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Hodgson Mill Sweet & Sour Pasta Salad

1 box (10 oz.) Hodgson Mill Organic Whole Wheat Spiral Pasta
1 medium red onion, chopped
1 medium tomato, chopped
1 medium cucumber, peeled, seeded and chopped
1 medium green pepper, chopped
2 Tbsp. minced fresh parsley

Dressing:

1 1/2 cups sugar
1/2 cup vinegar
1 Tbsp. ground mustard
1 tsp. salt (optional)
1 tsp. garlic powder



Cook pasta according to package directions; drain and rinse with cold water. Place in a large serving bowl. Add the onion, tomato, cucumber, green pepper and parsley; set aside. In a saucepan, combine the dressing ingredients. Cook over medium-low heat for 10 minutes, or until sugar is dissolved. Pour over salad and toss to coat. Cover and refrigerate for 2 hours. Serve with a slotted spoon. Serves 4 to 6.

COOKING INSTRUCTIONS

Add pasta to 4 quarts boiling water. Cook 7-9 minutes (al dente) or until desired tenderness and drain.

CERTIFIED ORGANIC BY OREGON TILTH



**NO PRESERVATIVES
NO ARTIFICIAL COLORS
OR FLAVORS**

Nutrition Facts

Serv. Size 2 oz dry (57g)
Servings 5
Calories 215
Calories from Fat 20

*Percent Daily Value (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 2.5g	4%	Total Carb 40g	13%
Sat Fat 0g	0%	Dietary Fiber 6g	24%
Trans Fat 0g	0%	Sugars 1g	
Cholest. 0mg	0%	Protein 8g	
Sodium 0g	0%		

Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 15%
Thiamin 20% • Riboflavin 4% • Niacin 15% • Folic Acid 8%

INGREDIENTS: ORGANIC DURUM WHOLE WHEAT FLOUR, ORGANIC MILLED FLAX SEED.

PRESS IN AND
PULL UP

Hodgson Mill® Organic Whole Wheat Spirals with Organic Milled Flax Seed is made from the whole grains, including the germ and bran fibers. This provides you with a nutritious and delicious way to meet the 6 to 11 daily servings of grain products suggested by U.S. Gov't Dietary Guidelines, and provides a significant source of dietary fiber.

**DO YOU EAT
WHOLE
FLAX SEED?**

If you do, you may not get its entire nutritious Omega-3 Oil benefits.

That's why we use a specially milled flax seed for our pasta. We break it down for you!

Unlike whole flax seed which cannot be digested, our specialty-milled flax seed allows your body the opportunity to fully absorb the benefits of the heart-healthy Omega-3 Oils.

One serving of this delicious pasta provides you with **500 mg of Omega-3 Oils!**

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**Whole Grain
High Fiber
Sodium Free**



NET WT. 10 OZ. (283g)



U PARVE



**RICH IN
WHOLE GRAIN**

TO HELP REDUCE
THE RISK OF
HEART DISEASE
AND CERTAIN
CANCERS.

"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 certain cancers!"



OUR GUARANTEE

If for any reason you are not satisfied with this product, simply send us both end flaps of this box and your purchase price to:

Hodgson Mill, Inc.
1100 Stevens Avenue
Effingham, IL 62401
(800) 525.0177

Look for the entire line of Hodgson Mill® naturally wholesome and healthful food products in the **Flour, Corn Meal, Cereal, Pasta, and Baking Mix** sections of your supermarket.

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