

WHOLE WHEAT  
**PENNE**  
PREMIUM PASTA

*Have a Grain Day!*<sup>TM</sup>



WHOLE WHEAT  
**PENNE**  
PREMIUM PASTA

**NEW LOOK!**  
SAME GREAT  
TASTE!

**HODGSON MILL**  
WHOLE WHEAT  
**PENNE**  
PREMIUM PASTA


Rich in  
Whole Grain

Good Source of  
Dietary Fiber


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WHOLE WHEAT  
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 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 57 grams or more per serving.  
EAT 48g OR MORE OF WHOLE GRAINS DAILY

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

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

**The Whole Grain Difference**  
Whole grains include the nutritious bran and germ – refined flours don't.

- Bran:** Protective outer covering Fiber, B Vitamins & Trace Minerals
- Endosperm:** Starchy inner core Energy, Carbs & Protein
- Germ:** Tiny seedling inside grain Antioxidants, Vitamin E & B

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.

 Parve

Serving Suggestion.

**NET WT 12 oz. (340 g.)**



Nutrition Facts	
6 servings per container	
<b>Serving size</b>	<b>2 oz. dry (57g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>210</b>
% Daily Value*	
<b>Total Fat</b> 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 41g	15%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 8g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 2mg	10%
Potassium 240mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**INGREDIENTS:**  
Whole Grain Durum Wheat 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.

— *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. **Yield:** 6 servings.

— *One Pan Cheesy Sausage Penne* —

- |   |   |
|---|---|
| 1-2 Tbsp. olive oil                                 | 1 can (14 oz) diced tomatoes                            |
| 12-16 oz. smoked sausage, sliced thin               | 1/2 cup milk  |
| 3/4 cup onion, diced                                | 8 oz. Hodgson Mill Whole Wheat Penne (about 2-1/2 cups) |
| 1-2 Tbsp. minced garlic                             | 1/4 tsp. salt & pepper, to taste                        |
| 1/4-1/2 tsp. red pepper flakes (optional, to taste) | 2 cups shredded sharp cheddar cheese                    |
| 2 cups chicken or vegetable broth                   | 1/3 cup chopped green onions, for garnish               |

**ON THE FRONT!**

Heat oil in a large skillet over medium heat. Add sausage and onions, and cook 5 minutes or until onions are soft and translucent. Add garlic and red pepper flakes and cook 2 more minutes until fragrant. Add broth, tomatoes, milk, and pasta; bring to a boil, then cover and simmer 15 minutes or until pasta is desired tenderness. Stir in salt & pepper and stir in cheese until melted and smooth. Garnish and serve warm. **Yield:** 4 servings.

— *Buffalo Chicken Pasta* —

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|--|--|
| 1 box (12 oz.) Hodgson Mill Whole Wheat Penne  | 1-2 tsp. hot sauce, to taste             |
| 1 tsp. paprika                                 | 1 cup celery, sliced                     |
| 1/2 tsp. salt                                  | 1/2 cup red onion, chopped               |
| 1/2 tsp. black pepper                          | 1 cup low-fat mayonnaise                 |
| 1/8 tsp. garlic powder                         | 1 cup low-fat bleu cheese salad dressing |
| 1 lb. boneless, skinless chicken breast, cubed | 3/4 cup skim milk                        |
| 2 tsp. vegetable oil, divided                  | 2 Tbsp. bleu cheese, crumbled            |

Prepare pasta according to package directions. While pasta is cooking, combine paprika, salt, pepper and garlic powder; sprinkle over chicken, stirring to coat. Add 1 tsp. of oil to a large skillet and heat over medium to high heat. Add chicken to skillet and sauté, stirring frequently, until chicken is golden brown and cooked through, about four minutes. Add hot sauce; cook 1 minute. Remove chicken from skillet. Add remaining tsp. of oil to skillet; add celery and onion and sauté about 2 minutes. Combine mayonnaise, dressing and milk in a small bowl. Add to vegetables in skillet. Add chicken. Stir constantly and cook until heated. When pasta is done, drain and return to pot. Add contents of skillet to pot and mix well. Transfer to serving dish and sprinkle with bleu cheese. Serve immediately. **Yield:** 6 servings.



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**USE BY:**

