

organic Whole Wheat Gourmet Pasta

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.

Calories from Fat 20

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

Nutrition **Facts** Total Fat 2.5q 4% Total Carb 40q 13% Serv. Size 2 oz dry (57g) Servings 5 Trans Fat 0g 0% Sugars 1g Calories 215

Percent Daily Value (DV) are based on a 2,000 calorie diet. nin A 0% • Vitamin C 0% • Calcium 2% • Iron 15% nin 20% • Riboflavin 4% • Niacin 15% • Folic Acid 8%

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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 servings of grain products suggested Guidelines, and provides a significant source of dietary fiber.

DO YOU EAT WHOLE FLAX SEED?

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

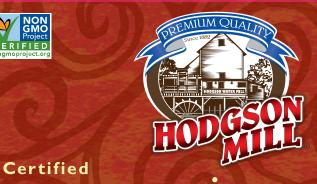
milled flax seed for our pasta. We break it down for you!

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

Whole Wheat Gourmet Pasta



RICH IN

WHOLE GRAIN

plant foods and low in total fat, saturated



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. 1 100 Stevens Avenue Effingham, IL 62401 (800) 525.0177

ood products in the Flour. Corn Meal, Cereal, Pasta, and Baking Mix

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