



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

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MONTANA STATE UNIVERSITY

EXTENSION

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.

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.

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 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%

*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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