



*Have a Grain Day!*<sup>TM</sup>

### WHOLE WHEAT SHELLS SHRIMP SALAD

2 cups (dry) Hodgson Mill  
Whole Wheat Medium Shells  
1 package (10 oz.) frozen peas,  
cooked and drained  
1 package (10 oz.) frozen salad shrimp  
thawed and drained

Hodgson Mill Whole Wheat Pastas are made from the **whole grain**, including the **wheat germ** and **bran fiber**. 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**.

1/2 cup green pepper, chopped  
1/4 cup onion, chopped  
1/2 cup celery, sliced  
1 jar (2 oz) diced pimiento, drained  
1/2 cup mayonnaise or salad dressing  
1 Tbsp. horseradish sauce  
1 tsp. seasoned salt

Prepare Hodgson Mill® Whole Wheat Medium Shells according to package directions; drain. In a large bowl, combine shells and the next six ingredients. Blend mayonnaise (or salad dressing), horseradish sauce and the seasoned salt in a small bowl. Add this to the salad mixture; toss to coat. Cover. Chill thoroughly. Serves 6 to 8.

### WHOLE GRAIN ♦ GOOD FOOD®

### WHOLE WHEAT MEDIUM SHELLS

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

NO PRESERVATIVES, ARTIFICIAL COLOR OR FLAVOR ADDED.

#### INGREDIENTS:

100% DURUM WHOLE WHEAT FLOUR

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

#### Nutrition Facts

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

Amount Per Serving		
Calories 210		Calories From Fat 15
		% Daily Value*
Total Fat	1g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	41g	14%
Dietary Fiber	6g	24%
Sugars	1g	
Protein	9g	

Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	15%
Thiamine	20%	Riboflavin	4%
Niacin	15%		

\*Percent Daily Values are based on a 2,000 calorie diet.

[www.HodgsonMill.com](http://www.HodgsonMill.com)

PRESS IN  
AND PULL UP



### WHOLE WHEAT SHELLS AND HAM

2 cups (dry) Hodgson Mill  
Whole Wheat Medium Shells  
1 cup creamed cottage cheese  
1/4 cup butter  
1 cup diced cooked ham  
salt to taste  
Pinch of cayenne pepper  
2 Tbsp. chopped parsley

Prepare pasta according to package directions. Drain and toss pasta with cottage cheese. Melt butter in saucepan. Add ham and cook until well heated. Add pasta mixture; season with salt and cayenne pepper. Transfer mixture to heated serving dish. Let stand 5 minutes. Stir. Sprinkle with parsley. Serves 3 to 4.

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 local store.




### WHOLE WHEAT MEDIUM SHELLS



  
**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!"

100% All Natural • 100% Made In America 

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### 100% DURUM WHOLE WHEAT PASTA

DURUM is the hard spring wheat grown in the Northern states and used in the world over to make the best pastas available. Since DURUM WHEAT is available in less abundance than other types of wheat, many commercial pasta makers use blends of hard winter wheat to cut costs. Hodgson Mill® pastas are made using the wheat germ and bran fiber, thereby retaining all the nutrients and goodness that nature so bountifully supplies. White pastas do not include this very important wheat germ and bran fiber, thereby throwing away the major part of many of the nutrients and much of the natural flavor.

Hodgson Mill® pastas are made from 100% DURUM WHEAT. It is as nature intended wheat to be. Hodgson Mill® adds no preservatives, colors, softeners or conditioners. Our superior taste comes only from the high quality wheat we use.

#### OUR GUARANTEE

Hodgson Mill, Inc. is dedicated to satisfying consumer demand for fine quality, healthy food products. If for any reason you are not satisfied with this product, we'll make it right. Simply send the complete bottom of this box and your purchase price to:

Hodgson Mill, Inc.  
1100 Stevens Avenue  
Effingham, IL 62401  
(800)525.0177  
[www.HodgsonMill.com](http://www.HodgsonMill.com)

### WHOLE WHEAT WHOLE GRAIN

Our Superior Taste Begins With #1 USDA Premium Wheat

NO CELLO

### MEDIUM SHELLS

*High In Fiber. Tastes Great, Too.*

U Parve

NET WT 12 oz. 340 g



This package sold by weight, not by volume. Contents may have settled during shipping.




WHOLE WHEAT  
MEDIUM SHELLS

USE BY:

