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**HODGSON
MILL**

Have a Grain Day!

Certified
organic

PENNE

Whole Wheat Gourmet Pasta

with MILLED FLAX SEED

Hodgson Mill Springtime Pasta Salad

Serves 6

1 box (12 oz.) Hodgson Mill Organic Whole Wheat Penne Pasta
1 Tbsp. vegetable oil
8 oz. broccoli florets
8 oz. asparagus, cut into 1" pieces
4 scallions or spring onion, cut into 1" pieces
2 cloves garlic, finely chopped
1 package (10 oz.) frozen peas, thawed and drained
1 green or red bell pepper, coarsely chopped
8 oz. mushrooms, sliced
1/4 cup minced fresh parsley

Dressing:

3 Tbsp. red wine vinegar	1/2 tsp. basil
1 Tbsp. Dijon mustard	1/2 tsp. thyme
1/2 tsp. oregano	2 Tbsp. vegetable oil
1/8 tsp. cayenne pepper	Freshly ground pepper to taste
3 Tbsp. fresh lemon juice	

Prepare pasta according to package directions, drain. In a large pot, cook broccoli and asparagus in boiling water until crisp yet tender, about 4 minutes. Drain and add to pasta. Add scallions, garlic, peas, bell pepper, mushrooms and parsley to pasta. In a small bowl, whisk together first 7 dressing ingredients. Slowly whisk in the oil until dressing is well blended. Pour dressing over pasta mixture and toss until well blended.



**NO PRESERVATIVES
NO ARTIFICIAL COLORS
OR FLAVORS**

Allergen Information: Contains Wheat.
Produced on shared equipment that uses eggs.
Produced in a peanut/tree nut free facility.

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

Nutrition Facts

Serv. Size 2 oz dry (57g)
Servings 6
Calories 215
Calories from Fat 20

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%		

*Percent Daily Value (DV) are based on a 2,000 calorie diet.
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 Penne 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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with MILLED FLAX SEED



Whole Grain
High Fiber
Sodium Free



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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

CERTIFIED ORGANIC BY OREGON TILTH

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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