

WHOLE WHEAT  
**ELBOWS**  
PREMIUM PASTA

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

**HODGSON MILL**

WHOLE WHEAT  
**ELBOWS**  
PREMIUM PASTA

Rich in  
Whole Grain

Good Source  
of Fiber

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MILL**

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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.



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

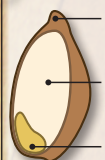


Hodgson Mill promises wholesome, delicious, quality products from America's Heartland.



**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.

**NEW LOOK!**  
SAME GREAT  
TASTE!



WHOLE WHEAT  
**ELBOWS**  
PREMIUM PASTA



No Cello

U  
Parve

Serving Suggestion.

**NET WT 16 oz. (454 g.)**



**Nutrition Facts**

8 servings per container  
Serving size 2 oz. dry (57g)

Amount per serving  
**Calories 210**

	% 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.

**This product is not ready to eat.**  
It must be thoroughly cooked.

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

Enjoy our wholesome, delicious pasta made from premium USDA whole wheat. We use only whole grain amber Durum wheat, a variety of hard spring wheat with a rich color and flavor, recognized the world over for having the perfect characteristics for making pasta.

**— 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.

**— Minestrone with Whole Wheat Elbows & Bacon —**

- |   |  |
|---|--|
| 12 slices thick cut bacon                     | 1-1/2 cup corn kernels (fresh or frozen)           |
| 1 cup onion chopped                           | 1 can (14.5 oz) diced tomatoes                     |
| 4 cloves garlic, minced                       | 1 can (15 oz) cannellini beans, drained and rinsed |
| 4 cans (14.5 oz) chicken broth + 3 cans water | 3 Tbsp. tomato paste                               |
| 1 cup white wine (or broth)                   | 1/2 cup fresh basil, chopped                       |
| 1 pkg (16 oz) Hodgson Mill Whole Wheat Elbows | 2 Tbsp. fresh lemon juice                          |
| 4 cups diced zucchini                         | Parmesan cheese, to serve                          |

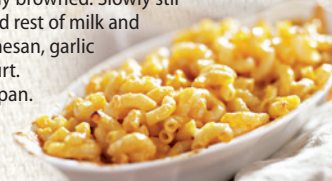


Cook bacon in a large pot over medium heat until crisp. Remove cooked bacon and place on a paper towel-lined plate to drain; crumble when cooled. Meanwhile, reserve 3 Tbsp. of bacon drippings in pot (if short, add olive oil until there is 3 Tbsp. total fat). Add onion and garlic to pot and sauté for 4 minutes or until tender. Add broth, water and wine, and bring to a boil. Add pasta and cook for 5 minutes, stirring occasionally. Reduce heat to a simmer, add 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:** 10-12 servings.

**— Creamy Baked Mac & Cheese —**

- |  |   |
|--|---|
| 1 box (16 oz.) Hodgson Mill Whole Wheat Elbows | 2/3 cup (2 oz.) Parmesan cheese, shredded |
| 1/4 cup (4 Tbsp.) butter                       | 3/4 tsp. garlic powder                    |
| 1/4 cup (4 Tbsp.) olive oil                    | 3/4 tsp. ground mustard                   |
| 1/2 cup Hodgson Mill All Purpose White Flour   | 8 oz. Greek yogurt                        |
| 4 cups milk                                    | 2/3 cup breadcrumbs (toasted, if desired) |
| 2 cups (6 oz.) sharp cheddar cheese, shredded  | 1/2 tsp. paprika                          |

Prepare pasta according to package directions; drain and keep covered. Preheat oven to 350°F 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:** 10-12 servings.



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**USE BY:**

**HODGSON  
MILL**

