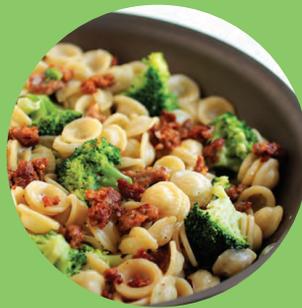


PASTA PARTY!

tasty recipes ready in less than an hour



 life as a strawberry

SPICY tomato PASTA



READY IN: 30 MINUTES

YIELD: SERVES 4-6

INGREDIENTS

1 lb. rigatoni
2 Tbsp. extra virgin olive oil
1/2 large yellow onion, diced
2 cloves garlic, minced
salt and pepper to taste
1/2 tsp. red pepper flakes
1 lb. ground hot Italian sausage
1/4 cup red wine
2 Tbsp. balsamic vinegar
1 28-oz. can crushed tomatoes
2 cups fresh arugula, chopped

NOTES

Top pasta with shredded parmesan cheese or extra fresh arugula (pictured) for garnish.

This pasta is nice and spicy! For a milder version, substitute mild Italian sausage or plain ground pork and adjust the amount of red pepper flakes to taste.

INSTRUCTIONS

Cook pasta in a large pot of very salty water until al dente. Drain pasta, set aside, and return the empty pot to the stove.

Heat olive oil in the pot over medium heat. Add diced onion and minced garlic cook until onions are translucent, about 6 minutes.

Add salt, pepper, and red pepper flakes to pot and stir to combine.

Add hot Italian sausage to pot and break it up with a wooden spoon as it cooks. Cook 8 minutes or until sausage is cooked through.

Add red wine to pot to deglaze. Be sure to scrape the browned bits off the bottom of the pot!

Add balsamic vinegar and crushed tomatoes to sauce, stir, and bring to a simmer.

Stir arugula and cooked pasta into sauce until sauce evenly coats the pasta. Serve immediately.

PESTO, MUSHROOM, & TOMATO *cavatappi*

INGREDIENTS

1 lb. cavatappi pasta
1 clove garlic, minced
2 Tbsp. olive oil
2 cups sliced baby portobello mushrooms
1 cup chopped tomatoes
1/4 cup basil pesto
salt and pepper to taste
1/4 cup grated parmesan cheese (*optional*)

INSTRUCTIONS

Cook pasta in very salty water until al dente. Drain and set aside.

Heat olive oil in a large skillet over medium heat.

Add garlic and mushrooms to oil and saute until fragrant and browned, about 2 minutes.

Add salt, pepper, and tomatoes to skillet and cook for 2-3 minutes.

Add pesto and drained pasta to skillet and toss to coat the pasta evenly with the sauce. Taste and add seasoning if necessary.

Top pasta with fresh parmesan cheese for garnish and serve immediately.



READY IN: 30 MINUTES

YIELD: SERVES 4-6

SPICY SAUSAGE *and* BROCCOLI ORECCHIETTE



READY IN: 30 MINUTES

YIELD: SERVES 4-6

INGREDIENTS

1/2 lb. ground hot Italian sausage
1/2 lb. orecchiette pasta
1 head broccoli, cut into florets
1/4 tsp. red pepper flakes
1/2 cup heavy cream
1/2 cup grated parmesan cheese
salt and pepper to taste

NOTES

Use quality parmesano-reggiano cheese here - pre-shredded cheese is often treated with preservatives that prevent it from melting smoothly into a sauce. I like to buy a nice block of parmesan and shred it myself with a microplane or cheese grater.

INSTRUCTIONS

Heat a large nonstick skillet over medium heat and add sausage to skillet. Break sausage up with a wooden spoon and cook for 7-10 minutes or until cooked through. Drain any grease and set sausage aside.

Cook the pasta in very salty water. When pasta is 2-3 minutes away from al dente, add broccoli florets to water to cook. When pasta is al dente, drain pasta and broccoli and set aside.

Return pasta pot to stove, add cream, and heat cream over medium heat until simmering.

Remove cream from heat and add pasta, broccoli, cooked sausage, red pepper flakes, and parmesan cheese and stir until cheese has melted. Add salt and pepper to taste and serve immediately.

MUSHROOM *spinach* LASAGNA

INGREDIENTS

1/2 lb. lasagna noodles
3 Tbsp. Olive Oil
1/2 large yellow onion,
diced
2 cloves garlic, minced
Salt and pepper to taste
1/2 lb. baby portobello
mushrooms, sliced
3 Tbsp. flour
2 ²/₃ cups chicken stock
3/4 cup milk (I use skim)
3 cups spinach
3.5 cups shredded
parmesan cheese

NOTES

Freeze assembled lasagna ahead of time if you don't want to bake it immediately.

Add 2 cups of diced chicken to sauce for added protein.

INSTRUCTIONS

Cook noodles in very salty water until 4 minutes less than al dente.

In a large saucepan, heat oil over medium heat. Add onion, garlic, salt, pepper, and mushrooms and saute until onion is translucent, about 5 minutes.

Stir in flour to form a roux. Cook for 1 minute.

Slowly add stock to pan, stirring constantly to break up the roux. Once all stock is incorporated, add milk to sauce, stir, and simmer for 10-15 minutes until thickened.

Add spinach to sauce and cook until wilted, about 5 mins.

Remove sauce from heat and add 1.5 cups of the parmesan. Stir until cheese has melted.
(Reserve remaining cheese for assembling the lasagna).

To assemble, spread a thin layer of sauce on the bottom of a 9 x 13 baking dish to prevent sticking. Lay lasagna noodles down, then a layer of sauce, then a layer of parmesan cheese, and repeat until the pan is full. End with a layer of cheese on top.

Bake at 375 for 30-35 minutes or until cheese is melted and bubbly.



READY IN: 1 HOUR

YIELD: SERVES 4-6

ONE POT *creamy corn* AND TOMATO PASTA



READY IN: 30 MINUTES

YIELD: SERVES 4-6

INGREDIENTS

1 lb. orecchiette pasta
1/4 cup extra virgin olive oil
salt and pepper to taste
2 cups sweet corn kernels
2 cups quartered cherry tomatoes
1/4 cup cream cheese
1 cup chopped fresh cilantro

NOTES

Don't forget to salt your pasta water! Seasoning makes all the difference here since there are so few ingredients, and if you omit the salt in this recipe you'll end up with a bland dish. Also, don't skimp on the black pepper - using fresh ground black pepper (instead of pre-ground) gives this pasta a nice extra bit of flavor!

INSTRUCTIONS

Cook pasta in very salty water until al dente. Drain and set aside. Return pan to stove.

Heat olive oil in pan over medium-high heat.

Add sweet corn and cherry tomatoes and saute until corn is cooked through, about 3 minutes.

Add cream cheese to pan and stir until cream cheese is melted, about 2 minutes.

Add salt and pepper to taste.

Return pasta to pan and toss to coat with sauce.

Reserve 2 tablespoons of chopped cilantro for garnish. Toss remaining cilantro with pasta.

Serve immediately and top with reserved cilantro for garnish.

CHICKEN ENCHILADA *lasagna*

INGREDIENTS

1/2 lb. lasagna noodles
2 cups enchilada sauce
2.5 cups shredded chicken
3 cups shredded colby jack cheese
1/4 cup fresh cilantro, chopped
2 green onions, sliced
1/2 cup plain Greek Yogurt

NOTES

Use sharp cheddar in place of colby jack if you prefer.

Not a Greek Yogurt fan? Swap it for regular sour cream!

INSTRUCTIONS

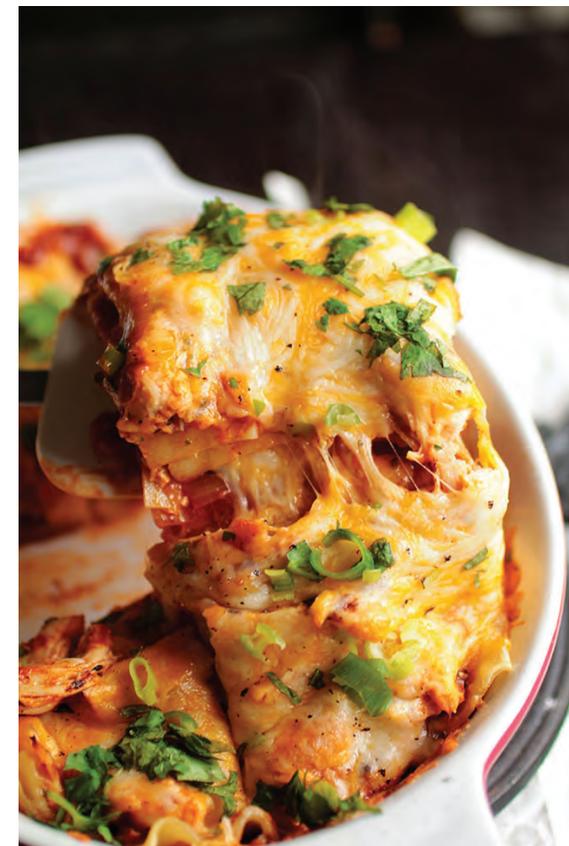
Cook lasagna noodles in very salty water until 4 minutes less than al dente.

Spread a bit of enchilada sauce on the bottom of a 9x13 baking dish to prevent sticking. Lay down a layer of noodles, then a layer of sauce, then a layer of shredded chicken, then a layer of cheese, and repeat until dish is full or you run out of ingredients. End with a final layer of noodles topped with enchilada sauce and a generous handful of shredded cheese.

Bake lasagna immediately or store it in the fridge or freezer for later. If you're not baking it right away, let it cool completely on the counter and then wrap tightly with plastic wrap.

When you're ready to eat, bake lasagna at 375 degrees F for 15-20 minutes until cheese is melted and bubbly. (If you're baking a cold or frozen lasagna, allow an extra 20-30 minutes of cooking time to make sure it's heated through).

Let cooked lasagna cool on the counter for 10-15 minutes before serving. Top with cilantro, green onions, and a dollop of plain Greek Yogurt and se



READY IN: 45 MINUTES

YIELD: SERVES 4-6

CREAMY pea & pesto tortellini



INGREDIENTS

10 oz. cheese tortellini
1/2 cup green peas
4 teaspoons basil pesto
1/2 cup cooked, shredded chicken
1/4 cup heavy cream
1/4 cup parmesan cheese

INSTRUCTIONS

Cook tortellini according to package directions in very salty water. Drain and set aside.

Return empty pot to stove and heat peas, pesto, and chicken over medium heat until warmed through, about 3 minutes.

Return pasta to pot, add heavy cream, and toss to combine sauce and coat tortellini.

Top pasta with parmesan cheese and serve immediately.

READY IN: 30 MINUTES

YIELD: SERVES 4

SHELLFISH spaghetti

INGREDIENTS

1 lb. spaghetti
2 Tbsp. olive oil
2 cloves garlic, minced
1/2 large yellow onion, diced
salt and pepper to taste
1.5 cups dry white wine
3/4 cup basil pesto, divided
1 lb. clams, cleaned
1 lb. mussels, cleaned
1/2 cup panko bread crumbs

NOTES

Use flavored oil or mix up the herbs to give these crackers a new twist.

INSTRUCTIONS

Toss out any already-opened clams and mussels.

Cook spaghetti in very salty water until al dente. Drain and set aside.

Mix breadcrumbs with 1/4 cup pesto in a small bowl. Transfer to a skillet over medium heat and toast 5 minutes until crumbs are just browned. Set aside.

Heat oil over medium heat in a large skillet with a tight-fitting lid. Add garlic and onion and saute until onion is translucent, about 3 minutes.

Add salt and pepper to taste.

Add white wine and remaining pesto to skillet and stir to combine.

Add clams and mussels to saucepan and cover tightly with the lid. Steam until all clams and mussels have opened, 8-10 minutes. If there are any clams or mussels that refused to open, toss them out.

Add spaghetti to the shellfish skillet. Toss to combine and coat evenly with the sauce. Top with toasted breadcrumbs and serve immediately.



READY IN: 30 MINUTES

YIELD: SERVES 4-6



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