

# Recipes Using Spaghetti Noodles



## Italian Spaghetti Salad

### You will need:

|   |   |                                      |
|---|---|--------------------------------------|
| 8 oz. dried spaghetti noodles                           | 1 cup cherry tomatoes, halved                 | 1 cup cucumber, diced                |
| 1 cup (5 oz.) thin salami slices, cut into small pieces |   | $\frac{1}{2}$ small red onion, diced |
| 1 (8 oz.) bottle Italian salad dressing                 | $\frac{1}{2}$ cup black olives, thinly sliced | $\frac{1}{2}$ tsp. paprika           |
| 1 cup grated Parmesan cheese                            | 1 medium green pepper, diced                  | salt and pepper to taste             |

### Instructions:

- Cook spaghetti according to package directions, usually 1 minute less in time (al dente). Drain.
- Add a drizzle of olive oil so pasta does not stick together. Refrigerate until cool.
- Place noodles in a large bowl. Add tomatoes, cucumber, salami, pepper, red onion, paprika, and olives.
- Pour salad dressing over ingredients and toss to coat. Add Parmesan cheese. Refrigerate for 2 hours.

## Spaghetti Soup

### You will need:

|   |                                |                            |
|---|--------------------------------|----------------------------|
| $\frac{1}{2}$ cup spaghetti noodles, broken into pieces | $\frac{1}{2}$ cup onion, diced | 3 garlic cloves, minced    |
| 1 lb. ground beef or turkey                             | 2 stalks celery, diced         | 15 oz. jar spaghetti sauce |
| 1 (28 oz.) can diced tomatoes                           | 2 carrots, peeled and diced    | 5 cups water               |
| Parmesan cheese   |                                |                            |

### Instructions:

- Brown beef or turkey, drain and return to pan. Add onions and garlic and cook 2 minutes.
- Add carrots, celery, pasta sauce, diced tomatoes in juice, and water. Bring to a boil.
- Reduce heat to medium-low and cook 35 - 40 minutes or until vegetables are tender.
- Add spaghetti noodles and cook an additional 5 - 10 minutes until pasta is cooked.
- Serve with Parmesan cheese sprinkled on top.

## Chili Spaghetti

### You will need:

|  |                                   |                         |
|--|-----------------------------------|-------------------------|
| 16 oz. spaghetti noodles                   | 1 lb. lean ground beef            | 1 medium onion, chopped |
| 1 (14.5 oz.) can diced tomatoes, undrained | 1 (8 oz.) can tomato sauce        | 1 tbs. chili powder     |
| 1 (19 oz.) can kidney beans, undrained     | 1-1/4 cup shredded cheddar cheese | 1 tsp. salt             |

### Instructions:

- Cook spaghetti according to package instructions. In a 3 quart saucepan, cook meat and onion.
- Stir occasionally over medium heat until meat is browned and onion is tender. Drain.
- Stir in tomatoes, beans, tomato sauce, chili powder, and salt. Cook uncovered over medium heat.
- Stir occasionally until soup is desired thickness. Cook and drain spaghetti; divide among dinner plates.
- Top with beef mixture. Sprinkle with cheese.

## Spaghetti al Limón

### You will need:

|                                |                            |   |             |
|--------------------------------|----------------------------|---|-------------|
| 16 oz. spaghetti noodles       | 1-1/2 cups Parmesan cheese | 2 cups firmly packed basil leaves, slivered |             |
| 2/3 cup extra-virgin olive oil | ½ tsp. salt                | ½ tsp. pepper                               | 1 tsp. salt |
| 2 tsp. grated lemon zest       | ¾ cup fresh lemon juice    | cooked chicken breasts (optional)           |             |

### Instructions:

- In a large pot, cook spaghetti in salted, boiling water until al dente.
- Place a colander over a large serving bowl, drain spaghetti into it. (Hot water will warm the bowl.)
- Pour water from bowl, wipe bowl dry, and empty spaghetti into it.
- Meanwhile, combine cheese and lemon juice in a small mixing bowl.
- Gradually beat in olive oil until mixture becomes thick and creamy and cheese "melts" into oil.
- Season with salt and pepper. Stir in lemon zest. Pour sauce over cooked spaghetti in serving bowl.
- Toss thoroughly. Add basil and toss again. Serve with baked or grilled chicken breasts (optional.)

## Baked Spaghetti

### You will need:

|                              |                                   |                                 |
|------------------------------|-----------------------------------|---------------------------------|
| 16 oz. spaghetti noodles     | 2 tbsp. extra virgin olive oil    | 2 cloves garlic, minced         |
| 1 lb. ground beef or chicken | 1 tsp. Italian seasoning          | 1 (28 oz.) can crushed tomatoes |
| ½ cup fresh chopped basil    | 1 cup shredded mozzarella cheese  | ¼ cup grated Parmesan cheese    |
| salt and pepper to taste     | chopped fresh parsley for garnish |                                 |

### Instructions:

- Preheat oven to 350 degrees F. Grease a medium baking dish with cooking spray.
- Cook spaghetti according to package instructions until al dente. Drain and set aside.
- In a large skillet, heat oil. Add onion and cook until soft and translucent, about 5 min.
- Stir in garlic and cook about 1 minute more. Add ground beef. Add salt, pepper, and Italian seasoning.
- Cook until meat is no longer pink, about 8 minutes. Drain in a bowl lined with paper towels.
- Return to pan. Pour in crushed tomatoes and basil. Simmer until slightly reduced; about 10 minutes.
- Season with more salt and pepper to taste. Toss beef mixture with spaghetti noodles.
- Transfer mixture to baking dish and top with mozzarella and Parmesan cheeses.
- Bake until cheeses are melted and pasta is warmed through, about 20 minutes.

## Monterey Chicken Spaghetti

### You will need:

|   |  |                         |
|---|--|-------------------------|
| 12 oz. dried spaghetti noodles                      | 4 cups chopped cooked chicken            | 1 (16 oz.) sour cream   |
| 2 (10.75 oz.) cans condensed cream of chicken soup  |  | 2 garlic cloves, minced |
| 1 (10 oz.) package frozen spinach, thawed           | 2 cups shredded Monterey cheese, divided |                         |
| 1 (6 oz.) can French's French Fried Onions, divided |  |                         |

### Instructions:

- Preheat oven to 350 degrees F. Lightly spray a 9 x 13-inch pan with cooking spray.
- Cook spaghetti according to package instructions. Drain.
- In a large bowl, combine cooked chicken, soup, sour cream, drained spinach, 1 cup cheese, garlic, and ½ cup French's Onions. Stir in cooked spaghetti. Pour into prepared pan.
- Sprinkle remaining shredded cheese and onions on top of pasta mixture. Bake uncovered 40 to 50 min.