

Recipes Using Spaghetti Noodles



Bacon Carbona Breakfast

You will need:

16 oz. dried spaghetti noodles
 $\frac{1}{2}$ tsp. kosher salt
1 cup frozen peas

10 slices of bacon, cut into small pieces
 $\frac{1}{4}$ tsp. coarse ground black pepper

3 large eggs, yolks only
1 cup Parmesan, shaved

Instructions:

- Cook the pasta in a large pot to one minute less than the instructions on the box.
- Set $\frac{1}{2}$ cup of pasta water aside. Do not rinse pasta.
- In a large skillet, add the bacon and cook it until it is crisp. Turn off the heat.
- Remove bacon with a slotted spoon. Add pasta to skillet and toss it in the bacon fat.
- Add eggs, salt, pepper, and Parmesan cheese to a large bowl and whisk well.
- Slowly add egg mixture to the hot pasta. Stir quickly to prevent the egg mixture from scrambling.
- Add the peas and $\frac{1}{4}$ cup of the pasta water. Toss again to create a saucy consistency to the pasta.
- Top with bacon before serving.

Sweet Noodle Kugel

You will need:

8 oz. dried spaghetti noodles
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup raisins, plump in hot water, drain
1 tsp. vanilla

2 cups small curd cottage cheese
 $\frac{1}{4}$ cup melted butter, slightly cooled
 $\frac{1}{2}$ tsp. salt

1 $\frac{1}{2}$ cups sour cream
3 large eggs, beaten
 $\frac{1}{2}$ tsp. cinnamon

Note: Do not use low-fat cottage cheese and/or sour cream.

Instructions:

- Preheat oven to 350 degrees F. Grease an 8x9-inch square baking pan.
- Break spaghetti into shorter lengths and add to a pot of boiling water.
- Cook 9 - 10 minutes. Drain. Blend remaining ingredients, except raisins, in a blender/food processor.
- Ingredients may also be mixed in a large bowl.
- Mix spaghetti, raisins, and creamy mixture together. Pour into baking pan.
- Bake for about 1 hour until liquid is absorbed and top is golden brown.

Peanut Noodles with Shredded Chicken and Vegetables

You will need:

8 oz. spaghetti	1 lb. boneless, skinless chicken breasts	$\frac{1}{2}$ cup smooth peanut butter
2 tbsp. soy sauce	1 tsp. powdered or minced fresh ginger	2 tsp. minced garlic
1 (12 oz.) bag vegetable medley, such as carrots, broccoli, snow peas		1-1/2 tsp. chili or hot sauce

Instructions:

- Put a large pot of water on stovetop to boil for cooking pasta.
- Meanwhile, place chicken in a skillet or saucepan and add enough water to cover; bring to a boil.
- Cover, reduce heat to low, and simmer gently until cooked through and no longer pink, 10 to 12 minutes.
- Transfer chicken to a cutting board. When cool enough to handle, shred into bite-size strips.
- In a small saucepan, whisk peanut butter, soy sauce, garlic, chili or hot sauce, and ginger over low heat.
- Cook pasta in the boiling water until not quite tender, about 1 minute less than package recommends.
- Add vegetables and cook until pasta and vegetables are just tender, about 1 more minute.
- Drain, reserving 1 cup of the cooking liquid. Rinse the pasta and vegetables to refresh.
- Stir the reserved cooking liquid into the peanut sauce; add pasta, vegetables, and chicken.
- Toss well to coat. Serve warm or chilled.

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, minus 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.

Buttered Basal Spaghetti

You will need:

16 oz. spaghetti noodles	8 tbsp. butter	2 tbsp. minced garlic, optional
1 tbsp. chopped fresh parsley optional	1 cup grated Parmesan cheese	dash of cayenne pepper,
salt and pepper to taste	fresh basil	lemon juice
		1 cup cooked chicken, optional

Instructions:

- Cook spaghetti noodles for 8 - 10 minutes, or until *al dente*.
- Drain. Heat a skillet over medium-low heat.
- Very slowly, melt butter with garlic. Season with salt, black pepper and parsley.
- Add red pepper to taste.
- Toss pasta into skillet until well coated with butter mixture.
- Cook until noodles have absorbed the butter. Add 1 cup cooked chicken, optional.
- Add fresh greens and lemon juice if desired. Serve with grated Parmesan cheese

One-Pot Spaghetti

You will need:

6 oz. dried spaghetti noodles, broken	8 oz. ground beef or bulk pork sausage	1 clove garlic, minced
1 cup sliced fresh mushrooms or 1 (6 oz.) jar sliced mushrooms, drained; optional		$\frac{1}{2}$ chopped medium onion
1 (14 oz.) can chicken or beef broth paste	1 $\frac{3}{4}$ cups water	1 (6 oz.) can tomato
1 tsp. dried Italian seasoning	$\frac{1}{4}$ cup grated Parmesan cheese	$\frac{1}{4}$ tsp. black pepper

Instructions:

- In a large saucepan cook the ground beef, onion, and garlic.
- Cook until meat is brown and onion is tender. Drain.
- Stir in canned mushrooms, broth, water, tomato paste, Italian seasoning, and pepper.
- Bring to boiling. Add the broken spaghetti, a little at a time, stirring constantly.
- Return to boiling; reduce heat.
- Boil gently, uncovered for 20 minutes or until spaghetti is tender and sauce is desired consistency.
- Stir frequently. Serve with Parmesan cheese. Makes four servings.