



(I) Parve

All Natural Brown Rice Pasta PENNE with Golden Milled Flax Seed



I-248B

Gluten Free

Our premium quality Gluten

Free Brown Rice Pasta with

gluten free ingredients that are blended together. Each

batch is tested using the

At Hodgson Mill, "We do

ELISA Gluten Assay test to ensure that a quality product

is delivered to you, our most

something special for all our

Golden Milled Flax Seed begins with all natural,

Gluten Free



All Natural Brown Rice Pasta PENNE

🗪 Cooking Instructions 🕟 🖜 🗖 Add Hodgson Mill Pasta to 4 quarts of rapidly boiling water (salt optional). Return to a rapid boil. Cook uncovered, stirring occasionally, for 4-6 minutes, or until done. DO NOT OVERCOOK. Drain well, rinse with cold water and serve with your favorite recipe.



Greek Pasta Salad



8 oz. Hodgson Mill Brown Rice Penne

Dressina Inaredients

1/3 cup - extra virgin olive oil 3 Tbsp - fresh lemon juice 1 tsp - dried oregano salt and fresh cracked pepper to taste

Salad Ingredients

2 - small bell peppers

(Hint: use different colored peppers) 1 cup - cherry tomatoes cut in half

1/2 - cucumber without seeds

1/2 - red onion, thinly sliced 1 cup - crumbled feta cheese

1 cup - pitted black olives cut in half

1/4 cup - fresh, finely chopped mint

- 1. Cook Hodgson Mill Brown Rice Penne according to instructions. Make sure pasta is tender but firm. Set aside in bowl.
- 2. In a small bowl, whisk dressing ingredients until thickened. Salt to taste.
- 3. In a large bowl, combine salad ingredients with 2 tablespoons of dressing.
- 4. Combine pasta with 2 tablespoons of dressing. Add salad ingredients and the remaining dressing. Serve immediately or chill. If serving later, adjust seasonings and refresh with lemon juice if needed

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"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!

Visit us on the web: www.HodgsonMill.com

Gluten Free



All Natural Brown Rice Pasta

PENNE with Golden Milled Flax Seed

- · All Natural
- · Gluten Free
- Wheat Free
- Dairy Free
- Egg Free

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OUR GUARANTEE

If for any reason you are not satisfied with this product, we'll make it right. Simply send the

Produced in a strictly maintained Gluten Free facility **Gluten Free**

All Natural Brown Rice Pasta

with Golden Milled Flax Seed

NO CELLO

Nutrition Facts Serving Size: 2 oz. dry (57 g) Servings Per Container: 4

Amount Per Serving Calories 209 Calories From Fat 12

valued customer.

customers"

Total Fat 1g 1% Saturated Fat 0g 0% Trans Fat 0g Cholesterol 0mg 0% Sodium 0mg 0% Total Carbohydrate 44g 15% Dietary Fiber 2g 8% Soluble Fiber 0g Insoluble Fiber 2g

Sugars 0g

Protein 5g Vitamin A 0% Calcium 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Vitamin C 0%

Iron 3%

 Calories: 2,000 2,500

 Total Fat
 Less than 5 20g
 80g

 Sat Fat
 Less than 20g
 300mg

 Cholesterol
 Less than 300mg
 300mg

 Sodium
 Less than 2400mg
 2400mg

 Total Carbohydrate
 300g
 375g

 Cholesterol
 100g
 375g

 Cholesterol
 25g
 25g

Made in the USA

INGREDIENTS: 100% Whole Grain Brown Rice Flour, Golden Milled Flax Seed

Made in the USA with 100% US grown ingredients



Net Wt. 8oz. (227g)



Excellent Source

of Omega-3 Oils







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