

Pasta

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Garlic chicken rigatoni

Ingredients

- 8 oz rigatoni
- 1/4 cup sun dried tomatoes (no oil)
- 1/2 cup boiling water
- 2 chicken breasts, cubed
- 1 tbsp olive oil
- 2 tbsp butter
- 1/4 tsp garlic powder
- 1/4 tsp salt
- 2 tbsp flour
- 3 cups button mushrooms, quartered.
- 2 tsp minced garlic
- 1 tbsp dried parsley
- 1/4 cup chicken broth
- 1/4 cup white cooking wine
- 1/4 tsp basil
- 1/8 tsp red pepper flakes
- salt & pepper
- 1/4 cup grated parmesan

Preparation

1. Cook pasta as per package instructions
2. In a small bowl combine sun dried tomatoes and boiling water. Let stand for 5 minutes, then drain and chop
3. Combine flour, garlic powder, and 1/4 tsp salt. Toss chicken in flour mixture
4. Heat a skillet to medium-high. Add 1 tbsp oil to skillet and sear chicken until browned and

fully cooked. Remove chicken from pan

5. Reduce heat to medium. Wipe extra oil clean, and add 2 Tbsp butter.
6. Cook mushrooms until liquid evaporates and mushrooms begin to brown, about 10-15 mins
7. Add broth, wine, parsley, remaining seasonings, and chopped tomatoes. Bring to a boil
8. Add chicken and heat through
9. Stir pasta into sauce mixture. Add cheese and toss to coat

Homemade Baked Mac And Cheese

Ingredients

- 8oz cavatappi noodles
- 1/2 tbsp extra virgin olive oil
- 3 tbsp butter (for sauce)
- 2 tbsp + 2 tsp flour (2.6 tablespoons)
- 1 1/2 cups whole milk
- 1/2 cups heavy cream
- 2 cups sharp cheddar shredded
- 1 cup Jarlsburg Swiss shredded
- salt and pepper to taste
- 3/4 cup panko breadcrumbs
- 2tbsp butter melted (for topping)
- 1/4 cup parmesan butter shredded
- 1/8 tsp smoked paprika

Preparation

- Preheat oven to 350 degrees fahrenheit
- Cook the pasta to 1 minute shy of al dente
- Remove pasta from heat and drain the water
- Drizzle pasta with olive oil
- Melt butter in a deep saucepan, dutch oven, or stock pot
- Whisk in flour over medium heat and continue whisking for one minute
- Gradually whisk in milk and cream until nice and smooth. Continue whisking until you see bubbles on the surface and continue whisking for another 2 minutes.

- Add salt and pepper
- Slowly add 2/3rds of the sharp cheddar and jarlsburg swiss into the roux. Keep whisking until creamy and melted.
- Stir the cooled pasta into the cheese sauce until the pasta is fully coated.
- Pour half the pasta and sauce mixture into the baking dish. Top with the remaining 1/3rd of the sharp cheddar and jarlsburg swiss. Top with the remaining pasta.
- Combine panko crumbs, parmesan, melted butter, and paprika. Sprinkle over top of the noodles
- Bake in oven for 30 minutes until bubbly and golden brown

Spaghetti with tomato cream sauce

Ingredients

- Spaghetti
- 1 tbsp butter
- 2 cloves of garlic, minced
- 1 small onion
- 14 oz crushed tomato
- 1/2 tsp basil
- 1/4 tsp oregano
- 1/4 tsp parsley
- 1/2 tsp red pepper flakes
- Salt & pepper
- 1/2 tsp balsamic vinegar
- 1/8 cup heavy cream
- 3/8 cup milk
- Grated parmesan cheese for serving

Preparation

- Cook pasta as per package directions
- In a medium saucepot, saute onion and garlic in butter until translucent
- Add crushed tomato. Stir in spices, salt, and pepper
- Cover and simmer for 20 minutes
- Add balsamic vinegar, cream/milk, and heat through
- Serve topped with cheese

Notes

- This is a half recipe and makes just enough for 2 adults and a little one

Creamy Sun-dried Tomato Pesto and Italian Sausage Pasta

Ingredients

- 1 pkg Mild Italian Sausage
- 170g (6oz) rigatoni
- 1 Zucchini
- 2 handfuls Baby Spinach
- 1 small Onion
- 2 cloves Garlic
- 1 1/2 tbsp Chicken Broth Concentrate
- 1/2 cup Sundried Tomato Pesto
- 1 tbsp Flour
- (possible) 1/4 tsp onion powder
- 1/2 cup Milk
- Parmesan (for sprinkling)
- Chili flakes (for sprinkling)

Preparation

1. Add 10 cups of water and 2tsp salt to a large pot
2. Add rigatoni and cook to package directions
3. Reserve 1/4 cup pasta water and drain. Return pasta to same pot, off heat
4. Roughly chop spinach. Cut zucchini into 1/2 inch rounds and quarter. Dice onions 1/4 or 1/2
5. Heat a large pan over medium high heat. Add 1/2tbsp oil and zucchini, cook to tender

crisp.

6. Season with salt and pepper, and set zucchini aside
7. Heat the same pan over high heat. Cook meat until no pink remains.
8. Add onions and cook for another couple of minutes as the meat gets crispy.
9. Add garlic/salt/pepper/onion powder and cook until fragrant, 30 seconds
10. Add flour and stir until coated
11. Add milk, broth concentrate, pesto to the pan
12. Bring to a simmer and cook until sauce thickens, 1-2 minutes
13. Add zucchini and spinach. Cook, stirring often, until spinach wilts
14. Add sauce, reserved pasta water to rigatoni
15. Serve and sprinkle parmesan/chili flakes over top.