

## BLAST FROM THE PASTA (for 4)

375 ml fussili, macaroni, rotini or other pasta (1 ½ C)

200 g lean ground beef (8oz)	5 ml dried oregano (1t)
1/4 green pepper, diced	3 ml chili powder (1/2t)
1/4 onion, diced	3 ml paprika (1/2t)
1/2 tin(125 ml) cream of mushroom soup, undiluted (1/2 C)	
1/4 tin(60 ml) cream of tomato soup (1/4 c)	a pinch of red pepper flakes
250 mL diced tomatoes (1C)	

**Optional:** finely chopped parsley                      10 mL parmesan cheese(2t)

1. Fill **LARGE POT** with water and set on **MAX** until it comes to a full rolling boil. Add pasta and cook uncovered until it is "AL DENTE" (cooked but not mushy). Each pasta has its suggested "cook time" ( 5-7 minutes for fussili)
2. In **LARGE FRYPAN** set at #4-5, brown ground beef and cook until no longer pink. Break up any large pieces using a wooden spoon.
3. Add green pepper and onion. Cook for 3-4 minutes.
4. Stir in tomatoes and their liquid and both soups. Stir until mixture is well blended.
5. Add all remaining spices and drained pasta. Reduce heat to low (#1) and simmer for 15 minutes (set timer), stirring occasionally.
6. To serve: Spoon onto plates in the kitchen. Garnish with chopped parsley and parmesan cheese IN THE KITCHEN. Carry to table to serve. Serve hot!

## VEGGIES AND SKINNY DIP

(LOW-FAT, HIGH CALCIUM)

2 carrots	25 mL plain yogourt (1T+1t)
1 celery stalk	25 mL mayonnaise (1T+1t)
optional: broccoli trees	25 mL low-fat sour cream (1T+1t)
cauliflower	3 mL dillweed (1/2 t)
	3 mL garlic powder (1/2 t)
	1/2 green onion, very finely chopped

1. Peel carrot, wash celery. Slice into narrow STICKS about 3-10 cm. long.
2. Make dip by combining all ingredients in small white bowl.
3. Using rubber scraper, remove to custard cup or small fancy dish (sugar bowl).
4. To serve: *Artfully* arrange veggies *on Platter* with dip container. Serve with a small spoon so each person can take some dip onto their own plate.

## JOB DESCRIPTIONS

### Head Cook

Get laundry for group. Get out large frypan, large pot (in stove drawer), wooden spoon, cutting boards and knives, colander. Get salt shaker from demo table add enough salt to the water (AS SALTY AS THE SEA) Get water boiling for pasta. Take a cereal bowl to demo table to get pasta. Make pasta dish with help of Head Supplies. Cook the beef. Garnish plates in the kitchen.

**Clean-up** — Put away all clean dishes. Responsible for kitchen check.

### Head Supplies

Gather supplies: you'll need a tray, a cereal bowl, 4 custard cups, small liquid measure, dry measuring cups and a set of measuring spoons. Put all spices in one custard cup, leave soups in the measuring cups, tomatoes in liquid measure, and pepper and onions on the tray. Cut the peppers, onion and chop parsley. Assist Head Cook make pasta dish---line up ingredients in correct order.

**Clean-Up** — Dry prep dishes, Wash serving dishes.

### Supporting Cook

Get out white plastic bowl, cutting boards and knives. Collect 1/2 green onion, parsley, carrots, celery, (broccoli) from demo table.

Make vegetable *sticks and trees*. Arrange on serving plate or platter.

Chop green onion finely; give to Supporting Supplies.

**Clean - Up** — Wash prep dishes, Dry serving dishes.

### Supporting Supplies

Collect dip ingredients from demo table. Take measuring spoons and 4 custard cups — put both spices in same custard cup. Make dip (do not forget to add green onion). Fill *glasses with ice* cubes. Fill water jug and set the table. Put out a serving spoon for dip. Set table.

**Clean - Up** Spray and wash Stovetop, counters, placemats, and table.