

**AMAZING AFFORDABLE MEALS**

# *All the* **PASTABILITIES**

Affordable, quick, and family-friendly, there's nothing pasta can't do. From easy stuffed shells to gluten-free spaghetti and meatballs, the pastabilities really are endless!

**ROTINI WITH  
BUTTERNUT SQUASH AND  
PLANT-BASED SAUSAGE**  
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*Ready to try plant-based sausage? Pasta is a great way to start*





**\$**  
**MONEY-  
SAVING MEAL**

Pasta is inexpensive and is often on sale, so you can keep your pantry well stocked. It's a great way to make meat or seafood go further or to use up veggies at the end of the week.

*This bake gives you lasagna-like layers in half the time*

**RAVIOLI BAKE  
WITH PEPPERS**

PREP TIME 10 MIN. – COOK TIME 55 MIN.  
READY IN 1 HOUR 5 MIN. + STANDING TIME  
SERVINGS 8

- |   |  |
|---|--|
| > <b>Cooking spray</b>  | > 1 (25 oz) bag  |
| > 2 cups <b>part-skim ricotta cheese</b>  | <b>frozen beef ravioli, divided</b>                      |
| > 1 <b>large egg</b>  | > 1 (16 oz) bag <b>frozen</b>                            |
| > 1 tbsp <b>minced garlic</b>   | <b>mixed pepper strips, thawed, drained, and divided</b> |
| > 1 (26 oz) jar <b>Nature's Promise Organic Tomato Basil Pasta Sauce, divided</b> | > 1½ cups <b>part-skim shredded mozzarella, divided</b>  |

**STEP 1** Preheat oven to 400°F. Coat a 3-qt baking dish with the cooking spray. In a medium bowl, combine the ricotta, egg, and garlic. Season with salt and pepper.

**STEP 2** Into baking dish, spread ¾ cup pasta sauce. Top with a single layer of the ravioli, half of the ricotta mixture, half of the peppers, 1 cup sauce, and half of the mozzarella. Repeat the layers again with remaining ravioli, ricotta, peppers, sauce, and mozzarella.

**STEP 3** Cover baking dish tightly with foil. Bake 45 min., until ravioli is hot and cheese is melted. Remove foil and bake another 10 min. Remove from oven and let sit 10 min. before serving.

**↔ SIMPLE SWAP** To make this bake vegetarian, use frozen cheese ravioli instead of beef.

PER SERVING: 364 CALORIES, 15G FAT, 7G SATURATED FAT, 84MG CHOLESTEROL, 850MG SODIUM, 38G CARBOHYDRATE, 4G FIBER, 7G SUGAR, 21G PROTEIN



*Creamy Alfredo uses just four ingredients*

## CHOOSE YOUR PASTA SHAPE

Short tubes or spirals (penne or rotini) will hold on to chunky sauces or lots of veggies. Choose long noodles (spaghetti) for marinara or pesto and flat noodles (linguine or fettuccine) for cream or butter sauces.

## FRESH FETTUCCINE ALFREDO

PREP TIME **5 MIN.** — COOK TIME **10 MIN.**  
READY IN **15 MIN.** — SERVINGS **6**

> 2 (9 oz) pkgs <b>fresh fettuccine</b>	> 3 tbsp <b>butter</b>
> 1½ cups <b>half &amp; half</b>	> ¾ cup <b>grated</b> <b>Parmesan cheese,</b> <b>divided</b>

**STEP 1** Heat a large pot of salted water to a boil on high. Cook the fettuccine according to package directions for al dente. Drain fettuccine.

**STEP 2** Meanwhile, in a 12-inch skillet, heat the half & half on medium. Add the butter and ¼ cup Parmesan. Whisk gently until melted and smooth. Season with salt and generously with black pepper.

**STEP 3** Remove skillet from heat and add fettuccine. Toss until well combined. Divide among bowls and top with remaining ½ cup Parmesan.

PER SERVING: 495 CALORIES, 17G FAT, 10G SATURATED FAT, 48MG CHOLESTEROL, 229MG SODIUM, 68G CARBOHYDRATE, 3G FIBER, 5G SUGAR, 16G PROTEIN

## BAKED TURKEY MEATBALLS WITH PESTO

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### SHOP THE RECIPE



#### GLUTEN-FREE PANKO

Light-as-air bread crumbs are made with rice flour instead of wheat.



#### EDAMAME NOODLES

Soybean flour makes these green noodles protein-packed and gluten-free.



#### ITALIAN SEASONING

A zesty blend of sage, oregano, and basil works well in red sauces, soups, or in a breading for chicken.







ROTINI WITH BUTTERNUT SQUASH AND PLANT-BASED SAUSAGE

PREP TIME 10 MIN. – COOK TIME 20 MIN.  
READY IN 30 MIN. – SERVINGS 4

- > 1 (8.8 oz) box red lentil rotini
- > 1 (20 oz) pkg cubed butternut squash
- > 2 tbsp olive oil
- > ½ cup diced onion
- > 3 sage leaves, finely chopped
- > 2 links plant-based Italian sausage, sliced ½-inch thick
- > ¼ cup grated Parmesan

**STEP 1** Heat a large pot of salted water to a boil on high. Cook the rotini according to package directions. Cut the squash into ½-inch chunks. Reserve ½ cup cooking liquid before draining pasta.

**STEP 2** Meanwhile, in a 12-inch skillet, heat the oil on medium. Add the onion and sage. Cook 4–5 min., until golden, stirring often. Add the sausage to skillet, breaking up into smaller chunks. Cook 5–7 min., until browned, stirring occasionally.

**STEP 3** Add squash to skillet along with ¼ cup water. Season with salt. Cover skillet and cook 6–7 min., until squash is tender, stirring and scraping up any browned bits occasionally, and adding 1–2 tbsp more water, if needed.

**STEP 4** To serve, toss cooked rotini with the squash mixture, adding reserved cooking liquid as needed, 2 tbsp at a time. Garnish with the Parmesan.

**SIMPLE SWAP** For a vegan dish, leave out the Parmesan or substitute a shredded vegan cheese.

PER SERVING: 428 CALORIES, 14G FAT, 2G SATURATED FAT, 4MG CHOLESTEROL, 237MG SODIUM, 61G CARBOHYDRATE, 11G FIBER, 6G SUGAR, 26G PROTEIN



**SECRET IN THE SAUCE**

Sugar and butter might not seem like they belong in marinara, but they make this sauce even better. A little sugar balances the canned tomatoes’ acidity while butter gives it richness.

CHECK OUT THE VIDEO ONLINE

ALL-PURPOSE CHUNKY MARINARA SAUCE

PREP TIME 8 MIN. – COOK TIME 42 MIN.  
READY IN 50 MIN. – SERVINGS 8

- > 3 tbsp olive oil
- > 1 medium onion, finely chopped
- > 2 tbsp minced garlic
- > 1 (28 oz) can Nature’s Promise Organic Crushed Tomatoes with Basil
- > 1 (28 oz) can Nature’s Promise Organic Diced Tomatoes
- > 2 bay leaves
- > 1 tsp dried oregano
- > ¼ cup sugar
- > 2 tbsp butter, cut up

**STEP 1** In a Dutch oven or large pot, heat the oil on medium. Add the onion and cook 8–10 min., until golden,

stirring occasionally. Add garlic and cook 1 min., stirring often.

**STEP 2** To pot, add the tomatoes, along with the bay leaves, oregano, and sugar. Season with salt and pepper.

**STEP 3** Heat to a boil on high. Reduce heat to simmer. Partially cover and cook 25–30 min., stirring occasionally. Stir in the butter until melted. Season with salt and pepper to taste. Remove bay leaves before serving.

**TIP** Refrigerate for up to 1 week or freeze for 3 months.

PER SERVING: 130 CALORIES, 8G FAT, 3G SATURATED FAT, 8MG CHOLESTEROL, 274MG SODIUM, 14G CARBOHYDRATE, 3G FIBER, 7G SUGAR, 3G PROTEIN

YOUR PASTA SHOPPING GUIDE

You can now find noodles in every part of the store, from the freezer aisle to the produce section. Use this guide to shop your favorites or discover something new.

PASTA TYPE	WHY WE LOVE IT	WHERE TO FIND IT	WHAT TO BUY	TRY IT AT HOME
Classic dried pasta	This inexpensive pantry staple can turn any ingredient combo into a last-minute meal. Gluten-free versions are also available.	In the pasta aisle	 Whole-grain penne	Combine with vegetables and sausage, shrimp, or chicken
Bean & lentil pasta	These gluten-free noodles are made from ingredients like red lentils, chickpeas, and edamame, making them high in fiber and protein.	In the specialty and organic aisle	 Red lentil rotini	Use in place of regular short pasta in a vegetarian pasta toss
Fresh pasta	It’s ready in under five minutes and makes a simple pasta toss feel restaurant-worthy	In the refrigerated section	 Fresh pasta	Toss with Alfredo sauce or garlic butter and seafood
Vegetable noodles	A low-carb option and a great way to add more veggies to meals	In the prepared produce section	 Squash noodles	Sauté for a couple minutes or cook right in the sauce
Frozen stuffed pasta	Almost a meal on its own, with the option to either bake or boil	In the frozen foods aisle	 Stuffed shells	Bake like a lasagna with layers of sauce and cheese



Stuffed shells go from freezer to oven—no need to thaw

## WHAT IS VODKA SAUCE?

Traditionally, vodka is added to this red sauce to bring out its tomato flavor (the alcohol cooks off before it goes in the jar). The addition of cream gives the sauce its classic pink color and adds richness.

## STUFFED SHELLS ALLA VODKA WITH SPINACH

PREP TIME 10 MIN. — COOK TIME 55 MIN.  
READY IN 1 HOUR 5 MIN. — SERVINGS 4

- > ½ (24 oz) jar **vodka sauce, divided**
- > 1 (16 oz) pkg **frozen cut spinach, divided**
- > 1 (17 oz) bag **frozen Nature's Promise Organic Stuffed Shells**
- > ½ cup **shredded part-skim mozzarella**
- > ¼ cup **loosely packed basil leaves, chopped**

**STEP 1** Preheat oven to 425°F. Into bottom of an 8x8-inch or 2-qt baking dish, spread half of the vodka sauce. Scatter half of the spinach on top.

**STEP 2** Arrange the stuffed shells over spinach in a single layer, open-sides down. Scatter remaining spinach on top. Spoon remaining vodka sauce over spinach. Sprinkle with the mozzarella.

**STEP 3** Cover dish with foil and bake 50–55 min., until shells are hot in centers. Garnish with the basil.

PER SERVING: 338 CALORIES, 12G FAT, 7G SATURATED FAT, 55MG CHOLESTEROL, 639MG SODIUM, 38G CARBOHYDRATE, 6G FIBER, 6G SUGAR, 20G PROTEIN

## PASTA WATER HACK

Pasta releases lots of starch into the water as it boils. Save about a cup before draining, then add a little at a time as you toss the pasta with the sauce. The starchy water will help the sauce thicken and cling to the noodles.

LEMONY SPAGHETTI  
CARBONARA WITH PEAS  
> RECIPE PAGE XXX





### BAKED TURKEY MEATBALLS WITH PESTO

PREP TIME 15 MIN. – COOK TIME 15 MIN.  
READY IN 30 MIN. – SERVINGS 6

- |   |   |
|---|---|
| > 1 tbsp minced <b>garlic</b>                 | <b>94% Lean</b>                         |
| > 2 tsp <b>Italian seasoning</b>              | <b>Ground Turkey</b>                    |
| > ½ cup <b>gluten-free panko bread crumbs</b> | > <b>Cooking spray</b>                  |
| > 1 <b>large egg</b>                          | > 1 (8 oz) pkg <b>edamame spaghetti</b> |
| > ½ cup <b>grated Parmesan, divided</b>       | > 1 (16 oz) pkg <b>squash noodles</b>   |
| > 1 (16 oz) pkg <b>Nature's Promise</b>       | > ½ cup <b>pesto</b>                    |

**STEP 1** Preheat oven to 450°F. In a large bowl, combine the garlic, Italian seasoning, bread crumbs, egg, and ¼ cup Parmesan. Add the turkey and season with salt and pepper. Mix until combined. Form into 1½-inch meatballs and place on parchment-lined baking sheet, spacing 1 inch apart. Coat meatball tops with the cooking spray. Bake 12–15 min., until browned and cooked through.

**STEP 2** Meanwhile, heat large pot of salted water to boil on high. Add the spaghetti and cook 3 min. To pot, add the squash noodles and cook another 2 min., until squash noodles and spaghetti are al dente. Reserve ½ cup cooking liquid. Drain noodles well and toss with the pesto, adding cooking liquid as needed, 2 tbsp at a time. Season with salt and pepper.

**STEP 3** Divide the spaghetti mixture among 6 bowls. Top with turkey meatballs. Garnish with remaining ¼ cup Parmesan.

PER SERVING: 457 CALORIES, 21G FAT, 5G SATURATED FAT, 92MG CHOLESTEROL, 479MG SODIUM, 35G CARBOHYDRATE, 10G FIBER, 5G SUGAR, 38G PROTEIN

### LEMONY SPAGHETTI CARBONARA WITH PEAS

PREP TIME 10 MIN. – COOK TIME 10 MIN.  
READY IN 20 MIN. – SERVINGS 4

- |   |   |
|---|---|
| > 12 oz <b>gluten-free spaghetti</b>    | > 2 <b>egg yolks</b>                                  |
| > 1 cup <b>frozen peas</b>              | > ¼ cup <b>grated Parmesan, plus more for serving</b> |
| > 2 tbsp <b>olive oil</b>               | > 1 <b>lemon</b>                                      |
| > 2 slices <b>bacon, chopped</b>        | > 3 tbsp <b>finely chopped parsley (optional)</b>     |
| > 1 <b>medium onion, finely chopped</b> |   |
| > 2 <b>large eggs</b>                   |   |

**STEP 1** Heat a large pot of salted water to a boil on high. Cook the spaghetti according to package directions. To pot, add peas and cook another 30 sec. Reserve ½ cup cooking liquid before draining.

**STEP 2** Meanwhile, in a 10-inch skillet, combine the oil and bacon. Cook 6 min. on medium, until browned, stirring occasionally. With slotted spoon, transfer to a large bowl. To skillet, add the onion and season with salt. Cook 5–6 min., until caramelized, stirring occasionally. Remove skillet from heat.

**STEP 3** To bowl with bacon, add the whole eggs, egg yolks, and Parmesan. Whisk until smooth. Season generously with pepper. From lemon, grate 2 tsp zest into bowl. Squeeze 2 tbsp juice into skillet with onions, scraping up any browned bits.

**STEP 4** Add cooked spaghetti and peas to bowl with eggs. Toss to coat spaghetti. Add onion mixture from skillet, as well as the parsley, if using. Toss to combine, adding some reserved cooking liquid if needed. Season with salt and pepper to taste.

PER SERVING: 503 CALORIES, 17G FAT, 4G SATURATED FAT, 193MG CHOLESTEROL, 222MG SODIUM, 76G CARBOHYDRATE, 5G FIBER, 3G SUGAR, 15G PROTEIN



### WHOLE-GRAIN PENNE WITH SPICY SHRIMP AND BROCCOLI

PREP TIME 5 MIN. – COOK TIME 10 MIN.  
READY IN 15 MIN. – SERVINGS 4

- |  |  |
|--|--|
| > 1 (13.2 oz) box <b>whole-grain penne</b>   | > 12 oz <b>peeled, deveined shrimp</b>   |
| > 3 cups <b>small broccoli florets</b>       | > 4 cloves <b>garlic, finely chopped</b> |
| > ¼ cup <b>olive oil</b>                     | > 1 tsp <b>crushed red pepper</b>        |
| > 1 bunch <b>green onions, thinly sliced</b> |  |

**STEP 1** Heat a large pot of salted water to a boil on high. Add the penne and cook according to package directions. Add the broccoli to pot 2 min. before pasta is cooked. Before draining, reserve ½ cup cooking liquid.

**STEP 2** Meanwhile, in a 12-inch nonstick skillet, heat the oil on medium. Add the green onions and cook 2 min., stirring often. Add the shrimp, garlic, and crushed red pepper. Cook 4–5 min., until shrimp are cooked through, stirring occasionally. Remove from heat.

**STEP 3** In a large bowl, toss cooked penne and broccoli with shrimp mixture, adding some cooking liquid if needed. Season with salt to taste.

PER SERVING: 536 CALORIES, 17G FAT, 3G SATURATED FAT, 107MG CHOLESTEROL, 505MG SODIUM, 75G CARBOHYDRATE, 11G FIBER, 4G SUGAR, 27G PROTEIN



#### WHAT IS AL DENTE?

Boil your pasta until al dente, Italian for “to the tooth,” or until just slightly firm when you bite into it. The pasta will finish cooking in the sauce and absorb more flavor.

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