Mode in Amount DEMIUM QUALIT

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MHOLE GRAIN & GOOD FOOD

PRESS IN AND **PULL UP**

I-255L

WHOLE WHEAT

Our Superior Taste Begins With #1 USDA Premium Wheat

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!"

1 box (16 oz.) Hodgson Mill
Whole Wheat Angel Hair
2 Bell Peppers
2 Jalapeno Peppers
2 cups fresh Tomatoes, chopped PASTA WITH FRESH SALSA

1 cup Sweet Onion, chopped
1/4 cup Cilantro, chopped
2 Tbsp. Lime Juice
1/4 cup Olive Oil
1/4 cup Parmesan Cheese, grated

Prepare pasta according to package directions. Drain and keep warm. Preheat oven to 375°. Put bell and jalapeno peppers on cookie sheet and bake for 25 minutes. When cool, scrape off peel, seed and dice.

Combine roasted peppers with remaining ingredients (except cheese) to create the salsa. Toss pasta with fresh salsa. Serve with parmesan cheese, if desired. Sues 6

WHOLE GRAIN

TO HELP REDUCE THE RISK OF HEART DISEASE AND CERTAIN

RICH IN

mount/Serving (dry)

price to: Hodgson Mill, Inc. 1100 Stevens Avenue Effingham, IL 62401 (800)525.0177 • www.HodgsonMill.com

Our Superior taste comes from the high quality wheat we use

WHOLE WHEAT ANGEL HAIR

COOKING INSTRUCTIONS: Boil 4 quarts of water. Salt to taste (optional). Add contents of package to boiling water; stir gently until water boils again (approximately 30 seconds). Cook 3 to 5 minutes or longer until desired tenderness. DO NOT OVERCOOK. Drain.

%DV Amount/Serving (dry) %DV

Thiamine 20% Vitamin C 0% Riboflavin 4% • Niacin 15%

Serving Size 2 oz. dry (57g) Servings Per Container 8 Calories 210

Trans Fat ug Cholesterol (

0%

Total Fat 1g Saturated Fat (

2%

Total Carb. 41g

Cook pasta according to package directions. While pasta is cooking, combine 1/3 cup peas, milk, flour, salt and pepper in a blender jar or food processor. Blend until very smooth, Add remaining peas (without blending) and set aside. Heat oil in a large skillet over medium heat. Add onions and cook, tossing until onion is tender, about 5 minutes. Add milk mixture, reduce heat to low and simmer 3 minutes, stirring constantly. When pasta is done, drain well, reserving 1/2 cup of pasta cooking liquid. Add sauce and reserved pasta liquid to pasta. Stir over low heat until pasta is coated with sauce. Transfer to a serving platter or plates. Sprinkle with salt, pepper and Parmesan cheese. Seven 6 & S.

WHOLE GRAIN & GOOD FOOD®

1 box Hodgson Mill Whole Wheat Angel Hair 1 (10 oz.) box frozen baby Peas, defrosted or 2-1/4 cups Cooked Peas, divided 1-1/2 cups Skim Milk

1/4 tsp. Ground Black Pepper 2 tsp. Vegetable Oil 1 small Red Onion, peeled and sliced very thin (1/4 cup)

1/4 cup grated Parmesan Cheese Salt and Pepper to taste

ANGEL HAIR WITH BABY PEA SAUCE

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.

the whole grain, including the wheat germ and bran fiber. This provides you with a nutritious and delicious way to

Hodgson Mill Whole Wheat Pastas are made from

"Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat and cholesterol may reduce the risk of he disease and certain cancers!"

reduce the risk of heart

TO HELP REDUCE THE RISK OF HEART DISEASE RICH IN WHOLE GRAIN

AND CERTAIN CANCERS

1/2 tsp. Salt

Hodgson Mill Whole Wheat Graham Flour

Calories from Fat 15 Percent Daily Values are based on a 2,000 calorie diet.

Vitamin A 0%

INGREDIENTS: 100% DURUM WHOLE WHEAT FLOUR

www.HodgsonMill.com

Calcium 2% Iron 15%







VET WT. 16 OZ. $(454~{
m g}$











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we'll make it right. Simply send us both end flaps of this box and your purchase

healthy food products. If for any reason you are not satisfied with this product, Hodgson Mill, Inc. is dedicated to satisfying consumer demand for fine quality,

OUR GUARANTEE

1 3 10 30 50 70 100 1