

# How to Use Pasta

## **Enchilada pasta**

Serve cooked pasta noodles with black beans, corn, salsa, green onions, and lime.

## **Simple and spicy**

Toss cooked pasta noodles with garlic, olive oil, and chili peppers. Serve with a side of vegetables.

## **Spaghetti pie**

Add cooked noodles to a casserole pan with tomato sauce, vegetables, and meat or beans. Top with shredded cheese and bake at 400°F, until cheese is golden brown.

## **Pasta salad**

Mix cooked pasta with lemon, fresh vegetables, and beans. Season with salt and pepper.



# Skillet Mac & Cheese

## Ingredients

- 1  $\frac{3}{4}$  cups uncooked macaroni
- $\frac{1}{2}$  teaspoon onion powder
- $\frac{1}{2}$  teaspoon garlic powder
- $\frac{1}{4}$  teaspoon Italian seasoning
- $\frac{1}{8}$  teaspoon dry mustard
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{8}$  tsp pepper
- 1 Tbsp. flour
- 1 (12 oz.) can evaporated skim milk
- 1-2 cups cheese, grated

## Directions

In a large skillet, sauté uncooked macaroni and seasonings in canola oil for 3 to 5 minutes; add water. Cover and simmer 20 minutes or until macaroni is tender. Sprinkle flour over mixture; blend well. Stir in evaporated milk and cheese. Simmer until mixture thickens and cheese melts, stirring constantly.

### Extension

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