Family Pasta Favorites

Make a quick and easy meal.

**Cook the meat**
Heat a small amount of oil in a large skillet.
Add chopped raw chicken, beef, pork or shrimp.
Cook and stir until the meat is fully cooked.

**Add the vegetables**
Add chopped vegetables to meat in the skillet.
Use a variety of vegetables - onion slices, green or red pepper slices, chopped zucchini, broccoli, cabbage, green beans, pea pods, thinly sliced carrots.
Cook and stir vegetables for a few minutes.
Add a small amount of water or chicken broth to the skillet if needed.

**Add cooked noodles**
Add cooked noodles to the skillet.
Use noodles of your choice - cooked penne noodles, spaghetti noodles, macaroni or other noodles.
Cook and stir for a few minutes. Add a small amount of water or chicken broth to the skillet if needed.

**Season and Serve**
Add seasonings of your choice - garlic salt, pepper, Cajun seasoning, Italian seasonings or herbs.
Sprinkle with grated parmesan cheese if desired.

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**Six Steps to Cooking Perfect Pasta**

- Use a tall large pot when cooking pasta. This will help prevent the water from boiling over on the stove.
- Use 2 to 3 quarts of water to cook 8 ounces of pasta. Add ½ teaspoon of salt to the water.
- Bring the water to a full boil before adding the pasta.
- Add the pasta to the boiling water. Place the lid on the pot to help bring the water back to a boil.
- Once the water is boiling, remove the lid. Follow the directions on the package for cooking time.
- Drain the water off the pasta when cooked. Do not rinse the pasta. The sauce will stick better to the pasta if it is not rinsed.

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**Make at least half of your grains whole grains:**
Choose Whole Grain Pasta

Whole grain pastas are easy to find on grocery store shelves. There are more varieties being made, and their flavor has improved!

Follow the directions on the package when cooking whole grain pasta—the cooking time may be different than white pasta.

Eating whole grains as part of a healthy diet may reduce the risk of heart disease and other chronic diseases. Whole grains may also help you maintain a healthy weight.
Top 10 Reasons for Eating Carrots

Have you had your carrots today? Maybe you don’t realize there are 10 very good reasons why you should be eating this wonderful vegetable every day.

1. They taste good. Carrots have a mild, pleasant flavor that is great by themselves or blended with other foods.
2. Carrots can be eaten cooked or raw. Crunchy or soft, from soups to salad, it's entirely up to your mood or your menu.
3. Kids (even toddlers) like the mild taste of carrots.
4. Raw carrots are great to carry in a sack lunch, to your next picnic, or in the car when you are on the go.
5. Carrots are available and in season all year long.
6. Carrots are inexpensive all year.
7. They are a great source of Vitamin A and beta carotene. Vitamin A is very important for healthy skin, eyes, hair, growth, and helps our bodies resist infections. Beta carotene is linked to reducing chronic diseases such as cancer and heart disease.
8. Carrots are a good source of fiber. Fiber is important for our gastrointestinal tracts and is linked to reducing cholesterol in our bodies.
9. Carrots are low in calories. One average carrot contains about 30 calories.
10. Carrots are a great source of alpha carotene, probably more powerful than beta carotene in inhibiting processes that may lead to tumor growth.

For more health and nutrition information visit our website: http://www.extension.umn.edu/family/health-and-nutrition/

Getting Your Carrot-a-Day

Besides eating them raw:

- Try them roasted. Split large carrots lengthways and brush with a little oil. Put on a roasting tray in a 350°F oven for about 45 minutes and bake until tender and browned.
- Toss grated carrot with potatoes for hash browns.
- Add to sauces, white or red. Grated carrots give body and impart subtle flavor. They fit any tomato or creamy soup, sauce or casserole.
- Mix finely-ground carrots into peanut butter — new kind of crunch. If you want to make a really GOOD peanut butter and carrot sandwich, smoosh in a banana.
- Hot and cold salad — Sauté onion, green pepper and grated or finely sliced carrots. Remove from heat and pour your preferred salad vinegar over hot veggies. While hot, add to chilled salad greens. Toss and serve.

SWEET CARROTS

<table>
<thead>
<tr>
<th>5 large carrots</th>
<th>1 Tbsp. brown sugar</th>
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<tr>
<td>2 Tbsp. margarine</td>
<td>¼ tsp. cinnamon</td>
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Peel and cut carrots into ¼ inch chunks. Place carrots in a saucepan. Cover with water. Cook until tender, about 8-10 minutes. Drain water off carrots.


5 ser: cal 83; fat 4.6g; sod 76mg; carbs 9.4g