

OODLES OF NOODLES AND LOTS OF PASTA!

That's what we have at Grandma's Pantry. With summer's heat, it's time to think of cool salads for those upcoming picnics. Pasta is the perfect addition to those summer vegetables for a delicious summer salad. Pasta is also a great choice for those easy one-dish casseroles too or as a side to any meal. The choices are many, from noodles that are fine to extra wide, kluski, pot pie bows and squares, lasagna to veggie rotini, shells and wheels. The list goes on and on. We even carry Mrs. Miller's homemade-style noodles. One of the



favorite noodles of the employees at Grandma's Pantry is **Mafalda** (mini-lasagna) noodles.

Here is the recipe that has made them famous for us.

SKILLET LASAGNA - In an electric skillet, brown $\frac{3}{4}$ lb. hamburger and a large chopped onion. Add a layer of uncooked **Mafalda** noodles. On top of the noodles, evenly spread a pound of cottage cheese. For the sauce, use 3 and $\frac{1}{2}$ cups of tomatoes or tomato juice. Add 1 tsp. each of basil, oregano, and salt and $\frac{1}{2}$ tsp. of garlic powder. Pour the sauce over the cheese layer. **DO NOT STIR**. Cover and cook over low heat for about 30 minutes. Sprinkle the top with 4 oz. of mozzarella cheese and cover with the lid. Turn off the heat

and let set until the mozzarella is melted. Remove lid, add a spoon, serve and enjoy! (Recipe compliments of Aunt Ruthie)



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Pasta is a healthy meal option because it is virtually a fat-free and salt-free food. It is also low the glycemic index. Pasta is not fattening - ½ cup of cooked pasta contains about 99 calories, less than a gram of fat and less than 5 milligrams of sodium. It is high in complex carbohydrates and the Food and Drug Administration requires it to be fortified with folic acid.

The culinary term for cooking pasta from dry noodle to just right is “al dente” which means “to the tooth”. The pasta should be cooked until firm, cooked through and hold its shape without sticking together.

Cooking pasta correctly is a balance between water and time. The National Pasta Association recommends 4 to 6 quarts of water for each pound of pasta (1/2 tsp. of salt for each gallon of water is recommended). The water should be brought to a full boil before pasta is added and it is important to stir the pasta into the water and return it to a boil. Stir occasionally to prevent sticking. Taste the pasta to see if it is done and drain pasta immediately. (If pasta is for a recipe that requires further cooking, pasta should be slightly undercooked).

Whatever your pasta need may be, Grandma’s Pantry is the place to see. We have oodles of noodles and lots of pasta for you to enjoy.

“So, whatever you eat or drink, or whatever you do, do all to the glory of God.” (I Cor. 10:31)