

ULTRAGRAIN®
ELBOWS
WITH QUINOA

Have a Grain Day!™

HODGSON MILL

ULTRAGRAIN®
ELBOWS
WITH QUINOA

Traditional
Italian Pasta
Taste & Texture

Good Source
of Fiber

HODGSON MILL

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**HODGSON
MILL**

Have a Grain Day!™



Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers!



Certified by the Whole Grains Council to have 30 grams or more per serving.



Hodgson Mill is a family owned company expertly milling grain since 1882.



Hodgson Mill promises wholesome, delicious, quality products from America's Heartland.

Look for the entire line of naturally wholesome and healthful Hodgson Mill products in the Flour, Corn Meal, Cereal, Pasta, Baking Mix and Gluten Free sections of your supermarket, or visit us online!

HodgsonMill.com

This package sold by weight, not by volume. Contents may have settled during shipping.

NEW LOOK!
SAME GREAT TASTE!



ULTRAGRAIN®
ELBOWS
WITH QUINOA



Parve

Serving Suggestion.

NET WT 12 oz. (340 g.)



Nutrition Facts

Serving Size 2 oz. dry (57g)
Servings Per Container 6

Amount Per Serving
Calories 190 **Calories from Fat** 10

	%Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 41g	14%
Dietary Fiber 3g	12%
Sugars 1g	

Protein 8g

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS:

Ultragrain® Whole Wheat Flour,
Durum Flour, Quinoa Flour.

Hodgson Mill, Inc., 1100 Stevens Ave.
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Our Customer Service Team
is always happy to hear from you.
Comments and questions welcome.

Produced in a peanut/tree nut free facility.
Produced on shared equipment.
May contain traces of soy or eggs.



Enjoy the taste and texture of traditional pasta with the benefits of whole grains! The secret is specially milled whole wheat Ultragrain® flour and premium quinoa, so you get protein and fiber in every delicious bite. Proudly made in the USA according to a traditional Italian process.

Ultragrain® trademark is used under license from ConAgra Food Ingredients Company, Inc.



— **Directions** —

Bring 4 quarts of water to boil. Salt to taste (optional). Add contents of package to boiling water; stir vigorously until water boils again (approximately 30 seconds). Cook **7 to 9 minutes** or until desired tenderness. DO NOT OVERCOOK. Drain. (Rinsing lowers vitamin content.) **Yield:** 6 servings.

— **Creamy Baked Mac & Cheese** —

1 box (12 oz.) Hodgson Mill Ultragrain® Elbows	1/2 cup (1.5 oz.) parmesan cheese, shredded
3 Tbsp. butter	1/2 tsp. garlic powder
3 Tbsp. olive oil	1/2 tsp. ground mustard
1/4 cup + 2 Tbsp. Hodgson Mill Unbleached White Flour	6 oz. Greek yogurt
3 cups milk	1/2 cup breadcrumbs (toasted, if desired)
1-1/2 cup (4 oz.) sharp cheddar cheese, shredded	1/4 tsp. paprika

Prepare pasta according to package directions; drain and keep covered. Preheat oven to 350° and grease a 9x9-inch pan. In a large saucepan over medium heat, melt together butter and oil. When melted, whisk in flour. Cook about 5 minutes, stirring often, until bubbling, thick, and very lightly browned. Slowly stir in half the milk and bring to a light boil until thickened, stirring often. Add rest of milk and bring back to a light boil until thickened, like gravy. Add in cheddar, parmesan, garlic and mustard, stirring until cheese is melted. Turn off heat and stir in yogurt. Stir together cooked elbows with cheese sauce and transfer to prepared pan. Top with bread crumbs and sprinkle with paprika; bake 25-30 minutes until lightly browned and bubbling. Serve warm. **Yield:** 8 servings.

— **Minestrone with Ultragrain® Elbows & Bacon** —

9 slices thick cut bacon	1-1/2 cup corn kernels (fresh or frozen)
3/4 cup onion chopped	1 can (14.5 oz) diced tomatoes
3 cloves garlic, minced	1 can (15 oz) cannellini beans, drained and rinsed
3 cans (14.5 oz) chicken broth + 2 cans water	2 Tbsp. tomato paste
3/4 cup white wine (or broth)	1/2 cup fresh basil, chopped
1 box Hodgson Mill Ultragrain® Elbows	1-2 Tbsp. fresh lemon juice
3 cups diced zucchini	parmesan cheese, to serve



Cook bacon in a large pot over medium heat until crisp. Remove cooked bacon and place on a paper towel-lined plate to drain; crumble when cooled. Meanwhile, reserve 3 Tbsp. of bacon drippings in pot (if short, add olive oil until there is 3 Tbsp. total fat). Add onion and garlic to pot and sauté for 4 minutes or until tender. Add broth, water and wine to the pot and bring to a boil. Add pasta and cook for 5 minutes, stirring occasionally. Reduce heat to a simmer, add the zucchini, corn, tomatoes, beans, and tomato paste and continue cooking for about 5 more minutes or until vegetables are tender and the soup is heated through. Remove from heat and stir in chopped basil and lemon juice. Ladle the soup into bowls and top each with a sprinkle of Parmesan and crumbled bacon. Serve warm. **Yield:** 8-10 servings.

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