CERTIFIED ORGANIC SPIRALS WHOLE WHEAT PASTA

Have a Grain Day!™

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HODGSON MILL

CERTIFIED ORGANIC SPIRALS WHOLE WHEAT PASTA

Delicious Whole Grain Flavor

PREMIUM QUALITY Since 1882 HODGSON MILL

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

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Have a Grain Day!™

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.

WHOLE GRAIN 16g or more per serving EAT 48g OR MORE OF WHOLE GRAINS DAILY

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

Family Owned Since 1882

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

MADE IN USA

Hodgson Mill promises wholesome, delicious, quality products from 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.

NEW LOOK! SAME GREAT TASTE!

HODGSON MILL®

CERTIFIED ORGANIC SPIRALS WHOLE WHEAT PASTA

Serving Suggestion

Parve

WHOLE GRAIN

NET WT 10 oz. (283 g.)

OTCO

USDA ORGANIC

NON GMO Project VERIFIED nongmoproject.org

Nutrition Facts

Serving Size 2 oz. dry (57g)
Servings Per Container 5

Amount Per Serving

Calories 220	Calories from Fat 30
	%Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 40g	**13%**
Dietary Fiber 7g	**28%**
Sugars 1g	
Protein 8g	

Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 15%
Thiamin 20%	• Niacin 25%
Magnesium 20%	• Manganese 70%

*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:
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.

— 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:** 5 servings.

— Veggie Mushroom Tomato Sauce —

1 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

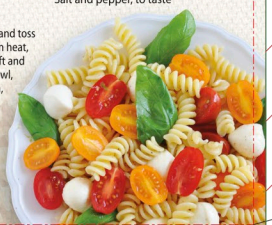
In large skillet over medium heat, heat 1 Tbsp. olive oil. Add onion, mushrooms, bell pepper and zucchini and sauté until onions are tender and translucent. Stir in rest of ingredients; bring to a boil. Reduce heat; simmer 20 minutes, stirring occasionally. Serve over 1 box (10 oz.) cooked **Hodgson Mill Organic Whole Wheat Spirals. Yield:** 5-6 Servings.

— Caprese Pasta Salad —

1 box **Hodgson Mill Organic Whole Wheat Spirals**
4 Tbsp. olive oil, divided
3 cloves garlic, minced
2 cups cherry tomatoes, halved
8 oz. fresh mozzarella, cubed
1/2 cup fresh basil, chopped
3 Tbsp. olive oil
2 tsp. white wine vinegar
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 cold, you may wish to keep all ingredients separate until just before serving.) **Yield:** 6-8 servings.

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



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100% Recycled Paperboard

USE BY:

HODGSON MILL®

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