



# Pasta, Rotini, Whole Grain

## MyPlate Food Group: Grains

### Nutrition Information

- Grains are divided into 2 subgroups: Whole grains and Refined Grains.
- Refined grains have been milled, a process that removes the bran and germ. This process also removes dietary fiber, iron, and many B vitamins. B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains.
- Whole grains contain the entire grain kernel — the bran, germ, and endosperm. Examples of whole grains include whole-wheat flour, oatmeal, whole cornmeal, and brown rice.

### Uses & Tips

- Whole grain pasta tastes great in hearty, flavorful pasta dishes, soups, casseroles, and salads.
- Try using whole grain rotini pasta when making macaroni and cheese.
- When cooking pasta, use 2 quarts of water for every ½ pound of pasta.

### MyPlate Facts

- Grains are important sources of many nutrients, including dietary fiber, B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).
- Dietary fiber from whole grains or other foods may help reduce blood cholesterol levels and may lower the risk of heart disease, obesity, and type 2 diabetes.
- Fiber is important for proper bowel function. It helps reduce constipation and promotes regularity.

### Storing Foods at Home

- Store unopened packages of pasta in a cool, clean, dry place.
- After opening pasta, keep package tightly closed.
- Once prepared, store any leftover pasta in the refrigerator in a sealed container not made from metal.



**GOLDEN**  
HARVEST FOOD  
BANK



## Vegetable Pasta Soup

Makes 8 servings

Ingredients:

- 1 tablespoon vegetable oil
- 4 cups vegetables (like onions, carrots, and zucchini, chopped or sliced)
- 1 can (14½ ounces) diced tomatoes with green chilies
- 1 can (14½ ounces) vegetable or chicken broth, low sodium
- 2 cups water
- ¼ teaspoon salt
- 1 tablespoon Italian seasoning or dried basil
- 12 ounces whole grain rotini pasta, uncooked
- 6 cups fresh spinach leaves

Directions: Wash hands with soap and water.

1. Heat the oil in a large saucepan over medium heat until hot. Add vegetables. Cook until the vegetables are soft, stirring often. This should take about 3-4 minutes.
2. Stir in canned tomatoes. Cook 3-4 minutes.
3. Stir in the broth, water, salt, and Italian seasoning or dried basil. Bring to a boil.
4. Stir in the pasta and spinach. Return to a boil.
5. Cook until the pasta is tender using the time on the package for a guide.

## Baked Chicken Parmesan

Makes 8 servings

Ingredients:

- 8 non-stick cooking spray
- 12 ounces whole grain rotini pasta, uncooked
- 1 jar (24 ounces) pasta/marinara sauce
- 3 cups water
- 1½ pounds boneless, skinless, chicken
- 1½ cups low-fat mozzarella cheese, shredded
- 1 cup whole wheat panko breadcrumbs
- ½ cup Parmesan cheese, grated
- Optional Ingredients: oregano, basil, parsley

Directions: Wash hands with soap and water.

1. Preheat oven to 425 degrees F and spray a baking dish with non-stick cooking spray.
2. Add pasta, marinara sauce, water and optional herbs to the dish and stir to combine.
3. Place chicken in a single layer on top. Cover tightly with aluminum foil. Bake the covered dish for 30 minutes.
4. Uncover and stir. Spread mozzarella over the top and sprinkle with breadcrumbs and Parmesan cheese.
5. Bake uncovered for 5-10 more minutes, or until cheese is melted and golden brown, pasta is tender, and chicken is cooked through.
6. Top with additional herbs if desired.