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Pasta

Utah State University Extension

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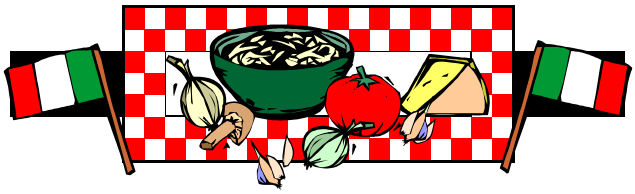
NOTES



PASTA

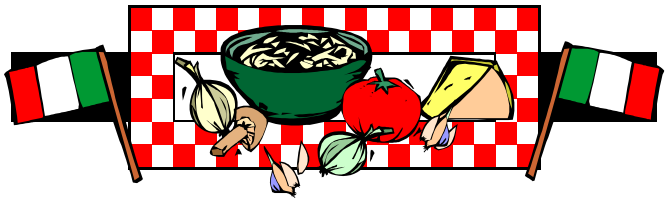
"Pasta" is an Italian word meaning paste. It describes over 350 various shapes and sizes of products made with flour and water. These different shapes can be substituted for one another in recipes.

Things to Know

- Along with bread, cereal, and rice, pasta belongs to the grain group in the Food Guide Pyramid.
- It is recommended that the daily diet has 6-11 servings from the grain group.
- One serving of pasta consists of $\frac{1}{2}$ cup, cooked.
- Pasta is very low in fat, calories, sodium and cholesterol. It is the filling or sauce served over the top that increases fat and calories.
- Because it is low in fat and calories, pasta by itself is an "everyday" food choice. Low fat sauces such as spaghetti would be a good "everyday" choice also. A "sometimes" choice would include linguine with clam sauce and an "occasional" pasta dish choice would include lasagna or manicotti.
- Pasta can be purchased plain or in a variety of colors and flavors--tomato, spinach, herb, and whole wheat, to name a few.
- Pasta may be grouped according to its shape:
  -**Long**, such as spaghetti, fettuccine, linguine, etc
  -**Short**, including macaroni, twists, and ziti, among others.
  -**Noodles**, which have ribbon-like shapes and are generally made with eggs

Skills

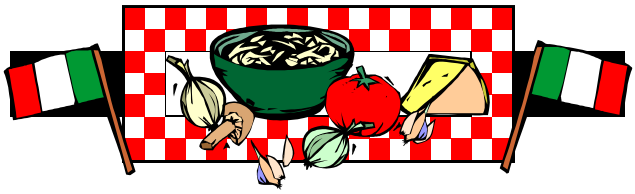
- When cooking pasta, bring plenty of water–at least four quarts for every pound of dry pasta–to a rolling boil.
- Add salt if desired, about one tablespoon per gallon of water.
- Add the pasta in small quantities to keep the rolling boil. Adding about 1 tablespoon of cooking oil to the water will prevent liquid from boiling over.
- Stir frequently to prevent sticking. Do not cover the pan.
- Follow package directions for cooking time. Do not overcook. Pasta should be tender, yet firm.



- Do not rinse unless the recipe says to do so. For salads, drain and rinse pasta with cold water.

Storage

- Dry pasta can be stored almost indefinitely if kept in a tightly sealed package or a covered container in a cool, dry place.
- Cooked pasta can be stored in a tightly covered container and refrigerated for up to one week or frozen for up to three months.
- Refrigerate pasta and sauce separately or the pasta will become soggy.
- To reheat, put pasta in a colander and immerse in rapidly boiling water just long enough to heat through. Do not allow the pasta to continue to cook. Pasta may also be reheated in a microwave.



Fideo

Ingredients:
6 oz. Fideo or angel hair pasta, broken
1 onion, chopped
1 Tbsp. oil
1 (8 oz.) can tomato sauce
4 cups water
1 (4 oz.) can green chilies, diced
$\frac{1}{4}$ tsp. salt

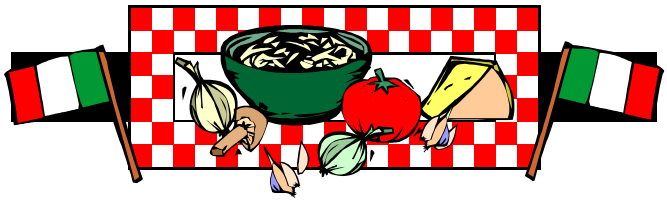
Directions:
In a large pan over medium heat, sauté pasta and onion in oil. When golden brown, drain off excess oil. Add tomato sauce, water, chilies and salt. Bring to boil; reduce heat and simmer covered for 8-10 minutes until pasta is tender. Ladle into bowls and serve with: lemon wedges, cayenne pepper or Tabasco Sauce.

Fideo
Nutrition Facts

Serving Size	**1 cup**
Servings Per Container	**4**

Amount per serving	
Calories 229	**Calories from Fat 38**
	% Daily Value
Total Fat 13g	7%
Saturated Fat 5g	3%
Cholesterol 30 mg	0%
Sodium 660 mg	21%
Total Carbohydrate 5g	14%
Dietary Fiber 0g	12%
Sugars 5g	
Protein 5g	

Vitamin A	15%	Vitamin C	131%
Calcium	3%	Iron	14%



Pasta Frittata

Ingredients:

4 eggs
1/3 cup milk
1 tsp. salt
½ tsp. onion powder
½ tsp. Italian seasoning
1/8 tsp. pepper grated
1 tsp. margarine
2 cup cooked spaghetti
½ tsp. onion powder
½ cup filling (meat/veggies)
¾ cup cheese or cheese seasoning

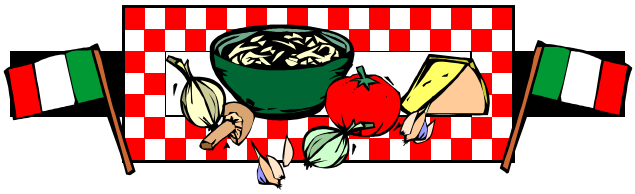
Directions:

In small bowl combine eggs, milk, salt, onion powder, seasoning and pepper; beat well. In a large frying pan melt margarine over medium heat. Add spaghetti and pour egg mixture over top; add desired filling. Reduce heat to medium low, cover and cook 13-15 minutes or until center is almost set. Sprinkle with cheese and cook about 2 more minutes until eggs are done and cheese is melted.

Pasta Frittata Nutrition Facts

Serving Size	**1 cup**
Servings Per Container	**6**

Amount per serving			
Calories 240		**Calories from Fat**	**123**
			% Daily Value
Total Fat 13g			21%
Saturated Fat 5g			30%
Cholesterol 30 mg			65%
Sodium 660 mg			15%
Total Carbohydrate 5g			5%
Dietary Fiber 0g			0%
Sugars 5g			
Protein 5g			
Vitamin A	9%	Vitamin C	0%
Calcium	15%	Iron	10%



Macaroni and Cheese

Ingredients:
2 cups elbow macaroni
1/3 cup Basic Sauce Mix*
1 1/4 cups cold water
1 cup shredded cheese

Directions:
Cook macaroni in boiling, salted water till tender. Drain. Set aside. Combine Basic Sauce Mix with cold water. Cook and stir on stove top or in microwave until thickened. Mix cheese sauce with cooked macaroni. Turn into a 1½ quart casserole dish. Bake at 350 ° for 30 minutes or until heated through.

*See recipe for Basic Sauce Mix in "Sauces" section.

Yield: 6 servings

Macaroni & Cheese Nutrition Facts

Serving Size	**1/2 cup**
Servings Per Container	**6**
Amount per serving	
Calories 218	**Calories from Fat 61**
	% Daily Value
Total Fat 13g	11%
Saturated Fat 5g	21%
Cholesterol 30 mg	7%
Sodium 660 mg	9%
Total Carbohydrate 5g	10%
Dietary Fiber 0g	4%
Sugars 5g	
Protein 5g	

Vitamin A	4%	Vitamin C	0%
Calcium	16%	Iron	9%