

Total Work Time: 35 minutes

Complete Menu Time: 35 minutes

Prep and Cooking Sequence

- Take out all ingredients
- Go to pasta recipe.
- Go to slaw recipe.
- Go back to pasta.

Make Dinnertime a family Event

Earlier in the day, **write down what you truly appreciate and love about each member of your family.** Things he/she does that you would miss if you no longer saw him/her everyday. Bring your list to the table and read it aloud.

Then suggest that they all do the same for each other and share at dinner another night.

Shopping List for Red Bell Pepper Pasta Menu

Produce

- 4-6 cloves garlic
- 2 red bell peppers
- 1 medium lemon
- 2 large granny smith apples
- small head green cabbage (12 ounces)

Dairy

- 3 ounces pecorino Romano cheese
- 15 ounces whole milk ricotta cheese

Grocery

- 4 tablespoons extra virgin olive oil
- salt
- 1 pound pasta any shape
- ½ cup mayonnaise
- 2 tablespoons honey

Specific Utensils Needed

- box grater

Red Bell Pepper Pasta

Work time: 15 minutes

Cook time: 35 minutes

Yield: 11 cups

Ingredients

- 4-6 cloves garlic
- 2 red bell peppers
- 3 ounces pecorino Romano cheese
- 4 tablespoons extra virgin olive oil
- 3/4 teaspoon salt
- 15 ounces whole milk ricotta cheese
- 1 pound pasta any shape

Let's Cook

- Bring a large pot of water to boil. Use at least 4 quarts of water for 1 pound of pasta.
 - Cut garlic into small pieces-you need 2 tablespoons.
 - Cut bell peppers into small pieces.
 - Grate cheese on the fine side of the box grater-you need 1 cup.
 - Heat oil on high
 - Add garlic and cook until garlic has a rich gold color. Watch the garlic so it does not burn. Stir often. When garlic is golden, tip pan to one side and remove half of the garlic with a slotted spoon and discard.
 - Add peppers.
 - Add salt and mix well to coat peppers with hot oil. Cover and cook. Do not add water. Stir occasionally. If peppers start to brown before they are cooked, lower heat.
- Go back to prep and cooking sequence**
- Taste the peppers. Cook until they become soft.
 - Add ricotta to the peppers.
 - Add pecorino Romano and mix well.
 - Heat through. Cover. Turn off heat and set a side.
 - Salt boiling pasta water to taste. Add pasta and stir.
 - Cook, uncovered, and stir occasionally as it cooks.
 - Taste a piece of pasta. Cook until it's the texture you prefer, firm or soft.

- When cooked, scoop out 1/2 cup of pasta water and set aside. Drain pasta. (If pasta is done before the sauce, drain it and put it back in the hot pot and cover it. Don't let it sit in the hot water or it will get mushy.)
- Add drained pasta to the pepper sauce. Mix well. Add 1-2 tablespoons pasta water (1 tablespoon at a time) to thin to a creamy consistency. This might not be necessary.
- Serve hot.

Apple Cabbage Slaw

Good Potluck Dish

Work time: 10 minutes

Yield: 5 cups

Ingredients

- 1/2 cup mayonnaise
- 1 medium lemon
- 2 tablespoons honey
- 2 large granny smith apples
- small head green cabbage (12 ounces)

Let's Cook

- Measure mayonnaise into a large bowl.
 - Squeeze lemon—you need 1 tablespoon.
 - Add honey and lemon juice to mayonnaise. Mix to dissolve honey.
 - Peel a strip of skin from the center of each apple. That will make it easier to grate.
 - Grate one apple at a time on the coarse side of a box grater. Be certain to grate it on a plate in order to catch the juice. Put the grated apple and juice immediately into the mayonnaise dressing and mix well to prevent the apples from turning brown. Grate the second apple. Set a side.
 - Cut the cabbage into small pieces—you need 4 cups.
 - Add the cabbage to the apples. Mix well.
- Go back to prep and cooking sequence
- Serve cold.

