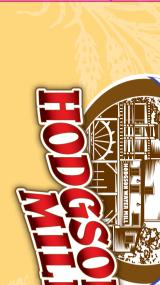


EELLICCINE MHOLE WHEAT

MHOFE CKAIN * GOOD FOOD



RICH IN

/4 cup egg substitute to 1-1/2 cups milk (skim or 2%)

LITE ALFREDO

Fabulous

Whole Wheat Fettuccine
3 oz. swiss cheese, grated
Salt and pepper to taste
Chopped parsley (optional)
Chopped sage (optional) ion "Drill"Whole Whent Fee

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.

Short & repare pasta according to package directions; drain. Melt butter in a medium aucepan over medium heat. Add garlic and scallions. Add flour and stir const

DEMIUM QUALIT



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 disease and certain

WHOLE GRAIN

Our Superior Taste Begins With #1 USDA Premium Wheat

NET WT. 12 OZ. (340 g)

WHOLE WHEAT

OUR GUARANTEE

TO HELP REDUCE THE RISK OF HEART DISEASE AND CERTAIN CANCERS. RICH IN WHOLE GRAIN

I-233I

PRESS IN AND **PULL UP**

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

meet the 6 to 11 daily servings of grain products suggested 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 by U.S. Gov't Dietary Guidelines, and provides a significant source of dietary fiber.

ZUCCHINI AND WHOLE WHEAT FETTUCCINE

1 box Hodgson Mill Whole Wheat Fettuccine

3 large cloves of garlic, minced

2 tsp. dried basil

1/2 cup grated parmesan cheese

3 medium zucchini, cut into julienne strips

1 Tbsp. butter

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, 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. Sees 6.

WHOLE GRAIN & GOOD FOOD

1/4 cup olive or vegetable oil



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, 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 FETTUCCINE

COOKING INSTRUCTIONS: Boil 4 quarts of water. Salt to taste (optional). Add contents of package to boiling water; stir vigorously until water boils again (approximately 30 seconds). Cook 7 to 9 minutes or longer until desired tenderness. DO NOT OVERCOOK. Drain.

%DV %DV

Cholesterol 0mg Thiamine 20% • /itamin A 0% Fat 0g ted Fat 0g Riboflavin 4% Vitamin C 0% 2% Calcium 2% Niacin 15% Protein 9g Fiber 6g Iron 15%

Calories 210

Calories from Fat 15

⊃ercent Daily Values are based on a 2,000 calorie diet.

Serving Size 2 oz. dry (57g) Servings Per Container 6

Facts

Nutrition

otal Fat 1g nount/Serving (dry)

otal Carb.

AT FLOUR	
www.HodgsonMill	

NGREDIENTS: 100% DURUM WHOLE WHE



694654 HODGSON MILL INC Whole Wheat Fettuccine 12oz I-233I 02-28-12 7/C Cyan Magenta Yellow Black HM Logo Lt Blue HM Logo Brown PMS484 Die

3 10 30 50 70 100 10 694654 7694654 1 2/28/2012 4015:57 PM 100-M+Y-K3HM 0.0g0 B70w70HM00ogo Lt Blue-484