

CERTIFIED ORGANIC WHOLE WHEAT PASTA Have a Grain Day!

CERTIFIED ORGANIC

WHOLE WHEAT PASTA

NET WT 12 oz. (340 g.)

HODGSON MILL

**Delicious** 

Flavor

Whole Grain

CERTIFIED ORGANIC WHOLE WHEAT PASTA

Enjoy our wholesome, delicious pasta made from premium USDA organic whole wheat and organic milled flax seed. We enjoy being your partner in good health!

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

۰

Certified by the Whole Grains Council to have 54 grams or more per serving.



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

MADE IN Hodgson Mill promises

wholesome, delicious, America's Heartland.

Look for the entire line of Hodgson Mill products in the Flour, Corn Meal, Cereal, Pasta, Side Dish, 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.





Milled Flax Seed Adds 500 mg Omega-3s **Per Serving** 



HODGSON MILL



**Nutrition Facts** 

Calories 220 Calories from Fat 3

Iron 15%

13%

289

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

Total Fat 3.5g

Saturated Fat 0

Total Carbohydrate 40g

Dietary Fiber 7g

INGREDIENTS: Organic Whole Wheat Durum Flour, Organic Milled Flax Seed.

Hodgson Mill, Inc., 1100 Stevens Ave.

Effingham, IL 62401 • 800.525.0177

CERTIFIED ORGANIC BY OREGON TILTH

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.

Trans Fat 0g

Cholesterol 0mg

Sodium 0mg

Sugars 1g

Protein 8a

Calcium 2%



# Have a Grain Day!

#### 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.

#### - Springtime Pasta Salad -

1 box (12 oz.) Hodgson Mill Organic Whole Wheat Penne 1 Tbsp. vegetable oil

8 oz. mushrooms, sliced

8 oz. broccoli florets 4 scallions or spring onion, sliced thin 8 oz. asparagus, cut into 1-inch pieces

10 oz. frozen peas, thawed and drained

2 cloves garlic, minced 1/4 cup minced fresh parsley

1 green or red bell pepper, chopped

Prepare pasta according to package directions; drain and toss gently with 1 Tbsp. vegetable oil. In a large pot of boiling water, cook broccoli and asparagus until crisp-tender, about 4 minutes. Drain and add to pasta. Add peas, bell pepper, mushrooms, scallions, garlic and parsley to pasta.

### Dressing:

3 Tbsp. red wine vinegar 3 Tbsp. fresh lemon juice 1 Tbsp. Dijon mustard

1/2 tsp. dried oregano 1/2 tsp. dried basil

1/8 tsp. cayenne pepper 2 Tbsp. vegetable oil

1/2 tsp. dried thyme Salt and fresh ground pepper, to taste In a small bowl, whisk together all ingredients except oil; then gradually whisk in oil until dressing is

well blended. Pour dressing over pasta salad and toss gently to coat. Season to taste and serve.

Options: For a more robust meal, add 1 cup cooked chopped or diced chicken, tofu, or chickpeas. For a quicker meal, skip the homemade dressing and just use 1/2 cup of your favorite Italian salad dressing.

## Veggie Mushroom Tomato Sauce

3 Tbsp. olive oil 2 medium onions, chopped

2 cups mushrooms, diced

1 medium bell pepper, chopped 2 cups zucchini or summer squash, chopped

1 can (15 oz.) tomato sauce

1 can (28 oz.) chopped tomatoes, undrained

1 can (6 oz.) tomato paste 1/2 cup water

2 tsp. Italian seasoning 2 tsp. sugar

1/4 tsp. garlic powder

1/4 tsp. ground black pepper

In large skillet over medium heat, heat olive oil, Add onion, mushrooms, bell pepper and zucchini and sauté until onions are tender and translucent. Stir in rest of ingredients; bring to a boil. Reduce heat; simmer 20-30 minutes, stirring occasionally. Serve over 1 box (12 oz.) cooked Hodgson Mill Organic Whole Wheat Penne, Yield: 5-6 Servings.







7151800054 Organic Penne.indd 1 10/30/15 4:15 PM