8 oz
1/4 tsp ground cinnamon
1/8 tsp allspice
salt to taste
fresh ground black pepper

Greek tomato Sauce:

1. Heat oil in a large, heavy iron skillet: saute onions and garlic together until transparent.
2. Add tomatoes, parsley, and oregano.
3. Simmer, covered, until the tomatoes are very tender, 20 - 25 minutes.
4. Add remaining ingredients and cook another 20 minutes.
5. Sauce keeps well refrigerated, for 3 - 4 days. Makes about 6 cups.

Shrimp:

1. Mix 2 cups of the sauce above with the clam juice.
2. Place shrimp in the bottom of a heavy skillet or casserole.
3. Cover with the sauce and top with feta.
4. Place skillet on high heat and bring to a fast simmer, covered.
5. Reduce heat and cook until shrimp are cooked, or about 8 - 10 minutes.
6. Uncover, stir cheese to mix and serve.
7. May also be baked at 475 deg F, rather than cooked on the stove top.
8. Bake for 15 minutes, uncovered, or until bubbly.
9. Serve over your favourite pasta.

SALTSA KIMA (GREEK MEAT SAUCE)

Makes: 4 cups

**1 lb Ground Beef, lean
1 onion, finely chopped
3 tbsp butter
1 garlic clove
½ cup Red Dry wine
1 lb tomatoes, finely chopped
2 tbsp tomato paste
½ tsp granulated sugar
1 stick cinnamon
1 bay leaf
salt
pepper
4 tbsp parsley, chopped
1 Basil, sprig**

Note: Tomatoes should be drained and chopped.

1. In a heavy saucepan cook the onion in a little water over medium heat until softened, then add the fat and cook the onion until translucent.
2. Combine the ground beef with the onion, mashing with a fork and stirring until the beef has browned.
3. Add the garlic and wine, then cover and simmer for 5 minutes.
4. Stir in the tomatoes, the tomato paste, sugar, cinnamon stick, bay leaf, salt and pepper to taste, then simmer, covered, for 30 minutes longer.
5. Add the parsley, and basil during the last 10 to 15 minutes.
6. Cook uncovered for the last few minutes, to allow excess liquid to evaporate: the sauce should be thick.
7. Remove the cinnamon stick and bay leaf before serving.

GREEK WHITE SAUCE

Makes: 1 batch

Thin White sauce:

1 tbsp Butter
1 tbsp Flour
1 cup Milk, warm

Medium White Sauce:

2 tbsp Butter
2 tbsp Flour
2 tbsp Milk, warm

Thick White Sauce:

3 tbsp Butter
3 tbsp Flour
3 tbsp Milk, warm

1. To make the sauce, in a heavy saucepan melt the butter and heat. Do not brown.
2. Using a wire whisk, stir in the flour. Cook up to 2 minutes over a low heat, then remove from heat and gradually stir in the warm milk.
3. Return pan to heat and bring to a boil, stirring steadily.
4. Add a pinch of salt and white pepper, a grate a little nutmeg for a nice flavour.

GREEK TOMATO SAUCE WITH OLIVE OIL

Makes: 1 Batch

2 lb fresh tomatoes, chopped
2 sprigs parsley, chopped
2 garlic cloves, minced
2 tbsp olive oil
1 small onion, chopped
1 1/4 cup wine (red)
1 cinnamon stick
1 sprig fresh basil, chopped
1 tsp sugar
freshly ground pepper
salt (to taste)

1. Heat the oil in a heavy saucepan, stir in the onions, and cook gently until transparent.
2. Add the garlic, tomatoes, sugar, wine, salt and pepper, and cinnamon, if desired.
3. Taste for seasoning, then allow the sauce to simmer gently for 30 minutes.
4. Remove the cinnamon stick before serving hot.

BECHAMEL SAUCE

Makes: 2 cups

4 tbsp butter

6 tbsp flour

1 tsp salt

1/4 tsp pepper

dash of nutmeg (optional)

2 cups milk

1. Melt butter over a low heat; add flour, salt, pepper and nutmeg.
2. Stir until well blended.
3. Remove from heat.
4. Gradually add milk and return to heat.
5. Cook stirring constantly, until thick and smooth.

CABBAGE ROLLS

Makes: 5 servings

Large head cabbage

1 lb pork or beef

½ cup uncooked rice

1 onion, chopped

2 medium-sized tomatoes, peeled and chopped

2 tsp pepper

½ cup parsley, chopped

1 cup butter

3 cups hot or stock water

1 ½ tbsp flour

2 to 3 eggs

juice of 1 lemon

1. Place cabbage head in boiling water and boil for 8 minutes. Separate leaves.
2. Combine meat, rice, onion, tomatoes, salt, pepper, parsley and ½ cup butter.
3. Place about 2 tbsp of filling in cup part of each cabbage leaf. Loosely fold over sides of each leaf, roll up.
4. Pack cabbage rolls tightly into a casserole. Pour in water, or stock and remaining butter.
5. Bake, covered, in moderate oven for about 1 ½ hour, or cook over a low heat for about 1 to 1 ½ hour, or until tender.
6. Arrange cabbage rolls in deep serving dish.

Avgolemono Sauce:

1. Mix flour with 1/4 cup cold water.
2. Add to pan juices, stirring. Simmer for 5 minutes.
3. Beat eggs with 2 tbsp water.
4. Add gradually hot sauce and lemon juice.
5. Stir sauce in top of double boiler until it has slightly thickened.
6. Keep heat very low and remove immediately when thickening starts.
7. Pour over cabbage rolls.
8. Serve hot.

GRILLED PORK CHOPS

4 chops Pork

4 tbsp olive oil

3 - 4 leaves sage

2 cloves garlic, mashed

juice of 1 lemon

salt

pepper

1. Mix the oil, garlic, sage and lemon juice and pour over chops to marinate.
2. Put aside 2 hours then grill until golden brown, turning once or twice.
3. Salt and pepper to taste.

DOLMADES AVGOLEMONO

1 ½ pounds ground beef or lamb

1 ½ cups chopped onions

1 cup raw converted rice

Salt and Pepper to taste

1 tsp dried mint leaves, or 3 tbsp chopped fresh mint

1/4 cup chopped fresh dill

1/4 cup water

1 - pound jar grape leaves

3 cups hot chicken stock

1 tbsp butter

Avgolemono sauce

1. Combine meat, onions, rice, salt, pepper, mint, and dill. Add water and mix well.
2. Drain brine from jar of grape leaves and wash leaves well. Put 1 heaping tbsp of meat and rice mixture in center of leaf's dull side and roll leaf tightly, folding edges over and rolling toward point of leaf.
3. Cover bottom of an ungreased Dutch oven or casserole with torn leaves. Arrange rolls in layers. Pour hot chicken stock over rolls and dot with butter. Cover with a heavy plate to keep rolls from opening as rice puffs. Cover casserole, and cook over low heat for 1 hour.
4. There should be some liquid left in casserole for Avgolemono Sauce. If dry when cooking time is up, add 1 cup water and simmer for a few minutes longer. Remove from heat and keep covered. Measure liquid and prepare sauce. To serve, remove plate and pour Avgolemono Sauce over dolmades.

LEMONATO

1 Pork tenderloin cut into medallions

olive oil for frying

2 eggs slightly beaten

tub of grated parmesan cheese

½ lb fresh mushrooms, small

1 lemon

pine nuts for garnish

1. Prepare a frying pan with oil and preheat oil.
2. Dip medallion sized pieces of pork first in egg, then in parmesan cheese and fry. Do the same with the mushrooms after the pork is almost done.
3. When finished, and both sides are brown and crispy, remove from heat and serve on plate with lemon juice squeezed over it and sprinkle with pine nuts.

SOUTZOUKAKIA

1 kg/2 lb minced meat

2 eggs

1 onion, sliced

1 litre / 1 quart of liquid tomato paste

Some olive oil

Salt, pepper and oregano seasoning

Cumin seasoning

Some flour

2 spoons of sugar

1. Mix the meat with the eggs, and add the chopped onion, the cumin, salt and pepper.
2. Form into elongated balls and turn inside a bowl with flour.
3. Fry the floured meatballs in the oil at high heat.
4. When cooked add the tomato paste and sugar, and let cook for another 10-15 minutes at medium heat.
5. Serve with either rice or fries/ chips.

SOUVLAKI

1 kg / 2 lb of pork meat, cut in cubes with 1 inch sides

6 pita breads

Juice of 4 lemons

Salt, pepper and oregano seasoning

6 wooden skewers

Tzatziki

1. Put the pork meat in the wooden skewers, salt and pepper them.
2. Cook over a barbecue fire, on a skillet or under an oven grill.
3. In the meantime, spread some oil on the pitas and place under the oven grill, browning slightly on each side, but not drying them.
4. When the meat is done, dip them in a long glass containing the lemon juice and then holding a pita bread in one hand. Empty the skewer contents in it removing the skewer.
5. Sprinkle with oregano and salt, add tzatziki and the souvlaki is ready.

MEATBALLS AVGOLEMONO

1 lb of mince meat
½ lb butter or margarine
1/4 lb rice
1 egg
1 onion, finely chopped
parsley
salt
pepper

(For the sauce):

2 eggs
2 lemons

1. Mix all the ingredients together, and mould into round 1 inch /2.5 cms balls.
2. Put some water in a pot, place the butter and balls in it carefully.
3. Let them cook for about 20 minutes and then let cool.
4. In a separate bowl, beat the eggs with a mixer and slowly, while beating, add the lemon juice ensuring that the sauce doesn't curdle.
5. With a ladle, take some of the juice from the meatball pot, add to the sauce, all the time mixing.
6. Keep doing this until all the juice has been mixed in the sauce.
7. Empty all the sauce on top of the meatballs and serve with some sprinkled parsley.

GALAKTOBOUREKO

(MILK SWEET)

500 grams semolina
500 grams of sugar
250 grams melted butter
1 litre milk
1 package of 'filo' paper-thin pastry
2 packages of vanilla essence
peel of one orange, grated
1 litre of water

1. Grease oven tray with melted butter.
2. Coat 8 filo pastry sheets with butter and put them on the tray.
3. Place milk in large saucepan, add the semolina and vanilla, and bring to boil, stirring constantly.
4. The mix should form thick syrup.
5. Remove from heat and let cool 5 minutes. Fill oven tray with semolina and spread evenly.
6. Add the remaining pastry sheets.
7. Notch squares with sharp knife, 5 cm per side.
8. Place in oven and cook until golden brown. Remove, place to the side to cool.
9. Place sugar in saucepan, add water, 1 package of vanilla essence and orange peel.
10. Heat to gentle boil, remove from heat and let cool.
11. Pour the syrup over the semolina and refrigerate until ready to serve.

RIZOGALO

(RICE MILK SWEET)

9½ tbsp sugar

¾ cup of rice

1 quart milk

1 rind of a lemon

cinnamon powder

1. Prepare rice as per directions on package, until fluffy with very little water in bottom of pot.
2. Add milk, the lemon rind and sugar.
3. Boil carefully without letting milk foam.
4. When thickened remove from heat, and pour in individual bowls.
5. Let cool, add 1 dash of cinnamon to each bowl and serve.

GIOUVETSI (LAMB STEW)

3 onions, diced
3 tbsp olive oil
1 kg of lamb
1 litre of tomato paste
1 litre of water
1 kg rice pasta - Kritharaki
salt
pepper
oregano

1. In a heavy pot put the oil and heat in an oven on high.
2. Add the onions and brown.
3. Sprinkle the lamb with salt and pepper and place in the pot to brown the sides.
4. When the lamb starts cooking, pour tomato paste over it, then the water.
5. Let it heat for about 1 hour until the lamb feels soft and much of the water has evaporated. You can add water if needed.
6. Remove from the oven, add rice pasta, return to oven for 10 minutes.

CHICKEN WITH TOMATO

1 medium size chicken (1kg)

1 onion sliced

1 litre tomato paste

½ cup of olive oil

salt and pepper

2 tsp sugar

1 can cooked okra beans

1. Heat the oil in a big pot (medium-high setting).
2. Place the cleaned chicken in the pot and turn, to brown all the sides evenly.
3. Add the tomato juice and add the same amount of water, plus the sugar.
4. Let it boil for an hour, until the chicken is starting to come apart.
5. The water would have evaporated by now, leaving a thick red sauce.
6. Add okra if desired. Serve with french fries, potato coins, etc.

FRIED EGGPLANTS

4 eggplants

2 eggs, beaten

cooking oil

1. Clean the eggplants and slice them in a 1/16 inch slices.
2. Put the oil in a skillet and heat.
3. Take an eggplant slice at a time and cover with the egg mixture.
4. Place onto a skillet and cook for a minute or so.
5. Turn and cook other side.
6. Repeat until all of the slices are done.
7. Serve with tzatziki.

KEFTEDES

1 lb minced meat (hamburger meat)

1 onion, chopped

1 egg

olive oil

mint leaves, chopped

flour for coating

salt

pepper

oregano

1. Mix the meat with the mint, the egg and the onion.
2. Season with oregano, salt and pepper.
3. Form into egg size balls.
4. Heat the oil.
5. Roll the meatballs in flour and place in hot oil.
6. When turning brown, turn, cook other side and serve hot.

BAKLAVA

1 lb phyllo pastry
7/8 lb fine ground almonds
2 tsp cinnamon
1 pinch of clove
1 cup butter
2 cups sugar
1 cup honey
lemon juice
2 tsp vanilla

1. Mix the almonds, cinnamon and clove. Butter a pan and place 4 buttered sheets of phyllo.
2. Spread thin layer of the mix and then 2 more sheets of phyllo.
3. Repeat until you have 4 sheets left, which you will use for the top layer.
4. Cut the baklava in squares, all the way to the bottom of the pan.
5. Top with the remaining butter and bake in medium oven for 45 minutes.
6. Mix the sugar, honey, vanilla, lemon juice and 1½ cup of water in a pot and boil for 5 minutes.
7. Remove any froth off the top and pour over the baklava.
8. Serve cold.

THEEPLESS

1½ cups plain flour
2 large eggs
pinch of salt
1½ tbsp water
oil for deep-frying, extra
4 tbsp honey
cinnamon

1. Sift flour, beat eggs until thick and creamy, gradually beat in sifted flour and salt.
2. When mixture is too stiff to beat, work in by hand enough of the remaining flour to give a firm dough.
3. Knead dough until smooth.
4. Make a dent in the dough, add oil then work in with hands.
5. Roll dough out, it should be paper thin.
6. Cut into 3 rectangles.
7. Drop one pastry into hot oil. As soon as it turns white and bubbles up, remove and place on absorbent paper.
8. Roll up pastry quickly with two forks.
9. Return to oil, make sure it doesn't unroll.
10. Turn once, to brown, then drain.
11. To serve, heat together water and honey, then dribble over theepless.
12. Sprinkle cinnamon over top.

HALVA

1 cup olive oil
2 cups semolina flour
3 cups sugar
4 cups water
2 wedges lemon
cinnamon stick
chopped almonds

1. Heat the oil and cook the semolina in the oil until golden.
2. Place the almonds to brown with the semolina.
3. In the meantime, warm the water, but do not boil, and dissolve the sugar in it and throw in the lemon and the cinnamon stick.
4. Pour the water into the semolina mix and stir well while pouring.
5. Keep heating until the mixture becomes thick.
6. Pour the mix into a Bundt pan and garnish with sesame seeds and cinnamon.
7. Let stand and serve at room temperature.

FASOLAKIA

Makes: 6 Servings

2 lbs fresh green beans

1 large onion, chopped

4 potatoes

4 ripe tomatoes

3 onions, sliced

garlic, chopped

pinch of sugar

salt

pepper

1. Clean and wash the beans.
2. Warm the oil in a pot and simmer the onions and throw in the rest of the ingredients, except for the potatoes, with a little bit of water and leave the beans to slowly cook for 20 minutes.
3. Cut the potatoes in quarter wedges and put them in the pot last.
4. If needed put in more water and let the food boil for a while.
5. Serve hot.

LAMB FRICASSE

Makes: 5 servings

**2 lbs Lamb leg
3 lbs green onions, chopped
2-3 heads lettuce, chopped
½ cup butter
2 eggs
juice from 1 lemon
a little flour
salt
pepper**

Avgolemono Sauce:

**1-2 cups soup or food broth
2 eggs
juice of 1 lemon
some flour**

1. Mix a little flour with the lemon juice then add the eggs and beat well.
2. Place in pan over medium heat.
3. Slowly add the soup (or food broth) while continuing to beat.
4. Remove from heat before sauce thickens.

Lamb:

1. Cut the lamb in portions. Brown in a pot using the butter.
2. Strain excess fat.
3. Add salt, pepper, lettuce, onions, very little water, cover and simmer for about 1 hour.
4. Pour the avgolemono in the pot, simmer lightly and serve hot.

SHRIMP SANTORINI

Makes: 4 servings

3 tbsp olive oil
2 tsp unsalted butter
1/8 tsp Crushed red pepper
1-1/4 lbs jumbo prawns
2 cloves minced garlic
1/4 cup dry white wine
1½ tomatoes, seeded and chopped
1½ tbsp fresh dill, minced
2 oz crumbled feta
3 tbsp dry bread crumbs

1. Preheat the oven at 375 F.
2. Heat half the oil in an oven proof or cast iron skillet.
3. Add the butter and red pepper.
4. Saute the shrimp, turning occasionally until the shrimp is pink.
5. Stir in the wine and garlic and boil 4 minutes.
6. When the liquid begins to thicken, stir in the chopped tomatoes and remove from heat.
7. Sprinkle with dill and cheese and cover with breadcrumbs.
8. Pour remaining olive oil over the top, place in oven and broil until bubbly.

SHRIMP IN SHELL

1½ lbs Jumbo shrimps

olive oil

salt

juice of 1 lemon

oregano

1. Cook the shrimp with salt. Do not overcook.
2. Drain shrimp and place on platter. Gently pour olive oil and lemon juice over shrimp. Season with oregano.
3. Serve with Greek salad and crusty bread.

FRESH GROUPER

1 lb fresh black grouper fillets
1 lb tomatoes, halved
1 medium onion, sliced
½ cup Greek olives
3 cloves garlic, diced
1 red or yellow bell pepper, diced
¼ cup white wine
¼ lb Feta, cubed
extra virgin olive oil

1. Cut the fillets into approximately 1½ inch cubes.
2. Put all ingredients into a shallow oven pan.
3. Pour over fish generous portion of extra virgin olive oil.
4. Bake in oven until fish can be separated into flakes with fork.
5. Serve in pan with juices. Add Feta to taste.

SOUVLAKI (BARBECUED)

Makes: 4 servings

**2 lbs meat (beef, lamb, pork)
5 cloves garlic, finely chopped
olive oil
1 tbsp oregano
salt
pepper**

1. Cut the meat into 2 x 2 inch cubes.
2. Mix with the rest of the ingredients and marinate overnight, in the refrigerator.
3. Create marinade by mixing olive oil, lemon juice and oregano.
4. Skewer with favourite vegetables. (mushrooms, peppers, onions, tomatoes).
5. Barbecue at medium heat, basting with marinade.
6. When meat is done, serve.

GREEK CHICKEN TRADITIONAL

1 boneless chicken breast

1 lump of feta cheese

1 slice of mozzarella cheese

1/4 cup of green peppers

1. Grill the chicken breast until done.
2. Melt the mozza cheese on top of the chicken.
3. Place the feta cheese on the melted cheese and place the green peppers on top.
4. Serve on a bed of Greek style rice. (Pilafi)

CHICKEN OKRA

1 large chicken, jointed
1 tbsp Thyme
3 lbs tomatoes, canned
4 tbsp Olive oil
1 large onion, thinly sliced
2 cloves garlic, peeled and thinly sliced
1 ½ lbs prepared fresh okra
1 tbsp oregano
some chopped parsley
salt
pepper

1. Rinse and dry the chicken pieces.
2. Place the oil in a wide saucepan and when hot, fry the chicken pieces on both sides until they become golden.
3. Take the chicken out, add and fry onion and garlic until they are pale brown.
4. Add the oregano, thyme, tomatoes and water, pressing them with a wooden spoon to break them up.
5. Bring to the boil.
6. Season with salt and pepper, add the chicken pieces, cover and cook the chicken for 20 minutes and then add 1 ½ lbs of prepared okra on top.
7. The okra should sit in but not be covered by the sauce.
8. Add a little water if needed. Shake the pan and cook slowly for about 30 minutes without stirring, but rotating the saucepan occasionally.
9. Continue cooking until the water has evaporated and the sauce has reduced and thickened.
10. Sprinkle with parsley and serve.

SOUPA AVGOLEMONO (EGG AND LEMON SOUP)

3 10 ½ ounce cans of chicken broth

1/3 cup uncooked rice

2 eggs

4 tbsp lemon juice

4 thin slices of lemon or garnish

2 tbsp chopped parsley or garnish

1. In a heavy saucepan bring broth to a boil turn down heat and add rice and stir.
2. Cover pan, let simmer until rice is tender.
3. Beat eggs and lemon juice together with wire whisk. Let sit.
4. When rice is cooked remove pan from heat.
5. Carefully add two cups broth to eggs and lemon juice while stirring or eggs will curdle.
6. Add the remaining broth to egg mixture while stirring. Carefully reheat soup, until it comes to a gentle boil. Remove from heat immediately. Serve with lemon and parsley on top.

FAKI (LENTIL SOUP)

Makes: 6 to 8 servings

**1 pound lentils
2 quarts water
1 cup chopped onions
2 stalks celery, chopped
1 carrot, chopped
2 tsp minced garlic
½ cup olive oil
1 tbsp tomato paste
1/4 cup chopped fresh parsley
Bay leaves
Salt to taste (about ¼ tsp)
3 tbsp wine vinegar or lemon juice**

1. Rinse lentils in cold water in colander; drain.
2. Saute vegetables and garlic in olive oil for 2 to 3 minutes, until wilted.
3. Add lentils and water along with tomato paste, parsley, and bay leaves.
4. Bring to boil and simmer covered 45 minutes, or until lentils are tender. In last 15 minutes of cooking add ¼ tsp of salt.
5. Stir in vinegar before serving.

TIROPITAKIA

(PHYLLO TRIANGLES STUFFED WITH CHEESE)

Makes: 75 pieces

1 pound feta cheese

12 ounces cottage cheese

5 eggs

½ cup finely chopped parsley or dill

2 sticks (½ pound) butter, melted, for brushing phyllo (half margarine can be used)

1 pound phyllo pastry

1. Preheat oven to 375 degrees.
2. Crumble feta cheese into small pieces. Add cottage cheese and blend well. Add eggs and beat thoroughly. Mix in parsley or dill.
3. Prepare cheese triangles. Use 1 tsp filling for each triangle. Place triangles in ungreased cookie sheets. Brush tops with melted butter. Bake triangles for 15 to 20 minutes, or until golden. Let cool about 5 minutes before serving.
4. NOTE: Triangles can be prepared ahead of time and frozen, unbaked. When ready to use, preheat oven to 350 degrees. Bake without prior thawing for 35 minutes, or until golden. Serve warm.

SPINACH PIE IN PHYLLO DOUGH

1 box Phyllo Pastry sheets
vegetable oil spray
garlic – crushed
4 tbsp olive oil
2 packs Spinach, frozen – chopped
1 cup chopped parsley – fresh
4 green onions – finely chopped
1 tsp dried dill weed
½ tsp salt
½ tsp pepper
1 cup ricotta cheese
1 egg
4 ounces feta cheese – crumbled

1. Thaw and drain the 4 10 oz. packages of spinach. Set aside.
2. To make the filling, squeeze the spinach between your hands to remove most of the liquid.
3. Place in a bowl or in a food processor. Add parsley, green onions, dill, salt and pepper. Stir in the ricotta cheese, egg, and feta cheese. Combine well.
4. Lightly coat a 9 x 13 inch baking dish with nonstick cooking spray.
5. Lay one sheet of phyllo in the bottom of the dish and drape the edges over the sides of the dish. Spray lightly with cooking spray and cover with another sheet phyllo dough. Brush that sheet with garlic-olive oil mixture. Layer a total of four sheets, coating each alternatively with nonstick cooking spray and olive oil.
6. Spread half the filling over the prepared phyllo dough. Lay another sheet of dough over the filling and coat lightly with cooking spray. Lay down another sheet and lightly coat with olive oil. Continue alternating spray and olive oil for a total of four sheets.
7. Layer remaining spinach filling on dough. Continue layering phyllo dough over the filling, spraying the first sheet and alternately brushing with olive oil and spraying subsequent sheets.
8. When finished, brush the surface with olive oil and roll edges of the dough inward to create an attractive rim around the outside.
9. Score the surface with a sharp knife into 12 portions.
10. Preheat oven to 325 degrees F. Bake for 40 minutes until golden. Allow to cool 10 minutes before serving.

TIROPITA (CHEESE PIE)

Serving size:

6 to 8 servings

6 - 8 cups milk

1 cup flour

2 sticks (½ pound) butter

2 pounds crumbled feta cheese

5 - 6 eggs

½ pound phyllo pastry

1. Beat the eggs thoroughly and mix the crumbled feta cheese.
2. In a pot, simmer the milk and the butter.
3. Add the flour stirring constantly so that the mixture doesn't crumble.
4. When the mixture has thickened remove from the heat and add the crumbled feta cheese and the beaten eggs. Stir the mixture well.
5. Melt the butter for brushing the phyllo. In a 12" x 16" baking dish spread half of the phyllo brushing each layer one by one with the butter.
6. Add the cheese mixture to it. Cover the mixture with the other half of the phyllo, brushing again each layer one by one with the butter.
7. With a knife, score the top of the pie with thin lines that divide it into two-by-two inch squares. Put the pie into the oven for 45 - 60 minutes until its surface has a nice brown colour. Serve hot.

TZATZIKI

(CUCUMBER AND YOGURT DIP)

Serving size: 2 cups

2 cups plain yogurt or sour cream

2 large cucumbers

1 tbsp minced garlic

1 tbsp white vinegar

2 tbsp olive oil

Salt and pepper to taste

1. Peel, seed and coarsely grate cucumbers.
2. Drain well.
3. Add garlic, vinegar, olive oil, salt and pepper to cucumbers and mix well.
4. Add drained yogurt and blend.
5. Serve with toast points, crackers or pita bread.

CALAMARAKIA (FRIED CALAMARI)

Serving size: 6 to 8 servings

2 pounds calamari (fresh or frozen)

flour

oil for frying

lemon juice

1. Wash the calamari very well taking out the little bone that they have close to their eyes and the ink sac.
2. Boil the calamari for 5 minutes in water with lemon juice.
3. Remove from the heat, and as they are wet dip them in the flour until they are covered with it.
4. Fry them in a pan with very hot frying oil until they get a nice brown colour.
5. Remove from the pan, sprinkle with a lot of lemon juice and serve hot.

SKORDALIA

(GARLIC SAUCE)

Serving size: 2 cups

3 tbsp minced garlic

3 pr 4 boiled potatoes, mashed. Or 6 slices white bread, crusts removed, soaked in ½ cup cold water and squeezed dry

1 cup olive oil

1/3 cup white wine vinegar

Salt and pepper to taste

1. Combine garlic with mashed potatoes or bread in a mortar.
2. Blend to form a soft paste.
3. Add olive oil and vinegar alternately in very small amounts, stirring briskly.
4. Add salt and pepper.
5. Continue to whisk until sauce is thick.

KOTOSOUPA (CHICKEN SOUP)

Serving size: 6 to 8 servings

one 3 to 3 ½ pound roasting chicken
2 to 2 ½ quarts water
a few peppercorns
1 small carrot
1 onion
1 stalk celery
salt to taste
1 cup raw converted rice, ozro, or kritharaki

Avgolemono Sauce:

2 eggs
3 tbsp fresh lemon juice

1. Wash chicken and place in heavy kettle in water to cover. Add peppercorns, carrot, onion and celery. Bring to boil, cover, and simmer over low heat for 2 hours, or until chicken is tender, adding salt to taste during last hour of cooking.
2. Remove chicken and keep warm. Strain broth and remove as much fat as possible.
3. Add rice, ozro or kritharaki and simmer, covered, until rice or pasta is tender, 15 to 20 minutes.
4. To make the Avgolemono sauce, in a bowl beat eggs well and gradually beat in lemon juice. Add two cups hot, strained broth (from soup) slowly to egg sauce, beating constantly.
5. Return soup to heat and stir vigorously until thickened.

GIOUVARLAKIA (MEATBALL SOUP)

Serving size: 6 to 8 servings

Meatballs:

**1 cup minced onion
1 pound ground beef
1/4 cup raw converted rice
3 tbsp fresh lemon juice
1 tsp chopped fresh mint leaves or ½ tsp dried mint
1/4 cup chopped parsley
salt and pepper to taste
½ cup flour of coating
5 cups chicken stock**

Avgolemono Sauce:

**2 eggs
2 tbsp cold water
3 tbsp fresh lemon juice**

1. Combine onion with ground beef. Add raw rice, lemon juice, mint, parsley, salt and pepper.
2. Make small meatballs and dip lightly in flour to coat.
3. Bring chicken stock to boil. Add meatballs and simmer for about 30 minutes. (These can be made ahead.)
4. Before serving, reheat broth and meatballs.

To prepare Avgolemono Sauce:

1. Beat the eggs. Add lemon juice slowly, stirring constantly.
2. Add all the hot broth from meatballs, stirring constantly to avoid curdling.
3. When all liquid has been added to egg-lemon mixture, return to the pot, pouring over meatballs.
4. Cook gently until sauce has thickened. Serve at once in soup bowls

TOMATES YEMISTES (STUFFED TOMATOES)

Makes: 6 servings
Cooking time: 45minutes
Oven temperature: 180C(350 F)

12 medium ripe tomatoes
sugar
salt
freshly ground pepper
1 large onion, chopped
1 ½ cup short grain rice
1½ cup hot water
2 tbsp chopped parsley
2 tbsp chopped mint
water or dry white wine

1. Slice tops from tomatoes and reserve. Scoop pulp and sprinkle cavities with a little sugar. Keep aside.
2. Put pulp in a saucepan with salt, pepper and ½ tsp sugar and simmer until soft.
3. Press through a sieve and reserve pulp.
4. Gently fry onion in half of the oil until transparent.
5. Stir in rice, hot water, parsley, mint and season to taste.
6. Bring to the boil, cover and simmer gently for 10 minutes until liquid is absorbed.
7. Fill tomatoes, allowing room for rice to swell.
8. Replace tops and stand in an oven dish. Pour pureed tomato pulp and equal quantity of water or white wine into dish. Spoon remaining oil over tomatoes and cook, uncovered, in a moderate oven for 30 minutes. Serve hot or cold.

KOTTA PILAFI (CHICKEN AND RICE)

Serving size: **6 servings**

6 chicken breasts (about 3 pounds)

1/4 cup butter

1 medium onion, finely chopped

1 ½ cups canned tomatoes

2 cups water

1 tsp ground cinnamon

Salt and pepper

1 cup uncooked rice

Dairy sour cream

1. Saute chicken breasts in butter until golden brown.
2. Add onion, tomatoes, water, cinnamon, and salt and pepper to taste. Cover and simmer for 30 minutes.
3. Add rice and stir to mix evenly. Cover and simmer for an additional 20 minutes, or until rice is tender, adding more water if necessary.
4. Serve with a bowl of cold dairy sour cream, to be spooned over the pilaf.

GREEK BASIL DRESSING

Makes: 1 Batch (2/3 cups)

1 garlic clove, minced
1 shallot or scallion – cut into thirds
6 Greek olives, pitted
1 tsp dijon mustard
1 tbsp balsamic vinegar
1/4 tsp grated lemon zest
1 tbsp fresh lemon juice
1 small tomato, quartered
1/4 tsp freshly ground pepper
3 tbsp chopped fresh basil
1/4 cup olive oil
salt and pepper to taste

1. In a blender or food processor, blend all ingredients except olive oil.
2. Add olive oil gradually, processing until combined.
3. Add salt and pepper to taste.

TARAMOSALATA (GREEK PATE)

Makes: 6 servings

2 slices wholewheat bread, crust removed

2 tbsp milk

½ lb smoked cod roe

6 tbsp olive oil

2 tbsp lemon juice

1 garlic clove, peeled and pressed

½ cup heavy cream plus

2 tbsp heavy cream

2 tbsp parsley, fresh, chopped

1. Pepper to taste paprika, black olive for garnish.
2. Place the bread in a shallow dish, sprinkle the milk over and leave to soak.
3. Using a spoon or knife, scrape the cod roe out of it's skin and into the food processor or blender.
4. Add the olive oil, lemon juice, garlic and bread, and puree until smooth.
5. Beat the cream until it thickens but is not soft.
6. Turn the cod roe mixture into a bowl, fold cream and parsley until well mixed.
7. Season with black pepper.
8. Turn into a serving dish and garnish with paprika and few black olives.
9. Serve with hot pita bread.

GREEK MARINATED VEGETABLE SALAD

Makes: 6 servings

1 small eggplant
1 medium red bell pepper
1 cup drained thawed frozen - artichoke hearts
1 cup mushrooms cap, cut into quarters
1/4 cup water
1 tbsp plus 1 tsp olive oil
1 tbsp lemon juice
2 garlic cloves, minced
1 tsp oregano leaves
1 tsp red wine vinegar
1/4 tsp marjoram leaves
1/4 tsp thyme leaves
1/4 tsp basil leaves
1/4 tsp pepper

1. In baking sheet broil eggplant and bell pepper 3 inches from heat source, turning frequently, until charred on all sides; transfer to brown paper bag and let stand until cool enough to handle, 15 to 20 minutes.
2. Peel and dice eggplant; transfer to medium bowl.
3. Peel pepper; remove and discard stem end and seeds. Cut pepper into thin strips and add to eggplant; add artichokes to bowl and set aside.
4. Spray 9- inch skillet with non-stick cooking spray and heat over medium - high heat; add mushrooms and cook, stirring occasionally, until just cooked through, 1 to 2 minutes.
5. Add to eggplant mixture. In a small bowl combine remaining ingredients, mixing well; pour over vegetable mixture and toss to coat.
6. Cover with plastic wrap and let marinate for at least 30 minutes.

GREEK EGGPLANT APPETIZER

Makes: 4 servings

2 medium Eggplants

3 medium tomatoes, peeled and coarsely – chopped

3 garlic cloves

3 tbsp chopped parsley

½ tsp oregano

1 tsp fresh mint, chopped

1 tsp salt

1/4 tsp salt

1/4 tsp pepper

3 tbsp olive oil

5 tbsp lemon juice

1. Cook eggplants in their skins. Peel them or scoop out the insides.
2. Mix the pulp with the tomatoes, garlic, herbs, salt and pepper.
3. Put into blender. Add oil a little at a time, blending at low speed. Add lemon juice and vinegar and blend at a higher speed.
4. Serve with pita bread.

HORIATIKI (GREEK SALAD)

4 hard salad tomatoes cut in segments

1 sliced onion

½ sliced cucumber

oil

sliced feta cheese

salt, pepper and oregano for seasoning

1. Mix the ingredients together and spread oil over them.
2. Sprinkle some salt, pepper and oregano.

GREEK PASTA SALAD

Makes: 10 servings

½ cup Olive oil
½ cup red wine vinegar
1 ½ tsp garlic powder
1 ½ tsp basil
1 ½ tsp oregano
¾ tsp pepper
¾ tsp sugar – or more
8 oz Pasta – cooked
3 cup mushrooms – thickly sliced
15 cherry tomatoes – cut in half
1 cup Red bell pepper – cut into strips
¾ cup Feta cheese – crumbled
½ cup green onion – chopped
3 ½ oz black olives – whole
¾ Pepperoni slices – cut into strips

1. Mix together oil, vinegar, garlic powder, basil, oregano, pepper and sugar.
2. Add remaining ingredients and toss until all ingredients are well coated.
3. Cover and chill 2 hours or overnight.

GREEK LINGUINE

Makes: 4 servings

10 oz frozen chopped spinach

8 oz rinsed, drained, canned chickpeas

1/4 cup golden raisins

4 cup cooked linguine

2 tbsp olive oil

½ tsp salt (optional)

1/8 tsp crushed red pepper

1. In a 2 quart saucepan, cook the spinach according to the package directions.
2. Add chickpeas and raisins and cook, stirring occasionally, until thoroughly heated, 3 to 4 minutes.
3. Transfer the spinach mixture to a large mixing bowl; add linguine, oil, salt and pepper and toss to coat.

GREEK MUSHROOM SALAD

Makes: 4 servings

8 oz small button mushrooms

5 tbsp dry white wine

5 tbsp water

5 tbsp olive oil

juice of half a lemon

1 bay leaf

1 tbsp chopped onion

1 pinch thyme

1 pinch coriander

1 pinch fennel seeds

salt and pepper

1. Wipe the mushrooms, but do not peel them.
2. Put all the remaining ingredients into a saucepan and simmer them for 5 minutes. If the mushrooms are very small, leave them whole. Otherwise, cut them in half or into quarters, depending upon their size.
3. Add to saucepan and simmer for 5 minutes.
4. Let them cool in the liquid before placing in a bowl to serve.

GREEK PASTA SALAD WITH SHRIMP AND OLIVES

Makes: 6 servings

3/4 lb Tomatoes, chopped
1 large red bell pepper
1/4 lb Feta cheese, crumbled
2 tbsp dry white wine
1 tbsp thyme
6 green onions, chopped
½ cup olive oil
3 large garlic cloves, minced
½ cup Kalamata olives
1/4 cup lemon juice
3/4 lb pasta, cooked
3/4 lb shrimp, cooked

1. Mix ingredients except pasta and shrimp in a large bowl.
2. Add pasta and shrimp and toss to blend.
3. Season to taste with salt and pepper.

GREEK PATATES

Makes: 6 servings

3 lbs white potatoes

½ cup chopped yellow onions

1/4 cup finely minced garlic

½ tsp salt

½ tsp pepper

½ tsp dry oregano

½ tsp basil

1 cup fresh lemon juice

½ cup vegetable oil

water (as needed)

1. In a large baking pan place the peeled and quartered potatoes.
2. Sprinkle on the onions, garlic, salt, pepper, oregano, basil, lemon juice and vegetable oil.
3. Add enough water so that the potatoes are just covered.
4. Stir the ingredients together very thoroughly so that everything is well mixed.
5. Bake for 45 minutes.
6. Carefully stir the ingredients and continue cooking the potatoes for 30 minutes, or until they are tender.
7. Remove the potatoes with a slotted spoon.

GREEK SPINACH TRIANGLES

Makes: 50 servings

1 cup butter; or margarine
1 pack phyllo pastry
2 eggs; beaten
1 onion; finely chopped
8 oz cream cheese; cut in chunks
1/4 tsp pepper
½ lb feta cheese
20 oz frozen chopped spinach

1. Cook spinach according to directions and drain well.
2. Mix all ingredients except butter and pastry.
3. Refrigerate mixture at least 1 hour. Open package of dough and cut 2" wide, cutting through layers.
4. Cover remaining dough with a damp cloth to keep from drying out.
5. Separate dough so that you have 2 sheets for each triangle. Brush the dough with melted butter and put 1 rounded tsp spinach at the top of the strip. Fold pastry over.
6. Place a well-buttered baking sheet and brush top with butter.
7. Bake at 375 degrees for 20 minutes. Serve warm.

SPETSIOTA (FISH)

Makes: 6 Servings

3 ½ lbs halibut or red snapper

juice from 1 lemon

6 ripe tomatoes

1 tbsp tomato paste

3 cloves garlic (diced)

parsley (finely chopped)

bread crumbs

1 cup olive oil

salt and pepper

1. Sprinkle the fish with lemon juice, add salt and pepper and place in pan.
2. Peel half the tomatoes, grate them, add the tomato paste (thinned in a bit of water), garlic, parsley, olive oil and salt & pepper.
3. Mix and pour over the fish.
4. Slice the rest of the tomatoes in thick slices, place them over the fish and top with the bread crumbs.
5. Bake in medium oven for about 40 minutes.

STIFADO (VEAL)

Makes: 5 to 6 Servings

2 lbs veal shoulder
1 onion, chopped
1 cup dry red wine
1 cup olive oil
4 ripe tomatoes (peeled and grated)
1 tbsp tomato paste
1 bay leaf
salt
2 lbs baby onions

1. Brown the veal in olive oil.
2. Add onion, brown a while longer until onions are translucent and then add the wine.
3. Add the tomatoes, tomato paste (thinned with water), bay leaf, salt, pepper and ½ cup of hot water.
4. Mark an X in the baby onions with a sharp knife, add them into the pot and cook for another hour.

CRETAN MEAT PIE

Lamb
phyllo pastry
1 onion, diced
garlic
cheese
nutmeg
olive oil
oregano
salt
pepper

1. Boil some lamb (or your favorite meat) in lightly salted water.
2. Cut the meat up into little pieces. Season with salt, pepper and oregano.
3. Add sauteed onions and garlic.
4. Mix the meat with various cheeses (swiss, mozzarella).
5. Spread the mixture onto oiled up phyllo.
6. Roll up the phyllo taking care to tuck in the sides as you go.
7. Bake it until it is golden brown about ½ hour.

PHYLLO PASTRY

2 cups flour

3/4 cup warm water

½ tsp salt

3/4 cup vegetable oil

1. Mix all ingredients in a bowl and work dough until it is soft, not firm or stiff.
2. Make 6 even balls, and place on a plate with flour on it.
3. Sprinkle flour on top of balls and place in fridge for about an hour until the dough is thoroughly cooled.
4. When ready, spread flour on your rolling surface and roll out the balls of dough to about 6" (15cm) diameter.
5. Then work the dough with your fingers, by picking it up and stretching it, to get it as thin as you require.

GRILLED OCTOPUS

1 octopus

5 cloves garlic, finely chopped

1 cup vinegar

3/4 cup olive oil

4 squeezed lemons

1 tbsp oregano

Salt

Pepper

1. Beat the octopus with a hammer or against the concrete to tenderize. This may take 15 minutes or more.
2. Cut and clean the octopus into pieces about twice the size of serving because the meat will shrink when cooked. Marinate in vinegar, 1/4 cup olive oil, garlic, some oregano, salt and pepper.
3. To cook, warm the BBQ to low-medium heat and lay on the meat.
4. Baste with a mixture of the remaining olive oil, the juice from the lemons, and the oregano, being careful not to cause a flame to erupt in the BBQ.
5. When cooked, pour the remaining marinade over the octopus and serve.

CHICKEN MANESTRA

chicken pieces

1 onion, chopped

2 tbsp olive oil

garlic, crushed

4 cups water

3 tbsp tomato paste

½ cup Ozro

salt

pepper

1. Saute onion in olive oil.
2. Brown chicken pieces.
3. Add water and tomato paste, simmer chicken for 30 minutes.
4. Add Ozro, stirring with a watchful eye until Ozro is tender.

MOUSSAKA

Makes: 6 to 8 servings

**3 large eggplants
2 lbs potatoes
1 onion (diced)
2 lbs ground beef
½ cup white wine
½ cup olive oil
2 tomatoes
parsley, diced
salt and pepper
some corn oil, for frying**

Beshamel sauce:

**4 cups warm milk
8 spoons flour
3 tbsp butter
salt and pepper
a pinch of cinnamon or nutmeg**

Prepare the sauce:

1. Melt the butter in a pan, add the flour and mix thoroughly.
2. Turn the heat down and add the milk carefully a little at a time, mixing continuously.
3. Keep mixing until it settles. Add the salt, pepper and cinnamon or nutmeg.

Moussaka:

1. Wrap the eggplants in aluminum foil and bake until they are soft. Slice them in thick slices.
2. Peel the potatoes, slice them and fry them lightly.
3. Brown the onion and the ground meat together in the olive oil.
4. Grate the tomatoes and add them in along with the parsley and the salt & pepper.
5. Simmer for 15 minutes.
6. Layer the potatoes, the ground meat mix and the eggplants in a deep pan.
7. Cover with the beshamel sauce.
8. Bake in medium oven for 30 - 40 minutes.

PILAFI

(GREEK STYLE RICE)

Makes: 6 Servings

2 cups long grain rice
3 ½ cups chicken broth
1 chopped carrot
1 chopped onion
1 stalk celery, chopped
mushrooms, chopped
salt
paprika

1. Boil the rice following the normal cooking directions, but using the chicken broth instead of water.
2. Add the vegetables and the paprika.

BRIAM

Makes: 6 to 8 servings

**2 lbs zucchinis
2 lbs potatoes
2 lbs eggplants
1 green pepper
3 sliced onions
2 thinly sliced green onions
2 lb ripe peeled tomatoes
1 batch parsley, diced
salt
pepper**

1. Clean and chop all vegetables in large pieces.
2. Bake in a deep pan for about 1 ½ hour, in medium heat.

SYKOTAKIA LADORIGINI (PAN FRIED LIVER)

Makes: 4 to 5 servings

1 lb chicken, or lamb or calf liver

flour (for dredging)

juice of 1 lemon

2 cloves garlic, chopped

olive oil for frying

salt

pepper

oregano

1. Wash the liver very well. If using lamb or calf liver, cut into strips or cubes.
2. Season the liver with salt and pepper and dredge in the flour. Shake off excess and fry in the olive oil over medium-high heat.
3. Add the oregano, lemon juice and garlic.
4. Pour contents of the pan onto a serving dish and serve with lemon wedges and bread for dipping into the oil/ lemon/ oregano mixture.
5. May also be served as a main course by increasing the quantities according to how many people are being served.
6. Serve with either fried potatoes or plain white rice.

MARINATED OCTOPUS

2 medium octopus
1 cup olive oil
1 cup wine vinegar
1 large onion
1 tbsp Greek oregano
1 tsp pepper
2 tsp rosemary
½ cup lemon juice

1. Place octopus in a large pan with plenty of water and boil for 2 hours.
2. Remove from heat; wash and remove the skin.
3. Cut in desired size pieces.
4. In a bowl, combine all ingredients, except the lemon juice, and add octopus.
5. Mix well; cover; and refrigerate for several hours or overnight.
6. When ready to serve, stir in lemon juice.

BIFTEKIA

2 slices of bread, soaked in water for 10 minutes

2 lbs minced beef or pork

1 large onion, grated

1 egg

1 tbsp oregano

2 tbsp thyme

1 tbsp fresh mint, chopped

parsley, chopped

salt

pepper

1 lemon, to garnish

1. Squeeze excess moisture from the bread and discard the crusts.
2. Mix together all the ingredients, in a bowl, by hand.
3. Let this mixture stand for half an hour if you have the time.
4. Make large, round, flattened hamburgers and grill under a hot grill, approximately 3 minutes on each side; or even better place them on an oiled grid and barbecue them for 5 to 6 minutes on each side.
5. They should be slightly uncooked inside and moist; turn them over once, but do not let them get scorched.
6. Serve them with quartered lemons on the side of the platter, with some fresh salad.

KALAMARI (DEEP FRIED SQUID)

Makes: 6 servings

2 lbs Baby squids

flour

vegetable oil

2-3 lemons

½ cup onion, chopped

salt

1. Mix the flour with the salt.
2. Wash the squid and “toss” it in the flour to bread it.
3. Fry well on all sides in hot vegetable oil.
4. Top with the onion and serve hot with sliced lemon.

DOLMADES

(STUFFED GRAPE LEAVES)

Makes: 4 servings

½ lb Grape leaves

1 lb onion, finely chopped

1 cup rice

1 cup olive oil

1 batch dill, finely chopped

juice of 1 lemon

1. Briefly dip grape leaves in boiling water then rinse them with cold water and wipe dry.
2. Mix the onions with half the oil.
3. After a while, mix in the rice, 250ml hot water and the remaining except for the oil and the lemon juice.
4. Boil the mixture for 4 to 5 minutes.
5. Wrap one tbsp of the mixture with a grape leaf and repeat until completed.
6. Carefully place the dolmades in a pot with some space between them.
7. Cover the dolmades with a plate and add the rest of the oil and the lemon juice with 500ml of water.
8. Boil at low heat for 30 minutes, until some water is absorbed and the rice is done.
9. Serve cold with slices of lemon.

TYROPITA (CHEESE PIE)

Makes: 6 servings

**1 lb Feta cheese
1 lb phyllo pastry
1/4 lb ground kefalograviera cheese
1 cup milk
3 tbsp butter
4 eggs, beaten
dill or mint, diced
pepper
margarine, a little**

1. Mash the feta cheese with a fork and add the kefalograviera, milk, butter, dill (or mint), eggs and pepper.
2. Butter a pan with the margarine and place half the sheets of phyllo on the bottom also buttered with the margarine (so it doesn't stick).
3. Pour the cheese mix and cover with the rest of the phyllo sheets, also buttered with margarine.
4. Bake in medium oven for about 1 hour.

SAGANAKI

½ lb Kefalograviera cheese

1 lemon

1/8 cup butter

1. Cut the cheese onto a slab about 3/4" thick.
2. Heat the butter in the frying pan and sear the cheese.
3. As the cheese starts to brown pour the lemon juice over it and remove from the heat.
4. Serve hot with fresh pita or bread for dipping.

TRAHANA

(SOUR DOUGH SOUP)

½ cup trahana

1 tbsp olive oil

2 cups water

tomato paste

butter

grated Romano cheese (optional)

1. Bring the water and olive oil to a boil.
2. Add the trahana and stir constantly for approximately 20minutes.
3. Add a little tomato paste and salt to taste.
4. Serve with grated Romano cheese and a little bit of butter in each bowl.

KREMITHOSOUPA (ONION SOUP)

2 cups onions
½ cup olive oil
2 potatoes
2 cups tomato sauce
1 cup olive oil
meat broth (optional)
salt
pepper

1. Peel, wash and cube potatoes.
2. Pare and slice the onions.
3. Place these two items into a stockpot and add the tomato sauce, fill with enough water (or broth) to cover them.
4. Add the salt and pepper to taste and boil at moderate temperature for 30 minutes.

FASOLATHA (NAVY BEAN SOUP)

1 lb Navy beans
3 sliced carrots
1 onion, chopped
3 celery leaves, chopped
1 cup tomato sauce
1 cup olive oil
salt
pepper

1. Soak the beans in water overnight.
2. Strain the water and place the beans in a pot with new water.
3. Boil for a while and once again strain.
4. Add the rest of the ingredients, add enough water to make it soupy and slowly boil for an hour.

FAKKES

(LENTIL SOUP)

1 lb lentils
1 large onion, chopped
1-2 garlic, chopped
1 cup tomato sauce
2/3 cup olive oil
1 bay leaf
salt
pepper

1. Clean the lentils well and place in a covered pot with enough water to immerse them.
2. Boil for a short while and dump the water.
3. Place the lentils back in the pot with water as before and add the rest of the ingredients.
4. Slowly simmer for about an hour.

EXOHIKO (LAMB)

Makes: 6 servings

2 lbs lamb leg

2 onions, chopped

1 cup butter

½ lb kefalograviera cheese

salt

pepper

6 sheets puff pastry

1. Cut the lamb in portions.
2. Simmer the onion in a frying pan with a little water.
3. Add a tsp of butter and brown lightly.
4. Add the lamb, salt and pepper and brown for a few minutes.
5. Turn the element off, add the cheese and separate in portions.
6. Butter each sheet of pastry and use them to wrap each portion.
7. Place in a buttered pan, top with the rest of the butter and bake in medium-low oven for 1½ hours.

SPINACH, RICE AND FETA PIE

MAKES: 6 Servings

2 tsp butter
3/4 cup onions, chopped
2 tsp all - purpose flour
½ tsp salt
1/4 tsp pepper
1 ½ cups long grain rice, cooked
3 ounces feta cheese, crumbled
1 egg, lightly beaten
2 egg whites
10 ounces frozen spinach, chopped, thawed and drained
2 tbsp olive oil
olive oil flavoured cooking spray

1. Preheat oven to 400 degrees.
2. Spray a 9 inch pie plate with the cooking spray.
3. Squeeze all moisture out of spinach.
4. In a large saucepan, over medium heat, melt butter and saute onion 3 minutes.
5. Stir in flour, salt and pepper.
6. Gradually add in milk stirring with a whisk, until smooth.
7. Bring mixture to boil, reduce heat and simmer until slightly thickened, stirring constantly.
8. Remove from heat. Stir in rice, Feta, egg white and spinach.
9. Pour mixture into prepared pie plate, sprinkle top with Parmesan and bake for 35 minutes.
10. Turn broiler on and broil until top is golden brown.

RICE WITH ROASTED RED PEPPERS, BLACK OLIVES & FETA

MAKES: 6 Servings

1 large red bell peppers, roasted
1 ½ cups long-grain white rice
1 tbsp olive oil – or less
3 green onions, chopped with greens
1/4 cup fresh parsley, chopped
2 tbsp fresh lemon juice
3 tbsp sun-dried tomatoes, chopped, softened
3 tbsp kalamata olives, chopped and pitted
1/4 tsp black pepper, freshly ground – or to taste
1/4 cup feta cheese, crumbled
fresh parsley – to garnish

1. Place the pepper on a pan and broil on high rack, turning frequently until charred on all sides.
2. Transfer the peppers to a paper or plastic bag or wrap in plastic wrap. Let cool.
3. Halve the pepper, core, seed, and chop.
4. Steam the rice, or boil according to package directions.
5. In a small skillet, heat oil and saute the green onion until soft. Add garlic, saute for 1 minute then add parsley, lemon juice, sundried tomatoes, olives, black pepper and cook, stirring, until ingredients are heated.
6. Toss the hot rice with the bell pepper. Serve hot with crumbled feta.

GREEK CHICKEN AND RICE

Makes: 6 Servings

3lbs chicken parts

½ cup butter

2 tbsp oregano

2 tbsp lemon juice

1 medium onions, chopped

1 ½ lbs tomatoes, peeled and chopped

3 cups long-grain white rice

6 cups chicken stock

1. In a large saucepan melt butter over medium heat and add chicken.
2. Brown on all sides then remove from pan and set aside. Add onion and tomato and saute until onion turns translucent. Stir in oregano and lemon juice. Add rice and stir well to combine and coat all grains of rice. Add chicken stock, stir and return chicken to pot. Bring to a boil, reduce heat and simmer, uncovered until all surface liquid has been absorbed.
3. Cover, turn heat to very low and cook 1 hour, stirring every 15 minutes to keep rice from burning or sticking.

BEAN SOUP (FASOLADA)

Makes: 5 - 6 servings

½ kilo (1 lb 2 oz) medium-sized beans

2 medium-sized peeled sliced carrots

2 medium-sized chopped onions

2 ripe chopped tomatoes

2 stalks of chopped celery

1 teacup olive oil

salt

pepper

1. Soak the beans in water overnight.
2. Next day, drain and place them in a pot with water.
3. Add the carrots, celery, tomatoes, onions, olive oil and it boil at medium heat for 2 hours. Do not let boil dry. Add water as necessary. When beans are tender, serve.

GREEK BEAN SOUP (FASOLADA)

1 pound navy/white haricot beans, soaked overnight

½ cup olive oil

2 cups chopped onions

2 tsp minced garlic (optional)

1 large carrot, chopped

2 stalks celery including the leaves, chopped

1 (6 oz.) Can tomato puree

3 quarts water

1 cup chopped flat leaf parsley

Salt and Pepper to taste

1. Saute the onion, garlic, carrot, and celery in oil until limp. Add the tomato puree and the water. Bring to boil.
2. Add drained beans. Add salt and pepper to taste.
3. Simmer for about 2 hours, or until beans are tender. Add parsley 15 minutes before removing from the heat.

DOLMADES

1 lb ground beef
1 large onion, chopped
½ cup white rice
1 egg
½ cup dry mint
1 tbsp butter, softened
1 or 2 bunches fresh parsley
dill
3-4 tbsp lemon juice
salt
pepper
water, if needed
30 to 40 grape leaves

1. Knead all ingredients in a bowl. If the consistency is too hard, add water, one tbsp at a time, until soft enough to knead. Do not add too much water.
2. Boil grape leaves until they are soft, but not tender, usually 1 to 2 minutes.
3. Fold grape leaves around small spoonfuls of meat mixture, sealing completely.
4. In a large pot melt 4 tbsp butter. Arrange rolled dolmades on top. Pour 3 1/2 cups of water or chicken broth over dolmades, cover, and simmer for 2 hours.

DOLMADAKIA

(STUFFED GRAPELEAVES WITH RICE)

16 oz Grape leaves
3/4 cup Extra virgin olive oil
3 onions, minced finely
1 3/4 cups rice
1 lemon, juiced
dill, finely chopped
1 3/4 cup hot water
3/4 tsp salt
1/4 tsp pepper

1. Saute the onion with half the oil.
2. Add the rice and let cook for a few minutes.
3. Add the dill, the hot water, salt and pepper.
4. Boil for 5 minutes. Let it cool.
5. Steam the grape leaves, then rinse with water in colander.
6. Wrap the rice mixture with the grape leaves.
7. Arrange the stuffed grape leaves in a casserole, tightly. Make more than one layer.
8. Add the lemon juice, the rest of the olive oil and 1 ½ cups of hot water.
9. Cover and simmer for 35 minutes.
10. Serve then cold, with strained yogurt.

GREEK MEATBALLS (KEFTEDES)

1 kilo ground beef
1 cup bread crumbs
2 cups crushed tomatoes
1 large onion, minced
1 tsp dried mint
1 egg
3 tbs grated cheese
1 tbs vinegar
salt and pepper
flour for rolling
oil for frying

1. Mix all ingredients together.
2. Form into one inch balls.
3. Heat the oil in a skillet.
4. Roll the balls into the flour to coat and drop into hot oil.
5. Fry until brown on all sides.

CHICKEN SHISH KABOBS

1 kilo boned chicken breasts cut into 1-inch pieces
1 large onion quartered and separated into pieces
2 large green or red peppers cut into 1-inch pieces
Cherry tomatoes, whole mushrooms or any vegetable

Marinade:

2 cups olive oil
1 cup fresh squeezed lemon juice
Salt and Pepper
Oregano
Crushed garlic cloves
Ground cumin
Thyme

1. Use wooden or metal skewers. Alternate chicken and vegetable, packing tightly.
2. Repeat until chicken and vegetables have filled 4 to 6 skewers.
3. Sprinkle skewers with salt, pepper, oregano, cumin and thyme.
4. Place the skewers in a pan or large container.
5. Make the marinade in a separate bowl, stirring so all ingredients are well mixed.
6. Pour over the skewers and cover. Marinade for a few hours or overnight.
7. Fry, bake, or barbecue. Serve.

PILAFI

2 cups long grain rice
½ cup chopped green pepper
½ cup chopped red pepper
½ cup chopped onion
1/4 cup chopped celery
2 tbs minced parsley
1 clove garlic, minced
1 cup olive oil
1 cup of water
1 package or cube of vegetable stock
salt and pepper
dash of oregano, thyme and cumin

1. In a large pot, heat the olive oil.
2. Add the peppers, onions, celery, parsley and garlic.
3. Fry lightly then add the rice and fry it all together for a few minutes, stirring constantly so the rice doesn't stick.
4. Add your spices and stock. Stir, mixing well.
5. Let cook until the rice is tender.
6. When the rice is done, take the pot off the heat and cover tightly. Let sit for 10 minutes before serving.

ROASTED LEG OF LAMB/PORK

1 2-3 kilo Leg of Lamb or Pork

2-4 slivered garlic cloves

2 tsps dried Rosemary

½ cup olive oil

salt and pepper to taste

6 medium potatoes, peeled and quartered

½ cup crushed tomatoes

1. Preheat oven to 350 F.
2. To prepare the lamb/pork leg, remove any visible fat with a sharp knife.
3. Slice on opposite sides of leg 2 or three times to the bone.
4. Tuck in the garlic cloves a little rosemary.
5. Place the lamb in a roasting pan with some of the oil. Rub oil over lamb (you can use your hands to do this.)
6. Sprinkle with salt, pepper and remaining rosemary.
7. Toss the potatoes with salt, pepper and tomatoes and arrange them around the leg in the pan.
8. Pour some oil over potatoes so they crisp when baking.
9. Add a cup of water to the pan and roast the leg for about 1 hour, checking to make sure water doesn't evaporate. Add water as necessary.
10. To prevent burning, cover meat with aluminum foil.

SKORTHALIA ME PATATES (GARLIC POTATO SAUCE)

This versatile sauce is also a great party dip.

Makes: 2 ½ cups

**1 lb potatoes, peeled and cubed
6 garlic cloves, minced
juice of 1 lemon
½ cup fresh or dried bread crumbs
1/4 cup extra virgin olive oil
salt
pepper**

1. In a large pot, cover potatoes with water, bring to boil, and simmer until tender, about 15 minutes.
2. Drain potatoes, reserving ½ cup of the cooking liquid.
3. In a food processor or blender, combine potatoes, reserved liquid, garlic and lemon juice.
4. Pulse to mix, add bread crumbs, and pulse again briefly.
5. Add olive oil 1 tablespoon at a time, pulsing between additions.
6. Season to taste with salt and pepper and blend until smooth and creamy.

GREEK RICE TOSS

Makes: 6 Servings

3 cups cooked rice

2 6oz jars marinated artichoke hearts, coarsely chopped, reserve liquid

1 large tomato, seeded and chopped

1 medium cucumber, seeded and chopped

1 medium size red onion, chopped

1 cup crumbled feta cheese

1 2-1/4 oz can sliced black olives, drained

1/4 cup chopped fresh parsley

1 tbsp lemon juice

½ tsp oregano

½ tsp lemon pepper

lettuce leaves

1. Combine rice, artichoke hearts, tomato, cucumber, onion, cheese, olives, parsley, lemon juice, oregano, and lemon pepper.
2. Chill 1 hour.
3. Just before serving pour reserved artichoke liquid over salad.
4. Spoon into individual lettuce-lined salad plates.

STUFFED CABBAGE ROLLS

2 medium sized cabbage heads, core removed, leaves separated

½ kilo ground beef

1/4 kilo ground pork

4 cups rice

1 cup minced parsley

1 cup minced dill weed

1 ½ tbsps dried crumbled spearmint

1 ½ cups oil

2 tbsps butter

1 kilo chopped tomatoes

2 cups vegetable broth

ground cumin

salt and pepper

1. In a large pot, bring water to a boil.
2. Add the cabbage leaves and simmer for 2 minutes until tender. Remove them to a strainer.
3. Add all the stuffing ingredients into a large bowl and mix well.
4. Prepare the cooking pot by laying a few cabbage leaves on the bottom.
5. Add one spoonful of stuffing to the centre of a cabbage leaf and fold up three sides and then roll up.
6. Set it on the bottom of the pot, seam side down. Repeat until ingredients have been used up.
7. Once you have filled up the pot, use a small plate to weigh down the cabbage rolls. This is so they don't open when cooking.
8. Add 2 cups vegetable broth to the pot and cover with lid.
9. Simmer on low heat for about 30 minutes or until rice is done.

PORK & PEAR PASTA

Makes: 8 Servings

1 lb Ziti or other medium pasta shape, uncooked
1 can pear halves packed in heavy syrup, undrained
1 tbsp plus 1 tsp cornstarch
2 tbsp soy sauce
2 tsp sesame oil
1 lb lean boneless pork, cut in strips
1/4 tsp ground red pepper
1 tsp vegetable oil
1 cup chopped red bell pepper
½ tsp whole thyme
2 cups fresh spinach, sliced thinly
salt
pepper

1. Prepare pasta according to package directions.
2. While pasta is cooking, drain and chop pears, reserving 1 ½ cups of juice.
3. Blend cornstarch and soy sauce until smooth.
4. Sprinkle pork with ground red pepper.
5. In a large non-stick, heat oil over high heat.
6. Add pork and stir-fry until thoroughly cooked.
7. Remove pork from skillet and set aside. Add bell pepper to skillet saute 1 minute.
8. Add pears and thyme.
9. Cook until thoroughly heated, stirring constantly.
10. Add pork, reserved juice, cornstarch mixture, sesame oil.
11. Cook until thickened and bubbly, stirring occasionally.
12. Drain pasta. Place in a large bowl.
13. Add pork mixture and toss.
14. Add spinach and toss well.
15. Salt and pepper to taste. Serve immediately.

HONEY-MUSTARD ROTINI & TUNA

Makes: 4 Servings

1 lb Rotini uncooked

2½ tbsp prepared mustard

2 tbsp honey

1 cup non-fat buttermilk

½ cup non-fat mayonnaise

½ tsp celery seed

12 oz fresh tuna

1 medium cucumber, peeled, seeded and thinly sliced

1 medium red bell pepper, seeded and diced

1. Prepare pasta according to package directions.
2. While pasta is cooking, whisk together the mustard, honey, buttermilk, mayonnaise and celery seed in a large bowl. Set aside.
3. Grill or broil tuna until firm (cooked).
4. Transfer tuna to a cutting board and let cool for a few minutes.
5. Toss together the pasta, mustard sauce, cucumber and red bell.
6. Dice the tuna and add to pasta mixture.
7. Toss gently and serve.

SPAGHETTI - ZUCCHINI & ARTICHOKE

Makes: 4 Servings

1 lb Spaghetti uncooked
2 tsp vegetable oil
2 medium onions, thinly sliced
1 carrot, shredded
2 medium zucchini, coarsely grated
8½ oz can artichoke hearts, drained and quartered
2 tsp garlic powder
1 tsp dried parsley
salt
pepper
1/4 cup grated Romano cheese

1. Cook pasta according to package directions.
2. Warm oil in a large saucepan over medium heat.
3. Add the onions, cover pan and cook for 5 minutes.
4. Add the carrot, zucchini, artichoke hearts, garlic powder and dried parsley.
5. Cover the pan and cook for 6 minutes.
6. When pasta is done, drain it well.
7. Toss with pasta, season with salt and pepper and sprinkle with Romano Cheese.

PASTA SALAD - PINEAPPLE-MINT

Makes: 4 Servings

1 lb Mostaccioli uncooked

1 small cucumber

6 to 8 fresh strawberries, washed, hulled and finely chopped

2 tbsp coarsely chopped fresh mint

2 cups finely diced fresh pineapple

1 tsp salt

½ cup low fat yoghurt

1/4 cup non-fat sour cream

1/4 cup orange juice

1 tbsp brown sugar or honey

1. Prepare pasta according to package directions.
2. While pasta is cooking, peel the cucumber, trim the ends and cut in half lengthwise.
3. Scoop out the seeds with a spoon and cut the cucumber into 1/4-inch pieces.
4. Combine the cucumber, strawberries, pineapple and salt in a small bowl and stir until blended.
5. In a small bowl, mix together yoghurt, sour cream, orange juice and brown sugar or honey.
6. When pasta is done, drain well and rinse under cold water.
7. Drain again and transfer to a mixing bowl.
8. Add the yogurt mixture and mix well.
9. Toss in the fruit salsa, season to taste and serve.

PENNE - TOMATO SAUCE & RICOTTA

Makes: 6 Servings

1 lb Penne, Mostaccioli or other medium pasta shape, uncooked

1 28-oz can whole plum tomatoes with liquid

½ cup loosely packed fresh basil

2 small cloves garlic, finely chopped

1 cup part skim milk ricotta cheese

1/4 cup Parmesan cheese

chopped fresh basil or parsley for garnish

1. Prepare pasta according to package directions.
2. While pasta is cooking, combine the tomatoes, basil and garlic in a blender or food processor.
3. Blend at low speed until tomatoes are completely pureed.
4. Pour mixture into a large saucepan.
5. Heat to boil, reduce the heat and simmer for 5 minutes.
6. When pasta is done, drain well.
7. Return pasta to cooking pot, add the tomato sauce and heat over low heat until sauce is simmering and the pasta is coated with sauce.
8. Remove pot from heat and stir in ricotta and Parmesan cheeses until evenly distributed.
9. Divide among serving plates and top with chopped fresh basil or parsley.

CHILI PASTA

Makes: 4 to 6 Servings

8 oz Medium shells, Elbow Macaroni, or other medium pasta shape, uncooked

1 small onion, peeled and finely diced

1 jalapeno, cored and thinly sliced

1 tbsp chili powder

1 tsp cumin

2 cloves garlic, finely chopped

1 16-oz can red kidney beans, rinsed and drained

1 12-oz salsa

½ cup shredded low-sodium cheddar cheese

1. Prepare pasta according to package directions.
2. While pasta is cooking, combine remaining ingredients in a large pot and heat until onion is cooked.
3. When pasta is done, drain well.
4. Transfer to a serving bowl.
5. Add contents of pot and toss gently until well combined.
6. Sprinkle cheddar on top and serve immediately.

SPINACH SPAGHETTI

Makes: 4 Servings

1 lb Thin Spaghetti, Linguine or vermicelli, uncooked

1 10-oz package frozen spinach, thawed

1 10-oz package fat-free cream cheese

½ cup skim milk

1 tbsp red wine vinegar

1 tsp chicken bouillon granules

½ tsp dried Italian herbs

1. Cook pasta according to package directions.
2. Drain spinach well. Squeeze out excess liquid.
3. Combine spinach and remaining ingredients in electric blender or food processor until smooth.
4. Transfer to a saucepan, heat through
5. When pasta is done, drain well.
6. Toss sauce with pasta.
7. Serve immediately.

PASTA MEXICALLI

Makes: 8 Servings

8 oz Penne, Mostaccioli, or Rotini, uncooked
1 16 oz can black beans, rinsed and drained
1 16 oz can cannellini beans, rinsed and drained
1 11oz can yellow corn kernels, drained
1 cup red onion, chopped
½ cup diced bell pepper, finely diced
1/4- ½ cup fresh cilantro, chopped
½ cup fresh parsley, chopped or 2 tbsp dried parsley
1/4 cup cider vinegar
1 tbsp Dijon mustard
2 cloves garlic, minced
1 ½ tsp ground cumin
½ tsp cayenne pepper
½ tsp black pepper
1/4 cup vegetable oil

1. Prepare pasta according to package directions. Drain.
2. In a large bowl, combine pasta, beans, corn, onion, bell pepper, cilantro and parsley.
3. In a separate bowl, combine vinegar, Dijon mustard, garlic, cumin, cayenne and black pepper.
4. Slowly whisk oil to vinegar mixture.
5. Add vinegar mixture to pasta and stir well.
6. Serve chilled.

PASTA WITH ZUCCHINI AND ROASTED GARLIC

Makes: 4 Servings

1 lb Rotini, Twists or Spirals, uncooked

8 medium cloves garlic, peeled

½ tsp dried thyme

½ tsp dried rosemary, crushed

2 tbsp vegetable oil

3 medium zucchini, coarsely grated (about 5-6 cups)

1. Preheat oven or toaster to 450F.
2. Lay a 12-inch square piece of foil on the counter and put the garlic on it.
3. Sprinkle the thyme and rosemary over the garlic.
4. Pour the oil over the garlic and herbs.
5. Draw up the edges of the foil and make a sealed packet.
6. Bake 20 minutes.
7. While the garlic is baking, cook pasta according to package directions.
8. Two minutes before pasta is done, add the zucchini to the pasta cooking water.
9. Cook for 2 minutes. Drain zucchini and pasta.
10. Open the foil and mash the garlic lightly with a spoon.
11. Toss with the pasta and zucchini, season with salt and pepper and serve.

PASTA WITH CRAB SAUCE

Makes: 1 serving

3 tbsp butter

3 tbsp oil

1 shallot chopped

1 stalk celery

6 to 7 oz crab meat

1 tbsp tomato paste

4 oz tomato sauce (canned)

1 cup sparkling white wine

1 flavour cube (fish flavour if possible)

salt

pepper

12 oz pasta cooked according to directions

1. Melt butter in oil and saute shallot and celery until translucent.
2. Add paste and tomato sauce.
3. Mix well.
4. Add flavour cube and wine and cook over low heat for 5 minutes.
5. Add crab and cook for 5 minutes more.
6. Add salt and pepper to taste.
7. Serve over hot pasta.

PASTA WITH MARINATED ARTICHOKE HEARTS

Makes: 1 serving

6 oz Jar marinated Artichoke Hearts

1 tbsp olive oil

1 tbsp unsalted butter

1 cup onion, chopped

1 tsp dried basil

½ cup sour cream

½ cup cottage cheese

salt

pepper

cayenne pepper

Parmesan cheese

1. Drain the liquid from the marinated artichoke hearts into a skillet.
2. Slice the drained hearts into bite sized pieces.
3. Add the olive oil and butter to the drained-off marinade in the skillet.
4. Heat the mixture, add the onions and saute them until soft (5 - 8 minutes).
5. Add the artichoke hearts and basil.
6. Saute for 5 minutes. Remove from heat, stir in remaining ingredients and serve over ½ pound pasta.

PASTA WITH PESTO AND CHICKEN

Makes: 4 servings

1 Packet any Pasta

pesto

1/3 cup Parmesan cheese, grated

4 cloves garlic

1 tsp salt

1 quart fresh basil leaves, packed

1/3 cup pine nuts

3/4 cup olive oil

4 Boneless, skinless chicken breast

1 tbsp vegetable oil

salt

pepper

Pesto Sauce:

1. Grate the cheese.
2. Mash the garlic with the salt to form a smooth paste.
3. Combine garlic paste, basil, pine nuts, and olive oil in food processor or blender.
4. Puree til smooth.
5. Stir in cheese.

Preparation:

1. Heat the grill or broiler.
2. Toss the chicken with vegetable oil and sprinkle with salt and pepper.
3. Broil the chicken, turning once, until just cooked through, about 10 minutes total.
4. Cut into bite size pieces.
5. Cook the pasta in boiling, salted water until tender, about 3 minutes for fresh pasta.
6. Drain and return to pot.
7. Toss with chicken and pesto sauce and season with salt and pepper.
8. Serve warm or at room temperature.

PASTA WITH QUICK TOMATO AND GARLIC

Makes: 4 servings

1 packet any Pasta

16 Italian plum tomatoes

2 cloves garlic

2 tbsp fresh parsley, chopped

2 tbsp fresh basil, chopped

1/3 cup olive oil

1. Peel, seed and chop tomatoes.
2. Mince the garlic.
3. Heat the olive oil over low heat in a saucepan.
4. Add the garlic and cook over a medium heat for about 3 minutes, until soft.
5. Add the tomatoes, raise the heat to high, and cook for 5 minutes, until they give up some of their juice.
6. Chop the parsley and basil.
7. Cook the pasta in a large pot of boiling, salted water until tender, about 3 minutes for fresh pasta.
8. Drain and return pasta to pot.
9. Add tomato sauce and fresh herbs.
10. Toss over low heat until pasta is lightly coated with sauce and warmed through.
11. Season to taste with salt and pepper.
12. Serve immediately with Parmesan cheese if desired.

PASTA WITH SMOKED SALMON AND GOLDEN CAVIAR

Makes: 6 servings

1 ½ lb thin spaghetti

¾ cup butter(plus up to 4 tb more for pasta)

2 cup whipping cream

½ lb smoked salmon, thinly sliced and cut into ½" pieces

white pepper to taste

1 can golden caviar (4 oz), about 1 tbsp per serving

1. Cook pasta until al dente: rinse and drain.
2. Blend up to 4 tbsp butter to moisten.
3. Melt ¾ cup butter in a large skillet.
4. Add cream and bring to a boil, stirring occasionally.
5. Reduce heat to medium and cook sauce until reduced, about 5 minutes.
6. Add smoked salmon and white pepper.
7. Add pasta to sauce and toss gently but thoroughly.
8. Heat to warm if necessary.
9. Serve immediately with a spoon of caviar on top or on the side of each serving.

PENNE PASTA WITH SUN-DRIED TOMATOES

Makes: 6 servings

4 tbsp crushed red chili

½ cup sun-dried tomatoes, cut in slivers

1 cup black olives, cured in oil, pitted and halved

½ cup fresh basil, chopped

½ cup fresh Italian parsley, chopped

1 tbsp lemon peel, grated

3 cloves garlic, minced

½ cup olive oil

2 tbsp oil from tomatoes

2 tsp freshly ground pepper

¾ lbs Parmesan cheese, grated

1 lb penne pasta

1. Combine all ingredients, except for the cheese and pasta, and let sit at room temperature for a couple of hours to blend the flavours.
2. Cook the pasta in 4 quarts of boiling salted water until tender but still firm, al dente.
3. Drain. Toss the pasta with the sauce and cheese until well coated and serve.

ITALIAN MACARONI AND CHEESE

Makes: 1 serving

9 oz Elbow macaroni
3/4 lb mild or hot Italian sausage
2 tbsp Butter or margarine
1 large onion, chopped
2 cloves garlic, minced
1 large red/green pepper, chopped
½ lb mushrooms, thinly sliced
1/4 cup flour
2 cups milk
1 ½ tsp oregano
1 ½ tsp dry basil
½ tsp salt
3/4 cup Parmesan cheese
1 ½ cup Jack cheese, shredded

1. Cook the macaroni in water according to directions, drain.
2. Crumble sausage into a 10" in pan, cook over a medium heat until well browned.
3. Lift out sausage from the frying pan with a slotted spoon and set aside.
4. Discard all but 2 tsp drippings. Into the drippings, add butter and onion and cook, stirring until onion is limp.
5. Add the garlic, pepper and mushrooms and cook until mushrooms are soft and all liquid evaporates.
6. Stir in flour and cook until bubbly.
7. Gradually stir in milk to make a smooth sauce.
8. Continue cooking and stirring until sauce thickens, about 3 minutes.
9. Add oregano, basil, salt, Parmesan cheese, and drained macaroni; stir to coat.
10. Place half of the macaroni mixture in a buttered 2 ½ quart baking dish.
11. Sprinkle the sausage on top. Then layer the remaining macaroni, the jack cheese.
12. Bake uncovered in a 400 F oven for 20 minutes or until the cheese is bubbly and center is hot.

ITALIAN MEATBALLS AND SPAGHETTI

Makes: 8 servings

1 lb ground meat
2 tbsp plain dry bread crumbs
1 egg
½ cup onion, chopped
1 tbsp vegetable oil
1 can (15 oz) tomato sauce
1 can (14.5 oz) whole tomatoes, undrained and crushed
1 tbsp grated Parmesan cheese
salt
pepper
1 can (6 oz) tomato paste
1 ½ tsp basil
1 ½ tsp sugar
½ tsp garlic powder
½ tsp oregano
2 tbsp grated Parmesan cheese
hot cooked spaghetti

1. In a bowl, combine ground beef, bread crumbs and egg.
2. Bake at 375 F for 25 minutes on cookie sheet, or large baking dish. Drain.
3. In a large saucepan, saute onions in oil until tender.
4. Stir in remaining ingredients except cheese and spaghetti.
5. Simmer while meatballs bake.
6. Add drained meatballs to pan; simmer, covered, for 20 minutes.
7. Stir in cheese and serve over spaghetti.

ITALIAN TOMATO SAUCE

Makes: 6 servings

3 tbsp olive oil
2 cup onions, chopped
1 medium bell pepper, diced
2 tsp basil
1 tsp oregano
1 tsp thyme
1 ½ tsp salt
13 oz canned tomatoes, chopped
6 oz tomato paste
1 tbsp honey
black pepper, lots
6 garlic cloves, minced
parsley

1. Heat olive oil in a Dutch oven.
2. Add onion, bell pepper, herbs and salt.
3. Saute over medium heat until the onion is fairly soft, 8 to 10 minutes.
4. Add tomatoes, tomato paste, honey, and black pepper.
5. Bring to boil.
6. Lower heat and simmer, partially covered, for 20 to 30 minutes.
7. Add garlic and cook 10 minutes more.
8. Serve over spaghetti and with homemade garlic bread.

LINGUINE WITH WHITE CLAM SAUCE

Makes: 4 servings

2 can (6 ½ oz.) Minced clams, undrained

½ cup onion, chopped

2 tbsp fresh parsley, minced

½ tsp garlic powder

1/8 tsp pepper

4 cup hot cooked linguine

2 tbsp grated Parmesan

1. Drain clams, reserving liquid; set aside.
2. Coat a large non stick skillet with cooking spray.
3. Place over medium heat until hot.
4. Add onion, saute until tender.
5. Add reserve clam liquid, reduce heat and simmer uncovered 15 minutes.
6. Stir in clams, parsley, garlic powder and pepper.
7. Cook until thoroughly heated.
8. Combine clam mixture and linguine in a large bowl.
9. Toss well.
10. Sprinkle with Parmesan cheese and serve immediately.

LOW FAT FETTUCCHINE ALFREDO

Makes: 1 servings

1 lb fettuccine

½ cup Non fat cottage cheese

½ cup Evaporated skim milk

½ tsp rice flour

salt

pepper

1 tsp garlic powder, optional

1 tsp onion powder, optional

2 tsp parsley, minced

Parmesan cheese, grated- as garnish

1. Cook fettuccine and drain.
2. Meanwhile, combine cottage cheese, rice flour, salt and pepper, and garlic and onion powders if desired, in a blender, puree until smooth.
3. Transfer mixture to a heavy skillet or saucepan, add parsley and warm over medium-low heat for 10 minutes.
4. Do not let sauce boil.
5. Remove from heat and pour over hot, drained noodles.
6. Sprinkle with Parmesan.

SEAFOOD PASTA CHOWDER

Makes: 1 serving

6 oz Bow-tie pasta

3 oz crab meat

6 tbsp butter

½ lb Mushrooms, sliced

2 oz Newburg sauce mix

3 cup milk

1 ½ cup water

1 /4 cup dry white wine

1/4 cup scallions

1. Cook pasta according to package directions.
2. Sort crab meat to remove any shell pieces and cartilage.
3. Melt butter in 3 -quart non-aluminum saucepan.
4. Add mushrooms, saute or 3 minutes.
5. Add sauce mix, stir well.
6. Add milk, water and wine, stir well with a wire whisk until mixture comes to a boil.
7. Reduce heat, simmer 5 - 8 minutes, stirring constantly.
8. Add green onions, pasta and crab, stir to combine.
9. Heat through.
10. Spoon into serving bowls and garnish each serving with chopped parsley.

SHRIMP CRISTOFORO

Makes: 1 serving

2 oz basil

10 oz butter

1 tsp garlic, minced

1/4 tsp salt

1/8 tsp pepper

3 tbsp Parmesan cheese, grated

1 tbsp Romano cheese, grated

1 lb Linguine

1 lb shrimp, de-veined

1. Remove any large stems from basil and wash leaves. Shake off excess water and dry with a paper towel.
2. Place in food processor, with blade attachment process until finely chopped.
3. Remove from processor and reserve.
4. Place butter in a small mixer bowl.
5. Using an electric mixer, whip butter until pliable.
6. Add garlic, salt, pepper, Parmesan cheese and Romano cheese, and basil. Mix well.
7. Cook pasta according to directions, drain well and keep warm.
8. Melt basil butter in a large skillet over medium heat.
9. Add shrimp and saute until done, 2 to 3 minutes.
10. Serve over hot cooked pasta.

PASTA CARBONARA

Makes: 4 servings

1 lb Bacon; chopped in 1" pieces

8 tbsp sweet butter

1 medium onion, chopped

1 cup light cream (half-n- half)

1 egg, lightly beaten

1 cup Parmesan cheese, grated

½ cup Italian parsley, chopped

1 lb any pasta

¾ cup chicken broth, heated

pepper, freshly ground

1. Cook bacon until lightly brown.
2. Saute onion in butter until onion is a light brown.
3. In a small bowl, combine cream, egg, 2/3 cup parmesan cheese, and parsley. Set aside.
4. Cook pasta according to instructions on package. Drain.
5. Return pasta to pot and add onion mixture, cream mixture, bacon, broth and freshly ground pepper.
6. Serve immediately with remaining cheese.

SPAGHETTI & MEAT SAUCE

1 lb spaghetti
2 tbsp butter
1 lb ground beef
1 cup red wine (or tomato sauce)
4 tomatoes, peeled and chopped
1 large onion, finely chopped
1 tbsp tomato paste
1 clove garlic, chopped
parsley, chopped
salt
pepper

1. Prepare pasta according to package directions. Drain pasta. Melt 1 tbsp butter in the pot. Return the pasta to the pot.
2. Heat 1 tbsp butter in a large frying pan. Cook ground beef and until brown (well done).
3. Add remaining ingredients, cover and cook over a low-medium heat for 2-3 hours.
4. Stir occasionally and season to taste.
5. Serve sauce over pasta, individual servings.

PASTITSIO

Makes: 6 to 8 servings

Pasta:

1lb macaroni

2 tbsp butter

1 cup grated kefalotiri

salt

1. Cook macaroni in salted water until soft but firm.
2. Drain and return the pasta to the pot. Keep removed from heat and add the cheese.

Meat Filling:

1 tbsp butter 2 lbs Ground Beef ½ cup white wine ½ cup grated kefolotiri (cheese)

2-3 peeled and chopped tomatoes 1 finely chopped onion 1 tbsp tomato sauce

1 clove garlic parsley chopped salt pepper

1. Heat the butter in a large frying pan and saute the ground beef and onion until slightly browned.
2. Add remaining ingredients, cover and cook over a medium heat; allow to cool.

Pastitsio Cream:

½ cup butter ¾ cup flour 4 cups hot milk 1 cup grated kefalotiri 2 whole eggs

2 egg yolks nutmeg salt pepper

1. Melt the butter in a heavy saucepan, add the flour and cook stirring for 1 minute.
2. Add the milk all at once and stir until the sauce is smooth.
3. Add the salt, pepper and nutmeg.
4. Remove from heat and stir in the cheese, eggs and egg yolks.

Combining ingredients:

1. Butter a baking pan and put in half the macaroni.
2. Cover with the meat filling. Top with remaining macaroni.
3. Sprinkle with cheese and cover with the cream.
4. Sprinkle top with the rest of the cheese and cook in a moderate oven for about 45 minutes or until golden brown.
5. Cool for 20 minutes then cut into square pieces and serve.

FLORIBBEAN PASTA RISOTTO WITH SHRIMP & BLACK BEANS

Makes: 6 to 8 Servings

**1 lb Ozro
1 tbsp oil
1 large onion, chopped
1 medium red bell pepper, chopped
2 large garlic cloves, minced
2 14.5 oz can fat-free, reduced sodium chicken broth
2 cups orange juice (from carton)
1/4 cup cooking sherry
2 tsp Caribbean jerk seasoning
1- ½ lbs medium shrimp, shelled and deveined
1 15 oz can black beans, drained and rinsed
1/4 cup chopped fresh cilantro**

1. Cook pasta according to pasta directions.
2. While pasta is cooking, heat oil in large deep skillet over medium heat.
3. Add onion, red bell pepper, and garlic; saute until tender, about 4 minutes.
4. Stir ozro, chicken broth, orange juice, cooking sherry and jerk seasoning; bring to boil, stirring frequently.
5. Return heat to medium-low; partially cover and simmer 10 minutes, stirring occasionally.
6. Stir in shrimp and black beans; simmer 2 minutes more.
7. Turn off heat, cover tightly and let stand 10 minutes, or until liquid is almost absorbed. Stir in cilantro.

MOSTACCIOLI AND SHRIMP WITH TANGERINE BASIL SAUCE

Makes: 4 to 6 Servings

1 lb Mostaccioli, Ziti or other medium pasta shape, uncooked
5 ½ cups tangerine or orange juice, divided
1 large yellow onion, minced
1 tbsp jalapeno, seeded and minced
2 bay leaves
2 tbsp garlic, minced and divided
1 tbsp oil or vegetable oil
1 medium red onion, thinly sliced
1 lb medium shrimp, peeled and deveined
salt and pepper to taste
1 cup Brie cheese (about 4oz), diced
2 tbsp basil leaves, thinly sliced
1 cup tangerine or orange segments
1/3 cup slivered almonds, lightly toasted

1. Combine 5 cups of the tangerine or orange juice, the yellow onion, jalapeno, bay leaves and 1 tsp of garlic in a medium saucepan.
2. Bring to boil and cook until liquid is reduced by two-thirds.
3. Remove the bay leaves. Allow to cool.
4. Transfer juice mixture to a blender and blend until smooth.
5. Add salt and pepper to taste and set aside.
6. Prepare pasta according to package directions.
7. While pasta is cooking, add the oil, red onion and shrimp to a medium skillet.
8. Saute 1 minute.
9. Add the remaining ½ cup tangerine or orange juice to the skillet and cook over low heat.
10. Drain the pasta, return it to the pot and add the reserved orange sauce and the shrimp mixture.
11. Cook over low heat 1 minute.
12. Stir in Brie and basil.
13. Stir until Brie is melted.
14. Transfer to a serving bowl.
15. Garnish with orange segments and toasted almonds.
16. Serve immediately.

FETTUCCHINE WITH VEGETABLES AND SCALLOPS

Makes: 6 Servings

12oz Fettuccine, uncooked
2 tbsp olive or vegetable oil
2 stalks celery, julienned
1 res bell pepper, julienned
3 carrots, julienned
3 green onions, julienned
1 lb raw scallops
½ cup fresh orange juice
red pepper flakes to taste
1 tsp grated orange zest
¾ cup grated Romano cheese
parsley to garnish

1. Cook pasta according to package directions. Drain.
2. Heat oil in large skillet; add celery, peppers, carrots and green onions.
3. Cook, tossing until crisp but tender.
4. Slice scallops in thirds (bay scallops can be used whole).
5. Add to vegetables and toss until opaque, about 1 to 2minutes.
6. Add orange juice, pepper flakes and orange zest.
7. Cook 2 more minutes: pour over cooked pasta.
8. Toss with cheese.
9. Garnish with parsley.

CAPELLINI ORANGE ALMONDINE

Makes: 6 to 8 Servings

1 lb Angel Hair or your favourite long, thin pasta, uncooked

2 tbsp margarine, divided

½ cup orange spreadable fruit or orange marmalade

1/4 cup whole milk

1 6oz can mandarin oranges, drained

½ cup almonds, toasted

Cinnamon, for sprinkling

1. Prepare pasta according to package directions, drain.
2. In a saucepan, melt margarine and orange fruit spread.
3. Toss with pasta.
4. Brown almonds in 1 tbsp margarine.
5. Add milk, mandarin oranges and toasted almonds to pasta mixture.
6. Blend well, divide among dessert plates and sprinkle with cinnamon and serve.

LINGUINE WITH HAWAIIAN GRILLED CHICKEN

Makes: 6 to 8 Servings

1 lb Linguine or Vermicelli

1- ½ lb boneless, skinless chicken, cut into 1"x 3" strips

1 - ½ cup light soy sauce

1 cup dark brown sugar, packed

4 tbsp dark Oriental sesame oil

1 tbsp grated fresh ginger root

1 20oz can pineapple chunks in juice, drained and reserve juice

2 medium onions, cut into 1" chunks

2 medium red bell peppers, cored and cut into 1" pieces

2 medium yellow bell peppers, cored and cut into 1" pieces

½ cup toasted chopped macadamia nuts

1. Mix together the soy sauce, brown sugar, ginger, sesame oil and the juice drained from the canned pineapple.
2. Reserve 1 cup of sauce for the pasta.
3. Pour remaining sauce over the chicken, pineapple, onion, and pepper chunks and marinate for approximately 20 minutes, stirring occasionally.
4. Prepare grill, either charcoal or gas barbecue.
5. While waiting for grill, cook pasta according to package directions.
6. Drain and toss with remaining sauce and place in large serving dish.
7. Skewer marinated chicken and vegetables and grill until cooked through; turning occasionally.
8. Remove from skewers and arrange over pasta.
9. Sprinkle with macadamia nuts and serve.

SUMMER PASTA SALAD

Makes: 6 to 8 Servings

1 lb Radiatore, Rotini or other medium pasta shape, uncooked
Cilantro Pesto (see recipe below)
3 tbsp low-sodium chicken broth
½- ¾ lb skinless, boneless chicken breast halves, cut in 1-inch pieces
8 plum tomatoes (about 1 ½ lbs), cut into 1-inch chunks
1 small red onion, slivered lengthwise
¼ cup toasted pine nuts

Cilantro Pesto:

2 cups packed cilantro leaves
1 cup flat-leaf parsley
3 garlic cloves, minced
3 tbsp Parmesan cheese
2 tbsp toasted pine nuts or walnuts
½ cup low-sodium chicken broth
1 tbsp olive oil
1 ½ tbsp red wine vinegar
salt
freshly ground black pepper

Garnish:

Cilantro sprigs
Blue corn chips

1. Prepare pasta according to package directions.
2. Drain and set aside in large serving bowl.
3. Place ingredients for Cilantro Pesto in a blender or food processor, process until finely chopped.
4. Heat Chicken broth in non-stick skillet over medium heat.
5. Add chicken and saute 3 to 4 minutes per side, or until browned and cooked through.
6. Add chicken, tomatoes, red onion and pine nuts to pasta.
7. Toss with all of the Cilantro Pesto until well combined.
8. Garnish with Cilantro sprigs and blue corn chips.

TURKEY TETRAZZINI

Makes: 6 Servings

8oz (about 4 cups) Wide or Extra Wide Egg Noodles, uncooked

Vegetable cooking spray

2 cups low-sodium chicken broth

2 cups boneless, skinless cooked turkey, diced

12oz mushrooms, thinly sliced

1/4 cup chopped fresh parsley

1 bay leaf

1 cup milk

2 tbsp cornstarch

4 tbsp dry bread crumbs

1 tsp olive or vegetable oil

2 tbsp grated Parmesan cheese

1. Cook pasta according to package directions.
2. While pasta is cooking, heat oven to 350F.
3. Lightly spray an 11 x 7-inch baking dish with vegetable spray.
4. Combine chicken broth, turkey, mushrooms, onion, parsley and bay leaf in a 2 quart saucepan over medium heat.
5. Heat to boiling, cover pot and cook 5 minutes.
6. Stir milk and cornstarch together in a bowl until the cornstarch is dissolved.
7. Stir milk mixture into the saucepan.
8. Heat to boiling, stirring constantly.
9. Reduce heat to simmering.
10. Simmer, covered, 3 minutes.
11. Remove from heat.
12. When pasta is done, drain well and return to pot.
13. Remove bay leaf from sauce and pour sauce into pot.
14. Stir until pasta is coated with sauce.
15. Transfer mixture to the prepared baking dish.
16. Mix the bread crumbs, oil and Parmesan cheese together in a small bowl until evenly blended.
17. Sprinkle mixture over pasta.
18. Bake until crumbs are golden brown and edges are bubbling, about 20 minutes.
19. Serve hot.

SPICY CHICKEN FETTUCCHINE

Makes: 5 to 6 Serves

12 oz Fettuccine, uncooked
2 tbsp margarine
12 oz boneless skinless chicken breasts
6 oz (about 6) scallions, trimmed and chopped (about 1 cup)
2 large ribs celery, chopped (about 1 cup)
1 medium red bell pepper, cored, seeded and chopped (about 2/3 cup)
2 tbsp flour
1 1/4 cups chicken broth
1 1/2 tbsp lemon juice
2 tsp paprika
1 tsp onion powder
1/2 tsp garlic powder
1 tsp dried thyme
1 tsp dried oregano
1/4 tsp chicken bouillon powder
1/4 tsp cayenne pepper

1. Prepare pasta according to package directions.
2. While pasta is cooking, saute chicken breasts in margarine over medium heat until browned and cooked through, about 4 minutes. Remove the chicken from pan, cut in half and chill.
3. Add flour to pan; stir.
4. Add green onions, celery, and peppers to saute pan. Saute until crisp tender. Stir in remaining ingredients. Heat until sauce begins to simmer.
5. When pasta is done, drain well. Toss pasta with sauce; top with chicken.

BARBECUED CHICKEN PASTA

Makes: 4 Servings

10oz Rigatoni, Mostaccioli or other medium pasta shape, uncooked

1 tbsp vegetable oil

4oz boneless, skinless chicken breast, cut into ½ -inch cubes

1/4 cup green bell pepper, thin julienne

1/4 cup red onion, thin julienne

1 tsp garlic, finely chopped

½ cup marinara or tomato sauce, preferably homemade

1/4 cup hickory-smoked barbecue sauce

½ cup grated provolone cheese

½ cup grated smoked gouda cheese

3 scallions, trimmed and sliced thin

1/4 cup (loosely packed) whole cilantro leaves

1. Prepare pasta according to package directions.
2. Meanwhile, heat oil in a large skillet over medium heat.
3. Add chicken and saute, stirring occasionally, until browned on all sides, about 3 minutes.
4. Add bell pepper, onion, and garlic and cook until pepper turns bright green, about 1 minute.
5. Add marinara sauce and barbecue sauce and heat just to boiling.
6. Remove from heat.
7. Drain pasta, reserving 1/4 cup of water and return pasta to the pot.
8. Add chicken mixture and cheese to the pot.
9. Stir over low heat until pasta is coated with sauce.
10. Transfer pasta to a serving bowl and top with scallions and cilantro.

HONEY- MUSTARD CHICKEN WITH FETTUCCHINE

Makes: 4 Servings with leftovers or 8 total

18 oz Fettuccine, uncooked, broken in half

1 lb skinless, boneless chicken breasts, sliced in half crosswise

1 large red onion, sliced into 12-inch thick rounds

1 tbsp Dijon mustard

2 tbsp honey

2 tbsp flour

1 14 ½ can low-sodium chicken broth, divided

½ cup chutney

2 tbsp white wine vinegar

1 ½ tbsp parsley, chopped

1 bunch scallions, chopped

1. Prepare pasta according to package directions; drain.
2. Preheat broiler.
3. Lay chicken breasts and onions out on a large cookie sheet.
4. Stir together the mustard and honey and brush it over the chicken and onions.
5. Broil until chicken is firm and cooked through, about 6 minutes on each side.
6. In a small bowl, stir together the flour and 1/4 cup of chicken broth.
7. In a saucepan, bring the remaining chicken broth to a boil.
8. Whisk in the flour mixture and stir until thick.
9. Remove from heat and stir in chutney, vinegar and parsley.
10. When chicken is done, slice it and coarsely chop the onion.
11. Toss with the pasta and sauce and sprinkle with scallions.
12. Set 5 cups aside in the refrigerator and serve the remainder immediately.

PASTA CHICKEN CASSEROLE

Makes: 4 to 6 Servings

8oz Ziti, Mostaccioli or other medium pasta shape, uncooked

2 tbsp margarine, divided

8 oz mushrooms, sliced

3 tbsp all-purpose flour

1 tbsp Dijon mustard

1 3/4 cups skim milk

1/4 tsp salt

2 5oz cans chunk white chicken, drained and flaked

1 2oz jar pimentos, drained and sliced

1/3 cup parmesan cheese, grated

salt and freshly ground pepper to taste

1. Preheat oven to 350F.
2. Prepare pasta according to package directions.
3. While pasta is cooking, melt 1 tbsp margarine in skillet over medium-high heat.
4. Add mushrooms and saute 2 to 3 minutes.
5. Drain off any liquid and set mushrooms aside.
6. Place the remaining margarine in the skillet and melt over a medium-low heat.
7. With a wire whisk, stir in flour.
8. Gradually add the Dijon mustard, milk and salt, stirring constantly until mixture boils and thickens.
9. Once thickened, stir in mushrooms and remove from heat.
10. When pasta is done, drain well.
11. Return pasta to the pot and add chicken, mushroom mixture, pimentos, cheese and pepper.
12. Combine all ingredients together and transfer to a 2 quart casserole dish.
13. Bake for 15 minutes or until heated through.
14. Serve immediately.

ZINGY LEMON CHICKEN PASTA

Makes: 4 Servings

8oz Radiatore, Elbow Macaroni or other medium pasta shape, uncooked
4 chicken breast halves boned, skinned, cut into 3/4-inch pieces
5 green onions, sliced
1 large clove garlic, minced
1 tbsp butter or margarine
1 tbsp vegetable or olive oil
1/4 cup all-purpose flour
salt
pepper
1/8 tsp cayenne pepper
1 1/3 cups chicken broth
2/3 cup skim milk
2 tsp prepared mustard
1/4 cup freshly squeezed lemon juice

Topping:

1/4 cup almonds, chopped
1/4 tsp paprika (optional)
2 tbsp chopped chives or scallions

1. Prepare pasta according to package directions; drain.
2. Heat butter or margarine and oil in a skillet.
3. Add chicken pieces, green onions and garlic, and saute until chicken is just firm and cooked through, about 10 minutes.
4. Toss with cooked pasta and set aside.
5. Combine flour, salt, pepper and cayenne in a saucepan; gradually add chicken broth and skim milk, stirring with a wire whisk until smooth.
6. Place over medium heat and cook, stirring constantly, until thickened.
7. Add mustard and lemon juice.
8. Allow to cool.
9. Add sauce to chicken-pasta mixture.
10. Put into a 2 1/2-quart casserole dish.
11. Sprinkle almonds and chopped chives over and bake at 375 F for 10 minutes or until heated through.

PASTA WITH ITALIAN CHICKEN AND SCALLIONS

Makes: 4 Servings

12oz Fettuccine, uncooked
12 oz boneless, skinless chicken breasts
2 cups non-fat Italian salad dressing
2 cups water, divided
2 bunches scallions or spring onions, chopped
1 chicken bouillon cube
2 tsp margarine
freshly ground black pepper to taste
1 tsp vegetable oil
1 red bell pepper, seeds and ribs removed, chopped
chopped parsley for garnish

1. Prepare pasta according to package directions; drain.
2. In a large skillet, cook chicken in Italian dressing and water over medium-high heat until cooked through.
3. Remove from pan and allow to cool slightly.
4. Cut into bite-sized pieces.
5. In a medium saucepan, bring 1 cup of water to a boil.
6. Add the onions with margarine and ½ cup of the reserved liquid in a food processor or blender until smooth.
7. Season with freshly ground pepper to taste.
8. Toss with pasta.
9. In a medium non-stick saute pan, heat oil over medium heat.
10. Add bell pepper and saute until tender, about 3 to 4 minutes.
11. Arrange pasta on a platter and top with chicken and bell pepper.
12. Toss lightly.
13. Garnish with parsley and serve.

LEMON TURKEY STIR-FRY AND PASTA

Makes: 6 servings

1 lb Linguine, Spaghetti or Thin Spaghetti, uncooked
1 ½ lbs turkey cutlets, cut into ½-inch strips
1 tbsp soy sauce
1 tbsp white wine vinegar
2 tsp cornstarch
1 tsp lemon pepper
2 tbsp olive or vegetable oil
6 medium green onions, sliced
1 medium fresh lemon, cut into 10 thin sliced and slivered
1 clove garlic, finely minced
1 10oz bag fresh spinach, washed, drained and chopped

1. Prepare pasta according to package directions; drain.
2. In self-closing bag, combine turkey, soy sauce, vinegar, cornstarch and lemon pepper.
3. Shake bag to coat turkey thoroughly.
4. Refrigerate 30minutes to allow flavours to blend.
5. In a large skillet, over medium heat, saute turkey and marinade in oil 2 to 3 minutes, or until turkey is no longer pink.
6. Add onions, lemon slivers and garlic; continue to cook until onions are translucent.
7. Stir in spinach and cook until just wilted.
8. Spoon over hot pasta and garnish with parsley and lemon slices, if desired.

BAKED SHELLS WITH MUSHROOM CREAM

Makes: 6 Servings

1lb Medium or Small shells, uncooked
1 tbsp cornstarch
1 ½ cups milk, divided
1.2 cup chicken broth, homemade or canned
salt to taste
freshly ground pepper to taste
1 cup frozen peas, thawed
1 4oz can sliced mushrooms, drained
1/4 cup sliced pimentos
2 cups diced cooked chicken (optional)
3/4 cup grated Parmesan cheese, plus more for passing
1/4 cup unseasoned bread crumbs

1. Prepare pasta according to package directions; drain.
2. Rinse the pasta under cold water until cool and drain thoroughly.
3. Preheat oven to 350F.
4. In a small bowl, stir together the cornstarch and 2 tbsp of the milk until the cornstarch is dissolved.
5. Heat the remaining milk and the chicken broth in a small saucepan over medium heat.
6. Stir in the cornstarch mixture and heat, stirring, until the sauce is simmering and thickened.
7. Add the salt and pepper and simmer 3 minutes.
8. Pour the sauce into a bowl, add the peas, mushrooms, pimentos, chicken (if using), ½ cup of the Parmesan cheese and the cooked pasta.
9. Stir the sauce in until it and the vegetables are evenly distributed. Transfer to a baking dish.
10. Stir 1/4 cup of the Parmesan cheese and the bread crumbs together in a small bowl and sprinkle the mixture over the pasta.
11. Bake until the sauce is bubbling and the topping is golden brown, about 15 minutes.
12. Serve hot.

LINGUINE AND TURKEY SAUTE

Makes: 6 Servings

1lb Linguine or Spaghetti, uncooked
2 cups broccoli florets
1 tbsp margarine
1 large onion, diced
2 carrots, sliced into 1/4-inch rounds
2 stalks celery, diced
2 tbsp all-purpose flour
1 14 ½ oz can low-sodium chicken broth
1 tsp ground sage
2 cups cooked turkey, diced
1/4 cup herbed, stuffing mix

1. Prepare pasta according to package directions.
2. Two minutes before pasta is done, add broccoli florets to water.
3. Cook two minutes; drain pasta and broccoli in colander.
4. In a large skillet, warm the margarine over medium heat.
5. Add the onion, carrots and celery and saute 3 minutes.
6. Stir in the flour.
7. Add the chicken broth and sage and stir in turkey.
8. Stir until the sauce starts to simmer. Simmer 1 minute.
9. Pour the turkey saute over the pasta.
10. Sprinkle stuffing mix on top and serve immediately.

PENNE WITH ARTICHOKE HEARTS AND CHICKEN CREAM

Makes: 2 Servings

8oz Mostaccioli, Radiatore or other medium pasta shape, uncooked

1 8oz can artichoke hearts, drained

1 tbsp olive or vegetable oil

4 oz boneless, skinless chicken breasts, cut into 1" cubes

½ cup evaporated skimmed milk

2 tbsp chopped fresh parsley

½ tsp Dijon Mustard with seeds

salt and freshly ground pepper to taste

2 tbsp grated parmesan cheese (optional)

1. Prepare pasta according to package directions.
2. While pasta is cooking, squeeze as much water from the artichoke hearts as possible and cut each piece in half lengthwise.
3. Heat the oil in a large skillet over medium heat. Add the chicken and artichoke hearts.
4. Saute, stirring frequently, until chicken is golden brown, about 6 minutes.
5. Add the evaporated skimmed milk, parsley and mustard to the pan and stir to remove the brown bits from the bottom and sides of the pan. Heat to boiling and boil until the liquid is reduced in volume by half.
6. Drain the pasta and transfer it to the skillet. (If the skillet is not deep or large enough, return the pasta to the cooking pot and add the contents of the skillet to the pot).
7. Heat over low heat, stirring, until the pasta is mixed well with the sauce.
8. Add salt and pepper to taste; toss in parmesan cheese if desired. Divide between bowls and serve immediately.

PESTO CHICKEN MANICOTTI

Makes: 6 to 8 Servings

8oz Manicotti Shells, uncooked

1 10oz package frozen spinach, chopped, thawed and drained

16oz part-skim ricotta cheese

1 cup grated parmesan cheese, divided

½ cup egg substitute

2 ½ cups diced cooked chicken breast

1 tbsp basil

¾ tsp pepper

3 cups low-sodium tomato sauce or spaghetti sauce

1. Prepare manicotti according to package directions; while pasta is cooking; squeeze all the water out of the spinach.
2. When pasta is done; drain and set aside.
3. Preheat oven to 350F.
4. Mix together ricotta cheese, ½ cup Parmesan cheese and egg substitute.
5. Stir in remaining ingredients except tomato sauce.
6. Spoon the cheese mixture into the manicotti shells and lay in a 9 x 13-inch pan and a 9 x 9-inch pan, or a pan large enough to hold all stuffed manicotti.
7. Cover with tomato sauce and sprinkle with the remaining ½ cup Parmesan cheese.
8. Cover and bake 20 minutes.
9. Remove cover and bake an additional 15 minutes, until the cheese is golden brown.

PASTA WITH CHICKEN, TOMATO AND ROMANO

Makes: 6 to 8 Servings

1 lb Spaghetti, Linguine or Thin Spaghetti, uncooked
2 ripe tomatoes, cored
2 tbsp olive or vegetable oil
1 large onion, peeled and finely diced
4 large cloves garlic, peeled and finely chopped
1 lb boneless, skinless chicken breasts, cut into strips
1 tsp dried basil
12-16 California ripe olives, coarsely chopped
1 green bell pepper, seeds and ribs removed, julienne
1 15 ½ oz can low-sodium chicken broth
1 cup grated Romano cheese

1. Prepare pasta according to package directions.
2. While pasta is cooking, cut the tomatoes in half crosswise and scoop out seeds with you fingers. Chop the tomatoes coarsely.
3. Heat the oil in a large skillet over medium heat. Add the onion and garlic and cook until the onion is lightly browned and tender, about 6 minutes.
4. Add the chicken and basil and cook until the chicken is lightly browned, about 8 minutes.
5. Stir in the olives, green pepper and tomatoes and cook until the tomatoes begin to give off liquid, about 2 minutes.
6. Add the chicken broth to the skillet, heat to boiling and boil until half of the liquid is evaporated, about 4 minutes.
7. When pasta is done, drain it well and add to sauce mixture. Toss until pasta is evenly mixed with sauce.
8. Transfer to serving dish, top with cheese and serve.

SPAGHETTI CARBONARA LITE

Makes: 4 Servings

1 lb Spaghetti or Thin Spaghetti, uncooked

6oz turkey bacon, finely chopped

3 cloves garlic, minced

2/3 cup dry white wine

1 cup egg substitute

1/3 cup parsley chopped

1/3 cup grated Parmesan cheese

salt and freshly ground pepper to taste

1. Prepare pasta according to package directions.
2. While pasta is cooking, cook the bacon and garlic in a small saute pan over medium-low heat until the garlic is aromatic and the bacon is lightly browned, about 3 to 4 minutes.
3. Add the wine, increase heat, bring the wine to a boil and cook for 5 minutes.
4. Stir in the egg substitute and the parsley.
5. When pasta is done, drain it well and add it immediately to the bacon mixture. Add parmesan cheese and toss quickly.
6. Season with salt and freshly ground pepper and serve.

PASTA WITH TURKEY SAUSAGE AND OLIVES

Makes: 4 to 6 Servings

1 lb Mostaccioli, Rigatoni or other medium pasta shape, uncooked

8 oz Italian-style turkey sausage

1 tbsp olive or vegetable oil

1 clove garlic, minced

2 cups canned Italian plum tomatoes, crushed

12 medium black olives, pitted and sliced

pinch of crushed red pepper

salt and freshly ground pepper to taste

2 tbsp chopped Italian parsley

grated Parmesan cheese (optional)

1. Crumble the sausage into a lightly oiled skillet.
2. Place over a medium heat and saute, stirring often to break up the meat, until the sausage is cooked through.
3. Drain and cool the meat.
4. Heat the oil in a medium skillet over medium heat.
5. Add the garlic and fry until golden brown.
6. Add the tomatoes, olives and crushed red pepper.
7. Return the sausage to the skillet and add the salt and pepper to taste.
8. Reduce the heat and simmer until the sauce is thickened, about 5 minutes.
9. Prepare the pasta according to package directions.
10. Before draining, reserve one cup of the pasta cooking liquid.
11. Drain the pasta and return it to the pot over low heat.
12. Add the sauce. If the sauce is too thick to evenly coat the pasta, add some of the reserved pasta cooking liquid.
13. Stir in the parsley.
14. Divide the pasta among serving plates.
15. Garnish with grated Parmesan cheese, if desired.

BOW TIES WITH ASIAN CHICKEN

Makes: 6 Servings

1 lb Bow Ties, Mostaccioli or other medium pasta shape, uncooked

4 tbsp, low-sodium soy sauce

2 tbsp honey

2 tbsp lime juice

3 tsp Dijon Mustard with seeds

1 lb boneless, skinless chicken breasts, cut into ½-inch cubes

½ cup chicken broth or pasta cooking liquid

2 small red bell peppers, cored, seeded and thinly sliced lengthwise

6 scallions, trimmed and thinly sliced

Freshly ground pepper

4 tbsp fresh parsley, chopped

1. Stir the soy sauce, honey, lime juice and mustard in a small bowl until the honey is dissolved.
2. Add the chicken pieces and turn until coated with the marinade.
3. Refrigerate for 30 minutes.
4. Transfer the chicken and marinade to a large, non-stick skillet.
5. Cook over medium heat until chicken is cooked through, about 4 minutes.
6. Remove from the heat and pour in the chicken broth.
7. Prepare pasta according to package directions.
8. Drain thoroughly in a colander. Return the pasta to the pot, add the contents of the skillet, the red peppers and the scallions.
9. Heat to simmering over low heat.
10. Toss the pasta once or twice, add the pepper to taste and divide among serving bowls.
11. Sprinkle each serving with chopped fresh parsley.

ANGEL HAIR PASTA WITH ROASTED PEPPER SALSA AND CHICKEN

Makes: 5 Servings

1 lb Angel Hair or Capellini, uncooked
2 red bell peppers or
-1 red bell pepper and 1 yellow bell pepper
3 tbsp fresh basil, finely shredded
1 tsp balsamic vinegar or
-1 tsp fresh lemon juice
1 clove garlic, minced
1/4 tsp salt, or to taste
pepper to taste
1 tbsp olive or vegetable oil
8oz boneless, skinless chicken breasts, cut into small cubes
½ cup chicken broth

1. Roast and peel the peppers. Transfer them to a bowl and cover tightly with plastic wrap.
2. Let them stand until cool.
3. Cut the peppers in half lengthwise and remove the stems and seeds.
4. Scrape off the blackened skin of the pepper. Cut the peppers into 1/4" pieces.
5. Toss the diced roasted peppers with the basil, balsamic vinegar or lemon juice, garlic, salt and pepper in a small bowl.
6. Prepare pasta according to package directions.
7. While pasta is cooking, heat the oil in a large skillet over medium-high heat.
8. Add the chicken and stir until cooked through, about 4 minutes.
9. Add the roasted pepper salsa and stir in 30 seconds, scraping up the brown bits that stick to the pan.
10. Remove the skillet from the heat.
11. Drain the pasta, reserving 1/4 cup of the cooking water.
12. Add the water and the chicken broth to the skillet with the chicken mixture.
13. Return the pasta to the pot.
14. When the chicken is cooked through, transfer the contents of the skillet to the pot and heat over high heat until the sauce is boiling and reduced enough to lightly coat the pasta.
15. Season to taste. Serve hot

PASTA AND WHITE BEAN CASSEROLE

Makes: 4 Servings

8oz Rotini, Twists or Spirals, uncooked
4oz ground turkey
1 small onion, peeled and diced
1 bunch fresh broccoli, chopped (2 cups), or
-1 10oz package frozen broccoli, thawed, drained and chopped
1 tsp dried sage
1 tsp dried tarragon
1 16oz can tomatoes, liquid reserved, finely chopped
1 ½ cups low-sodium chicken broth or water
1 15 ½ oz can white beans, rinsed and drained
salt and pepper to taste
2 tbsp plain bread crumbs
2 tbsp grated Parmesan cheese

1. Prepare pasta according to package directions; drain.
2. Preheat oven to 350 f.
3. Crumble turkey into a large skillet and place over medium heat.
4. Cook, stirring occasionally, until turkey is cooked through, about 4 minutes.
5. Pour off all but 1 tbsp of the drippings in the pan.
6. Cook until vegetables are soft, about 4 minutes.
7. Add tomatoes and heat to boiling, stirring occasionally.
8. Boil 3 minutes.
9. Remove skillet from heat and add chicken broth or water, beans, salt and pepper to taste.
10. Stir well.
11. In a large bowl, combine broccoli and turkey mixture with cooked pasta.
12. Toss well.
13. Transfer mixture into a 1 ½ quart baking dish.
14. In a small bowl, mix bread crumbs and Parmesan cheese and sprinkle over casserole.
15. Bake until heated through in the centre, about 20 minutes.

CHICKEN AND BROCCOLI PASTA DIJON

Makes: 4 Servings

1 lb Mostaccioli, Penne or other medium pasta shape, uncooked

8oz boneless, skinless chicken breasts, cut into 1-inch pieces

½ tsp salt

½ tsp freshly ground black pepper

2 cloves garlic, minced

2 tsp vegetable oil

3 cups broccoli florets

1 large red bell pepper, cut into short, thin strips

½ cup low-sodium chicken broth

1 12oz can evaporated skim milk

1 tbsp cornstarch

3 tbsp Dijon Mustard

1. Prepare pasta according to package directions.
2. While pasta is cooking, toss chicken with salt, pepper and garlic.
3. Coat a large non-stick skillet with cooking spray; place over medium-high heat until hot.
4. Add chicken mixture; stir-fry 4 to 5 minutes or until chicken is cooked through.
5. Remove chicken from skillet and place in a medium bowl.
6. Add broccoli, red pepper and chicken broth to skillet.
7. Cover; simmer over medium heat 5 to 6 minutes or until vegetables are tender-crisp.
8. Transfer to bowl with chicken.
9. In a small bowl, combine 1/4 cup of the milk with cornstarch, mixing until smooth.
10. Add to skillet with remaining milk; bring to boil, stirring constantly.
11. Reduce heat; stir in mustard.
12. Stir in reserved chicken mixture.
13. When pasta is done; drain well.
14. Toss with chicken mixture.
15. Serve immediately.

PASTA PANCAKE

Makes: 4 Servings

8oz Angel Hair or Thin Spaghetti, uncooked

3 eggs

1/3 cup 1 % milk

3 tbsp Parmesan Cheese

1 cup cooked boneless, skinless chicken breast, diced (1/4-inch)

3/4 cup frozen peas, thawed and drained, or 3/4 cup fresh peas

Freshly ground black pepper

1 ½ cups tomato sauce

4 tsp vegetable oil, divided

1. Prepare pasta according to package directions; drain.
2. Preheat oven to 300 F.
3. Place tomato sauce in small saucepan and warm over low heat.
4. Beat eggs, milk and Parmesan cheese in a large mixing bowl.
5. Add pasta, chicken, peas and pepper and toss until blended.
6. Pour 1 tsp of the oil into a 6-inch, non-stick skillet and place over medium heat.
7. Toss pasta mixture again and measure out one-fourth of the mixture (about 1 cup) into the skillet.
8. Flatten into an even layer.
9. Cook about 1 minute, then slide spatula around to be sure pancake doesn't stick.
10. Continue cooking for about 3 minutes until the underside is brown, shaking the pan once or twice to prevent sticking.
11. Carefully flip pancake and cook about 3 more minutes.
12. Slide pancake onto a baking sheet and keep warm in the oven while preparing the remaining pancakes.
13. When all four pancakes are done, top with tomato sauce and serve.

RADIATORE WITH PUMPKIN SAUCE, TURKEY & CRANBERRIES

Makes: 6 Servings

1 lb Radiatore, Elbow Macaroni or other medium pasta shape, uncooked
1 tbsp olive or vegetable oil
1 ½ cup sliced scallions, white and green parts
3 cloves garlic, minced
1 tsp fennel seeds
1 12oz can evaporated skim milk
½ cup low-fat milk
2 tbsp all-purpose flour
½ tsp salt
1/4 black pepper
1 15 oz can solid pack pumpkin
3 cups chopped cooked turkey
1 ½ cups dried cranberries
1/4 cup freshly grated parmesan cheese

1. Prepare pasta according to package directions.
2. While pasta is cooking, heat oil in a large, deep non-stick skillet over medium-high heat until hot.
3. Add scallions, garlic and fennel seeds; saute 3 minutes.
4. Combine milk, flour, salt and pepper until smooth. Stir into saucepan.
5. Bring to boil over medium heat; boil until thickened, stirring constantly.
6. Stir in pumpkin, turkey and cranberries until well blended.
7. Reduce heat to medium; cook until heated through, about 3 minutes.
8. Drain pasta.
9. Place in large bowl.]
10. Add pumpkin sauce and toss.
11. Sprinkle with Parmesan cheese.
12. Serve immediately.

BOW TIES WITH CHICKEN AND CRANBERRIES

Makes: 6 Servings

12 oz Bow tie pasta, uncooked
3/4 cup dried cranberries
1/3 cup cranberry liqueur or port wine
2 tbsp butter or margarine
½ cup sliced shallots or chopped sweet onion
1/4 cup all-purpose flour
1 tsp paprika
1 tsp dried thyme leaves
½ tsp salt
½ tsp freshly ground black pepper
1 ½ lbs boneless, skinless chicken breast, cut into 1 ½-inch pieces
1 1/4 cups can low-sodium chicken broth
chopped fresh thyme or parsley (optional)

1. Combine cranberries and liqueur in a small microwave safe bowl.
2. Cook in microwave oven on high power 50 seconds or until hot.
3. Let stand while preparing pasta and chicken.
4. Cook pasta according to package directions.
5. Meanwhile, melt butter in a large, deep nonstick skillet.
6. Add shallots; cook over medium heat 5 minutes, stirring occasionally.
7. Combine flour, paprika, thyme, salt and pepper in a plastic or paper bag.
8. Add chicken; shake to coat.
9. Add chicken and any remaining flour mixture to skillet; cook 5 minutes, or until chicken is not longer pink, stirring occasionally.
10. Add broth to skillet; bring to a simmer, stirring occasionally.
11. Simmer uncovered 5 to 6 minutes or until sauce thickens slightly and chicken is cooked through.
12. Drain cranberries; stir in sauce.
13. Drain pasta; return to pot.
14. Add chicken mixture, tossing well.
15. Sprinkle with thyme, if desired.

CHICKEN TEQUILA FETTUCINE

Makes: 6 Servings

1 lb spinach Fettuccine, uncooked
½ cup chopped fresh cilantro
2 tbsp garlic, minced
2 tbsp minced jalapeno pepper
3 tbsp unsalted butter or margarine
½ cup low-sodium chicken broth
2 tbsp gold tequila
2 tbsp lime juice
3 tbsp soy sauce
1 ¼ lbs chicken breast, diced ¾-inch
½ medium red onion, thinly sliced
½ medium red bell pepper, thinly sliced
½ medium yellow bell pepper, thinly sliced
½ medium green bell pepper, thinly sliced
1 ½ cups heavy cream

1. Saute cilantro, garlic and jalapeno in 2 tbsp butter over medium heat for 4 to 5 minutes.
2. Add chicken broth, tequila and lime juice.
3. Bring the mixture to a boil and cook until reduced to a paste like consistency. Set aside.
4. Pour soy sauce over diced chicken.
5. Marinate for 5 minutes.
6. Meanwhile, cook onion and peppers, stirring occasionally, with remaining butter over medium heat until wilted.
7. Add chicken and soy sauce; toss and add reserved tequila/lime paste and cream.
8. Bring to a boil, until chicken is cooked through, about 3 minutes.
9. Toss with hot sauce and serve immediately.

STEAMED CHICKEN LASAGNE WITH TOMATO SAUCE

Makes: 4 Servings

4 pieces of Lasagne, uncooked
1 chicken breast, 6-8oz, cooked
1 ½ tbsp tomato paste
1 tbsp olive or vegetable oil
1 ½ cups low-sodium chicken broth, divided
1/4 cup freshly chopped tomato
1 tbsp chopped capers
1 tsp salt
½ tsp black pepper
½ tsp hot red pepper flakes
2 tbsp chopped fresh basil
2 tbsp black olives (Kalamata) pitted and chopped
20 basil leaves
½ cup yellow onion, chopped
3 large tomatoes, chopped, with juice
1/8 tsp black pepper
3 tbsp fresh basil, chopped (optional)

1. Prepare pasta according to package directions.
2. While pasta is cooking, cut chicken breast in 6-8 pieces.
3. In a food processor or blender, puree chicken breast with tomato paste. Add oil slowly, then add ½ cup chicken broth.
4. Transfer puree to a bowl and mix in 1/4 cup chopped tomatoes and capers.
5. Add the salt, pepper, red pepper flakes, basil and olives. Set aside. Preheat oven to 350 F.
6. On a board, lay out 4 pieces of lasagne.
7. Lightly season with salt and pepper and lay 3-4 basil leaves on each piece of lasagne.
8. Divide pureed chicken mixture into four equal parts.
9. Spoon 1/4 of the mixture on one end of each sheet of lasagne.
10. Roll up each sheet and secure each sheet and secure together with a toothpick..
11. Pour 1/4 cups of chicken broth into four oven-safe coffee cups or ramekins.
12. Place rolled up lasagne into cups.
13. Place the cups in a 9 x 13-inch baking pan.
14. Slowly fill pan with 1 inch of water, cover with foil and bake for 50 minutes.
15. In a small saucepan, cook onion and chopped tomatoes over medium heat until mixture has formed a sauce. Add pepper and basil. Set aside.
16. When lasagnes are done, remove by carefully draining liquid from each, and turning upside down. Remove lasagnes and turn right side up. Remove toothpicks.
17. Divide among four bowls, placing a lasagne in centre of each bowl.
18. Top each lasagne with a little sauce and pour remaining sauce around sides of lasagne. Garnish with basil leaves.

SHELLS & SPRING VEGETABLES

Makes: 4 to 6 Servings

1 lb Medium Shells, Radiatore or other medium pasta shape, uncooked
2 red bell peppers, cut 1/4-inch pieces
6 small plum tomatoes
4 tbsp unsalted butter, divided
1 carrot, finely chopped
1 medium onion, finely chopped
8 medium to large shitake mushrooms stemmed and sliced ½ -inch thick or
- 12 oz mushrooms, sliced
8 large asparagus stalks, cut diagonally in ½-inch pieces
3/4 cup low-sodium chicken broth
1 cup thinly sliced fresh basil
salt
ground

1. Cut the red bell pepper in half, cut out the cores and scrape away the seeds.
2. Core the tomatoes and cut a small 'x' in the end opposite the core.
3. Blanch the tomatoes in a small saucepan of boiling salted water just until the skins become loose.
4. Drain the tomatoes immediately and place them in a bowl of cold water.
5. When cool, drain the tomatoes and slip off the skins.
6. Cut the tomatoes in half and scrape out the seeds. Cut in ½ -inch cubes.
7. Prepare the pasta according to package directions.
8. While pasta is cooking, heat 1 tbsp of the butter in a large saucepan over medium heat.
9. Add the carrot and onion and cook until softened, about 4 minutes.
10. Add the tomatoes and cook, stirring occasionally, for 3 minutes.
11. Add the mushrooms, asparagus, chicken broth, basil and red bell peppers.
12. Stir well.
13. Add the remaining butter, increase the heat to high and cook, stirring constantly, until the sauce is boiling and the butter is completely melted.
14. Drain pasta and transfer to a serving bowl.
15. Pour vegetable sauce over pasta and toss lightly.
16. Add salt and pepper to taste and serve immediately.

OZRO BAKED IN RED PEPPERS

Makes: 6 Servings as a Side Dish

8oz Ozro, Ditalini or other pasta shape, uncooked

2 tsp vegetable oil

2 cloves garlic, minced

1 medium onion, finely diced

1 celery stalk, finely diced

1 tsp fresh thyme, or ½ tsp dried thyme

1 tbs fresh parsley, chopped

½ cup Parmesan cheese

2 cups low-sodium chicken broth, divided

4 oz Provolone cheese, grated and divided

6 medium red bell peppers

3 tsp dry bread crumbs

1. Prepare pasta according to package directions.; drain and set aside.
2. Put the vegetable oil in a medium saucepan and warm over medium heat.
3. Add garlic, onion and celery.
4. Cover pan and let vegetables cook until tender.
5. Remove from heat. Stir in pasta, thyme, parsley, parmesan cheese, salt, ½ cup of the chicken broth and half the provolone.
6. Preheat oven to 350 F.
7. Cut the tops off the peppers and remove the seeds.
8. Cut a small piece off the bottom of each pepper so they stand up.
9. Spoon the pasta mixture into each of the peppers and then set the peppers in a baking dish.
10. Sprinkle ½ tsp bread crumbs on top of each pepper.
11. Sprinkle remaining provolone over the top of each pepper.
12. Pour the remaining 1 ½ cups chicken broth around the peppers.
13. Bake for 45 minutes, until peppers are brown on top and very tender.
14. Remove peppers from baking dish with a spatula.
15. Serve immediately.

PASTA PRIMAVERA WITH SUN-DRIED TOMATOES

Makes: 4 Servings

8oz Rotini, Twists or Spirals, uncooked
1 tbsp olive or vegetable oil
2 cloves garlic, minced
1/8 tsp hot red pepper flakes
1 cup tender fresh green beans, cut into 1-inch pieces
2 small zucchini, sliced
2 small yellow squash, sliced
1 cup carrot, thinly sliced
1 medium red onion, cut in eighths
1/4 cup chicken broth
1/4 cup lightly packed fresh basil leaves, chopped
½ cup oil-packed sun dried tomatoes, chopped
1/4 cup grated parmesan cheese
1/4 cup fresh parsley, chopped

1. Prepare pasta according to package directions; drain.
2. In a medium skillet, heat oil and garlic.
3. Stir in red pepper flakes.
4. Add zucchini, squash, carrots and onion and stir-fry until tender-crisp, about 5 minutes.
5. Add chicken broth and simmer 1 minute.
6. In a large serving bowl, toss together pasta, vegetables, basil and sun dried tomatoes.
7. Garnish with parmesan cheese and parsley and serve.

WESTERN WAGON WHEELS

Makes: 10 Servings

1 lb Wagon Wheels, Rotini or other medium pasta shape, uncooked

1/4 cup all-purpose flour

½ tsp pepper

1 ½ lb skinless, boneless chicken breasts, cut into bite-sized pieces

3 tbsp vegetable oil, divided

2-3 cups broccoli florets

2 carrots, thinly sliced

1 cup frozen whole kernel corn

1 tbsp water

1 18oz bottle barbecue sauce

1. Prepare pasta according to package directions.
2. While pasta is cooking, combine flour and pepper in a zip-top plastic bag.
3. Add chicken and shake until well coated.
4. Heat 1 tbsp oil in a large skillet.
5. Add half the chicken and stir-fry until brown on all sides.
6. Remove from pan. Repeat with 1 tbsp oil and remaining chicken.
7. Remove from pan.
8. Add remaining 1 tbsp oil to skillet and heat.
9. Add broccoli, carrots and corn; stir-fry 2 minutes.
10. Add water; cover and cook 3 to 4 minutes or until vegetables are tender-crisp.
11. Add chicken and barbecue sauce to skillet; cook until thoroughly heated.
12. When pasta is done, drain well.
13. Place in a large bowl; add hot chicken mixture and toss well.

SMOKED SALMON FETTUCCHINE ALFREDO

Makes: 6 Servings

12oz Fettuccine, uncooked
1 tbsp. Butter or margarine
1 large clove garlic, pressed
1 tbsp all-purpose flour
1 cup skim milk
1 cup grated parmesan cheese
1/3 cup no-fat sour cream
1 tbsp fresh dill, chopped
8oz smoked salmon, cut into small pieces
2 tbsps capers

1. Melt butter or margarine in a saucepan over low heat.
2. Add garlic; cook 1 minute.
3. Add flour, stirring constantly.
4. Gradually stir in milk; cook, stirring constantly, until thickened.
5. Add parmesan cheese and sour cream; cook and stir until the cheese melts.
6. Stir in dill.
7. Set aside and keep warm.
8. Cook Fettuccine according to package directions; drain.
9. Place in a large bowl; add salmon, caper and sauce.
10. Toss well.
11. Serve immediately.

APPLE LASAGNE

Makes: 12 to 15 Servings

8 pieces Lasagne, uncooked
2-20oz cans apple pie filling

Cheese Fillings:

1 cup part-skim ricotta cheese
1/4 cup egg substitute
1 tsp almond extract
1/4 cup white sugar

Topping:

6 tbsps flour
½ tsp cinnamon
3 tbsps margarine
6 tbsps brown sugar
1/4 cup quick oats
dash nutmeg

Optional Sour Cream Garnish:(mix and chill)

1 cup sour cream
1/3 cup brown sugar

1. Prepare lasagne according to package directions; drain.
2. Spread one can apple pie filling in a greased 9 x 13 x 2-inch pan, slicing any extra-thick apples.
3. Layer 4 pieces of lasagne over apples.
4. In a bowl, mix together cheese filling ingredients; spread evenly over lasagne and top with the remaining 4 pieces of lasagne.
5. Spoon remaining can of apple pie filling over lasagne.
6. In a small bowl, crumble together topping ingredients.
7. Sprinkle over apple filling.
8. Bake at 350 F for 45 minutes.
9. Cut into serving pieces and top with sour cream mixture.

BOW TIES ALLE PORTOFINO

Makes: 6 Servings

1 lb Bow Ties, Radiatore or other Medium pasta shape, uncooked

1 lb medium fresh shrimp, peeled and deveined, or

- 1 lb small frozen shrimp, thawed

12 sun-dried tomatoes, drained and cut into strips

8 fresh plum tomatoes, cut into small cubes

2 bunches arugula, cleaned and torn into bite size pieces

6 sprigs fresh Italian parsley, coarsely chopped

½ small bunch fresh basil, leaves picked and coarsely chopped

1/4 cup olive or vegetable oil

Juice of 1 lemon

salt and pepper to taste

1. Cook pasta according to package directions.
2. While pasta is cooking, steam the shrimp until the shrimp are no longer translucent.
3. Put shrimp in mixing bowl.
4. Add sun-dried tomatoes, fresh tomatoes, arugula, parsley and basil.
5. When pasta is done, drain well and immediately add to the mixing bowl.
6. Add oil, lemon juice, salt and pepper to taste.
7. Toss quickly and serve immediately.

BUFFALO CHICKEN LASAGNE

Makes: 10 Servings

12 pieces Lasagne, uncooked
vegetable oil cooking spray
1 lb skinless, boneless chicken breasts, diced
4 cups low-sodium spaghetti sauce
1 ½ cups water
2-3 tbsps hot sauce
2 tbsps vinegar
1 tsp garlic salt
1 15 oz container part-skim ricotta cheese
½ cup egg substitute
¾ cup crumbled blue cheese

1. Spray a large skillet with cooking spray; place over medium high heat until hot.
2. Add chicken; saute 4 minutes.
3. Drain well. Stir in spaghetti sauce, water, hot sauce, vinegar and garlic salt.
4. In a small bowl, combine ricotta cheese and egg substitute.
5. Set aside. Spray a 9 x 13-inch baking pan with cooking spray.
6. Spread 1 cup of the sauce over the bottom of the pan.
7. Arrange 4 pieces of lasagne (3 lengthwise, 1 width wise) over the sauce.
8. Cover with 1½ cups of the sauce.
9. Spread half the ricotta mixture on top.
10. Arrange another 4 pieces of lasagne over ricotta, and top with another 1 ½ cups of sauce.
11. Spread remaining ricotta mixture on top.
12. Arrange final 4 pieces of lasagne over ricotta mixture and cover with remaining sauce.
13. Preheat oven to 350 F.
14. Cover lasagne with foil and bake for 1 hour 10 minutes.
15. Uncover lasagne, sprinkle blue cheese on top and bake an additional 5 minutes uncovered.
16. Cover and let stand 15 minutes before serving.

CAESAR SHRIMP AND PASTA

Makes: 4 Servings

8oz Ziti, Mostaccioli or other Medium pasta shape, uncooked

3 cups broccoli florets

1/3 cup plus 2 tbsps bottled caesar salad dressing

12 oz uncooked, peeled and deveined shrimp, thawed if frozen

1/4 tsp crushed red hot pepper flakes

1/4 cup grated Romano cheese

1. Prepare pasta according to package directions; 3 minutes before pasta is done; add broccoli florets.
2. While pasta is cooking, heat 2 tbsp of the dressing in large skillet over medium high heat.
3. Add shrimp and pepper flakes; stir-fry 3-4 minutes or until shrimp is opaque.
4. Drain pasta and broccoli; transfer to a serving bowl.
5. Add remaining 1/3 cup dressing and shrimp mixture; toss well.
6. Sprinkle with cheese and serve.

CHEESY BAKED ZITI

Makes: 8 Servings

1lb Ziti, Rigatoni, Mostaccioli or other medium pasta shape, uncooked
vegetable oil cooking
1 onion, chopped,(about 1 cup)
2 garlic cloves, minced
1 14.5 oz can low-sodium diced tomatoes, drained
1 15 oz container low-fat ricotta cheese
2 cups shredded low-fat mozzarella cheese
1/4 cup grated Parmesan cheese
½ cup skim milk
1/3 cup Italian parsley, chopped
1/3 cup fresh basil, chopped or 1 tbsp dried
½ tsp black pepper
1/4 tsp salt

1. Prepare pasta according to package directions.
2. Drain and set aside in a large bowl.
3. Preheat oven to 400 F.
4. Spray a non-stick skillet with vegetable oil cooking spray.
5. Heat oil over medium heat.
6. Add onions and saute until tender, about 5 minutes.
7. Add garlic and saute 1 more minute.
8. Remove from heat. Stir in tomatoes.
9. Place ricotta cheese, 1 ½ cups of the mozzarella cheese, 2 tbsp of the Parmesan cheese and milk in a food processor or blender.
10. Process until smooth.
11. Add the tomato and cheese mixtures, parsley, basil and pepper to the cooked pasta.
12. Toss well to combine.
13. Spray a 2 ½ to 3 quart (an 8 or 9 x12-inch oblong dish works well) baking dish with vegetable spray.
14. Spoon the pasta mixture into the dish.
15. Sprinkle with remaining ½ cup mozzarella and 2 tbsps Parmesan cheese.
16. Bake at 400 F for 20 minutes, or until lightly browned.

CREAMY CRAB STUFFED SHELLS

Makes: 6 to 8 Servings

24-30 Jumbo Shells

12oz crab meat

1 tbsp green pepper, finely chopped

1 tbsp red onion, finely chopped

3 tbsps margarine, divided

½ tsp Old bay seasoning

1 egg, beaten

2 cups skim milk, divided

½ cup low-fat mayonnaise

2 tbsp flour

½ cup grated Parmesan cheese

1. Preheat oven to 350 F. Cook pasta according to package directions.
2. While pasta is cooking, saute green pepper and onion in 1 tsp melted margarine til tender.
3. Combine crab meat, spices, egg, 2 tbsp milk, vegetables and mayonnaise.
4. Spoon mixture into shells.
5. Spray the bottom of a 9 x 13 casserole dish with cooking spray, place stuffed shells in dish in a single layer.
6. Melt 2 tbsps of margarine in saucepan.
7. Over low flame, stir in flour with a wire whisk and gradually add 1 ½ cups of milk. When sauce is smooth, stir in parmesan cheese.
8. Drizzle sauce over shells. Sprinkle top with old bay seasoning. Bake for 30 minutes or until bubbling.

CURRIED PASTA WITH CHICKEN AND FRUIT

Makes: 4 Servings

1 lb Elbow Macaroni, Medium Shells or other medium pasta shape, uncooked

12oz cooked chicken or turkey, cut into ½-inch pieces

3 cups seedless red grapes

1 20oz can pineapple chunks packed in water, drained

½ cup non-fat mayonnaise

2 tbsps lemon juice

1/4 cup frozen orange juice concentrate, thawed

1 tbsp curry powder

1 bunch scallions, sliced

1. Prepare pasta according to package directions.
2. While pasta is cooking, toss chicken, grapes and pineapple together in a large bowl.
3. In a medium bowl, stir together mayonnaise, lemon juice, orange juice concentrate and curry powder.
4. When pasta is cooked, drain well and stir in fruit mixture.
5. Stir dressing into pasta and fruit mixture.
6. Sprinkle with scallions over salad and serve.

FETTUCCINE WITH LIGHT ALFREDO SAUCE

Makes: 4 Servings

1 lb Fettuccine, Linguine or Spaghetti, uncooked

1 cup evaporated skim milk

½ cup fresh parsley, chopped

1/4 tsp white pepper

½ cup Parmesan cheese

4 oz green onions, sliced (white parts only)

white pepper to taste

1. Prepare pasta according to package directions; drain.
2. In a large saucepan, bring the evaporated skim milk to a simmer over a moderate heat.
3. Stir in Parmesan cheese, green onions and parsley.
4. As soon as it has melted, and the sauce is thick and creamy, pour over cooked pasta.
5. Season to taste with white pepper.

LINGUINE WITH SPICY THAI SHRIMP SAUCE

Makes: 4 Servings

12oz Linguine, uncooked

12oz fresh medium shrimp, peeled and deveined or

- 12oz small frozen shrimp, thawed

3 scallions, thinly sliced (white part and tips of green part)

2 tbsps smooth peanut butter

1 tbsp sesame oil

½ cup low-sodium chicken broth or water

½ tsp crushed red pepper flakes

1 jalapeno pepper, stemmed, seeded and thinly sliced

½ tsp ground ginger

1 tbsps low-sodium soy sauce

1 tbsp mild white vinegar

1. Prepare the linguine according to package directions.
2. While noodles are cooking, combine remaining ingredients in a saucepan and place over low heat.
3. Cover and simmer until the sauce is smooth and the shrimp are cooked through, about 2 minutes.
4. When linguine is done, drain well and transfer to a large bowl.
5. Add sauce and toss gently until well combined. Serve immediately.

MAC 'N' CHEESE WITH OLIVES

Makes: 6 Servings

1 lb Elbow Macaroni, Rotini or other Medium pasta shape

2 tbsps vegetable oil

6 tbsps flour

3 cups skim buttermilk

1 cup cheddar cheese, grated

1 tsp salt

1 tsp black pepper

1/4 tsp cayenne pepper

1/3 cup red pepper, diced

1/4 cup green or black olives, chopped

1/4 cup scallions, sliced

1/4 cup parsley, chopped

3 tbsps grated parmesan cheese

1. Prepare pasta according to package directions.
2. Preheat oven to 375 F.
3. In a medium saucepan ,whisk oil and flour together and cook for one minute.
4. Slowly whisk in buttermilk and bring sauce to a boil.
5. Remove from heat and add cheddar cheese, salt, black pepper, cayenne, red peppers, olives, scallions and parsley.
6. Stir until cheese has melted.
7. In a large bowl, toss together cheese sauce and pasta.
8. Spoon onto a 2 quart casserole sprayed with vegetable spray. Sprinkle with Parmesan cheese and bake until heated, about 30 minutes.

PASTA STIR FRY WITH CITRUS AND ASPARAGUS

Makes: 4 Servings

1 lb Mostaccioli, Ziti, or other pasta shape, uncooked

2 tsps vegetable oil, divided

12oz frozen small shrimp, thawed

3 medium carrots, thinly sliced on diagonal

1 bunch scallions, sliced

1 lb asparagus, cut diagonally into 2-inch lengths

1 cup fresh orange juice

salt and pepper to taste

1. Prepare pasta according to package directions.
2. While pasta is cooking, place 1 tsp vegetable oil over high heat in a large non-stick wok or skillet. Stir-fry the shrimp until firm, opaque and lightly browned, about 3 minutes. Remove and set aside.
3. Add the remaining tsp of vegetable oil to the pan and stir-fry the carrots for 2 minutes.
4. Add the asparagus and scallions and stir-fry for another 3 to 4 minutes, until asparagus is tender-crisp.
5. When pasta is done, drain it well.
6. Add pasta, shrimp and orange juice to skillet and toss until hot, about 2 minutes.
7. Season to taste with salt and pepper and transfer to a serving bowl.

OZRO WITH CRANBERRIES AND SAUSAGE

Makes: 8 Servings

12oz of Ozro, Acine de Pepe or Ditalini, uncooked

½ lb mild sausage links

1 small onion, chopped

3 ½ cups low-sodium chicken broth

1 ½ cups orange juice

½ cup dried cranberries

½ tsp dried sage

1. Spray a large skillet with non-stick cooking spray; heat.
2. Add sausage and onion and cook, stirring frequently, until browned, about 5 minutes.
3. Remove sausage from skillet and chop into 1/4" pieces.
4. Return sausage to skillet with onion.
5. Stir in ozro, chicken broth, orange juice, cranberries and sage; bring to a boil, stirring occasionally.
6. Reduce heat, cover and simmer until most of the liquid is absorbed, about 15 minutes.
7. Remove from heat and let stand covered for 10 minutes. Toss and serve.

PASTA FAGIOLE

1 lb Ditalini or other small pasta shape

1/4 cup olive oil

1 clove garlic, minced

2 large green peppers, chopped

1 cup onions, chopped

1 cup celery, chopped

1 16oz can tomato puree

1 can water

salt and fresh ground pepper to taste

dash of dried parsley

2 12oz cans white cannellini beans

1. Prepare pasta according to package directions; drain.
2. While pasta is cooking, heat oil in large saucepan.
3. Add garlic, green pepper, onions and celery.
4. Saute until tender.
5. Add tomato puree with 1 can of water, then add seasonings.
6. Cook on low heat for 30 minutes.
7. Add beans and stir.
8. Add bean mixture to pasta.
9. Mix well and serve.

PASTA MARINARA

Makes: 4 Servings

1 lb Spaghetti or Linguine, uncooked

2 28oz cans peeled plum tomatoes

3 tsps olive or vegetable oil

5 tsps finely minced garlic

2 6oz cans tomato paste

2 ½ tsp dried oregano, crumbled

salt and pepper to taste

2/3 cup minced fresh parsley

1. Prepare pasta according to package directions; drain.
2. Puree the tomatoes in a blender or food processor.
3. In a medium saucepan, heat the oil, and add the garlic.
4. Saute the garlic stirring it for 15 seconds (do not let it brown).
5. Add the pureed tomatoes, tomato paste, oregano, salt and pepper.
6. Bring the sauce to a boil, reduce heat and simmer the sauce for 20 minutes.
7. Remove the sauce from the heat and stir in the parsley.
8. Pour over pasta.

PASTA PRIMAVERA

Makes: 4 Servings

1 16oz package Linguine or other long pasta shape, uncooked
3 tbsps olive or vegetable oil
1 cup snow peas
1 cup broccoli florettes
1 cup cauliflower florettes
1 cup red and yellow bell pepper, peeled and julienned
1 baby carrot, peeled and julienned
½ cup shitake, morel or chanterelle mushrooms
4 fresh basil leaves, or 2 tsps minced fresh chervil
2 cloves garlic
1 cup grated Parmesan cheese

1. Cook pasta according to package directions; drain.
2. Heat oil.
3. Add remaining ingredients except Parmesan cheese.
4. Saute over medium heat for 3 minutes.
5. Toss with pasta.
6. Sprinkle with fresh herbs, Parmesan and serve.

PASTA WITH FRESH SALSA

Makes: 6 to 8 Servings

1 lb Angel Hair (Capellini), uncooked
2 bell peppers, any colour
2 jalapeno peppers
12-15 fresh plum tomatoes, chopped
1 large sweet onion, chopped
1/4 cup lightly packed cilantro, chopped
2 tbsps lime juice
1/4 cup olive or vegetable oil
salt and pepper to taste

1. Cook pasta according to package directions.
2. While pasta is cooking, roast bell peppers and jalapeno over an open gas burner or grill or under a broiler until evenly charred.
3. Place charred peppers in a paper bag to cool.
4. When cool, scrape off blackened areas, seeds and dice.
5. Combine roasted peppers with remaining ingredients (except cheese) to create the salsa.
6. When pasta is cooked, drain and toss with fresh salsa.
7. Serve hot.

PASTA WITH ROASTED PEPPERS AND BROCCOLI

Makes: 6 Servings

1 lb Mostaccioli, Ziti or other medium pasta shape, uncooked

2 tbsps vegetable oil

½ tsp hot red pepper flakes

6 cups broccoli florets

2 6oz jars whole pimientos or roasted peppers, drained and diced

1/4 cup Parmesan cheese (grated)

1. Prepare pasta according to package directions.
2. While pasta is cooking, warm the oil and red pepper flakes over medium heat for 2 minutes.
3. Add the broccoli and saute for 2-3 minutes.
4. Add ½ cup water and cover.
5. Cook broccoli until tender-crisp, about 3 minutes.
6. When pasta is done, drain well.
7. Toss the pasta with diced peppers.
8. Season with salt and pepper to taste.
9. Pour the broccoli over pasta, sprinkle with parmesan cheese and serve.

ROASTED VEGETABLE LASAGNE

Makes: 8 Servings

12 pieces Lasagne, uncooked
vegetable oil cooking spray
8oz mushrooms, halved
2 zucchini or yellow squash, halved lengthwise and cut crosswise into ½ -inch pieces
2 yellow or red bell peppers, cut into ½-inch pieces
1 small red onion, cut into 1-inch pieces
2 tbsps balsamic vinegar
1 tsp olive or vegetable oil
2 cloves garlic, minced
½ tsp dried rosemary, crushed
1 26oz jar fat-free spaghetti sauce
1 15oz container part-skim ricotta cheese
1 10oz package frozen chopped spinach, thawed, squeezed dry
1 large egg white
1/4 tsp hot red pepper flakes
1 cup shredded part-skim mozzarella cheese
1/4 cup grated Parmesan cheese

1. Prepare lasagne according to package directions.
2. While lasagne is cooking, heat oven to 425 F.
3. Coat a shallow metal roasting pan with cooking spray.
4. Add mushrooms, squash, bell peppers and onion.
5. In a small dish, combine vinegar, oil, garlic and rosemary; brush evenly over vegetables.
6. Bake vegetables for 15 minutes; toss vegetables.
7. Continue baking 8 to 10 minutes or until vegetables are browned and tender.
8. Spoon 1 cup spaghetti sauce over bottom of 13 x 9-inch baking dish.
9. Arrange 4 pieces of lasagne (3 lengthwise, 1 width wise) over the sauce.
10. Cover lasagne with 1 cup sauce.
11. In a medium bowl, combine ricotta cheese, spinach, egg white and red hot pepper flakes.
12. Drop half the cheese mixture by spoonfuls over sauce; arrange half of the roasted vegetables between spoonfuls of cheese mixture.
13. Arrange another 4 pieces of lasagne over cheese and vegetables, pressing lightly; top with 1 cup sauce.
14. Repeat layering with remaining lasagne over cheese, roasted vegetables, 4 pieces of lasagne and remaining sauce.
15. Reduce oven temperature to 375 F.
16. Cover lasagne with foil; bake 45 minutes.
17. Uncover, sprinkle with mozzarella and Parmesan cheese; continue baking, uncovered, 5 minutes or until cheese is melted.
18. Let stand 10 minutes before serving.

ROTINI, PORK AND BROCCOLI

Makes: 4 to 6 Servings

1 lb Rotini, Twists or Spirals, uncooked
10oz very lean pork, trimmed
1 tbsp vegetable or peanut oil
1 medium onion, peeled, cut in half and sliced thin
2 tsps garlic, finely chopped
2 cups broccoli florets, cut into small pieces
2 cups carrots, sliced
1/4 cup reduced-sodium soy sauce
1 ½ tsp molasses or honey
2 tsps dry roasted, unsalted
1/4 cup water

1. Prepare pasta according to package directions; drain and set aside.
2. Cut the pork into ½-inch strips and set aside.
3. Heat oil in a large skillet over medium-high heat. Saute pork until well done, remove and set aside.
4. Add onion and garlic and stir until onion is wilted and lightly browned, about 4 minutes.
5. Add broccoli, carrots and pork, saute until vegetables are crisp and tender, about 1 to 2 minutes.
6. Combine soy sauce, molasses and water and add to skillet. Heat to boiling.
7. Add pasta to the pork-broccoli mixture and stir until pasta is well mixed.
8. Serve immediately.
9. Garnish with chopped peanuts.

WAGON WHEELS WITH TOMATO ALE SAUCE

Makes: 4 Servings

1lb Wagon Wheels, Rotini or other medium pasta shape, uncooked
1/3 pound country style turkey sausage, casing removed, broken into pieces
1 tbsp vegetable oil
1 medium onion, finely chopped
3 garlic cloves, mashed
1 cup of ale or beer, flat
1 28oz can low-sodium tomato puree
1/4 cup applesauce
1 tsp salt
fresh ground pepper to taste
1 small bay leaf

1. In a large saucepan, cook the sausage over medium heat.
2. Remove sausage with a slotted spoon and reserve.
3. Add oil and garlic to pan. Cook over medium heat until onion are translucent.
4. Add the remaining ingredients and simmer over low heat for 1 hour, stirring occasionally. Remove bay leaf and add the reserved sausage.
5. Simmer until the sausage is heated through, approximately 5 minutes. Toss pasta with sauce and serve with French bread.

ZESTY STUFFED SHELLS

Makes: 6 to 8 Servings

40 Jumbo Shells

3 cups cooked turkey breast, diced

3 green onions, minced

1/4 cup crystallized ginger, finely minced

1/4 cup carrots, finely diced

1/4 cup sliced almonds

2 medium ripe pears, diced

1/3 cup low-fat mayonnaise

1/4 cup soft fresh goat cheese

1 tbsp lemon juice

salt and pepper to taste

watercress sprigs or mint for garnish

1. Cook pasta according to package directions; drain well.
2. Combine the turkey and next 5 ingredients in a bowl.
3. Mix together the mayonnaise, cheese, and lemon juice until well blended.
4. Stir into the turkey mixture and toss to coat.
5. Season to taste with salt and pepper.
6. Stuff each shell with 1-2 tbsps of the filling.
7. Arrange on a platter and garnish with watercress or mint.

LINGUINE WITH SCALLOPS

Makes: 4 Servings

1 lb Linguine, Spaghetti or Thin Spaghetti, uncooked
1 green bell pepper, ribs and seeds removed, diced
1 medium onion, cut in half and thinly sliced
2 cloves garlic, minced
1 tsp olive or vegetable oil
1 28oz can diced tomatoes or tomato wedges, drained
1/4 cup black olives, pitted and chopped
1 tbsp fresh oregano, chopped (1 tsp dried oregano)
1 lb small scallops
1/4 cup fresh parsley
ground black pepper

1. Prepare pasta according to package directions.
2. While pasta is cooking, saute green pepper, onion and garlic in oil in a large skillet over medium heat for 5 minutes or until the edges of the onion turn golden.
3. Add tomatoes, olives and oregano; heat until simmering.
4. Add scallops and simmer 3 to 4 minutes.
5. When pasta is done; drain well.
6. Toss pasta with sauce.
7. Add parsley.
8. Sprinkle with pepper and serve immediately.

MEDITERRANEAN PASTA WITH SHRIMP

Makes: 4 Servings

8oz Penne, Mostaccioli or other medium pasta shape, uncooked

1 cup plain, non-fat yogurt

½ cup crumbled feta cheese

2 cloves garlic, minced

1 tbsp chopped fresh dill or 1tsp dried dill

½ tsp freshly ground black pepper

12oz medium frozen shrimp, thawed

1 10oz package frozen chopped spinach, thawed

salt to taste

1. Prepare pasta according to package directions.
2. While the pasta is cooking, stir together the yogurt, feta cheese, garlic, dill and pepper in a large mixing bowl.
3. Two minutes before the pasta is done, stir in shrimp and spinach into the pot with the pasta. Cook 2 minutes.
4. Drain the pasta, shrimp and spinach thoroughly.
5. Stir into the yogurt mixture and season to taste with salt.
6. Serve immediately.

BUFFALO CHICKEN PASTA

Makes: 8 Servings

1 lb Mostaccioli, Penne or other medium pasta shape, uncooked

1 tsp paprika

½ tsp salt

½ tsp garlic powder

½ tsp black pepper

1 lb boneless, skinless chicken breasts, cut into ½-inch pieces

2 tsp vegetable oil, divided

1-2 tsp hot sauce

2 cup celery, sliced

½ cup red onion, chopped

1 cup low-fat mayonnaise

½ cup low-fat blue cheese salad dressing

¾ cup skim milk

2 tbsps blue cheese, crumbled

1. Prepare pasta according to package directions.
2. While pasta is cooking, combine paprika, salt, garlic powder and pepper; sprinkle over chicken, stirring over chicken.
3. Add 1 tsp oil to a large skillet and heat over medium-high heat.
4. Add chicken to skillet and saute over medium-high heat, stirring frequently, until chicken is golden brown and cooked through, about 4 minutes.
5. Add hot sauce; cook 1 minute.
6. Remove chicken from skillet. Add remaining tsp of oil to skillet; add celery and onion and saute for 2 minutes.
7. Combine mayonnaise. Dressing and milk in a small bowl.
8. Add to vegetables in skillet. Add chicken.
9. Stir constantly and cook over medium-low heat until thoroughly heated.
10. When pasta is done, drain and return to pot.
11. Add contents of skillet to pot and mix well.
12. Transfer to serving dish and sprinkle with cheese.
13. Serve immediately.

RIGATONI MEXICALI

Makes: 4 to 6 Servings

8oz Rigatoni

1 tbsp chicken bouillon granules

3 cup frozen Southwestern seasoned chicken strips

1 cup frozen green peas

1 14 ½ oz can diced torr pepper and onion, drained

½ tsp salt

1/4 tsp chili powder

1/8 tsp garlic powder

½ cup sharp cheddar cheese, shredded

1. Cook pasta according to package directions, adding bouillon granules.
2. Cook 7 minutes; add chicken and peas.
3. Cook 3 minutes or until pasta is done or al dente.
4. Drain completely.
5. Return pasta mixture to cooking pot; stir in tomatoes, salt, chili powder and garlic powder.
6. Cook over low heat 5 minutes or until heated through.
7. Stir in cheese.
8. Transfer to a serving bowl and serve immediately.

RATATOUILLE PASTA

Makes: 4 to 6 Servings

8oz Elbow Macaroni, Ziti or other medium pasta shape, uncooked

4 cloves garlic, minced

2 tbsps olive oil

1 medium yellow or red onion, diced

2 baby eggplants, diced into ½-inch pieces

2 small zucchini, diced into ½-inch pieces

2 cups fresh tomatoes, diced

4 tbsps fresh basil or 4 tsps dried basil

2 tbsps grated Romano, Parmesan or crumbled Feta cheese

salt and pepper to taste

1. Prepare pasta according to package directions; drain.
2. Meanwhile, over medium heat, pour oil into a large skillet, add minced garlic, and onion and cook 1 minute.
3. Add eggplant and zucchini to onion mixture.
4. Over medium heat, saute vegetables until tender, stir often. Remove from skillet and reserve.
5. In same skillet, heat tomatoes over high heat for 5 minutes until liquid is reduced by about half.
6. Add basil.
7. Cook one more minute.
8. Add eggplant and pasta, and toss.
9. Sprinkle with grated or crumbled cheese.

CREAMY MUSHROOM-ASPARAGUS PASTA TOSS

Makes: 4 Servings

8oz Bow Ties, Ziti or other medium pasta shape, uncooked
1 bunch (about 10oz) asparagus, trimmed and cut into 1-inch pieces
4 cups sliced button mushrooms
1 ½ tbsp all-purpose flour
1 ½ cups skim milk
2 tbsps Dijon-style mustard
salt
fresh ground black pepper

1. Cook pasta according to package directions; 2 minutes before the pasta is done add asparagus.
2. While pasta is cooking, coat a 10-inch skillet with cooking spray; place over medium-high heat.
3. Add mushrooms; cook 4 minutes, stirring occasionally.
4. Reduce heat to medium.
5. Sprinkle flour over mushrooms; continue cooking 1 minute, stirring constantly.
6. Add milk and mustard; simmer about 2 minutes or until sauce thickens.
7. Drain pasta and asparagus; return to pot.
8. Add mushroom mixture; toss to coat.
9. Season with salt and pepper to taste.
10. Serve immediately.

DITALINI AND BEAN SAUCE

Makes: 5 to 6 Servings

1 lb Ditalini, Elbow Macaroni or other medium pasta, uncooked
1 15oz can chick peas, drained and rinsed
1 cup thinly sliced celery hearts, with leaves
7 large ripe plum tomatoes, cored and quartered
½ cup chopped fresh basil or parsley
4oz mozzarella cheese, diced (about 1 cup)
1 15oz can artichoke hearts packed in water, drained and quartered
2 tbsps olive or vegetable oil
2 tbsps lemon juice
1 tbsp Dijon mustard
¾ tsp salt
¼ tsp freshly ground pepper

1. Cook pasta according to package directions.
2. While pasta is cooking, combine remaining ingredients in a mixing bowl.
3. When pasta is tender, drain and add it to chick pea mixture and toss to mix.
4. Let stand 3 to 5 minutes and serve.

SEAFOOD PASTA STIR-FRY

Makes: 6 Servings

1 lb Bow Ties , Radiatore or other medium pasta shape, uncooked
2 tbsps white wine vinegar
2 tbsps reduced-sodium soy sauce
2 cloves garlic, minced
2 tsp minced fresh ginger
1 tbsp orange peel, grated
1/4 cup fresh orange juice
8oz medium, fresh shrimp, peeled and deveined
8 oz fresh sea scallops
1 tbsp vegetable oil
½ tsp hot red pepper flakes (optional)
8 oz fresh snow peas, cut in half
2 carrots, cut julienne
1 red bell pepper, ribs and seeds removed, cut julienne
2 tsp cornstarch
1 tbsp water

1. Combine the vinegar, soy sauce, garlic, orange peel and orange juice in a non-metallic bowl; add shrimp and scallops and toss gently to coat seafood.
2. Cover and refrigerate 30 minutes, stirring occasionally.
3. Cook pasta according to package directions.
4. While pasta is cooking, heat oil in non-stick wok or skillet.
5. Add shrimp mixture (do not drain).
6. Add hot red pepper flakes, if using.
7. Stir-fry 2 minutes.
8. Add snow peas, carrots and bell pepper; cover and cook 2 minutes or until shrimp are pink and scallops are opaque.
9. Dissolve cornstarch in water; stir into wok.
10. Cook 1 minute.
11. When pasta is done, drain well.
12. Transfer to serving bowl and pour stir-fry over top.
13. Toss lightly and serve.

PENNE WITH TOMATOES, BASIL LEAVES AND BLUE CHEESE

Makes: 12 Servings

1lb Penne, Mostaccioli, or other medium pasta shape, uncooked

12 ripe plum tomatoes, quartered or

- 1 pint cherry tomatoes, cut in halves

2 cups (lightly packed) whole fresh basil leaves

2 oz blue cheese, finely crumbled

2 tbsps olive or vegetable oil

2 tbsps white wine vinegar

Salt and pepper to taste

1. Toss the tomatoes in a bowl with the basil leaves, cheese, oil and vinegar.
2. Season to taste with salt and pepper.
3. Refrigerate and let marinate 45 minutes to 24 hours.
4. Cook pasta according to package directions, drain well.
5. Transfer the pasta to a mixing bowl while still warm, add the tomato mixture and toss to mix.
6. Let stand at room temperature about 15 minutes before serving.

PACIFIC PESTO PASTA

Makes: 4 to 6 Servings

8oz Rotini, Twists or Spirals, uncooked

1 tbsp olive oil

3/4 lbs skinless, boneless chicken breasts, cut into 1-inch strips

2 cloves garlic, minced

1 red onion, diced

1 yellow bell pepper, diced

1 green bell pepper, diced

1 zucchini, diced

1 tomato, diced

2 tbsps sun dried tomato puree

2 tbsps, basil pesto

salt and freshly ground pepper to taste

freshly chopped parsley for garnish

1. Prepare pasta according to package directions.
2. While pasta is cooking, heat oil in a skillet over medium-high.
3. Add chicken strips and saute until chicken is cooked through, about 6 minutes.
4. Add garlic and vegetables, and cook until soft, about 4 minutes.
5. After vegetables are soft, add dried tomato puree and pesto, and mix well.
6. When pasta is done; drain thoroughly.
7. Add pasta to vegetable mixture and toss.
8. Season with salt and pepper to taste.
9. Transfer pasta to serving bowl and garnish with freshly chopped parsley.
10. Serve immediately.

MACARONI AND CHEESE

Makes: 6 Servings

1 lb Elbow Macaroni, Rotini or other medium pasta shape

2 tbsp margarine

6 tbsps all-purpose flour

2 cups milk

1 ½ cups grated Cheddar cheese

1/4 tsp cayenne pepper

1 tsp salt

1/3 cup grated Parmesan cheese

1. Prepare pasta according to package directions; drain and rinse under cold water and set aside.
2. Preheat oven to 375 F.
3. In a medium saucepan, melt margarine over low heat.
4. Stir in flour with a whisk and cook, stirring, for 1 minute.
5. Gradually whisk in the milk and bring the sauce to a boil, stirring constantly.
6. Remove from heat and add cheddar cheese, cayenne pepper and salt.
7. Stir until the cheese has melted.
8. In a large mixing bowl, stir the cheese sauce and pasta together.
9. Spoon into a 1 ½ quart oven proof casserole dish.
10. Sprinkle Parmesan cheese over the top.
11. Bake until browned on top and hot all the way through, about 30-35 minutes.

TUNA PASTA AND PEPPERS

Makes: 8 Servings

1 lb Penne, Mostaccioli or other medium pasta shape, uncooked

1 7oz jar roasted red peppers, drained and chopped

1 13 3/4oz jar artichoke hearts, drained and chopped

1 6 1/8oz can chunk light tuna packed in water, drained

1/2 cup fresh parsley, chopped

1/4 cup live or vegetable oil

2 tbsps balsamic vinegar

1 1/2 tsp fresh rosemary, chopped, or

- 1 1/2 tsp dried rosemary

3/4 tsp coarsely ground black pepper

2 cloves garlic, minced

1. Cook pasta according to package directions.
2. While pasta is cooking, combine red peppers and remaining ingredients in a medium bowl; stir well.
3. When pasta is done, drain well and transfer to a large serving bowl.
4. Add pepper-tuna mixture and toss.
5. Add salt and pepper to taste.
6. Serve immediately.

SPICY LINGUINE, BEEF AND BROCCOLI

Makes: 6 Servings

1 lb Linguine, Spaghetti or Thin Spaghetti, uncooked

1 lb flank steak, cut into very thin strips

1 beef bouillon cube

1 cup hot water

2 tsp vegetable oil

1 bunch broccoli florets

2 cups low-sodium tomato sauce

15 cherry tomatoes, cut in half

Marinade:

½ cup red wine vinegar

½ tsp hot red pepper flakes

1/4 cup brown sugar

1/4 tsp cayenne pepper

3 cloves garlic, minced

1. Prepare pasta according to package directions.
2. While pasta is cooking, stir together, marinade ingredients in a large, shallow dish.
3. Add beef strips to the marinade.
4. Dissolve bouillon cube in 1 cup of hot water.
5. In a large skillet, warm the oil over a high heat until it begins to smoke.
6. Drain the beef thoroughly, reserving the marinade.
7. Add beef to skillet and saute until nicely browned, about 3 minutes.
8. Remove beef with a slotted spoon.
9. Reduce heat under skillet to medium and add broccoli and marinade.
10. Saute until broccoli is tender, about 6 minutes.
11. Add tomato sauce, dissolved bouillon and flank steak to skillet.
12. When pasta is done, drain well and transfer to serving dish.
13. Spoon steak sauce over top and garnish with cherry tomatoes.
14. Serve immediately.

PESTO PASTA WITH SHRIMP

Makes: 4 Servings

12oz Fettuccine, uncooked
1 cup fresh kale, stems removed and chopped
½ cup fresh basil leaves
2 cloves garlic, halved
1/4 cup grated Parmesan cheese
1/8 tsp salt
1 cup plain, non-fat yogurt
1 tsp vegetable oil
1 lb medium shrimp, peeled and deveined
1 medium red bell pepper, diced

1. Prepare pasta according to package directions.
2. While pasta is cooking, puree kale, basil, garlic, Parmesan cheese and salt in a food processor or blender until smooth.
3. Stir in yogurt.
4. Place oil in large skillet.
5. Saute the shrimp and red bell pepper in the skillet over medium-low heat for 4 minutes or until shrimp is bright pink and cooked through.
6. When pasta is done, drain well and transfer it to a serving bowl.
7. Add the kale mixture and toss well.
8. Add shrimp and bell pepper, tossing gently. Serve immediately.

PASTA WITH SALMON SAUCE

8oz Elbow Macaroni, Medium Shells or other medium pasta shape, uncooked

1/4 cup low-sodium chicken broth

½ tsp all-purpose flour

3 tbsps non-fat sour cream

½ tsp dried dill weed

1 6 ½ oz can skinless, boneless salmon

½ cup frozen peas

½ cup diced roasted red peppers, very coarsely chopped

fresh ground pepper

1. Prepare pasta according to package directions; drain.
2. In a small mixing bowl, combine chicken broth and flour.
3. Whisk until flour is dissolved.
4. Add sour cream and dill and whisk until smooth.
5. Pour the sauce into a large skillet over medium-low heat.
6. Add the flaked salmon, peas, red peppers and ground pepper.
7. Warm just until heated through, stirring once or twice.
8. Add the pasta to the skillet and stir gently until coated with sauce.
9. Refrigerate and serve chilled.

LINGUINE, SCALLOPS AND TOMATOES

Makes: 4 Servings

1 lb Linguine, Spaghetti or thin Spaghetti, uncooked

1 28oz can crushed tomatoes in puree

12-16 oz small scallops, quartered

½ tsp hot red pepper flakes

5 tbsps chopped fresh parsley

1 tsp dried oregano

1 tsp dried basil

salt and pepper to taste

1/4 cup grated parmesan cheese

1. Prepare pasta according to package directions.
2. While pasta is cooking, heat tomatoes in a large saucepan until simmering.
3. Simmer scallops in sauce for 2 minutes.
4. Stir in the hot red pepper flakes, parsley, oregano and basil.
5. When pasta is done, drain it well.
6. Toss pasta with sauce, season with salt and pepper, top with parmesan cheese and serve immediately.

SPAGHETTI WITH CLAM SAUCE

Makes: 8 Servings

1 lb Spaghetti or Linguine, uncooked
2 tbsps vegetable oil
2 cloves garlic, minced
2 6 ½ oz cans chopped clams, drained (reserve liquid)
½ cup fresh parsley chopped
1/4 cup dry white wine
1 tsp basil leaves
1/4 tsp white pepper

1. Prepare pasta according to package directions; drain.
2. In a medium skillet, heat oil.
3. Add garlic.
4. Stir in reserved liquid from clams and parsley; cook and stir 3 minutes.
5. Add clams, wine, basil and pepper.
6. Simmer on low heat for 5 minutes.
7. Pour sauce over spaghetti and serve immediately.

POT TUNA PASTA

Makes: 4 Servings

8oz Elbow Macaroni, Medium Shells or other medium pasta shape, uncooked

2 ½ cups water

2 chicken bouillon cubes

1/8 tsp black pepper

1 tsp fresh basil leaves

1 4oz jar pimento

1 9oz package frozen cut green beans

1 cup skim milk

4 oz low-fat cheddar cheese, grated

1 6 1/8oz can white albacore tuna packed in water, drained

1/4 cup chopped fresh parsley

1. Bring water, bouillon cubes, pepper and basil leaves to a boil in a 4 quart pot.
2. Gradually add pasta so that water continues to boil.
3. Cover and simmer for 7 minutes, stirring occasionally.
4. Meanwhile, dice pimento.
5. Stir in diced pimento, green beans and milk to pot; cover and simmer 6 to 8 minutes or until pasta and beans are tender.
6. Stir in cheese, tuna and parsley until cheese is melted.
7. Serve immediately.

CREAMY CHICKEN WITH MUSHROOM FETTUCINE

Makes: 6 Servings

120z Fettuccine, uncooked

8oz boneless, skinless chicken breasts, cut into ½-inch cubes

8oz mushrooms, sliced

½ cup red bell pepper, diced

1 ½ cups low-fat mayonnaise

¾ cup skim milk

¼ cup Parmesan cheese

3 tbsps fresh basil, minced or 1 tsp dried pepper

1 tsp coarsely ground black pepper

½ tsp paprika

1. Prepare pasta according to package directions.
2. Coat a large skillet with cooking spray.
3. Add chicken and saute over medium-high heat, stirring frequently, until chicken is golden brown and cooked through, about 4 minutes.
4. Remove chicken from the pan.
5. Recoat the skillet with cooking spray.
6. Add the mushrooms and red pepper; saute until tender, about 5 minutes.
7. Combine the mayonnaise, milk, cheese, basil, pepper and paprika in a small bowl.
8. Add to the vegetables in the skillet.
9. Add the chicken to the skillet.
10. Stir constantly, and heat over medium-low heat until thoroughly heated.
11. When pasta is done, drain and return it to the pot.
12. Add the contents of the skillet to the pot and mix well.
13. Serve immediately.

PASTA, SPICY TOMATO AND TURKEY SAUSAGE

Makes: 6 Servings

1 lb Rotini, Twists or Spirals, uncooked
8oz Italian-style turkey sausage, casings removed
1 large onion, chopped
1 medium green bell pepper, ribs and seeds removed, chopped
2 cloves garlic, minced
1 28oz can tomatoes, chopped with liquid
1 8oz can tomato sauce
1 4oz can mushrooms, drained
1 ½ tsp dried basil
1 tsp chili powder
½ cup part-skim mozzarella cheese, shredded

1. Prepare pasta according to package directions; drain.
2. In a Dutch oven or a large skillet, cook sausage, onion, green pepper, and garlic over medium heat until sausage is no longer pink. Drain.
3. Stir in tomatoes, tomato sauce, mushrooms, basil, thyme and chili powder.
4. Simmer uncovered 10 minutes.
5. Pour sauce over pasta and top with cheese.

ZESTY CHICKEN ZITI

Makes: 4 Servings

1 lb Ziti, Mostaccioli, or other medium pasta shape, uncooked

12oz cooked chicken, chopped

2 tsp butter or margarine

1 medium onion, chopped

1 tbsp Dijon mustard

2 tbsps all-purpose flour

2 cups low-sodium chicken broth

1/4 cup lemon juice

1 10oz package frozen peas, defrosted and drained

1/4 cup fresh parsley, chopped

salt and pepper to taste

1. Prepare pasta according to package directions.
2. While pasta is cooking, warm the butter or margarine over medium heat in a large skillet.
3. Add the onion and cook for 3 minutes.
4. Stir in the Dijon mustard and flour.
5. Very gradually whisk in chicken broth.
6. Bring the broth to a boil and stir in the lemon juice, peas and parsley.
7. When pasta is done, drain it well.
8. Toss pasta and cooked chicken with sauce, season with salt and pepper and serve.

PASTA WITH ARTICHOKE HEARTS AND CAPERS

Makes: 1 serving

½ pack fettuccine

Water to boil

1 large shallot, minced

2 tbsp olive oil

1 tbsp butter

1 large clove garlic, crushed

1/4 cup white wine

1/4 cup chicken stock

1 can Artichoke hearts (16 oz), drained well

2 tbsp capers

½ cup Parmesan cheese, grated

salt

white pepper

Parmesan cheese to top

parsley, chopped to garnish

1. Cook fettuccine to package directions.
2. When almost al dente, cook the shallots in the butter and oil until translucent.
3. Add garlic and cook until soft.
4. Deglaze pan away from heat with wine.
5. Add stock, artichokes, and capers and let the sauce reduce by half.
6. Add cheese, and taste sauce.
7. Add salt and pepper to taste. Keep warm.
8. Drain fettuccine.
9. Spoon a little sauce over fettuccine, sprinkle Parmesan and garnish with parsley.

FAJITA PASTA

Makes: 8 Servings

1 lb Penne, Mostaccioli, or other medium pasta shape, uncooked

1 lb lean boneless top round steak

1 1/4 cup low-sodium tomato juice, divided

1/4 cup lime juice

2 cloves garlic, minced

½ tsp ground cumin

½ tsp ground red pepper

1 tsp vegetable oil

1 green bell pepper, seeded and cut into thin strips

1 cup sliced purple onion

1 cup nonfat sour cream

1-2 jalapeno peppers, seeded and minced

1. Slice steak diagonally across the grain into 1/4 inch strips.
2. Place steak in zip-top plastic bag.
3. Add ½ cup tomato juice, lime juice, garlic, cumin and ground red pepper. Marinate in refrigerator at least 4 hours.
4. Prepare pasta according to package directions.
5. While pasta is cooking, remove steak from marinade. Discard marinade.
6. Coat a large skillet with cooking spray; add oil and place over high heat until hot.
7. Add steak and cook 3 minutes or until done.
8. Remove steak from skillet and keep warm. Re-coat skillet with cooking spray.
9. Add pepper strips and onion to skillet, saute until crisp-tender.
10. When pasta is done, drain well. Place in large bowl. Add steak, pepper mixture, sour cream, jalapeno, and remaining 3/4 cup tomato juice. Toss.
11. Salt and pepper to taste. Serve immediately.

DITALINI SALAD

Makes: 6 Servings

12oz Ditalini, Elbow Macaroni or other medium pasta shape, uncooked

3/4 cup plain, non-fat yogurt

1/4 cup fat-free mayonnaise

12oz smoked turkey, diced

2 celery sticks, diced

1 medium granny smith apple, diced

1 head greenleaf lettuce, leaves separated, washed and drained

2oz crumbled blue cheese

1. Prepare pasta according to package directions.
2. Drain and rinse with cold water.
3. Put the yogurt and mayonnaise into a food processor or blender and whirl until smooth. Set aside.
4. In a large bowl, stir together the pasta, smoked turkey, celery and apple.
5. Add sauce and toss until evenly coated.
6. Cover serving platter with lettuce and spoon pasta onto the leaves.
7. Sprinkle with blue cheese, toss lightly and serve.

PASTA AND TURKEY SALAD

Makes: 6 Servings

1 lb Rotini, Twists or Spirals, uncooked

1 ½ cup smoked Turkey, chopped

1 cup sliced celery

1 ½ cups seedless red grapes, cut into halves

1 cup sliced scallions (white and green parts)

1 cup non-fat or reduced-fat mayonnaise

1/3 cup non-fat or reduced-fat sour cream

1 ½ tbsps chopped fresh tarragon or

- 1 tsp dried tarragon

1 tbsp lemon juice

salt and pepper to taste

1. Prepare pasta according to package directions; drain.
2. Rinse under cold water and drain again.
3. In a large bowl, stir together the pasta, turkey, celery, grapes and scallions.
4. In a small bowl, stir together the remaining ingredients.
5. Toss pasta with dressing.
6. Add salt and pepper, if desired.
7. Serve immediately or cover and chill.

ROTINI WITH PORK AND BROCCOLI

Makes: 4 to 6 Servings

1 lb Rotini, Twists or Spirals, uncooked
10oz very lean pork, trimmed
1 tbsp vegetable or peanut oil
1 medium onion, peeled, cut in half and sliced thin
2 tsps finely chopped garlic
2 cups broccoli florets, cut into small pieces
2 cups carrots, sliced
1/4 cup reduced-sodium soy sauce
1 ½ tsps molasses or honey
2 tsps dry roasted peanuts, unsalted
1/4 cup water

1. Prepare pasta according to package directions; drain and set aside.
2. Cut the pork into ½-inch strips and set aside.
3. Heat oil in a large skillet over medium high heat.
4. Saute pork until well done, remove and set aside.
5. Add onion and garlic and stir until onion is wilted and lightly browned, about 4 minutes.
6. Add broccoli, carrots and pork, saute until vegetables are crisp and tender, about 1 to 2 minutes.
7. Combine soy sauce, molasses and water and to skillet.
8. Heat to boiling.
9. Add pasta to the pork-broccoli mixture and stir until pasta is well mixed.
10. Serve immediately.
11. Garnish with chopped peanuts.

OZRO STUFFED ZUCCHINI

Makes: 8 Servings

1 lb Ozro, Ditalini or other small pasta shape, uncooked

8 5-inch medium zucchini

3 tbsps olive or vegetable oil, divided

2 cups carrots, shredded

1 cup fresh mushrooms, sliced

½ cup sliced scallions, white and green parts

3 cloves garlic, minced

1 ½ cups turkey ham, chopped

1/4 cup honey mustard

1 tbsp fresh basil, chopped, or

- 1 tsp dried basil

1/4 tsp salt

1/4 tsp black pepper

1 cup finely shredded Swiss cheese

1. Prepare pasta according to package directions.
2. Cook zucchini in boiling water 4 minutes or until crisp-tender; drain.
3. Cut in half lengthwise. Scoop out centres, leaving a 1/4-inch shell; set aside.
4. Chop centres, reserving 1 cup for filling.
5. Cook carrots, mushrooms, scallions and garlic in 2 tbsps oil in large skillet over medium heat 3 minutes.
6. Stir in turkey ham and reserved chopped cooked zucchini. Cook 1 minute.
7. Drain pasta. Place in large mixing bowl.
8. Stir in honey mustard, basil, salt, pepper and remaining 1 tbsp live oil; mix well.
9. Add vegetable and ham mixture; toss until combined.
10. Preheat oven to 375 F.
11. Fill each zucchini shell with ½ cup mixture. Sprinkle each with 1 tbs cheese.
12. Bake on cookie sheet 8 to 10 minutes or until cheese is melted and filling is hot.
13. Serve immediately with basil garnish.

PASTA PEPPER SALAD

Makes: 8 Servings

1 lb Penne, Mostaccioli or other medium pasta shape, uncooked
1 12oz jar roasted red peppers, rinsed, drained, cut into thin strips
1 12oz jar marinated artichoke hearts, drained, coarsely chopped
1 cup diced Muenster, brick or Provolone cheese
1 cup mushrooms, sliced
½ cup red onion, chopped
1/3 cup fresh basil, chopped
2/3 cups low-fat Caesar or Italian salad dressing
freshly ground black pepper

1. Prepare pasta according to package directions.
2. While pasta is cooking, combine pepper strips, artichoke hearts, cheese, mushrooms, onion and basil in a large bowl.
3. Drain pasta; rinse with cold water.
4. Drain well and add pasta and dressing to bowl; toss well.
5. Cover; refrigerate at least 1 hour before serving.
6. Sprinkle with freshly ground black pepper.

THREE CHEESE PASTA

Makes: 6 to 8 Servings

1 lb Elbow Macaroni, Wagon Wheels or other medium pasta shape, uncooked

4 tbsps margarine

4 tbsps flour

1 tsp dry mustard

4 cups skim milk, room temperature

salt and freshly ground black pepper to taste

1 15oz container part-skim ricotta cheese

8 oz white or yellow low-fat Cheddar cheese, grated and divided

½ cup grated Parmesan cheese, divided chopped fresh parsley for garnish

1. Prepare pasta according to package directions; drain.
2. Heat margarine in a large saucepan over medium heat until melted.
3. Add flour and stir until flour is lightly golden, about 2 to 3 minutes.
4. Add dry mustard.
5. Gradually whisk in milk until smooth.
6. Cook until the sauce boils and is thickened, whisking constantly over low heat, about 10 minutes.
7. Season with salt and freshly ground black pepper.
8. In a mixing bowl, combine pasta with ricotta cheese, half of the cheddar cheese, and half of the Parmesan cheese.
9. Add the sauce.
10. Spoon into a lightly oiled 9 x 13-inch baking dish.
11. Sprinkle remaining cheddar and Parmesan cheese on top.
12. Bake at 350 F until browned on top, about 30minutes.
13. Let cool for 10-15 minutes before serving.
14. Garnish with chopped fresh parsley.

VEGGIE SPAGHETTI PIZZA

Makes: 8 to 10 Servings

8oz Spaghetti, uncooked

2 eggs

½ cup skim milk

3 cups shredded part-skim mozzarella cheese, divided

8oz fresh spinach, cooked and chopped, or

- 1 10oz package frozen spinach, defrosted and drained well

½ tsp garlic powder

1 32oz jar spaghetti sauce, uncooked

Topping:

2 cups cooked broccoli florets

1 medium zucchini, thinly sliced

1. Break spaghetti into 2-inch pieces and cook according to package directions; drain.
2. In a large bowl, beat eggs.
3. Gradually add milk, 1 cup mozzarella cheese, spinach and garlic powder.
4. Stir in spaghetti pieces.
5. Lightly oil a 10 ½ x 5 ½ x 1 ½ x-inch baking pan.
6. Spread spaghetti mixture into pan, building up sides slightly.
7. Bake at 425 F for 15 minutes.
8. Remove from oven.
9. Spread spaghetti sauce over spaghetti “crust”.
10. Spread broccoli and zucchini over sauce and sprinkle with remaining mozzarella cheese.
11. Bake at 350F for 35 minutes.
12. Let stand for 5 minutes before cutting.

GREEN AND WHITE LASAGNE

Makes: 10 to 12 Servings

6 pieces Lasagne, uncooked
½ cup onion, chopped
2 tbsps margarine
2 tbsps cornstarch
1 tbsps dried parsley flakes
1 tsp dried basil, crushed
1/4 tsp garlic powder
1/8 tsp ground nutmeg
2 cups skim milk
1 10oz package frozen spinach, chopped, thawed and drained
1 2 1/4oz can sliced pitted ripe olives, drained
1 15oz carton part-skim ricotta cheese
1 beaten egg
1 8oz package shredded mozzarella cheese
½ cup grated Parmesan cheese

1. Cook lasagne according to package directions; drain.
2. Rinse in cold water; drain well.
3. In a medium saucepan, cook onion in margarine til tender.
4. Stir in cornstarch, parsley, basil, garlic powder and nutmeg. Add milk all at once.
5. Cook and stir until thickened and bubbly.
6. Stir in spinach and olives.
7. In a medium bowl, stir together ricotta and egg.
8. Add mozzarella and half of the Parmesan; mix well.
9. Preheat oven to 350 F.
10. Arrange three of the lasagne pieces int the bottom of a greased 12 x 7 x 2-inch baking dish.
11. Top with half of the spinach mixture and half the ricotta mixture.
12. Repeat layers. Top with remaining Parmesan cheese.
13. Bake for 40 minutes or until bubbly.
14. Let stand for 10 minutes.

ROTINI PASTA SALAD

Makes: 6 to 8 Servings

8oz Rotini, Twists or Spirals, uncooked
4 medium ripe tomatoes, peeled, seeded and chopped
½ cup green onions, sliced (scallions)
½ cup peeled, seeded and chopped cucumber
1 clove garlic, minced
2 tbsps chopped cilantro, or
- 2 tsps dried cilantro
2 tbsps olive oil
1 tbsp red or white wine vinegar
1 tsp salt
cayenne pepper to taste

1. Prepare pasta according to package directions; drain.
2. Combine pasta with remaining ingredients.
3. Cover and chill at least 1 hour.

GARDEN PASTA WITH TOMATO SAUCE

Makes: 6 Servings

1 lb Spaghetti, Linguine or Thin Spaghetti, uncooked
4 medium tomatoes, seeded and chopped
1 15oz can Italian-flavour tomato sauce
1 tsp dried basil or 2 tbsps chopped fresh basil
½ tsp freshly ground pepper
1 tbsp vegetable oil
2 cups fresh asparagus, cut into 1-inch pieces*
1 medium zucchini or yellow squash, halved and thinly sliced
1 medium red bell pepper, cut in ½ -inch pieces
freshly grated Parmesan cheese

1. Prepare pasta according to package directions; drain.
2. In a large saucepan, combine tomatoes, tomato sauce, basil and black pepper; mix well and bring to a boil.
3. Reduce heat, cover and simmer 20 minutes.
4. Remove cover and cook, stirring occasionally, 15 to 20 minutes longer, or until slightly thickened.
5. In a large skillet, heat oil over medium-high heat.
6. Add asparagus, zucchini and bell pepper.
7. Stir-fry until vegetables are tender.
8. Combine pasta with vegetable mixture and toss well.
9. Spoon tomato sauce over pasta and sprinkle with Parmesan cheese.

LINGUINE AND MUSHROOMS

Makes: 2 Servings

6oz Linguine, uncooked

4oz button mushrooms

4oz wild mushrooms (shitake, cremini or oyster)

1 tbsp butter or margarine

2 tbsps fresh parsley, chopped

½ cup low-fat sour cream

1/4 cup skim milk

salt and freshly ground pepper to taste

1. Prepare pasta according to package directions.
2. While pasta is cooking, wipe all the mushrooms clean with a paper towel.
3. Trim the stem end from the mushrooms. (Remove all of the stems if you are using shitakes). Slice mushrooms 1/4-inch thick.
4. Melt the butter or margarine over low heat in a large skillet with a tight fitting lid.
5. Add mushrooms and parsley, cover skillet and let mushrooms cook until they are completely tender and have released their liquid, about 15 minutes.
6. Check the mushrooms once or twice during cooking to make sure they are not browning.
7. Whisk the sour cream and milk in a small bowl until smooth.
8. Just before draining the pasta, mix 1/4 cup of the pasta cooking water into the sour cream mixture.
9. Drain the pasta and transfer it to the skillet.
10. Add the sour cream mixture and heat to boiling. Add salt and pepper to taste.
11. Boil together one minute, tossing pasta to coat with sauce and to evenly distribute mushrooms.
12. Divide pasta between 2 plates, spooning extra sauce on top. Serve immediately.

PRIMAVERA WITH GARDEN VEGETABLES

Makes: 6 Servings

1 lb Mostaccioli, Medium Shells or other medium pasta shape, uncooked

1 tbsp vegetable oil

1 clove garlic, minced

1 medium red onion, chopped

2 cups zucchini, chopped

2 cups fresh tomato, chopped

1 cup fresh corn or 1 cup frozen corn, thawed

½ tsp hot red pepper flakes

1 cup skim milk

½ cup freshly grated Parmesan cheese

1/4 cup minced Italian flat-leaf parsley

salt and freshly ground pepper to taste

additional freshly grated Parmesan cheese (optional garnish)

1. Prepare pasta according to package directions; drain.
2. Heat the oil in a large skillet.
3. Add the garlic, red onion and zucchini and cook over medium-high heat until the garlic and onion are golden.
4. Reduce heat to medium and add the tomato, corn, red pepper flakes, skim milk and Parmesan cheese.
5. Stir until the cheese is melted and vegetables are hot.
6. Add the pasta and parsley and mix thoroughly.
7. Season with salt and pepper to taste.

STUFFED MARINARA PASTA

Makes: 4 Servings

24 Jumbo Shells, uncooked

2 10oz packages frozen spinach, chopped, thawed

2 cups low-fat cottage cheese

1/4 cup onion, grated

1 14oz jar spaghetti sauce

1/4 cup Parmesan cheese

1. Prepare pasta according to package directions.
2. While pasta is cooking, cook spinach according to package directions.
3. Drain spinach thoroughly in colander by pressing out extra liquid with a large spoon; cool.
4. In a medium bowl, combine spinach and cottage cheese and onion.
5. When pasta is done, drain.
6. Rinse with cold water and drain again.
7. Preheat oven to 375 F.
8. Spoon cheese mixture into shells.
9. Place shells in a lightly oiled 9 x 13 x 2-inch baking dish.
10. Pour spaghetti sauce over shells.
11. Sprinkle with Parmesan cheese.
12. Cover with foil.
13. Bake 25 to 30 minutes or until hot.

VEGETABLE LASAGNE

Makes: 8 Servings

9 pieces Lasagne, uncooked
1 medium yellow onion, chopped
1 tsp vegetable oil
2 garlic cloves, crushed
8 oz mushrooms, sliced thin (optional)
1/4 cup fresh parsley, chopped
1 10oz package frozen spinach, thawed, drained thoroughly
1/4 tsp salt
½ tsp dried basil
½ tsp dried oregano
2 cups meatless tomato or spaghetti sauce
1 15oz container part-skim or reduced fat ricotta cheese
3/4 cup shredded, part-skim mozzarella cheese
2 tbsps Parmesan cheese, grated

1. Prepare pasta according to package directions; drain and with cool water until ready to use.
2. While pasta is cooking, combine onions and oil in a skillet over medium heat until golden, about 5 minutes.
3. Add the garlic and cook about 1 minute.
4. Spoon out half the onions and reserve for later.
5. Add the mushrooms (if using) to the onions in the skillet.
6. Cook, stirring over medium heat, until the mushrooms are tender and slightly browned, about 7 minutes.
7. Add the parsley and a pinch of salt; transfer to bowl.
8. Add the reserved cooked onion and the spinach to the skillet.
9. Cover and cook over medium heat until the spinach is wilted, about 3 minutes.
10. Uncover and cook over medium heat to evaporate any excess moisture, about 1 minute. Season with a pinch of salt.
11. Heat oven to 350 F.
12. Drain the lasagne and pat dry with paper towels.
13. Mix the oregano and basil with the tomato sauce.
14. Spread 1 cup tomato sauce in the bottom of a 13 x 9 x 3-inch pan.
15. Arrange 3 lasagne pieces, slightly overlapping, in the pan.
16. Spoon the spinach mixture on top in an even layer.
17. Spread with half of the ricotta.
18. Sprinkle with 1/4 cup of the shredded mozzarella cheese.
19. Arrange a layer of 3 lasagne pieces.
20. Spread with the mushrooms, the remaining ricotta mixture, and 1/4 cup of the mozzarella.
21. Top with the remaining 3 pieces of lasagne, 1 cup of tomato sauce and ½ cup of the mozzarella cheese.
22. Sprinkle with Parmesan cheese.
23. Bake until brown and bubbly, about 45 minutes.

VEGGIE PESTO LASAGNE

Makes: 10 Servings

12 pieces Lasagne, uncooked
3 cups low-fat, chunky vegetable spaghetti sauce
1 ½ cups water
1 15oz container part-skim ricotta cheese
½ cup egg substitute
½ cup grated part-skim mozzarella cheese, divided
1/4 tsp black pepper
1 cup grated Parmesan cheese
2 cloves garlic
1/4 cup fat-free Italian salad dressing
vegetable oil for cooking

1. In a medium bowl, stir together the spaghetti sauce and water.
2. Combine ricotta cheese, egg substitute, 1/4 cup of the mozzarella cheese and pepper in a bowl.
3. In a food processor or blender, add basil, Parmesan cheese and garlic; process until smooth.
4. Add Italian dressing; process until blended. Fold mixture (pesto) into ricotta mixture.
5. Spray a 9 x 13-inch baking pan with cooking spray.
6. Spread 1 cup of the sauce over the bottom of the pan.
7. Arrange 4 pieces of lasagne (3 lengthwise, 1 widthwise) over the sauce.
8. Cover with 1½ cups of the sauce.
9. Spread half the ricotta mixture on top.
10. Arrange another 4 pieces of lasagne over ricotta, and top with another cup of sauce.
11. Spread remaining ricotta mixture on top.
12. Arrange final 4 pieces of lasagne over ricotta mixture and cover with remaining sauce.
13. Preheat oven to 350 F.
14. Cover lasagne with foil and bake for 1 hour and 5 minutes.
15. Uncover lasagne, sprinkle remaining mozzarella cheese on top and bake additional 5 minutes uncovered.
16. Cover and let stand 15 minutes before serving.

EGGPLANT PARMESAN

Makes: 2 Servings

9 Lasagne pieces, uncooked
1 medium eggplant
olive or flavoured cooking spray
2 tsps dried basil
2 tbsps grated low-sodium Parmesan cheese
1 26oz jar low-fat marinara sauce
½ tsp Italian seasoning
1 15oz container light ricotta cheese
8oz low-sodium shredded mozzarella cheese

1. Cook lasagne pieces according to package directions.
2. Meanwhile, preheat broiler.
3. Trim ends and peel eggplant; cut crosswise into 12 1/4-inch slices.
4. Place on foil-lined baking sheet; coat well with cooking spray.
5. Broil for 4 to 5 inches from heat source for 5 minutes or until browned.
6. Turn; coat well with cooking spray.
7. Broil 3 minutes.
8. Remove from broiler; sprinkle with basil and Parmesan cheese.
9. Return to broiler; broil 1 minute or until cheese is golden brown.
10. Remove pan for broiler; let stand 5 minutes.
11. Preheat oven to 375 F.
12. Combine marinara sauce and Italian seasoning.
13. Spread 1/3 cup sauce each in bottom of two disposable foil 8 x 8 2-inch baking pans.
14. Drain lasagne; rinse with cold water.
15. Cut lasagne pieces crosswise, forming 18 pieces.
16. Layer 3 pieces in each pan; top with half the ricotta cheese.
17. Place eggplant slices over cheese and top with sauce.
18. Repeat layering in each pan with 3 more lasagne pieces, sauce, remaining ricotta cheese, last 3 lasagne pieces and remaining sauce.
19. Cover pans with aluminum foil; place one pan in a large resealable freezer bag. Freezer storage for two months.
20. Bake remaining lasagne 40 minutes or until hot.
21. Remove foil; sprinkle with 1 cup mozzarella cheese.
22. Return to oven and bake 5 minutes or until cheese is melted.
23. Let stand 5 minutes, cut in squares.

BEEF TENDERLOIN FETTUCCHINE

Makes: 8 Servings

12oz Fettuccine, uncooked
1 lb fresh baby carrots
1 10oz bag frozen pearl onions
1 lb beef tenderloin tips or steaks, cut into 1-inch pieces
1/4 cup all-purpose flour
½ tsp salt
½ tsp freshly ground black pepper
2 tbsps margarine
2 tsp minced garlic
1 10 ½ oz can double-strength beef broth, undiluted
1/3 cup dry red wine such as cabernet sauvignon
1 ½ tsp dried thyme leaves
chopped fresh thyme or Italian parsley (optional)

1. Cook pasta according to package directions.
2. Add carrots during last 5 minutes of cooking time.
3. Meanwhile, thaw onions in microwave oven at high power about 2 minutes or in a bowl of cool water; drain.
4. Combine flour, salt and pepper in a plastic bag.
5. Add half of beef in bag; shake to coat.
6. Melt 1 tbsp margarine in a large, deep nonstick skillet over medium-high heat; add floured beef.
7. Quickly brown beef, turning once, about 2 minutes.
8. Transfer to plate and set aside.
9. Melt remaining tablespoon of margarine in skillet; repeat browning with remaining beef, reserving any flour mixture in bag.
10. Transfer beef to same plate.
11. Add garlic to drippings in skillet; cook 2 minutes, stirring occasionally.
12. Add any remaining; mix well.
13. Add beef broth, thawed pearl onions, wine and thyme to skillet; bring to a boil.
14. Stir in reserved beef.
15. Simmer uncovered about 4 minutes or until beef is pink in center and sauce has thickened slightly.
16. Drain pasta and carrots; arrange in shallow soup bowls.
17. Toss pasta with beef mixture; sprinkle with fresh thyme or parsley if desired.

ORANGE ZEST LASAGNE

Makes: 8 to 10 Servings

6 pieces Lasagne, uncooked
2 tsp vegetable oil
2 red bell peppers, diced
3 cloves garlic, minced
1 28oz can crushed tomatoes
½ tsp salt
1 10oz package frozen peas, thawed
pinch saffron
grated zest of 2 oranges
3 cups grated part-skim mozzarella cheese, divided

1. Cook lasagne according to package directions.; drain.
2. Preheat oven to 350 F.
3. Warm the oil in a large, non-stick skillet over medium heat.
4. Add peppers and garlic.
5. Saute until peppers are very soft.
6. Add tomatoes, saffron, orange zest and salt.
7. Remove from heat and set aside 1 cup of tomato mixture.
8. Spread a little of the tomato mixture in the bottom of a 9 x 13 x2-inch baking dish.
9. Cover with 4 pieces of lasagne (3 lengthwise, 1 widthwise) and then continue by adding cheese, peas, tomatoes and lasagne.
10. Top with reserved tomatoes and cheese.
11. Bake uncovered until browned on top and bubbly, about 40 minutes.

MEDITERRANEAN LASAGNE

Makes: 10 to 12 Servings

9 pieces Lasagne, uncooked
1 tbsp vegetable oil
1 large onion, finely diced
2 cloves garlic, minced
1 1-lb eggplant, peeled and finely diced
3 cups part-skim ricotta cheese
4oz feta cheese, crumbled
1 cup plain, low-fat yogurt
1 28oz can tomato sauce
½ cup grated Parmesan cheese

1. Cook lasagne according to package directions; drain.
2. Preheat oven to 350 F.
3. Warm oil in a large saucepan over low heat.
4. Add onion, garlic and eggplant.
5. Cover and let vegetables cook until very soft, about 10 minutes.
6. Meanwhile, stir together the ricotta, feta and yogurt.
7. When vegetables are done, stir in tomato sauce.
8. Remove from heat and set aside 1 cup of eggplant mixture.
9. In a 9 x 13 x 2-inch baking dish, spread a little of the eggplant mixture over the bottom and cover with 3 pieces of lasagne.
10. Spoon some of the ricotta over the lasagne.
11. Continue to layer with eggplant mixture, lasagne, and ricotta.
12. Place a layer of lasagne on top.
13. Spread the reserved eggplant over lasagne and sprinkle with Parmesan.
14. Bake uncovered for 45 minutes, until cheese is brown.

MAC 'N BEANS

Makes: 8 Servings

1 lb Elbow Macaroni, Rotini or other medium pasta shape, uncooked

1 lb lean ground beef

3 tbsps olive or vegetable oil

1 28oz can tomatoes with juice

1 qt tomato juice

2 cups chopped onions

3 cloves garlic

1 tsp salt

1 tsp chili powder

1 tsp ground cumin

½ tsp dried oregano

½ tsp pepper

1 bay leaf

1 20oz can red kidney beans, drained

1. Cook pasta according to package directions; drain.
2. In a Dutch oven or large skillet, brown beef in oil, stirring frequently.
3. Add undrained tomatoes, tomato juice, onions, garlic, salt and remaining seasonings.
4. Cover and simmer for 45 minutes.
5. Stir in kidney beans.
6. Cook for an additional 30 minutes.
7. Remove bay leaf.
8. Meanwhile, gradually add cooked pasta to the chili.
9. Serve in bowls.

RIGATONI IN LAMB SAUCE

Makes: 4 to 6 Servings

1 lb Rotini, Medium Shells or other medium pasta shape, uncooked

12 oz lamb stew meat or

- 2 lbs shoulder lamb chops

1 cup Italian plum tomatoes, or

- 1 cup canned crushed tomatoes

1 tbsp olive or vegetable oil

2 cloves garlic, peeled and finely chopped

1 medium onion, finely chopped

1 tsp finely chopped fresh rosemary or

- ½ tsp dried rosemary*

½ tsp finely chopped fresh thyme, or

- 1/4 tsp dried thyme

1 ½ cups dry red wine

1 pinch each ground nutmeg and ground cloves

salt and pepper to taste

1/3 cup grated Parmesan cheese

1. Ask the grocery butcher to remove fat from the meat and coarsely grind the lamb for you. Or, remove the fat and bone and coarsely chop the meat in a food processor.
2. Place the plum tomatoes in a bowl and break up with a fork until coarsely crushed.
3. Heat oil in a medium saucepan over medium-high heat.
4. Add the lamb and garlic and cook until the meat begins to brown, about 3 minutes.
5. Add the onion, rosemary and thyme; cook 1 minute.
6. Add the crushed tomatoes, wine, nutmeg, cloves, salt and pepper to taste.
7. Heat to a boil and reduce the heat to simmer.
8. Cook uncovered, until the lamb is very tender, about 45 minutes.
9. Check the lamb occasionally. There should always be enough liquid to cover the meat. If not, add a small amount of water.
10. Prepare pasta according to package directions; drain.
11. Return the pasta to the pot.
12. Add the lamb sauce to the pot and cook over low heat until heated through, stirring constantly.
13. Stir in half the Parmesan cheese.
14. Divide pasta among serving bowls.
15. Sprinkle with remaining cheese and serve.

BEEF MARINADE PASTA SALAD

Makes: 10 to 12 Servings

1 lb Mostaccioli, Ziti or other medium pasta shape, uncooked
2 tbsps vegetable oil
3 tbsps lemon juice
2 tbsps red wine vinegar
1 tbsp fresh oregano, chopped
1 tbsp fresh thyme, chopped
2 tbsps Dijon mustard
1 tbsp dried oregano
1 tbsp dried thyme
½ cup fresh parsley, chopped
10 large mushrooms, sliced
2 cups leftover flank steak or roast beef, julienned
2 cups snow peas, chopped in half
1 red bell pepper, ribs and seeds removed, julienned
1 yellow bell pepper, ribs and seeds removed, julienned
salt and freshly ground black pepper to taste

1. Prepare pasta according to package directions; drain.
2. In a large bowl, mix vegetable oil, lemon juice, vinegar, parsley, oregano, thyme, mustard, mushrooms and leftover beef.
3. Add snow peas and peppers and mix thoroughly.
4. Add pasta and mix again.
5. Serve immediately or refrigerate for one hour and serve cold.

SUNSHINE PASTA SALAD

Makes: 6 to 8 Servings

1 lb Penne or other medium pasta shape

1 lb boneless beef top sirloin, cut 1-inch thick

1/4 tsp salt

1/2 tsp pepper

3 tbsps oil, divided

6 green onions, whites and tops, thinly sliced

2 large navel oranges, sectioned, cut into chunks or 2 small cans of mandarin oranges, drained

1 1/2 cups jicama, cut into 2-inch strips

1/2 cup (bottled) olive oil vinaigrette dressing

1 tbsp coarse grain Dijon mustard

1/2 tsp crushed cumin seed

2 tbsp lemon juice

1/4 cup orange juice

1. Cook the pasta according to package directions, drain and rinse with cold water.
2. While pasta is cooking, rub beef with salt and pepper.
3. Heat 1 tablespoon oil in a large skillet over medium-high heat until hot.
4. Add beef, cook 10 to 12 minutes for medium rare to medium, turning once.
5. Remove; let stand 5 minutes.
6. Slice thinly across the grain, cut into strips.
7. Add beef strips with meat juices, green onion, orange and jicama to pasta.
8. Toss to mix.
9. Whisk remaining ingredients together in bowl.
10. Pour over pasta mixture; toss to combine.
11. Serve at room temperature or slightly chilled.

BEEFTIP CASSEROLE

Makes: 6 to 8 Servings

1 lb Wagon Wheels or other medium shape

1 lb beef tips, cut into bite-size pieces

2 tbsps safflower oil

1 small onion, chopped

1 green pepper, chopped

1 clove garlic, chopped

1 14oz can diced tomatoes

1 15.5oz can pinto beans, drained

1 tbsp cilantro

1 beef bouillon cube

1 tbsp black pepper

½ cup cheddar or Parmesan cheese

2 tsp salt

1 tsp tabasco sauce

1. Cook pasta according to package directions; drain.
2. Meanwhile, brown beef in oil, stirring frequently, for 10 minutes.
3. Remove meat, set aside.
4. Cook onion and green pepper in skillet, until onion is translucent.
5. Add garlic and return beef to skillet.
6. Stir in tomatoes, pinto beans, and bouillon cube, simmer until beef is tender.
7. Add meat mixture to cooked pasta.
8. Add cilantro, black pepper, salt and tabasco.
9. Simmer for 5 minutes.
10. Transfer to serving dish.
11. Sprinkle with cheese.

SESAME PASTA

Makes: 4 Servings

8oz Medium or Wide Egg Noodles, uncooked

2 13 1/4oz cans low-sodium chicken broth

2 cups small broccoli florets

1 cup sliced fresh mushrooms

2 medium carrots, thinly sliced diagonally

2 tbsps low-sodium soy sauce

1 tbsp cornstarch

1 tbsp sesame oil

2 tsp sugar

1/4 tsp hot red pepper flakes

1. In a large pot, heat chicken broth; add noodles and bring to a boil.
2. Cover and simmer 10 minutes.
3. Add vegetables, cover and simmer 2 minutes.
4. In a separate bowl, combine soy sauce, cornstarch, sesame oil, sugar and red pepper flakes; slowly stir into pot.
5. Stir until well combined and thickened.
6. Serve immediately.

RED PEPPER FETTUCINE

Makes: 6 to 8 Servings as an Appetizer

12oz green and white Fettuccine, uncooked

2 tsps vegetable or olive oil

½ cup minced shallots

1/4 tsp crushed red pepper flakes

3 cloves garlic, minced

4 red bell peppers, roasted and cut into strips or - 1 7oz jar roasted red peppers, drained and cut into this strips

3 cups arugula leaves, rinsed and chopped

½ tsp dried basil

1/4 cup minced parsley

½ cup fresh goat cheese (optional)

1. Cook pasta according to package directions; drain.
2. Heat oil in a large frying pan.
3. Saute shallots, red pepper flakes and garlic, about 2 minutes.
4. Add roasted red peppers and simmer 5 minutes on medium heat.
5. Add arugula leaves, basil and chopped parsley.
6. Saute for 2 minutes.
7. Pour sauce over pasta and toss lightly.
8. Add goat cheese and stir thoroughly.
9. Serve immediately.

QUICK PRIMAVERA

Makes: 6 Servings

1 lb Mostaccioli, Ziti or other medium pasta shape, uncooked

1 head broccoli or cauliflower, cut into small florets

1 tbsp cornstarch

1/4 cup water

3 cloves garlic, minced

1 15 ½ oz can low-sodium chicken broth

1 10oz package frozen mixed vegetables

1 10oz package frozen chopped spinach, thawed

salt and pepper to taste

1 cup grated Parmesan cheese

1. Prepare pasta according to package directions.
2. Three minutes before pasta is done, stir in the broccoli or cauliflower.
3. Drain pasta and vegetables and transfer to a large bowl. In a small bowl, dissolve the cornstarch in 1/4 cup of water.
4. Put the garlic in a large saucepan with chicken broth. Simmer over heat for 3 minutes.
5. Whisk in the cornstarch . Stir in the mixed vegetables and spinach and cook until hot, about 5 minutes.
6. Toss the sauce and vegetables with the pasta, season with salt and pepper and sprinkle with Parmesan cheese and serve.

HOT PEPPER PASTA AND BROCCOLI

Makes: 6 Servings

1 lb Mostaccioli, Ziti or other medium pasta shape, uncooked

2 tbsps vegetable oil

½ tsp hot red pepper flakes

6 cups broccoli florets

2 6oz jars whole pimientos or

- roasted peppers, drained and diced

1/4 cup grated Parmesan cheese

1. Prepare pasta according to package directions.
2. While pasta is cooking, warm the oil and red pepper flakes over medium heat for 2 minutes.
3. Add the broccoli and saute for 2 to 3 minutes.
4. Add ½ cup water and cover.
5. Cook broccoli until tender-crisp, about 3 minutes.
6. When pasta is done, drain well.
7. Toss the pasta with diced peppers.
8. Season with salt and pepper to taste.
9. Pour the broccoli over pasta, sprinkle with Parmesan cheese and serve.

VEGETABLE ZITI

Makes: 4 to 6 Servings

8oz Ziti, Mostaccioli or other medium pasta shape, uncooked

1 ½ tbsps vegetable oil

2 scallions, finely chopped

½ tsp Italian seasoning

2 tbsps horseradish sauce

½ cup skim milk

1 cup grated Cheddar cheese

1 ½ cups cooked mixed vegetables

salt and freshly ground pepper

1. Prepare pasta according to package directions.
2. Meanwhile, heat oil in a medium saucepan.
3. Add scallions and saute over medium heat until limp. Do not brown.
4. Remove from heat.
5. Stir in Italian seasoning, horseradish sauce, milk and cheese.
6. Cook over medium heat until thickened.
7. Stir in cooked vegetables and heat.
8. Place pasta in a large bowl, and toss with sauce.

PEPPERONI PIZZA PASTA SALAD

Makes: 6 Servings

1 lb Rotini, Twists or Spirals, uncooked
3/4 cup sliced pepperoni
1 cup sliced Provolone cheese
12 cherry tomatoes
½ cup grated Parmesan cheese
½ cup non-fat Italian salad dressing
1 tsp Italian seasoning
½ tsp minced garlic
1 green bell pepper, ribs and seeds removed, sliced into rings
2 ½ 7-inch rounds of pita bread

1. Prepare pasta according to package directions.
2. While pasta is cooking, cut pepperoni slices into fourths and slice the provolone cheese into matchstick-size pieces.
3. Place in a large bowl.
4. Add cherry tomatoes, Parmesan cheese, Italian dressing, Italian seasoning and garlic.
5. When pasta is done, drain and rinse with cold water. Drain again.
6. Add pasta to cheese mixture and mix well.
7. Quarter the pita bread rounds and place around a large platter.
8. Top with pasta salad and garnish with green pepper rings.

CHICKEN LINGUINE AND CARRIBEAN SAUCE

Makes: 6 Servings

1 lb Linguine, Spaghetti or Thin Spaghetti, uncooked

1 lb boneless, skinless chicken breasts

1 10oz package frozen peas, thawed

1 red bell pepper, coarsely chopped into 1-inch pieces

3 stalks celery, diced

1 cup low-sodium chicken broth

1. Prepare pasta according to package directions.
2. While pasta is cooking, preheat oven to 450 F.
3. In a food processor or blender, puree together all the ingredients for the sauce.
4. When the pasta is done, drain and rinse with cold water; drain again.
5. Lay the chicken in a jellyroll pan and pour half the sauce over it.
6. Bake 15 to 18 minutes, or until chicken is cooked through, turning halfway into cooking.
7. Remove the chicken from the oven and slice it.
8. In a large serving bowl, toss the pasta with the peas, red pepper, celery, chicken broth and remaining sauce.
9. Arrange the chicken sliced on top and serve.

ROTINI AND SMOKED TURKEY

Makes: 4 Servings

1 lb Rotini, Twists or Spirals, uncooked
1 10oz package frozen corn, thawed
2 stalks celery, diced
1 medium red onion, diced
12oz smoked turkey, diced
2 tbsps vegetable oil
1/4 cup tomato sauce
1/4 cup barbecue sauce
1/4 cup low-sodium, defatted chicken broth
1/4 cup red wine vinegar
12 green olives, sliced

1. Cook pasta according to package directions.
2. Drain and rinse pasta with cool water.
3. In a large bowl, stir together the corn, celery, red onion and turkey.
4. In a medium bowl, whisk together remaining ingredients.
5. Stir into corn mixture.
6. Add pasta and toss well.
7. Spoon into a serving bowl and sprinkle with olives.

CREAMY ZITI WITH TURKEY HAM

Makes: 6 Servings

1 lb Ziti, Penne or other medium pasta shape, uncooked

½ tsp vegetable oil

12 oz lean turkey ham, cut into bite-size pieces

1 red bell pepper, diced

1 cup non-fat sour cream

1 10oz package frozen spinach, thawed and drained well

¾ cup skim milk

¼ cup Dijon mustard

¼ cup fresh parsley, chopped

2 tbsps minced fresh dill

1 tbsp lemon juice

¾ tsp hot sauce

salt and pepper to taste

1. Prepare pasta according to package directions.
2. While pasta is cooking, warm the oil over medium heat in a large skillet.
3. Add the ham and red pepper and cook until browned.
4. Meanwhile, puree the sour cream, spinach, milk, mustard, parsley, dill, lemon juice and hot sauce in a food processor or blender until very smooth.
5. Add the puree to the ham. Heat to simmer. When pasta is done, drain it well. Toss pasta with sauce, season with salt and pepper and serve.

BOW TIES AND APARAGUS WHEELS

Makes: 2 Servings

1 ½ cups Bow Ties, uncooked
¾ cup chicken stock or vegetable stock
¼ cup cooked buckwheat or karsha
10 jumbo asparagus spears, blanched
¼ cup Parmesan cheese
3 tbsps toasted pine nuts or walnuts
3 tbsps sweet butter
2 tbsps parsley, chopped
salt and pepper to taste

1. In a large saucepan over medium flame, heat pasta and chicken stock.
2. Simmer, until mixture begins to boil vigorously. Add remaining ingredients and continue cooking for 3 minutes.
3. Remove asparagus spears from pasta mixture and arrange wheel style on each plate.
4. Add pasta mixture to centre of each plate. Serve.

PASTA FIESTA SOUP

Makes: 6 Servings

6oz Vermicelli, broken into 1-inch pieces
2 14-1/2oz cans chicken broth
1 14 ½ oz can roasted garlic seasoned chicken broth
2 cups water
1 10oz can diced tomatoes and green chillies, undrained
2 tbsps fresh cilantro, minced
1 tsp cumin
½ lb smoked sausage
1 14 ½ oz can Mexi-corn, drained
1 14 ½ oz can black beans, rinsed and drained
1 tbsp lime juice

1. Combine broths, water, tomatoes, cilantro, chili powder and cumin in a Dutch oven; bring to a boil.
2. Cover, reduce heat and simmer 10 minutes.
3. Cut the sausage in half lengthwise then thinly slice.
4. Add meat, pasta, corn and black beans to broth; cover and simmer 10 12 minutes or until pasta is cooked.
5. Stir in lime juice.
6. Ladle into bowls.
7. Garnish each serving with minced fresh cilantro, thinly sliced avocado and grated cheddar or Monterrey Jack cheese.

PROSCIUTTO PASTA AND GOAT CHEESE

Makes: 6 Servings

1 lb Penne or Ziti, uncooked
4 tbsps olive or vegetable oil
1 medium yellow onion, peeled and diced
4oz prosciutto, thinly sliced, diced in ½ -inch pieces
1/8 cup toasted almond slivers
8 large basil leaves, finely chopped or
- 2 tbsps dried basil
1/4 cup diced sun-dried tomatoes
1 ½ cups chicken stock or broth
4 oz goat cheese, broken into small pieces
salt and pepper to taste

1. Prepare pasta according to package directions.
2. Drain and plunge in cold water to stop the cooking process; drain again.
3. In a large saute pan, heat olive or vegetable oil and saute onion for 2 minutes.
4. Add prosciutto , almonds, basil and sun-dried tomatoes.
5. Toss together, add chicken stock and cook 5-7 minutes longer.
6. Add the cooked pasta and goat cheese and stir. Warm over low heat for another minute.
7. Season with salt and pepper. Serve hot.

ANGEL HAIR & HAM

Makes: 5 to 6 Servings

12oz Angel Hair, uncooked

1 10oz box frozen baby peas, defrosted or

- 1/4 cups cooked peas, divided

1 ½ cups 1% milk

1 tbsp all-purpose flour

½ tsp salt

1/4 tsp ground black pepper

2 tsps vegetable oil

1 small red onion, peeled and finely sliced

2 cups chopped extra-lean ham

salt and black pepper to taste

1. Cook pasta according to package directions.
2. While pasta is cooking, combine ½ cup of the peas, milk, flour, salt and pepper in a blender jar or food processor.
3. Blend until very smooth.
4. Add remaining peas and set aside.
5. Heat oil in a large skillet over medium heat.
6. Add onions and ham and cook, tossing, until onion is tender, about 5 minutes.
7. Add milk mixture, reduce heat to low and simmer 3 minutes, stirring constantly.
8. When pasta is done, drain well, reserving ½ cup of pasta cooking liquid.
9. Add ham sauce and reserved pasta cooking liquid.
10. Stir over low heat until pasta is coated with sauce.
11. Transfer to a serving platter or plates.
12. Sprinkle with salt and pepper and serve.

LINGUINE PORK STIR-FRY

Makes: 4 to 6 Servings

1 lb Linguine, Spaghetti or Thin Spaghetti, uncooked

1 tbsp sesame oil

1 ½ cups pork tenderloin, cut in thin strips

2 cloves garlic, minced

4 cups thinly sliced cabbage

1 cup thinly sliced green onions with tops

1 ½ cups red bell pepper, thinly sliced

¾ large carrot, shredded

½ tsp salt

½ tsp crushed red pepper flakes

1. Prepare pasta according package directions, drain.
2. Heat oil in large skillet.
3. Add remaining ingredients, except pork and linguine.
4. Stir fry until tender.
5. Add meat and lightly stir-fry until cooked.
6. Add linguine; toss to mix.
7. Serve immediately.

SOUTHERN MARINARA SAUCE

Makes: 6 Servings

3 strips bacon, chopped
2 medium onions, finely diced
3 cloves garlic, minced
1 medium zucchini, diced
1 28oz can peeled tomatoes
1 cup fresh or frozen corn kernels
1 12oz jar salsa

1. Prepare pasta according to package directions; drain.
2. Cook bacon in a medium saucepan over medium-high heat until brown (Do not crisp).
3. Pour off any excess fat.
4. Add onions, garlic and zucchini and saute over medium heat until soft, about 8 minutes.
5. Add tomatoes and break up with a fork.
6. Add corn and salsa.
7. Bring to a simmer and cook slowly for 20 minutes, stirring occasionally.
8. Toss sauce with cooked pasta and serve.

PASTA PIZZA

Makes: 4 Servings

30 Jumbo Shells or 13 Manicotti Shells, uncooked

3 medium zucchini, grated

2 tsps garlic powder

1 cup Italian-style bread crumbs

1 ½ oz pepperoni slices, torn into small pieces

1 large egg

Sauce:

3 cups low-sodium tomato sauce

1 tsp dried oregano

1 tsp dried basil

3 oz part-skim mozzarella cheese, grated

1/4 cup grated Parmesan cheese

1. Prepare pasta according to package directions.
2. While pasta is cooking, preheat oven to 450 F.
3. Toss the zucchini with the garlic powder and put it into a colander.
4. Let it sit 5 minutes and then squeeze out as much moisture as possible.
5. In a large bowl, mix zucchini mixture with bread crumbs, pepperoni and egg white, stirring well.
6. In a medium bowl, stir together the ingredients for the sauce.
7. When pasta is done, drain well.
8. Rinse with cold water and drain again.
9. Stuff the shells with the filling mixture and arrange them in a 9 x 13 x 2-inch pan.
10. Spoon the sauce over the pasta and sprinkle with the mozzarella and Parmesan cheeses.
11. Bake uncovered 15 to 20 minutes or until cheese has melted.

PASTA PORK STEW

Makes: 6 Servings

8oz Ditalini, Ozro or Alphabets, uncooked

1 tsp vegetable oil

1 lb lean, boneless pork loin, cut into 3/4-inch cubes

1/8 tsp ground red pepper

1/8 tsp black pepper

1 cup chopped onion

½ cup celery, chopped

3 13 1/4oz cans fat-free, low sodium beef broth

1 ½ tbsps minced fresh rosemary or

- 1 ½ tsp dried rosemary

½ tsp salt

2 medium sweet potatoes, peeled and cut into 1-inch cubes

2 cups fresh spinach

2 tbsps lime juice

1. Heat oil in a large Dutch oven or pot until hot.
2. Add pork; cook until no longer pink, about 4 to 5 minutes.
3. Drain well.
4. Toss pork with red and black pepper in a bowl; set aside.
5. Add ¼ cup beef broth to pot; add onion and celery, and cook until tender.
6. Add pork, remaining beef broth, rosemary and salt.
7. Bring to a boil.
8. Add pasta and sweet potatoes and boil, stirring occasionally, for 10 to 15 minutes or until pasta is done.
9. Stir in spinach and lime juice.
10. Serve immediately.

BRATWURST PASTA

Makes: 10 to 12 Servings

1 lb Rigatoni or other medium pasta shape

15 oz fresh bratwurst

½ cup beer

1 ½ cups low-fat cheddar cheese

2 sweet red peppers, coarsely chopped

1 cup onions, coarsely chopped

4 garlic cloves, chopped

½ cup fresh basil

1 tbsp olive oil

1. Preheat oven to 425 F.
2. Mix red pepper, onions, and garlic with 1 tbsp of olive oil in 9 x 13 baking dish and roast in oven for 25 minutes; stirring occasionally.
3. While vegetables roast, remove casing from bratwurst, crumble and drain on paper towel.
4. Pour fat from skillet.
5. Add bratwurst and beer to skillet and simmer.
6. Cook pasta according to package directions and drain, reserving ½ cup of pasta water.
7. Remove roasted vegetables from oven, immediately add bratwurst from skillet, add basil, pasta, 1 cup of cheese and toss to mix thoroughly.
8. If mixture seems too dry, add some of the pasta water to moisten.
9. Sprinkle remaining cheese over top and serve.

RED PEPPER PASTA & SAUCE

Makes:

6 Servings

1 lb Pasta

2 tbsps olive oil

1 cup onion, chopped

1 13.75 oz can roasted peppers, drained and chopped (2 large peppers)

½ cup drained whole can tomatoes

1/3 cup ricotta salata

6 anchovies, rinsed and patted dry

1 tbsp fresh parsley, chopped

salt and freshly ground pepper to taste

grated Parmesan cheese, to sprinkle on top

1. Warm the oil in a skillet over medium heat.
2. Add the onion and garlic and saute 5 minutes, until softened.
3. Transfer the onion and garlic to the food processor bowl and add the roasted peppers, tomatoes, ricotta salata and anchovies.
4. Process until pureed.
5. Stir in the parsley and season to taste with salt and pepper.
6. Toss with hot pasta, stirring in 1/4 cup of the pasta cooking water, and serve immediately, passing the Parmesan cheese separately.

SPRING PASTA SALAD

Makes: 6 Servings

12 oz Spaghetti, Linguine or Thin Spaghetti, uncooked
1 tbsp vegetable oil
8oz broccoli florets
8oz asparagus, cut into 1-inch pieces
4 scallions or spring onions, cut in 1-inch slices
2 cloves garlic, finely chopped
1 10oz package frozen peas, thawed and drained
1 green or red bell pepper, coarsely chopped
8oz mushrooms, sliced
1/4 cup fresh parsley, minced

Dressing:

3 tbsps red wine vinegar
3 tbsps fresh lemon juice
1 tbsp Dijon mustard
½ tsp basil
½ tsp oregano
½ tsp thyme
1/8 tsp cayenne pepper
freshly ground black pepper to taste
2 tbsps vegetable oil

1. Prepare pasta according to package directions; drain.
2. In a large pot, cook broccoli and asparagus in boiling water until crisp yet tender, about 4 minutes.
3. Drain and add pasta.
4. Add scallions, garlic, peas, bell pepper, mushrooms and parsley to pasta.
5. In a small bowl, whisk together first seven dressing ingredients.
6. Slowly whisk in the oil until dressing is well blended.
7. Pour dressing over pasta mixture and toss gently until well mixed.

PENNE PASTA WITH RICOTTA SALATA

Makes: 4-6 Servings

1 lb Penne Pasta
1 Gallon water
2 tbsps salt
4-6oz virgin olive oil
1 tbsp garlic
1 tbsp lemon zest
1-2 tsps red pepper flakes
1 lb Shitake mushrooms, quartered
1 cup red peppers, diced
1 lb broccoli, florets
1 each large fennel, cut into strips
1 tsp fresh thyme
1/4 cup Italian parsley, coarsely chopped
1 lb ricotta salata cheese

1. Parboil broccoli and fennel by boiling for 3-4 minutes in salted water, drain and reserve.
2. To cook the pasta, bring the salt water to a boil.
3. Add the pasta and stir frequently to prevent the pasta from sticking together.
4. Cook until the pasta is almost tender, approximately 8-10 minutes.
5. Drain and reserve some of the cooking liquid.
6. While pasta is cooking, heat a large saute pan over medium heat and saute the garlic, lemon zest, and the red pepper flakes in the olive oil for 3-4 minutes, being very careful not to brown the garlic.
7. Add the red peppers and shitakes and continue to cook until the mushrooms are tender.
8. Add the cooked broccoli, fennel and fresh thyme and continue to cook without browning.
9. Add the cooked pasta, half of the parsley and season with salt and pepper.
10. If the pasta seems to dry, add some of the reserved pasta cooking liquid.
11. Portion the pasta into heated bowls and garnish the tops with grated ricotta salata and the chopped parsley.

SOUTHERN LAYERED PASTA SALAD

Makes: 6 Servings

8oz Medium Shells, Elbow Macaroni or other medium pasta shape, uncooked

2 tbsps vegetable oil

½ tsp ground cumin

salt to taste

1 15oz can black beans, rinsed and drained

1 11oz can whole kernel corn, drained

1 red bell pepper, seeds and ribs removed, cut into strips

¾ cup sliced green onions

1 2 ¼oz can sliced black olives, drained

¾ cup non-fat mayonnaise

½ cup non-fat sour cream

¼ cup plus 2 tbsps hot or mild salsa

2 tbsps minced fresh cilantro

1. Prepare pasta according to package directions.
2. Drain and rinse under cold water; drain again.
3. Toss with oil and sprinkle with cumin.
4. Salt to taste.
5. Layer pasta, beans, corn, bell pepper, green onions and olives in a 2 ½ - 3 qt straight sided glass bowl.
6. In a small bowl combine mayonnaise, sour cream and salsa; mix well.
7. Spread mixture evenly over top of pasta, sealing to edge of bowl.
8. Sprinkle with cilantro.
9. Cover bowl tightly and chill over night.

MARINARA SAUCE PARMIGIANA

1lb ground meat
2 tbsps olive oil
6 cloves garlic
Mushrooms, good but optional
4-5 cans tomato sauce
1 can or 2 of dry wine, red or white
1 tbs oregano
black pepper
½ tsp fennel seed, crushed
1 tsp vinegar
scant tsp sugar
dash of tabasco
other kinds of chile are optional

1. In a heavy frying pan brown meat and olive oil.
2. Add garlic.
3. Fry until garlic begins to fizz a bit, add mushrooms.
4. Toss around a bit til mushrooms wilt some.
5. Then add remaining ingredients.
6. Let it simmer down slowly, stir occasionally so it doesn't stick.
7. Serve over your favourite pasta.

THREE BEAN NOODLE PASTA SALAD

Makes: 4 - 6 Servings

1 lb medium or wide egg noodles, uncooked
1 15 oz can kidney beans, rinsed and drained
1 15 oz chickpeas, rinsed and drained
1 cup frozen green beans, thawed
1 small red onion, chopped
1 red bell pepper, seeds and ribs removed, chopped
3 tbsps Dijon mustard
2 tbsps vegetable oil
3 tbsps red wine vinegar
3 tbsps chopped fresh parsley

1. Prepare pasta according to package directions; drain.
2. Rinse under cold water and drain again.
3. In a large bowl, stir together the pasta, kidney beans, chickpeas, green beans, onion and red bell pepper.
4. In a small bowl, stir together the remaining ingredients.
5. Toss the pasta with dressing and serve.

SPAGHETTI, ZUCCHINI & OLIVES

Makes: 4 Servings

1 lb spaghetti or linguine, uncooked
3 medium zucchini, sliced into ½-inch slices
1 tsp vegetable oil
2 medium onions, chopped
3 cloves garlic, minced
1 20oz jar roasted peppers, drained (liquid reserved) and diced
12 black olives, sliced
½ tsp crushed red pepper flakes
salt and pepper to taste
1/4 cup crumbled feta cheese

1. Prepare pasta according to package directions. Drain and rinse with cold water; drain again.
2. Preheat oven to 500 F.
3. Spray 2 large cookie sheets with vegetable oil cooking spray.
4. Lay the zucchini on the sheets and spray them with cooking spray. Roast the zucchini 8 to 10 minutes, until tender.
5. In a medium, non-stick skillet, warm the vegetable oil over medium heat.
6. Add the onion and garlic and saute it until lightly browned, about 5 minutes.
7. Add the onion and garlic to the zucchini and stir in the roasted peppers, olives, red pepper flakes and pasta.
8. Season with salt and pepper and sprinkle with feta cheese.

BROCCOLI STUFFED SHELLS

Makes: 6 Servings

24 Jumbo Shells, uncooked

1 10oz package frozen chopped broccoli, thawed

1 cup part-skim ricotta cheese

½ cup shredded Swiss cheese

1 tbsp shredded onion

2 14 ½ oz cans crushed tomatoes

½ tsp dried basil

½ tsp dried oregano

salt

fresh ground black pepper

1. Prepare pasta according to package directions; drain.
2. Combine broccoli, ricotta cheese, Swiss cheese, onion, oregano, basil, salt and pepper.
3. Stir together until well blended.
4. Pour about 1 cup tomatoes over bottom of 13 x 9 x 2-inch baking pan, breaking tomatoes with fork.
5. Spoon 1 round tablespoon of cheese mixture into each shell and place open-side up in an even layer in the pan.
6. Pour remaining tomatoes over and around shells.
7. Cover pan with foil.
8. Bake at 375 F for about 25 minutes until heated through, and serve.

TORTOISE SHELLS

Makes: 6 Servings

24 Jumbo Shells, uncooked

2 cups low-sodium canned tomato sauce

1 10oz package frozen chopped spinach, thawed

1 3/4 cups shredded part-skim mozzarella cheese

1 1/2 cups low-fat, part skim ricotta cheese

3 medium carrots, peeled and grated

3 egg whites

1/4 tsp freshly ground pepper

large pinch ground nutmeg

1/4 cup Parmesan cheese (optional)

1. Cook pasta according to package directions; drain and rinse under cold water until completely cool. Drain thoroughly.
2. Preheat oven to 350 F.
3. Squeeze as much water as possible from the thawed spinach.
4. In a large bowl, stir together the spinach. Mozzarella, ricotta, carrots, egg whites, pepper and nutmeg until thoroughly blended.
5. Line the bottom of an 11 x 7-inch baking dish with 1/2 cup tomato sauce.
6. Divide the ricotta mixture among the pasta shells, pressing the filling into the shells with spoon to completely fill each shell.
7. Arrange the shells side by side in a baking dish.
8. Coat the shells with an even layer of the remaining tomato sauce.
9. Sprinkle with Parmesan cheese, if desired.
10. Bake until shells are tender and the sauce is bubbling, about 40 minutes.

MACARONI, CHEESE & TOMATO

Makes: 4 Servings

8 oz elbow macaroni, uncooked

2 ripe tomatoes, sliced

2 tbsps butter or margarine

1 tbsp flour

1/4 tsp dry mustard

½ tsp salt

2 cups skim milk

2 cups grated cheddar cheese

½ cup fresh bread crumbs

1. Prepare pasta according to package directions; drain in colander.
2. Preheat oven to 375 F.
3. Slice the tomatoes into ½ inch thick slices.
4. Set aside on a small plate. Crumble the bread crumbs with your fingertips.
5. Set aside on another small plate.
6. Into a 2-quart saucepan over medium heat, melt the butter or margarine.
7. Add the flour, dry mustard and salt, then cook together for 2 to 3 minutes.
8. Add the milk little by little and continue stirring until mixture thickens. Add cheese and stir until melted.
9. Place two slices tomato in bottom of pan, then half the pasta, and pour the sauce over all.
10. Arrange 3 slices of tomato on top and sprinkle with bread crumbs.
11. Bake for 20 minutes and serve.

SPINACH LINGUINE PESTO

Makes: 8 Servings

1 lb spaghetti, or linguine
1 10oz package frozen spinach, thawed, well drained
2 tbsps vegetable oil
1/4 cup grated parmesan cheese
2 tbsps chopped parsley
2 cloves garlic
½ tsp salt
½ tsp dried basil
2 tbsps butter or margarine
1/3 cup water
4 oz crumbled feta cheese

1. Prepare pasta according to package directions; drain.
2. In a blender or food processor, combine spinach, oil, parmesan cheese, parsley, garlic, salt and basil.
3. Blend at medium speed or process until finely chopped.
4. Melt margarine in water.
5. With blender or processor running, gradually pour in melted margarine mixture until blended.
6. Toss with pasta.
7. Sprinkle feta on top and serve.

PASTA MINT FRUIT SALAD

Makes: 6 to 8 Servings

8oz Rotini, Bow Ties or Small Shells, uncooked
4 pears, seeded, cored and diced
2 tsps lemon juice
2 cups seedless red grapes, cut in half
2 naval oranges, peeled, sliced and quartered
4oz feta cheese, crumbled
½ head romaine lettuce, torn into bite-size pieces
1 tbsp chopped fresh oregano or 1 tsp dried oregano
2 tsps chopped fresh mint
1 tbsp white wine vinegar
3 tsps orange juice
2 tsps vegetable oil
½ tsp freshly ground black pepper

1. Cook pasta according to package directions; drain. Allow pasta to cool.
2. In a medium bowl, mix pears with lemon juice.
3. Add grapes, oranges, feta cheese, lettuce, oregano, mint and pasta.
4. In a small bowl, whisk together vinegar, orange juice, oil and pepper and add to pasta mixture.
5. Divide lettuce between salad bowls and spoon pasta salad on top.
6. Toss lightly before serving.

CUCUMBER RAITA CURRY PASTA SALAD

Makes: 6 Servings

1 lb Elbow Macaroni, Radiatore or other medium pasta shape, uncooked

1 cucumber

½ cup non-fat, plain yogurt, divided

2 tbsps fresh mint, finely chopped

1 medium tomato

1 tbsp vegetable oil

1 tbsp curry powder

1 jalapeno pepper, cored, seeded and finely chopped (optional)

1/4 cup reduced-fat sour cream

½ cup celery, cut on the diagonal

1 cup julienned snow peas, raw and lightly cooked

1 cup cooked shrimp, coarsely chopped (optional)

1. To make the raita, trim the ends from the cucumber, peel it and cut it in half lengthwise.
2. Scoop out the seeds and grate the cucumber coarsely.
3. Stir the grated cucumber, 1/4 cup of the yogurt and the mint together in a small bowl.
4. Core the tomato and cut it in half crosswise.
5. Squeeze out the seeds and finely dice the tomato. Set aside.
6. Heat the oil in a small skillet over low heat.
7. Add the curry powder and the jalapeno and cook until the curry is fragrant, about 1 minute. Remove and cool.
8. Prepare pasta according to package directions.
9. Drain and rinse under cold water to cool. Drain again thoroughly.
10. Stir the remaining 1/4 cup of the yogurt and the sour cream together in a large bowl.
11. Stir in the curry mixture, pasta, diced tomato, snow peas and shrimp.
12. Let stand 30 minutes, tossing once or twice before serving.
13. Top each serving with a dollop of the cucumber raita.

ANGEL HAIR & ROASTED PEPPERS

Makes: 2 Servings

4oz Angel Hair or Cappellini, uncooked

3 medium or 2 large rice plum tomatoes, cored and quartered

½ tbsp olive or vegetable oil

1 clove garlic, thinly sliced

1 large pinch hot red pepper flakes

½ cup frozen peas, thawed and drained

1/3 cup diced roasted red peppers

½ tsp dried basil

3 tbsps grated Parmesan cheese

1. Prepare pasta according to package directions. Drain.
2. Place tomatoes in a blender or food processor and blend until smooth. Set aside.
3. Heat the oil in a large skillet over medium heat.
4. Add the garlic and red pepper flakes and saute for 30 seconds.
5. Add the peas, roasted red peppers and basil and stir 1 minute.
6. Add the pureed tomatoes and heat just to boiling. Remove sauce from heat.
7. Drain the pasta and transfer to skillet.
8. Stir over medium heat until pasta is well mixed with sauce.
9. Sprinkle with grated parmesan. Serve.

GRILLED VEGETABLE LINGUINE

Makes: 6 Servings

1 lb Linguine, Spaghetti or Thin Spaghetti, uncooked
5 Slices white or wheat bread
1 medium yellow squash, cut into thick slices
1 medium zucchini squash, cut into thick slices
1 small eggplant, cut into thick slices
1 medium onion, cut into thick slices
3 large tomatoes, cut into thick slices
½ bunch fresh basil, finely chopped or - 1 tsp dry basil
1 tbsp fresh thyme, finely chopped, or - 1 tsp dry thyme
1 tbsp fresh oregano, finely chopped or - 1 tsp dry oregano
1/3 cup Parmesan cheese
salt and freshly ground black pepper to taste
2 tbsps extra-virgin olive oil
4 tbsps lemon juice
3 tbsps balsamic vinegar

1. Cook pasta according to package directions; drain. Preheat oven to 250 F.
2. Tear bread slices into small pieces, place on baking sheet and bake until dry, about 20 minutes.
3. Meanwhile brush zucchini and yellow squash with a little vegetable oil and grill on both sides along with eggplant, onion and tomato slices. Do not over grill; keep fairly firm.
4. Cool slightly and chop into 3/8-inch pieces.
5. When bread is dry, crumble it with your hands or chop in food processor until crumbled.
6. In a small bowl, combine basil, thyme and oregano, parmesan cheese, salt and pepper to taste.
7. Toss crumbs in basil mixture to coat.
8. Heat oil in large saute pan.
9. Add lemon juice, balsamic vinegar and grilled vegetables. Heat thoroughly.
10. Adjust seasonings with salt and pepper, if desired.
11. Toss vegetables with cooked pasta.
12. Divide into servings.
13. Top with seasoned bread crumbs.
14. Serve immediately.

SPAGHETTI & MEATBALLS

Makes: 6 Servings

1 lb spaghetti or linguine (prepared according to package directions)

Meatballs:

**4 slices white bread
½ cup skim milk
2 large egg whites
8 oz minced chicken
8 oz minced lean ground beef
1 tbsp minced fresh basil or 1 tsp dried basil
1 tsp minced fresh oregano or ½ tsp dried oregano
½ tsp salt
1/4 tsp pepper**

Tomato Sauce:

**2 tsp vegetable oil
2 cloves garlic, chopped
2 28-oz cans whole tomatoes
1 6-oz can tomato paste
2 tsps dried Italian seasoning
2 bay leaves
salt and pepper**

Meatballs:

1. Put the bread into a medium mixing bowl and pour the milk over it. Let it sit 5 minutes.
2. Add the egg whites, chicken, beef, basil, oregano, salt and pepper.
3. Knead the mixture with your hands until it is smooth.
4. Form mixture into approximately 30 balls.
5. Warm ½ tsp oil in a non-stick skillet, add half the meatballs and brown them on all sides. Spoon the meatballs in the sauce. Add the remaining meatballs to skillet, brown on all sides and add them to sauce.

Basic Tomato Sauce:

1. In a medium heavy-bottom saucepan, stir together the oil, onion and garlic. Cook over low heat, stirring often, until the onion is tender and translucent.
2. In a food processor or blender, puree the tomatoes.
3. Add the tomatoes and tomato paste to the onions and bring to a simmer over medium-high heat.
4. Simmer sauce for 25 minutes over low heat.
5. Add meatballs and simmer until sauce is heated through, 15 minutes. Serve over prepared pasta.

RIGATONI VEGETABLE CASSEROLE

Makes: 4 Servings

8oz Rigatoni, Ziti or other medium pasta shape, uncooked

3 cups broccoli florets

3 carrots, thinly sliced diagonally

vegetable oil cooking spray

3 tbsps margarine

2 tbsps minced onion

3 tbsps flour

2 1/4 cups skim milk

½ cup grated Edam cheese

salt

fresh ground pepper to taste

1. Prepare pasta according to package directions.
2. Five minutes before pasta is done, add carrots to pasta. Cook 3 minutes
3. Add broccoli to pasta. Cook remaining 2 minutes.
4. When pasta and vegetables are done, drain well.
5. Lightly spray a 2 quart casserole dish with cooking spray; set aside.
6. Preheat oven to 375 F.
7. In a medium saucepan, melt margarine over low heat. Add onion and saute about 2 minutes.
8. Stir in flour and continue cooking and stirring until mixture thickens.
9. Add milk and cheese and cook until cheese is melted. Season with salt and pepper to taste.
10. Mix pasta and vegetables with sauce. Transfer to casserole dish.
11. Bake for 25 to 30 minutes or until heated through.

BAKED MANICOTTI

Makes: 6 Servings

8 oz Manicotti, uncooked

1 15oz container part-skim ricotta cheese, whipped until smooth

½ cup grated Parmesan cheese

1 egg, beaten

1/4 cup sliced scallions

2 tsps parsley flakes

½ tsp salt

1/4 tsp pepper

1 26oz spaghetti sauce

grated parmesan cheese for topping

1. Prepare pasta according to package directions; drain.
2. In a medium bowl, blend ricotta, parmesan cheese, egg and scallions.
3. Stir in parsley, salt and pepper.
4. Stuff pasta with cheese mixture.
5. Arrange in a 13 x 9-inch baking dish.
6. Pour spaghetti sauce evenly over pasta.
7. Sprinkle with additional parmesan cheese. Cover.
8. Bake in a 350 F oven until hot, about 35 minutes.

HAYBALE FETTUCINE

Makes: 8 Servings

6 oz plain Fettuccine, uncooked
6 oz spinach Fettuccine, uncooked
2 tsps margarine
8 oz fresh mushrooms, sliced
2 cups fresh or frozen peas
4 tbsps low-fat ricotta cheese
4 tbsps skim milk
2 tbsps grated parmesan cheese

1. Prepare pasta according to package directions; drain.
2. Saute mushrooms in margarine over low heat for 5 minutes.
3. Add the peas, cover and cook until tender.
4. Remove from heat and set aside.
5. In a small bowl, combine ricotta cheese, milk and parmesan cheese.
6. Add cheese mixture to mushrooms and peas. Toss with pasta and serve.

VEGGIE SPAGHETTI STIR

Makes: 4 to 6 Servings

1 lb Linguine, Spaghetti or Thin Spaghetti, uncooked

1/4 cup olive or vegetable oil

1 cup onion, chopped

1 cup carrot, chopped

1 cup celery, chopped

2 tbsps parsley, finely chopped

1 ½ tsps salt

½ tsp sugar

1/4 tsp pepper

2 16oz cans peeled tomatoes

1. Cook pasta according to package directions, drain. Put aside.
2. In a large skillet, heat oil; add onion, carrot and celery.
3. Cook and stir just until vegetables are tender.
4. Add parsley, sugar, salt, pepper and tomatoes, simmer on low heat for 20 minutes, stirring frequently.
5. Toss pasta with sauce and serve.

PASTA FRUIT & NUT SALAD

Makes: 6 to 8 Servings

8 oz Medium Shells, Rotini or other medium pasta shape, uncooked

1 cup non-fat, plain yogurt

1 tbsp honey

1/4 cup frozen orange juice concentrate, thawed

1 11oz can juice packed mandarin oranges, drained

1 cup seedless red grapes, cut into halves

1 cup seedless green grapes, cut into halves

1 apple, cored and chopped

½ cup celery, sliced

½ cup walnuts halves

1. Prepare pasta according to package directions; drain.
2. In a small bowl, blend yogurt, honey and orange juice concentrate.
3. In a large bowl, combine pasta and remaining ingredients.
4. Add yogurt mixture; toss to coat.
5. Cover and chill thoroughly.

PASTA FLAVOUR TANGO

Makes: 6 to 8 Servings

1 lb Bow Ties, Wagon Wheels or other medium pasta shape, uncooked
1 tbsp vegetable oil
1 medium onion, chopped
1 jalapeno pepper, seeded and chopped or ½ tsp dried jalapeno flakes
3 cloves garlic, chopped
1 green bell pepper, seeded and chopped
1 28oz can crushed tomatoes
1 10oz package frozen black eyed peas, prepared according to directions, or
- 1 16oz can black eyed peas, rinsed and drained
1/2 tbsp vinegar
3 tbsps fresh cilantro, chopped or 1 tsp dried cilantro
salt and pepper to taste

1. Cook pasta according to package directions; drain.
2. In a large saute pan, heat oil over medium heat.
3. Saute the onion, jalapeno, garlic and pepper until softened, about 3 minutes.
4. Add tomatoes. Simmer 10 minutes partially covered. Stir occasionally.
5. Add the black-eyed peas, vinegar and cilantro. Cover and simmer an additional 10 minutes.
6. Season with salt and pepper.
7. Toss gently with cooked pasta and serve immediately.

PASTA PIZZA SUPREME

Makes: 6 to 8 Servings

1 lb Ziti, Rigatoni or other medium pasta shape, uncooked
1 tbsp olive or vegetable oil
1 8oz can tomato sauce
1 tbsp dried mixed Italian herbs or 2 tbsps minced fresh oregano and 2 tbsps minced fresh parsley
1/4 cup grated Romano cheese
1 16oz can crushed tomatoes, or 2 cups chopped fresh tomatoes
2 cloves garlic, minced
1 tsp hot red pepper flakes (optional)
1 green bell pepper, rib and seeds removed, chopped
½ cup chopped carrots
1 can chickpeas, rinsed and drained
6 green olives, sliced
1 cup shredded part-skim mozzarella cheese

1. Prepare pasta according to package directions, reducing cooking time by 1 to 2 minutes; drain.
2. Spray a 9 x 13 x 2-inch baking dish with vegetable cooking spray.
3. Transfer pasta to baking dish and toss with the mixed herbs, tomato sauce and Romano cheese.
4. Mix the garlic and hot red pepper flakes with the tomatoes and pour all over top of pasta.
5. Layer the remaining ingredients, ending with the mozzarella. Bake at 400 F for 15 minutes and serve.

PASTA WITH TOMATO & MEAT SAUCE

Makes: 4 to 6 Servings

1 lb of your favourite pasta shape, uncooked

8 oz lean ground beef

1 medium onion, chopped

2 cloves garlic, minced

6 large tomatoes, peeled, seeded and diced

½ to 1 tsp salt

½ tsp dried oregano

½ tsp dried basil

½ tsp sugar

1/4 cup red wine

1. Prepare pasta according to package directions.
2. While pasta is cooking, combine beef, onion and garlic in a large skillet; cook until meat is no longer pink. Set aside.
3. In a blender, combine remaining ingredients; process for 30 seconds.
4. Add tomato mixture to meat; simmer about 20 minutes.
5. When pasta is done, drain well.
6. Add the sauce to the pasta and serve.

SPAGHETTI BEEF STIR-FRY

Makes: 6 Servings

8 oz Spaghetti, Fusilli or Linguine, uncooked
4 tbsps cornstarch, divided
1/3 cup plus 1 tbsp soy sauce
1 tbsp dry sherry (optional)
1 clove garlic, minced
½ tsp ground ginger
1/4 tsp pepper
12 oz boneless beef round steak, cut into thin strips
2 cups cold water
2 ½ tbsps vegetable oil, divided
2 medium carrots, thinly sliced
1 large onion, cut into chunks
1 10oz package frozen cut green beans, thawed and drained

1. In a small bowl, blend 1 tbsp each of the cornstarch and soy sauce, sherry, garlic, ginger and pepper.
2. Add beef; marinate for 30 minutes in the refrigerator.
3. In a small bowl, blend remaining 3 tbsp cornstarch into water.
4. Stir in remaining 1/3 cup soy sauce.
5. Prepare pasta according to package directions; drain.
6. Add 1 tsp oil to pasta, toss to coat.
7. In a medium skillet, heat 1 tbsp oil. Add meat mixture and stir-fry 1 minute.
8. Remove meat mixture from heat.
9. In the same skillet, heat remaining 1 tbsp oil.
10. Add carrots and onion and stir-fry until tender crisp.
11. Stir in meat, cornstarch mixture and green beans.
12. Cook, stirring constantly, until mixture is thickened and translucent.
13. Arrange pasta on warm serving platter, and top with meat mixture.
14. Serve.

TOMATO SAUCE

Makes: 4 Servings

1 tsp vegetable oil
1 medium onion, chopped
2 cloves garlic, chopped
2 28oz cans whole tomatoes
1 6oz can tomato paste
2 tsp dried Italian seasoning
2 bay leaves
salt and pepper to taste

1. In a medium, heavy-bottom saucepan, stir together the oil, onion and garlic.
2. Cook over low heat, stirring often, until the onion is very soft and aromatic, about 6 to 8 minutes.
3. In a food processor or blender, puree the tomatoes.
4. Add the tomatoes and tomato paste to the onions and bring to simmer over medium-high heat.
5. Reduce the heat to low and let the sauce simmer slowly for 30 minutes, stirring the bottom often to prevent burning.
6. Simmer sauce for additional 15 minutes if adding meatballs.
7. Salt and pepper to taste.
8. Remove bay leaves. Serve.

HOT STUFFED NACHO SHELLS

Makes: 8 Servings

32 to 36 Jumbo Shells (12oz package), uncooked

3/4 lb extra-lean ground beef

1.25oz package low-sodium taco seasoning mix

1 cup water

16oz can refried beans with chilies

1 cup low-fat cheddar cheese, shredded

3/4 cup mild, medium or hot picante sauce

8 oz can low-sodium tomato sauce

2 oz can sliced ripe olives, drained

½ cup thinly sliced green onions

1. Prepare pasta according to package directions.
2. While pasta is cooking, saute beef in a large skillet until browned; drain well.
3. Add taco seasoning mix and water; simmer 5 minutes or until thickened.
4. Stir in beans and cheese.
5. Cook until smooth and well mixed.
6. When pasta is done; drain well.
7. Fill shells with beef mixture (1-2 tbsps per shell).
8. Combine picante sauce and tomato sauce in a saucepan.
9. Cook until heated, stirring occasionally.
10. Preheat oven to 350 F.
11. Spread ½ cup sauce over the bottom of a 9 x 13-inch baking pan that has been coated with cooking spray.
12. Place filled shells side by side on top of sauce; pour remaining sauce evenly over shells.
13. Sprinkle with olives.
14. Cover with aluminum foil; bake 35 to 40 minutes or until thoroughly heated.
15. Sprinkle with green onions.
16. Cover let stand 5 minutes before serving.
17. Serve.

SPAGHETTI CUPS

Makes: 12 Cups

8 oz Spaghetti, uncooked, broken in half
vegetable cooking spray
1 egg, lightly beaten
½ cup fat-free sour cream
¾ cup fat-free sharp cheddar cheese, grated and divided
¼ tsp salt
¾ lb lean ground beef
1 1.32oz package Sloppy Joe seasoning mix
1 6oz can tomato paste
1 cup water

1. Spray a 12-cup muffin tin with vegetable cooking spray; set aside.
2. Preheat oven to 350 F.
3. Break spaghetti in half; cook pasta according to package directions.
4. While pasta is cooking, mix together egg, sour cream and ½ cup cheese.
5. When spaghetti is cooked al dente, drain and rinse under cold water until completely cool.
6. Drain completely.
7. Transfer back to cooking pot.
8. Add sour cream mixture to the spaghetti and toss until well mixed. Set aside
9. Meanwhile cook beef in skillet until browned.
10. Drain well and pat beef dry with paper towels.
11. Return beef to skillet; add seasoning mix, tomato paste and water. Mix well.
12. Cook over medium heat 10 minutes, stirring frequently. Set aside.
13. Divide spaghetti mixture evenly among muffin cups (about ¼ cup spaghetti each).
14. Press pasta firmly into cups with back of spoon.
15. Spoon beef mixture into centre of each cup (about 1 ½ tablespoons each), dividing evenly among cups.
16. Top each with 1 teaspoon cheese.
17. Bake until firm and heated through, about 20 minutes.
18. Let stand 8 to 10 minutes.
19. Loosen edges with a knife and remove from muffin cups.
20. Serve immediately.

MANICOTTI ENCHILADAS

Makes: 7 Servings

14 pieces Manicotti, uncooked
1 lb extra-lean ground beef
1 medium onion, chopped
1 green bell pepper, ribs and seeds removed, diced
1 4oz can chopped green chilies, drained
3/4 cup non-fat sour cream, divided
½ tsp salt
1 16oz jar mild picante sauce, heated
½ cup shredded cheddar cheese
1/4 cup sliced green onions

1. Prepare pasta according to package directions.
2. While pasta is cooking, saute beef, onion and green pepper in a large skillet until browned; drain well.
3. Stir in chilies, ½ cup sour cream and salt.
4. When pasta is done, drain well.
5. Fill manicotti with beef mixture.
6. Preheat oven to 375 F.
7. Spread ½ cup picante sauce over bottom of a glass 9 x 13-inch baking dish that has been coated with cooking spray.
8. Place filled manicotti side by side on top of sauce.
9. Pour remaining sauce even over manicotti.
10. Sprinkle with cheese.
11. Cover with aluminum foil and bake for 20 to 25 minutes or until thoroughly heated.
12. Garnish with remaining sour cream and sprinkle green onions on top.
13. Serve immediately.

MEXICALLI BOW TIES

Makes: 6 to 8 Servings

8 oz Bow Ties, Elbow Macaroni or other medium pasta, uncooked

8 oz lean ground beef

1 16oz can kidney beans or pinto beans, drained

1/8 tsp ground cumin

1 tsp chili powder

2 medium tomatoes, seeded and chopped

2 8oz cans whole kernel corn, drained

1 small green bell pepper, chopped

½ cup shredded cheddar cheese

½ cup sliced green onions

1 cup low-fat, plain yogurt

½ cup medium salsa

½ cup broken tortilla chips

1. Prepare pasta according to package directions; drain.
2. In a medium skillet, brown ground beef and drain.
3. Add beans, cumin and chili powder; heat through.
4. In large bowl, combine pasta, meat mixture, tomatoes, corn, green pepper, cheese and onions.
5. In small bowl, combine yogurt and salsa. Add to salad and toss.
6. Serve warm or cold. Garnish with tortilla chips and serve with additional salsa.

BEEF LASAGNE SIZZLE

Makes: 10 Servings

12 Lasagne pieces, uncooked
1 lb ground beef, pork or turkey
1 medium yellow onion, chopped
2 15oz cans tomato sauce
1/4 cup water
2 tbsps red wine vinegar
1/3 cup packed brown sugar
3 tbsps Worcestershire sauce
1 tbsp prepared mustard
1 tsp liquid smoke flavouring
1/4 tsp cayenne pepper
10 oz package frozen corn, thawed, reserving 1/4 cup
15 oz container part-skim ricotta cheese
½ cup egg substitute
3/4 cup shredded low-fat sharp cheddar cheese

1. Cook pasta according to package directions; drain.
2. Spray skillet with cooking spray; place over medium-high heat until hot.
3. Add beef and onions, saute until beef is no longer pink and onions are soft.
4. Drain well.
5. Combine tomato sauce, water, vinegar, brown sugar, Worcestershire sauce, mustard, smoke flavouring and red pepper in a medium bowl.
6. Add to skillet with corn; mix well and simmer for 5 to 10 minutes, partially covered.
7. Combine ricotta cheese and egg substitute.
8. Preheat oven to 350 F.
9. Spread 1 cup of the sauce mixture over the bottom of a 9 x13-inch baking pan that has been coated with cooking spray.
10. Arrange 4 pieces of lasagne, lengthwise, over the sauce.
11. Cover with 1 ½ cups of sauce.
12. Spread half the ricotta on top.
13. Arrange another 4 pieces of lasagne over ricotta and top with another 1 ½ cups sauce.
14. Spread remaining ricotta on top.
15. Arrange final 4 pieces of lasagne over ricotta and cover with remaining sauce.
16. Cover lasagne with foil and bake 30 minutes.
17. Remove from oven, and let stand, covered for 10 minutes.
18. Sprinkle cheese on top. Cover, and let stand 5 minutes, or until cheese melts.

BASIC PIZZA SAUCE

Makes: 1 Serving

3 tbsps cooking oil
3 cups water
1 can tomato paste
2 cloves garlic, finely minced
1 tsp oregano
1 tsp marjoram
1 tsp black pepper
1 tsp salt
1 tsp basil
1 onion, finely chopped
¼ cup grated parmesan cheese

1. Combine ingredients in a 1 quart sauce pan.
2. Cook over medium to low heat for 30 minutes.
3. Makes enough sauce for 4 12" Pizzas.

SALMON WITH FETTUCCHINE

Makes: 4 Servings

6 oz can salmon
1 green onion, thinly sliced
1 tbsp vegetable oil
2 tsps cornstarch
1 cup chicken broth
1 tbsp Dijon-style mustard
1/3 cup heavy cream
1/4 cup fresh dill, chopped
1 tbsp lemon juice
16 oz fettuccine package

1. Drain the salmon, rinse and carefully remove any bones.
2. Flake salmon. Set aside.
3. In a large skillet, saute the green onion in oil for 3 minutes. Do not brown.
4. In a small bowl, whisk together cornstarch and two tablespoons of chicken broth, mixing thoroughly.
5. Pour into skillet with the green onions, stirring constantly, until mixture thickens.
6. Add heavy cream, dill, lemon juice and salmon.
7. Heat just to serving temperature. Maintain on low heat.
8. Prepare pasta according to package directions.
9. In a serving bowl, pour the sauce over the warm fettuccine.
10. Toss. Serve immediately.

TUNA & PASTA SALAD

1 lb Rotini
1 can Tuna
1 ½ cups cucumbers, thinly sliced
1 tomato, chopped
¾ cup celery
½ cup green pepper
½ cup green onions
1 cup Italian dressing
¼ cup mayonnaise
1 tbsp mustard
1 tsp dill
1 tsp salt
1/4 tsp pepper

1. Prepare Rotini. Drain.
2. In a large bowl combine pasta, tuna and vegetables.
3. In a small bowl combine dressing, mayonnaise, mustard and spices.
4. Add to salad mixture.
5. Toss to coat.
6. Chill for one hour. Serve.

PASTA SEAFOOD SALAD

Makes: 6 Servings

10 oz Pasta Shells, uncooked
2 cups seafood, cooked
1 small red onion, finely chopped
1 medium bell pepper, chopped
1 cup green peas
4 radishes, finely chopped
¼ cup fresh basil, minced or 2 tsps dried basil
¼ cup fresh parsley, minced

Dressing:

½ cup Italian dressing
½ tsp Dijon Mustard

1. Cook pasta according to directions.
2. Drain, place in a large bowl and add remaining salad ingredients.
3. Toss together.
4. In a small bowl, whisk together salad dressing and mustard; gently stir into pasta mixture.
5. Cover and refrigerate several hours.
6. Serve at room temperature or chilled.

CURRIED LAMB & NOODLES

Makes: 6 Servings

12 oz Wide Egg Noodles, uncooked
3 tbsps all-purpose flour
1 tbsp curry powder
½ tsp salt
1/4 tsp cayenne pepper
1/8 tsp cinnamon
1 ½ lbs well trimmed boneless leg of lamb, cut into ½-inch pieces
1 ½ tbsps olive or vegetable oil, divided
2 medium carrots, thinly sliced
1 small sweet or yellow onion, chopped
4 cloves garlic, minced
1 14.5oz can low-sodium chicken broth
½ cup golden raisins
1/4 cup fresh mint or parsley, chopped

1. Cook noodles according to package directions.
2. Meanwhile. Combine flour, curry powder, salt, cayenne pepper and cinnamon in a plastic bag.
3. Add lamb, shake to coat.
4. Heat 1 tablespoon oil in a large non-stick skillet over medium-high heat until hot.
5. Add lamb, reserving any remaining flour mixture in bag.
6. Cook 5 to 6 minutes, or until lamb is well browned. Transfer lamb to plate or bowl; set aside.
7. Heat remaining ½ teaspoon oil in same skillet over medium-low heat.
8. Add carrots and onion; cook 5 minutes, stirring occasionally.
9. Add garlic and reserved flour mixture; cook 1 minute, stirring occasionally.
10. Add broth and raisins; bring to a simmer.
11. Simmer uncovered 8 to 10 minutes or until carrots are tender.
12. Stir in lamb; simmer 4 to 5 minutes or until lamb is heated through and sauce thickens.
13. Drain noodles; top with lamb mixture and sprinkle with mint or parsley.

SEAFOOD PASTA

1 lb spaghetti pasta
1 large can tomato sauce
1 can tuna
1 tbsp anchovy paste
¼ tsp red pepper
½ tsp black pepper
2 garlic cloves, crushed
3 tbsps oil
1 bunch fresh parsley, finely chopped

1. Prepare your favourite spaghetti pasta.
2. In a large pan heat 3 tbsps oil on low, add minced garlic and saute.
3. Remove from heat and add anchovy paste and red pepper, stir in garlic, paste and pepper. Mix well.
4. Return to heat and add tomato sauce; cover and simmer for 20 minutes.
5. Add parsley, tuna and black pepper to taste.
6. Cover and simmer for 10 minutes.
7. Stir in pasta. Serve.

APPLE AND ALMOND MUFFINS

Makes: 12

1 ½ cups unbleached white self-raising flour

1 cup soy flour

½ tsp cinnamon

½ tsp mixed spice

½ cup finely chopped almonds

1 x 425 g can unsweetened apple

½ cup grapeseed oil

½ cup apple juice concentrate

¾ cup milk or soy milk

4 egg whites or 3 whole eggs

1. Preheat the oven to 180° C and lightly grease the muffin tray.
2. Sift the flours and spices into a medium sized bowl and then add the almonds and apple.
3. In another bowl, combine the grapeseed oil, apple juice concentrate, milk and egg whites, and beat well.
4. Add the egg mixture to the flour and fruit and stir thoroughly.
5. Spoon into the muffin tray and bake for 20-25 minutes or until golden brown.
6. Remove the muffins from tray, cover with a tea towel and cool on a wire rack.

APPLE AND BLACKBERRY MUFFINS

Makes: 12

1 ½ cups unbleached white self-raising flour

½ cup unbleached white plain flour

1 Granny Smith apple, peeled, cored and grated

1 cup blackberry jam

½ cup grapeseed oil

1 cup milk or soy milk

3 egg whites or 2 whole eggs

1. Preheat the oven to 180° C and lightly grease the muffin tray.
2. Sift the flours into a medium size bowl and add the apple.
3. In another bowl, combine the blackberry jam, oil, milk and egg whites and beat well.
4. Add the jam mixture to the flour and fruit and stir thoroughly.
5. Spoon into the muffin tray and bake for 20-25 minutes or until golden brown.
6. Remove the muffins from tray, cover with a tea towel and cool on a wire rack.

APPLE, HONEY AND WALNUT MUFFINS

Makes: 12

1 ½ cups unbleached white self-raising flour

1 cup soy flour

1 tsp cinnamon

2 Granny Smith apples, peeled, cored and grated

¼ cup finely chopped walnuts

¼ cup honey

½ cup grapeseed oil

¾ cup apple juice

4 egg whites or 3 whole eggs

12 walnuts, shelled

1. Preheat the oven to 180° C and lightly grease the muffin tray.
2. Sift the flours and spice into a bowl and then add the apple and walnuts.
3. In another bowl, combine the honey, grapeseed oil, apple juice, and egg whites and beat well.
4. Add the honey mixture to the flour and fruit and stir thoroughly.
5. Spoon into the muffin tray and top each muffin with a walnut.
6. Spoon into the muffin tray and bake for 20-25 minutes or until golden brown.
7. Remove the muffins from tray, cover with a tea towel and cool on a wire rack.

MOIST APPLE SPICE MUFFINS

Makes: 12

1 cup unbleached white self-raising flour

1 cup wholemeal plain flour

1 tsp cinnamon

½ tsp mixed spice

¼ tsp nutmeg

2 x 425 g cans unsweetened apple

½ cup grapeseed oil

½ cup apple juice concentrate

¾ cup milk or soy milk

3 egg whites or 2 whole eggs

1. Preheat the oven to 180° C and lightly grease the muffin tray.
2. Sift the flours and spices into a bowl and then add the apple.
3. In another bowl, combine the oil, apple juice, milk and egg whites, and beat well.
4. Add the egg mixture to the flour and apple and stir thoroughly.
5. Spoon into the muffin tray and bake for 20-25 minutes or until golden brown.
6. Remove the muffins from tray, cover with a tea towel and cool on a wire rack.

MOIST BANANA AND RAISIN MUFFINS

Makes: 12

¾ cup boiling water

1 tsp bicarb of soda

1 cup raisins

1 cup mashed bananas

½ cup grapeseed oil

½ cup apple juice concentrate

3 egg whites or 2 whole eggs

1 ½ cups unbleached white self-raising flour

½ cup unbleached white plain flour

½ cup finely chopped walnuts (optional)

1. Combine the boiling water, soda and raisins in a bowl and leave to stand for 10 minutes.
2. Preheat the oven to 180° C and lightly grease the muffin tray.
3. Combine the banana, oil, apple juice and egg whites, and beat well.
4. Stir the raisins and their liquid into the banana mixture.
5. Sift the flours into the mixture and stir to combine.
6. Spoon into the muffin tray, sprinkle walnuts if desired, and bake for 20-25 minutes or until golden brown.
7. Remove the muffins from tray, cover with a tea towel and cool on a wire rack.

BANANA AND GINGER MUFFINS

Makes: 12

1 ½ cups unbleached white self-raising flour

½ cup wholemeal plain flour

3 bananas, peeled and chopped

2 tbsps finely chopped glace ginger

½ cup grapeseed oil

½ cup apple juice concentrate

¾ cup fresh orange juice

4 egg whites or 3 whole eggs

1. Preheat the oven to 180° C and lightly grease the muffin tray.
2. Sift the flours into a medium size bowl and add the banana and glace ginger.
3. In another bowl, combine the oil, apple juice, orange juice and egg whites, beat well.
4. Add the orange juice mixture to the flour and fruit and stir thoroughly.
5. Spoon into the muffin tray and bake for 20-25 minutes or until golden brown.
6. Remove the muffins from tray, cover with a tea towel and cool on a wire rack.

BANANA AND ORANGE MUFFINS

Makes: 12

1 ½ cups unbleached white self-raising flour

½ cup wholemeal plain flour

1 tsp cinnamon

2 bananas, peeled and chopped

2 oranges, peeled and chopped

½ cup grapeseed oil

½ cup apple juice concentrate or honey

¾ cup fresh orange juice

3 egg whites or 2 whole eggs

1. Preheat the oven to 180° C and lightly grease the muffin tray.
2. Sift the flours and spice into a bowl and then add the banana and orange.
3. In another bowl combine the oil, apple juice, orange juice and egg whites and beat well.
4. Add the orange juice mixture to the flour and fruit and stir thoroughly.
5. Spoon into the muffin tray and bake for 20-25 minutes or until golden brown.
6. Remove the muffins from tray, cover with a tea towel and cool on a wire rack.

BANANA AND PASSIONFRUIT MUFFINS

Makes: 12

1 ½ cups unbleached white self-raising flour

½ cup wholemeal plain flour

2 large bananas, peeled and chopped

flesh of 3 passionfruit

½ cup grapeseed oil

½ cup apple juice concentrate

¾ cup fresh orange juice

3 egg whites or 2 whole eggs

1. Preheat the oven to 180° C and lightly grease the muffin tray.
2. Sift the flours into a medium bowl and add the banana and passionfruit.
3. In another bowl, combine the oil, apple juice, orange juice and egg whites, beat well.
4. Add the orange juice mixture to the flour and fruit and stir thoroughly.
5. Spoon into the muffin tray and bake for 20-25 minutes or until golden brown.
6. Remove the muffins from tray, cover with a tea towel and cool on a wire rack.

BANANA AND WALNUT MUFFINS

Makes: 12

1 ½ cups unbleached white self-raising flour

½ cup unbleached white plain flour

½ tsp cinnamon

½ tsp nutmeg

½ cup finely chopped walnuts

4 bananas, peel and chopped

½ cup grapeseed oil

½ cup apple juice concentrate

¾ cup milk or soy milk

3 egg whites or 2 whole eggs

1. Preheat the oven to 180° C and lightly grease the muffin tray.
2. Sift the flours, cinnamon and nutmeg into a bowl and add the walnuts and banana.
3. In another bowl, combine the grapeseed oil, apple juice, milk and egg whites and beat well.
4. Add the egg mixture to the flour and fruit and stir thoroughly.
5. Spoon into the muffin tray and bake for 20-25 minutes or until golden brown.
6. Remove the muffins from tray, cover with a tea towel and cool on a wire rack.

BLUEBERRY AND BANANA MUFFINS

Makes: 12

1 ½ cups unbleached white self-raising flour

½ cup unbleached white plain flour

1 tsp cinnamon or mixed spice

1 cup fresh or frozen blueberries

2 bananas, peeled and chopped

½ cup grapeseed oil

½ cup apple juice concentrate

¾ cup milk or soy milk

3 egg whites or 2 whole eggs

1. Preheat the oven to 180° C and lightly grease the muffin tray.
2. Sift the flours and spice into a medium bowl and add the blueberries and banana.
3. In another bowl combine the oil, apple juice, milk and egg whites and beat well.
4. Add the egg mixture to the flour and fruit and stir thoroughly.
5. Spoon into the muffin tray and bake for 20-25 minutes or until golden brown.
6. Remove the muffins from tray, cover with a tea towel and cool on a wire rack.

BLUEBERRY AND MACADAMIA NUT MUFFINS

Makes: 12

1 ½ cups unbleached white self-raising flour

½ cup wholemeal plain flour

½ cup very finely chopped macadamia nuts

400 g fresh or frozen blueberries

½ cup grapeseed oil

½ cup apple juice concentrate

¾ cup milk or soy milk

3 egg whites or 2 whole eggs

6 macadamia nuts, cut in half (extra)

1. Preheat the oven to 180° C and lightly grease the muffin tray.
2. Sift the flours into a medium size bowl and add the chopped macadamia nuts and blueberries.
3. In another bowl combine the grapeseed oil, apple juice concentrate, milk and egg whites, and beat well.
4. Spoon into the muffin tray and top each muffin with half a macadamia nut.
5. Bake for 20-25 minutes or until golden brown.
6. Remove the muffins from tray, cover with a tea towel and cool on a wire rack.

BLUEBERRY, OAT AND PINEAPPLE MUFFINS

Makes: 12

3 cups oat bran
2 cups unbleached white plain flour
1 ½ tbsps baking powder
1 tsp cinnamon
1 tsp mixed spice
1 tsp ground ginger
1 x 440 g can unsweetened pineapple pieces
20 g fresh or frozen blueberries
¼ cup water
½ cup grapeseed oil
½ cup apple juice concentrate
2 tsps vanilla essence
3 egg whites or 2 whole eggs

1. Preheat the oven to 180° C and lightly grease the muffin tray.
2. Place the oat bran in a bowl and sift the flour, baking powder and spices into it. Mix together.
3. Drain the pineapple, reserving ¾ cup juice and chop. Add the pineapple and the blueberries to the flour mixture.
4. In another bowl, combine the pineapple juice, water, grapeseed oil, apple juice and vanilla and beat well.
5. Add the pineapple juice mixture to the flour and fruit and fold through.
6. Beat the egg whites until stiff and gently fold through the mixture.
7. Spoon into the muffin tray and bake for 20-25 minutes or until golden brown.
8. Remove the muffins from tray, cover with a tea towel and cool on a wire rack.

BLUEBERRY, WALNUT AND CORNMEAL MUFFINS

Makes: 12

¾ cup cornmeal

1 ¼ cups unbleached white self-raising flour

2 cups fresh or frozen blueberries

¼ cup finely chopped walnuts

½ cup grapeseed oil

½ cup apple juice concentrate

¾ cup milk or soy milk

3 egg whites or 2 whole eggs

1. Preheat the oven to 180° C and lightly grease the muffin tray.
2. Place the cornmeal in a bowl and sift the flour into it.
3. Add the blueberries and walnuts to the flour and mix together.
4. In another bowl, combine the oil, apple juice, milk and egg whites, beat well.
5. Spoon into the muffin tray and bake for 20-25 minutes or until golden brown.
6. Remove the muffins from tray, cover with a tea towel and cool on a wire rack.

BRAN AND APRICOT MUFFINS

Makes: 12

1 cup bran
1 cup unbleached white plain flour
3 tsps baking powder
½ tsp bicarb of soda
1 tsp cinnamon
1 tsp ground ginger
¾ cup finely chopped dried apricots
½ cup grapeseed oil
½ cup maple syrup
¾ cup milk or soy milk
3 egg whites or 2 whole eggs

1. Preheat the oven to 180° C and lightly grease the muffin tray.
2. Place the bran in a medium size bowl and sift the flour, baking powder, bicarb of soda and spices into it.
3. Add the dried apricots to the flour and bran and mix together.
4. In another bowl combine the grapeseed oil, maple syrup, milk and egg whites and beat well.
5. Add the maple syrup mixture to the flour and fruit and stir thoroughly.
6. Spoon into the muffin tray and bake for 20-25 minutes or until golden brown.
7. Remove the muffins from tray, cover with a tea towel and cool on a wire rack.

CHERRY AND COCONUT MUFFINS

Makes: 12

1 ½ cups unbleached white self-raising flour

½ cup rolled oats

1 cup shredded coconut

125 g red glace cherries

½ cup grapeseed oil

½ cup apple juice concentrate

1 cup milk or soy milk

2 tsps vanilla essence

3 egg whites or 2 whole eggs

1. Preheat the oven to 180° C and lightly grease the muffin tray.
2. Sift the flour in a bowl and add the rolled oats and coconut.
3. Rinse the cherries under running water to remove the syrup then drain. Finely chop the cherries and add to the dry ingredients.
4. In another bowl combine the oil, apple juice, milk, vanilla and egg whites, and beat well.
5. Add the egg mixture to the flour and fruit and stir thoroughly.
6. Spoon into the muffin tray and bake for 20-25 minutes or until golden brown.
7. Remove the muffins from tray, cover with a tea towel and cool on a wire rack.

TOMATO, ONION & BASIL MUFFINS

Makes: 12

1 ½ cups unbleached white self-raising flour

½ cup wholemeal plain flour

2 tbsps finely chopped fresh basil

1 cup finely chopped spring onions

¼ cup finely chopped sun-dried tomatoes

½ cup grapeseed oil

1 cup tomato juice

½ cup milk or soy milk

4 egg whites or 3 whole eggs

6 cherry tomatoes cut in half

1. Preheat oven to 180° C and lightly grease the muffin tray.
2. Sift the flours into a medium size bowl and add the basil, spring onion and tomato.
3. In another bowl, combine the grapeseed oil, tomato juice, milk and egg whites and beat well.
4. Spoon into the muffin tray and place half the cherry tomato on each muffin cut side up.
5. Bake for 20-25 minutes or until golden brown.
6. Remove the muffins immediately from the tray and allow to cool on a wire rack, covered with a tea towel.

ASPARAGUS & OLIVE MUFFINS

Makes: 12

1 ½ cups unbleached white self-raising flour

½ cup wholemeal plain flour

2 x 340 g cans asparagus pieces, drained

¼ cup finely chopped black olives

½ cup grapeseed oil

1 ½ cups milk or soy milk

3 egg whites or 2 whole eggs

1. Preheat the oven to 180° C and lightly grease the muffin tray.
2. Sift the flours into a medium bowl and add asparagus and olives.
3. In another bowl, combine grapeseed oil, milk and egg whites and beat well.
4. Add the egg mixture to the flour and stir thoroughly.
5. Spoon into the muffin tray and bake for 20-25 minutes or until golden brown.
6. Remove the muffins immediately from tray, cover with a tea towel and cool on a wire rack.

ASPARAGUS AND CHEESE MUFFINS

Makes: 12

1 ½ cups unbleached white self-raising flour

½ cup unbleached white plain flour

2 x 340 g cans asparagus pieces

¼ cup freshly grated parmesan cheese

¼ cup finely chopped fresh chives or parsley

½ cup grapeseed oil

3 egg whites or 2 whole eggs

1. Preheat oven to 180° C and lightly grease muffin tray.
2. Sift the flours into a medium size bowl.
3. Drain the asparagus, reserving ¾ cup juice, and add to the flour with the cheese and chives.
4. In another bowl, combine asparagus juice, grapeseed oil and egg whites, and beat well.
5. Add the asparagus juice mixture to the flour and stir thoroughly.
6. Spoon into the muffin tray and bake for 20-25 minutes or until golden brown.
7. Remove the muffins immediately from tray, cover with a tea towel and cool on a wire rack.

CARROT AND PINEAPPLE MUFFINS

Makes: 12

1 ½ cups unbleached white self-raising flour
½ cup wholemeal plain flour
1 ½ tsps cinnamon
1 x 440 g can crushed unsweetened pineapple in natural juice
½ cup grated and firmly packed carrot
½ cup grapeseed oil
2 tbsps apple juice concentrate
½ cup milk or soy milk
2 tsps vanilla essence
3 egg whites or 2 whole eggs

1. Preheat oven to 180° C and lightly grease muffin tray.
2. Sift the flours and spice into a medium size bowl.
3. Drain the pineapple, reserving 1 cup juice, and add to the flour with the carrot.
4. In another bowl, combine pineapple juice, oil, apple juice, milk, vanilla and egg whites and beat well.
5. Add the pineapple juice mixture to the flour and stir thoroughly.
6. Spoon into the muffin tray and bake for 20-25 minutes or until golden brown.
7. Remove the muffins immediately from tray, cover with a tea towel and cool on a wire rack.

CARROT, CHEESE AND MUSTARD MUFFINS

Makes: 12

1 ½ cups unbleached white self-raising flour

½ cup wholemeal plain flour

1 cup grated carrot

¾ cup grated fresh parmesan cheese

1 tbsp finely chopped fresh parsley or chives

1 tbsp grainy mustard

½ cup grapeseed oil

1 ½ cups milk or soy milk

4 egg whites or 3 whole eggs

1. Preheat the oven to 180° C and lightly grease muffin tray.
2. Sift the flours and add the carrot, cheese & parsley.
3. In another bowl, combine the mustard, grapeseed oil, milk and egg whites and beat well.
4. Add the mustard mixture to the flour and stir thoroughly.
5. Spoon into the muffin tray and bake for 20-25 minutes or until golden brown.
6. Remove the muffins immediately from tray, cover with a tea towel and cool on a wire rack.

CORN AND SUN-DRIED TOMATO MUFFINS

Makes: 12

1 ½ cups unbleached white self-raising flour

¾ cup unbleached white plain flour

½ cup freshly grated parmesan cheese

1 ½ cups cooked corn kernels

½ cup finely chopped sun-dried tomatoes

½ cup grapeseed oil

1 cup milk or soy milk

4 egg whites or 3 whole eggs

1. Preheat the oven to 180° C and lightly grease the muffin tray.
2. Sift the flours in a bowl and add the cheese, corn and tomatoes.
3. In another bowl, combine grapeseed oil, milk and egg whites and beat well.
4. Add the egg mixture to the flour and stir thoroughly.
5. Spoon into the muffin tray and bake for 20-25 minutes or until golden brown.
6. Remove the muffins from tray, cover with a tea towel and cool on a wire rack.

CORN AND HERB MUFFINS

Makes: 12

1 ½ cups unbleached white self-raising flour

¾ cup unbleached white plain flour

¾ cup grated mozzarella cheese

1 ½ cups cooked corn kernels

½ cup finely chopped fresh herbs (your favourites, basil, parsley, chives, etc.)

½ cup grapeseed oil

1 cup milk or soy milk

4 egg whites or 3 eggs

1. Preheat the oven to 180° C and lightly grease the muffin tray.
2. Sift the flours into a bowl and add the cheese, corn and herbs.
3. In another bowl, combine the oil, milk and egg whites and beat well.
4. Add the egg mixture to the flour and stir thoroughly.
5. Spoon into the muffin tray and bake for 20-25 minutes or until golden brown.
6. Remove the muffins from tray, cover with a tea towel and cool on a wire rack.

CRAB AND SUN-DRIED TOMATO MUFFINS

Makes: 12

1 ½ cups unbleached white self-raising flour

½ cup wholemeal plain flour

1 x 200 g can crab meat, drained

¾ cup freshly grated parmesan cheese

1 tsp dried dill

1/3 cup finely chopped sun-dried tomatoes

½ cup grapeseed oil

1 ½ cups milk or soy milk

4 egg whites or 3 whole eggs

1. Preheat the oven to 180° C and lightly grease the muffin tray.
2. Sift the flours into a medium size bowl and add the crab, cheese, dill and tomatoes.
3. In another bowl, combine the grapeseed oil, milk and egg whites, and beat well.
4. Add the mixture to the flour and stir thoroughly.
5. Spoon into the muffin tray and bake for 20-25 minutes or until golden brown.
6. Remove the muffins from tray, cover with a tea towel and cool on a wire rack.

MUSHROOMS AND BASIL MUFFINS

Makes: 12

1 ½ cups unbleached white self-raising flour

½ cup bran

pinch of cayenne

400 g mushrooms

½ cup fresh basil leaves

½ cup grapeseed oil

1 ½ cups milk or soy milk

3 egg whites or 2 whole eggs

1. Preheat the oven to 180° C and lightly grease the muffin tray.
2. Sift the flour into a medium size bowl and add the bran and cayenne pepper.
3. Mince the mushrooms and basil in a food processor and add to the flour.
4. In another bowl, combine the oil, milk and egg whites and beat well.
5. Add the egg mixture to the flour and mushrooms and stir thoroughly.
6. Spoon into the muffin tray and bake for 20-25 minutes or until golden brown.
7. Remove the muffins from tray, cover with a tea towel and cool on a wire rack.

POTATO AND HERB MUFFINS

Makes: 12

4 potatoes, peeled and chopped

1 cup freshly grated parmesan cheese

1 cup finely chopped spring onions

1 tsp dried mixed herbs or 2 tbsp finely chopped fresh herbs

1 ½ cups milk or soy milk

½ cup grapeseed oil

3 eggs whites or 2 whole eggs

1 ½ cups unbleached white self-raising flour

½ cup wholemeal plain flour

1. Cook the potatoes until tender. Drain, mash and leave to cool.
2. Preheat the oven to 180° C and lightly grease the muffin tray.
3. Place the cooled potatoes in a bowl, add cheese, spring onion and herbs.
4. In another bowl, combine the milk, oil, and egg whites and beat well.
5. Add the egg mixture to the potato mix
6. Sift the flours into the potato mix in two lots, stirring each time.
7. Spoon into the muffin tray and bake for 20-25 minutes or until golden brown.
8. Remove the muffins from tray, cover with a tea towel and cool on a wire rack.

SALMON AND CAPER MUFFINS

Makes: 12

1 ½ cups unbleached white self-raising flour

½ cup unbleached white plain flour

¼ cup freshly chopped chives

½ cup freshly grated parmesan cheese

1 x 210 g can salmon, drained

2 tbsps capers

½ cup grapeseed oil

1 ½ cups milk or soy milk

4 egg whites or 3 whole eggs

1. Preheat the oven to 180° C and lightly grease the muffin tray.
2. Sift the flours into a bowl and add the chives, cheese, salmon and capers.
3. In another bowl, combine the oil, milk and egg whites, beat well.
4. Add the egg mixture to the flour and stir thoroughly.
5. Spoon into the muffin tray and bake for 20-25 minutes or until golden brown.
6. Remove the muffins from tray, cover with a tea towel and cool on a wire rack.

SUN-DRIED TOMATOES AND OLIVE MUFFINS

Makes: 12

1 ½ cups unbleached white self-raising flour

½ cup wholemeal grated parmesan cheese

½ cup finely chopped sun-dried tomatoes

½ cup finely chopped olives

½ cup grapeseed oil

1 cup milk or soy milk

4 egg whites or 3 whole eggs

1. Preheat the oven to 180° C and lightly grease the muffin tray.
2. Sift the flours into a bowl and add the cheese, tomato and olives.
3. In another bowl, combine oil, milk and egg whites, beat well.
4. Add the egg mixture to the flour and stir thoroughly.
5. Spoon into the muffin tray and bake for 20-25 minutes or until golden brown.
6. Remove the muffins from tray, cover with a tea towel and cool on a wire rack.

WALNUT AND PESTO MUFFINS

Makes: 12

1 ½ cups unbleached white self-raising flour

½ cup wholemeal plain flour

½ cup finely chopped walnuts

½ cup freshly grated parmesan cheese

¼ cup pesto

½ cup grapeseed oil

1 ½ cups milk or soy milk

4 egg whites or 3 whole eggs

2 tbsps sesame seeds (optional)

1. Preheat the oven to 180° C and lightly grease the muffin tray.
2. Sift the flours in a bowl and add the walnuts and cheese.
3. In another bowl, combine the pesto, oil, milk and egg whites, beat well.
4. Add the pesto mixture to the flour and stir thoroughly.
5. Spoon into the muffin tray and bake for 20-25 minutes or until golden brown.
6. Remove the muffins from tray, cover with a tea towel and cool on a wire rack.

SAVOURY SALMON MUFFINS

Makes: 12

1 ½ cups rice flour
½ cup corn meal
2 tbsps baking powder
½ cup freshly grated parmesan cheese
¼ cup finely chopped fresh parsley and chives
1 x 210 g can salmon, drained
1 cup grated carrot
½ cup grapeseed oil
1 ½ cups milk or soy milk
4 egg whites or 3 whole eggs

1. Preheat the oven to 180° C and lightly grease the muffin tray.
2. Sift the flour, corn meal and baking powder into a medium bowl and add the cheese, herbs, salmon and carrot.
3. In another bowl, combine the oil, milk and egg whites, beat well.
4. Add the egg mixture to the flour and stir thoroughly
5. Spoon into the muffin tray and bake for 20-25 minutes or until golden brown.
6. Remove the muffins from tray, cover with a tea towel and cool on a wire rack.

WHEAT-FREE TUNA AND CELERY MUFFINS

Makes: 12

1 ½ cups rice flour

½ cup corn meal

2 tsps baking powder

½ cup freshly grated parmesan cheese

2 tsps dried dill

1 x 210 g can tuna, drained

1 cup finely chopped celery

½ cup grapeseed oil

1 ½ cups milk or soy milk

4 egg whites or 3 whole eggs

1. Preheat the oven to 180° C and lightly grease the muffin tray.
2. Sift the flour, corn meal and baking powder into a medium size bowl and add cheese, dill, tuna and celery.
3. In another bowl, combine the oil, milk and egg whites, beat well.
4. Add the egg mixture to the flour and stir thoroughly.
5. Spoon into the muffin tray and bake for 20-25 minutes or until golden brown.
6. Remove the muffins from tray, cover with a tea towel and cool on a wire rack.

EASY BAKE TOFFEE

Makes: 2 pounds

1 cup butter

1 cup brown sugar, packed

2 ½ cups chopped pecans, divided

1 cup semisweet chocolate chips

1. Preheat oven to 375°F (190°C).
2. Lightly butter a 13 x 9 x 2-inch baking pan: set aside.
3. Combine butter and brown sugar in a heavy, medium saucepan and bring to a boil over medium heat.
4. Stir in 2 cups of pecans.
5. Pour into the prepared pan and bake for 15 minutes.
6. Remove from oven and sprinkle with the chocolate chips; when chips have softened, spread evenly over toffee.
7. Sprinkle remaining ½ cup pecans on top.
8. Let cool completely and break into pieces.
9. Store in airtight container.

APPLE CRUMBLE PIE WITH PIE CRUST

Pie Crust:

1 cup all-purpose flour

½ cup shortening

1/4 cup cold water

Filling:

1 recipe for a 9 inch single crust pie

5 cups apples - peeled, cored and thinly sliced

½ cup white sugar

3/4 tsp ground cinnamon

1/3 cup white sugar

3/4 cup all-purpose flour

6 tbsps butter

Pie Crust:

1. Place flour in a medium bowl.
2. Cut in shortening until mixture resembles coarse crumbs.
3. Add water and mix just until dough comes together.
4. Allow to rest in refrigerator before rolling out.

Filling :

1. Preheat oven to 400 ° (200 ° C).
2. Arrange apple slices in unbaked pie shell.
3. Mix 1/3 cup sugar and flour; cut in butter until crumbly.
4. Spoon over apples.
5. Bake in preheated oven for 35 to 40 minutes, or until apples are soft and top is lightly browned.

CARROT CAKE

Makes: 16 servings

½ cup oil

1 cup honey

2 eggs

½ tsp vanilla extract

2 cups carrot, shredded

1/4 cup skim milk powder

1 tsp cinnamon

1/4 tsp salt

1 tbsp baking powder

1. Preheat oven to 350F.
2. Beat oil with honey until thick and smooth.
3. Beat in eggs one at a time, then vanilla.
4. Stir in carrot.
5. Combine remaining ingredients in a mixing bowl and stir into wet mixture until completely moistened and evenly blended.
6. Pour into an oiled 9 x 13 inch baking pan.
7. Bake for 30 minutes, or until cake tests done.
8. Cool in the pan. Serve plain or ice with cream cheese frosting.
9. This cake stays fresh for days.

TOFFEES

Makes: 12

3 cups sugar

1 cup water

1/4 cup brown malt vinegar

1. Place sugar, water and vinegar into a saucepan, stir over low heat until sugar has dissolved.
2. Increase heat, boil rapidly uncovered for approximately 15 minutes, or until a small amount when poured into cold water will rack.
3. Remove from heat, stand saucepan in cold water for 1 minute.
4. Remove from water, allow bubbles to subside.
5. Pour into patty cup cases.
6. Leave 2 minutes before decorating with coconut, hundreds and thousands, jelly beans, etc.

SWISS CHOCOLATE ROLLS AND RASPBERRIES

4 eggs

1 egg yolk

½ cup sugar

3 tsps vanilla extract

pinch of salt

¾ cup unbleached white plain flour, sifted

2 tbsps cocoa powder

2 tbsps sugar (extra)

½ cup thick cream, whipped

1 pint raspberries

1. Butter 34 cm x 24 cm baking tray. Line with non-stick baking paper.
2. Preheat oven to 220° C.
3. Beat eggs and egg yolks, slowly add sugar, until mixture is fluffy.
4. Fold the flour and cocoa through mixture with spatula until mixed.
5. Pour into prepared tray and spread with spatula.
6. Bake for 4 to 6 minutes.
7. Remove from oven, turn upside down onto sheet of wax paper sprinkled with sugar. Cover with damp tea towel. Let cool.
8. Remove paper from the bottom of cake and spread whipped cream over entire surface. Drizzle with raspberries and roll cake.
9. Refrigerate. When serving, cut carefully with knife dipped in hot water.

MOIST BANANA BREAD

6 ripe bananas
1 cup white sugar
1 tsp vanilla
2 cups unbleached white plain flour
1 tsp baking soda
1 tsp baking powder
½ tsp cinnamon
1 cup walnuts, chopped

1. Mash bananas in medium size bowl. Add vanilla and sugar. Blend until well mixed.
2. In separate bowl mix the dry ingredients and chopped walnuts. Blend well then add to bananas.
3. Pour mixture into a 9 x 13 baking pan or dish.
4. Bake at 350° F for 1 hour.
5. Serve either hot or cooled.

PINEAPPLE-BANANA BREAD

1 cup chopped walnuts
2 ½ cups sugar
5 cups flour
½ tsp salt
1 tsp baking powder
1 tsp cinnamon
1 ½ cups vegetable oil
3 eggs
5 ripe bananas
1 tsp lemon juice
1 can crushed pineapple, drained

1. Mash bananas in a medium sized bowl. Add remainder of liquid ingredients. Blend well.
2. In separate bowl, sift together flour, salt, baking powder, then add remainder of dry ingredients. Mix well with spatula.
3. Transfer dry ingredients to liquid mixture and blend well.
4. Fold into 9 x 13 baking pan or dish.
5. Bake at 350° F for 1 hour.
6. Serve hot or cold.

CHOCOLATE DOUBLE DIPPED STRAWBERRIES

Makes: 16

1 punnet strawberries

125 g white chocolate, melted

125 g dark or milk chocolate, melted

1. Wash and dry strawberries. Leave hull intact. Dip strawberries $\frac{3}{4}$ way into dark chocolate, and arrange on baking sheet.
2. Let cool 5 minutes.
3. Dip strawberries in white chocolate, one at a time, and replace on baking sheet.
4. Refrigerate until ready to serve.

CUSTARD TART CUPS

Makes: **About 24**

3 sheets shortcrust pastry

3 eggs

1/3 cup caster sugar

1 ½ cups milk

1. Cut pastry into 8 cm rounds. Fit each one gently into greased muffin tin with 8 cm cups.
2. Whisk with electric mixer the eggs and sugar until creamy. Blend in milk until well mixed.
3. Pour into pastry cases.
4. Bake at 200° C for 10 to 12 minutes or until pastry is golden.
5. Cool then transfer to rack.

HOMESTYLE VANILLA ICE CREAM

Makes: **About 4 cups**

1 cup milk

1 cup cream

1 teaspoon vanilla essence

2 tsps corn starch

2 eggs

2 egg yolks

½ cup caster sugar

1. Scald cream and milk in a saucepan.
2. Remove from heat. Stir in vanilla and cornstarch.
3. In a metal bowl, whisk remaining ingredients together and small part of the hot milk mixture.
4. Place bowl over saucepan of simmering water and whisk in remaining milk mixture. When mixture thickens and coats the back of a metal spoon, pour into metal tray. Refrigerate in freezer until semi-frozen.
5. Remove from freezer and fold into mixing bowl. Using electric mixer, blend on medium speed for 3 to 5 minutes. Return to tray.
6. Return to freezer. Freeze for 12 hours.
7. Serve.

Variation 1 – Add one teaspoon instant coffee to cream and milk mixture while scalding.

Variation 2 – Use chocolate milk (or 4 tsps Nestle Quik) instead of white milk.

DECADENT CHOCOLATE PUDDING

Makes: 4 cups

2 egg whites

2/3 cup cocoa

2 tbsps cornstarch

2 ¼ cups milk

½ cup sugar

2 tbsps vanilla essence

1. In a medium bowl mix together egg whites and set aside. In another bowl, combine cocoa and cornstarch. Blend in $\frac{3}{4}$ cup of milk gradually until completely smooth.
2. Combine remaining milk and sugar in a saucepan, stirring well, and bring to a boil. Be careful the mixture does not boil over. Remove from heat.
3. Stir cocoa mixture into hot milk, return to heat and bring to a boil, stirring continuously. Once the mixture begins to boil, reduce heat to low and simmer for 2 minutes, while stirring. Remove from heat.
4. Fold 1 cup of hot cocoa into egg whites. Pour mixture back into pan. Return pan to heat and cook for 2 minutes, stirring constantly. DO NOT BOIL. Remove from heat.
5. Stir in vanilla. Cool and pour into serving dishes. Chill for 1 hour, and serve.

OATMEAL BUTTERSCOTCH COOKIES

Makes: **About 30 cookies**

3/4 cup butter, softened

3/4 lightly packed brown sugar

½ cup granulated sugar

1 egg

2 tsps water

2tsps vanilla

3/4 cup all-purpose flour

3/4 tsp baking powder

1 tsp cinnamon

3 cups oatmeal

1 1/2 cups butterscotch

TIP: You can replace butterscotch with raisins, chocolate chips, etc.

1. Cream butter, sugars, egg, water and vanilla together on a medium speed of electric mixer until light and fluffy.
2. Combine flour, soda and cinnamon.
3. Add to creamed mixture, beating on low speed until blended.
4. Stir in oats and raisins.
5. Drop dough by heaping tablespoonfuls onto greased baking sheets.
6. Press flat for crisp cookies: leave mounded for chewy cookies.
7. Bake at 350 ° F (180 °C) for 12 -15 minutes, or until edges are golden brown. Don't overbake.

LAMINGTONS

1 cup butter
1 cup castor sugar
4 eggs, beaten
2 cups self raising flour

Icing:

2 cups icing sugar
2 tbsps cocoa
1 tbsp boiling water
1 tsp vanilla essence
1 ½ cups desiccated coconut

1. Preheat oven to 180° C (350° F), grease a lamington tin, 13 x 9 x 2-inch pan. Cream butter and sugar.
2. Gradually add the eggs and mix well.
3. Add 1/3 cup of flour at a time, stirring gently and thoroughly after each addition.
4. Place batter in pan and bake for 1 - 1 1/4 hours, decreasing temperature to 160 C (325 F) during cooking.
5. Place on a cake cooler rack to cool.

Icing:

1. Sift icing sugar into a bowl.
2. Add boiling water and vanilla to cocoa and stir into icing sugar, beat well.
3. Cut cooled cake into 24 blocks.
4. Ice on all sides (this is best done using a pair of tongs).
5. Just dip the cake into the icing mixture, then roll the iced cake in the coconut (coating well) and allow to dry on rack.

ALMOND BISCUITS

1 egg white

½ tsp honey

1 or 2 drops almond essence

250 g (8 oz) ground almonds

¾ cup castor sugar

1 egg white, extra

1 cup icing sugar

60 g (2 oz) flaked almonds

1. Beat egg white until firm peaks form, fold in honey and almond essence.
2. Combine ground almonds and sugar, add egg white until firm peaks form. Add half of this to the honey and almond mixture.
3. Roll teaspoonfuls of mixture into small balls, then roll in sifted icing sugar.
4. Place on greased oven trays, flatten slightly with base of glass.
5. Brush tops of biscuits with remaining beaten egg white.
6. Press a few almond flakes on top of each biscuit.
7. Bake in moderately slow oven at 160° C for 20 mins.

SUGAR 'N SPICE COOKIES

Makes: **About 35**

125 g (4 oz) butter

½ tsp vanilla

1/3 cup raw sugar

1 egg

2 tbsps wheatgerm

1 cup wholemeal plain flour

2 tbsps wholemeal self-raising flour

1/3 cup raw sugar, extra

1 tsp cinnamon

1. Beat butter and vanilla until creamy, add sugar, beat well.
2. Add egg, beat only until combined, stir in wheatgerm.
3. Stir in sifted flours. Roll mixture into balls about 2 cm (3/4 inch) in diameter, toss in combined extra sugar and cinnamon.
4. Place on lightly greased oven trays, press down lightly with fork.
5. Bake in moderate (180° C) oven 10 mins; cool on wire rack.

MELT 'N MIX SHORTBREAD

250 g butter

1/3 cup icing sugar

1/3 cup cornflour

¼ cup sugar

½ tsp vanilla

2 1/3 cups plain flour

1. Melt butter over low heat, allow to cool slightly.
2. Sift icing sugar and cornflour into bowl, add sugar.
3. Add butter and vanilla, beat mixture until thick and creamy.
4. Add sifted flour, mix well.
5. Press mixture into 18 cm x 28 cm (7 in. x 11 in.) lamington tin, smooth over with a spatula; mark into fingers with sharp knife. Prick each finger with fork to decorate.
6. Bake in moderate (180° C) oven 30 minutes or until light golden.
7. Cut into fingers while still warm. Cool in tin.

BUTTER SHORTBREADS

Makes:

About 75

250 g (8 oz) butter

½ cup icing sugar

1 ½ cups plain flour

2 tsps grated lemon rind

1. Butter should be at room temperature.
2. Combine butter, sifted icing sugar, sifted flour and lemon rind in small basin of electric mixer; beat on low speed to combine all ingredients, increase speed to medium and beat for 10 minutes.
3. Spoon mixture into large piping bag fitted with star shaped tube.
4. Pipe small stars on lightly greased tray.
5. Cook in moderate (180° C) oven for 10 to 15 mins, cool on wire rack.

PASSIONFRUIT BISCUITS

Makes: **About 50**

185 g (6 oz) butter
1 tsp finely grated lemon rind
¾ cup icing sugar
3 passionfruit
¾ cup cornflour
1 ¼ cups self-raising flour

Icing

½ cup icing sugar
1 tsp butter
1 passionfruit

1. Cream butter, lemon rind and sifted icing sugar until fluffy.
2. Add passionfruit pulp; mix well.
3. Fold in sifted cornflour and self-raising flour.
4. Put mixture in piping bag fitted with fluted tube.
5. Pipe in decorative shapes onto a lightly greased oven tray.
6. Bake in moderately hot oven (190° C) 12 to 15 mins or until light golden.
7. Cool on wire racks. When cold, dip tops in passionfruit icing.

To Make Icing

1. Combine sifted icing sugar, softened butter and passionfruit pulp.
2. Mix until smooth. Stir over hot water, beat until smooth and creamy.

ECSTACY MELTS

Makes: About 30

250 g (8 oz) butter
½ cup icing sugar
1 ½ cups plain flour
½ cup cornflour

Lemon Cream:

60 g (2 oz) butter
½ cup icing sugar
1 tsp grated lemon rind
3 tsps lemon juice

1. Cream butter and sugar until light and fluffy.
2. Add sifted flours, mix well.
3. Put mixture into piping bag fitted with fluted tube. Pipe rosettes onto lightly greased oven trays.
4. Bake in moderate (180° C) oven 10 to 12 minutes until pale golden brown. Cool on wire rack.
Top biscuits individually with lemon cream.

To Make Lemon Cream

1. Beat butter until smooth.
2. Gradually add sifted icing sugar; beat until mixture is light and creamy. Beat in lemon rind and juice.

ANZAC COOKIES

Makes: **About 35**

1 cup rolled oats

1 cup plain flour

1 cup sugar

¾ cup coconut

125 g (4 oz) butter

2 tbsps golden syrup

½ tsp bi-carb of soda

2 tbsps boiling water

1. Combine oats, sifted flour, sugar and coconut.
2. Combine butter and golden syrup, stir over gentle heat until melted.
3. Mix soda with boiling water, add to melted butter mixture, stir into dry ingredients.
4. Take teaspoonfuls of mixture and place on lightly greased oven trays; allow room for spreading.
5. Cook in slow oven 20 minutes (150° C).
6. Loosen while warm, then cool on trays.

CRISP COCONUT COOKIES

Makes: **About 40**

125 g butter

1 cup castor sugar

2 eggs

2 cups self-raising flour

pinch salt

1 cup coconut

extra sugar

1. Cream butter and sugar, beat in eggs, add sifted flour, salt and coconut.
2. Knead mixture gently on lightly floured surface until it comes together.
3. Roll level tbsps of mixture into balls and press flat between the hands. Dip top side in extra sugar.
4. Place on greased oven trays sugar side up; allow for spreading.
5. Bake in moderately hot oven 10 to 15 minutes (180° C).

CHOCOLATE CHIP COOKIES

Makes: **About 45**

125 g butter

½ cup sugar

½ cup brown sugar, lightly packed

½ tsp vanilla

1 egg

1 ¾ cups self-raising flour

½ tsp salt

125 g (4 oz) chocolate chips

60 g walnut pieces

1. Cream together butter, sugars and vanilla.
2. Add lightly beaten egg gradually, beating well, after each addition.
3. Mix in sifted flour and salt.
4. Add chocolate chips and chopped walnuts. Mix well.
5. Shape teaspoonfuls of mixture into small balls, place on lightly greased oven trays, allow room for spreading.
6. Bake in moderate oven 10 to 12 minutes.

CHERRY NUT COOKIES

Makes: **About 30**

125 g (4 oz) butter

¼ cup sugar

1 egg

1 tsp vanilla

1 cup self-raising flour

125 g chopped mixed nuts

glace cherries

1. Cream butter and sugar until light and creamy, add egg and vanilla, beat well.
2. Add sifted flour and mix to a soft dough.
3. Drop rounded teaspoonfuls of mixture into nuts. Roll into balls.
4. Press half a cherry on top.
5. Put on lightly greased oven trays, allow room for spreading.
6. Bake in moderate oven 15 to 20 minutes or until golden brown.
7. Cool on racks.

BACON BISCUITS

Makes: About 50

2 strips bacon

60 g (2 oz) butter

1 egg yolk

60 g (2 oz) cheddar cheese

2/3 cup plain flour

pinch salt

60 g (2 oz) cheddar cheese, extra

1. Remove rind from bacon, fry until golden on both sides, chop finely.
2. Beat butter until creamy, add egg yolk, combine well.
3. Add grated cheese, mix well. Add sifted flour and salt and mix to form dough; wrap in plastic wrap, refrigerate 30 minutes.
4. Roll dough out on lightly floured surface to 3 mm (1/8 in.) thick. Cut into rounds with 4 cm (1 ½ in.) fluted cutter.
5. Put rounds on greased oven trays, sprinkle with bacon and cheese (extra).
6. Bake in moderately hot oven 10 mins or until golden brown.
7. Cool on wire rack.

ITALIAN WALNUT COOKIES

Makes: **About 24**

250 g (8 oz) blanched almonds

1 egg white

½ cup sugar

2 tbsps rum

60 g (2 oz) walnut pieces

1 egg white, extra

1. Place almonds in food processor fitted with metal blade, blend until finely chopped.
2. Add egg white, sugar and rum, blend until well mixed.
3. Roll out between two sheets of greaseproof paper to 5 mm (1/4 in.) thickness.
4. Using a 4 cm (1 ½ in.) fluted cutter, cut out rounds.
5. Place walnuts on baking tray and bake in hot oven 5 minutes; remove and cool, chop finely.
6. Brush top of biscuit with unbeaten extra egg white, dip in walnuts and place on lightly greased oven trays.
7. Stand uncovered at room temperature 2 hours.
8. Bake in hot oven 5 to 8 minutes or until golden.
9. Cool on wire racks.

CRISP BISCUITS

Makes: **About 35**

125 g butter

$\frac{3}{4}$ cup sugar

1 egg

$\frac{3}{4}$ cup self-raising flour

1 cup rolled oats

$\frac{1}{2}$ cup slivered almonds

1 cup cornflakes

1. Cream butter and sugar until light and fluffy, add lightly beaten egg, beat well.
2. Fold in sifted flour, oats, nuts and cornflakes. Mix well.
3. Place teaspoonfuls of mixture on lightly greased oven trays, allow room for spreading.
4. Bake in moderate oven 12 to 15 minutes; cool on trays.

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GREEK COOKING

The Greeks love to eat (who doesn't?) And in accordance with healthy appetites they've created some of the best dishes in the world with a wide variety of ingredients.

Included in this section are some of the best traditional Greek recipes you will ever find.



PASTA

Italy is well-known for their dishes of pasta, from spaghetti to macaroni, from rotini to lasagne.

And pasta has become a staple of many households, and its amazing versatility can enable a cook to prepare pasta dishes every day of the year, and not make the same dish twice!

