



ENJOY THESE DELICIOUS PASTA RECIPES WITH WHOLE LOT BETTER WHOLE GRAIN PASTA!

PASTA PRIMAVERA

Ingredients

1 pound Dakota Growers Whole Lot Better® Whole Grain Penne Rigate or Rotini
2 tablespoons olive oil
¼ cup red onion, chopped
1 cup broccoli florets
2 carrots, chopped

1 yellow bell pepper, chopped
8 ounce fresh mushrooms, sliced
¼ cup fresh basil, chopped
½ teaspoon garlic salt
1/8 teaspoon hot pepper flakes
1 jar (26 ounces) marinara sauce
¼ cup freshly grated Parmesan cheese

Directions

1. Prepare pasta according to package directions.
2. Heat olive oil in large skillet over medium heat, sauté onion, broccoli, carrots, pepper and mushrooms until soft, about 5 minutes.
3. Add basil, garlic salt, hot pepper flakes and marinara sauce and simmer for 15 minutes.
4. Toss pasta with sauce and sprinkle with Parmesan cheese.

SIZZLIN' PENNE

Ingredients

1 pound Dakota Growers Whole Lot Better® Whole Grain Penne Rigate or Rotini
¼ cup olive oil
2 teaspoons minced fresh garlic
½ cup chopped fresh parsley
½ cup chopped red onion
1 red bell pepper, diced

1 yellow bell pepper, diced
2 cups crumbled hot Italian sausage
1 can (28-ounces) plum tomatoes, coarsely chopped, reserve juice
1 teaspoon hot pepper flakes
2 teaspoons salt
½ cup Romano cheese, freshly grated

Directions

1. Prepare pasta according to package directions.
2. Heat oil in a large sauté pan, cook garlic, parsley and onion until sizzling. Add bell peppers and crumbled sausage, cook for 5 minutes at high heat, stirring frequently. Add the tomatoes with juice, chili flakes and salt.
3. Toss cooked pasta with sauce and cheese. Cook pasta with sauce another 2 minutes until sauce and cheese clings.

CHICKEN TERIYAKI PASTA

Ingredients

1 pound Dakota Growers Whole Lot Better® Whole Grain Spaghetti
2 tablespoons soy sauce
3 tablespoons olive oil
1 teaspoon sesame seed, toasted
2 garlic cloves, minced
1 teaspoon ginger paste

½ cup diced red bell pepper
1 cup diced chicken
¼ cup chopped green onion
½ teaspoon ground black pepper
1 cup broccoli florets
1 cup peapods

Directions

1. Prepare pasta according to package directions.
2. In a large sauté pan or wok over medium – high heat, sauté garlic, red pepper, onion, broccoli and peapods in olive oil until tender, about 2 minutes
3. Add soy sauce, sesame seed, ginger, diced chicken and pepper and cook 10 minutes over medium-high heat.
4. Toss mixture with spaghetti and serve.



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ROTINI GREEK SALAD

Ingredients

1 pound Dakota Growers Whole Lot Better® Whole Grain Rotini
1 cup cherry tomatoes, quartered
¼ cup chopped red onion
½ cup chopped green bell pepper
1/3 cup sliced kalamata olives

½ cup crumbled feta cheese
3 tablespoons red wine vinegar
¼ cup olive oil
2 tablespoons chopped fresh basil
Juice of one freshly squeezed lemon
Salt and freshly ground black pepper

Directions

1. Cook pasta according to package directions, drain, rinse with cold water; drain again. In large bowl combine pasta, tomatoes, onion, bell pepper, olives and cheese.
2. For vinaigrette, in a small bowl, whisk together vinegar, lemon juice, oil and basil. Season to taste with salt and pepper. Add to pasta mixture; toss to combine. Refrigerate, covered, to chill.

ROASTED VEGETABLE MAC & CHEESE

Ingredients

2 cups (about 8 ounces) Dakota Growers Whole Lot Better® Whole Grain Elbows
1 cup red bell pepper, diced into ½-inch pieces
1 cup sweet potato or butternut squash, diced into 1-inch pieces
1 cup broccoli florets
1 cup button or baby portabella mushrooms, halved
1 small white onion, peeled and diced
1 head garlic, cloves peeled
2 tablespoons canola or vegetable oil
Salt and ground black pepper
1 tablespoon butter
1 can (12 ounces) 2% evaporated milk
2 large eggs, beaten
½ teaspoon smoked paprika
½ pound shredded Cheddar cheese
¼ cup shredded Parmesan cheese

Directions

1. Preheat oven to 400°F.
2. In large bowl, toss vegetables (except garlic) with canola oil. Place vegetables in a single layer on rimmed baking sheet lined with aluminum foil. Wrap garlic cloves in aluminum foil to form a sealed packet; place in corner of baking sheet. Season vegetables with salt and pepper, as desired. Bake 30 to 40 minutes, or until vegetables are tender and just beginning to brown. Remove from oven.
3. Meanwhile, cook pasta according to package directions. Drain and return to pot; toss with butter.
4. While pasta cooks, in heavy medium-size saucepan, whisk together milk, eggs, ½ teaspoon salt, ¼ teaspoon black pepper, and smoked paprika until combined. Cook over low heat, stirring continuously with heat-proof rubber spatula or wooden spoon until mixture thickens and coats back of a metal spoon, about 4 to 5 minutes. (To prevent curdling, do not overcook or stop stirring sauce.)
5. Remove pan from heat. Stir in Cheddar and Parmesan cheeses until melted. Pour over elbows; stir to combine. Gently stir in roasted vegetables. Serve immediately.



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WHOLE GRAIN MEAT LASAGNA

Credit: Everett, WA School District #2

Ingredients

- 1 ¼ pounds pre-cooked beef crumbles
- 1 #10 can spaghetti sauce
- 1 ¼ teaspoon garlic powder spice
- 1 pound whole grain lasagna pasta, dry
- 2 pounds shredded mozzarella cheese
- ½ cup dehydrated onion flakes
- 8 ounces frozen chopped spinach (or 16 ounces fresh)

Directions

1. Thaw the spinach and beef crumbles
2. Combine the spaghetti sauce, beef crumbles, spices and spinach in a large mixing bowl
3. Pan Assembly: Spray pan with non-stick cooking spray. Layer as follows:
 - 1st layer - 1 qt + 1/2 cup sauce
 - 2nd layer - 10 uncooked noodles
 - 3th layer - 1 qt + 1/2 cup sauce
 - 4th layer - 16 oz mozzarella cheese
 - 5th layer - 10 uncooked noodles
 - 6th layer - 1 qt + 3/4 cup sauce
 - 7th layer - 16 oz mozzarella cheese (3 3/4 cups)
4. Tightly cover pans.
5. Bake: 350 F for 45 - 60 minutes
6. Remove pans from oven. Uncover. Let stand for 15 minutes before serving.

Servings:

Secondary Cut = 24

Elementary Cut=32

Serving for 24 cut:

1 piece provides the equivalent of 2 ounces of cooked lean meat, 1/2 cup of vegetable, and 3/4 serving of grain

Serving for 32 cut:

1 piece provides the equivalent of 1.5 ounce of cooked lean meat, 3/8 cup of vegetable and 1/2 serving of grain