



# XCentric Ideas

*'Spaghetti can be eaten most successfully if you inhale it like a vacuum cleaner.'* - Sophia Loren

Recipes from the Internet  
All photos my own

17 September 2008  
Volume 3 — Issue 12  
by

ALMA PRETORIUS  
alma@xcentricideas.co.za  
www.xcentricideas.co.za  
082 499 8482

# Mac 'n Cheese Cupcakes

2 cups macaroni

250 ml milk

½ packet Bits o' Bacon (optional)

2 cups Cheddar cheese, grated

2 large eggs

Salt & pepper, to taste

Preheat oven to 200 oC. Grease a big muffin pan. Cook macaroni and drain. Return to the pot. Stir in 1 ½ cups of the cheese till melted. Add the bacon. Season with salt and pepper. Spoon the macaroni mixture in the muffin pan.

Beat eggs and milk together in a bowl. Distribute the egg-milk mixture evenly between the muffin holes. Using the rest of the cheese, top each mixture with it. Bake for 20 minutes. Serve with a fresh green salad and/or vegetables. (Or as side dish to any meat/barbeque.)



*Recipe – [www.recipezaar.com](http://www.recipezaar.com) Tested & adapted by myself. Photo – my own.*

# *Spinach & Feta Pasta*

2 cups pasta screws

450 g pasta sauce, (I used All Gold Sun-dried Tomato & Olive)

200 g feta, diced

100 g spinach, fresh young leaves

Cook the pasta according to instructions - drain.

Heat up your preferred sauce in the pan while the pasta drains. Add the pasta to the sauce and stir. Add feta, stir lightly.

Toss in spinach leaves and stir. Serve with crusty bread. Or braai chicken.



*Recipe – [www.recipezaar.com](http://www.recipezaar.com) Tested by myself. Photo – my own*

# *Chicken & Sun-dried Tomato Pasta*

226g Fettucine

1 packet boneless, skinless chicken breasts

½ packet Bits o' Bacon

1 onion, sliced

1 tin Heinz Cream of Chicken Soup

1 cup fresh Spinach leaves, chopped

½ cup Sun-dried tomatoes, chopped

Salt, black pepper & chilli flakes to taste

Cook Fettucine. Drain. Fry the onion, chicken and bacon. Add the sun-dried tomatoes, spinach, seasonings & the Chicken Soup.

Let it simmer for at least 15 min. Serve on Fettucine.



Recipe my own. Photo – my own

# *Bacon & Mushroom Pasta*

1-2 cups pasta spirals  
1 can kernel corn, drained  
5 button mushrooms, sliced  
Coarsely grated black pepper  
1 onion, chopped  
1 sachet Royco Sour Cream & Mushroom Pasta Sauce, prepared  
½ packet Bits o' Bacon (optional)  
1 cup fresh broccoli florets  
1 cup Cheddar cheese, grated

Cook the pasta. In a pan, fry the onion, bacon, mushrooms and broccoli. Add the corn, the Sour Cream & Mushroom Sauce, ½ cup of cheese and the cooked pasta. Stir through.

Spoon in an oven dish, sprinkle the rest of cheese over and let it melt in the oven. Also lovely as a side dish to a braai.



Recipe my own. Photo – my own

## *Coffee-Chicken Macaroni*

- 1 ½ - 2 cups macaroni, cooked & drained
- 1 big brown mushroom, sliced
- 2 chicken breasts, cubed, cooked
- ½ cup strong decaf coffee
- ½ cup tomato relish
- 1 cup white sauce, prepared
- 1 ½ wheels Feta cheese, cubed
- ½ cup Cheddar cheese, grated

Fry the mushroom, add the tomato relish & coffee. Add the chicken and warm through. Add the pasta, Feta cheese, Cheddar cheese & white sauce, stir well and serve.



*Recipe – [www.recipezaar.com](http://www.recipezaar.com) Tested & adapted by myself. Photo – my own*

## Artichoke & Olive Pasta

2 cups pasta shells

1 can diced tomatoes with basil, oregano & garlic

1 jar marinated artichoke hearts, diced – keep the liquid

1 sachet black pitted olives, sliced

½ cup Parmesan cheese, grated

Cook the pasta according to instructions - drain.

In medium saucepan, bring tomatoes, olives and artichokes (with their liquid) to a boil. Lower the heat and simmer for 5 minutes.

Place pasta in serving bowl and pour artichoke sauce over pasta. Sprinkle with Parmesan cheese and serve.



*Recipe – [www.recipezaar.com](http://www.recipezaar.com) Tested by myself. Photo – my own*

## *Basil Pesto Penne*

1 ½ cups penne pasta  
1 container of mini Rosa Tomatoes, halved  
2 tbsp basil pesto  
2 cups fresh baby spinach, washed, roughly chopped  
Salt & black pepper

Cook the pasta according to instructions - drain.

Mix the pasta with the basil pesto. Add the mini Rosa Tomatoes, spinach & season to taste. Serve on its own or as a side dish to chicken/meat/fish.



Recipe – my own. Photo – my own

## *Chocolate Fettucine*

226 g normal Fettucine or Chocolate Fettucine, cooked and drained  
2 cups skim milk  
2 tbsp cornstarch (Maizena)  
¼ cup unsweetened cocoa powder  
½ - ¾ cup white sugar  
½ tsp ground cinnamon

In a small saucepan, combine ¼ cup milk and cornstarch - mixing until smooth. Add cocoa, sugar, cinnamon and remaining milk. Heat just until boiling, stirring constantly. Cook one minute until sauce is thickened. Pour sauce over pasta and combine. Top each serving with your choice of crème fraiche, whipped cream or ice cream..



*Recipe – [www.recipezaar.com](http://www.recipezaar.com) Tested by myself. Photo – my own*