

PASTA RECIPES

ELBOW MACARONI WITH CRISPY BREADCRUMBS AND BROCCOLI

6 tablespoons olive oil plus more for drizzling - divided
½ cup Panko breadcrumbs
Finely grated zest of 1 lemon
2 tablespoons chopped fresh Italian parsley
3 cups elbow macaroni (about 12 ounces)
1 head broccoli, cut into small florets (about 4 cups)
1 clove garlic, finely chopped
1 teaspoon red pepper flakes
1 cup chicken stock
1 cup freshly grated parmigiana-reggiano cheese

Bring a large pot of salted water to a boil. Meanwhile, in a large skillet over medium heat, add 2 tablespoons olive oil. Add the breadcrumbs and toast, stirring constantly, until they are crisp and golden, 4 to 5 minutes., taking care not to let them burn. Scrape into a small bowl and toss with the lemon zest and parsley and then season with salt.

Add the pasta to the boiling water and cook according to the package directions until al dente while you make the sauce. Wipe out the skillet used to toast the breadcrumbs and return it to medium-high heat. Add the remaining 4 tablespoons olive oil and, when the oil is hot, add the broccoli and toss to coat. Sauté until it turns bright green, 2 to 3 minutes, then add the garlic and pepper flakes. Cook until the garlic is fragrant, about 1 minute, and then pour in the stock. Simmer until the broccoli is tender, 5 to 6 minutes.

When the pasta is done, scoop it out of the water with a spider or small strainer and add directly to the sauce, reserving the pasta water. Simmer the pasta with the sauce just to blend the flavors, 1 to 2 more minutes, then drizzle with a tablespoon or so of the olive oil and toss again. If the sauce seems dry, add up to ½ cup pasta water. Off the heat, stir in the cheese; Serve in warmed bowls and sprinkle with the breadcrumb mixture. Serves 4 to 6

SPAGHETTI WITH PECAN-HERB PESTO

½ cup pecans
Kosher salt
1 pound spaghetti
Finely grated zest of 1 lemon
1½ cups packed fresh basil leaves
1½ cups packed fresh Italian parsley leaves

1 clove garlic
½ cup extra-virgin olive oil
¼ cup freshly grated parmigiana-reggiano cheese

Preheat the oven to 350-degrees. Scatter the pecans on a rimmed sheet pan and toast until they are fragrant and a shade or two darker, 7 to 8 minutes. Cool.

Bring a large pot of salted water to a boil. Add the pasta to the boiling water and cook according to the package directions until ad dente. Drain reserving about ½ cup pasta water.

Meanwhile, put the pecans in a food processor with the lemon zest, basil, parsley and garlic, and pulse six or seven times to make a chunky paste. Scrape down the side of the work bowl and, with the processor running, add the olive oil in a steady stream to make an almost smooth pesto. Scrape the pesto into a large serving bowl and stir in the cheese. Season with salt and then add the spaghetti and toss, adding the reserved pasta water to loosen, if needed. Plate and enjoy. Serves 4 to 6

ORECCHIETTE WITH SHRIMP, PANCETTA AND FRESNO CHILES

Kosher salt
1 pound orecchiette pasta
4 tablespoons extra-virgin olive oil
8 ounces pancetta, cut into medium dice
8 ounces large shrimp, peeled, deveined, tails removed and sliced lengthwise
2 cloves garlic, thinly sliced
½ teaspoon red chili flakes
2 small Fresno chili peppers, seeded and sliced into very thin rings
½ cup freshly grated pecorino-Romano cheese
½ cup roughly chopped fresh green or purple basil leaves

Bring a large pot of salted water to boil. When the water is thoroughly boiling, add the pasta and cook according to package directions for al dente.

In a large skillet or shallow Dutch oven over medium-low heat, heat 1 tablespoon of the olive oil and cook the pancetta to render the fat and crisp it, about 8 minutes. Remove to paper towel lined plate to drain. Pour off and discard all but 1 tablespoon of fat from the skillet. Raise the heat to medium and add 1 tablespoon of the olive oil. When the olive oil is hot, add the shrimp, garlic and red pepper flakes. Stir quickly and often so the garlic does not burn, 2 minutes at the most; the shrimp should be slightly undercooked.

Remove the shrimp to a warm bowl. Move the skillet off the heat. Drain the pasta, reserving about ½ cup of the pasta water. Add the pasta to the skillet, return to medium heat and add the pancetta, shrimp and reserved pasta water. Drizzle with the remaining 2 tablespoons olive

oil. Toss and stir until the juices are combined and the shrimp are cooked through, about 3 more minutes. Remove from the heat and add the chili peppers, cheese and basil. Do not stir, serve family style and enjoy. Serves 6 to 8

RIGATONI PIE

6 tablespoons olive oil – divided
9 cloves garlic, minced
½ teaspoon crushed red pepper flakes
One 28-ounce can-whole peeled tomatoes in juice
One 15 ounce can-whole peeled tomatoes in juice
1 cup loosely packed fresh basil leaves
Kosher salt and freshly ground black pepper
1 pound Rigatoni pasta
1 pound part-skim mozzarella, grated
2/3 cup grated Parmesan cheese

Special Equipment – a 9-inch Springform pan

Heat 4 tablespoons of the olive oil with the garlic in a large saucepan over medium-low heat. Once it begins to sizzle, cook, stirring occasionally, until the garlic is soft and just beginning to brown, about 6 minutes. Stir in the chili flakes then add all the tomatoes and 1½ cups water. Increase the heat to high and bring the tomato sauce to a boil, crushing the tomatoes with the back of a wooden spoon. Lower the heat to maintain a simmer and cook, stirring occasionally, until reduce and thickened, about 15 minutes. Remove the pan from the heat, stir in the basil and season with salt and pepper. Let the sauce cool for 10 minutes then puree in a blender until smooth. Note: You can use a stick blender if you have one.

Preheat the oven to 375-degrees. Grease a 9-inch Springform pan with 1 tablespoon olive oil and bring a large pot of generously salted water to a boil. Cook the pasta until it is slightly less than al dente; about 8 minutes. Drain the pasta, spread in a single layer on a rimmed baking sheet and toss with the remaining 1 tablespoon of oil. Stand the rigatoni on their ends in the prepared pan until it is completely filled (you might not use all the pasta.) Place the pan on a foil-lined baking sheet to catch drips. Pour the sauce over the noodles, spreading it with the back of a spoon. (You may not need all the sauce.) Sprinkle the top of the pasta with the mozzarella and Parmesan cheeses.

Cover the pan with foil, doming it slightly to avoid touching the cheese. Bake for 30 minutes. Uncover the pan and continue cooking until the top is golden brown and bubbly, about 30 minutes more. Let stand so the pasta can cool for 10 minutes, then carefully remove the sides of the pan, and cut into wedges and serve. Serves 8

Note: To save time, instead of making your own sauce, you can substitute 4 cups of smooth-textured, store bought sauce.

LEMON ORZO

¾ to 1 teaspoon kosher salt plus more for the water
1 cup uncooked Orzo
¼ cup pine nuts, toasted
2 tablespoons unsalted butter
2 teaspoons chopped fresh parsley, plus parsley leave for garnish
1 teaspoon finely grated lemon rind
¼ cup crumbled feta cheese
Olive oil, for drizzling, optional
Lemon slices, for garnish, optional

Cook the Orzo in salted water according to package directions, then drain well and transfer to a large bowl.

Mix in the pine nuts, butter, chopped parsley, lemon zest, and salt. Stir well to combine. Gently fold in the feta, adding a drizzle of olive oil if needed. Serve warm garnished with parsley leaves and lemon slices. Serves 4

PASTA TIMBALLINI

1 tbsp. butter or margarine, softened
½ cup dried white bread crumbs
6 oz. thin spaghetti (Note: if you can find Tricolor pasta, use that)
1 cup Béchamel Sauce
1 egg yolk
1 cup Gruyere (Swiss) cheese, grated or finely chopped
Salt and Pepper
Fresh flat-leaf parsley or cilantro

Sauce

2 tsp. olive oil
1 onion, chopped finely
1 bay leaf
2/3 cup white wine
2/3 cup sieved tomatoes – pureed tomatoes
1 tbsp. tomato paste

Grease four ¾ cup molds or ramekins with the butter or margarine. Evenly coat the insides with half the breadcrumbs.

Break the spaghetti into 2-inch lengths. Bring a saucepan of lightly salted water to the boil and cook the spaghetti for 5 – 6 minutes or until just tender. Drain well and put into a bowl. Mix

some of the béchamel sauce, along with the egg yolk, cheese and seasoning into the cooked pasta and mix. If it seems dry, add more béchamel sauce. Pack into the molds.

Sprinkle with the remaining breadcrumbs and put on a baking sheet. Bake in a preheated 425 – degree oven for 20 minutes until golden. Leave to stand for 10 minutes.

Meanwhile, make the sauce. Heat the oil in a saucepan and gently fry the onion and a bay leaf for 2 – 3 minutes or until the onion is just softened. Stir in the wine, tomato sauce, tomato paste and seasoning. Bring to the boil and simmer for 20 minutes until thickened. Discard the bay leaf prior to serving.

Run a palette knife (small spatula) around the inside of the molds or ramekins. Turn on to serving plates, garnish with parsley or cilantro and serve with the tomato sauce. Serves 4

BECHAMEL SAUCE

1¼ Cups milk
2 bay leaves
3 cloves
1 small onion
¼ cup butter
6 tbsp. flour
1 ¼ cups cream
Freshly grated nutmeg – about a pinch
Salt and pepper

Pour the milk into a small pan and add the bay leaves. Press the cloves into the onion; add to the pan and bring the milk just to the boil. Remove the pan from the heat and set it aside to cool for 1 minute.

Strain the milk into a bowl and rinse the pan. Melt the butter in the pan and stir in the flour. Stir for 1 minute; then gradually pour in the milk, stirring constantly. Cook the sauce for 3 minutes over medium heat, watching that the pan does not boil over; then pour in the cream and bring everything back to the boil. Immediately remove the pan from the heat and season to taste with the nutmeg, salt and pepper.

JUMBO SHRIMP WRAPPED IN ANGEL HAIR PASTA

6 to 8 jumbo shrimp, peeled and cleaned
5 oz. cooked angel hair pasta or cooked capellini pasta
Olive oil
2 whole garlic cloves

¼ tsp red pepper flakes

Peel and devein the shrimp. Take the cooked and cooled pasta and gently wrap each shrimp – wrapping the pasta around the shrimp rope-like. Set aside.

Take the olive oil and pour it into a sauté pan over medium high heat. Add the whole garlic cloves and the red pepper flakes. Cook the garlic for 1 to 2 minutes just to infuse the oil with the garlic flavor. Do not allow the garlic to burn. Remove the garlic and place the shrimp, one at a time, into the hot oil. Cook for approximately 1 – 2 minutes on each side or until the shrimp are pink and the pasta is cooked a golden brown in color. Remove the shrimp and place on paper towels to dry. Sprinkle with salt and pepper or with any seasoning of your choice, such as Old Bay or other spice blend. Serve warm. Serves 6 to 8

TUNA AND PASTA SALAD

1 pound pasta – Fusilli or Conchiglie, or Penne Pasta
6 oz. green beans cut into short lengths
Red pepper, thinly sliced
2 spring onions, chopped
4 oz. can good tuna in olive oil
2 tablespoons olive oil
¼ cup white wine vinegar
1 tablespoon fresh lemon juice
1 clove garlic, crushed
1 teaspoon sugar
1 large cucumber, sliced thin
6 eggs, hard-boiled and quartered
4 tomatoes cut into eighths
½ cup pitted black olives
2 tablespoons chopped fresh basil

Cook the pasta in a large pan of rapidly boiling salted water until *al dente*. Drain, rinse under cold water and drain again. Combine the pasta, beans, pepper and spring onions in a large bowl, mixing well. Drain the tuna, reserving the oil, and flake with a fork into a separate bowl.

Combine the reserved tuna oil, the olive oil, the vinegar, lemon juice, garlic and sugar in a small screw top jar. Shake vigorously for 2 minutes or until well combined.

Spoon the pasta into the center of a large serving platter. Arrange the cucumber, egg, and tomato around the edge of the platter, and drizzle with half the dressing. Scatter the flaked tuna, olives and basil over the salad and drizzle with the remaining dressing just before serving. Serves 8

CHICKEN, PEAR AND PASTA SALAD

11 oz. pasta, - Cavatielli or Fusilli or Penne or bow tie shapes
6 ½ oz. chicken breast fillets
2 ripe pears
3 spring onions, finely sliced
2 tablespoons toasted slivered almonds or toasted pine nuts
3 ½ oz. creamy Blue-cheese
3 tablespoons sour cream
3 tablespoons ice-cold water

Cook pasta in a large pot of rapidly boiling salted water until *al dente*. Drain, rinse under cold water and drain again. Allow the cooked pasta to cool.

Place the chicken breasts in a frying pan, cover with cold water and simmer gently for 8 minutes or until tender, turning the chicken over occasionally. Remove from the pan, allow to cool, slice into thin slices and place in the bowl with the pasta.

Halve the pears and remove the cores. Cut the pears into thin slices, about the same size as the chicken pieces and add to the chicken with the spring onions and toasted nuts.

Mix the creamy blue cheese and sour cream with 3 tablespoons of ice-cold water and ¼ teaspoon each of salt and pepper, in a food processor until smooth. Pour the mixture over the salad and toss to combine. Transfer the salad to a serving bowl or arrange on a platter. Garnish with slivers of spring onions if you like. Serves 6

FARFALLE SALAD WITH SUN-DRIED TOMATOES AND SPINACH

1 Pound Farfalle or spiral pasta
3 spring onions
2 oz. Sun-dried tomatoes cut into strips
12 oz. baby spinach, stalks trimmed and leaves shredded
2 oz. toasted pine nuts
1 teaspoon dried oregano or 1 tablespoon fresh chopped oregano
¼ cup olive oil
1 teaspoon fresh chopped chili or ½ teaspoon dried red chili flakes
1 clove garlic, crushed

Cook the pasta in a large pot of rapidly boiling salted water until al dente. Drain, rinse under cold water, and drain again. Allow to cool and transfer to a large salad bowl.

Trim the spring onions and finely slice diagonally. Add to the pasta with the tomato, spinach, pine nuts and oregano.

To make the dressing, combine the oil, chili, garlic and salt and pepper, to taste, in a small screw top jar and shake well. Pour the dressing over the top of the salad, toss well and serve.
Serves 6

SPINACH STUFFED LASAGNA RUFFLES

1 – Package lasagna noodles [one half the box]
1 8 oz. package cream cheese, softened [4 oz. cream cheese]
2 (10 oz.) packages spinach, thawed & drained [one box spinach]
1½ cups Parmesan cheese, grated [2/3s cup]
1- (15 oz.) Container Ricotta Cheese [1/2 of the container]
2 cups Mozzarella cheese, shredded [one cup]
1½ teaspoons Italian seasoning [1 teaspoon]
¼ teaspoon salt [a pinch]
Pinch of freshly ground nutmeg – if you have a nut allergy, this can be left out
32 ounces spaghetti sauce of your choice, preferably meatless [15 oz. size jar]
Approx. 8 ounces of meat, poultry or seafood – see note below. [4 oz. of meat]

Cook the noodles according to the package directions. Drain and set aside on a cookie sheet lined with wax paper. Place wax paper or parchment paper between the layers of cooked noodles. You usually get 18 to 20 noodles per box, so about three layers on a standard rimmed baking sheet. While the noodles are cooking, defrost the spinach in a pot of water and cook for about 6 minutes, drain well and then add some freshly grated nutmeg to the spinach.

For the filling, beat cream cheese until smooth, stir in the spinach, 1 cup of the Parmesan cheese, Ricotta cheese, Mozzarella cheese, Italian seasoning, nutmeg, and salt. Add meat* (sausage, ground beef, chicken or seafood at this time. Make sure it is ground so it will roll inside the noodles.)

Spread approximately 1/3 cup of the filling over each cooked noodle, spreading the filling so it covers the entire noodle. Roll the noodles up lengthwise (jellyroll style).

Pour one-third of the spaghetti sauce into a lightly greased ovenproof container. Place each roll, seam side down in the sauce. After placing the rolls in the pan, top with the remaining sauce and Parmesan cheese. Cover with foil and cook in a preheated 350-degree oven for 30 to 40 minutes or until hot throughout. Serves 6 –See Note:

**Note: You can fill the rolls with a meat mixture (beef, pork, veal, chicken, turkey or seafood such as crab or shrimp. Just be sure the mixture is cooked prior to adding to the filling. Make sure everything is ground into small sizes so it will roll up inside the lasagna noodle.*

You can place one or two rolls in small ovenproof containers, sauce and then wrap in plastic

wrap and then foil. You can freeze these for later use. Just defrost in the refrigerator overnight and then follow the cooking directions as shown above.

As information, a full box of uncooked lasagna noodles is usually around 12 to 15 noodles. The average size for a single meal would be two rolled noodles. Therefore you can have maybe 4 to 5 separate packaged meals in the freezer. Of course you can always cut the recipe in half or even thirds so as not to have too many items in the freezer. You will note that I have given you the recipe for a full box of noodles, and then on the right of each ingredient in parenthesis, I have cut that recipe in half.

BLACK BEAN LASAGNE

2 16 oz. cans black beans, rinsed & drained

1 Cup salsa

1 24 or 28-ounce jar meatless spaghetti sauce

1 teaspoon garlic, minced

1½ teaspoons ground cumin

1 30oz. container ricotta cheese

1/3 cup parmesan cheese, shredded

1 egg white

¼ cup milk – see note

Package no-cook lasagna noodles – I use Barilla no cook, they just fit the 8x8 pans

1 cup mozzarella cheese, shredded

1 cup- Monterey jack cheese, shredded

2 8x8 aluminum pans

Heavy duty foil

Spray olive oil

Preheat oven to 350-degrees. Lightly grease (spray) 13 x 9 or two 8x8 baking pans – I use veggie spray.

In large bowl, stir together beans, salsa, spaghetti sauce, garlic, and cumin. Set aside. In medium bowl, stir together ricotta, Parmesan, egg white, and milk (note – depending on cheese and ricotta consistency, you may not need the entire ¼ cup of milk.).

Spread 1-2 tablespoons bean mixture in bottom of each 8 x 8 pan. Place 2 lasagna noodles over sauce. Spread with about one fourth the ricotta mixture and sprinkle with about one fourth the

Monterey jack and mozzarella cheeses (remember, you are making two pans of lasagna). Now cover with 2 – 3 tablespoons bean mixture, making sure it covers the noodles completely. Repeat layer of noodles, ricotta mixture, bean mixture, mozzarella and Monterey jack cheese. Top with another layer of noodles and then sauce, then spread cheese over sauce.

Cover dish tightly with foil and bake for 30 - 40 minutes. Uncover and bake 10 minutes more or until noodles are done and lasagna is heated through. Set to stand 5 minutes before serving.

Note: Prepare as above only do not cook. Cover and freeze. Defrost overnight in the refrigerator. Baked, covered, 30 - 40 minutes in a preheated 350-degree oven. Uncover and bake an additional 10 minutes to ensure the lasagna is heated through. Let stand 5 minutes before serving.

MACARONI AND FOUR CHEESES

9 tablespoons butter	2 cups grated sharp yellow cheddar-divided
5 cups milk	2 cups grated sharp white cheddar-divided
1 ½ cups plus 1 tbsp. all-purpose flour	1 cup freshly grated Parmesan cheese-divided
1 teaspoon kosher salt	20 scallions, white & pale green parts, sliced
¼ teaspoon freshly ground black pepper	5 ounces fresh goat cheese
¼ teaspoon cayenne pepper	4 cups elbow macaroni

Preheat the oven to 375 – degrees. Lightly butter a 2-3 quart casserole. Set aside. Warm the milk in a medium saucepan over medium-low heat. Melt the butter in a large saucepan* over medium heat. Gradually whisk in the flour, and cook for 2 minutes, or until the mixture is thick and smooth. Whisking constantly, gradually add the warm milk. Cook over medium-low heat 8 to 10 minutes, whisking occasionally. Remove the white sauce from the heat; add the salt, pepper and cayenne. *You need a large saucepan or small pot so this mixture plus the cheese will be able to be stirred.

In a bowl, combine ¼ cup each of the yellow and white cheddar cheeses and ¼ cup Parmesan; set aside. Set aside 1 tablespoon of scallions. Add the remaining 1¾ cups of both the cheddar cheeses and ¾ cup Parmesan to the warm white sauce. Stir well Stir in the remaining scallions and goat cheese in 1-inch pieces; fold gently to combine. Set the sauce aside.

Cover a large pot of salted water, and bring to a boil. Cook the macaroni until the outside of the pasta is cooked and the inside is underdone, 2 to 3 minutes. Transfer the macaroni to a colander, rinse under cold running water, and drain well. Return the cooked macaroni to its original pot and mix in the reserved cheese sauce, stirring to incorporate everything together. Pour the mixture into the prepared casserole; top with the reserved scallions and cheeses. (Note: Sometimes I will top the macaroni with either fresh bread crumbs or maybe some Panko

bread crumbs and then give them a spray with a butter spray. This produces a nice crisp topping. Bake until golden brown and bubbling, about 30 minutes. Serve hot. Serves 10 to 12

FETTUCCINE WITH SHRIMP, CAPERS AND MUSHROOMS

1 pound fettuccine
1/2 cup mushrooms, sliced
¼ cup capers, drained
1 tablespoon basil, fresh, minced, or 1 teaspoon dried
1 tablespoon fresh parsley, minced, or 1 teaspoon dried
½ cup clam juice, bottled
¾ pound shrimp, about 20, shelled and deveined
¾ cup heavy cream
¾ cup Fontina Cheese, grated
3 cloves garlic, minced
¼ cup olive oil
1 teaspoon oregano, dried
White pepper

In a large skillet cook the garlic in the oil over moderate heat until it is pale and golden, stir in the mushrooms and the capers. Cook the mixture, stirring, until almost all the liquid the mushrooms give off is evaporated. Add the clam juice, the basil, the parsley, and the oregano and simmer the mixture, stirring occasionally, until the liquid is reduced by one third.

Add the shrimp, simmer the mixture for 1 –2 minutes or until the shrimp are just cooked through, then stir in the cream, Fontina, white pepper and salt (to taste), stirring until the cheese melts. Remove from heat and keep warm.

Cook the Fettuccine as per package directions, drain, and place into a large bowl. Add the Shrimp and caper sauce, toss, then serve, with more chopped fresh parsley, if desired. Serves 4 to 6

STUFFED MANICOTTI

½ - ¾ pound Italian Sweet Sausage, either in patties or links
1 15 oz. can tomato sauce
3 ounces tomato paste
1/8 cup water
½ teaspoon oregano, dried
1 teaspoon basil, dried
1 teaspoon brown sugar, light or dark

1 15 oz. container Ricotta cheese
1 ½ cups Mozzarella cheese, shredded
1 egg
1 teaspoon chopped fresh parsley
½ teaspoon salt
¼ teaspoon pepper
8 – 10 manicotti noodles, cooked as per package instructions
4 – 6 tablespoons Parmesan cheese, grated

Cook pasta as to box instructions, set aside. Hint – cook a little less than the time stated so the noodles are cooked yet still a little firm.

In a large saucepan, brown the sausage (Note: if using link sausage split the links and remove the sausage. If using patties break it up) When browned, drain off excess fat and remove half of the sausage and set aside in a large bowl. To the remaining sausage, stir in tomato sauce, tomato paste, 1/8 cup water, dried oregano, basil and the brown sugar and simmer this mixture for 15 minutes. Do not bring it to a boil, just a simmer.

Meanwhile, in the large bowl with the rest of the sausage combine the ricotta, 1 cup shredded mozzarella, the egg, parsley, salt and pepper. Mix well, then using small spoon stuff the Manicotti pasta sleeves, pushing the mixture into the noodles from each end. Do not over stuff, just enough to fill the sleeve. Taking either two 8 x 8 aluminum baking pans or a 9 x 13 glass baking dish, spoon about 1/3 of the sauce into the bottom of the container. Place the stuffed Manicotti on top of the sauce, then top with the remaining sauce. Sprinkle with the remaining mozzarella and Parmesan cheese. Cover with foil

Bake in a preheated 375-degree oven, covered, for 40 to 50 minutes. Remove the foil cover the last 10 minutes of baking time to allow all the cheeses to melt and get a little brown. Remove and serve with crusty bread, red wine and a green salad. Serves 4 to 5

VERMICELLI WITH CLAM SAUCE

14 oz. vermicelli, thin spaghetti or other thing pasta
1 tablespoon olive oil
2 tablespoons butter
2 tablespoons Parmesan shavings, for garnish
Basil, for garnish

Sauce

1 tablespoon olive oil
2 small onions, finely chopped
2 garlic cloves, chopped

2 7 oz. jars clams
½ cup white wine
4 tablespoons chopped fresh parsley
½ teaspoon dried oregano
A pinch of freshly grated nutmeg
Salt and pepper to taste

Cook the pasta in a large pan of boiling salted water, adding the olive oil to the boiling water. When the pasta is almost tender, drain in a colander, return the pasta to the pan and add the butter. Stir in the butter and cover the pan to keep the pasta warm. Make sure it is off heat.

To make the clam sauce, heat the oil in a pan over a medium heat and fry the onion until it is translucent. Stir in the garlic and cook for 1 minute longer.

Strain the liquid from one of the jars/cans of clams, pour it into the pan and add the wine. Stir well, bring to simmering point and simmer for 3 minutes. Drain the brine from the second jar/can of clams and discard. Add the clams and herbs to the pan, and season with pepper and nutmeg. Lower the heat and cook until the sauce is heated through.

Transfer the sauce to the pot with the pasta and combine well. Place on a serving platter and top with Parmesan shavings and some fresh basil. Serves 4

PASTA AND CHICKPEA SOUP

2 tablespoons olive oil
1 onion, chopped
1 – 3 cloves garlic, chopped
2 large tomatoes, chopped
1 teaspoon fresh chopped rosemary leaves
1 can (14 oz.) chickpeas, drained
2 cups vegetable or chicken stock
5 oz. macaroni pasta
Salt and pepper to taste
Freshly grated Parmesan cheese

Heat the olive oil in saucepan. Sauté onion and garlic until softened.

Coarsely puree tomatoes, rosemary, half the chickpeas and half the stock in a food processor or blender; stir pureed ingredients into the saucepan and bring to a boil. Cover and simmer gently for 5 – 8 minutes.

Bring remaining stock to a boil and add to the pan. Add macaroni, stir, cover and simmer until macaroni is tender. Add more stock or water, if necessary, to maintain a soupy consistency. Add

remaining chickpeas, salt and pepper and heat through. Serve with grated cheese on top.
Serves 4

PRAWN AND BASIL SOUP

2 tablespoons olive oil
1 tablespoon of butter
1 small red onion, sliced thin
2 whole cloves of garlic, peeled
2 celery sticks, cut into julienne strips
3 small carrots cut into julienne strips
1 tablespoon finely chopped fresh parsley
1½ tablespoon finely chopped fresh basil
A pinch of cayenne pepper
1 pound shrimp, shelled and cleaned
½ cup dry sherry
4 cups chicken stock
2 ¼ oz. shell pasta, small shell – conchiglie or macaroni type pasta
3 tablespoons heavy cream

In a large pan, heat the olive oil and butter, add the onion and garlic cloves and cook over low heat for 2 – 3 minutes.

Add the celery and carrots and cook until the vegetables are somewhat golden but not brown. Add the parsley, basil and cayenne - stir briefly. Add the shrimp and toss to coat. Remove the garlic cloves.

Add the sherry and increase the heat and cook for 2 – 3 minutes. Add the chicken stock and return to the boil - reduce the heat and simmer for 5 minutes. Add the pasta and cook until the pasta is *Al Dente*. Stir in the cream and salt and pepper to taste and serve. Serves 4

MINSTRONE WITH PESTO

1 can-Cannellini Beans, drained
2 cans chicken or vegetable stock
1 medium to large onion, chopped
1 leek trimmed and sliced thinly
2 celery stalks, sliced very thinly
2 carrots chopped
3 tablespoons olive oil
2 tomatoes, peeled and chopped roughly

1 zucchini trimmed and sliced thinly
2 potatoes peeled and diced
4 oz. elbow macaroni
2 tablespoons prepared pesto
Salt and pepper to taste
Parmesan cheese to top

Add the olive oil to a stockpot and sauté the leek, celery and carrots for 2 – 3 minutes or till slightly soft. Add the stock and cook for 1 – 2 minutes longer.

Add the tomatoes, zucchini, potatoes, macaroni, beans, and seasoning. Cover and bring to a boil, reduce heat and simmer for about 30 minutes or until the vegetables are tender.

Stir in the 2 tablespoons of pesto stirring to incorporate fully. Allow soup to simmer for a few minutes, taste for seasoning, spoon into bowls and top with Parmesan cheese. Serves 4

ARUGULA, CHERRY TOMATO AND SPICY SALAMI PASTA SALAD

¾ pound cooked Orecchiette Pasta
6 slices spicy Italian salami, cut into strips
5 oz. Arugula, shredded
6 ½ oz. cherry tomatoes, halved
4 tablespoons olive oil
3 tablespoons white wine vinegar
1 teaspoon sugar

Cook the pasta in a large pan of rapidly boiling salted water until al dente. Drain, rinse under cold water and drain again. Allow to cool.

Heat a frying pan over medium heat, add the prepared salami and cook until crisp. Drain well on paper towels and set aside.

Combine the salami, pasta, arugula and cherry tomatoes in a large bowl. In another bowl whisk together the oil, vinegar, sugar and ¼ teaspoon each of salt and pepper for 1 to 2 minutes to incorporate. Drizzle over the salad just prior to serving and toss. Serves 4

BAKED SPAGHETTI CASSEROLE

1 cup chopped onion
1 cup chopped green pepper
1 tablespoon butter
1 can (28 oz.) tomatoes with liquid - cut up

1 can (4 oz.) mushrooms stems and pieces – drained
1 can (2 ¼ oz.) sliced ripe black olives, drained
2 teaspoons dried oregano
1 pound ground beef, browned and drained (optional)
12 ounces spaghetti, cooked and drained
2 cups (8 oz.) shredded cheddar cheese
1 can (10 ¾ oz.) condensed cream of mushroom soup, undiluted
¼ cup water
¼ cup grated Parmesan cheese

In a large skillet, sauté onion and green pepper in butter until tender. Add tomatoes, mushrooms, olives and oregano. Add ground beef, if desired. Simmer on medium-low heat, covered, for 10 minutes. Place half of the cooked spaghetti in a greased 9 x 13 x 2 inch casserole dish. Top with half of the vegetable/meat mixture, Sprinkle with 1 cup of the cheddar cheese. Repeat layers. Mix the soup and water until smooth; pour over casserole. Sprinkle with Parmesan cheese. Bake, uncovered, at 350-degrees for 30-35 minutes or until heated through; serve with a nice green salad and enjoy. Serves 12

LAZY NO-BAKE LASAGNA

1 tablespoon olive oil
1 pound mild Italian sausage, casings removed
2 cups Classic Marinara Sauce, I used Wegmans
12 ounces Mafaldine Corte pasta – bought at Wegmans
1 package Mozzarella balls – the ones called pearls
¾ - 1 cup ricotta cheese, I use whole ricotta
¼ cup grated Parmesan
Torn basil leaves for topping – optional

Heat the olive oil in a large Dutch oven or wide mouth pot over medium-high heat. Add the sausage and cook; breaking up the clumps with a wooden spoon, until brown, about 6 minutes. Add the Marinara sauce and 3 ½ cups of water and bring to a boil.

Take the pasta and break it into thirds and add to the pot, stir to be sure all the pasta is coated with the liquid. Cook until pasta is al dente, about 16 minutes. Now add the ricotta and the mozzarella pearls and stir everything together. Continue to cook until everything is heated through and the cheese has started to melt. Sprinkle the top with grated parmesan and serve.

FETTUCINE ALFREDO

1 pound fettucine
3 oz. butter
1½ cups freshly shredded Parmesan
1¼ cups heavy cream
3 tablespoons chopped fresh parsley

Cook the pasta in a large pan of rapidly boiling salted water until *al dente*. Drain and return to the pan.

While the pasta is cooking, heat the butter in a medium pan over low heat. Add the Parmesan and cream and bring to the boil, stirring constantly. Reduce the heat and simmer for 10 minutes, or until the sauce has thickened slightly. Add the parsley, salt and pepper to taste and stir well to combine. Add the sauce to the warm pasta and toss well to combine. Serve garnished with a fresh herb sprig, if desired. Serves 6

PASTA DESSERT RECIPES

Ricotta Stuffed Shells with Lemon and Raspberry Sauce

1 – 12 oz. package jumbo shells

Lemon Sauce

1 cup nonfat lemon yogurt
1 8oz pkg. light cream cheese, softened
2 tbsp. Confectioners' sugar
½ tsp. grated lemon zest

Sweet Ricotta Filling

1 15oz. container ricotta cheese
3 tbsp. Confectioners' sugar
½ tsp. vanilla extract
½ tsp. grated lemon zest
¼ cup finely chopped crystallized ginger

Raspberry Sauce

1 10oz. package frozen red raspberries in light syrup, thawed
2 tbsp. Confections sugar
1 tbsp. orange juice or orange liqueur

Garnish

As needed, whole fresh raspberries
As needed, mint leaves
As needed, lemon zest

Prepare pasta according to package directions, omitting the salt and instead adding 1cup sugar to the boiling water. Drain carefully and set aside in a single layer on a baking sheet. Cover with a lightly dampened towel. Blend lemon sauce ingredients together with an electric mixer until smooth. Hold in refrigerator until ready to assemble. Combine all the ricotta filling ingredients together, except ginger, with a whisk. Stir in ginger. Hold in refrigerator until ready to assemble. Puree raspberry ingredients in food processor or blender. Press through a sieve set over a bowl to remove seeds. Set aside. To assemble, place about 1 tablespoon ricotta filling in each jumbo shell; spoon a puddle of lemon sauce in center of each dessert plate. Place 3 filled shells on sauce, like spokes. Drizzle or decorate with raspberry sauce and additional lemon sauce, if desired. Garnish with fresh raspberries, mint leaves and/or lemon zest. Serves 6

SWEET NOODLE KUGEL

1 (8 ounce) package wide egg noodles
2 cups small curd cottage cheese
1½ cups sour cream
½ cup white sugar
½ cup golden raisins
3 large eggs, beaten
½ teaspoon salt
¼ teaspoon ground cinnamon
1/8 teaspoon ground nutmeg

Preheat the oven to 350-degrees. Grease an 8-inch square baking pan.

Fill a large pot with lightly salted water and bring to a rapid boil. Cook egg noodles at a boil until tender, yet firm to the bite, 7-9 minutes. Drain.

Mix cottage cheese, sour cream, sugar, raisins, eggs, salt, cinnamon, and nutmeg together in a large bowl. Mix in the cooked noodles, and then pour into the prepared baking dish. Bake this, uncovered, in the preheated oven until golden brown on top, about 40 minutes. Serves 8

PASTIA

½ pound thin egg noodles cooked
½ cup butter
1 ½ cups white sugar
1 quart milk
1 pint heavy cream
1 ounce anise extract

3 tablespoons vanilla extract
12 eggs
8 ounces ricotta cheese

Preheat oven to 350-degrees.

In a large mixing bowl, combine noodles, butter, sugar, milk, cream, anise, vanilla, eggs and ricotta. Spoon into a 9 x 13 inch baking dish and bake for 1 ¼ hours, until golden and knife inserted in center comes out clean. Cool, then slice and serve. Serves 14 to 20 depending on how big you slice it.

CHOCOLATE LOVERS FETTUCCHINE a la MODE

10 oz. chocolate fettuccine
¼ teaspoon canola oil
½ cup whipped cream
1 tablespoon white sugar
1 teaspoon unsweetened cocoa powder
2 cups vanilla ice cream, divided
½ cup chocolate ice cream topping

Bring a large saucepan of water to a boil, cook the chocolate fettuccine until tender but not mushy, about 2 ½ minutes. Drain the pasta and immediately place into a large bowl filled with ice water. Allow to stand until chilled, about 5 minutes.

Drain the pasta again and toss with canola oil in a bowl to lightly coat. Refrigerate until fully chilled, at least 15 – 20 minutes.

Lightly whisk the whipped cream, sugar, vanilla extract, and cocoa powder together in a small bowl until thoroughly combined.

To make the desserts, divide the chocolate fettuccine between 4 dessert plates in a circular like pattern. Spoon a dollop of chocolate whipped cream on the fettuccine on each plate. Place ½ cup of the vanilla ice cream onto the whipped cream. Now spoon 2 tablespoons chocolate topping onto each plate and serve.

Serves four very lucky folks

And finally, **THE MAC ATTACK** – taking the basic recipe for a Macaroni Salad and then looking at 10 different ways to dress it up.

The Basic Macaroni Salad

In a small bowl, combine 1 cup mayonnaise 2 tsp. sugar, $\frac{3}{4}$ tsp. ground mustard, $\frac{1}{4}$ tsp. salt and $\frac{1}{8}$ th tsp. pepper. Place 4 cups of cooked elbow macaroni in a large bowl. Add the ingredients from the small bowl and toss to coat. Chill prior to serving. You can dress it up as follows:

For Grecian Macaroni Salad– add 2 tsp. dried oregano, 2 tsp. grated lemon zest, $\frac{1}{2}$ cup crumbled feta cheese, $\frac{1}{2}$ cup chopped peeled cucumber; $\frac{1}{2}$ cup sliced red onion; $\frac{1}{2}$ cup cherry tomatoes – halved; and $\frac{1}{4}$ cup Greek olives, chopped.

For Scandinavian Macaroni Salad– add 2 tsp. snipped fresh dill; 1 cup peeled and deveined cooked shrimp, 1 small cucumber – chopped; and 1 small red onion, thinly sliced. Top with additional dill, if desired.

For Caprese Macaroni Salad– add 1 Tbsp. Italian salad dressing mix, 1 pint cherry tomatoes – halved, and 1 cup fresh mozzarella cheese pearls. Top with minced fresh basil and grated Parmesan cheese.

For Middle Eastern Macaroni Salad – add $\frac{1}{2}$ lb. cooked ground lamb, one 16-oz. can chickpeas, and drained and rinsed, $\frac{1}{4}$ cup chopped onion and 1 tsp. za’atar seasoning. Top with plain yogurt and grated lemon zest.

For Chicken Caesar Macaroni Salad – add 2 Tbsp. Italian salad dressing mix, 1 cup chopped, cooked chicken, one 14-oz. can water –packed artichoke hearts – drained and chopped, $\frac{1}{4}$ cup grated Parmesan cheese and 2 Tbsp. capers, drained. Top with croutons, if desired.

For Polynesian Macaroni Salad – add one 12 oz. can SPAM, cubed and cooked, on 8 oz. can water chestnuts, drained, 1 chopped red pepper, and on 8 oz. can unsweetened pineapple tidbits, drained. Top with chopped green onions, if desired.

For Cubano Macaroni Salad – add 1 cup shredded Swiss cheese, 1 cup cubed cooked pork, 1 cup cubed fully cooked ham, and $\frac{1}{2}$ cup chopped sweet pickles and $\frac{1}{2}$ cup chopped onion.

For Chicken Taco Macaroni Salad – add 2 Tbsp. reduced-sodium taco seasoning, 2 cups cubed cooked chicken, 1 small sweet yellow or orange pepper, chopped and 1 jalapeno pepper seeded and chopped. Top with fresh cilantro leaves.

For Barbecue Macaroni Salad – add 1 to 3 Tbsp. barbecue sauce, 1 Tbsp. ranch salad dressing mix, 2 hard-boiled eggs, chopped and 2 Tbsp. sweet pickle relish. Drizzle with additional barbecue sauce, if desired.

For Shrimp and Crab Macaroni Salad – add 2 tsp. Old Bay Seasoning, 1 tsp. garlic powder, 6 oz. imitation crabmeat, 1 small cucumber chopped and 1 cup peeled and deveined cooked shrimp. Top with chopped green onions.