

# PASTA



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**A wide variety of tasty pastas are available to help the cook stretch protein and vegetable foods. They are cost-saving, delicious and store very well.**

### It's Loaded with Nutrition!

Pasta belongs to the bread and cereal food group and provides valuable nutrients.

Pasta products made from whole wheat or enriched white flour supply the following important nutrients: B vitamins (niacin, thiamin, riboflavin), iron and protein.

Pasta is a good source of complex carbohydrates.

Each cup of cooked, enriched pasta provides 155 calories.

Pasta is low in sodium and fat.

### How to Use Pasta

Pasta must be cooked in liquid to rehydrate and tenderize it.

It is used as an ingredient in a variety of ways:

- Some pasta products are stuffed with meat, vegetable or cheese mixtures—ravioli and stuffed shells are examples.
- Spaghetti is often served with a tomato sauce or with herbs, butter and Parmesan cheese.
- Many pasta products are cooked and served as cold salads, with fresh vegetables, herbs and salad dressing.
- To complement the protein in pasta, serve it with meat, beans or cheese.

### How to Store Pastas

Store purchased dry pasta at room temperature in airtight, insect-proof containers. Macaroni-type pastas may be stored up to 1 year and egg noodles up to 6 months.

Homemade pasta should be set out on a rack to dry for several hours. It can then be wrapped in moisture-proof freezer material and frozen for up to 8 months. Unfrozen homemade pasta must be dried, refrigerated and used within 3 days.



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## Special Considerations

- If pasta must be cooked in advance, always keep moistened until ready to use.
- Use a pot large enough to hold water three times the volume of the pasta to be cooked plus enough room to prevent boiling over.
- Add pasta to boiling water slowly so that the water does not stop boiling.

## Garbanzo-Pasta Salad

5 tablespoons cider or wine vinegar  
1/2 teaspoon oregano  
1/4 cup oil  
3 cups cooked and drained pasta (large cut tubular macaroni, elbows or shells)  
2 cups cooked or canned garbanzos (chick peas), drained  
1/4 cup each chopped parsley and diced pimento  
fresh ground pepper

In medium bowl, **mix** vinegar, salt and oregano; gradually **beat** in oil. **Add** pasta, garbanzos, parsley and pimento. **Toss** to coat well. **Cover; chill** at least 2 hours or overnight. **Season** generously with pepper.

Makes 4 main dish servings.

## Pasta Primavera

1 pound pasta  
3 medium zucchini, cut into pieces\*  
1/2 pound broccoli, cut into small pieces\*  
1/2 pound fresh green beans, cut up\*  
2 green onions, diced  
1 clove garlic, mashed or pressed  
1/4 cup chopped parsley  
2 tablespoons oil  
2 tablespoons chopped basil  
salt and pepper  
1/4 cup Parmesan cheese

\*Substitute other vegetables, as desired.

**Cook** pasta following usual procedures. **Heat** oil in a large skillet and **add** green vegetables. **Add** onion and garlic. **Cover** and **cook** 2 to 3 minutes. **Uncover, stir,** and **add** parsley and basil. **Cover again** and continue to **cook** until vegetables are tender-crisp. **Toss** with cooked pasta and **sprinkle** with cheese.

Serves 4.

Prepared by **Sally Wheeler**, Livingston County Extension Home Economist, and **Virginia Messina**, Extension Food and Nutrition Specialist, MSU.

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