



# A nutrition Fact Sheet



## "Pastabilities"

### Cooking Pasta

- When cooking, use about 4 cups water to 4 ounces pasta.
- Bring water to a boil and add pasta gradually so boiling doesn't stop. Stir to prevent sticking together. One teaspoon of oil may be added to prevent foaming.
- Cook uncovered according to package directions (6-15 minutes) stirring occasionally.
- Test for doneness. Pasta should be firm, not mushy.
- Drain. If using for a cold dish, rinse in cold water. If using in a hot dish, rinsing is not necessary.

### Storing and Reheating Cooked Pasta

- Store cooked pasta in refrigerator up to 3 days or freeze for 2 months.
- Reheat in microwave or place in boiling water just long enough to heat.

### Pasta Conversions

8 ounces of...	Amount dry	Amount cooked
Spaghetti and long types	4½ inch bundle	4-5 cups
Small to medium dry pasta shapes	2 cups	4 cups

### SUBSTITUTIONS

Instead of...	Use...
1 clove garlic	⅛ teaspoon garlic powder
½ cup chopped onion	2 Tablespoons instant minced onion <i>or</i> 1 teaspoon onion powder
1 Tablespoon fresh herbs	1 teaspoon dried herbs

### Skillet Supper

Yield: 6 servings • Serving Size: 1 cup

- |   |   |
|---|---|
| ½ pound lean ground beef (15% fat or less)              | 2 cups uncooked whole wheat macaroni (or other small pasta) |
| 2 cups low sodium chunky spaghetti sauce                | 1 12.5 ounce can Italian diced tomatoes                     |
| 2½ cups water   | ½ cup parmesan cheese                                       |
| 1 cup (or 1 can) mushrooms, sliced (or other vegetable) |   |

1. Brown meat in skillet and drain fat.
2. Add rest of ingredients (except parmesan) and bring to a boil.
3. Reduce heat, cover, and simmer 13 to 14 minutes, or until pasta is done.
4. Top with parmesan cheese.

Nutrition Facts	
6 servings per container	
<b>Serving size</b>	<b>1 cup (398g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>300</b>
<b>% Daily Value*</b>	
Total Fat 10g	13%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 390mg	17%
Total Carbohydrate 37g	13%
Dietary Fiber 0g	0%
Total Sugars 8g	
Includes 0g Added Sugars	0%
<b>Protein 18g</b>	
Vitamin D 0mcg	0%
Calcium 148mg	10%
Iron 3mg	15%
Potassium 480mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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## Chicken Parmesan

Yield: 4 servings • Serving Size: 1 chicken breast and 1/3 cup sauce

1/2 cup Parmesan cheese  
1/2 cup whole wheat cracker or bread crumbs  
1 Tablespoon Italian seasoning  
1 1/2 cups low sodium spaghetti sauce (1/2 jar)  
1 egg  
4 boneless chicken breasts  
Parsley (optional)

1. Preheat oven to 350° F. Mix cheese, cracker crumbs (or bread crumbs), and 2 teaspoons Italian seasoning together.
2. Mix sauce with 1 teaspoon Italian seasoning. Spread sauce in the bottom of a 9" x 13" baking pan.
4. Beat egg. Dip chicken in egg, then in cheese mixture. Place coated chicken on top of sauce in pan.
6. Bake at 350° F for 30-35 minutes or until internal temperature of chicken breasts (measured with a meat thermometer) reaches 165° F. Serve over whole wheat noodles or spinach. Garnish with parsley if desired.

## Vegetable Spaghetti

Yield: 4 servings • Serving Size: 1 cup sauce and 1/2 cup noodles

1 Tablespoon olive oil	1/2 cup zucchini
1/2 medium onion, chopped	1/2 cup mushrooms, sliced
1 medium carrot, sliced	1 cup spinach
1 cup broccoli florets, cut into bite size pieces	1-16 oz. jar marinara sauce
1/2 teaspoon pepper	2 cups cooked whole wheat spaghetti (8 oz. uncooked)

1. Heat oil in stockpot on medium heat.
2. Add onion, carrot, broccoli, and pepper. Cook for 7 minutes.
3. Add garlic, zucchini, and mushrooms. Cook until all vegetables are tender.
4. Add spinach and marinara. Reduce heat to simmer, cover.
5. Cook pasta by following directions on box.

Notes: This meal can be topped with parmesan or feta cheese. Vegetables can be replaced with 2 cups of mixed frozen vegetables.

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## Nutrition Facts

4 servings per container  
**Serving size** 1 chicken breast  
+ 1/3 cup sauce  
(249g)

Amount per serving  
**Calories** 280

	% Daily Value*
<b>Total Fat</b> 10g	13%
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol</b> 130mg	43%
<b>Sodium</b> 480mg	21%
<b>Total Carbohydrate</b> 15g	5%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein</b> 33g	
Vitamin D 0mcg	0%
Calcium 188mg	15%
Iron 2mg	10%
Potassium 713mg	15%

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## Nutrition Facts

4 servings per container  
**Serving size** 1 cup sauce and  
1/2 cup noodles  
(254g)

Amount per serving  
**Calories** 330

	% Daily Value*
<b>Total Fat</b> 6g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 570mg	25%
<b>Total Carbohydrate</b> 59g	21%
Dietary Fiber 1g	4%
Total Sugars 13g	
Includes 0g Added Sugars	0%
<b>Protein</b> 10g	
Vitamin D 0mcg	0%
Calcium 89mg	6%
Iron 4mg	20%
Potassium 867mg	20%

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