

Cooking Corner Tips To Help You

Web Site For Busy Families And Pasta Lovers

(NAPSA)—Thanks to an innovative new Web site, it's even easier to create a family dinner.

MakesaMeal.com, created by the American Italian Pasta Company (AIPC), is designed to help busy parents and pasta lovers plan and make delicious meals within minutes. The site also offers more sophisticated pasta recipes for dinner parties, events and holidays.

Visitors to the site have access to nearly 5,000 pasta recipes and can search for meal solutions three different ways: by specific ingredients, such as chicken or broccoli; by ingredients currently on-hand, saving the user a trip to the grocer; and by dietary or lifestyle preferences, such as low-calorie or reduced-fat options. Recipes can also be created by selecting from a comprehensive list of sauces and ingredients.

The Web site is more than a simple recipe database. It provides pasta cooking tips and facts, supplies nutritional data about pasta and various recipes located on the site, and encourages users to post and share their own recipes and cooking experiences.

"According to leading health institutions, physicians and nutritionists, 55 to 65 percent of our daily calories should come from complex carbohydrate foods such as pasta," said Rita Held, nutritionist and MakesaMeal.com contributor.

"This robust and versatile Web site brings creativity and simplicity



From angel hair to rotini, a new Web site covers everything about pasta, including nearly 5,000 recipes.

to cooking with pasta," said Timothy S. Webster, president and CEO of AIPC and chairman of the National Pasta Association.

For more information and recipes, visit www.MakesaMeal.com.

Tomato & Basil Rotini

Prep Time: 15 minutes

Serves 3-4

- 1 pkg. (12 or 16 oz.) rotini, cooked and drained according to package directions**
 - 1 lb. plum tomatoes, chopped (2 cups)**
 - 1¹/₄ cups pasta sauce**
 - 1¹/₄ cup fresh basil leaves, cut into thin strips**
 - 1 tbsp. olive oil**
 - 1 clove garlic, minced**
 - 1¹/₄ cups feta cheese**
- 1. In large bowl, combine tomatoes, pasta sauce, basil, oil and garlic.**
 - 2. Add cooked rotini; toss to combine.**
 - 3. Top with feta cheese.**
 - 4. Serve warm.**