

# WHOLE WHEAT PASTA



## NUTRITION

- Whole wheat pasta has a mild flavor, and a slightly different texture than regular pasta. It's made from wheat that is less processed, leaving it full of many beneficial nutrients.
- Whole grains provide lasting energy to power you through your day.
- Whole wheat pasta contains more protein than regular pasta, which helps build muscle and has many important functions in the body.
- It's also a great source of:
  - Phosphorus, to help you produce energy
  - Manganese, with many functions including bone and blood sugar health
  - Magnesium, needed by your nervous system, heart, and immune system
  - Selenium, an antioxidant and also helps with thyroid function

## PREPARE

Whole wheat pasta takes slightly longer to cook than regular pasta. It's important not to overcook or undercook the pasta, to result in a tasty texture.

To cook:

- Bring a pot of water (enough for the pasta to move freely around in) to a boil.
- Add pasta to boiling water, and give it a stir to keep it from sticking to the pot.
- Set a timer for the cooking time listed on the package.
- A few minutes before the time is up, start testing the pasta by tasting or cutting into a noodle. Pasta is cooked as soon as there is no lighter-colored (uncooked) layer inside.
- Drain pasta in a colander, but do not rinse. Serve and enjoy!

## STORE

- Store uncooked whole wheat pasta in the pantry or cupboard (in its original package) for up to a year.
- Store cooked pasta in covered container in the refrigerator for 3 to 5 days.



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## RECIPE IDEAS

Whole wheat pasta's distinctive taste pairs better with some flavors than others. Even if you haven't enjoyed whole wheat pasta in the past, try the ideas and recipe below to fall in love with this delicious, nutritious food!



Try pairing whole wheat pasta with one or more of the following:

- Your favorite thick or chunky pasta sauce
- Roasted vegetables (such as squash, broccoli, peppers, mushrooms, carrots, green beans and more)
- White beans or chickpeas
- Green peas
- Green leafy vegetables

### Whole Wheat One-Pot Pasta

Serves: 4-5

#### Ingredients:

- 1 package whole wheat spaghetti
- 1 can diced tomatoes
- 3 cloves minced garlic or 1/4 tsp. garlic powder
- 2 leaves basil or 1 tsp. dried basil
- 1 tsp. dried parsley
- 1/4 teaspoon red pepper flakes
- 2 Tbsp. your preferred cooking oil
- 1 and 3/4 cups vegetable broth
- Black pepper
- Parmesan cheese
- (Note: the spices—garlic, basil, parsley, red and black pepper—and cheese are all optional, but help provide delicious flavor!)

#### Directions

1. In a large pot, combine all ingredients except pasta and bring to a boil.
2. Add in the pasta and stir to make sure no pieces stick together.
3. Reduce heat to a low boil, and cook for 9-10 minutes until pasta is just cooked and most liquid is absorbed.
4. Serve with additional spices and Parmesan cheese, if using, and enjoy!



Recipe and image adapted from A Beautiful Mess



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