

Noodle Magic

Egg noodles are easy to cook,
and go with almost anything!

Did you know-The
egg makes them
softer and richer
than regular pasta.

How to Prepare

1. Boil a pot of water (Use 2 quarts of water for every $\frac{1}{2}$ pound of pasta.) Add a pinch of salt if you have it.
2. Add the noodles. Stir them so they don't stick.
3. Cook for 6 to 8 minutes, until soft.
4. Drain the water. Add a little butter or oil so they don't clump together.



How to Store



- Store unopened packages of pasta in a cool, clean, dry place.
- After opening pasta, keep package tightly closed
- Once prepared, store any leftover pasta in the refrigerator in a sealed container for up to 4 days.
- To reheat, add a splash of water, milk, or broth so they don't dry out.
- You can freeze cooked noodle dishes for up to 3 months.

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What can you do with Noodles?



- Stir noodles into soup instead of rice.
- Add them to a casserole with cheese and canned veggies.
- Use them under stew, gravy, or sauce instead of mashed potatoes.
- Mix cold leftover noodles into a quick stir-fry with soy sauce and any veggies you have.

Make them delicious!

- Add spices to cooked noodles, some suggestions: garlic powder, onion powder, Italian seasoning, paprika, black pepper or dried herbs.
- A spoon of bouillon or broth adds flavor.
- Add leftovers: meat, veggies or cheese
 - Reheat meat or veggies and add to your cooked pasta after draining.
 - Cheese can be added at the end, just before serving.



Mix and match what you have —
there's no wrong way to make a
bowl of noodles your own!

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Recipes

Creamy Vegetarian Enchilada Pasta

Ingredients:

- 1 Tbsp olive oil
- 2 cloves garlic
- 4 oz can green chiles, do not drain
- 1 cup frozen corn kernels, can use canned corn that has been drained
- 15 oz can pinto (or black) beans, drained and rinsed
- 1 tsp cumin, can substitute chilli powder
- Optional: 1/4 tsp red pepper flakes
- 8 oz wide egg noodles
- 2 cups vegetable broth
- 1/2 cup sour cream
- 3 green onions, sliced
- Optional: 1/4 bunch cilantro
- 2 oz shredded cheese, any kind of cheese will work

Directions:

Wash hands with soap and water.

1. Mince the garlic and sauté it in a skillet with olive oil over medium-low heat for 2-3 minutes, or until soft and fragrant. Add green chiles, corn, beans, and spices. Stir well.
2. Add uncooked pasta and broth to the skillet. The broth will not fully cover the noodles. Cover the skillet, turn heat to high, and allow to come to a full boil. Once it reaches a boil, turn the heat down to low and let simmer for 10 minutes, stir well half way through.
3. Stir then add sour cream and stir until it has fully coated the pasta. Add most of the green onions and cilantro, if using.
4. Sprinkle the shredded cheese over the skillet, and cover to melt the cheese. Sprinkle remaining green onions and cilantro on top. Serve hot.

Chicken Noodle Soup

Ingredients:

- 1 whole chicken or 1-2 pounds of boneless, skinless chicken breasts
- 1 teaspoon salt
- Water, to cover
- 1 onion, chopped
- 3 large carrots, sliced
- 1 cup celery, sliced
- 3/4 cup egg noodles, uncooked
- salt and pepper, to taste

Directions:

- Wash hands with soap and water.
1. In a large saucepan, place whole chicken (or chicken breasts), and salt. Add enough water so the chicken is covered. Heat to boiling. Cover, reduce heat and simmer about 45 minutes or until chicken is tender.
 2. Remove chicken from broth and wait until cool enough to handle. For whole chicken: remove skin and bones and chop the meat. For chicken breasts: chop the meat into bite sized pieces.
 3. Skim fat from broth. Add additional water, if needed, to make 6 cups. Bring to a boil.
 4. Add chicken, onion, carrots, celery, and noodles to the broth. Cover, reduce heat, and simmer for 20 minutes.



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Recipes

Chicken Noodle Casserole

Ingredients:

- 6 cups uncooked egg noodles (about 12 ounces)
- 2 cans (10-3/4 ounces each) condensed cream of chicken soup, undiluted
- 1 cup sour cream
- 3/4 cup 2% milk
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 3 cups cubed cooked chicken breasts
- 10 oz bag of frozen vegetables or 1 can of mixed vegetables, drained (substitute any kind of small vegetable)
- 1 cup crushed crackers or bread crumbs
- 1/4 cup butter, melted

Directions:

Wash hands with soap and water.

1. Preheat oven to 350°. Cook noodles according to package directions for al dente; drain.
2. In a large bowl, whisk soup, sour cream, milk, salt and pepper until blended. Stir in chicken, vegetables, and noodles. Transfer to a greased 13x9-in. baking dish.
3. In a small bowl, mix crushed crackers and butter; sprinkle over top.
4. Bake 30-35 minutes, until bubbly.

Makes 8 servings

Butter Noodles

Ingredients:

- 2-1/4 cups uncooked egg noodles
- 1/4 cup shredded part-skim mozzarella cheese
- 2 tablespoons butter, melted
- 2 tablespoons grated Parmesan cheese
- 2 teaspoons minced fresh parsley
- 1/4 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/8 teaspoon pepper

Directions:

Wash hands with soap and water.

1. Cook noodles according to package directions; drain. Transfer to a serving bowl. Immediately add the remaining ingredients and toss to coat.



Want more recipes? Check out these resources:

fna.usda.gov/usda-foods/household-product-information-sheets/grains
tasteofhome.com/collection/recipes-with-egg-noodles/
budgetbytes.com/creamy-vegetarian-enchilada-pasta/
scarymommy.com/lifestyle/egg-noodle-recipes