

**SPEEDY AND SPICY
BUFFALO WING SAUCE**

1 lb. Pappardelle's Calypso Blend Pasta
¼ - ½ cup of your favorite buffalo wing sauce
¼ - ½ cup of your favorite ranch dressing
½ rotisserie chicken, shredded
Blue cheese crumbles
Sea Salt
Freshly ground black pepper

1. Cook pasta in a pot of rapidly boiling salted water until al dente (about 8-10 minutes). Save ½ cup of pasta cooking water. Drain and rinse.
2. In a large serving bowl, pour in cooked pasta. Stir in buffalo wing sauce and ranch dressing. Mix well. Taste and adjust if needed. Mix in shredded chicken. Add salt and pepper, if desired.
3. Serve with blue cheese crumbles.

Serves 4-6

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RECIPE SHEET 42B

VEGGIE LO MEIN-STYLE SAUCE

½ lb. Pappardelle's Lemon Ginger Pasta
2 cups spinach, chopped
¼ cup soy sauce, divided
1 tablespoon dark sesame oil
1 tablespoon canola oil
2 tablespoons fresh ginger, grated
5 dried shitake mushrooms, re-hydrated (retain 1 cup of soaking liquid)
1 medium red bell pepper, sliced
1 bunch scallions, chopped finely
3 cloves garlic, minced
2 cups edamame, shelled
3 tablespoons hoisin sauce

1. Bring 4 quarts of water to a boil (it cuts down on cooking time to use the same pot and the same water that you will use to boil the pasta). Add spinach and cook for 1 minute. Drain, chop coarsely and set aside.
2. Bring water back to a boil and cook pasta for five minutes. Drain and rinse with cool water. Place the cooked noodles in a serving bowl and add one tablespoon soy sauce and sesame oil. Mix well.
3. In a wok or large skillet, heat canola oil until quite hot, but not smoking. Add ginger, mushrooms, bell pepper, scallions and garlic. Stir-fry for approximately 2-3 minutes. Add spinach and edamame. Cook for 1 minute.
4. Add noodles to the stir-fry in the wok. Stir in remaining soy sauce and hoisin sauce. If too dry, add some of the water retained from re-hydrating the shitake mushrooms until desired consistency is achieved. Be mindful not to overcook. Serve immediately.

Serves 2-4

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