

# Pasta Dinner

Pinching pennies? Make it a pasta night!

*Use the guide below to choose your ingredients. To cook, season with salt and pepper or other spices, to taste. Bake at 350°F for 40-60 minutes or until top is brown and bubbly.*



Pasta (½ pound)	+	Protein	+	Veggies (2 cups total, any combo)	+	Sauce (1-2 cups)	+	Seasonings (Optional, to taste)
Whole grain pasta		Lean ground beef, tur- key, or chicken, cooked and drained (1 pound)		Spinach, chard, or kale		Marinara		Grated low-fat cheese
Brown rice		Extra-firm tofu, drained and crumbled (14-ounce package)		Broccoli		Peanut Sauce		Bread crumbs
		Beans, rinsed and drained (1 can or 2 cups cooked)		Carrots		Canned diced or crushed tomatoes		Crushed corn flakes
		Frozen peas or edamame (soy beans), thawed and drained (2 cups)		Sugar snap or snow peas		Cheese Sauce (recipe on page X)		Crushed tortilla chips
		Chicken or turkey sausage, cooked and sliced		Zucchini or yellow squash		Cream Sauce (recipe on page X)		

## Directions

1. Cook pasta according to package directions. In a colander, drain pasta.
2. Cook protein as needed.
3. Cook veggies by steaming, grilling, roasting, sautéing, or adding to boiling pasta water during the last few minutes of cooking. See Veggies Three Ways for other tips.
4. In a large pot over medium heat, heat sauce. If using, add optional seasonings now. Add protein and veggies and heat through. Toss with hot cooked pasta and serve.



### Chef's Notes:

- New to whole grain pasta? Start with a whole grain blend. Once you are used to the taste, switch to 100% whole wheat pasta.
- Use ground meat that is 93% lean or leaner. Drain excess fat from meat after cooking.

# Try these combos!

## Summer Pasta Primavera

Whole grain pasta + diced tomatoes + cannellini beans + zucchini + garlic

## Spaghetti and Meat Sauce

Whole grain pasta + lean ground beef + broccoli + marinara sauce + dried basil + dried oregano + garlic



## Sauce Recipes

### Cream Sauce

1. In a small bowl, use a fork to whisk together 2 Tablespoons cornstarch and 1 cup nonfat (skim) or low-fat (1%) milk until smooth.
2. In a large saucepan over medium heat, add milk mixture. Cook until thickened, stirring constantly, about 5 minutes.
3. Stir in 2 teaspoons mustard. Season with dried or fresh herbs as you like, such as basil, parsley, or dill. Start with ¼ teaspoon and add to your taste.
4. Remove from heat. Add salt and pepper to taste. Serve hot.



### Cheese Sauce

1. Grate 2 ounces low-fat cheddar cheese.
2. Follow instructions for Cream Sauce above. In step 3, stir in cheese along with the mustard and seasonings, until melted.