

Fasta Pasta®

The **Original** Microwave Cooker

**Complete Meals
in 15 Minutes or Less!**



COOKBOOK

KitchenHappy™

GENERAL USAGE AND COOKING INSTRUCTIONS

REFER TO COOKING CHART FOR YOUR FAVORITE PASTA



STEP 1

Use lid to measure pasta servings (not more than 4) and place in cooker. The enclosed cooking chart has cooking times for your selected pasta and serving sizes.



STEP 2

Add cold water using water level guides on cooker's side. Do not overfill above water level 4 to avoid boil over.



STEP 3

With **lid off**, cook in microwave (power setting on high) using the enclosed cooking chart to select time for your serving size. Switch "on" turntable if available. If not, don't worry!

WARNING: Cooking with lid will cause boil over.



STEP 4

WARNING: Contents in cooker are HOT. Place lid on cooker before removing from microwave. Use handles to remove from microwave. Use lid to strain hot water.



STEP 5

Shake from side to side and strain again.

Rinse if desired



IMPORTANT INFORMATION

ALWAYS COOK WITH LID OFF

Cooking times and water levels for Fasta Pasta® have been determined through research and experimentation for al dente textured pasta. Al Dente means cooked to be soft, yet firm to the bite. If you prefer a softer texture, cook for 1 additional minute or keep pasta in the cooker for a few minutes.

Cooking times shown (i.e. 13-14 minutes) are within a one minute range due to wattage differences between microwave manufacturers and models.

What cooking time should you use? Don't worry. Pick one and try it! You will know to use the lower or higher cooking time after your first experience.

Always use the highest microwave power setting when cooking pasta. Turntables are not required. Remove the lid before cooking to prevent boil over.

Your Fasta Pasta Microwave Cooker is dishwasher safe, BPA free and made with FDA approved microwave cooking material.

HOW TO USE THIS COOKBOOK

Your Fasta Pasta® Cookbook is divided into two sections: Gourmet and Simple & Easy.

Gourmet recipes begin by preparing meal ingredients while your pasta is cooking with gourmet results in as little as 15 minutes. You'll find incredibly delicious dishes such as Seashell Crab Salad, Pasta e Fagioli, Fresh Spinach & Penne and even a scrumptious Pad Thai.

Simple & Easy dishes were developed for speed, simplicity and flavor using minimal ingredients – great for students and the RV crowd. Combine ingredients, cook and serve tasty dishes in the Fasta Pasta Microwave Cooker in 15 minutes or less from start to finish. Simple & easy dishes include Green Bean & Rice Casserole, Red Potato Salad, Potato Quiche, Shrimp Scampi and an amazingly easy Blueberry or Chocolate cake.

Fasta Pasta cooks vegetables, rice, gluten-free pastas and much more. Now there is an exciting, faster, easier way to cook while saving time, energy and water.

PASTA COOKING CHART

WARNING Contents in Container are HOT

Spaghetti, Linguini, Fettuccini & Lasagna

(Regular, Wheat or Whole Grain)

Serving Size	1	2	3	4
Measure (Lid Holes)	1	2	2 + 1	2 + 2
Water level	1	2	3	4

Cooking Time (minutes)

Spaghetti (regular)	12-13	13-14	14-15	15-16
Spaghetti (thin)	11-12	12-13	13-14	14-15
Spaghetti (angel hair)	7-8	8-9	9-10	10-11
Linguini	12-13	13-14	14-15	15-16
Fettuccini	13-14	14-15	15-16	16-17

LASAGNA

9 - Noodles are required for a 9" x 13" dish
Cook 9 - noodles water level 4 for 16 - 18 minutes

FUSILLI (long)

Serving Size	1	2	3	4
Measure (Oz)	2	4	6	8
Water level	1	2	3	4
Cooking Time	14-15	15-16	16-17	16-17

TORTELLINI (dry)

Serving Size	1	2	3	4
Measure (Cups)	3/4	1+ 1/2	2+1/4	3
Water level	2	2	4	4
Cooking Time	10	10	10	10
Stir (then cook for)	5-6	5-6	6-7	6-7

TORTELLINI (fresh)

2 servings (9 oz) water level 3, cook time (10-11)

RAVIOLI (frozen)

Serving Size	1	2	3	
Measure (Pieces)	9	18	27	
Water level	2	3	4	
Cooking Time	6-7	8-9	10-11	

RAVIOLI (fresh)

2 servings (9 oz) water level 3, cook time (10-11)

PASTA COOKING CHART

WARNING Contents in Container are HOT

MACARONI

(Regular, Wheat or Whole Grain)

Serving Size	1	2	3	4
Measure (Cups)	1/2	1	1+1/2	2
Water level	2	2	4	4
Cooking Time	10	10	10	10
Stir (then cook for)	4	4	5	5

Penne, Rotini, Rigatoni Mosteccioli

(Regular, Wheat or Whole Grain)

Serving Size	1	2	3	4
Measure (Cups)	3/4	1+1/2	2+1/4	3
Water level	2	3	4	4
Cooking Time	10	10	10	10
Stir (Then cook for)	5	6	7	7

SHELL PASTA (small)

Serving Size	1	2	3	4
Measure (Cups)	3/4	1+1/2	2+1/4	3
Water level	2	2	4	4
Cooking Time	12-13	13-14	14-15	15-16

SHELL PASTA (medium)

Serving Size	1	2	3	4
Measure (Cups)	3/4	1+1/2	2+1/4	3
Water level	2	2	4	4
Cooking Time	13-14	14-15	15-16	16-17

SHELL PASTA (jumbo)

Measure (Pieces)	12	
Water level	4	
Cooking Time	16-17	

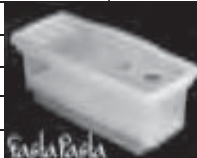
EGG NOODLE

Serving Size	1	2	3	4
Measure (Cups)	1	2	3	4
Water level	1	3	4	4
Cooking Time	7-8	9-10	11-12	13-14

GLUTEN FREE

(Spaghetti, Penne & Macaroni)

Serving Size	1
Measure (Cups)	1
Water level	1
Cooking Time	12
Cold Water Rinse	Yes



Fasta Pasta®

the *original* microwave cooker

VEGETABLES, RICE & MORE COOKING CHART

WARNING Contents in Container are **HOT**

VEGETABLES

Vegetable	Quantity	Water Level	Cooking Time	Notes
Broccoli	2 cups	4	5-6 min	Vegetables must be covered with water.
Green Beans	12 oz.	4	7-8 min	
Asparagus	25 stalks/spears	2	7-8 min	
Butternut Squash (approx. 2 cups)	1/2" squares	3	12-13 min	
Potatoes	2 large; quartered	3 or 4	12-13 min	

RICE

Rice	Quantity	Water Level	Cooking Time	Notes
Brown	1 cup	3	28 min	When done, place lid on cooker. Let sit for 5 -10 mins.
White (Sushi or small grain)	1 cup	2	17 min	
White (Medium grain)	1 cup	2	16 min	
White (Long grain)	1 cup	2	17 min	

MISCELLANEOUS

Miscellaneous	Quantity	Water Level	Cooking Time	Notes
Ramen (1 Pkg.)	1 Pkg.	1	6 min	Crumble Ramen evenly in cooker. After cooking add seasoning packet & stir.
Ramen (2 Pkgs)	2 Pkg.	3	6 min, stop. Stir & cook 2 more min.	
Rice Noodle (Wide) (Makes 4 servings)	8 oz.	2	10 min	For less starch, rinse after cooking.
Rice Noodle (Thin) (Makes 4 servings)	2.25 oz.	4	6-7 min	First, gently break apart noodles. For less starch, rinse after cooking.

ORZO

Serving Size	1	2	3	4	Note Orzo is small. Strain carefully.
Measure (Cups)	1/3	2/3	1	1 +1/3	
Water level	1	2	3	4	
Cooking Time	10-11	11-12	12-13	13-14	

GNOCCHI

Serving Size	1	2	3		Note If frozen, add 2 min to cooking time.
Measure (Cups)	1	2	3		
Water level	1	2	3		
Cooking Time	6-7	7-8	8-9		

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SALADS

TRI-COLOR SPIRAL SALAD

Serves 4

For picnics or parties...this salad is always a hit.

3 cups tri-color spiral pasta
1 tsp. salt
½ cup marinated artichoke hearts
3 scallions
½ cup black olive slices
½ cup canned black beans; drained, rinsed
½ cup Italian dressing
1 cup cheese cubes
salt and pepper to taste

- Place pasta and salt in cooker.
- Add water to level 4.
- Cook 10 mins. Stir; cook 7 mins.

Meanwhile:

- Cut artichoke hearts into bite size pieces.
- Cut scallions into ½" pieces.
- Combine all ingredients.
- Salt and pepper to taste.

Back to the Pasta:

- Remove pasta from microwave, rinse and drain.
- Combine pasta with remaining ingredients.
- Serve warm or chilled.

GOOD OL' MACARONI SALAD

Serves 4

Just like the macaroni salad Mom made.

2 cups macaroni
1 tsp. salt
2 hard boiled eggs
2 scallions
1 stalk celery
2 sweet pickles
Handful of parsley to taste
1 Tbs. capers, rinsed
2 Tbs. chopped pimiento
½ cup mayonnaise
2 Tbs. pickle juice
1 tsp. prepared mustard
¼ tsp. white pepper
1 tsp. salt
2 Tbs. sour cream
1 cup frozen peas, thawed

- Place pasta and salt in cooker.
- Add water to level 4.
- Cook 10 mins. Stir; cook 5 mins.

Meanwhile:

- Chop eggs, scallions, celery, pickles and parsley.
- In a small bowl combine mayonnaise, pickle juice, mustard, pepper, salt, sour cream and peas; mix well.
- Add capers and pimentos.

Back to the Pasta:

- Remove pasta from microwave; rinse and drain.
- Combine all ingredients and refrigerate.

SALADS

MOZZARELLA HERB SALAD

Serves 4

Use your favorite herbs in this salad.

Create your own flavors!

- 3 cups rotini pasta
- 1 tsp. salt
- 1 lb. grape tomatoes
- ½ lb. fresh mozzarella
- 1 Tbs. each: chopped fresh parsley, fresh basil, fresh oregano, fresh mint, fresh thyme (or your favorite)
- 2 Tbs. extra virgin olive oil
- 1 tsp. kosher salt
- ½ tsp. ground black pepper
- 1 clove garlic, minced

- Place pasta and salt in cooker.
- Add water to level 4.
- Cook 10 mins. Stir; cook 7 mins.

Meanwhile:

- Cut tomatoes in half.
- Dice mozzarella into 1" pieces. Place in a large bowl.
- Add remaining ingredients; toss gently.
- Season to taste.

Back to the Pasta:

- Remove pasta from microwave; rinse and drain.
- Toss with tomatoes/herbs/mozzarella.
- Refrigerate until ready to serve.

CAJUN SHELL SALAD

Serves 4

Just like being in New Orleans.

- 3 cups medium shell pasta
- 1 tsp. salt
- 2 - 9¼ oz cans water packed tuna (drained)
- 6 hard boiled eggs
- ½ onion
- ½ stalk celery
- ½ red or yellow bell pepper
- 2 small tomatoes
- 1 ½ cups mayonnaise
- 3 Tbs. olive oil
- 1 Tbs. Cajun or Creole seasoning
- shredded lettuce

- Place pasta and salt in cooker.
- Add water to level 4.
- Cook 16-17 mins.

Meanwhile:

- Chop eggs, onion, celery and pepper.
- Cut tomatoes into wedges. Set aside.
- Thoroughly combine all ingredients except lettuce and tomato wedges in a large mixing bowl.

Back to the Pasta:

- Remove pasta from microwave; rinse and drain.
- Mix with vegetables and tuna. Season.
- Cover and refrigerate until ready to serve.
- Place shredded lettuce on 4 plates and divide Shell Salad on each.
- Garnish with tomato wedges.

SALADS

SEASHELL CRAB SALAD

Serves 4

This recipe lends itself very well to substitutions. Try chicken or shrimp instead of the crab. You can substitute pureed sun-dried tomatoes for adobo.

3 cups medium shell pasta
1 tsp. salt
1 cup crab meat
2 slices bacon
1 small tomato
1 green onion
1 small stalk celery
½ cup mayonnaise
1 tsp. adobo sauce
salt and pepper to taste

- Place pasta and salt in cooker.
- Add water to level 4.
- Cook 16-17 mins.

Meanwhile:

- Heat a skillet to medium. Add bacon; cook until crisp.
- While the bacon cooks, dice the tomato, onion and celery. Set aside.
- In a small bowl whisk together the mayo and adobo sauce.
- Crumble bacon and set aside.

Back to the Pasta:

- Remove pasta from microwave; rinse and drain.
- In a large bowl, combine ingredients and mix well.
- Salt and pepper to taste.
- Cover and chill before serving.

ROTINI WITH HERB DRESSING

Serves 4

The perfect picnic side dish. Great with roasted herb chicken.

3 cups rotini pasta
1 tsp. salt
3 Tbs. olive oil
¼ cup water
6 Tbs. balsamic vinegar
2 cloves garlic, minced
½ tsp. dried basil
¼ tsp. dried oregano
¼ tsp. dried marjoram
½ tsp. dried thyme
¼ tsp. salt
¼ tsp. pepper

- Place pasta and salt in cooker.
- Add water to level 4.
- Cook 10 mins. Stir; cook 7 mins.

Meanwhile:

- Combine all ingredients in a blender or whisk until well blended.

Back to the Pasta:

- Remove pasta from microwave; rinse and drain.
- Fill a large bowl with cold water and a little ice.
- Pour pasta into the cold water to cool quickly.
- When cool, toss pasta with herb dressing.
- Serve chilled.

SALADS

CHICKEN & SPINACH SALAD

Serves 4

Use leftover or Rotisserie chicken for this simple main or side dish.

3 cups rotini or bowtie pasta
1 tsp. salt
1 cup coarsely chopped spinach
1 medium tomato
½ red bell pepper
¼ cup red onion
1 clove garlic
2-3 cups cooked chicken
1½ cups mayonnaise
1 Tbs. white wine vinegar
2 Tbs. lemon juice
1 tsp. Dijon mustard
½ tsp. dried basil
salt & pepper to taste

- Place pasta and salt in cooker.
- Add water to level 4.
- Cook 10 mins. Stir, cook 7 mins.

Meanwhile:

- Chop spinach, tomato, red pepper, onion, garlic and chicken.
- Combine mayonnaise, vinegar, lemon juice, mustard & basil.

Back to the Pasta:

- Remove pasta from microwave, drain and rinse.
- Toss with chopped vegetables and chicken.
- Combine with mayonnaise dressing and refrigerate.

GARDEN PASTA SALAD WITH HAM

Serves 4

A family favorite for all seasons!

3 cups tri-color spiral pasta
1 tsp. salt
¼ cup red onion
¼ cup black olives
1 tomato
1 cucumber
6 oz. ham
½ cup shredded cheddar or Swiss cheese
1 tsp. Italian seasoning
8 oz. Italian dressing
salt and pepper to taste

- Place pasta and salt in cooker.
- Add water to level 4.
- Cook 10 mins. Stir, cook 7 mins.

Meanwhile:

- Chop onion, olives tomato, cucumber and ham.

Back to the Pasta:

- Remove pasta from microwave, drain and rinse.
- Toss with chopped vegetables, ham, cheese and Italian seasoning.
- Combine with Italian dressing and refrigerate.

SOUPS

PASTA E FAGIOLI

Serves 4

*This is the quick and easy version of
Pasta e Fagioli.*

2 ¼ cups small shell pasta
1 tsp. salt
½ onion
1 Tbs. olive oil
6 oz. canned red kidney beans, drained
14 oz. can diced tomatoes (with juice)
14 oz. beef or chicken broth
1 cup spaghetti sauce
½ tsp. dried oregano
salt and pepper to taste
dash of Tabasco (optional)

- Place pasta and salt in cooker.
- Add water to level 4.
- Cook 14-15 mins.

Meanwhile:

- Chop onion.
- In a large saucepan, heat olive oil.
- Add onion; sauté until tender.
- Add beans, tomatoes with juice, broth, spaghetti sauce and oregano. Let simmer until the pasta is done.
- Season with salt and pepper.
- Add Tabasco if you like.

Back to the Pasta:

- Remove pasta from microwave; drain.
- Combine with soup.

MINESTRONE SOUP

Serves 4

Comfort food for a chilly night.

2 cup small shell pasta
3 – 14 oz. cans vegetable broth
1 medium potato
½ onion
1 clove garlic
1 - 10 oz. pkg. frozen mixed vegetables (with carrots and lima beans)
1 cup red kidney beans
1 cup tomato sauce
1 – 14 oz. can diced tomatoes
1 Tbs. fresh parsley
1 Tbs. fresh basil
salt and pepper to taste

- Place pasta in cooker.
- Add broth to level 4. Cook 13-14 mins.

Meanwhile:

- Peel and dice potato. Dice onion. Mince garlic. Set aside.
- Heat a sauté pan with olive oil. Add diced onions and garlic. Sauté 1 min.
- Add mixed vegetables, potato, kidney beans, tomato sauce and diced tomatoes.
- Let simmer until the pasta is done.
- Chop parsley and basil and set aside.

Back to the Pasta:

- Remove pasta from microwave; ***do not drain.***
- Combine with vegetable mixture, remaining broth, parsley and basil.
- Season with salt and pepper to taste.

ENTREES

SICILIAN TOMATO PASTA

Serves 4

This is the easiest sauce yet - No cooking!!!

3 cups mostaccioli
1 tsp. salt
¼ cup pine nuts
¼ cup grated Parmesan
1 clove garlic
2 cups fresh basil leaves
¼ cup olive oil
1 lb. Roma tomatoes
salt and pepper to taste
Parmesan for garnish

- Place pasta and salt in cooker.
- Add water to level 4.
- Cook 10 mins. Stir; cook 7 mins.

Meanwhile:

- Place pine nuts, Parmesan and garlic in the food processor or blender. Blend to a rough chop.
- Add basil and olive oil; process for a few seconds just to blend.
- Add tomatoes and pulse until you have a chunky sauce.
- Season to taste with salt and pepper.

Back to the Pasta:

- Remove pasta from microwave; drain.
- Pour sauce over pasta.
- Sprinkle with Parmesan.

TOMATO GARLIC PASTA

Serves 4

When you just don't want to heat up the stove this simple sauce is the best.

4 servings of your favorite spaghetti
1 tsp. salt
6 Roma tomatoes
¼ cup fresh basil
1 Tbs. fresh chives
¼ cup fresh cilantro
3 cloves garlic, minced
2 Tbs. extra virgin olive oil
½ cup Fontina cheese
salt and pepper to taste
freshly grated Parmesan

- Place pasta and salt in cooker.
- Add water to level 4.
- Cook 15-16 mins. for regular pasta, 14-15 mins. for thin pasta and 10-11 mins. for angel hair.

Meanwhile:

- Chop tomatoes, basil, chives, cilantro.
- Run hot water over a large ceramic bowl to warm it up. Dry bowl and add garlic, olive oil, Fontina, salt and pepper.

Back to the Pasta:

- Remove pasta from microwave; drain.
- Pour hot pasta into the bowl. Add Parmesan and toss.

ENTREES

CHEESY ARTICHOKE PASTA

Serves 4

You can make this dish as hot as you like; discard the seeds of the jalapeno if you like it mild.

- 4 servings angel hair pasta
- ½ tsp. salt
- 1 - 4 oz. can artichoke hearts, drained
- 1 tsp. horseradish
- 1 small jalapeno
- ¼ cup sour cream
- 1 tsp. dried dill leaves
- 2 egg yolks
- 1 Tbs. lemon juice
- 8 oz. melted butter
- 6 oz. Monterey shredded Jack cheese

- Place pasta and salt in cooker.
- Add water to level 4.
- Cook 10-11 mins.

Meanwhile:

- Place artichoke hearts, horseradish, jalapeno (with or without seeds), sour cream and dill into a food processor. Blend well.
- Place one cup of water in bottom of a double boiler. Place over med-low heat. Place egg yolks and lemon juice in top; whisk until heated through.
- Slowly add butter. Continue whisking until blended. Remove from heat.
- Add cheese and artichoke puree.

Back to the Pasta:

- Remove pasta from microwave; drain.
- Mix with artichoke sauce.

TORTELLINI & RED PEPPER SAUCE

Serves 4

Here's a TIP - Make a double batch of sauce and freeze half for later.

- 3 cups of dry tortellini
- 1 tsp. salt
- 1 sweet red pepper
- 2 cloves garlic
- 1 Tbs. fresh basil
- 1 Tbs. olive oil
- 2 Tbs. balsamic vinegar
- ¼ tsp. salt & pepper

- Place pasta and salt in cooker.
- Add water to level 4.
- Cook 10 mins. Stir; cook 7 mins.

Meanwhile:

- Roughly chop pepper. Mince garlic.
- Finely chop enough basil to fill one tablespoon.
- Heat a skillet with olive oil.
- Add sweet red pepper and garlic; cook, uncovered 7 mins. Stir occasionally. Set aside, and cool slightly.
- Place pepper mixture in a blender or food processor; add basil, vinegar, salt and pepper. Process until smooth, stopping to scrape down sides.

Back to the Pasta:

- Remove pasta from microwave; drain.
- Lightly toss tortellini with sauce.

ENTREES

CHICKEN WITH RAVIOLI

Serves 4

Just add a salad and this meal is complete.

- 1 (9 oz.) pkg. cheese filled ravioli
- 1 tsp. salt
- 6 fresh plum tomatoes
- ½ cup fresh basil
- 2 skinless, boneless chicken breasts
- 1 Tbs. olive oil
- 1 clove garlic, minced
- ¾ cups thinly sliced mushrooms
- 2 Tbs. balsamic vinegar

- Place pasta and salt in cooker.
- Add water to level 4.
- Cook 10-11 mins.

Meanwhile:

- Chop tomatoes into small cubes.
- Finely chop basil.
- Cut chicken into ½" strips.
- Heat oil in a skillet on medium high heat. Add garlic and sauté 1 min.
- Add chicken and sauté 2-3 mins.
- Add mushrooms; sauté 3 mins.
- Add tomatoes and vinegar. Heat through.

Back to the Pasta:

- Remove pasta from microwave; drain.
- Serve topped with chicken mixture.
- Sprinkle with fresh basil.

ITALIAN NOODLE CASSEROLE

Serves 4

This casserole is even better the next day.

- 4 cups egg noodles
- 1 tsp. salt
- 1 lb. ground beef
- 1 small onion
- 1 small green pepper
- ½ cup mushrooms
- 1 - 15 oz. can crushed tomatoes
- 1 cup water
- 2 tsp. dried oregano
- salt and pepper to taste
- 1 cup shredded sharp cheddar

- Place pasta and salt in cooker.
- Add water to level 4.
- Cook 13-14 mins.

Meanwhile:

- Heat a skillet and brown ground beef.
- While beef is browning, chop onion and green pepper. Slice mushrooms.
- Drain oil from beef. Return to heat.
- Add onion and green pepper to ground beef; cook until green pepper is tender.
- Add mushrooms. Cook 1 min.
- Add tomatoes and water. Stir in oregano, salt and pepper; heat through, remove and set aside.

Back to the Pasta:

- Remove pasta from microwave; drain.
- Combine beef mixture and pasta in a casserole dish and cover with cheese.
- Return to microwave to melt cheese.

ENTREES

FASTA LASAGNA

Serves 6

Quick and easy when time is short.

9 lasagna noodles
1 tsp. salt
1 lb. ground beef
1 small onion
4 mushrooms
1 clove garlic, minced
salt and pepper to taste
1 - 15oz. can tomato sauce
1 - 6 oz. can tomato paste
1 tsp. dried oregano
1 cup shredded mozzarella
1 cup shredded cheddar
½ cup grated Parmesan

- Place pasta and salt in cooker.
- Add water to level 4.
- Cook 16-18 mins.

Meanwhile:

- Brown beef in a skillet; medium heat.
- Chop onion, slice mushrooms.
- Add onion, garlic, salt and pepper to skillet until meat has browned and onion is tender.
- Add tomato sauce, paste, mushrooms and oregano. Cook until heated.

Back to the Pasta:

- Remove pasta from microwave; rinse with cold water and drain.
- Spread ¼ meat mixture in bottom of 9x13 pan. Top with 3 noodles, 1/3 mozzarella, and 1/3 cheddar.
- Repeat. Top with meat mixture and Parmesan. Place in broiler until brown.

VEGETABLE LASAGNA

Serves 6

This dish can be done a day ahead and reheated.

9 lasagna noodles
1 tsp. salt
2 cups assorted vegetables: bell pepper, carrot, mushrooms, asparagus, broccoli
2 Tbs. olive oil
½ onion
1 clove garlic, minced
salt and pepper to taste
4 cups of your favorite pasta sauce
2 cups ricotta cheese
½ cup Parmesan cheese

- Place pasta and salt in cooker.
- Add water to level 4.
- Cook 16-18 mins.

Meanwhile:

- Chop vegetables into bite size pieces.
- Heat oil in a skillet. Add onion and garlic; sauté 2-3 mins.
- Add vegetables of your choice and sauté until tender.
- Season with salt and pepper.

Back to the Pasta:

- Remove pasta from microwave; rinse with cold water and drain.
- In a 9x13 pan layer ½ cup sauce, 3 noodles, 1/3 of the vegetables and ricotta. Repeat 2 times, topping with sauce, ricotta and parmesan.
- Place in broiler for 1 min. to brown.

ENTREES

ITALIAN SAUSAGE PASTA

Serves 4

This sauce works great with any pasta.

3 cups rigatoni
1 tsp. salt
4 mild or hot Italian sausages
1 small yellow onion
1 small red bell pepper
¼ cup fresh parsley
1 can (28 oz.) diced tomatoes with juice
1/3 cup red wine
2 tsp. dried oregano
salt and pepper to taste
freshly grated Parmesan

- Place pasta and salt in cooker.
- Add water to level 4.
- Cook 10 mins. Stir; cook 7 mins.

Meanwhile:

- Place sausage in a cold skillet. On medium heat, brown sausage, breaking apart as it cooks.
- Chop onion and pepper.
- Remove sausage from heat. Pour off all but 2 Tbs. of the fat.
- Add onion and pepper to the skillet. Cook 3-4 min. until softened.
- Finely chop parsley while onion cooks.
- Add tomatoes, sausage, wine, oregano, salt and pepper to skillet. Simmer on high 10 mins.

Back to the Pasta:

- Remove pasta from microwave; drain.
- Pour pasta over sauce and combine.
- Add parsley; sprinkle with Parmesan.

PASTA PRIMAVERA

Serves 4

A great way to get your vegetables.

4 servings fettuccini
1 tsp. salt
1 small onion
2 small tomatoes
1 ea. yellow squash, red bell pepper
1 clove garlic
¼ lb. mushrooms
1 cup green beans
1 med. carrot
2 Tbs. olive oil
pinch of red pepper flakes
1 cup cauliflower florets
½ cup frozen peas, thawed
salt and pepper to taste
parsley to garnish

- Place pasta and salt in cooker.
- Add water to level 4.
- Cook 16-17 mins.

Meanwhile:

- Chop onions, tomatoes, squash & red bell peppers. Mince garlic. Slice mushrooms, beans, carrot.
- Heat oil in skillet. Sauté onions and tomatoes 3 mins. Add pepper flakes, garlic, mushrooms. Sauté 1 min.
- Add remaining ingredients, except parsley. Cook 2-3 mins.

Back to the Pasta:

- Remove from microwave; drain.
- Pour sauce over pasta and garnish.

ENTREES

FRESH SPINACH AND PENNE

Serves 4

Quick and easy low fat dish that is a vegetarian's delight.

3 cups penne
1 tsp. salt
1 Tbs. pine nuts
2 ½ cups chicken stock
1 ½ Tbs. flour
10 oz. fresh spinach, torn
freshly grated Parmesan

- Place pasta and salt in cooker.
- Add water to level 4.
- Cook 10 mins. Stir; cook 7 mins.

Meanwhile:

- Place pine nuts in a dry skillet on low heat. Stir constantly, cooking until nuts turn golden brown. Remove from pan and set aside.
- Bring chicken stock to boil in the same skillet.
- Slowly whisk in flour.
- Add spinach and stir frequently until it has cooked down.

Back to the Pasta:

- Remove pasta from microwave; drain.
- Add to spinach mixture; stir to combine.
- Serve topped with pine nuts and parmesan.

ANGEL HAIR VEGETABLE MEDLEY

Serves 4

Fresh basil is the secret to this dish.

4 servings angel hair pasta
1 tsp. salt
½ onion
1 celery stalk
2 scallions
5 plum tomatoes
½ cup fresh basil
1 ea. zucchini, red bell pepper, squash
2 Tbs. olive oil
2 cloves garlic, minced
½ tsp. fresh thyme
¼ tsp. fresh ground pepper
¼ cup chicken broth
freshly grated Romano

- Chop onion, celery, scallions, tomatoes and basil. Cut peppers, squash, and zucchini into 1" pieces.
- Place pasta and salt in cooker.
- Add water to level 4.
- Cook 10-11 mins.

Meanwhile:

- Heat olive oil in a large skillet.
- Add garlic and onion; sauté 1 min.
- Add pepper, squash, zucchini, scallions, celery; sauté 5-6 mins.
- Add tomatoes, chicken broth and thyme. Reduce to low; cook 3 mins.

Back to the Pasta:

- Remove pasta from microwave; drain.
- Serve topped with vegetables and sauce. Sprinkle with cheese.

ENTREES

SHRIMP IN WINE SAUCE

Serves 4

Use fresh or frozen shrimp (thawed) – be sure not to overcook! Shrimp is done when it turns pink.

4 servings fettuccini
1 tsp. salt
2 scallions
½ cup fresh basil
3 sprigs fresh thyme
¼ cup fresh oregano
2 Tbs. butter
1 Tbs. olive oil
2 cloves garlic, minced
1 lb. medium shrimp, peeled and deveined
½ cup white wine
parsley and lemon wedges for garnish

- Place pasta and salt in cooker.
- Add water to level 4.
- Cook 16-17 mins.

Meanwhile:

- Chop scallions, basil, thyme and oregano finely.
- Melt butter and olive oil in a skillet.
- Add garlic; sauté 1 min.
- Add scallions, basil, thyme, oregano; sauté 1 min. Add shrimp; stir 2 min. or until shrimp turns pink.
- Add wine; simmer, stirring 1-2 mins.

Back to the Pasta:

- Remove pasta from microwave; drain.
- Serve shrimp and sauce over pasta with a lemon wedge and parsley.

CHEESY CAJUN SHRIMP ROTINI

Serves 4

Rich and creamy – no dieters allowed!

3 cups rotini
½ tsp. salt
3 Tbs. butter
½ cup chopped scallions
1 Tbs. Cajun or Creole seasoning
1 small clove garlic, minced
1 lb. medium shrimp, peeled, deveined
2 cups heavy cream
1 cup shredded Muenster cheese
2 Tbs. chicken broth or water (optional)

- Place pasta and salt in cooker.
- Add water to level 4.
- Cook 10 mins. Stir; cook 7 mins.

Meanwhile:

- Heat large skillet to medium; add butter. When melted, stir in scallions and seasoning. Cook 1 min.
- Add garlic and shrimp. Cook about 2 mins. or until shrimp is just pink.
- Add 1 cup cream; stir constantly for 1 min. Add remaining cream.
- Remove shrimp from pan; set aside.
- Bring cream to boil; whisk 2 mins.
- Add cheese and broth or water. Cook 1 min., or until cheese has melted.
- Return shrimp to skillet stirring to coat shrimp. Remove from heat.

Back to the Pasta:

- Remove pasta from microwave; drain.
- Toss in shrimp and cheese sauce mixture. Serve immediately.

ENTREES

SHRIMP SCAMPI WITH PENNE

Serves 4

The quickest way to make Shrimp Scampi, without the fuss. Add a tossed salad and a warm slice of French bread and you have a meal fit for royalty.

3 cups penne
1 tsp. salt
2 scallions
2 Tbs. olive oil
2 cloves garlic, minced
12-16 shrimp, peeled and deveined
¼ cup dry white wine
2 Tbs. lemon juice
salt and pepper, to taste
2 Tbs. chopped fresh parsley

- Place pasta and salt in cooker.
- Add water to level 4.
- Cook 10 mins. Stir; cook 7 mins.

Meanwhile:

- Chop scallion; set aside.
- Heat skillet to medium. Add olive oil.
- When oil is hot add garlic; stir while browning for 30 seconds.
- Add shrimp, scallion, wine and lemon juice. Cook until shrimp turns pink. Remove from heat.

Back to the Pasta:

- Remove pasta from microwave; drain.
- Add to shrimp and garlic sauce.
- Salt and pepper to taste.
- Garnish with chopped parsley.

SALMON WITH SALSA

Serves 4

Salmon can be whole or chopped.

4 servings angel hair pasta
1 tsp. salt
1 Tbs. olive oil
4 3 oz. pieces of salmon
salt and pepper

Pineapple Tomatillo Salsa:

2 Tbs. fresh cilantro
1 cup diced pineapple
2 small tomatillos, husks removed
1 small jalapeno pepper
juice of 1 lime
¼ tsp. salt

- Place pasta and salt in cooker.
- Add water to level 4.
- Cook 10-11 mins.

Meanwhile:

- Heat a sauté pan; add olive oil.
- Cook salmon 3 min. on each side. Salt and pepper.
- Finely chop cilantro; set aside.
- Puree ½ cup pineapple, tomatillos, jalapeno, lime juice and salt in blender until smooth. Transfer to a serving bowl.
- Stir in the remaining ½ cup pineapple and cilantro.

Back to the Pasta:

- Remove pasta from microwave; drain.
- Serve topped with salmon and salsa.

ENTREES

SALMON & MUSHROOM LINGUINI

Serves 4

Use canned or fresh salmon.

4 servings linguini
1 tsp. salt
4 -5 shiitake mushrooms
1 clove garlic
4 Tbs. Daikon (Japanese) radish
2 Tbs. butter
3 Tbs. soy sauce
1 can (7.5 oz) cooked salmon
1 tsp. salt
1/8 tsp. black pepper

- Place pasta and 1 tsp. salt in cooker.
- Add water to level 4.
- Cook 15-16 mins.

Meanwhile:

- Slice mushrooms, garlic and Daikon radish.
- Heat a sauté pan to medium heat.
- Add butter. When the butter is foamy, add sliced garlic. Cook until the butter starts to turn brown.
- Add shiitake mushrooms and stir.
- Add soy sauce. Cook until mushrooms are tender, about 2 mins.
- Add salmon; salt and pepper; turn heat down to low. Cook 4-5 mins.

Back to the Pasta:

- Remove pasta from microwave; drain.
- Add pasta to the salmon and cook with sauce 1-2 mins.

LINGUINI WITH CLAM SAUCE

Serves 4

A favorite Sicilian seafood dish.

4 servings linguini
1 tsp. salt
¼ cup parsley
1 cup clams (canned)
2 Tbs. butter
1 clove garlic, minced
1 Tbs. flour
1 cup clam juice (from canned clams)
½ tsp. thyme
dash of Tabasco sauce
Parmesan cheese

- Place pasta and salt in cooker.
- Add water to level 4.
- Cook 15-16 mins.

Meanwhile:

- Chop parsley. Chop clams.
- Heat butter in a saucepan over medium heat. Add garlic; cook 1 min.
- Slowly stir in flour and cook 2 mins, stirring constantly.
- Add clam juice and stir until sauce thickens.
- Add parsley and thyme. Let simmer 8 mins., stirring occasionally.
- Add clams and heat through.
- Add a dash of Tabasco.

Back to the Pasta:

- Remove pasta from microwave; drain.
- Mix with sauce; serve with cheese.

ENTREES

PAD THAI

Serves 4

A traditional Thai dish made easy.

4 servings Thai rice noodles
1 chicken breast
2 Tbs. vegetable oil
3 eggs
1 small pkg. bean sprouts
1 bunch chopped scallions
½ cup unsalted peanuts (chopped)
salt, pepper and red pepper flakes

Sauce:

¼ cup rice vinegar
¼ cup soy sauce
4 tsp. sugar

- Place noodles in cooker.
- Add water to level 4.
- Cook 7 mins.
- Let noodles set in cooker.

Meanwhile:

- Combine sauce ingredients; set aside.
- Cut chicken into cubes.
- Heat a sauté pan with vegetable oil and add chicken cubes. Cook 4 mins. Stir occasionally.
- Add eggs; stir constantly to scramble.

Back to the Noodles:

- Remove from microwave; drain.
- Add to sauté pan with sauce mixture.
- Add red pepper flakes to taste.
- Simmer about 2 mins. until noodles are soft.
- Add bean sprouts, scallions and peanuts. Salt & pepper to taste.

COCONUT CURRY SAUCE

Serves 4

Just the right amount of sweetness combined with a zesty citrus.

4 servings of your favorite pasta
1 tsp. salt
2 cloves garlic, minced
1 tsp. cumin
½ tsp. turmeric
½ tsp. cinnamon
½ tsp. cardamom
½ tsp. white pepper
8 oz coconut milk
1 Tbs. lime zest
¼ tsp. red chile flakes
salt to taste

- Place pasta and salt in cooker.
- Add water to level 4.
- Refer to cooking chart for cooking time.

Meanwhile:

- Combine remaining ingredients in a saucepan and bring to a boil.
- Reduce heat to a simmer and cook until thick enough to coat a spoon.
- Season to taste.

Back to the Pasta:

- Remove pasta from microwave; drain.
- Serve pasta topped with sauce.

ENTREES

BASIL WITH PROSCIUTTO FETTUCCINI

Serves 4

A dash of red pepper flakes makes this dish a spicy delight.

4 servings fettuccini
½ tsp. salt
3 oz. Prosciutto
2 cloves garlic
¼ tsp. crushed red pepper
3 Tbs. olive oil
salt and pepper to taste
½ cup fresh basil
Parmesan cheese for garnish

- Place pasta and salt in cooker.
- Add water to level 4.
- Cook 16-17 mins.

Meanwhile:

- Cut Prosciutto into thin strips; set aside.
- Heat a skillet to medium-low. Add olive oil and heat.
- Mince garlic and add to skillet; cook until soft, about 1 min.
- Add fresh basil leaves and Prosciutto.
- Season with salt and pepper and crushed red pepper. Cook until heated through.

Back to the Pasta:

- Remove pasta from microwave; drain.
- Serve with Prosciutto sauce and grated Parmesan.

LEMON CHICKEN

Serves 4

Slightly tart and salty.

4 servings angel hair pasta
1 tsp. salt
2 boneless, skinless chicken breast halves
2 Tbs. all-purpose flour
1 Tbs. each salt and freshly ground pepper
4 Tbs. unsalted butter
2 Tbs. extra-virgin olive oil
½ cup dry white wine
4 Tbs. capers, rinsed
juice of ½ lemon

- Pound chicken breasts to ¾" thick.
- In a shallow dish, combine flour with coarse salt and pepper.
- Dredge chicken in flour; set aside.
- Place pasta and salt in cooker.
- Add water to level 4.
- Cook 10-11 mins.

Meanwhile:

- Heat 1 Tbs. butter and oil in a skillet over med-hi heat until butter foams.
- Add chicken; cook 2 mins. Turn; cook 3 mins. Remove chicken.
- Add wine, remaining butter, capers and lemon juice. Reduce mixture until slightly thickened.

Back to the Pasta:

- Remove pasta from microwave; drain.
- Place pasta on 4 plates, top with chicken and ladle on lemon sauce.

ENTREES

CHICKEN & BROCCOLI ALFREDO

Serves 4

A favorite of all ages. Tear off a chunk of crusty French bread to soak up the sauce.

4 servings linguini
1 tsp. salt
1 lb. boneless, skinless chicken
2 Tbs. butter
1 cup broccoli florets
10 oz. can cream of mushroom soup
½ cup milk
½ cup grated Parmesan
salt and pepper to taste

- Place pasta and salt in cooker.
- Add water to level 4.
- Cook 15-16 mins.

Meanwhile:

- Cut chicken into cubes.
- Heat butter in a skillet on medium; add chicken. Cook until juices run clear.
- Reduce heat and add broccoli, cream of mushroom soup, milk, and cheese.

Back to the Pasta:

- Remove pasta from microwave; drain.
- Stir together chicken mixture and pasta in a large shallow dish.
- Season with salt and pepper to taste.

FETTUCCINI ALFREDO

Serves 4

Serve this classic dish with a side of greens and garlic bread for the perfect meal.

4 servings fettuccini
1 tsp. salt
2 Tbs. butter
¾ cup heavy cream
½ cup grated Parmesan cheese
fresh grated nutmeg
salt and pepper to taste

- Place pasta and salt in cooker.
- Add water to level 4.
- Cook 16-17 mins.

Meanwhile:

- Melt butter in a large skillet.
- Add cream and ¼ cup Parmesan cheese.
- Simmer until the sauce thickens, about 4-5 mins.

Back to the Pasta:

- Remove pasta from microwave; drain.
- Add pasta to the skillet with cream sauce. Stir to combine.
- Add remaining ¼ cup Parmesan, dash of nutmeg, salt and pepper.
- Serve immediately.

ENTREES

SPAGHETTI AND MEATBALLS

Serves 4

Spicy meatballs turn this dish into an Italian feast.

4 servings of your favorite spaghetti
1 tsp. salt
Your favorite spaghetti sauce

Meatballs:

½ lb. ground pork
¼ lb. ground beef
½ cup grated parmesan cheese
½ cup panko bread crumbs
1 Tbs. fresh chopped parsley
½ Tbs. dried oregano
¼ tsp. red pepper flakes
1 clove garlic, minced
salt and pepper to taste

- Place pasta and salt in cooker.
- Add water to level 4.
- Cook 15-16 mins. for regular pasta, 14-15 mins. for thin pasta and 10-11 mins. for angel hair.

Meanwhile:

- Combine meatball ingredients. Form into 1" round meatballs.
- Heat a large sauté pan to med-high. Coat pan with oil.
- Add meatballs; brown on all sides.
- Add pasta sauce and cook through.

Back to the Pasta:

- Remove pasta from microwave; drain.
- Serve with sauce and meatballs.

SPAGHETTI CARBONARA

Serves 4

Classic Italian sauce can be served on any style noodle.

4 servings of your favorite spaghetti
1 tsp. salt
½ lb. bacon or pancetta
1 large onion
½ cup fresh parsley
2 large eggs, room temperature
¾ cup grated Parmesan cheese
½ cup heavy cream
red pepper flakes, optional

- Place pasta and salt in cooker.
- Add water to level 4.
- Cook 15-16 mins. for regular pasta, 14-15 mins. for thin pasta , 10-11 mins. for angel hair.

Meanwhile:

- Chop onion, bacon and parsley into bite-size pieces; set aside.
- Cook bacon in pan until crisp. Remove bacon and save 1 Tbs. of fat.
- Add onion to skillet and sauté 3 mins. until soft. Return bacon to skillet.
- In a bowl, combine parsley, eggs, cheese and cream. Blend with a fork.

Back to the Pasta:

- Remove pasta from microwave; drain.
- Pour pasta into the skillet with bacon and onion.
- Pour egg mixture over the pasta; mix and stir until eggs are cooked.

ENTREES

FASTA SPAGHETTI

Serves 4

A great dish to make ahead and reheat.

4 servings of your favorite spaghetti

1 tsp. salt

½ onion

½ green pepper

2 mushrooms

3 ham slices

1 Tbs. olive oil

1½ Tbs. butter

1 – 15 oz. can diced tomatoes

¼ cup cream

pinch of salt and pepper

Parmesan cheese (optional)

- Place pasta and salt in cooker.
- Add water to level 4.
- Cook 15-16 mins. for regular pasta, 14-15 for thin pasta and 10-11 mins. for angel hair.

Meanwhile:

- Chop onion, green pepper: Slice mushrooms, dice ham.
- Heat a sauté pan to medium. Add olive oil, butter, onion, green pepper, mushroom and ham; sauté 7 mins.
- Stir in tomatoes with juice, and cream. Cook 3 mins. Remove from heat.

Back to the Pasta:

- Remove pasta from microwave; drain.
- Add pasta to sauce; season to taste with salt & pepper.
- Sprinkle with parmesan.

MACARONI AND CHEESES

Serves 4

This is the ultimate comfort food. You may substitute with your favorite cheeses.

2 cups elbow macaroni

1 tsp. salt

2 Tbs. butter

2 Tbs. flour

1 cup cream or half & half

½ cup shredded Cheddar cheese

½ cup Chevre cheese

½ cup Fontina cheese

salt and pepper to taste

- Place pasta and salt in cooker.
- Add water to level 4.
- Cook 10 mins.

Meanwhile:

- Melt butter in a saucepan over medium-low heat. Whisk in flour.
- Gradually add in cream or half & half.
- Salt and pepper to taste.
- Cook until bubbly and thickened.

Back to the Pasta:

- Remove pasta from microwave; drain.
- Add cheese and cream sauce to the pasta in the cooker. Mix well.
- Return to microwave and cook an additional 5 mins. to melt cheese.
- Stir before serving to mix in the cheese and sauce.

ENTREES

SUNDRIED TOMATOES & CHICKEN

Serves 4

A great chicken dish with a Southwest flair.

- 4 cups curly egg noodles
- 1 tsp. salt
- ¼ cup flour
- 1 Tbs. salt
- 1 tsp. pepper
- 1 lb. boneless, skinless chicken
- 2 Tbs. olive oil
- ½ cup white wine
- ½ cup cream or half & half
- 1 tsp. Dijon mustard
- 8 sundried tomatoes
- salt and pepper to taste

- Place pasta and salt in cooker.
- Cook 13-14 mins.

Meanwhile:

- Combine flour, 1 Tbs. salt, and pepper.
- Cut chicken into 1" wide strips. Dredge strips in flour mixture.
- Heat skillet with olive oil: add chicken. Cook about 3 mins. each side. Remove chicken. Add wine; cook 3 mins.
- Add cream or half & half, mustard and sundried tomatoes. Reduce cream for 5 mins; Salt and pepper to taste.

Back to the Pasta:

- Remove pasta from microwave; drain.
- Serve pasta topped with sauce and chicken pieces.

CREOLE CHICKEN DIANE

Serves 4

This Cajun dish would be perfect served with herbed focaccia.

- 4 servings spaghetti or fettuccini
- 1 tsp. salt
- 3 cups fresh or 8 oz. canned mushrooms
- 3 scallions
- 3 Tbs. fresh parsley or 1½ tsp. dried
- 12 oz. butter
- 1½ Tbs. Cajun or Creole seasoning
- ¾ lb. chicken tender strips
- 1 clove garlic
- 8 oz. chicken broth

- Place pasta and salt in cooker.
- Add water to level 4.
- Refer to cooking chart for cooking time.

Meanwhile:

- Slice mushrooms. Finely chop scallion, parsley and mince garlic. Set aside.
- Heat large skillet, melt 4 oz. of butter. Add Cajun or Creole seasoning.
- Add chicken strips and brown 2 mins. each side. Add mushrooms; cook 2 mins.
- Add onions, parsley, garlic and chicken broth. Cook 2 mins. until sauce is boiling; stir in butter.

Back to the Pasta:

- Remove pasta from microwave; drain.
- Add to chicken mixture. Mix well.
- Serve immediately.

SIMPLE & EASY

BROCCOLI SALAD

8 minutes prep

Serves 2

2 cups broccoli
3 Tbs. mayonnaise or sour cream
1 tsp. dry Italian salad dressing mix
bacon bits, optional garnish

- Place broccoli in cooker.
- Add water to water level 4.
- Cook 5–6 mins.
- Remove from microwave; drain.
- Add mayonnaise (or sour cream) and salad dressing mix.
- Mix with broccoli.
- Sprinkle with bacon bits and serve.

CHEDDAR CHEESE RICE

12 minutes prep

Serves 2-4

1 cup of quick cooking white rice
1 can (10 $\frac{3}{4}$ oz.) cheddar cheese soup
 $\frac{1}{2}$ can sliced potatoes
 $\frac{1}{4}$ cup frozen mixed vegetables

- Combine all ingredients in cooker.
- Add water to level 2.
- Cook 6 mins.
- Remove from microwave; stir well.
- Place lid on cooker and let rest 5 mins.

GREEN BEAN & RICE CASSEROLE

14 minutes prep

Serves 2-4

1 can (10 $\frac{3}{4}$ oz) cream of mushroom soup
10 $\frac{3}{4}$ oz of water (use the soup can)
1 cup quick cooking brown rice
1 can green beans, drained
1 - 10 oz. pkg. frozen broccoli
salt & pepper to taste

- Combine soup, water and brown rice in a bowl; mix well.
- Pour into cooker.
- Add green beans and broccoli.
- Cook 8 mins.
- Remove from microwave; mix well.
- Season with salt & pepper.
- Place lid on cooker; allow to rest 5 mins.

RAMEN WITH VEGETABLES

9 minutes prep

Serves 2-4

2 pkgs. of ramen (any flavor)
1 cup of Nappa cabbage
 $\frac{1}{4}$ cup baby carrots
4 Tbs. frozen corn
salt & pepper to taste

- Break up ramen noodles.
- Slice cabbage and carrots.
- Place ramen, cabbage, carrots and corn in cooker.
- Add water to water level 3.
- Cook 6 mins.
- Add ramen soup packs and mix well.
- Season with salt & pepper.

SIMPLE & EASY

SPINACH AU GRATIN

10 minutes prep

Serves 4

1 cup milk
3 Tbs. flour
2 Tbs. butter
1 tsp. salt
1/8 tsp. black pepper
1 can tuna
1 - 10 oz. pkg frozen spinach
1/2 cup shredded cheese
Pinch of nutmeg
8 slices French bread

- Place milk, flour and butter in a microwavable bowl.
- Cook 1 min; remove.
- Add salt and pepper; mix well.
- Mix in tuna, spinach and cheese. Pour into cooker.
- Cook 7 mins.
- Serve over toasted French bread.
- Sprinkle with nutmeg.

MUSHROOM RICE

15 minutes prep

Serves 4

2 cups quick cooking brown rice
1 package onion mushroom soup mix
1/4 cup freeze dried mushrooms

- Combine all ingredients in cooker.
- Add water to level 2.
- Cook 9 mins.
- Remove from microwave and place lid on cooker. Let rest 5 mins.

RED POTATO SALAD

15 minutes prep

Serves 2-4

4 red potatoes, cut into 1/2" dice
2 slices ham, chopped
2 Tbs. frozen peas, thawed
2 Tbs. frozen corn, thawed
3 Tbs. mayonnaise
1 tsp. yellow mustard
1/4 tsp. salt
1/8 tsp. black pepper

- Place diced potatoes in the cooker.
- Add water to level 4.
- Cook 12-13 mins.
- Drain water.
- Add remaining ingredients; mix well.

POTATO QUICHE

8 minutes prep

Serves 2

1 can sliced potatoes
1/2 cup shredded cheese
4 slices ham, chopped
4 eggs, beaten
1/2 cup frozen peas
salt & pepper to taste

- Layer potatoes, cheese, then egg in cooker.
- Top with ham and peas.
- Cook 6 mins.
- Season with salt and pepper.

SIMPLE & EASY

MASHED POTATOES

15 minutes prep

Serves 2-4

2 large potatoes, cut in quarters
1 Tbs. salt
¼ cup half and half, cream or milk
¼ cup sour cream
3 Tbs. butter
salt to taste

- Place potatoes and salt in the cooker.
- Add enough water to cover potatoes.
- Cook 12 mins.
- In a medium saucepan heat sour cream, cream and butter until just melted....***do not boil.***
- Remove potatoes from microwave; drain.
- Add cream mixture to potatoes.
- Mash until as creamy as you like.
- Season with salt if needed.

MASHED BUTTERNUT SQUASH

15 minutes prep

Serves 2

1 small butternut squash, peeled and cut into ½" cubes
1 Tbs. butter
½ Tbs. milk
Pumpkin seeds for garnish

- Place butternut squash in the cooker.
- Add water to level 3.
- Cook 12-13 mins.
- Drain.
- Add butter and milk; mash.

CHICKEN NOODLE SOUP

15 minutes prep

Serves 2-4

6 strips frozen chicken (cooked)
1 can chicken broth
¼ cup chopped onion
½ cup frozen mixed vegetables
2 oz. egg noodles
salt & pepper to taste

- Place all ingredients in cooker.
- Add water to water level 3.
- Cook 13 mins.
- Season with salt and pepper.

CORN CHOWDER SOUP

15 minutes prep

Serves 2-4

¼ cup chopped onion
1 potato, peeled and diced into ½" pieces
1 clove garlic, minced
1 can (14 oz) vegetable broth
1 can (14 oz) cream style sweet corn
¼ cup frozen peas
salt & pepper to taste

- Combine onion, potato, garlic, and vegetable broth in cooker. Cook 12 mins.
- Mash potatoes in the cooker with a potato masher or fork.
- Add green peas and sweet corn.
- Mix together well.
- Cook 2 mins.
- Season with salt and pepper.

SIMPLE & EASY

SHRIMP SCAMPI WITH PENNE

15 minutes prep

Serves 2-4

2 cups penne
¼ tsp. salt
1 clove garlic, minced
1 packet herb garlic soup mix
8 frozen shrimp, thawed
1 Tbs. olive oil
1 scallion, chopped
Parmesan cheese (optional)

- Combine penne, salt, garlic, and soup mix in the cooker.
- Add water to level 4.
- Cook 10 mins.
- Mix in shrimp; cook 5 mins.
- Drain and stir in olive oil.
- Garnish with chopped scallion and Parmesan.

BLUEBERRY CAKE

8 minutes prep

Serves 4

Serves 4

1 cup yellow cake mix
½ cup frozen blueberries
1 egg
½ cup water
2 tsp. vegetable oil

- Combine all ingredients in cooker and mix well.
- Cook 8 mins.

CHOCOLATE CAKE

8 minutes prep

Serves 2-4

1 cup chocolate cake mix
1 egg
2 tsp. vegetable oil
¼ cup chocolate chips (optional)
½ cup water

- Combine all ingredients in a bowl.
- Pour into cooker.
- Add chocolate chips for more flavor.
- Cook 8 mins.
- After cooling, cut into 8 pieces; remove from cooker.

ASPARAGUS

15 minutes prep

Serves 2-4

25 stalks asparagus (trim off bottoms)
¼ tsp. salt
1 Tbs. butter
salt and pepper to taste
parmesan cheese

- Place asparagus and salt in cooker.
- Add water to level 2.
- Cook 7-8 mins. Drain.
- Add butter; stir to combine.
- Season with salt and pepper.
- Sprinkle with parmesan.

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Cheddar Cheese Rice	25
Chicken Noodle Soup	27
Chocolate Cake	28
Corn Chowder Soup	27
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Mushroom Rice	26
Potatoes, Mashed	27
Potato Quiche	26
Potato Salad, Red	26
Ramen with Vegetables	25
Shrimp Scampi with Penne	28
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Complete Meals in 15 Minutes or Less

The Fasta Pasta® cookbook includes a wide variety of recipes for pasta, chicken, beef, shrimp, salmon, soups, salads, casseroles and even chocolate cake! All recipes can be prepared and cooked in the Fasta Pasta® Microwave Cooker in 15 minutes or less.

Gourmet Section

Enjoy incredibly delicious dishes such as Cajun Shell Salad, Cheesy Artichoke Pasta, Salmon with Salsa and Pad Thai. Eat better and cook smarter with delightfully easy recipes created especially for the original Fasta Pasta® Microwave Cooker.

Simple and Easy Section

Developed for speed, simplicity and flavor, these recipes use minimal ingredients and can be prepared, cooked and served in the Fasta Pasta® Microwave Cooker. Great for student dorms, RV's and anyone on-the-go!

Cook pasta, rice, vegetables, soups, casseroles and more with Fasta Pasta®, the original microwave cooker.

Fasta Pasta® is proudly **MADE IN THE USA.**

Fasta Pasta®

The **Original** Microwave Cooker



Vegetables



Rice



Soup



Cake