

## PASTA

### Japanese Noodles

Serves: 3

1 tablespoon dark sesame oil  
 $\frac{1}{2}$  cup green onions, julienned  
2 tablespoons low-sodium soy sauce

3 cups hot cooked lo mein or vermicelli  
1 teaspoon peeled grated ginger root

Heat oil in a large nonstick skillet over medium-high heat. Add noodles, tossing to coat with oil. Add green onions and ginger root; saute 3 minutes or till onions are tender. Remove from heat. Add soy sauce and toss well.

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### Linguine with Garlic and Red Pepper Oil

Serves: 6

3 tablespoons olive oil  
4 large cloves garlic, minced  
 $\frac{1}{2}$  cup chopped fresh parsley  
 $\frac{1}{2}$  teaspoon pepper

$\frac{1}{2}$  teaspoon crushed red pepper  
6 cups hot cooked linguine (1 pound uncooked)  
1 teaspoon salt

Heat oil in a large nonstick skillet over medium-high heat. Add red pepper and cook 2 minutes. Add garlic; saute 30 seconds or until garlic is lightly browned. Remove from heat; stir in remaining ingredients.

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### Pasta with Black Beans and Artichoke Hearts

Serves: 6

1 tablespoon olive oil  
 $\frac{3}{4}$  teaspoon dried oregano  
 $\frac{1}{8}$  teaspoon crushed red pepper  
1 clove garlic, minced  
15 ounces black beans, drained  
14 oz can artichoke hearts, drained & quartered

1 cup sliced green onions  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{8}$  teaspoon black pepper  
29 ounces whole tomato, undrained & chopped  
4 cups hot cooked radiatore

Heat oil in a large nonstick skillet over medium heat. Add green onions and saute 6 minutes. Add oregano and next 5 ingredients; cover and simmer 10 minutes. Add beans, cover and simmer an additional 5 minutes. Combine bean mixture, hot cooked pasta, and artichoke hearts in a large bowl; toss well. Serve warm or at room temperature.

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### Pasta with Fresh Tomatoes

Serves: 8

4 cups diced seeded tomato  
3 tablespoons minced green onion  
1 tablespoon olive oil  
 $\frac{1}{4}$  teaspoon salt  
2 cloves garlic, minced

3 tablespoons chopped fresh oregano  
3 tablespoons fresh lemon juice  
1 teaspoon coriander seeds, crushed  
 $\frac{1}{8}$  teaspoon crushed red pepper  
6 cups hot cooked vermicelli

Combine first 9 ingredients in a large bowl and toss well. Add the pasta; toss well. Note: canned tomatoes would make this dish too watery, so use fresh ingredients. Let the salsa sit for a few minutes before mixing it with the pasta. Serve at room temperature.

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### Pasta with Roasted Peppers and Basil

Serves: 6

1 tablespoon vegetable oil  
 $\frac{1}{2}$  teaspoon fennel seed, crushed  
2-14 oz cans whole tomatoes, chopped  
1 pound red peppers, roasted & peeled  
 $\frac{1}{2}$  teaspoon salt  
6  $\frac{1}{2}$  cups cooked penne pasta

2 cups chopped onion  
2 cloves garlic, minced  
1 pound green peppers, roasted & peeled  
1 pound yellow peppers, roasted & peeled  
 $\frac{1}{4}$  teaspoon fresh black pepper  
 $\frac{1}{2}$  cup sliced fresh basil

Heat oil in a large nonstick skillet over medium-low heat. Add onion, fennel, & garlic; cover and cook 10 minutes until tender, stirring occasionally. Cut peppers into julienne strips. Add peppers, salt & pepper, and tomatoes; cook 3 minutes or till heated through. Combine tomato mixture, pasta & basil in large bowl; toss well. (you can sprinkle with fresh parmesan after lent!)

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### Sesame Farfalle Stir Fry

Serves: 3

2 cups uncooked farfalle pasta    3 tablespoons low-sodium soy sauce  
2 teaspoons white wine vinegar    2 teaspoons honey  
1 tablespoon dark sesame oil    1 cup thin red bell pepper strips  
3 tablespoons minced green onion    2 teaspoons minced peeled ginger root  
1 large garlic clove, minced     $\frac{1}{8}$  teaspoon salt  
1 teaspoon sesame seeds, toasted

Cook pasta according to package directions; omitting salt & fat. Drain & set aside. Combine soy sauce, wine vinegar, and honey in a small bowl; stir well and set aside. Heat oil in a large nonstick skillet over high heat. Add pepper, onion, ginger root, and garlic; saute 1 minute. Add pasta, soy sauce mixture, and salt; stir-fry 1 minute. Remove from heat; sprinkle with sesame seeds.

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**Sweet Peppered Pasta**      Recipe by: Ellen & Sam D'Fantis      Serves: 6

7 ounces pasta, cooked & drained	3 tablespoons corn oil
$\frac{1}{2}$ cup finely chopped onion	$\frac{1}{2}$ cup finely chopped red pepper
$\frac{1}{2}$ cup finely chopped yellow pepper	3 large cloves garlic, minced
$\frac{1}{3}$ cup water	2 tablespoons fresh basil
1 vegetable bouillon cube	$\frac{1}{4}$ teaspoon crushed red pepper

In a large skillet, heat oil over medium-high heat. Add onion, peppers, and garlic; cook and stir 4 minutes. Stir in water, basil, bouillon cube, and crushed red pepper. Bring to a boil, stirring occasionally. Reduce heat to low; simmer 4 minutes, stirring occasionally. Spoon over pasta in large bowl; toss well to coat. Serve over assorted salad green, if desired.

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**Teriyaki Vegetables with Ramen Noodles**      Recipe by: Ellen & Sam D'Fantis      Serves 2  
2 cups water      9 ounces frozen teriyaki vegetables      3 oz pkg ramen noodles

Remove vegetables from pouch. In a medium saucepan, bring water and vegetables to a boil. Reduce heat; add ramen noodles and 1 teaspoon of seasoning from packet. Cook 3 minutes or until noodles are tender.

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**Thai Noodles**      Recipe by: Sue Skinner-Kidd

2 packages oriental-flavored ramen noodles	
2 cups frozen vegetables (broccoli, carrots, water chestnuts)	
$\frac{1}{3}$ cup hot water	1 teaspoon sugar
$\frac{1}{4}$ cup peanut butter	$\frac{1}{8}$ teaspoon crushed red pepper
chow mein noodles, optional	

Reserve seasoning packet from noodles. Bring 4 cups water to a boil. Add noodles and vegetables. Cook 3 minutes, stirring occasionally. Meanwhile, whisk together hot water, peanut butter, sugar, red pepper, and seasoning packets in large bowl. Drain noodles and veggies; add to peanut mixture. Toss to coat. Serve warm with chow mein noodles.

Note: when I make this, I don't use frozen veggies. Instead, I stir-fry bamboo Shoots, water chestnuts, green onion, and carrots in spicy oil, then add as directed.

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### **Tomato-Basil Pasta Salad**

Recipe by: Cindy Klinar

Serves: 8

8 ounces uncooked rotini pasta

4 medium tomatoes, diced

$\frac{1}{2}$  cup pitted black olives, sliced

$\frac{1}{4}$  cup red onion, chopped

$\frac{1}{4}$  cup fresh basil, snipped

1 clove garlic, pressed

$\frac{1}{2}$  teaspoon salt

ground black pepper, to taste

2 tablespoons red wine vinegar

Prepare pasta according to package directions and drain. Rinse under cold running water. Place in chilled bowl. Place diced tomatoes, olives, onion, and basil in a bowl. Press garlic over vegetables. Add salt and pepper; mix well. Pour over pasta. In a small bowl, whisk together oil and vinegar; pour over pasta mixture and toss. Cover, chill 30 minutes.

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### **Vegetable Pasta Stir-Fry**

Recipe by: Ellen & Sam D'Fantis

Serves: 6

2 tablespoons olive oil

6 cups cut vegetables (red pepper, carrots, zucchini, celery, peas)

1  $\frac{1}{2}$  teaspoon thyme

$\frac{3}{4}$  teaspoon garlic powder

$\frac{1}{2}$  teaspoon salt

$\frac{1}{4}$  teaspoon ground black pepper

1 cup cavatelli, cooked & drained

$\frac{1}{2}$  cup vegetable broth

In a large skillet, heat oil over medium-high heat. Add vegetables and seasonings; cook and stir 5 minutes or until vegetables are crisp-tender. Add hot pasta and bouillon. Cook, stirring frequently, until most of liquid is absorbed, about 2 minutes.

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## **SALADS**

## Bell Pepper Slaw

Serves: 6

1 pound thinly sliced green cabbage (4 cups)

2 cups julienned red bell pepper

$\frac{1}{4}$  cup cider vinegar

4 teaspoons sugar

$\frac{1}{2}$  teaspoon salt

$\frac{1}{4}$  teaspoon celery seeds

$\frac{1}{4}$  teaspoon pepper

Combine all ingredients in a large bowl; toss well. Let stand 15 minutes before serving.

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## Black Bean and Orzo Salad

Serves: 6

3  $\frac{1}{2}$  cups cooked orzo

1 cup chopped red bell pepper

$\frac{1}{2}$  cup chopped purple onion

$\frac{1}{2}$  cup chopped fresh parsley

$\frac{1}{4}$  cup chopped fresh basil

15 ounces black beans, drained

$\frac{1}{4}$  cup red wine vinegar

3 tablespoons water

2 tablespoons balsamic vinegar

1 tablespoon olive oil

1  $\frac{1}{2}$  teaspoons sugar

1 teaspoon pepper

$\frac{3}{4}$  teaspoon salt

2 cloves garlic, minced

Combine first 6 ingredients in a large bowl; toss well and set aside. Combine red wine vinegar and next 7 ingredients in a bowl and stir well. Pour over orzo mixture and toss well. Cover and chill.

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## Broccoli Slaw

Recipe by: Teri Cassell

1 package broccoli slaw

1 bunch green onions, chopped

$\frac{1}{4}$  cup sugar

$\frac{1}{3}$  cup white vinegar

2 packages ramen oriental noodles

$\frac{3}{4}$  cup oil

1 cup sunflower seeds

Mix together broccoli slaw and green onions in a bowl. In a separate bowl, mix together sugar, vinegar, packets of flavoring from noodles, and oil. Add to bowl of broccoli slaw and mix well. Crush the noodles and keep in a separate bag until ready to serve. Add sunflower seeds. Good Lenten recipe!

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## Cranberry Walnut Salad

Recipe by: Sue Skinner-Kidd

Serves: 8

$\frac{3}{4}$  cup chopped walnuts

2 cups fresh cranberries

$\frac{1}{2}$  cup sugar

$\frac{1}{2}$  cup water

1 cup raspberry vinaigrette dressing  
sliced red onion, optional

2 pounds fresh spinach

Put water and sugar into saucepan, bring to a boil. Add fresh cranberries and return to a boil. Remove from heat. This process blanches the cranberries to they are softened, yet have a slight crunch. Place a colander inside a large bowl in teh sink. Strain hot liquid into bowl and reserve  $\frac{1}{2}$  cup for dressing. Discard excess liquid, saving cranberries. Whisk together vinaigrette and cranberry sugar and chill. Rinse fresh greens, drain, and put into a serving bowl. Pour desired amount of dessaging over the greens. Sprinkle walnuts, blanched cranberries, and sliced red onion (if desired) over salad and toss lightly.

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### Frozen Fruit Salad

Serves: 8

1  $\frac{1}{2}$  cups seedless red grapes, halved

1  $\frac{1}{2}$  cups sliced ripe banana

1  $\frac{1}{2}$  cups grapefruit sections

1  $\frac{1}{2}$  cups cubed fresh pineapple

1  $\frac{1}{2}$  cups unsweetened pineapple juice

$\frac{1}{4}$  cup water

1/3 cup frozen orange juice concentrate, thawed

Combine all ingredients in large bowl. Pour into a 13X9 inch baking dish. Cover & freeze 8 hours or until firm. Let stand at room temperature 1 hour before serving or until slightly thawed.

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### Fruit-and-Honey Spinach Salad

Serves: 6

8 cups loosely packed fresh spinach leaves

2 cups cantaloupe balls

1  $\frac{1}{2}$  cups halved fresh strawberries

2 tablespoons seedless raspberry jam

2 tablespoons raspberry white wine vinegar

1 tablespoon honey

2 teaspoons olive oil

$\frac{1}{4}$  cup chopped macadamia nuts

Combine spinach, cantaloupe balls, and strawberry halves in a large bowl; toss gently. Combine jam and next 3 ingredients in a small bowl; stir with a wire whisk until blended. Drizzle over spinach mixture and toss well. Sprinkle with nuts.

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### Jicama Mandarin Orange Salad

1/3 cup honey

Recipe by: Sue Skinner-Kidd

$\frac{1}{4}$  teaspoon lime zest

3 tablespoons lime juice	1 $\frac{1}{2}$ teaspoons poppy seeds
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ cup salad oil
1 package mediterranean salad mix	1 small jicama, peeled & julienned
1 large can mandarin orange, drained	$\frac{1}{2}$ cup macadamia nuts, coarsely chopped
1 star fruit, sliced	

Stir together honey, lime zest, lime juice, poppy seeds, and salt. Beat with electric mixer on med-high speed while gradually adding oil. Continue beating until mixture thickens. Cover, chill. Stir to remix before serving. If thick, let stand at room temperature 30 minutes. Toss remaining ingredients in a large bowl and serve with dressing.

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### **Marinated Vegetable Salad**

Recipe by: Ellen & Sam D'Fantis

1 $\frac{1}{2}$ cups broccoli florets	1 $\frac{1}{2}$ cups cauliflower florets
1 cup cherry tomatoes, halved	1 cup sliced carrots
1 cup sliced celery	$\frac{1}{2}$ cup fat-free Italian dressing

In large bowl, combine all ingredients. Mix well, cover, and refrigerate several hours or overnight, stirring occasionally. Makes 6 cups.

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### **Mixed Greens with Pears & Raspberries**

serves: 6

3 tablespoons raspberry-flavored vinegar	2 tablespoons apple juice
1 tablespoon olive oil	1 tablespoon honey
$\frac{1}{8}$ teaspoon salt	$\frac{1}{8}$ teaspoon pepper
2 cups torn spinach	2 cups torn Boston lettuce
2 cups torn curly endive	2 cups cubed pear
1 cup raspberries	

Combine first 6 ingredients in a small bowl; stir well with wire whisk. Combine spinach, lettuce, endive, pear, and raspberries in a large bowl; toss gently. Divide salad among 6 individual plates and drizzle with dressing.

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### **Pineapple and Strawberries with Mango Sauce**

Serves: 8

2 cups peeled cubed fresh mango	1 tablespoon fresh lime juice
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4 cups fresh pineapple chunks

2 cups sliced fresh strawberries

Position knife blade in food processor bowl; add cubed mango and process until smooth. Combine mango puree and lime juice in a bowl and stir well. Cover and chill. To serve, spoon  $\frac{1}{2}$  cup pineapple chunks into each of 8 dessert compotes and top with  $\frac{1}{4}$  cup sliced strawberries and 2 tablespoons mango mixture.

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### Spiced Peach Salad

$\frac{1}{2}$  cup sugar

3 tablespoons vinegar

2 cups water

1 tablespoon whole cloves

4 cinnamon sticks

6 oz peach gelatin

29-ounce can peach halves

In a medium saucepan, combine sugar, vinegar, and water. Tie cloves and cinnamon in a cheesecloth bag; place in saucepan. Bring to a boil. Reduce heat, simmer, uncovered, for 10 minutes. Remove from heat and discard spice bag. Add gelatin; stir until dissolved. Drain peaches, reserving syrup; set peaches aside. Add water to syrup to equal 2 cups. Add to gelatin mixture; stir well. Chill until slightly thickened. Thinly slice peaches; add to gelatin. Pour into a 2-quart glass bowl; chill till firm.

Note: substitute  $\frac{1}{2}$  teaspoon cinnamon and  $\frac{1}{4}$  teaspoon ground cloves for whole; combine with gelatin before adding to sugar mixture.

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### Spinach Couscous Salad

Serves: 8

1 cup vegetable broth

$\frac{3}{4}$  cup couscous

$\frac{1}{2}$  cup Italian dressing

2 cups shredded fresh spinach

12 cherry tomatoes, halved

4 ounces sliced water chestnuts

In a saucepan, bring broth to a boil; stir in couscous. Remove from heat. Cover and let stand 5 minutes. Transfer to bowl; add salad dressing. Cover and chill 2-4 hours. Toss couscous with spinach, tomatoes, and water chestnuts. Serve on spinach leaves.

Note: add toasted pine nuts for flavor and protein

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### Spinach Salad

Recipe by: Ellen & Sam D'Fantis

1 bag spinach

cashews

cranberry raisins

1 apple, peeled & chopped

$\frac{1}{3}$  cup cider vinegar

$\frac{1}{3}$  cup olive oil

1/3 cup sugar

Mix together vinegar, oil, and sugar. Mix together spinach, cashews, raisins, and apples in a large bowl. Toss with dressing before serving.

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## SAUCES

### Chunky Herb Tomato Sauce

Serves: 10

1 tablespoon olive oil	1 cup chopped onion	4 cloves garlic, minced
1 $\frac{1}{2}$ teaspoon sugar	$\frac{3}{4}$ teaspoon dried basil	$\frac{1}{2}$ teaspoon dried oregano
$\frac{1}{2}$ teaspoon pepper	1/8 teaspoon salt	
35 ounces plum tomatoes (1 can) undrained		

Heat oil in a large saucepan over medium heat until hot. Add garlic and onion, saute 3 minutes. Add remaining ingredients; bring to a boil. Cover, reduce heat, and simmer 15 minutes. Serve over pasta.

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### Fresh Tomato Sauce

Serves: 8

1 tablespoon olive oil	1 cup finely chopped onion
3 cloves garlic, minced	5 $\frac{1}{2}$ cups seeded chopped tomato
$\frac{1}{4}$ cup chopped fresh basil	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ teaspoon pepper	

Heat oil in a large nonstick skillet over medium heat. Add onion and garlic; saute 3 minutes or until tender. Add tomato and remaining ingredients; stir well and bring to a boil. Reduce heat to medium-low and cook, uncovered, for 10 minutes or until reduced to 4 cups, stirring occasionally.

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### Garden Herb Salsa

Serves: 2

1 $\frac{1}{2}$ cups diced plum tomato	$\frac{1}{2}$ cup diced red bell pepper
$\frac{1}{2}$ cup diced yellow bell pepper	$\frac{1}{4}$ cup minced shallot
$\frac{1}{4}$ cup chopped fresh cilantro	1 tablespoon minced jalapeno pepper
1 tablespoon chopped fresh tarragon	1/8 teaspoon salt
2 tablespoons balsamic or sherry vinegar	2 cloves garlic, crushed

Combine all ingredients in a bowl, and stir well. Cover and chill at least 30 minutes.

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### **Garden Vegetable Sauce for Pasta**

Recipe by: Ellen & Sam D'Fantis

2 tablespoons vegetable oil	1 clove garlic, minced
2 medium zucchini, cut into chunks	1 $\frac{1}{2}$ cups sliced fresh mushrooms
2 medium tomatoes, coarsely chopped	1 cup chili sauce
2 tablespoons chopped fresh parsley	$\frac{1}{2}$ teaspoon dried oregano, crushed
$\frac{1}{4}$ teaspoon dried basil, crushed	$\frac{1}{4}$ teaspoon salt
dash pepper	

In a large skillet, heat oil over medium-high heat. Add garlic, cook and stir 1-2 minutes or until lightly browned. Add zucchini and mushrooms; cook and stir 4-5 minutes or until tender. Stir in tomatoes chili sauce, parsley, oregano, basil, salt, and pepper. Reduce heat to low. Simmer, uncovered, 10-15 minutes or until sauce is desired consistency, stirring occasionally. Serve over hot pasta. Makes 4 cups.

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### **Red Bell Pepper Sauce**

Serves: 7

Vegetable cooking spray	2 $\frac{3}{4}$ cups chopped red bell pepper
$\frac{1}{4}$ cup chopped green onions	1 small clove garlic, minced
$\frac{1}{4}$ cup water	2 tablespoons tomato paste
$\frac{1}{8}$ teaspoon salt	$\frac{1}{8}$ teaspoon pepper

Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot. Add bell pepper, green onions, and garlic; saute 7 minutes or until crisp-tender. Add water and remaining ingredients; cook 1 minute. Spoon into food processor and process 20 seconds or until chunky.

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### **Tomato-Basil Pesto**

Serves: 6

1 cup chopped tomato	1 cup firmly packed fresh basil
$\frac{1}{2}$ cup firmly packed fresh flat-leaf parsley	2 teaspoons fresh thyme
$\frac{1}{4}$ teaspoon salt	1 clove garlic, minced
2 tablespoons olive oil	

Position knife blade in food processor bowl and add first 6 ingredients. Process until smooth. With processor running, slowly add olive oil through food chute. Process mixture until well-blended. Yield: 1 cup.

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### **Tomato-Mushroom Sauce**

Serves; 2

Vegetable cooking spray	1 teaspoon olive oil
$\frac{1}{2}$ cup sliced fresh mushrooms	$\frac{1}{4}$ cup finely chopped onion
2 cloves garlic, minced	2 tablespoons chopped fresh parsley
$\frac{3}{4}$ teaspoon dried whole basil	$\frac{1}{2}$ teaspoon sugar
$\frac{1}{2}$ teaspoon dried whole oregano	$\frac{1}{8}$ teaspoon salt
29 ounces no-salt-added whole tomatoes, drained and chopped	

Coat a saucepan with cooking spray; add oil, and place over medium heat until hot. Add mushrooms, onion and garlic; saute 3 minutes. Add remaining ingredients; bring to a boil. Reduce heat and simmer, uncovered, 15 minutes, stirring frequently. Serve warm.