



All the Pastabilities



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Butternut Squash Mac and Cheese

Ingredients

1 lb. dry whole-wheat macaroni
1 tsp. olive oil
1 medium onion, chopped
2 medium red bell peppers, chopped
3 cups cubed butternut squash
1³/₄ cups low-sodium organic chicken broth
1 cup low-fat (1%) milk
2 Tbsp. low-fat (1%) plain Greek yogurt
1 cup shredded Gruyere (or Swiss) cheese
1 cup shredded sharp cheddar cheese
Sea salt and ground black pepper (to taste; optional)
Nonstick cooking spray
Finely chopped fresh parsley (for garnish; optional)

Instructions

Preheat oven to 375° F.

Cook macaroni according to package directions. Drain and set aside.

Heat oil in large nonstick skillet over medium-high heat.

Add onion and bell peppers; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent. Set aside.

Combine squash, broth, and milk in a medium saucepan. Bring to a boil over medium-high heat. Reduce heat to medium; gently boil for 22 to 25 minutes, or until squash is tender.

Place squash mixture in a blender or food processor; cover with lid and kitchen towel.

Blend until smooth.

Combine squash mixture, macaroni, onion mixture, yogurt, and cheeses. Season with salt and pepper if desired; mix well.

Place macaroni mixture in a 13 x 9-inch ceramic or glass baking dish that has been coated with spray. Bake for 25 to 30 minutes, or until sauce is bubbling.

Garnish with parsley if desired.

Yields 10 Servings



Baked Ziti With Spinach

Ingredients

- 4 oz dry whole wheat ziti (or penne) pasta
- 2 tsp. olive oil
- 4 cloves garlic, finely chopped
- 1 (10-oz.) bag raw spinach
- 1½ cups whole peeled tomatoes (like San Marzano or Cento) crushed or pureed in blender or food processor.
- ¼ cup finely chopped basil leaves
- ½ tsp. sea salt (or Himalayan salt)
- ¼ tsp. ground black pepper
- 1 dash crushed red pepper flakes (optional)
- ¾ cup part-skim Mozzarella cheese, divided use
- ¼ cup grated Parmesan cheese
- 1½ cups part-skim ricotta cheese
- Nonstick cooking spray

Instructions

Cook pasta according to package directions; drain. Set aside.

Preheat oven to 375° F.

Heat oil in large nonstick skillet over medium-high heat.

Add garlic; cook, stirring frequently, for 1 minute.

Add spinach, tomatoes, and basil. Season with salt and pepper; cook, stirring frequently, for 4 to 5 minutes.

Combine spinach mixture, pasta, red pepper flakes (if desired), ½ cup mozzarella cheese, Parmesan cheese, and ricotta cheese in a large bowl; mix well.

Place in a 2½ to 3-quart casserole that is lightly coated with spray. Bake, covered with aluminum foil, for 35 minutes. Remove foil.

Top evenly with remaining ¼ cup mozzarella cheese. Bake an additional 10 to 15 minutes, or until cheese is bubbly.

Yields 4 Servings



Chicken and Mushroom Pasta

Ingredients

1 Tbsp. olive oil
4 oz. raw chicken breast, boneless, skinless, cut into cubes
1/4 medium onion, finely chopped
2 cloves garlic, chopped
8 oz. sliced mushrooms
1/4 cup white wine
1/2 cup low-sodium organic chicken broth
1 cup cooked whole-wheat pasta (2 oz. dry)
Chopped parsley for garnish; optional

Instructions

Heat oil in medium saucepan over medium-high heat.
Add chicken, onion, and garlic; cook, stirring frequently, for 3 to 4 minutes, or until onion is tender.

Add mushrooms; cook, stirring frequently, for 2 to 3 minutes.
Add wine and broth. Bring to a boil, stirring occasionally. Remove from heat.
Place pasta on serving plate; top with chicken mixture.
Garnish with parsley if desired.

Yields 1 Serving



Peanut Chicken With Soba Noodles

Ingredients

- ½ cup low-sodium organic chicken broth
- 1 Tbsp. all-natural peanut butter
- 1 Tbsp. reduced-sodium soy sauce
- 1 Tbsp. raw honey
- 2 cloves garlic, finely chopped
- 1 thin slice fresh ginger, peeled, finely chopped
- 1 tsp. coconut oil
- 12 oz. raw chicken breast, boneless, skinless, cut into 2-inch pieces
- ½ medium onion, thinly sliced
- 2 cups fresh spinach (or chopped baby bok choy)
- 1 cup shelled edamame
- 2 cups cooked soba noodles (about 4 oz. dry noodles)
- 1 tsp. crushed red pepper (optional)
- 2 Tbsp. raw peanuts

Instructions

Combine broth, peanut butter, soy sauce, honey, garlic, and ginger in a medium bowl; whisk to blend. Set aside.

Heat oil in large skillet (or wok) over medium-high heat.

Add chicken and onion; cook, stirring frequently, for 4 to 6 minutes, or until onion is translucent.

Add spinach; cook, stirring frequently, for 2 to 3 minutes, or until spinach is wilted.

Add edamame, noodles, broth mixture, red pepper (if desired), and peanuts; cook, stirring frequently, for 2 to 3 minutes, or until heated through.

Yields 4 Servings



Pasta with Kale and Turkey Sausage

Ingredients

6 oz dry whole-wheat pasta
1 tsp olive oil
½ medium yellow (or orange) bell pepper, chopped
½ medium onion, chopped
8 oz Italian-style turkey sausage, chopped
1 clove garlic, finely chopped
Sea salt and ground black pepper (to taste; optional)
½ cup low-sodium, organic fat-free chicken broth
1 bunch kale, ribs removed, chopped (about 3 cups)
1 Tbsp shredded Parmesan cheese (to taste; optional)

Instructions

Cook pasta according to package directions. Set aside.

Heat large skillet over medium heat.

Add oil, bell pepper, and onion; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.

Add sausage and garlic, Season with salt and pepper if desired; cook, stirring frequently, for 5 to 7 minutes, or until sausage starts to brown.

Add broth and kale; cook, stirring occasionally, adding additional broth or water as needed, for 4 to 5 minutes, or until kale is soft.

Add pasta to sausage mixture.

Top with cheese if desired.

Yields 4 Servings



Healthier Fettuccine Alfredo

Ingredients

8 oz. dry whole-grain fettuccine
3 cups low-sodium organic vegetable broth
1 medium cauliflower, chopped (about 1½ pounds)
2 tsp. olive oil
2 cloves garlic, finely chopped
1 pinch ground nutmeg
Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
½ cup unsweetened almond milk
½ cup shredded Parmesan cheese
2 Tbsp. chopped flat-leaf parsley (for garnish; optional)

Instructions

Cook fettuccine according to directions on package. Before draining, reserve 2 cups of cooking water; set aside.

Bring broth to a boil in medium saucepan over medium-high heat. Add cauliflower. Reduce heat; cook, covered, for 12 to 15 minutes, or until soft.

While cauliflower cooks, heat oil in medium nonstick skillet over medium heat. Add garlic; cook, stirring frequently, for 1 minute, or until garlic is soft. Remove from heat and strain.

Place cauliflower in blender (or food processor) with 2 cups of reserved cooking water, garlic, and nutmeg. Season with salt and pepper if desired. Blend in two or more batches if necessary; cover with lid and kitchen towel. Blend until very smooth. Add additional cooking water if needed.

Heat cauliflower mixture in same medium saucepan over medium-low heat. Add almond milk; cook, stirring frequently, 5 to 7 minutes. Consistency should be that of a thick soup.

Add fettuccine; mix well.

Divide fettuccine evenly between four bowls. Top evenly with cheese and parsley (if desired); serve immediately.

Yields 4 Servings



Spaghetti Squash Lasagna

Ingredients

Parchment paper
1 small spaghetti squash, (approx. 3½ to 4 lbs.)
Nonstick cooking spray
4 cups all-natural marinara sauce
3 cups part-skim ricotta cheese
1 cup grated Parmesan cheese
¼ cup finely chopped fresh basil (optional)

Instructions

Preheat oven to 375° F.

Line large baking sheet with parchment paper. Set aside.

Cut spaghetti squash in half lengthwise. Remove seeds and membrane.

Place spaghetti squash, cut side down, on baking sheet. Bake for 40 to 45 minutes, or until tender.

Reduce oven temperature to 350° F.

Scrape spaghetti squash flesh into stringy noodles.

Lightly coat 4-quart baking dish with spray.

Evenly layer half spaghetti squash, half marinara sauce, and half ricotta cheese in baking dish. Repeat with second layer.

Evenly top with Parmesan cheese.

Bake for 30 to 32 minutes, or until golden brown and bubbly.

Garnish with basil (if desired).

Yields 4 Servings



Creamy Roasted Red Pepper Zucchini Noodles

Ingredients

3 tsp. olive oil, divided use
2 roasted red bell peppers, chopped
¼ cup soft goat cheese (about 1 oz.)
½ cup onion, chopped
3 cloves garlic, chopped
2 medium zucchini
½ tsp. sea salt (or Himalayan salt)
Chopped parsley (for garnish; optional)

Instructions

Combine 1 tsp. oil, roasted peppers, and cheese; mix well. Set aside.
Heat remaining 2 tsp. oil in medium saucepan over medium-high heat.
Add onion; cook, stirring frequently, for 3 to 4 minutes, or until onion is translucent.
Add garlic; cook, stirring frequently, for 1 minute. Remove from heat. Set aside.
Using a vegetable peeler, cut each zucchini into lengthwise strips about ⅛-inch thick. Turn zucchini slightly after cutting each strip to work evenly around the outside, stopping when you hit the seeds at the core. Discard cores. Cut slices lengthwise into ½-inch ribbons.
Add zucchini to onion mixture; cook over medium-high heat, stirring frequently, for 2 to 3 minutes, or until zucchini softens, but before it releases liquid.
Add salt and roasted pepper mixture; cook, stirring frequently, for 2 to 3 minutes, or until heated through.
Divide evenly between two serving plates. Garnish with parsley (if desired); serve immediately.

Yields 2 Servings



Fresh Tomato Salsa Shrimp with Carrot and Squash Noodles

Ingredients

- 12 oz. cooked shrimp
- 2 medium tomatoes, chopped
- 1 medium red onion, chopped
- ¼ cup finely chopped fresh cilantro
- ¼ cup fresh lime juice
- 1 Tbsp. + 1 tsp. olive oil, divided use
- ¼ tsp. sea salt or Himalayan salt, divided use
- ¼ tsp. ground black pepper
- 2 medium summer squash (or raw beets), spiralized
- 2 medium carrots, spiralized

Instructions

Combine shrimp, tomatoes, onion, cilantro, lime juice, 1 Tbsp. oil, 1 dash of salt, and pepper in a medium bowl; mix well. Refrigerate, covered, for 20 minutes.

Heat remaining 1 tsp. oil in medium skillet over medium heat.

Add squash, carrots, and remaining 1 dash of salt (if desired); cook, stirring frequently, for 3 to 5 minutes, or until vegetables are cooked to desired doneness. Remove from heat. Evenly divide carrot noodles between four serving plates. Top evenly with shrimp mixture.

Serve immediately.

Yields 4 Servings



Pesto Zucchini Noodles With Chicken

Ingredients

- 1 tsp. olive oil
- ½ medium red onion, chopped
- 2 cloves garlic, finely chopped
- 1 cup sliced mushrooms
- 4 fresh basil leaves, finely chopped
- 2 medium zucchini
- 1 Tbsp. prepared pesto sauce
- 2 (4 oz. each) cooked chicken breast, boneless, skinless, sliced, warm

Instructions

Heat oil in medium saucepan over medium-high heat.

Add onion; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.

Add garlic; cook, stirring frequently, for 1 minute.

Add mushrooms and basil; cook, stirring frequently, for 3 to 5 minutes, or until mushrooms release liquid. Set aside.

Using a vegetable peeler, cut each zucchini into lengthwise strips about ⅛ inch thick. Turn zucchini slightly after cutting each strip to work evenly around the outside, stopping when you hit the seeds at the core. Discard cores. Cut slices lengthwise into ½- inch ribbons. Set aside.

Add zucchini to onion mixture; cook over medium-high heat, stirring frequently, for 2 to 4 minutes, or until heated through.

Add pesto; mix well.

Evenly divide zucchini mixture between two serving plates; evenly top with chicken.

Yields 2 Servings



Spaghetti Squash With Tomatoes and Mushrooms

Ingredients

- 1 medium spaghetti squash (about 3 lbs.)
- 1 Tbsp. olive oil
- 1 medium onion, chopped
- 3 cloves garlic, finely chopped
- ½ cup sliced mushrooms
- ½ cup white wine
- ½ cup cherry tomatoes, cut into halves
- 4 fresh basil leaves, finely chopped
- 3 Tbsp. shredded Parmesan cheese
- Chopped parsley (for garnish; optional)

Instructions

Preheat oven to 350° F.

Place squash on parchment-lined baking sheet. Poke squash 2 or 3 times with a fork. Bake for 40 to 50 minutes, or until tender. Cool for 20 to 30 minutes.

While the squash cooks, heat oil in medium saucepan over medium-high heat.

Add onion; cook, stirring frequently, for 3 to 5 minutes, or until translucent.

Add garlic; cook, stirring frequently, for 1 minute.

Add mushrooms; cook, stirring frequently, for 3 to 5 minutes, or until mushrooms release liquid.

Add wine, cherry tomatoes, and basil; cook, stirring frequently, for 3 to 5 minutes, or until soft. Set aside.

Cut squash in half lengthwise. Remove seeds. Scrape flesh into stringy noodles.

Evenly divide squash between three bowls. Evenly top with onion mixture, cheese, and parsley (if desired).

Yields 3 Servings

