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Light, colorful, nutritious and delicious.....

Versatile Pasta Makes Perfect Springtime Fare

Pasta is the Italian word for "paste", which in culinary usage describes an alimentary paste made from semolina and water. Semolina is the purified midlings of hard wheat, the best being durum, or macaroni, wheat, grown in this country in the western north-central states, chiefly Minnesota. Durum wheat is heavy with gluten, the principal protein component of wheat and other grains.

In Italy, the country with which pasta and pasta dishes are most closely associated, there are more than 100 varieties, some large to be stuffed, like lasagna, others in small decorative shapes, like stars, hearts, animals, and letters, for

There are also colored pastas. Spinach, brocolli, beet juice and tomatoes are used to produce green and red pastas, and eggs to make bright yellow pastas.

Here are some pasta recipes which make tasty springtime

PASTA PRIMAVERA

Maurice D. Gregory, Jr., M.D.

Las Vegas Medical Centers

announce the opening of

Las Vegas

Medical Center IV

on Civic Center near Lake Mead

Approved for Culinary after hours

and Weekend Medical Benefits

OPEN DAILY 8 A.M. - 8 P.M.

1/2 cup (1 stick) unsalted butter

- 1 medium onion
- 1 large clove garlic, minced
- 1 pound thin asparagus, tough-ends trimmed, cut diagonally into 1/4-inch slices, tips left intact
- 1/2 pound mushrooms, thinly sliced
- 6 ounces cauliflower, broken into small florets

SERVICES:

X-Ray

Laboratory

Minor Emergencies

Physical Examinations

- 1 medium zucchini, cut into 1/4-inch rounds 1 small carrot, halved lengthwise, cut diagonally into 1/8-inch slices
- 1 cup whipping cream
- 1/2 cup chicken stock
- 2 tablespoons chopped fresh basil or 2 teaspoons dried
- 1 cup frozen tiny pears, thawed, or 1 cup fresh young peas 2 ounces proscuitto or cooked ham, chopped
- 5 green onions, chopped
- Salt and freshly ground pepper
- 1 pound fettuce or linguine, cooked al dente, thoroughly drained
- 1 cup freshly grated imported Parmesan cheese

Heat wok or large deep skillet over medium-high heat. Add butter, onion and garlic and saute until onion is softened. about 2 minutes. Mix in asparagus, mushrooms, cauliflower, zucchini and carrots and stir-fry 2 minutes. (At this point, remove several pieces of asparagus tips, mushrooms and zucchini and reserve for garnish.)

Increase heat to high. Add cream, stock and basil and allow mixture to boil until liquid is slightly reduced, about 3 minutes. Stir in peas, ham and green onions and cook 1 minute more. Season to taste with salt and pepper

Add pasta and cheese, tossing until thoroughly combined and pasta is heated through. Turn onto large serving platter and garnish with any reserved vegetables. Serve immediately For a variation, add 1 pound cooked, shelled shrimp with the pea-ham mixture.

Makes 4 to 6 main-course servings or 6 to 8 first-course servings

SPRINGTIME PASTA DINNER

6 ounces green spaghetti, cooked al dente and drained 6 ounces yellow spaghetti, cooked al dente and drained 1/4 cup olive oil 2 cups cooked ham, cubed 2 cups zucchini, sliced

2 cups tomatoes, chopped Basil, salt and pepper to taste Fresh grated Parmesan cheese

Heat olive oil in wok or large skillet. Stir-fry ham, zucchini, and tomatoes in hot oil until zucchini is barely tender. Add basil, salt and pepper. Add green and yellow spaghetti and toss together lightly to blend all ingredients. Heat thoroughly and serve immediately, topped with the Parmesan cheese Makes 6 servings.

PORK STROGANOFF WITH SPINACH NOODLES

- 1 pound well-trimmed boneless pork shoulder, cut in
- 2-inch-long x 1/2-inch-wide strips 11/2 tablespoons all-purpose flour
- 2 tablespoons margarine
- 1/2 teaspoon dried thyme
- 1 package (11/4 ounces) stroganoff mix
- 3/4 cup water
- 2 medium-size carrots cut in 2-inch-long matchsticks
- 1/2 cup sliced green onions
- 1 can (4 ounces) mushroom stems and pieces, drained
- 1/2 cup dairy sour cream
- 8 ounces spinach (green(noodles, freshly cooked and

Coat pork with flour, shaking off excess. Melt margarine in a 3-quart saucepan over medium-high heat. Add pork and brown. Stir in thyme, the mix and water until smooth; bring to boil. Reduce heat; cover and simmer 30 minutes or until meat is almost tender. Add carrots, green onions and mushrooms. Cover and cook 10 minutes longer or until meat and carrots are tender. Remove from heat; stir in sour cream. Serve on hot noodles

Pasta Now

Pasta should be pronto! But it's no news to many cooks that pasta is not a timesaver in the microwave oven. Microwave and conventional cooking times for dried pasta are almost the Until now that put Italy's favorite meal out of the question for cooks in a hurry.
The Banquet Foods test

Kitchens have developed the recipe Pasta Pronto to solve that The recipe's main ingredient is frozen prepared parsleyed noodles in butter sauce. This product is versatile enough to be served as a side dish or can be combined with a few ingredients to make a main Now, in less than ten minutes, a pasta meal can be pronto even in the microwave

Pasta Pronto

4 packages (4 oz. ea.) Banquet Side Dish For One, Parsleyed Noodles in Light **Butter Sauce, thawed** 1 medium tomato, chopped (about 1 cup) 21/2 oz. fully-cooked ham,

chopped (about 1/2 cup) 2 oz. pepperoni, chopped (about 1/2 cup) 1/4 cup sliced ripe olives

¼ cup grated Parmesan

In 11/2-quart microwavesafe baking dish, combine

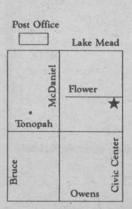
SUMMER SALAD

1 pkg. (12 oz.) Prince Rotini Primavera 3 cups chicken, cooked and cubed 1 large green pepper, seeded and diced 1 cup celery, thinly sliced 1 cup pimento-stuffed olives, thinly sliced 1 cup radishes, thinly sliced 1 cup cheddar cheese, cubed 1/2 cup mayonnaise 1/2 cup sour cream Salt and pepper to taste

Cook Rotini in 4 qts. boiling salted water for 10 to 12 minutes. Do not overcook Rotini. Drain. Rinse with cold water. Drain again. In a large bowl combine Rotini and remaining ingredients. Mix well. Chill several hours or overnight before serving.

Makes 6 to 8 servings.

noodles. tomato. pepperoni and olives. Heat, covered, on HIGH 4 to 6 minutes or until hot, stirring occasionally. Stir in cheese. Makes 4 servings.





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