Step-by-Step Pasta Dinner
Pinching pennies? Make it a pasta night!

Pasta is a budget-friendly way to choose whole grain. Choose ingredients from the chart below to make a meal for four. Then, follow the step-by-step directions and review the chef’s notes.

### Protein
- Lean ground beef, turkey, or chicken, cooked and drained (1 pound)
- Extra-firm tofu, drained and crumbled (14-ounce package)
- Beans, rinsed and drained (1 can or 2 cups cooked)
- Frozen peas or edamame (soy beans), thawed and drained (2 cups)
- Chicken or turkey sausage, cooked and sliced (1 pound)

### Veggies
(2 cups total, any combo)
- Spinach, chard, or kale
- Broccoli
- Carrots
- Sugar snap or snow peas
- Zucchini or yellow squash

### Sauce
(1–2 cups)
- Marinara
- Peanut Sauce
- Canned diced or crushed tomatoes
- Quick Cheese Sauce (recipe on page 75)
- Simple White Sauce (recipe on page 75)

### Seasonings
(Optional, to taste)
- Dried basil
- Dried oregano
- Garlic powder or minced fresh garlic

### Directions
1. Cook pasta according to package directions. In a colander, drain pasta.
2. Cook protein as needed. If using, add optional fresh garlic during the last minute of cooking.
3. Cook veggies by steaming, grilling, roasting, sautéing, or adding to boiling pasta water during the last few minutes of cooking. See Veggies Three Ways (page 25) for other tips.
4. In a large pot over medium heat, heat sauce. If using, add optional spices now. Add protein and veggies to heat through. Toss with hot cooked pasta and serve.

### Chef’s Notes
- New to whole grain pasta? Start with a whole grain blend. Once you are used to the taste, switch to 100% whole wheat pasta.
- Use ground meat that is 93% lean or leaner. Drain excess fat from meat after cooking.
Try these combos!

**Peanut Noodles**
Whole grain spaghetti + tofu + sugar snap peas + carrots + peanut sauce

**Summer Pasta Primavera**
Whole grain pasta + diced tomatoes + cannellini beans + zucchini + garlic

**Spaghetti and Meat Sauce**
Whole grain pasta + lean ground beef + broccoli + marinara sauce + dried basil + dried oregano + garlic

**Sauce Recipes**

**Simple White Sauce**
1. In a small bowl, use a fork to whisk together 2 Tablespoons cornstarch and 1 cup nonfat or low-fat milk until smooth.
2. In a large saucepan over medium heat, add milk mixture. Cook until thickened, stirring constantly, about 5 minutes.
3. Stir in 2 teaspoons mustard. Season with dried or fresh herbs as you like, such as basil, parsley, or dill. Start with ¼ teaspoon and add to your taste.
4. Remove from heat. Add salt and pepper to taste. Serve hot.

**Quick Cheese Sauce**
1. Grate 2 ounces low-fat cheddar cheese.
2. Follow instructions for Simple White Sauce above. In step 3, stir in cheese along with the mustard and seasonings, until melted.