



A Nutrition Resource



PASTABILITIES

Cooking pasta

- When cooking pasta, 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 & 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 |
|--------------------------------------|-------------------|---------------|
| <i>Spaghetti and Long Types</i> | 4 1/2 Inch Bundle | 4-5 Cups |
| <i>Small/Medium Dry Pasta Shapes</i> | 2 Cups | 4 Cups |

Substitutions

| INSTEAD OF... | USE... |
|--------------------------|---|
| 1 Clove Garlic | 1/8 teaspoon garlic powder |
| 1/2 cup chopped onion | 2 Tablespoons instant minced onion or 1 teaspoon onion powder |
| 1 Tablespoon fresh herbs | 1 teaspoon dried herbs |



Vegetable Spaghetti

Yield: 4 Servings | Serving Size: 1 Cup Sauce & 1/2 Cup Noodles

- 1 Tablespoon olive oil
- ½ medium onion, chopped
- 1 medium carrot, sliced
- 1 cup broccoli florets, cut into bite size pieces
- ½ teaspoon pepper
- 1 clove garlic, minced
- ½ cup zucchini
- ½ cup mushrooms, sliced
- 1 cup spinach
- 1-16 oz. jar marinara sauce
- 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. Serve sauce over pasta.

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

Chicken Parmesan

Yield: 4 Servings | Serving Size: 1 Chicken Breast & 1/3 Cup Sauce

- ½ cup Parmesan cheese
- ½ cup whole wheat cracker or breadcrumbs
- 1 Tablespoon Italian seasoning, divided into three teaspoons
- 1½ cups low sodium spaghetti sauce (½ jar)
- 1 egg
- 4 boneless chicken breasts
- Parsley (optional)

- 1) Preheat oven to 350°F. Mix cheese, cracker crumbs (or breadcrumbs), 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.
- 3) Beat egg. Dip chicken in egg, then in cheese mixture. Place coated chicken on top of sauce in pan.
- 4) 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.

| Nutrition Facts | |
|-------------------------------|---|
| 4 servings per container | |
| Serving size | 1 cup sauce and 1/2 cup noodles (254g) |
| Amount per serving | |
| Calories | 330 |
| % Daily Value* | |
| Total Fat 6g | 8% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 570mg | 25% |
| Total Carbohydrate 59g | 21% |
| Dietary Fiber 1g | 4% |
| Total Sugars 13g | |
| Includes 0g Added Sugars | 0% |
| Protein 10g | |
| Vitamin D 0mcg | 0% |
| Calcium 89mg | 6% |
| Iron 4mg | 20% |
| Potassium 867mg | 20% |

*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.

| Nutrition Facts | |
|-------------------------------|--|
| 4 servings per container | |
| Serving size | 1 chicken breast + 1/3 cup sauce (249g) |
| Amount per serving | |
| Calories | 280 |
| % Daily Value* | |
| Total Fat 10g | 13% |
| Saturated Fat 3g | 15% |
| Trans Fat 0g | |
| Cholesterol 130mg | 43% |
| Sodium 480mg | 21% |
| Total Carbohydrate 15g | 5% |
| Dietary Fiber 0g | 0% |
| Total Sugars 6g | |
| Includes 0g Added Sugars | 0% |
| Protein 33g | |
| Vitamin D 0mcg | 0% |
| Calcium 188mg | 15% |
| Iron 2mg | 10% |
| Potassium 713mg | 15% |

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This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.