

## COOKING PASTA

*Pasta expands while cooking so, use a large pot. If there is not enough water, pasta will get mushy and sticky.*

1. Bring water to a boil. (There should be enough water so the pasta “swims” through the water, not stuck together.)
2. Add pasta to the boiling water.
3. Boil uncovered, stirring occasionally.
4. See “How Long?” to learn about checking if the pasta is “done”.
5. Drain pasta with a colander then, rinse well with COLD water to stop the pasta from cooking.



## HOW LONG SHOULD I COOK THE PASTA?

You can follow directions on the box. However, the best timer is your mouth. When the pasta is 1-2 minutes away from the “box time”, start tasting the pasta every 15-30 seconds until tender but still firm.

## BUILD-A-PASTA



1. Cook pasta, drain, and set aside.
2. In a large bowl, add 4 tablespoons of vegetable oil and 1 tablespoon lemon juice or vinegar.
3. Add flavor and whisk to combine. (See flavor list)
4. Add cooked vegetables and a protein. (see “additions”)
5. Stir together cooked pasta. And serve hot or cold.

## ADD FLAVOR

**Ranch-style:** Garlic powder, onion powder, pepper, and dried parsley

**Southwest Lime:** Lime juice, cumin, and chili powder

**Lemon Thyme:** lemon juice, dried thyme, and parsley

**Italian:** Garlic powder, onion powder, dried oregano, and dried basil



## “ADDITIONS”

**Canned Beans**, drained & rinsed

**Dry Beans**, cooked

**Canned meat**, drained

**Cooked lean meat**, drained

**Canned vegetables**, drained & rinsed

**Vegetables**, cooked

## PENNE PASTA WITH VEGGIES



### Ingredients

- 1 Box Red Lentil Penne (Or other pasta)
- 3 tablespoons olive oil (or vegetable oil)
- 1/2 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 2 teaspoons dried basil
- 1 cup tomatoes, chopped (or canned)
- 1 1 cup green beans, cooked, drained
- 1/4 cup parsley, chopped

### Directions

1. Bring a large pot of water to a boil.
2. Add in pasta and cook until just done.
3. Drain, and set aside.
4. In a large bowl, add the oil, onion powder, garlic powder, oregano, and basil.
5. Add green beans and tomatoes
6. Add the cooked pasta and toss to combine.

Optional: Top with parmesan cheese and a little chopped parsley

## BUYING PASTA



### READING THE LABEL IS A GAME CHANGER

- Look for "whole wheat" or "whole grain" as the first ingredient
- Try pasta made from other types of flour, such as lentils or chickpeas



## WHOLE GRAIN PASTA SALAD

### Ingredients:

- 2 cups cooked whole wheat pasta (or any other whole grain pasta)
- 1/2 cup low-fat dressing
- 1 can cooked chicken
- 1 apple, cubed or grated
- 1/4 cup chopped green onion
- 1 cup peeled, diced cucumber
- 1/2 medium red onion, diced
- 1/2 cup frozen peas
- 1 teaspoon onion powder
- 1 teaspoon garlic powder

### Directions:

1. Combine all ingredients in a large bowl and mix.
2. Cover and refrigerate.
3. Mix again before serving.
4. Refrigerate leftovers.

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