

Recipes for Winter Meals

Favorite Pasta Recipes

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Mom's Spaghetti Sauce

8 to 10 servings

- 1 pound ground beef
- 1 large onion, chopped
- 1 green bell pepper, chopped
- 2 to 3 stalks celery, chopped
- 3 cloves garlic, chopped
- 2 Tablespoons olive oil
- 1 large can diced tomatoes
- 1 (8 ounce) can tomato sauce
- 1 small can tomato paste
- Tomato juice or vegetable juice
- 1 teaspoon each of oregano, basil and parsley

Brown ground beef in medium skillet. In large skillet or dutch oven, saute onions, green pepper, celery, and garlic in olive oil. Mix with ground beef. Add the 3 different cans of tomatoes. Simmer on low heat for 1 to 2 hours. Add tomato juice if the sauce thickens too much. After 1 or 2 hours, add herbs to the sauce. Simmer for 1 to 2 more hours, adding tomato juice as needed.

Nutritional analysis per serving: 192 Calories; 12 g Protein; 12 g Fat; 11 mg Carbohydrates; 40 mg Cholesterol; 2.5g Fiber; 440 mg Sodium

Poopie's "Fried" Spaghetti

6 servings

- 1 pound extra lean ground beef
- 6 to 8 ounces uncooked spaghetti, broken into pieces
- 1 (28 ounces) jar of your favorite spaghetti sauce
- Non-stick spray
- Any extra chopped veggies you may want to add:
Onion, bell pepper, celery, or mushrooms

Spray a large skillet or big pot. Brown spaghetti, stirring constantly until golden. Set aside. Brown beef, add vegetables and drain if necessary. Combine with spaghetti and sauce. Stir well. Using the sauce jar, fill 1 and 1/3 times with water and add to the pan. Bring to a boil and simmer for 30 to 45 minutes. (NOTE: Can also be prepared in the slow cooker.)

Nutritional analysis per serving: 329 Calories; 14 g Protein; 11 g Fat; 44 mg Carbohydrates; 27 mg Cholesterol; 4 g Fiber; 561 mg Sodium

Overnight Spinach Manicotti

8 servings

- 1 carton (15 ounces) low fat ricotta cheese
- 1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry
- 1½ cups (6 ounces) shredded part skim Mozzarella cheese, divided
- ½ cup grated Parmesan cheese, divided
- 2 egg whites
- 2 teaspoons minced fresh parsley
- ½ teaspoon each salt, onion powder and pepper
- ¼ teaspoon garlic powder
- 4½ cups spaghetti sauce
- ¾ cup water
- 1 package (8 ounces) manicotti shells

In a large bowl, combine the ricotta cheese, spinach, 1 cup Mozzarella cheese, ¼ cup Parmesan cheese, egg whites, and herbs. Combine spaghetti sauce and water; spread 1 cup in an ungreased 13x9x2 baking dish. Stuff uncooked manicotti shells with ricotta mixture; arrange over tomato sauce. Top shells completely with remaining sauce. Cover and refrigerate overnight. Remove from refrigerator 30 minutes before baking. Sprinkle with remaining Mozzarella and Parmesan cheeses. Bake, uncovered, at 350°F for 40 to 45 minutes or until heated through.

Nutritional analysis per serving: 282 Calories; 20 g Protein; 12 g Fat; 24 mg Carbohydrates; 38 mg Cholesterol; 4 g Fiber; 1115 mg Sodium

Pesto Pasta Toss

6 to 8 servings

- 1 package (16 ounces) bow tie pasta
- 1 package (8 ounces) feta cheese, crumbled
- 1 carton (7 ounces) pesto sauce
- 1 jar (7 ounces) roasted red peppers, drained and finely chopped

Cook pasta as directed on package; drain. Toss remaining ingredients with hot pasta. This pasta can also be enjoyed cold.

Nutritional analysis per serving: 320 Calories; 10 g Protein; 14 g Fat; 37 mg Carbohydrates; 13 mg Cholesterol; 2g Fiber; 345 mg Sodium

Creamy Garden Spaghetti

6 servings

½ pound fresh broccoli, cut into florets
1½ cups sliced zucchini
1½ cups sliced fresh mushrooms
1 large carrot, sliced
1 Tablespoon olive oil
8 ounces uncooked spaghetti
¼ cup chopped onion
3 garlic cloves, minced
2 Tablespoons butter or margarine
2 Tablespoons all purpose flour
2 teaspoons chicken bouillon granules
1 teaspoon dried thyme
2 cups milk
½ cup shredded Swiss cheese
½ cup shredded Mozzarella cheese

In a large skillet, saute vegetables in oil until crisp tender. Remove from heat and set aside. Cook spaghetti according to package directions. In another saucepan, saute onion and garlic in butter until tender. Stir in the flour, bouillon and thyme until blended. Gradually add milk. Bring to a boil and stir for 2 minutes or until thickened. Reduce heat to low; stir in cheeses until melted. Add the vegetables; heat through. Drain spaghetti; toss with vegetable mixture.

Nutritional analysis per serving: 320 Calories; 15 g Protein; 12 g Fat; 37 mg Carbohydrates; 18 mg Cholesterol; 2g Fiber; 290 mg Sodium

Crock Pot Chicken Lasagna Florentine

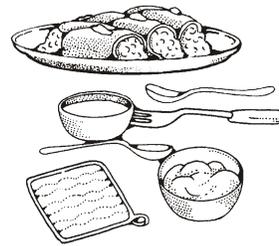
8 servings

2 cans reduced fat cream of chicken soup
1 package (10 ounces) frozen, chopped spinach, thawed, drained and squeezed
1 cup cooked, diced chicken
1 cup reduced fat ricotta cheese
1 cup low fat milk
½ cup Parmesan cheese
1/3 cup chopped onion
½ teaspoon salt
¼ teaspoon pepper
⅛ teaspoon nutmeg
Cooking spray
9 uncooked lasagna noodles
1 cup shredded part skim mozzarella

Combine first 10 ingredients in large bowl and stir well. Coat crock pot with cooking spray and place 3 uncooked lasagna noodles in bottom - break to fit.

Spread 1/3 spinach mixture over noodles; sprinkle with 1/3 cup cheese. Repeat 2 more times. Cover with lid and cook on High for 1 hour. Reduce to low and cook for 5 hours or until done.

Nutritional analysis per serving: 339 Calories; 25 g Protein; 11 g Fat; 33 mg Carbohydrates; 53 mg Cholesterol; 2g Fiber; 749 mg Sodium



Mayo Clinic Healthier Lasagna

8 servings

1 pound lean ground beef
1 onion, chopped
1½ teaspoons basil
¾ teaspoon oregano
1 teaspoon sugar
¾ teaspoon garlic powder
1 (6 ounce) can tomato paste
1 (8 ounce) can tomato sauce
1 cup lowfat cottage cheese
3½ cups water
¾ pound uncooked lasagna noodles
¾ pound low fat Mozzarella cheese

Brown meat, add onion and cook until onion is soft. Add herbs and sugar. Add tomato paste, tomato sauce and water. Bring to a boil and simmer for 10 minutes. Put 1 cup of sauce in the bottom of a 9 X13 pan. Cover with a layer of raw noodles, a layer of sauce and 1/3 of the cheese. Repeat until ingredients are used up. Noodles should be covered with sauce. Cover pan with aluminum foil and bake at 325°F for 1 hour and 20 minutes.

Nutritional analysis per serving: 410 Calories; 31 g Protein; 15 g Fat; 38 mg Carbohydrates; 100 mg Cholesterol; 2g Fiber; 690 mg Sodium

Special thanks to my sister Peggy, from Eureka Springs, Arkansas, for her assistance in compiling these family favorites. Peggy is the best cook in the whole wide world !