Specialty Finishing Die #5745

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!**

HODGSON MILL Certified organic LASAGNA with MILLED FLAX SEED

Our Superior Taste Begins with #1 USDA Premium Wheat

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!"

NON GMO Project VERIFIED nongmoproject.org

PREMIUM QUALITY Since 1882 HODGSON WATER MILL HODGSON MILL®

Certified Organic

LASAGNA

Whole Wheat Gourmet Pasta

with MILLED FLAX SEED

WHOLE GRAIN

NET WT. 8 OZ. (227 g)

Ⓤ PARVE

HODGSON MILL Certified organic LASAGNA with MILLED FLAX SEED

Old Fashioned Lasagna

1 lb. lean ground beef
1 clove garlic, minced
1 Tbsp. parsley flakes
1 Tbsp. basil
1-1/2 tsp salt
2 cups tomatoes
2 (6 oz.) cans of tomato paste
1 box Hodgson Mill Organic Lasagna with Milled Flax Seed
2 (12 oz.) cartons large curd cottage cheese
2 beaten eggs
1 tsp. salt
1/2 tsp. pepper
2 Tbsp. parsley flakes
1/2 cup Parmesan cheese
1 lb. Mozzarella cheese

Brown meat slowly; add next six ingredients to meat. Simmer uncovered about 1/2 hour. Cook lasagna noodles according to cooking instructions. For lasagna - Combine cottage cheese with next five ingredients. Place 1/2 noodles in 13x9x2 inch baking dish; spread 1/2 cheese mixture over noodles, add 1/2 Mozzarella cheese and 1/2 meat mixture. Repeat layers. Bake at 375˚F for 30 minutes. *Serves 6 to 8.*

PRESS IN AND PULL UP

I-287C

Delicious Mushroom Zucchini Lasagna

Serves 12

1 1/4 pounds zucchini, divided
1 large onion, finely chopped
3 garlic cloves, minced
1/2 pound fresh mushrooms, sliced
1 Tablespoon olive or canola oil
1 can (28 oz.) crushed tomatoes
2 Tablespoons sugar
1 tsp Italian Seasoning
1/2 tsp salt
1/4 tsp pepper
3 eggs
2 cups shredded mozzarella cheese
1-1/2 cups ricotta cheese
1 (8 oz.) package cream cheese
1/2 cup Parmesan cheese
9 **Hodgson Mill Organic Lasagna** cooked, rinsed and drained

Finely dice 1/2 cup zucchini; set aside. Slice the remaining zucchini. In a large saucepan, sauté the sliced zucchini, onion, mushrooms and garlic in oil until tender. Stir in the tomatoes, sugar, salt, pepper and Italian seasoning. Bring to boil. Reduce heat; simmer, uncovered, for 12 to 15 minutes. In a mixing bowl, combine the eggs, mozzarella, ricotta, cream cheese, and grated Parmesan cheese. Spread 1 cup of the tomato sauce in a 13x9x2 inch-baking dish coated with nonstick cooking spray. Layer with three noodles, half of the cheese mixture and a third of the remaining sauce. Repeat layers once. Top with remaining noodles and sauce. Cover and bake 350°F for 35 minutes. Uncover; sprinkle with diced zucchini and bake 10-15 minutes longer or until bubbly. Let stand for 15 minutes before cutting.

COOKING INSTRUCTIONS

Add pasta to boiling water. Cook 7 minutes (al dente) or until desired tenderness and drain. Do not overcook.

Nutrition Facts

Serv. Size 2 oz dry (57g)
Servings 4
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		Sugars 1g	
Cholest. 0mg	0%	**Protein** 8g	
Sodium 0mg	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.

RESPONSIBLY PRODUCED FOR HODGSON MILL, INC.

CERTIFIED ORGANIC BY OREGON TILTH

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

Visit Us At: **www.HodgsonMill.com**

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