



ROTINI, WHOLE-WHEAT

Date: October 2012

Code: 100435

PRODUCT DESCRIPTION

- Whole-wheat rotini is made from whole durum wheat flour and water. It may be in spirals or twisted shapes.

PACK/YIELD

- Whole-wheat rotini is packed in 1 pound packages, which is about 10 servings (½ cup each) of dry rotini. Since box sizes may vary, check package for exact amount.

STORAGE

- Store unopened packages of whole-wheat rotini in a cool, clean, dry place.
- After opening, keep package of remaining dry pasta tightly closed, or store remaining dry pasta in zip-top plastic bag.
- 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 rotini. Bring to boil again. Stir often.
- Cook rotini uncovered approximately 10 to 12 minutes until firm to bite for full flavor.
- Remove from heat and drain well before serving.
- Cooking guidelines: 1 pound pasta serves 6 to 8 people.

USES AND TIPS

- Whole-wheat rotini may be topped with a tomato or meat sauce. It may also be used in recipes for soups, casseroles, or salads. Combine with eggs, fish, poultry, vegetables, meat, or cheese.
- Mix ½ cup cooked whole-wheat rotini with ¼ cup low-fat cottage cheese for a quick and healthy meal.

NUTRITIONAL INFORMATION

- ½ cup of whole-wheat rotini counts as 1 ounce in the Myplate.gov Grain Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.
- ½ cup of whole-wheat rotini is naturally fat and sodium free.

OTHER RESOURCES

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

NUTRITION FACTS

Serving size: ½ cup (70g) whole-wheat rotini, cooked

Amount Per Serving

Calories	90	Calories from Fat	0
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% Daily Value*

Total Fat 0g			0%
Saturated Fat 0g			0%
<i>Trans</i> Fat 0g			
Cholesterol 0mg			0%
Sodium 0mg			0%
Total Carbohydrate 24g			8%
Dietary Fiber 2g			8%
Sugars 1g			
Protein 4g			
Vitamin A 0%		Vitamin C 0%	
Calcium 2%		Iron 4%	

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

PASTA SALAD

MAKES ABOUT 6 SERVINGS

Ingredients

- 2 cups whole-wheat rotini, cooked
- ¼ cup celery, chopped
- 1 medium bell pepper, chopped
- ½ cup fresh or frozen broccoli, chopped
- 2 tablespoons fat-free Italian salad dressing
- ⅛ teaspoon black pepper

Directions

1. Mix rotini, celery, bell pepper, broccoli, dressing, and black pepper in a bowl or pan and mix well.
2. Refrigerate for at least one hour before serving.

Nutritional Information for 1 serving (about ¾ cup) of Pasta Salad							
Calories	100	Cholesterol	0 mg	Sugar	2 g	Vitamin C	35 mg
Calories from Fat	5	Sodium	280 mg	Protein	5 g	Calcium	31 mg
Total Fat	0 g	Total Carbohydrate	22 g	Vitamin A	17 RAE	Iron	1 mg
Saturated Fat	0 g	Dietary Fiber	3 g				

Recipe adapted from SNAP-ED Connection Recipe Finder

MOM'S MAC AND CHEESE

MAKES ABOUT 8 SERVINGS

Ingredients

- 1 package (about 1 pound) whole-wheat rotini, uncooked
- 1 ½ cups cheddar cheese, shredded
- 4 eggs
- 3 cups fat-free milk
- ½ teaspoon paprika (if you like)
- 1 teaspoon prepared mustard
- ¼ teaspoon black pepper
- ½ cup corn flakes cereal, crushed

Directions

1. Heat oven to 400 degrees F.
2. Cook rotini according to directions on package. Drain well.
3. Beat the eggs in medium bowl. Add milk, pepper, and mustard to the beaten eggs. If using paprika, add that too.
4. In an 9x13-inch baking dish, layer the rotini with the cheese. Keep making layers until all of the rotini is used, ending with cheese on the top.
5. Pour the egg/milk mixture over the rotini and cheese.
6. Sprinkle the crushed corn flakes over the top of the pan.
7. Bake 30 to 40 minutes until the casserole is firm in the center.

Tip

Try adding your favorite vegetable, such as chopped broccoli, to the pasta and cheese before baking.

Nutritional Information for 1 serving (about 1 cup) of Mom's Mac and Cheese							
Calories	330	Cholesterol	120 mg	Sugar	6 g	Vitamin C	1 mg
Calories from Fat	70	Sodium	630 mg	Protein	19 g	Calcium	302 mg
Total Fat	8 g	Total Carbohydrate	48 g	Vitamin A	95 RAE	Iron	2mg
Saturated Fat	4 g	Dietary Fiber	4 g				

Recipe adapted from Food.com