Specialty Finishing Die #5722

Angel Hair with Summer Vegetables

12-oz package Hodgson Mill Organic Angel Hair Pasta
1 med zucchini, sliced
2 yellow or green bell peppers, cut into strips
1 tomato, diced
1 8-oz package of button mushrooms, sliced
1 6-oz can of tomato paste
1 14-oz can low sodium chicken or vegetable broth
1/4 cup olive oil
2-3 garlic cloves, minced
Juice & zest of 1 lemon
1 tsp. dry Italian seasonings
Salt & pepper to taste
Parmesan cheese to taste

Cook pasta according to package directions & drain. Add olive oil to large skillet over medium high heat. Add vegetables and saute for 3-4 minutes. Add garlic, lemon zest, Italian seasoning, broth and tomato paste. Cook until mixture thickens slightly. Salt and pepper to taste. Add lemon juice and combine with cooked pasta. Top with Parmesan cheese. Serves 6-8.

NON GMO Project VERIFIED nongmoproject.org

PREMIUM QUALITY Since 1882 HODGSON WATER MILL HODGSON MILL®

Certified organic

USDA ORGANIC

ANGEL HAIR

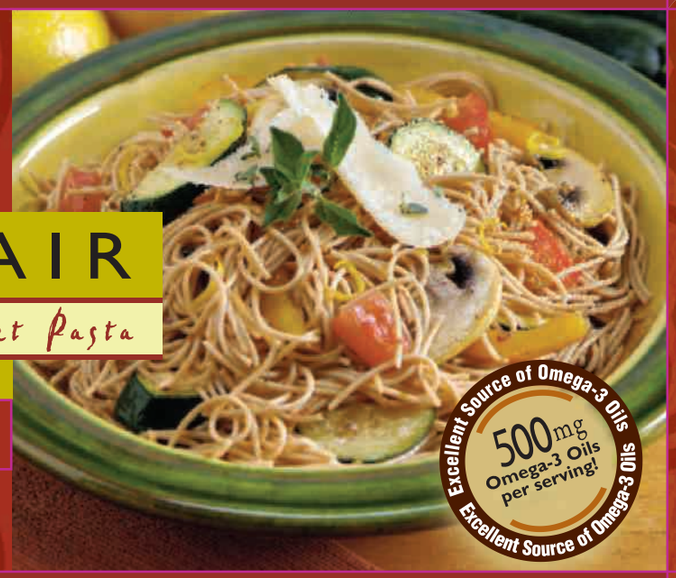
Whole Wheat Gourmet Pasta

with MILLED FLAX SEED

WHOLE GRAIN

NET WT. 12 OZ. (340g)

PARVE



HODGSON MILL® Certified organic ANGEL HAIR with MILLED FLAX SEED

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I-296F

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 ANGEL HAIR with MILLED FLAX SEED

Hodgson Mill Angel Hair Pizza

Serves 8 to 10

12-oz. Hodgson Mill Organic Angel Hair Pasta, uncooked
3 eggs
1/2 cup skim milk
3 cups shredded part-skim mozzarella cheese, divided
1 10-oz. package frozen spinach, defrosted and drained well
1 tsp. garlic powder
1 32-oz. jar spaghetti sauce, uncooked
Topping: 2 cups cooked broccoli florets
1 medium zucchini, thinly sliced

Break angel hair into 2-inch pieces and cook according to package directions; drain. In a large bowl, beat eggs. Gradually add milk, 1-cup mozzarella cheese, spinach and garlic powder. Stir in spaghetti pieces. Lightly oil a 10 1/2 x 15 1/2 x 1 1/2-inch baking pan. Spread angel hair mixture into pan, building up sides slightly. Bake at 425° F for 15 minutes. Remove from oven. Spread spaghetti sauce over angel hair "crust." Spread broccoli and zucchini over sauce and sprinkle with remaining mozzarella cheese. Bake at 350° F for 35 minutes. Let stand 5 minutes before cutting.

COOKING INSTRUCTIONS

Add pasta to boiling water. Cook 3-5 minutes (al dente) or until desired tenderness and drain. Do not overcook.

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.

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

Visit Us At
www.HodgsonMill.com

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