



SPAGHETTI, ENRICHED, DRY

Date: October 2012 Code: 100426

PRODUCT DESCRIPTION

- Spaghetti is made from durum wheat semolina and water. It is 8 ½ to 11 inches long and has added iron, thiamin, niacin, riboflavin, and folic acid.

PACK/YIELD

- Spaghetti is packed in 1-pound packages, which is about 32 servings (½ cup each) of cooked spaghetti.

STORAGE

- Store unopened packages of spaghetti in a cool, clean, dry place.
- After opening, keep package tightly closed.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Boil water in a large pot.
- Add spaghetti. Bring to boil again. Stir often.
- Cook spaghetti uncovered approximately 8 to 10 minutes until firm to bite for full flavor.
- Spaghetti is done cooking when it is easy to bite through but still firm.
- Remove from heat and drain well before serving.

USES AND TIPS

- Spaghetti can be served with a tomato or meat sauce.
- Spaghetti may also be used in recipes for soups, casseroles, or salads.
- Combine with eggs, fish, poultry, vegetables, meat, or cheese.

- Toss cold cooked spaghetti with chopped vegetables, oil, and vinegar for an easy pasta salad.

NUTRITION INFORMATION

- ½ cup of cooked spaghetti counts as 1 ounce in the MyPlate.gov Grains Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: ½ cup (70g) spaghetti, cooked

Amount Per Serving

Calories 110 **Calories from Fat** 5

% Daily Value*

Total Fat 0.5g		1%
Saturated Fat 0g		0%
<i>Trans</i> Fat 0g		
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 22g		7%
Dietary Fiber 1g		5%
Sugars 0g		
Protein 4g		
Vitamin A 0%	Vitamin C	0%
Calcium 0%	Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet.

SPAGHETTI BAKE

MAKES ABOUT 6 SERVINGS

Ingredients

- ½ pound spaghetti
- 1 tablespoon vegetable oil
- 1 ½ cups canned chicken, drained
- 2 cloves garlic, chopped
- 1 teaspoon dried oregano (if you like)
- ¼ teaspoon black pepper
- 2 cans (about 15 ounces each) low-sodium tomatoes, not drained
- ¾ cup reduced-fat cheddar cheese, shredded

Directions

1. Preheat oven to 350 degrees F.
2. Cook spaghetti according to package directions. Drain and place in a 9x9-inch baking dish.
3. In a large skillet over medium heat, combine chicken, garlic, and pepper. If using oregano, add that too. Cook in oil until hot, about 5 minutes.
4. Stir in tomatoes. Lower the heat and cook for 10 minutes.
5. Spoon tomato and chicken mixture over the spaghetti in the baking dish. Sprinkle with cheese.
6. Bake for 30 minutes or until hot and bubbling.

Nutritional Information for 1 serving (about 1 cup) of Spaghetti Bake							
Calories	230	Cholesterol	40 mg	Sugar	5 g	Vitamin C	8 mg
Calories from Fat	80	Sodium	380 mg	Protein	18 g	Calcium	160 mg
Total Fat	9 g	Total Carbohydrate	19 g	Vitamin A	22 RAE	Iron	3 mg
Saturated Fat	3 g	Dietary Fiber	3 g				

Recipe adapted from Commodity Supplemental Food Program Cookbook

SIMPLE SPAGHETTI AND MEAT SAUCE

MAKES ABOUT 4 SERVINGS

Ingredients

- 4 cups cooked spaghetti (about ½ pound dry)
- Nonstick cooking spray
- ½ cup onion, chopped
- 3 cloves garlic, chopped
- 1 ½ cups canned beef, drained
- 1 can (about 15 ounces) low-sodium tomato sauce

Directions

1. Cook spaghetti according to package directions. Drain well.
2. In a medium-size skillet coated with nonstick cooking spray, cook the onion and garlic over medium heat until soft.
3. Stir in beef and tomato sauce, and cook 10 minutes.
4. Spoon beef and sauce mixture over cooked spaghetti.

Nutritional Information for 1 serving (about 1 ½ cup) of Simple Spaghetti and Meat Sauce							
Calories	240	Cholesterol	40 mg	Sugar	3 g	Vitamin C	25 mg
Calories from Fat	50	Sodium	250 mg	Protein	18 g	Calcium	23 mg
Total Fat	6 g	Total Carbohydrate	26 g	Vitamin A	43 RAE	Iron	2 mg
Saturated Fat	2 g	Dietary Fiber	3 g				

Recipe adapted from Commodity Supplemental Food Program Cookbook,