Specialty Finishing Die #5744

Zucchini and Whole Wheat Fettuccine

Serves 6

1 box (12 oz.) **Hodgson Mill Organic Whole Wheat Fettuccine**
3 medium zucchini, cut into Julienne strips
1/4 cups olive or vegetable oil
1 Tbsp. butter or margarine
3 large cloves garlic, minced
2 tsp. dried basil
1/2 cup grated Parmesan cheese
Salt to taste

Prepare pasta according to package directions; drain. Steam zucchini in small amount of water over high heat for 3 minutes; drain and set aside. Combine oil, butter (or margarine), garlic, and basil in small saucepan. Cover and simmer for 10 minutes; do not allow garlic to brown. Toss fettuccine with zucchini, garlic-basil sauce, grated cheese, and salt (if desired). Serve immediately.

NON GMO Project VERIFIED nongmoproject.org

PREMIUM QUALITY Since 1882 HODGSON WATER MILL HODGSON MILL®

Certified organic

USDA ORGANIC

F ETTUCCINE

Whole Wheat Gourmet Pasta

with MILLED FLAX SEED

WHOLE GRAIN

NET WT. 12 OZ. (340g)

Ⓤ PARVE

HODGSON MILL® Certified organic F ETTUCCINE with MILLED FLAX SEED

HODGSON MILL® Certified organic F ETTUCCINE with MILLED FLAX SEED

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PRESS IN AND PULL UP

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!**

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!"

HODGSON MILL® Certified organic F ETTUCCINE with MILLED FLAX SEED

Lite Alfredo

Serves 6

2 Tbsp. butter
3 cloves garlic, minced
6 scallions, chopped on the diagonal
2 Tbsp. flour
1/4 cup egg substitute
1 to 1 1/2 cups milk (skim or 2%)
1 box (12 oz.) **Hodgson Mill Organic Whole Wheat Fettuccine**
3 oz. Swiss cheese, grated
salt and pepper to taste
chopped parsley *(optional)*
chopped sage *(optional)*

Prepare pasta according to package directions; drain. Melt butter in a medium saucepan over medium heat. Add garlic and scallions. Add flour and stir constantly, until paste is formed. Add egg substitute and milk, stirring constantly. Cook, stirring until mixture thickens slightly. Toss mixture with pasta in a large bowl. Stir in grated cheese, salt and pepper; garnish with parsley and sage, if desired.

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

*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

OTCO

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

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Cyan Magenta Yellow Black HM Logo Lt Blue HM Logo Brown PMS484 Die
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