**1 Day Labs: Select One**

**Linguine with Tuna Puttanesca 1 day**

Recipe courtesy Food Network Magazine Prep Time:15 min Serves: 4 servings

Ingredients

* Kosher salt
* 12 ounces [linguine](http://www.foodterms.com/encyclopedia/linguine/index.html)
* 2 tablespoons [extra-virgin olive oil](http://www.foodterms.com/encyclopedia/olive-oil/index.html)
* 4 [cloves garlic](http://www.foodterms.com/encyclopedia/garlic/index.html), thinly sliced
* 1/4 to 1/2 teaspoon [red pepper flakes](http://www.foodterms.com/encyclopedia/red-pepper-flakes/index.html)
* 2 tablespoons capers, drained
* 1/2 cup roughly chopped [kalamata olives](http://www.foodterms.com/encyclopedia/kalamata-olive/index.html)
* 1 28-ounce can San Marzano [plum tomatoes](http://www.foodterms.com/encyclopedia/plum-tomato/index.html)
* 4 basil leaves, torn, plus more for garnish
* 1 5-ounce can [albacore tuna](http://www.foodterms.com/encyclopedia/tuna/index.html), packed in olive oil
* Freshly ground pepper

Directions

Bring a large pot of salted water to a boil. Add the linguine and cook until [al dente](http://www.foodterms.com/encyclopedia/al-dente/index.html).

Meanwhile, heat the olive oil in a large skillet over medium heat. Add the garlic and red pepper flakes and cook, stirring, until slightly toasted, 1 to 2 minutes. Add the capers and olives and fry 2 more minutes. Crush the tomatoes into the skillet with your hands and reserve the juices. Cook until the tomatoes are slightly dry, about 2 minutes. Add the reserved tomato juices, the basil, and salt to taste and cook until the sauce thickens, 1 to 2 minutes. Add the tuna with its oil, breaking it up with a fork, and season with salt.

Drain the pasta, reserving 1/2 cup cooking water, and return it to the pot. Add the sauce and the reserved cooking water and toss. Season with pepper and garnish with more basil.

**Spaghetti alla Carbonara 1 day**

Recipe courtesy Tyler Florence Prep Time:15 min Serves: 4 to 6 servings

Ingredients

* 1 pound dry spaghetti
* 2 tablespoons extra-virgin olive oil
* 4 ounces pancetta or slab bacon, cubed or sliced into small strips
* 4 garlic cloves, finely chopped
* 2 large eggs
* 1 cup freshly grated Parmigiano-Reggiano, plus more for serving
* Freshly ground black pepper
* 1 handful fresh flat-leaf parsley, chopped

Directions

Prepare the sauce while the pasta is cooking to ensure that the spaghetti will be hot and ready when the sauce is finished; it is very important that the pasta is hot when adding the egg mixture, so that the heat of the pasta cooks the raw eggs in the sauce.

Bring a large pot of salted water to a boil, add the pasta and cook for 8 to 10 minutes or until tender yet firm (as they say in Italian "al dente.") Drain the pasta well, reserving 1/2 cup of the starchy cooking water to use in the sauce if you wish.

Meanwhile, heat the olive oil in a deep skillet over medium flame. Add the pancetta and sauté for about 3 minutes, until the bacon is crisp and the fat is rendered. Toss the garlic into the fat and sauté for less than 1 minute to soften.

Add the hot, drained spaghetti to the pan and toss for 2 minutes to coat the strands in the bacon fat. Beat the eggs and Parmesan together in a mixing bowl, stirring well to prevent lumps. Remove the pan from the heat and pour the egg/cheese mixture into the pasta, whisking quickly until the eggs thicken, but do not scramble (this is done off the heat to ensure this does not happen.) Thin out the sauce with a bit of the reserved pasta water, until it reaches desired consistency. Season the carbonara with several turns of freshly ground black pepper and taste for salt. Mound the spaghetti carbonara into warm serving bowls and garnish with chopped parsley. Pass more cheese around the table.

Add 1 cup whipping cream and 1 cup half-and-half. Measure out ½ cup grated Parmesan; add to the skillet. Add salt and pepper to taste. Chiffonade 5 to 6 fresh basil leaves and add that to the sauce; stir.

Dump veggies and mushrooms into the sauce along with ½ cup frozen peas right out of the freezer. Add pasta al dente and stir. If the sauce seems a little thick, or if there doesn’t seem to be enough sauce, add a good splash of chicken broth and a little more half-and-half. Top with more Parmesan, salt, pepper, and basil to taste.

**Stove Top Mac-n-Cheese 1 day**

Recipe courtesy Alton Brown Serves: 6 to 8 servings

Ingredients

* 1/2 pound elbow macaroni
* 4 tablespoons butter
* 2 eggs
* 6 ounces evaporated milk
* 1/2 teaspoon hot sauce
* 1 teaspoon kosher salt
* Fresh black pepper
* 1/4 teaspoon dry mustard
* 10 ounces medium cheddar, shredded

Directions

In a large pot of boiling, salted water cook the pasta to al dente and drain. Return to the pot and melt in the butter. Toss to coat.

Whisk together the eggs, milk, hot sauce, salt, pepper, and mustard. Stir into the pasta and add the cheese. Over low heat continue to stir for 3 minutes or until creamy.

**Pesto 1 day**

About 1 ½ cups of sauce which is enough for 1 pound of pasta

2 cups lightly packed fresh basil leaves

½ cup olive oil

1 cup grated parmesan cheese

2 garlic cloves

½ cup pine nuts, lightly toasted

½ teaspoon salt

1. With the motor running, drop the garlic into a food processor to chop it.
2. Add the basil, pine nuts and salt and pulse until the basil and nuts are coarsely chopped, then process until finely chopped.
3. With the motor running, drizzle in the oil.
4. Transfer to a small bowl and stir in the parmesan.
5. Use immediately, or store in the refrigerator, covered, until ready to use. Pesto can be stored in the freezer for up to a month.

**2 Day Labs: Select One**

**Four Cheese Penne 2 day**

2 T butter

1 T garlic, minced

4 T flour

2 cup milk, warmed

¾ t salt

¼ t black pepper

½ c sour cream

2 T parmesan cheese

8 oz. dry penne pasta (2 cups)

1 cup grated four cheese blend

1 cup grated cheddar cheese

**Herb Bread Crumbs**

½ cup bread crumbs

1 T butter

Pinch of salt and pepper

¼ t dried parsley

¼ t dried basil leaves

¼ t. dried thyme leaves

**Directions**:

Preheat oven to 375 degrees

Bring a large pot of water to boil cook pasta according to directions on package

Make the Herb Bread crumb recipe by combining all ingredients and set aside

In a saucepan, melt butter, add garlic and blend in flour once butter has melted. Whisk for 2 minutes. Add milk and stir until thickened, about 6 minutes.

Remove from heat and stir in salt, pepper, sour cream, parmesan cheese, four cheese blend and cheddar cheese. Set aside.

Blend cheese sauce and pasta together until well blended. Place mixture into a greased casserole dish

Top with bread crumbs.

Bake for 25 minutes

**Baked Macaroni and Cheese 2 day**

Recipe courtesy Alton Brown Serves: 6 to 8 servings

Ingredients

* 1/2 pound elbow macaroni
* 3 tablespoons butter
* 3 tablespoons flour
* 1 teaspoon powdered mustard
* 3 cups milk
* 1/2 cup yellow onion, finely diced
* 1 bay leaf
* 1/2 teaspoon paprika
* 1 large egg
* 12 ounces medium cheddar, shredded
* 1 teaspoon kosher salt
* Fresh black pepper

Topping:

* 2 tablespoons butter
* ½ cup panko bread crumbs

Directions

Preheat oven to 350 degrees F.

In a large pot of boiling, salted water cook the pasta to al dente.

While the pasta is cooking, in a separate pot, melt the butter. Whisk in the flour and mustard and keep it moving for about five minutes. Make sure it's free of lumps. Stir in the milk, onion, bay leaf, and paprika. Simmer for ten minutes and remove the bay leaf.

Temper in the egg. Stir in 3/4 of the cheese. Season with salt and pepper. Fold the macaroni into the mix and pour into a 2-quart casserole dish. Top with remaining cheese.

Melt the butter in a sauté pan and toss the bread crumbs to coat. Top the macaroni with the bread crumbs. Bake for 30 minutes. Remove from oven and rest for five minutes before serving.

Remember to save leftovers for fried Macaroni and Cheese.

**Buffalo-Chicken Macaroni and Cheese 2 day**

Courtesy Food Network Magazine Serves: 3-4 servings

Ingredients

* 4 tablespoons [unsalted butter](http://www.foodterms.com/encyclopedia/butter/index.html), plus more for the dish
* Kosher salt
* ½ pound elbow macaroni
* ½ small onion, finely chopped
* 2 stalks celery, finely chopped
* 1 ½ cups shredded [rotisserie chicken](http://www.foodterms.com/encyclopedia/rotisserie/index.html)
* 2 [cloves garlic](http://www.foodterms.com/encyclopedia/garlic/index.html), minced
* ½ cup hot sauce (preferably Frank's)
* 1 tablespoons [all-purpose flour](http://www.foodterms.com/encyclopedia/flour/index.html)
* 1 teaspoons dry mustard
* 1 ¼ cups half-and-half
* ½ pound yellow medium [cheddar cheese](http://www.foodterms.com/encyclopedia/cheddar/index.html), cut into 1-inch cubes (about 1 1/2 cups)
* 4 ounces pepper [jack cheese](http://www.foodterms.com/encyclopedia/jack-cheese/index.html), shredded (about 1 cup)
* 1/3 cup sour cream
* ½ cup panko (Japanese [breadcrumbs](http://www.foodterms.com/encyclopedia/breadcrumbs/index.html))
* ¼ cup crumbled blue cheese
* 1 tablespoons dried parsley

Directions

Preheat the oven to 350 degrees F and butter a 9 inch square [baking dish](http://www.foodterms.com/encyclopedia/cookware-and-bakeware-materials/index.html). Bring a large pot of salted water to a boil; add the pasta and cook until al dente, about 7 minutes. Drain.

Meanwhile, melt 2 tablespoons butter in a large skillet over medium heat. Add the onion and celery and cook until soft, about 5 minutes. Stir in the chicken and garlic and cook 2 minutes, then add 1/4 cup hot sauce and simmer until slightly thickened, about 1 more minute.

Melt 1 tablespoon butter in a [saucepan](http://www.foodterms.com/encyclopedia/saucepan/index.html) over medium heat. Stir in the flour and mustard with a wooden spoon until smooth. Whisk in the half-and-half, then add the remaining 1/4 cup hot sauce and stir until thick, about 2 minutes. Whisk in the cheddar and pepper jack cheeses, then whisk in the [sour cream](http://www.foodterms.com/encyclopedia/sour-cream/index.html) until smooth.

Spread half of the macaroni in the prepared baking dish, and then top with the chicken mixture and the remaining macaroni. Pour the cheese sauce evenly on top.

Put the remaining 1 tablespoons butter in a medium microwave-safe bowl and microwave until melted. Stir in the panko, [blue cheese](http://www.foodterms.com/encyclopedia/blue-cheese/index.html) and parsley. Sprinkle over the macaroni and bake until bubbly, 30 to 40 minutes. Let rest 10 minutes before serving.

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**Lasagna**

2 cloves garlic minced

¼ onion chopped

2 tablespoons vegetable or olive oil

½ pound hamburger or sausage

6 ounces tomato paste

15 ounce can tomatoes chopped or dices or crushed

¼ teaspoon pepper

½ teaspoon oregano

½ pound mozzarella cheese

1 8 ounce container part skim ricotta cheese

1 large egg, beaten lightly

½ teaspoon salt and black pepper

4 ounces grated parmesan cheese

8 ounces lasagna noodles cooked and drained (cook about 10 noodles)

1. Bring water to a boil in the largest pan. Add lasagna noodles to a rolling boil. Add salt and noodles and cook until noodles are tender but not too soft. Drain water off noodles using your colander.
2. Mince garlic and onion. Sauté garlic and onions with oil. Add hamburger/sausage and cook until brown.
3. Add tomatoes, paste, pepper and oregano to your cooked meat mixture. Cover and simmer 10- 20 minutes.
4. In a bowl, stir together ricotta, egg, salt and pepper.
5. In a greased 8 x 11 baking dish, pour 1 cup sauce into the baking dish, layer with 3 lasagna sheets/noodles, and then continue to layer sauce, noodles, mozzarella cheese, ricotta cheese mixture ending with sauce and the grated parmesan cheese. You will have 3 to 5 layers depending upon the about you add to each layer.

Serves: 8

**Spaghetti (w/Meatballs?) 2 day** Recipe courtesy Rachael Ray Serves: 4 servings

Ingredients

* 1 pound spaghetti
* Salt, for pasta water

**If you want the Meatballs: Follow Alton’s Recipe below…so write up both on your grocery order!**

Sauce:

* 2 tablespoons extra-virgin olive oil, 2 turns of the pan
* 1/2 teaspoon crushed red pepper flakes
* 4 cloves garlic, crushed or chopped
* 1 small onion, finely chopped
* 1 cup beef stock, available on soup aisle in market in small paper boxes
* 1 (28-ounce) can crushed tomatoes
* A handful chopped flat-leaf parsley
* 10 leaves fresh basil leaves, torn or thinly sliced
* Grated cheese, such as Parmigiano-Reggiano or Romano, for passing at table
* Crusty bread or garlic bread, for passing at the table

Directions

Preheat oven to 425 degrees F.

Place a large pot of water on to boil for spaghetti. When it boils, add salt and pasta and cook to al dente.

Heat a deep skillet or medium pot over moderate heat. Add oil, crushed pepper, garlic and finely chopped onion. Sauté onions 5 to 7 minutes until onions are soft. Add beef stock, crushed tomatoes, and herbs. Bring to a simmer and cook for about 10 minutes.

Toss hot, drained pasta with a few ladles of the sauce and grated cheese. Turn meatballs in remaining sauce. Place pasta on dinner plates and top with meatballs and sauce and extra grated cheese. Serve with bread or garlic bread and a fresh green salad.

**Alton Brown’s Baked Meatballs 2 day** Recipe courtesy Alton Brown, 2005 Serves: 12-16 meatballs, 4 to 5 servings

Ingredients

* 1/2 pound ground pork
* 1/2 pound ground round
* 5 ounces frozen spinach, thawed and drained thoroughly
* 1/2 cup finely grated Parmesan
* 1 whole egg
* 1 teaspoons dried basil
* 1 teaspoons dried parsley
* 1 teaspoon garlic powder
* ½ teaspoon kosher salt
* 1/2 teaspoon red pepper flakes
* 2/3 cup bread crumbs, divided

Directions

Preheat the oven to 400 degrees F.

In a large mixing bowl, combine the pork, lamb, ground round, spinach, cheese, egg, basil, parsley, garlic powder, salt, red pepper flakes, and 3 Tablespoons of the bread crumbs. Using your hands, mix all ingredients until well incorporated. Use immediately or place in refrigerator for up to 24 hours.

Place the remaining (about 6 Tablespoons) bread crumbs into a small bowl. Using a scale, weigh meatballs into 1.5-ounce portions and place meatballs on a sheet pan. Using your hands, shape the meatballs into rounds, roll in the bread crumbs and place the meatballs in individual, miniature muffin tin cups. Bake for 20 minutes or until golden and cooked through.