

## Family Pasta Favorites

Make a quick and easy meal.

### Cook the meat

Heat a small amount of oil in a large skillet.  
Add chopped raw chicken, beef, pork or shrimp.  
Cook and stir until the meat is fully cooked.

### Add the vegetables

Add chopped vegetables to meat in the skillet.  
Use a variety of vegetables - onion slices, green or red pepper slices, chopped zucchini, broccoli, cabbage, green beans, pea pods, thinly sliced carrots.  
Cook and stir vegetables for a few minutes.  
Add a small amount of water or chicken broth to the skillet if needed.

### Add cooked noodles

Add cooked noodles to the skillet.  
Use noodles of your choice - cooked penne noodles, spaghetti noodles, macaroni or other noodles.  
Cook and stir for a few minutes. Add a small amount of water or chicken broth to the skillet if needed.

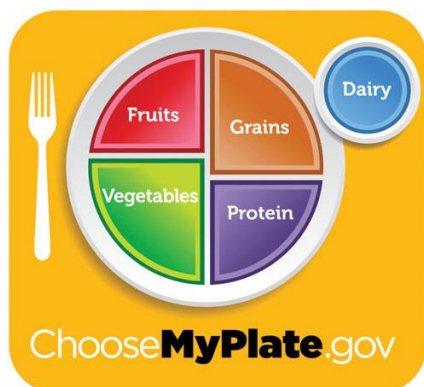
### Season and Serve

Add seasonings of your choice - garlic salt, pepper, Cajun seasoning, Italian seasonings or herbs.  
Sprinkle with grated parmesan cheese if desired.



## Six Steps to Cooking Perfect Pasta

- ♥ Use a tall large pot when cooking pasta. This will help prevent the water from boiling over on the stove.
- ♥ Use 2 to 3 quarts of water to cook 8 ounces of pasta. Add ½ teaspoon of salt to the water.
- ♥ Bring the water to a full boil before adding the pasta.
- ♥ Add the pasta to the boiling water. Place the lid on the pot to help bring the water back to a boil.
- ♥ Once the water is boiling, remove the lid. Follow the directions on the package for cooking time.
- ♥ Drain the water off the pasta when cooked. Do not rinse the pasta. The sauce will stick better to the pasta if it is not rinsed.



Make at least half of your grains whole grains.

## Choose Whole Grain Pasta

Whole grain pastas are easy to find on grocery store shelves. There are more varieties being made, and their flavor has improved!

Follow the directions on the package when cooking whole grain pasta - the cooking time may be different than white pasta.

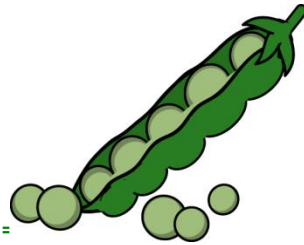
Eating whole grains as part of a healthy diet may reduce the risk of heart disease and other chronic diseases. Whole grains may also help you maintain a healthy weight.

# Autumn Squash

The end of the summer brings the harvest of squash. Squash are some of our most nutritious vegetables. They're a great source of vitamin A. Enjoy squash at your next family meal.

## Roast it!

- 1 Wash squash, cut into pieces and remove the seeds. Place large pieces of squash on a metal baking sheet.
- 2 Bake in a 400° oven for 45 to 60 minutes or until tender.
- 3 Remove the cooked squash from the peel. Mash and season with a little butter, salt and black pepper.



## Beef and Pasta

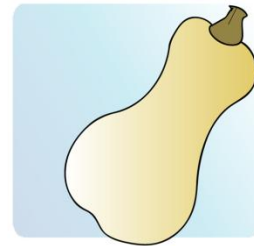
an easy way to use leftover spaghetti noodles

- 1 pound boneless round or chuck steak
- ½ cup bottled teriyaki sauce
- 1 tablespoon vegetable oil
- 1 cup frozen peas
- 2 cups cooked spaghetti noodles

- 1 Heat oil in a large skillet. Cut the steak into thin slices.
- 2 Add steak slices to hot oil. Stir and fry the meat until it is brown, about 4 minutes.
- 3 Add teriyaki sauce to meat. Stir together.
- 4 Add peas and cooked noodles. Cook and stir until the pasta is hot.

### Variations:

- Use cooked pea pods, broccoli or carrot slices instead of peas.
- Substitute thinly sliced raw chicken breast instead of beef.



## Baked Apples & Squash

- 1 medium size squash
- 3 apples
- 1 tablespoon olive oil or vegetable oil
- ½ teaspoon ground cinnamon
- 1 tablespoon sugar
- ½ teaspoon salt



- 1 Peel the squash, remove the seeds, and cut into bite size pieces. Peel the apples, remove the core, and cut into bite size pieces.
- 2 Combine the squash and apple pieces, oil, cinnamon, sugar and salt together in a bowl. Toss to coat evenly.
- 3 Spread the mixture on a metal baking pan. Bake in a 425° oven for 20 to 30 minutes, or until squash is soft.



### What can you do?

- Cook dishes with whole grain pasta.
- Prepare baked squash for my family.
- Choose whole grain for at least half of my grains.
- Other: \_\_\_\_\_

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