

ULTRAGRAIN[®]
PENNE
WITH QUINOA

Have a Grain Day![™]

HODGSON MILL

ULTRAGRAIN[®]
PENNE
WITH QUINOA

Traditional
Italian Pasta
Taste & Texture



Good Source
of Fiber

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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[®]
PENNE
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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		300g	375g
Dietary Fiber		25g	30g

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

INGREDIENTS:

Ultragrains[®] Whole Wheat Flour, Durum Flour, Quinoa Flour.

Hodgson Mill, Inc., 1100 Stevens Ave.
Effingham, IL 62401 • 800.525.0177

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 Ultragrains[®] 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.

Ultragrains[®] 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.

— *Caprese Pasta Salad* —

1 box Hodgson Mill Ultragrains [®] Penne	1/2 cup fresh basil, chopped
3 cloves garlic, minced	3 Tbsp. olive oil
2 cups cherry tomatoes, halved	2 tsp. white wine vinegar
8 oz. fresh mozzarella, cubed	Salt and pepper, to taste

Cook pasta according to package directions. Drain, and toss with 1 Tbsp. olive oil. Heat a small pan over medium heat, and add 1 tsp. olive oil. Add garlic and cook until soft and fragrant, about 2-3 minutes. Set aside. In a large bowl, combine cooked pasta, garlic, tomatoes, mozzarella, and basil. Drizzle with olive oil and vinegar, season to taste, and stir to combine. Serve warm or cold. (If serving chilled, you may wish to keep all ingredients separate until just before serving.) **Yield:** 6-8 servings.

Optional: To make it a meal, try adding 1 cup diced cooked chicken breast, or 1 can (15-oz.) cooked chickpeas.

— *Italian Meat Sauce* —

1/2 lb. bulk Italian sausage	1/2 cup water
1 lb. lean ground beef or turkey	1 can (4 oz.) sliced mushrooms, drained
2 medium onions, chopped	2 tsp. Italian seasoning
1 medium green pepper, chopped	2 tsp. sugar
1 can (15 oz.) tomato sauce	1/4 tsp. garlic powder
1 can (28 oz.) chopped tomatoes, undrained	1/4 tsp. ground black pepper
1 can (6 oz.) tomato paste	

In a large skillet, brown sausage and beef until no longer pink; drain. Add onion and green pepper and cook until tender, about 5 minutes. Stir in rest of ingredients; bring to a boil. Reduce heat; simmer 20-30 minutes until thick, stirring occasionally. Serve warm over 12 oz. (1 box) cooked Hodgson Mill Ultragrains[®] Penne. **Yield:** 6-8 servings.

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