



## Pasta

Pasta includes all forms of macaroni, noodles and spaghetti. It is made from wheat flour; there are also 100% whole wheat varieties available. When cooked, pasta can be used in many hot and cold dishes.

### Nutrition Information

Pasta is part of the grain group. Foods from the grain group provide our body with its number one source of energy.

Based on the MyPyramid,  $\frac{1}{2}$  cup of cooked pasta provides 1 ounce of grains from the grain group.

A typical person should aim to eat 6 ounces of grains every day. At least 3 ounces should be whole grains.

### Storage

Store uncooked pasta in a cool, dry place. Unopened pasta will keep up to 1 year.

After opening, store in a tightly covered plastic container. Do not store above refrigerator, stove, or next to soap products with strong odors.

### Tips for Cooking Pasta

Follow package directions along with these general tips for cooking perfect pasta every time:

- 1 cup uncooked pasta = 2 cups cooked pasta
- Use at least 6 cups water for 2 cups uncooked pasta.
- Add 1 teaspoon oil to water to keep pasta from sticking and foaming. Bring water to a full, rolling boil before adding pasta.
- Add pasta gradually, so water does not stop boiling.
- Leave pan uncovered.
- Stir occasionally to keep from sticking.
- Cook just until tender (al dente). Read directions for cooking time.

Store cooked pasta in a tightly covered plastic container in the refrigerator. Use within 5 days. To reheat pasta, place in a saucepan with a small amount of water and slowly heat. Drain off water before eating.

**Know how. Know now.**



# Recipes and Tips

Shorten cooking time slightly if pasta is to be used in a casserole that needs further cooking. Drain pasta in a colander. If cooked pasta is to be used cold in salads, add the salad dressing while the pasta is hot. This helps prevent sticking and blends flavors.

## Vegetable Pasta Salad

6 servings

1½ c. pasta, uncooked	⅛ tsp. pepper
½ c. vinegar	½ tsp. garlic powder
½ c. water	¼ tsp. dill weed
¼ c. sugar	¼ tsp. dried parsley
⅓ c. vegetable oil	3 c. fresh vegetables, chopped*
⅛ tsp. salt	

1. Cook pasta according to package directions.
2. In a small saucepan, combine vinegar, water, sugar, vegetable oil, salt, pepper, garlic powder, dill weed, and dried parsley. Bring to a boil then remove from heat to cool.
3. In a large bowl, combine pasta and vegetables.
4. Pour cooled dressing mixture over pasta and vegetables. Stir well.
5. Refrigerate 3 to 4 hours before serving.

\* Any of these vegetables will work great: carrots, celery, broccoli, green pepper, red pepper, cucumber, onion, and many more!

**Nutrition Information per Serving:** Calories 260, Total Fat 13 g (20% DV), Saturated Fat 1.5 g (7% DV), Cholesterol 0 mg (0% DV), Sodium 90 mg (4% DV), Total Carbohydrate 33 g (11% DV), Dietary Fiber 2 g (8% DV), Sugars 12 g, Protein 4 g, Vitamin A 100%, Vitamin C 30%, Calcium 4%, Iron 4%.

## Spaghetti Pie

6 servings

6 oz. spaghetti, uncooked	½ c. Parmesan cheese, grated
1 lb. lean ground beef	1 c. non-fat cottage cheese
2 c. spaghetti sauce	1 c. Mozzarella cheese, shredded
2 T. margarine	
2 eggs, well-beaten	

1. Preheat oven to 350°F. Grease a 9-inch pie pan. Set aside.
2. Cook spaghetti following directions on package.
3. While the spaghetti is cooking, brown ground beef. Drain fat. Add spaghetti sauce to ground beef and mix well.
4. Drain the spaghetti when done. Stir in margarine, eggs, and Parmesan cheese. Mix well. Form a crust in the prepared pie pan using the spaghetti mixture.
5. Spread cottage cheese over spaghetti crust. Top with hamburger mixture.
6. Bake for 20 minutes. Sprinkle Mozzarella cheese on top. Bake 5 minutes longer or until cheese is melted.

**Nutrition Information per Serving:** Calories 450, Total Fat 20 g (30% DV), Saturated Fat 8 g (39% DV), Cholesterol 130 mg (43% DV), Sodium 710 mg (29% DV), Total Carbohydrate 30 g (10% DV), Dietary Fiber 2 g (8% DV), Sugars 2 g, Protein 36 g, Vitamin A 15%, Vitamin C 10%, Calcium 30%, Iron 15%.

All recipes can be found in The Cook's Helper 2<sup>nd</sup> edition, University of Nebraska-Lincoln Extension, Nutrition Education Program  
Source: USDA <http://www.fns.usda.gov/fdd/facts/hhpfacts/hp-csfp.htm>