



Pasta Croquettes

Prepare the noodles according to package directions and drain well. To make the sauce, melt the butter in a medium saucepan. Stir in the flour, salt and pepper and stir well. Cook until it begins to bubble. Stir in the milk and cook until thickened and bubbly, stirring almost constantly. Stir in the parmesan cheese and once melted, add a little of the mixture to the beaten egg in a small bowl then add the egg mixture back to the saucepan and cook until it just begins to boil.

Mix the sauce with the noodles and press into a greased 8" or 9" pan. Cover tightly with aluminum foil, pressing down on the noodles, and chill in the refrigerator for several hours or preferably, overnight.

To finish the croquettes, cut the chilled pasta into squares and working a few at a time, first thoroughly coat the squares with flour. Next dip them in the beaten egg/water mixture and finally coat them completely with the breadcrumbs.

Fry them in oil until crispy and brown on all sides, turning as you go. I used canola oil, you can also use vegetable or any oil of your choice. Set them on a paper towel to drain until all squares are done.

Place them on a baking sheet or in a baking dish and heat in the oven for about 15 - 20 minutes (you can put them in with the chicken), until thoroughly heated throughout. Depending on how you fry them and the type of pan and oil you use, they may be heated through after frying, but putting them in the oven won't hurt them and it keeps them all warm until ready to serve.

I prefer these with a little marinara on top, it really pulls all the flavors together, but you can also serve them plain or top them with a slice of provolone cheese when you put them in the oven and let it melt on top. Mmmmm!

INGREDIENTS

- 8 oz egg noodles
- 6 Tbsp butter
- 3 Tbsp green onions, chopped
- 6 Tbsp flour
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 tsp ground nutmeg (fresh is best!)
- 2 cups milk
- 3/4 cup fresh grated parmesan cheese
- 1 egg, beaten

For breading

- Flour
- 2 eggs beaten with 2 Tbsp water
- Panko bread crumbs
- Oil for frying