

SHOPPING LIST

CHECK YOUR PANTRY

- Extra-virgin olive oil
- Salt
- Sugar

These common items are used in multiple recipes.

SESAME NOODLES WITH SNOW PEAS AND CARROTS

- ½ cup peanut butter
- 3 tablespoons low-sodium soy sauce
- 2 tablespoons Chinese sesame paste or tahini
- 1 tablespoon honey
- ½ teaspoon ground ginger
- 1 pound fresh lo mein noodles or 12 ounces dried linguine
- 6 ounces snow peas
- 3 limes
- 2 garlic cloves
- 1 carrot

FRESH PASTA WITH BUTTER AND PARMESAN

- 1 cup (5 ounces) all-purpose flour, plus extra for counter
- 4 large eggs
- 1 cup grated Parmesan cheese (2 ounces)
- 2 tablespoons unsalted butter

PASTA WITH MARINARA SAUCE

- 1 pound pasta
- 1 (28-ounce) can crushed tomatoes
- ¼ teaspoon dried oregano
- 2 tablespoons unsalted butter
- ½ small onion
- 2 garlic cloves
- 2 tablespoons chopped fresh basil

PASTA WITH MEAT SAUCE

- 1 pound pasta
- 1 (28-ounce) can tomato puree
- 1 (14.5-ounce) can diced tomatoes
- 1 tablespoon tomato paste
- 1 teaspoon dried oregano
- ½ teaspoon baking soda
- ¼ cup grated Parmesan cheese (½ ounce), plus extra for serving
- 1 pound 85 percent lean ground beef
- 4 ounces white mushrooms
- 1 onion
- 3 garlic cloves

RICE NOODLE BOWLS WITH PORK AND SCALLIONS

- 8 ounces rice vermicelli noodles
- 5 tablespoons low-sodium soy sauce
- 3 tablespoons toasted sesame oil
- 2 tablespoons seasoned rice vinegar
- ½ teaspoon ground ginger
- 12 ounces ground pork
- 2 Persian cucumbers
- 2 garlic cloves
- 2 scallions
- ¼ cup fresh cilantro leaves (optional)

NOODLE SEASON

- 1 pound pasta
- Pasta sauce of your choice

Use your favorite homemade or store-bought pasta sauce in this experiment. Pesto, meat sauce, marinara sauce—anything goes!

