

# ITALIAN

## CHICKEN & BROCCOLI ALFREDO

Sherrie Apperson

1 lb. fettuccine noodles  
1 lb. broccoli florets  
1 Tbsp. olive oil  
5-6 chicken breasts  
(boneless-skinless)  
1 tsp. garlic powder  
salt

SAUCE:  
2 Tbsp. butter  
2 cloves, crushed  
1 c. sour cream  
1 c. heavy whipping cream  
1/4 c. romano or parmesan cheese  
salt and pepper

Cook fettuccine according to package directions. Steam broccoli until just crisp/tender and bright green (about 6 minutes). Cut the chicken breasts into bite size pieces, saute' on high heat until browned – season with salt and garlic powder to taste just before it finishes cooking (there will be some water that comes from the chicken but continue cooking until water is absorbed and chicken is browned). Melt the butter in small sauce pan and sauté garlic until soft (do not brown). Add sour cream and whipping cream; heat until warm on low heat. Next add the romano cheese and let it melt; season with salt and pepper to taste. Gently stir broccoli and chicken into sauce. Serve over fettuccini noodles (or stir noodles into sauce to serve).

## EGGPLANT ROMANO

Sherrie Apperson\*

## LASAGNE

John & Sherrie Apperson\*

### SAUCE:

1 lb. ground beef  
1 lb. mild Italian Sausage  
1 large onion  
1 lb. mushrooms, sliced  
\*1 (15 oz.) can crushed tomatoes  
\*1 (15 oz.) can tomato paste  
\*1–2 cans water  
\*1–2 Tbsp. "Spaghetti Sauce  
Seasoning Mix"  
[\* – or use 2 cans Hunts Spaghetti  
Sauce]

### CHEESE MIX:

2 lb. ricotta cheese  
1 c. sour cream  
3 Tbsp. parsley flakes  
1 tsp. white pepper  
  
1 + 1/2 lb. mozzarella cheese,  
sliced or shredded  
  
15 lasagne noodles, al dente

Brown meat, onion and mushrooms together. Add tomatoes, water, and seasoning (add only enough water to keep sauce from burning – keep it on the thick side); simmer for 5–10 minutes, stirring frequently; set aside. Stir together ricotta cheese and sour cream until smooth and spreadable; add parsley and pepper. Divide everything into thirds. Spray a 10x15" pan with oil. Ladle off about 1 c. sauce without any chunks, enough to cover the bottom of lasagne pan. Layer 1/3 c. noodles, 1/3 ricotta cheese mixture, 1/3 sauce, and 1/3 mozzarella; repeat twice, but don't add last layer of mozzarella until 10 minutes before finished. Bake at 325° for 45 minutes to 1 hour.

LASAGNE ROLL-UPS: Layer a modest amount of ricotta, sauce, and mozzarella on one noodle at a time. Roll up and secure with a toothpick. Lay it on it's side in a greased baking pan. After all roll-ups are nestled together, pour more sauce over all, and bake at 325° for about 35–45 minutes. Top with mozzarella cheese 10 minutes before finished baking.

## LASAGNE

Sharon Rich\*

## MYSTERY ITALIAN CASSEROLE

Sherrie Apperson

[I carefully wrote this recipe down, but no title or source! Sure is good though.]

8 oz. curlie pasta, cooked	1/4 c. romano cheese
1/4 c. bacon, crumbled	1 tsp. basil
1/2 c. onion, sautéed	4 eggs
1/2 c. spinach, chopped & cooked	1/2 c. milk
1 + 1/2 c. ricota cheese	2 Tbsp. butter, cold
1 c. mozzarella cheese, shredded	1 c. soft buttered bread crumbs

Mix all ingredients but eggs and milk together and put in a greased casserole dish. Whisk eggs and milk together and pour over top. Put bread and butter, cut into small pieces, into food processor until you have crumbs. Bake at 350° for 15 minutes, then top with bread crumbs and bake another 10 minutes.

## NO-FUSS LASAGNE

Sherry Rich

1 lb. ground beef (80 percent lean)	1/4 c. grated Parmesan cheese
1 (26–32 oz.) jar spaghetti sauce	1 tsp. dried basil leaves
14 1/2 ounces can diced tomatoes	6 uncooked lasagna noodles
15 oz. carton part-skim ricotta cheese	2 c. mozzarella cheese, shredded
1 egg, well beaten	

Heat oven to 375°. Cook ground beef in preheated large skillet over medium heat 4 to 6 minutes or until no longer pink. Pour off drippings. Add spaghetti sauce and tomatoes with liquid to skillet, stirring to combine; set aside. Meanwhile, combine ricotta cheese, egg, Parmesan cheese and basil. Spread 2 cups beef sauce mixture over bottom of 11x7" baking dish; arrange three lasagna noodles in a single layer, pressing into beef mixture. Spoon ricotta cheese mixture on top of noodles, sprinkle with 1 cup of the mozzarella cheese and top with 2 cups beef sauce mixture. Arrange remaining noodles in a single layer, pressing lightly into beef sauce mixture. Top with remaining beef sauce mixture, spread evenly to cover noodles. Bake in a 375° oven for 45 minutes or until noodles are fork tender. Sprinkle remaining mozzarella cheese on top; tent lightly with aluminum foil. Let stand at least 15 minutes before serving. Makes 8 servings

## LASAGNE – VEGETABLE

[What's her name, moved to Ohio]

12 lasagne noodles	15 oz. ricotta cheese
2 medium zucchini	2 eggs
1/2 bunch broccoli	3 Tbsp. butter
2 c. spinach leaves, packed	1/4 c. flour
1/2 tsp. dried oregano	2 + 1/2 c. milk
4 Tbsp. butter	1/4 c. parmesan cheese
1/4 tsp. salt	8 oz. mozzarella cheese, sliced

Dice zucchini to measure about 3 cups; coarsely chop broccoli to measure 2 cups. Coarsely chop spinach. Melt butter in a 12" skillet; cook zucchini and broccoli until crisp-tender – about 5 minutes; add spinach and toss until wilted; remove from heat; season with oregano and salt. In a medium bowl, mix ricotta and eggs. Prepare lasagne noodles; drain. Over medium heat, melt butter; stir in flour and 1/4 tsp. salt till smooth. Gradually stir in milk, stirring until sauce boils and thickens. Take off heat; stir in parmesan cheese. In a greased 9x13" pan, layer half of noodles, half of ricotta mixture, half of vegetables, and half of mozzarella. Top with half of white sauce; repeat layers. Bake at 350° for 40–45 minutes, until hot and bubbly. Let stand for 10 minutes before serving.

## LENTIL SPAGHETTI SAUCE

Debbie Apperson

Use your favorite spaghetti sauce recipe with no meat. Add 2–4 cups of cooked lentils, and let simmer in spaghetti sauce for about 10–15 minutes, stirring frequently.

## PASTA DOUGH

Sherrie Apperson

3 c. flour      1 tsp. salt      4 eggs      2 Tbsp. olive oil

In a very large bowl mix flour and salt together; form into a little mound with a well in the center. Oil your hands. Drop eggs, one at a time, into flour, mixing as you go, and drizzling olive oil occasionally. Mix until you incorporate the flour into the liquid and you have a ball of dough. Knead the dough until it is smooth and elastic. Cover with a damp towel or plastic wrap and let it set for about 1/2 hour. Roll it out and make ravioli.

## SPAGHETTI SAUCE – 2nd-DAY

John & Sherrie Apperson\*

1 lb. ground beef or ground turkey (opt.)	1 c. ***ketchup***
1 lb. mild Italian Sausage (opt.)	1–2 c. water
1 lb. mushrooms, sliced	1 Tbsp. "BTB" beef soup base
1 onion, diced	1 Tbsp. brown sugar
1 green pepper, diced	1–2 Tbsp. "Spaghetti Sauce Seasoning Mix" [below]
2 stalks celery, diced	salt to taste
2 (26 oz.) cans crushed tomatoes	
1 (15 oz.) can tomato paste	

In a large pan, brown meat, mushrooms, onions, pepper, and celery all together (if omitting meat, use a little oil to sauté vegetables until soft). Add remaining ingredients, adding more water if needed, and simmer, stirring frequently, for 10–20 minutes. (Tastes best if simmered all day on low in a crock-pot – but then, leftovers are even better the 2nd day.)

### SPAGHETTI SAUCE SEASONING MIX:

(makes 10 Tbsp.)

3 Tbsp. fine sweet basil leaves	1 Tbsp. onion powder
2 Tbsp. garlic powder	1 Tbsp. fine oregano leaves
2 Tbsp. Italian seasoning	1 + 1/2 tsp. ***ground nutmeg***
	1 + 1/2 tsp. ***chili powder***

When combining ingredients, rub any leafy herbs between your fingers to release flavors. Keep in an airtight container in a dark, dry place. Mix or shake thoroughly each time before using.

## SPAGHETTI SAUCE – MOM

Sharon Rich\*

2 lbs. extra lean ground beef	1 (12 oz.) can tomato paste
2 onions, diced	1 Tbsp. brown sugar
1 green pepper, diced	1/2 tsp. garlic salt
4 stalks celery, diced	1/2 tsp. onion powder
1 lb. mushrooms, sliced	1/2 tsp. oregano
2–3 cloves garlic, crushed	1/4 tsp. basil
1 (24 oz.) can crushed tomatoes	salt to taste
1 (24 oz.) can diced tomatoes	spaghetti noodles
2 (16 oz.) cans tomato sauce	

Brown ground beef and when almost done; add onions, green pepper, celery, mushrooms, and garlic. Cook till done and add tomatoes. Add brown sugar and seasonings; simmer. Cook spaghetti till cooked through. Serve spaghetti sauce over noodles. Serve with green beans w/onions and bacon, and a tossed salad.

## SPAGHETTI SAUCE – QUICK & EASY

Sherrie Apperson

\*\*\*"HUNTS" Original Style 'MUSHROOMS' Spaghetti Sauce (26.5 oz.)\*\*\*

Great right out of the can in any recipe that calls for spaghetti sauce (pizza, lasagne, spaghetti, eggplant romano (parmesan), stuffed shells, ravioli . . .)

## SPAGHETTI SAUCE – ZESTY A LA CHRISTI

Christi Apperson

1 can Hunt's mushroom spaghetti sauce	1 can sliced olives, drained
1 can small white beans, drained	2–4 Tbsp. rice vinegar

Microwave until hot. Serve over spaghetti or any other pasta. Top with grated Romano cheese.

## STUFFED SHELLS, RAVIOLI & MANICOTTI

<u>CHEESE FILLING:</u>	1/4 c. green onions, sliced
2 lb. ricotta cheese	3 Tbsp. parsley flakes
1 c. sour cream	1 tsp. white pepper

Mix all ingredients; stuff into pasta. Top with spaghetti sauce.

<u>CHICKEN FILLING:</u>	2 c. chicken, cooked & diced small
1 (8 oz) container cream cheese with chives/onion, melted	3 green onion, sliced thin
1/3 cup milk	1 pkg. frozen chopped broccoli – thawed and drained
1/4 c. romano cheese	1/8 teaspoon pepper

Mix all together in saucepan over low heat; let cool; stuff into pasta. Top with alfredo sauce.

STUFFED SHELLS & MANICOTTI: Cook pasta until it is al dente – do NOT overcook. Drain and set on damp paper towels – cover with damp paper towels. Put cheese filling in a bag with a large pastry tip, if you have one (if not, use a large ziploc bag and cut off one corner, about 3/8" wide for shells, 3/4" for manicotti). Pipe filling into pasta, and place in baking pan. Other fillings must be carefully spooned in. Cover with sauce and bake at 350 for about 25–30 minutes. Sprinkle with romano cheese before serving.

RAVIOLI: Using "Pasta Dough" recipe, divide dough into fourths. Roll two pieces out into rectangles, one slightly larger than the other. Drop a scant 1 Tbsp. of filling on the smaller sheet of dough, about 2" away from each other. Moisten your finger with water and run it between the fillings and on all edges. Take the larger sheet of dough and lay it loosely over the top, letting it sag between the fillings. Press down firmly between all fillings and around all edges. Cut apart (make sure all edges are well sealed), and gently simmer for 12–15 minutes. (Or just buy 'Michael Angelos' frozen cheese ravioli – it's great!)

(Shells, ravioli, and manicotti can all be placed, separated, on a cookie sheet, and frozen. As soon as they are frozen they should be placed in a heavy-duty freezer bag. They can be stored for about 3 months. When ready to use, just put directly into baking or microwaving pan and cover with sauce – no need to thaw first.)