Pasta

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Introduction

Artichoke Spinach Lasagne

Description

This is a fabulous lasagna made with an artichoke and spinach mixture which has been cooked with vegetable broth, onions and garlic. The mixture is layered with lasagna noodles, pasta sauce, mozzarella cheese, and topped with crumbled feta.

Ingredients

- 9 lasagne noodles
- 1 onion minced
- 4 clove garlic minced
- 1 can chicken broth
- 1 tbsp chopped fresh basil
- 1 14 oz can marinated artichoke hearts chopped, save juice
- 10 oz fresh spinach
- 3 cup mozzarella grated
- 4 oz herb and garlic feta
- 32 oz jar Rao's tomato sauce

Instructions

Preheat oven to 350 degrees.

Spray a 9x13 inch baking dish with cooking spray.

Saute onion and garlic in butter for 3 minutes, or until onion is tender-crisp.

Stir in broth and rosemary; bring to a boil.

Stir in artichoke hearts and spinach; reduce heat, cover and simmer 5 minutes.

Stir in pasta sauce and marinate artichoke juice.

Spread 1/4 of the artichoke mixture in the bottom of the prepared baking dish;

top with 3 cooked noodles.

Sprinkle 3/4 cup mozzarella cheese over noodles. Can add ricotta cheese at this point.

Repeat layers 2 more times, ending with artichoke mixture and mozzarella cheese.

Sprinkle crumbled feta on top.

Bake, covered, for 40 minutes.

Uncover, and bake 15 minutes more, or until hot and bubbly.

Let stand 10 minutes before cutting.

Avocado Mac and Cheese

Description

If you are an avocado lover, you will go crazy for this macaroni and cheese!

This avocado macaroni and cheese is so easy to make. It is perfect for busy weeknights or whenever you are craving a comforting meal, but feeling lazy. You don't even have to turn on the oven. To make the pasta, you boil the macaroni, make the avocado sauce in the food processor, and whisk together a cheesy sauce on the stove top. You combine everything in a big bowl and devour!

Ingredients

- 8 oz dry elbow macaroni
- 2 clove garlic minced
- 2 avocados peeled and pitted
- 2 tbsp fresh lime juice
- 1/3 cup chopped cilantro
- 2 tbsp butter
- 1 cup milk
- 2 cup pepper jack cheese shredded

Instructions

1. Bring water to a boil in a large pot. Salt the water and add in macaroni. Stir and cook until Al Dente, about 8-10 minutes. Drain and set aside.

2. While the pasta is cooking, make the avocado sauce by placing the garlic, avocados, lime juice, cilantro, salt and pepper into a food processor or blender. Process until smooth and creamy. Set aside.

3. To make the cheese sauce, place butter in a small saucepan and heat over medium heat. When butter is melted, whisk in flour to create a paste. Whisk in milk until smooth. Stir with a wooden spoon until the sauce starts to thicken. Add in Pepper Jack cheese and stir until cheese is melted and sauce is creamy.

4. Place macaroni in a large bowl. Pour the avocado sauce over the macaroni and stir until well coated. Add the cheese sauce and stir until macaroni is coated and creamy. Season with salt and pepper, to taste. Serve warm. Garnish with fresh avocado chunks, if desired.

Notes

Note-

the lime juice keeps the avocado from browning. The mac and cheese is best eaten the first day, but it is still good the second day. The pasta may turn slightly brown, but not bad. If you want a milder flavor, you can use Monterey Jack or White Cheddar Cheese.

Bacon Cheeseburger Pasta

Description

This pure, unadulterated comfort food is pasta simmered in a bacon and burger filled cheesy tomato sauce. It doesn't get better (or easier) than this!

Ingredients

- 1/2 lb sliced bacon
- 1 lb ground beef
- 1 onion finely chopped
- 2 clove garlic minced
- 6 oz tomato paste
- 1 cup ketchup
- 4 cup beef broth
- 1 cup water
- 2 tbsp dijon mustard
- 1 tsp worcestershire sauce
- 1 tsp salt
- 1 tsp granulated onion powder
- 1/2 tsp crushed red pepper flakes
- 1 lb small shell pasta
- 2 cup cheddar cheese grated

Instructions

Stack the bacon strips and cut down through the stack at 1/4-inch intervals. When done, you should have a pile of thin bacon strips. Put these into a large stockpot over medium-low heat, stirring frequently until the bacon is crispy. Use a slotted spoon to transfer the crispy bacon to a paper towel lined plate to drain. Pour the remaining bacon grease out of the pan (and hopefully into a jar to use in tasty things later.)

Return the pan to the heat, break up the ground beef over the bottom of the pan and add the onions to the pot. Use a sturdy wooden spoon to continually break up the beef and work the onions into the meat until the meat is no longer pink but brown. If there is a great deal of fat in the pan, carefully pour most of it off. If there's just a small amount of fat in the bottom of the pan, keep it. It's full of flavour! Return the pan to the heat again.

In a large mixing bowl, whisk together the garlic, tomato paste, ketchup, beef broth, water, mustard, Worcestershire sauce, salt, and onion and garlic powders. Pour this over the browned beef. Stir well, raise the heat to high and bring the mixture to a boil. When it is boiling, gently stir in the dry pasta, add a lid to the pan and drop the heat to low. Cook for 10 to 12 minutes, stirring every couple of minutes to prevent the pasta from sticking. When the pasta is tender, turn off the heat, add all of the grated cheese and the the crispy bacon and stir gently until the cheese is melted in completely and the bacon is evenly distributed.

Serve hot or very warm.

Baked Lemon Pasta

Description

Lemon is an unlikely flavoring for pasta, but oh…is it ever refreshing and good, especially in the spring and summer. This is a baked version, but if you're in a hurry there's nothing more delicious than this: saute butter and olive oil, add chopped garlic. Squeeze in the juice of a couple of lemons and add in some of the zest. Stir together and add a splash or two of half and half or cream, then toss with pasta, chopped parsley, and Parmesan cheese. Divine.
There's something about this baked version, though, that I just love. I use sour cream instead of cream or half and half—I like the "noodle kugel" quality of the finished dish, (I should have been Jewish, I love kugel so much.) and I love the smell of lemon and garlic emanating from the oven.
That's my story and I'm stickin' to it.
This recipe may be doubled, tripled, or octupled—it's totally easy.

Ingredients

- 1 lbs thin spaghetti or angel hair
- 4 tbsp butter
- 2 tbsp olive oil
- 2 cloves garlic minced
- 1 large lemon juiced and zested
- 2 cup sour cream
- 1/2 tsp kosher salt
- 1 shredded parmesan cheese

Instructions

Preheat oven to 375 degrees. Cook spaghetti until al dente.

In a skillet, melt butter with olive oil over LOW HEAT. When butter is melted, add minced garlic. Squeeze lemon juice into the pan. Turn off heat.

Add sour cream and stir mixture together.

Add lemon zest and salt.

Taste, then add more salt if necessary.

Pour mixture over drained spaghetti and stir together, then pour spaghetti into an oven safe dish.

Bake, covered, for 15 minutes. Then remove foil and bake for an additional 7 to 10 minutes. (Don't bake too long or the pasta will dry out.)

When you remove it from the oven, squeeze a little more lemon juice over the top.

Top generously with Parmesan cheese, then chopped parsley.

Give it a final squeeze of lemon juice at the end.

Serve with crusty French bread and a simple green salad.

Creamy Pasta Primavera

Description

This pasta dish is a wonderful blend of tender, crisp, colorful vegetables and a creamy parmesan cheese sauce.

Ingredients

- 2 cup uncooked gemelli or spiral pasta
- 1 lb asparagaus, trimmed and cut into 2 inch pieces
- 3 medium carrots, cut into thin strips
- 2 tsp canola oil
- 2 cup cherry tomatoes
- 1/2 cup shredded parmesan cheese
- 1/2 cup heavy whipping cream
- 1/2 tsp pepper
- 3 clove garlic, minced
- 1 tsp italian seasoning

Instructions

Cook pasta according to package directions.

In a large skillet, salt, season and saute asparagus and carrots in oil until crisp-tender.

Add tomatoes and garlic; cook 1 minute longer.

Stir in the cheese, cream and pepper. Drain pasta; toss with asparagus mixture.

Fusilli with Green Beans, Pancetta and Parmesan

Description

Green beans, cooked until crisp-tender, are the star of this show. If you don't have some growing in your own garden, this dish is worth a quick stop at the farmers' market. The pasta's cooking water melts the cheese and turns it into a rich sauce that coats the beans and pulls everything together. If you can't find pancetta, substitute bacon.

Ingredients

- 1/2 lbs Fusilli
- 4 oz Pancetta cut into 1/2 squares about 3/4 cup
- 2 clove garlic, smashed and peeled
- 2 tbsp unsalted butter room temperature
- 1/2 lb green beans trimmed and cut into 1 inch lengths
- 2 oz finely grated Parmigiano-Reggiano (1 cup)

Instructions

Bring a medium pot of well-salted water to a boil. Cook the pasta until just barely al dente, about 1 minute less than package timing. Reserve 1 cup of the cooking water, and drain the pasta.

While the pasta cooks, put the pancetta in a cold 10-inch skillet and set over medium-high heat.

When the pancetta starts sizzling, add the garlic and cook, stirring constantly, until starting to brown, 1 minute. Reduce the heat to medium and continue to cook the pancetta until golden but still chewy at the center (taste a piece if you're not sure), an additional 2 to 3 minutes. If the pancetta has rendered a lot of its fat, spoon off all but 1 Tbs. of the fat from the pan.

Add the beans to the pan and cook, stirring constantly, until they're crisp-tender, 3 to 4 minutes. Remove the garlic and season the beans with salt and pepper. With the pan still over medium heat, add the pasta, 1/2 cup of the pasta water, and the butter. Toss to combine. Add another 1/4 cup pasta water and 3/4 cup of the Parmigiano. Stir well and season to taste with salt and pepper. If necessary, add a little more pasta water to loosen the sauce.

Transfer the pasta to a serving bowl. Grind black pepper over the top and sprinkle with the remaining cheese.

Linguine with Crab

Description

A light sauce of fresh tomatoes, white wine, butter and extra-virgin olive oil is tossed with fresh linguine and lump crabmeat to produce this delicately flavored pasta dish. It's quick enough for a weeknight meal and elegant enough for a special occasion.

Ingredients

- 12 oz linguine
- 8 oz lump crabmeat - see notes below
- 3 tbsps butter
- 3 tbsps extra virgin olive oil
- 4 clove Garlic Cloves peeled and minced
- 1/3 cup dry white wine
- 5 large plum tomatoes, seeded and chopped
- 4 scallions thinly sliced
- 1/4 cup fresh parsley finely chopped

Instructions

Put a pot of salted water on to boil for the pasta. Pick through the crab to remove any shells and separate it into small pieces. Set aside.

Heat the butter and olive oil in a large skillet over medium heat. Add the garlic and sauté until pale gold in color, 1-1/2 to 2 minutes. Add the wine and tomatoes and simmer just long enough for the tomatoes to soften, but not break down, 2 to 3 minutes.

Season to taste with salt and pepper, remove from the heat and stir in the scallions and reserved crabmeat.

Cook the pasta according to the package directions (about 3 minutes if using fresh linguine). Reserve 2 tablespoons of the cooking water, then drain thoroughly.

Combine the linguine with the crab mixture, adding the reserved water if needed to help coat the pasta with the sauce. Add the parsley, taste and add a little more salt and pepper if desired. Serve immediately.

Notes

We use jumbo lump crabmeat for this recipe and 8 ounces provides plenty of flavor for the pasta, but if you love crab and have a few dollars to spare, it can't hurt to add up to 4 ounces more.

Macaroni Salad

Description

It's the best macaroni salad ever!

Ingredients

- 4 cup elbow macaroni
- 3 whole roasted peppers chopped
- 1/2 cup chopped olives
- 1/2 cup mayonaise
- 1 tbsp red wine vinegar
- 3 tsp sugar
- 1/4 tsp salt
- 1/4 cup milk
- 6 whole spicy sweet pickles chopped - relish, 1/2 cup

Instructions

Cook the macaroni in lightly salted water according to package directions.

Drain and rinse under cold water to cool. Set aside.

Mix together mayo, vinegar, sugar, salt, and pepper.

Splash in enough milk to make it pourable. Splash in pickle juice for extra flavor.

Taste and adjust seasonings as needed. Set aside.

Place cooled macaroni in a large bowl and pour 3/4 of the dressing.

Toss and add more dressing if you'd like. (Dressing will seem a little thin, but it will thicken up as salad chills.)

Stir in olives, roasted red peppers (or pimentos), pickles, and green onions.

Add more of any ingredient if you'd like more stuff going on!

At the end, splash in a little more pickle juice and stir.

Chill for at least 2 hours before serving. Sprinkle with sliced green onion to serve!

Mostaccioli Bake

Description

This homey lasagna-style casserole will appeal to the whole family. There's plenty of spaghetti sauce to keep the layers of tender pasta and spinach-cheese mixture moist. "It's a hearty main dish that can be made early in the day, refrigerated and baked at dinnertime,"

Ingredients

- 8 oz mostaccioli
- 1 egg
- 1 egg white
- 2 cup cottage cheese
- 10 oz chopped spinach drained and thawed
- 1 cup shredded mozzarella
- 2/3 cup shredded parmesan cheese
- 1/3 cup minced fresh parsley
- 1/4 tsp each salt and pepper
- 2 1/2 cup Marinara sauce

Instructions

Cook pasta according to package directions.

Meanwhile, in a large bowl, combine the egg, egg white, cottage cheese, spinach, 2/3 cup mozzarella cheese, 1/3 cup Parmesan cheese, parsley, salt and pepper; set aside.

Drain pasta; stir in 2 cups spaghetti sauce.

Layer half of the pasta mixture in a greased 11-in. x 7-in. baking dish coated with cooking spray.

Layer with spinach mixture, remaining pasta mixture and remaining spaghetti sauce.

Cover and bake at 350° for 35-40 minutes or until bubbly.

Uncover; sprinkle with remaining mozzarella and Parmesan cheeses.

Bake 5 minutes longer or until cheese is melted. Yield: 8 servings.

One Pot Bacon Pizza Pasta

Description

This one pot wonder dinner is a crowd pleaser with tender pasta covered in a pizza flavoured, herb-laden tomato sauce full of melted mozzarella cheese, crispy bacon, and pepperoni slices.

Ingredients

- 1/2 lb sliced bacon
- 1 onion finely chopped
- 2 clove garlic minced
- 6 oz tomato paste
- 1 cup pizza sauce
- 4 cup beef broth
- 1/2 tsp dried oregano
- 1 tsp salt
- 1 tsp granulated onion
- 3/4 tsp granulated garlic
- 1 lb small shell, rotini, or elbow pasta
- 2 cup grated mozzarella
- 15 slices Pepperoni (quartered & cut in thin slices)

Instructions

Stack the bacon strips and cut down through the stack at 1/4-inch intervals.

When done, you should have a pile of thin bacon strips.

Put these into a large stockpot over medium-low heat, stirring frequently.

Add the onion and minced or pressed garlic when the bacon is about halfway cooked.

Continue frying the bacon, onions and garlic until the bacon is crispy.

Use a slotted spoon to transfer the crispy bacon with the onions and garlic to a paper towel lined plate to drain.

Pour the remaining bacon grease out of the pan (and hopefully into a jar to use in tasty things later.)

In a large mixing bowl, whisk together the garlic, tomato paste, pizza sauce, beef broth, water, Italian seasonings, oregano, salt, and onion and garlic powders.

Pour this into the pan from which you drained the bacon grease.

Stir well, raise the heat to high and bring the mixture to a boil.

When it is boiling, gently stir in the dry pasta, add a lid to the pan and drop the heat to low.

Cook for 10 to 12 minutes, stirring every couple of minutes to prevent the pasta from sticking.

When the pasta is tender, turn off the heat, add all of the grated cheese, the crispy bacon, and the chopped pepperoni and stir gently until the cheese is melted in completely and everything is evenly distributed.

Serve hot with additional grated cheese if desired.

Orecchiette with Brussels Sprouts, Gorgonzola, and Brown Butter Pecans

Description

You'd be hard-pressed to find a more perfect fall pasta dish. For a sweet, nutty flavor, roast the Brussels sprouts until they're just this side of charred.

Ingredients

- 20 oz Brussel Sprouts trimmed about 4 cups
- 3 1/2 tbsp olive oil
- 1 lb dried orecchiette
- 1 1/2 tbsp unsalted butter
- 1/2 cup chopped pecans
- 2 large shallots minced about 3/4 cup
- 3/4 cup heavy cream
- 4 oz Gorgonzola crumbled - about 1 cup
- 1 tbsp fresh lemon juice

Instructions

Position a rack in the lower third of the oven, set a heavy rimmed baking sheet on the rack, and heat the oven to 500°F. Bring a large pot of well-salted water to a boil over high heat.

In a food processor fitted with the medium (4 mm) slicing disk, slice the Brussels sprouts. Transfer them to a large bowl, drizzle with the oil, sprinkle with 1-1/4 tsp. salt and 1/2 tsp. pepper, and toss until well coated.

Remove the hot baking sheet from the oven and spread the Brussels sprouts on it in a single layer.

Roast, stirring once about halfway through the cooking time, until the Brussels sprouts are tender and flecked with charred bits, 15 to 20 minutes.

Meanwhile, cook the orecchiette according to package directions until just al dente.

In a medium heavy-duty skillet, melt 1/2 Tbs. of the butter over medium heat. Add the pecans and cook, stirring frequently, until the butter is deeply browned and the pecans are toasted, about 3 minutes. Transfer to a plate and set aside.

Melt the remaining 1 Tbs. butter in the skillet over medium heat. Add the shallots and cook, stirring occasionally, until softened, 2 to 3 minutes. Add the cream and bring to a simmer. Off the heat, add 3 oz. (3/4 cup) of the Gorgonzola and stir until melted.

Drain the orecchiette and return it to the pot. Add the Brussels sprouts, Gorgonzola sauce, and lemon juice and toss well. Serve, sprinkled with the pecans and the remaining Gorgonzola.

Pasta with Garlicky Broccoli Rabe

Description

Nice bright and delightful pasta dish

Ingredients

- 1 lb pasta - I like Campanelle but use a shape for hearty sauce
- 1 lb Broccoli Rabe, Stems removed, cut into 1 inch sections
- 1/2 cup olive oil
- 5 Garlic Cloves peeled and minced
- 1 tsps red pepper flakes, more or less to taste
- 1 tsp heaping of salt

Instructions

Bring a huge pot of salted water to a boil. Add pasta and five minutes before its cooking time is up, add the broccoli rabe. It will seem like too much for the water, but with a stir or two, the rabe should wilt and cook alongside the pasta.

Drain rabe and pasta together and pour into serving bowl. In the same pot or a tiny one, heat the olive oil with the garlic, pepper flakes and Kosher salt over moderate heat, stirring frequently for 3 to 4 minutes, or until the garlic becomes lightly golden.

Pour mixture over pasta and toss to evenly coat. Shower with freshly grated cheese and eat at once.

Serve with grated parmesan or Romano cheese and crusty french bread

Penne with Spinach, Gorgonzola and walnuts

Description

Chopped nuts are unusual in pasta, but they pair brilliantly with the earthy Gorgonzola in this creamy weeknight dish. Toasting the nuts deepens their flavor, so don't skip this step.

Ingredients

- 8 oz baby spinach leaves
- 1/4 cup coarsely chopped walnuts
- 12 oz penne
- 3/4 cup heavy cream
- 2 1/2 oz crumbled gorgonzola

Instructions

Position a rack in the center of the oven and heat the oven to 350°F. Meanwhile, bring a large pot of generously salted water to a boil. Put the spinach in a colander in the sink.

Toast the walnuts on a rimmed baking sheet in the oven until dark golden-brown, 6 to 8 minutes. Set aside.

Cook the penne according to package directions. Reserve about 1/2 cup of the cooking water and drain the pasta in the colander over the spinach.

Put the cream, Gorgonzola, 1/4 tsp. pepper, and a pinch of salt in a 12-inch nonstick skillet and bring to a boil over medium-high heat. Cook, stirring frequently, until slightly thickened, 2 to 3 minutes. Reduce the heat to medium, add the pasta and spinach, and 2 Tbs. each of the walnuts and chives. Cook, stirring constantly, until some of the sauce is absorbed by the pasta, about 2 minutes. If necessary, add some of the cooking water to moisten the pasta. Season to taste with salt and pepper. Transfer to serving bowls, sprinkle with the remaining 2 Tbs. walnuts and 1 Tbs. chives, and serve.

Notes

Tip: To wilt the spinach perfectly, put it in a colander and drain the pasta over it.

Rotini with Goat Cheese

Description

This is a quick, easy pasta dish that packs plenty of flavor. The combination of the sweet, just-softened tomatoes, toasted pine nuts and a splash of balsamic vinegar offsets the tangy, creamy goat cheese perfectly. Be sure to allow the pasta to cool slightly as the goat cheese tastes best if it isn't completely melted.

Ingredients

- 1 cup Rotini
- 1/4 cup pine nuts
- 4 tbsp olive oil
- 3/4 cl onion finely chopped
- 4 clove garlic, finely minced
- 1/4 cup chicken broth
- 1 1/2 pt grape or cherry tomatoes
- 1 tbsps balsamic vinegar
- 1/4 cup parsley chopped
- 1 1/2 cup goat cheese crumbled

Instructions

Put a large pot of salted water on to boil for the pasta.

Heat about 2 teaspoons of the olive oil in a skillet over medium heat. Add the pine nuts and toss to coat with oil. Cook until they turn golden brown and release a toasted, nutty aroma. Watch them very carefully ~ they can burn in a matter of seconds! Remove from pan and set aside.

Add the remaining olive oil to the skillet and add the onion. Cook until slightly softened, about 2 minutes, then add the garlic. Cook until the garlic is soft and barely golden in color, 2 minutes longer. Add the chicken broth and tomatoes and continue cooking just long enough for the tomatoes to soften slightly, 2 minutes. Stir in the balsamic vinegar and season to taste with salt and pepper. Remove from the heat and cover to keep warm.

Cook the pasta according to package directions and drain. Combine with the onion-tomato mixture and toss to combine well. Add the parsley and reserved pine nuts, taste and adjust the seasoning as needed. Set aside for 5 to 7 minutes to cool slightly. Add the crumbled goat cheese, toss gently and serve.

Sour Cream Dill Noodles

Description

This is an incredibly easy, Hungarian-style noodle dish flavored with lots of fresh dill and tangy sour cream. Serve with simply seasoned entrées like baked or broiled fish, roast chicken or grilled pork chops.

Ingredients

- 8 oz broad egg noodles cooked and drained
- 3 tbsp butter
- 1 1/2 tbsp flour
- 1/3 cup milk
- 1 cup chicken broth
- 1 tbsp apple cider vinegar
- pinch of sugar
- 2 tbsp sour cream
- 2 tbsp fresh dill finely chopped
- salt & pepper

Instructions

Place the butter in a small saucepan and heat over medium heat until it begins to foam.

Whisk in the flour and cook until the mixture develops a pale golden color, about 3 minutes.

Slowly add the milk, then the chicken broth, whisking continually until the sauce is smooth and thickened, 2 to 3 minutes longer.

Whisk in the vinegar, a pinch of sugar and the sour cream until smooth, then stir in the dill, reserving a little for garnish.

Cook the sauce for another 2 minutes, stirring continually, and season to taste with salt and pepper.

Combine with the noodles and transfer to a serving dish.

Garnish with the reserved dill.

Recipe Notes:
Dried dill can be substituted - just reduce the quantity to 1 to 2 teaspoons.

Southwest Pasta Salad with Creamy Avocado Dressing

Description

The pasta salad is loaded with flavor. It has black beans, tomatoes, peppers, onion, sweet corn, avocado and cilantro. And the best part? The creamy avocado dressing. It is rich and creamy, but in a healthy kind of way. The dressing is easy to whip up, just throw all of the ingredients in your blender or food processor and blend until smooth.

Ingredients

- 8 oz pasta - Rotini
- 15 oz black beans drained and rinsed
- 1 cup grape tomatoes
- 1/2 cup diced red bell pepper
- 1/2 cup diced orange or yellow bell pepper
- 1/2 cup finely diced onion
- 1/2 cup sweet corn can use frozen
- 1 large avocado peeled seeded and diced
- 1 lime
- 1/4 cup chopped cilantro
- 1 DRESSING
- 2 *ripe avocados peeled and seeded
- 3 tbsp plain greek yogurt Chiobani
- 1/2 cup buttermilk
- 1/4 cup fresh cilantro chopped
- 2 tbsp chopped green onion
- 1 small jalapeno pepper chopped and seeds removed
- 3 tbsp fresh lime juice
- 1/4 tsp ground cumin

Instructions

Bring a large pot of water to a boil.

Salt the water and stir in the pasta.

Cook until al dente.

Rinse with cold water and set aside.

While the pasta is cooking, make the Creamy Avocado Dressing.

Combine all of the dressing ingredients in a blender or food processor and blend until smooth.

In a large bowl, combine pasta, black beans, tomatoes, peppers, red onion, corn, and chopped avocado.

Pour dressing over pasta salad and stir until salad is well coated.

Season with salt and pepper.

Squeeze fresh lime juice over the salad, so the avocados don't brown.

Garnish with chopped cilantro and serve at room temperature or chilled.

Note-you may have leftover dressing, depending on how "dressed" you like your pasta salad.

If the dressing is too thick, add more buttermilk.

Spiral Pepperoni Pizza Bake

Ingredients

- 16 oz spiral pasta
- 2 lb ground beef
- 1 onion chopped
- 1 tsp salt
- 1/2 tsp pepper
- 30 ozs pizza sauce
- 1/2 tsp garlic salt
- 1/2 tsp italian seasoning
- 2 eggs
- 2 cup milk
- 1/2 cup shredded parmesan cheese
- 4 cup mozzarella cheese
- 3 1/2 oz sliced pepperoni

Instructions

Cook pasta according to package directions.

Meanwhile, in a Dutch oven, cook the beef, onion, salt and pepper over medium heat until meat is no longer pink; drain.

Stir in the pizza sauce, garlic salt and Italian seasoning; remove from the heat and set aside.

In a small bowl, combine the eggs, milk and Parmesan cheese.

Drain pasta; toss with egg mixture.

Transfer to a greased 3-qt. baking dish.

Top with beef mixture, mozzarella cheese and pepperoni.

Cover and bake at 350° for 20 minutes.

Uncover; bake 20-25 minutes longer or until golden brown.

Summer Garden Orzo

Description

This simple orzo side dish makes great use of two summer garden favorites - tomatoes and zucchini. Lightly toasting the orzo in olive oil, then simmering it in chicken broth brings out a nutty quality in the pasta. The dish is just as delicious when made ahead and served at room temperature, making it a nice choice for entertaining.

Ingredients

- 1 cup orzo
- 3 tbsp olive oil
- 1/2 cup onion finely chopped
- 2 clove minced garlic
- 3 medium zucchini quartered lengthwise and chopped
- 2 cup chicken broth
- 1 large tomato seeded and chopped
- 2 tbsp fresh parsley chopped

Instructions

Heat 2 tablespoons of the olive oil in a large pan over medium heat.

Add the onion and sauté until soft and translucent, 3 minutes.

Add the garlic and cook just until fragrant, 1 minute.

Add the zucchini and season liberally with salt and freshly ground pepper.

Continue cooking, stirring frequently, until the zucchini is tender, 3 to 4 minutes.

Transfer the mixture to a small bowl and set aside.

Add the remaining olive oil to the pan along with the dried orzo.

Cook until the orzo is lightly toasted, 1 to 2 minutes.

Stir in the chicken broth and a pinch of salt.

Cover and cook, stirring occasionally, until the liquid is absorbed and the orzo is tender, 7 to 9 minutes.

Should the liquid cook off before the orzo is tender, add some water in 2 tablespoon increments.

Return the zucchini mixture to the pan and combine well and heat through, 1 minute.

Mix in the tomato and parsley, taste and adjust the seasoning if necessary.

Transfer to a serving dish. May be served warm or at room temperature.