



*Have a Grain Day!*TM

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**.

MARINATED BEEF AND PENNE SALAD

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|---|---|
| 1 12 oz. box Hodgson Mill Whole Wheat Penne | 2 Tbsp. Dijon mustard |
| 2 Tbsp. vegetable oil | 2 cups fresh mushrooms, sliced |
| 3 Tbsp. lemon juice | 2 cups cooked round steak or roast beef, slivered |
| 2 Tbsp. red wine vinegar | 2 cups snow peas, chopped |
| 1/2 cup chopped fresh parsley | 1 each red and yellow pepper, seeded and julienne |
| 1 Tbsp. fresh chopped oregano | Salt and pepper to taste |
| 1 Tbsp. fresh chopped thyme | |

Prepare pasta according to package directions, drain. In a large bowl, mix oil, lemon juice, vinegar, parsley, oregano, thyme, mustard, mushrooms, and beef. Add snow peas and peppers and mix. Add pasta and mix again. Serve immediately or refrigerate for one hour and serve cold. Serves 8.

WHOLE GRAIN ♦ GOOD FOOD®

WHOLE WHEAT PENNE

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.	

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PRESS IN
AND PULL UP



BUFFALO CHICKEN PASTA

- 1 12 oz. box Hodgson Mill Whole Wheat Penne
- 1 tsp. paprika
1/2 tsp. salt
1/8 tsp. garlic powder
1/2 tsp. black pepper
1 pound boneless, skinless chicken breast, cubed
2 tsp. vegetable oil, divided
1-2 tsp. hot sauce
1 cup celery, sliced
1/2 cup red onion, chopped
1 cup low-fat mayonnaise
1 cup low-fat bleu cheese salad dressing
3/4 cup skim milk
2 Tbsp. bleu cheese, crumbled

Prepare pasta according to package directions. While pasta is cooking, combine paprika, salt, garlic powder and pepper, sprinkle over chicken, stirring to coat. Add 1 teaspoon of oil to a large skillet and heat over medium to high heat. Add chicken to skillet and sauté, stirring frequently, until chicken is golden brown and cooked through, about 4 minutes. Add hot sauce; cook 1 minute. Remove chicken from skillet. Add remaining teaspoon of oil to skillet; add celery and onion and sauté about 2 minutes.

Combine mayonnaise, dressing and milk in a small bowl. Add to vegetables in skillet. Add chicken. Stir constantly and cook until heated. When pasta is done, drain and return to pot. Add contents of skillet to pot and mix well. Transfer to serving dish and sprinkle with bleu cheese. Serve immediately. Serves 6.



WHOLE WHEAT PENNE



100% All Natural • 100% Made In America



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% 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.

WHOLE WHEAT WHOLE GRAIN

Our Superior Taste Begins With #1 USDA Premium Wheat

NO CELLO

PENNE

High In Fiber. Tastes Great, Too.

U Parve

NET WT 12 oz. 340 g



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



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



WHOLE WHEAT PENNE



USE BY:

