

# Many Ways with PASTA

*Pasta or noodles are enjoyed throughout the world and can make a quick, easy, affordable and delicious meal. Choose your favorite type of pasta, warm or in a cool salad, with plenty of vegetables, herbs and spices and a little protein. For the healthiest approach, choose one helping, eat slowly to savor the flavors and enjoy a walk after your meal. Mix and match the choices to guide you to new flavors. Bon appetite!*



- PASTA STYLE:** fresh or dry noodles, spaghetti, fettuccini, macaroni, ravioli, tortellini, gnocchi
- PASTA TYPE:** semolina, whole wheat, quinoa, brown rice, lentil, black bean, edamame
- PROTEIN:** seafood, poultry, pork, beef, egg, cheese, tofu, tempeh, beans, nuts, seeds, minimally processed meat-alternative
- VEGETABLES:** spinach, swiss chard, kale, greens, mushrooms, onions (green, red, white), tomatoes, zucchini, peppers, eggplant
- SEASONINGS:** olives, sundried tomatoes, marinated artichokes, anchovies, capers, roasted peppers
- HERBS/SPICES:** garlic, ginger, fresh or dried herbs (basil, parsley, rosemary, tarragon, chives), curry seasonings, turmeric
- OILS:** olive, walnut, sesame, avocado, macadamia, peanut, grapeseed, coconut
- FLAVORINGS:** vinegar such as balsamic, wine, rice or sherry; citrus such as lemon, lime or orange; mustard, Asian sauce, chili, curry, harissa

## DRESSINGS AND SAUCES:

At the store, look for sauces with healthy ingredients and low in sodium. Make your own to save money, increase health and explore new flavors. Here are some ideas to make at home:

- **BALSAMIC VINAIGRETTE:** ½ Tbl minced shallot + 2 Tsp dijon style mustard + 2 Tbl balsamic vinegar + 3 Tbl olive oil
- **HONEY MUSTARD:** ½ Tbl honey + 1 Tbl dijon style mustard + 2 Tbl red or white wine vinegar + 3 Tbl grapeseed oil
- **ASIAN:** 1 Tsp soy sauce + 2 Tsp Dijon style mustard + 2 Tbl rice wine vinegar + Tsp sesame oil + 3 Tbl peanut oil + 1 Tsp honey, chopped fresh ginger, garlic; optional peanut butter
- **PESTO:** Use a food processor to pulverize ¼ cup walnuts, pistachios or pinenuts; 3 cloves garlic; 2 cups combined fresh basil, arugula, spinach; ¼ cup parmesan, ½ cup olive oil. Options: fresh tomato, sundried tomato, roasted peppers
- **ROMESCO:** Use a food processor to blend 1 cup roasted almonds or hazelnuts, ¼ cup olive oil, 2 Tbl balsamic vinegar, 1 garlic clove and teaspoon paprika
- **CHIMICHURRI:** Use a food processor to blend finely chopped parsley, minced garlic, olive oil, oregano and red wine vinegar
- **MARINARA:** Blend together fresh or canned tomatoes, olive oil and Italian seasonings. Add a small amount of grated cheese if you like.

