Pasta Helps

your pasta dishes don't

cook your noodles. Follow water. box directions, but check

Do you ever wonder why it – referred to as 'a l dente'.

*You aren't stirring the turn out just right? Today I pasta. Don't stir constantly, have 9 mistakes you might but do stir occasionally to be making when cooking keep individual strands of noodles to separate. It isn't *You overcook or under- necessary to add oil to the

*You don't salt the pasta 1 minutes before directed water, or you salt it too time for doneness. Pasta much. Salting the pasta should have a subtle bite to water allows the dough to

absorb salt while cooking. *You don't properly cool

the pasta. Don't run cold water over pasta to cool it down. This rinses off natural starch of the pasta. If not using immediately or making a chilled salad, lightly oil pasta and cool for 30 minutes before chilling in the refrigerator.

*You don't cook pasta in sauce. Cooking pasta in sauce allows the flavors to be absorbed by the pasta.

*You add the pasta to the water before it is boiling. The rapid bubbles will keep the pasta from sticking or settling. The dough will cook more evenly.

*You don't boil enough water. The amount of water called for may seem excessive, but when pasta is added to water it lowers the

temperature and will stall cooking time.

*You use fresh water to loosen the sauce. Always use pasta water because it has more flavoring and seasoning. The residual starch will help thicken and bind the sauce to the pasta.

*You ignore portion sizes. Pasta is thought of to be too high in carbs, but a 2 oz. size or 1 cup equals 75-100 calories Much less than bread and some meats and cheeses.

Today I have some side dishes with one of my favorite pastas - fettuccine. I hope today's tips will be helpful. Thanks for read-

GARLIC SOUR CREAM PASTA

8 oz. dried fettuccine

2 Tbsp. butter

- 1 tsp. minced garlic
- 1 Tbsp. flour
- 1 cup half and half

1/3 cup shredded Parmesan cheese

1 cup sour cream ½ tsp. salt

1/4 tsp. pepper

to direction; drain and place from heat and add lemon in a bowl to keep warm. In a large sauce pan, over me- and parsley to skillet; top dium heat, melt the butter with previously prepared and add garlic. Cook for lemon zest, parsley and garabout 2 minutes and add lic. Serve immediately with flour, stirring until bubbly - about 1 minute. Add the half and half and continue stirring until sauce thickens. Add the Parmesan cheese and stir until melted; add the sour cream and salt and pepper. Mix with fettuccine and serve with additional Parmesan cheese.

*Great side for anything cooked on the grill.

LEMON GARLIC CREAM FETTUCCINE

2 tsp. minced fresh parsley

8 oz. uncooked fettuccine

1 small onion, chopped

2 minced cloves garlic 1 tsp. grated lemon zest

1/4 tsp. pepper

4 oz. cubed cream cheese

2 Tbsp. lemon juice

Grated Parmesan cheese pasta

to package directions and drain. In a small bowl, combine lemon zest, parsley and

For sauce: In a large skillet, heat butter and saute onion; add garlic and lemon zest. Add whipping cream, salt, pepper, and cream Prepare pasta according cheese until melted; remove juice. Add pasta, tomatoes grated Parmesan cheese.

> *Some cooked shrimp is a great addition to this dish.

FETTUCCINE with **GARLIC BUTTER** MUSHROOM SAUCE 8 oz. cooked Fettuccine

1/4 stick butter

2 cloves garlic; minced 1 cup sour cream

cheese

1 1/2 cups sliced mushrooms 1/3 cup grated Parmesan

1/3 cup fresh or dried pars-

In a large skillet, saute garlic and mushrooms in butter until soft. Add prepared pasta and sour cream and turn off heat. Add Parmesan cheese, parsley, salt, and pepper. Serve immediately.

*Also great with some chopped, cooked chicken added to the recipe.

*Lee Ann Fleming is a Holmes County native, food columnist and has garnered fame for her recipes featured in the film, The Help. Fleming can be reached at lafkitchen@hughes.net.

3 tsp. grated lemon zest

2 minced cloves of garlic

Sauce: ½ cup butter

½ cup heavy whipping cream

1/4 tsp. salt

2 tomatoes, chopped

2 tsp. minced fresh parsley

according

lion (ppb) or Micrograms per liter - one part per billion corresponds to one minute in 2,000 years, or a single penny in \$10,000,000

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Contaminant	Violation Y/N	Date Collected	Level Detected	Range of Detects or # of Samples Exceeding MCL/ACL	Unit Measure- ment	MCLG	MCL	Likely Source of Contamination
Inorganic (Contam	inants						
10. Barium	N	2018*	.073	No Range	ppm	2	2	Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits
14. Copper	N	2018/20	0	0	ppm	1.3	AL=1.3	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives
17. Lead	N	2018/20	0	0	ppb	0	AL=15	Corrosion of household plumbing systems, erosion of natural deposits
19. Nitrate (as Nitrogen)	N	2020	.11	No Range	ppm	10	10	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits
Sodium	N	2019*	78000	No Range	ppb	0	0	Road Salt, Water Treatment Chemicals, Water Softeners and Sewage Effluents.
Disinfection	n By-Pr	oducts						
81. HAA5	N	2018*	2	No Range	ppb	0	60	By-Product of drinking water disinfection.
82. TTHM [Total trihalomethanes]	N	2018*	3.96	No Range	ppb	0	80	By-product of drinking water chlorination.
Chlorine	N	2020	1.7	1.38 - 1.98	mg/l	0	MDRL =	Water additive used to control

HEARING ON THE PROPOSED BUDGET AND PROPOSED TAX LEVIES FOR THE UPCOMING FISCAL YEAR FOR THE CITY OF LEXINGTON"

"NOTICE OF A PUBLIC BUDGET

The City of Lexington will hold a public hearing on its proposed budget and proposed tax levies for the fiscal year 2022 on Monday August 23, 5:30 p.m., at the City Hall located at 112 Spring Street, Lexington, MS.

The City of Lexington is now operating with projected total budget revenue of \$1,179,222. \$360,000, or 30.53% of such revenue is obtained through Ad Valorem Taxes. For the next fiscal year, the proposed budget has total projected revenue of \$ 1,149,020. Of that amount, 31.33% or \$360,000 is to be financed through a total ad valorem tax levy.

The decision to not increase the ad valorem tax millage rate for the fiscal year 2022 above the current fiscal year's ad valorem tax millage rate means you will not pay more in ad valorem taxes on your home, automobile, tag, utilities, business fixtures and equipment and rental real property, unless the assessed value of your property has increased for the fiscal year 2022.

A millage rate of 52.75 will produce the same amount of revenue from ad valorem taxes as was collected the prior year. The millage rate for the prior year was 52.75.

Any citizen of the City of Lexington is invited to attend this public hearing on the proposed budget and tax levies for the fiscal year 2022 and will be allowed to speak for a reasonable amount of time and offer tangible evidence before any vote is taken.