



NEWS RELEASE

Defense Commissary Agency

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Now, that's Italian!

Hit your commissary for savings on pasta sauces, salad dressings, frozen dinners to tempt your taste buds

*By Kay Blakley,
DeCA home economist*

FORT LEE, Va. – Americans love Italian fare! According to a recent Harris Poll, more people in the United States choose Italian food when eating out than any other. Of course, there are savings to be realized when you eat at home instead of going out. And, when you're part of the exclusive group that enjoys commissary privileges, the at-home savings can be significant. Stock up on items to satisfy your Italian appetite right now during the Italian & American Festival of Savings promotion at your local commissary. Pasta sauces, Italian salad dressings and frozen Italian dinners are just a few of the items included.

Make a batch of Easy Meatballs, add pasta and a jar of prepared sauce for a quick and easy dinner, or skip the pasta altogether and make the meatballs and sauce into hearty meatball subs.

Several pasta dishes call for fresh and healthy ingredients including almost any vegetable from broccoli to zucchini, along with good-for-you olive oil, which even Dr. Oz would approve of. Almost all of this week's recipe collection falls within that category. Take your pick, feel good about your choice and feel totally satisfied when the meal is finished.

To check out these recipes and more, come to Kay's Kitchen at <http://www.commissaries.com>. As always, you'll save 30 percent or more on the ingredients for all of these recipes in your local commissary.

Easy Meatballs (Serves 4)

Ingredients:

1 pound lean ground beef
1/2 cup Italian-style bread crumbs
1/4 cup milk
1/2 teaspoon salt
1/2 teaspoon Worcestershire sauce
1/4 teaspoon pepper
1 small onion, finely chopped (1/4 cup)
1 egg, lightly beaten

Directions:

1. Preheat oven to 400 degrees. Line a 13 x 9-inch pan with aluminum foil; spray with cooking spray.
2. Place the egg in a large bowl; stir in remaining ingredients, except ground beef, until well combined.
3. Crumble ground beef over egg mixture and lightly mix until all ingredients are well combined.
4. For evenly sized meatballs that will cook in the same amount of time, on a cutting board, pat ground beef mixture into a 6 x 4-inch rectangle. Using a sharp knife, cut the mixture into 24 squares.
5. Roll each square into a 1 1/2 -inch meatball; place 1 inch apart in prepared pan.
6. Bake uncovered 18 to 22 minutes or until no longer pink in the center.

Pasta Stackups with Chicken Sausage (Serves 4)

Ingredients:

6 large lasagna noodles
1 cup dried tomato halves (not oil packed), coarsely chopped
6 cloves garlic, minced
1 pound fully cooked chicken sausage links
2 tablespoons olive oil
1 (5 ounce) bag baby spinach leaves
Shaved Parmesan (optional)

Directions:

1. Cook lasagna noodles according to package directions.
2. Place dried tomatoes and garlic in a bowl; carefully add 1 cup boiling pasta water; set aside.
3. Cut sausage links in half lengthwise and slice in large pieces. In a 12-inch skillet cook sausage in hot oil over medium-high heat until lightly browned and heated through, turning occasionally.
4. Add tomato mixture to skillet. Cook uncovered, 2 minutes.
5. Stir in spinach, 1/2 teaspoon salt and 1/2 teaspoon black pepper. Cover and remove from heat.

6. Cut cooked lasagna noodles in half. To serve, layer noodles and sausage mixture onto individual plates. Pass shaved Parmesan.

Slow-Baked Tomatoes with Garlic and Mint (Serves 8)

The tomatoes for this dish should be roughly the same size and uncut so they bake evenly.

Ingredients:

1 1/2 pounds cherry or grape tomatoes
1/4 to 1/2 cup extra virgin olive oil
7 cloves garlic, peeled, split lengthwise and green shoot removed
1 bunch fresh mint, trimmed
1 to 2 teaspoons coarse or flake salt
1 teaspoon freshly ground black pepper
Toasted slices of rustic bread
Goat cheese (optional)

Directions:

1. Preheat oven to 325 degrees. Wash and drain tomatoes well. Pat dry with paper towels.
2. Arrange tomatoes in a single layer in a nonreactive (earthenware or ovenproof glass) 2-quart baking dish. Pour in olive oil so tomatoes are well-coated and there is a thin layer (about 1/8 inch) of oil on bottom of dish.
3. Toss in garlic, mint, salt and pepper.
4. Bake, uncovered, for 45 to 60 minutes or until skins split and soften but tomatoes still retain their shape.
5. Serve hot, warm or at room temperature. Spoon or mash over slices of toasted bread. Sprinkle with goat cheese, if desired.

Spaghetti Frittata (Serves 4)

Never discard any leftover spaghetti. If you have at least a cup of it, use it to make a quick and easy second meal.

Ingredients:

6 eggs
1/4 cup milk
Salt and pepper
1 cup leftover spaghetti
Cherry tomatoes and parsley for garnish
Parmesan cheese

Directions:

1. Whisk together the eggs, milk, salt and pepper. Stir in the spaghetti.
2. Pour mixture into a skillet and cook over medium heat 6 to 8 minutes or until eggs are set.
3. Garnish with cherry tomatoes (sliced in half) and sprigs of parsley. Sprinkle with Parmesan cheese, cut into wedges and serve.

-DeCA-

About DeCA: *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth more than \$4,400 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America’s military and their families, and help recruit and retain the best and brightest men and women to serve their country.*