



Healthy Ways to Eat Whole Wheat Pasta



Make half of your grains whole grains

1. Use whole wheat pasta in soups, stews, casseroles and stir fries for a heart healthy dish.
2. Get your daily dose of whole grains by serving meat and vegetables over whole wheat pasta.
3. Cook & add to pre-made soups, stews, and chilis to stretch these ingredients further.
4. Make Chicken, Salmon or Tuna Pasta Salad. Use whatever you have on hand!

Ingredient

8-oz. whole wheat pasta
1 (15-oz.) can of peas, drained & rinsed
1 (14.5-oz.) can salmon, or 2 (5-oz.) cans of chicken or tuna, drained & flaked
1 (15-oz.) can of white beans, drained & rinsed
1 bell pepper, chopped
½ cup onion, finely chopped
½ pint cherry tomatoes, halved (optional)

Vinaigrette:

2 Tablespoons vinegar or lemon juice
2 Tablespoons oil
½ teaspoon salt
¼ teaspoon pepper
½ teaspoon dried dill or other herb (optional)
2 teaspoons Dijon mustard (optional)

Directions:

1. Cook pasta according to package instructions. Drain and rinse with cold water. Set aside.
2. In a large bowl, mix together peas, salmon/tuna, beans, pepper, onion and tomatoes. Mix in chilled pasta.
3. In a small bowl, combine the vinaigrette ingredients and whisk to combine. Pour over salad and mix.

5. Make Easy Pasta Salad.^{*} Store in the fridge and eat throughout the week!

Ingredients:

2 cups whole wheat pasta
1 (15-oz) cans beans (any kind), drained & rinsed
1 (14.5-oz) can green beans, drained & rinsed
1 medium onion, diced
1 bell pepper, chopped
¼ cup Italian dressing

Make your own Italian dressing:

3 tablespoons oil
2 tablespoons vinegar
1 teaspoon Italian seasoning
½ teaspoon garlic powder
¼ teaspoon each salt & black pepper

Directions:

1. Cook pasta according to package instructions. Drain and rinsed with cold water. Set aside.
2. In a large bowl, combine the green beans, canned beans, onion, pepper & cooked pasta.
3. To make Italian dressing from scratch, combine the oil, vinegar, Italian seasoning, garlic powder, salt and black pepper. Pour dressing over pasta salad.
4. Toss and refrigerate until ready to eat. Serve cold!

6. Make Asian Noodles with Peanut Butter Sauce.^{*} Try with frozen broccoli or canned carrots!

Ingredients:

1 (16-oz.) package whole wheat pasta
½ cup warm water
2 Tablespoons vinegar
1 (10-oz.) bag frozen vegetables OR
1 (15-oz.) can of vegetables, drained & rinsed

½ cup peanut butter
¼ cup low sodium soy sauce
4 teaspoons sugar
2 teaspoons red pepper flakes (optional)

Directions:

1. Cook pasta using package directions. Make sauce and veggies while pasta cooks.
2. In a medium bowl, combine peanut butter and warm water. Stir into a smooth, thin sauce.
3. Add soy sauce, vinegar, and sugar. Mix until sugar dissolves. If using, stir in red pepper flakes.
4. In a microwave-safe bowl, add thawed frozen or drained canned veggies and ½ cup water. Steam in microwave until veggies are fork tender. Drain any excess water.
5. Pour peanut sauce and steamed veggies over cooked, drained pasta. Toss to combine. Serve warm or cold.

7. Make Spinach & White Bean Stew.** Warm & comforting, this stew is sure to please!

Ingredients:

1 Tablespoon oil	1 garlic clove, minced (or ½ tsp garlic powder)
1 small onion, diced (or ½ tsp onion powder)	4 cups chicken or vegetable broth
1 (14.5-oz.) can tomatoes, with juices	1 (15-oz.) can white beans, drained & rinsed
½ teaspoon rosemary or cumin	1 (14-oz.) can spinach, drained & squeezed dry
1 cup whole wheat pasta	Salt & pepper to taste

Directions:

1. Heat oil in a saucepan over medium heat. Add onions and garlic and cook, stirring often, until softened.
2. Add broth, tomatoes, drained beans and rosemary or cumin. Season with black pepper. Bring to a boil. Add pasta and cook until tender. Add spinach and cook until heated through. Serve hot.

8. Make Tuscan Pumpkin Pasta. This surprising use for pumpkin is also surprisingly delicious.

Ingredients:

8 oz. whole wheat pasta	½ cup water
1 Tablespoon oil	1 ½ teaspoon Italian seasoning
1 onion, chopped	½ teaspoon salt
2 cloves garlic, minced (or 1 tsp garlic powder)	½ teaspoon pepper
1 (15-oz.) can pumpkin purée	Pinch of red pepper flakes (optional)
1 (15-oz.) can tomato sauce or diced tomatoes	½ cup parmesan cheese (optional)

Directions:

1. Cook pasta according to package instructions. Drain and set aside.
2. Heat oil in a large pot or skillet over medium-high heat. Add onion. Cook, stirring frequently, until tender and slightly browned (about 5 minutes). Add garlic. Cook for 1 more minute, stirring constantly to avoid burning. If using garlic powder, add during step 3.
3. Add the Italian seasoning and stir. Add tomatoes, pumpkin puree, water, salt, pepper and red pepper flakes (if using). Stir over medium heat until sauce begins to bubble. Turn heat to low and simmer for 3-5 minutes, stirring occasionally.
4. Toss with the cooked pasta and serve warm. Refrigerate leftovers.

9. Make a Pasta Bake. This quick & easy dinner makes eating healthy a no-brainer.

Ingredients:

2 cups whole wheat pasta	1 teaspoon onion powder
1 cup cooked meat, chicken or fish	1 teaspoon garlic powder
1-2 cups canned, frozen or fresh veggies of choice	2 teaspoons Italian seasoning
1 (14.5-oz.) can of diced tomatoes or spaghetti sauce	½ teaspoon salt
1 cup mozzarella or parmesan cheese (optional)	¼ teaspoon pepper

Directions:

1. Preheat oven to 350°F. Cook and drain pasta according to package instructions.
2. Combine all ingredients except cheese in a greased casserole dish. Top with cheese if using.
3. Bake for 20-25 minutes or microwave at 50% power for 15-30 minutes, rotating as needed.

10. Make Spaghetti with Meat Sauce. A whole-grain take on a classic dish.

Ingredients:

8 oz. whole-wheat spaghetti	1 tablespoon Italian seasoning (or 1 ½ tsp dried basil and 1 ½ tsp dried oregano)
1 Tablespoon oil	1 (14.5-oz.) can tomatoes, with juices
1 onion, diced	1 (14.5-oz.) can tomatoes, with juices
1 1 (15-oz.) can carrots, chopped	½ teaspoon salt
4 cloves garlic, minced (or 2 tsp garlic powder)	¼ teaspoon black pepper
1 lb. lean ground beef or turkey	

Directions:

1. Cook and drain pasta according to package instructions. Set aside.
2. Heat oil in a large skillet over medium heat. Add onion and carrot and cook, stirring occasionally, until soft, about 5-8 minutes.
3. Stir in garlic and seasonings; cook until fragrant, about 30 seconds. Add ground meat and cook, stirring and breaking up with a spoon, until no longer pink, 3 to 5 minutes. Increase heat to high. Stir in tomatoes and spaghetti sauce. Cook until thickened, about 4 to 6 minutes.
4. Season with salt and pepper. Serve the sauce over the pasta, sprinkled with cheese if desired.

