



Ham & Tomato Rice Supper

8 servings | Ready in 20 min.

Difficulty 🍅 🍅 🍅

This is a delicious twist to broccoli, rice and cheese casserole and is VERY easy to make. You can also easily cut this recipe in half. With the addition of ham, the dish has more flavor, and the complete meal is prepared in one skillet.

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Garden Primavera Pasta

This is a very simple and easy recipe that takes no time at all. Creamy and delicious!



Veggie Macaroni & Cheese

Ordinary macaroni and cheese gets some flavorful crunch from carrots, diced pepper and bacon. It's a great twist on a classic dish.



Pasta with Sausage, Tomatoes & Mushrooms

Try any of your favorite pasta shapes with this sauce. Broad, flat noodles with rippled edges work particularly well.

Release Your Inner Red Gold Chef! - RECIPE CONTEST -



Last Chance to Enter our Recipe Contest

Contest Ends April 30, 2011

Your original recipe could be featured on a Red Gold Product and one lucky winner will receive one year's supply of Red Gold Tomato Products!

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Are you looking to run a Half Marathon?

One of the most well-known events is the Indianapolis 500 Mini Marathon. View other upcoming half-marathon events in your area at www.halfmarathons.net.

How to Eat Before a Marathon

- Stick with a high carbohydrate diet. This includes breads, pasta, cereal, fruits and vegetables.
- Watch fat consumption. Fat fills the stomach but leaves muscles less fueled.
- Don't stuff yourself.
- Drink plenty of fluids on marathon morning.
- Enjoy one of our pasta recipes the night before the big marathon to fuel your muscles.

For more information go to: www.ehow.com/how/7777_eat-before-marathon.html



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