



MACARONI, ELBOW, DRY

Date: October 2012

Code: 100428

PRODUCT DESCRIPTION

- Macaroni is made from durum wheat semolina and water. It has added iron, thiamin, niacin, riboflavin, and folic acid.

PACK/YIELD

- Macaroni is packed in 1-pound packages, which is about 20 servings (½ cup each) of cooked macaroni.

STORAGE

- Store unopened packages of macaroni 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 macaroni. Bring to boil again. Stir often.
- Cook macaroni uncovered approximately 8 to 10 minutes until firm to bite for full flavor.
- Macaroni is done cooking when it is easy to bite through but still firm.
- Remove from heat and drain well before serving.

USES AND TIPS

- Macaroni may be topped with a tomato or meat sauce, oil and garlic, cheese, and vegetables.
- Macaroni may also be used in recipes for soups, casseroles, or salads.
- Combine with eggs, fish, poultry, vegetables, or meat.
- Toss cold cooked macaroni with chopped vegetables, oil, and vinegar for an easy pasta salad.

NUTRITION INFORMATION

- ½ cup of cooked macaroni 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) enriched macaroni, cooked

Amount Per Serving

Calories 111 **Calories from Fat** 5

% Daily Value*

Total Fat 0.5 g		1%
Saturated Fat 0.5 g		0%
<i>Trans</i> Fat 0g		
Cholesterol 0 mg		0%
Sodium 0 mg		0%
Total Carbohydrate 22 g		7%
Dietary Fiber 1 g		5%
Sugars 0 g		
Protein 4 g		
Vitamin A 0%	Vitamin C	0%
Calcium 0%	Iron	6%

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

SPRING CHICKEN

MAKES ABOUT 6 SERVINGS

Ingredients

- 1 cup macaroni, dry
- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 zucchini, chopped
- ½ cup salsa
- 1 can (about 12 ounces) chicken, drained
- 1 can (about 15 ounces) low-sodium tomatoes, undrained
- 1 can (about 15 ounces) low-sodium corn, drained
- ½ cup reduced-fat cheddar cheese, shredded

Directions

1. Prepare macaroni according to package directions.
2. In a large pan over medium heat, cook onion and zucchini in the oil until soft.
3. Stir in salsa, chicken, tomatoes, corn, and cooked macaroni. Cook for 10 minutes over medium heat.
4. Remove from heat and stir in cheese until melted.

Nutritional Information for 1 serving (about 1 ½ cups) of Spring Chicken			
Calories	240	Cholesterol	35 mg
Calories from Fat	70	Sodium	490 mg
Total Fat	9 g	Total Carbohydrate	24 g
Saturated Fat	2.5 g	Dietary Fiber	4 g
		Sugar	5 g
		Protein	18 g
		Vitamin A	17 RAE
		Vitamin C	17 mg
		Calcium	141 mg
		Iron	3 mg

Recipe adapted from Commodity Supplemental Food Program Cookbook

PASTA PRIMAVERA

MAKES ABOUT 4 SERVINGS

Ingredients

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 2 cloves garlic, chopped
- ½ cup water
- ½ can (about 7.5 ounces) low-sodium carrots, drained
- ½ can (about 7.5 ounces) low-sodium corn, drained
- ½ can (about 7.5 ounces) low-sodium green beans, drained
- 4 cups cooked macaroni (about ½ pound dry)
- 2 cans (about 15 ounces each) low-sodium tomatoes, undrained, chopped
- 2 tablespoons dried oregano (if you like)

Directions

1. Cook macaroni according to package directions.
2. In a large skillet over medium heat, cook onion and garlic in oil until soft.
3. Add water, carrots, corn, green beans, and tomatoes. If using oregano, add that too, cook 5 minutes or until hot
4. Pour vegetables over cooked macaroni.

Nutritional Information for 1 serving (about 1 cup) of Pasta Primavera			
Calories	320	Cholesterol	30 mg
Calories from Fat	70	Sodium	460 mg
Total Fat	7 g	Total Carbohydrate	46 g
Saturated Fat	1.5 g	Dietary Fiber	6 g
		Sugar	7 g
		Protein	18 g
		Vitamin A	139 RAE
		Vitamin C	14 mg
		Calcium	72 mg
		Iron	5 mg

Recipe adapted from Commodity Supplemental Food Program Cookbook