

# PASTA POSSIBILITIES RECIPES

USU Student Health & Wellness Center and Lee's Marketplace

*All ingredients for these recipes are available at Lees' Marketplace 555 E 1400 N Logan, UT*

## Minestrone Pasta

Prep: 10 minutes

Cook: 25 minutes

Makes: 8 servings

6 cups (1 pound) dried rigatoni

1 16-ounce packages frozen chopped spinach, thawed, well drained

1-2 zucchini squashes, diced

1 small can sliced olives

1 8oz can Italian-style tomato sauce

2 14.5 ounce cans Italian diced tomatoes, undrained

1 15 ounce can Great Northern beans, rinsed and drained

Italian cheeses (Parmesan, Mozzarella, Provolone), grated

1. Preheat oven to 375°F. Cook rigatoni according to package directions; drain and transfer back to pot.
2. Add tomato sauce, spinach, undrained tomatoes, and beans to the rigatoni; stir to combine. Transfer rigatoni mixture to an ungreased 3-quart (9x13 inch) rectangular baking dish.
3. Bake, covered, in the preheated oven about 25 minutes or until heated through. Uncover; sprinkle with cheese. Bake, uncovered, about 5 minutes more or until cheese melts. Makes 6 to 8 main-dish servings.

### *Ideas to add to Pasta:*

Pesto

Italian salad dressing

Garlic (powder or minced)

Lemon juice

Red pepper flakes

Artichoke hearts

Italian blend vegetables

Spinach

Zucchini

Mushrooms

Broccoli

Tomatoes, canned or fresh

White beans

Chicken

Cheese

## Savory Couscous

Prep: 5 minutes

Cook: 5 minutes

Makes: 4 servings

1 cup chicken broth

¾ cup sliced mushrooms

½ cup broccoli slaw salad mix

1 Tbsp butter or margarine

½ tsp dried basil

¼ tsp garlic powder

1 cup couscous

1. In a 2 to 2½ quart saucepan, bring chicken broth, mushrooms, slaw, butter, and dried basil to boiling. Stir in couscous and garlic powder. Remove the saucepan from heat.
2. Cover saucepan and let stand about 5 minutes or until liquid is absorbed. Fluff couscous with a fork before serving.

### *Ideas to add to Couscous:*

Canned or fresh tomatoes

Olives

Roasted peppers

Italian dressing

Balsamic Vinegar

Asparagus

Artichoke hearts

Mushrooms

Shredded carrot

Cucumber

Raisins

Pine nuts

Feta cheese

Mozzarella cheese, cubed

Chicken

Chickpeas

Kidney beans

Curry powder