

Pasta



Health Benefits

- Whole grain pasta is an excellent source of fibre, rich in nutrients and lower in calories.
- Good for blood sugar control, heart health and digestive health.

Storage

Uncooked pasta should be stored in a cool, dry place. Preserve freshness by storing dry pasta in an air-tight container. Cooked pasta can be stored for 3 days in the refrigerator.

Preparation

Bring a large pot of water to a boil, add salt to taste. Add pasta to boiling water. Stir gently. Return to a boil. Boil uncovered, stirring occasionally for 8-12 minutes.



Pasta



Pasta salad

Ingredients:

2 cups of uncooked pasta
1 bell pepper, diced
1/2 cup celery, diced
1 onion, finely chopped
1/2 cup carrot, grated
Dressing of choice
Salt and pepper to taste

Directions:

1. *Cook the pasta according to the instructions. Drain the pasta. Put aside.*
2. *In large bowl mix the pasta, vegetables and dressing of choice.*
3. *Put in refrigerator for at least 2 hours before serving.*
4. *If you want to add protein you can add a can of beans or chickpeas.*

Servings: 3-4

*Recipe adapted from chefcuisto.com

