

WHOLE GRAIN & GOOD FOOD

**NGREDIENTS:** 100% DURUM WHOLE WHEAT FLOUR

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Cook spaghetti according to package directions; drain. Meanwhile, in a large skillet, heat oil and sauté zucchini, red and green peppers, and garlic until vegetables are just tender. Stir in cream, then 1/4 cup Parmesan cheese and seasonings until evenly blended. Heat through until slightly thickened, being careful not to boil. Toss hot cooked spaghetti with sautéed vegetable mixture. Serve sprinkled with remaining parmesan cheese. Sauce 6 & S.

I box Hodgson Mill Whole Wheat Spaghetti
I Tbsp. Olive or Vegetable Oil
2 cups Zucchini, thinly sliced
I cup Red Pepper, cut into Julienne strips
I cup Green Pepper, cut into Julienne strips
2 cloves garlic, minced

1 tsp. Basil 1 tsp. Oregano 1/2 tsp. Salt 1/4 tsp. Pepper

**Facts** 

Total Fat 1g Saturated Fat 0g

2%

mount/Serving (dry)

%DV

Amount/Serving (dry)

%DV

Nutrition

Serving Size 2 oz. dry (57g) Servings Per Container 8

Calories 210
Calories from Fat 15

Sodium 0mg
Vitamin A 0%

Cholesterol 0mg

0%

Protein 9g

Thiamine 20%

Vitamin C 0% Riboflavin 4%

Calcium 2% Niacin 15%

Iron 15%

Percent Daily Values are based on a 2,000 calorie diet. 1/2 cup Whipping Cream
1/2 cup grated Parmesan Cheese, divided

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.

SPAGHETTI PRIMAVERA

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

Our Superior taste comes from the high quality wheat we use

WHOLE WHEAT SPAGHETTI

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.

694649 HODGSON MILL INC Whole Wheat Spaghetti 16oz I-234J 02-27-12 7/C Cyan Magenta Yellow Black HM Logo Lt Blue HM Logo Brown PMS484 Die

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WHOLE WHEAT

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