

# Pasta, Spaghetti, Enriched

## 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

- Enjoy enriched spaghetti pasta in a variety of meals like pasta dishes, casseroles, soups, and salads.
- When cooking pasta, use 2 quarts of water for every ½ pound of pasta.

### MyPlate Facts

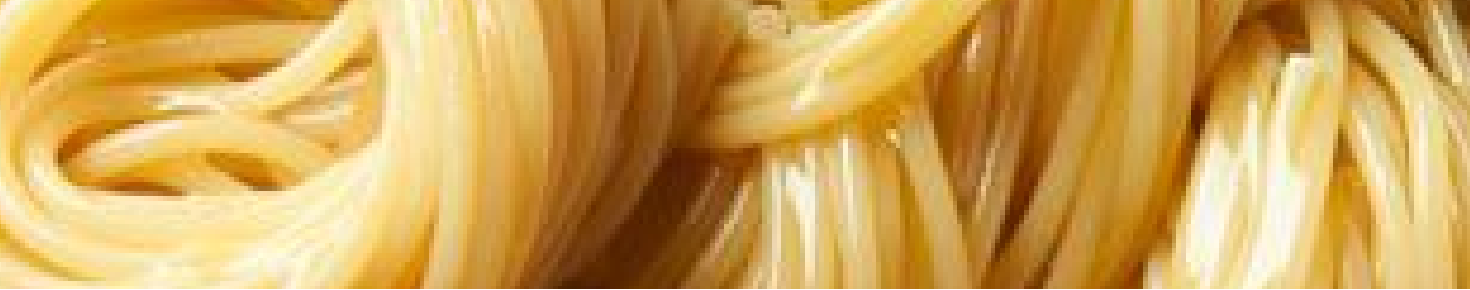
- Grains are important sources of many nutrients, including dietary fiber, B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).
- Dietary fiber from whole grains or other foods may help reduce blood cholesterol levels and may lower the risk of heart disease, 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



## Cilantro Chicken Pasta

Makes 6 servings

Ingredients:

- 8 ounces spaghetti pasta
- 1 lime, juiced non-stick cooking spray
- 1 pound boneless, skinless chicken breast, diced
- 4 cloves garlic, minced
- 2 jalapeños, finely diced (optional)
- 2 medium zucchini, sliced and cut in half
- 1½ cups corn, frozen
- ¼ cup water
- ½ cup fresh cilantro, chopped
- ½ cup Monterey Jack cheese, shredded

Directions: Wash hands with soap and water.

1. Prepare pasta according to package directions and drain. Toss pasta with lime juice. Set aside.
2. Lightly coat a large skillet with cooking spray and heat at medium temperature. Add chicken and garlic. Cook 5-7 minutes.
3. Add jalapeños (optional), zucchini, corn, and water. Cook 5-7 minutes or until heated through, stirring occasionally. Add pasta to skillet and toss with cilantro.
4. Top with cheese and serve!

## Pasta with Broccoli and Chicken

Makes 8 servings

Ingredients:

- 8 ounces spaghetti pasta
- 2 tablespoons sugar
- 3 tablespoons low-sodium soy sauce
- 2 tablespoons rice vinegar
- ¼ cup vegetable oil
- 3 cloves minced garlic or ¾ teaspoon garlic powder
- 1½ cups fresh or frozen broccoli
- 1½ cups cooked chicken breast, diced
- 1 tablespoon sesame seeds (optional)

Directions: Wash hands with soap and water.

1. Cook pasta according to package directions. Set aside.
2. While pasta is cooking, toast sesame seeds in a 1 quart saucepan over medium heat. Stir constantly and cook until light brown.
3. Mix together sugar, soy sauce, and vinegar in small bowl. Set aside.
4. Heat oil in large skillet over medium heat. Add garlic and broccoli, and cook on medium until soft.
5. Add chicken and cook until heated through.
6. Add drained pasta and soy sauce mixture and mix well. Sprinkle sesame seeds on top, if using.