



Pasta Fits

COOKING TIPS – Tips to make a quick, healthy meal on a low budget

Tips on Portion Sizes:

- For short pastas and egg noodles, like elbow macaroni, shells, spirals, wagon wheels, ziti, etc., 2 ounces uncooked is roughly equal to 1/2 cup dry and about 1 cup cooked (Larger, bulkier shapes such as bowties, penne rigate, rigatoni, and wide noodles may yield more, while smaller shapes such as Stars or Alphabets may yield less). For long goods such as spaghetti, angel hair, vermicelli, linguine, etc., 2 ounces uncooked equals 1/2 inch bunch dry and 1 cup cooked.
- To make a single portion of pasta use approximately 1/2 cup dry pasta or measure 1/2 inch diameter of dry long pasta (1 cup or 2 grain servings cooked). A single portion of sauce is 1/2 cup as well. For fast meals – freeze 1/2 cup portions of sauce, defrost, and add to any dish.

General Tips:

- Use only small amounts of vegetable oils, margarine and vegetable cooking spray when preparing pasta dishes.
- Keep leftover cooked pasta in the refrigerator for up to three days. When it's time to reheat, simply put it in a colander and then place it directly into boiling water for one minute.
- Instead of meat, try adding vegetables to a light tomato sauce for a plenty of flavor and crunch.
- Add leftover pasta to your favorite soup. If you use dry pasta, simmer the soup for an additional 5 to 10 minutes or until the pasta is cooked.
- Make mealtime more enjoyable by serving different, fun shapes – stars, letters, wheels and the all-time kid favorite ... spaghetti. Introduce young pasta eaters to finger-friendly sizes like ziti, rotini (spirals), and radiatore (radiators).
- Save time – double your favorite recipes, and freeze the extra servings for later use. This works especially well with sauces and baked pasta dishes like lasagne.

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