



Pasta

3 Prep and cooking tips

- Boil 4-6 quarts of water for every 1 pound of pasta. You don't want the pasta to stick on the sides!
- Add a couple tablespoons of salt and continue to stir gently.
- Taste the pasta halfway through cooking to determine if pasta is "al dente". Al dente means firm to the bite.

2 Shopping and storage

- Cooked pasta can be stored in the refrigerator for 3 and 2 months in the freezer.
- Uncooked pasta can be stored in the pantry for up to 1 year in the pantry.

1 Nutrition Fact:

- White pasta is a refined grain product where a lot of the fiber and nutrients are removed. There are many ways you can still make this a nutrient dense food! You can add a protein of choice to the pasta, you can add fresh seasonings and herbs, and you can add vegetables in to get your source of fiber.

Go!

**Scan the QR code
to learn more:**



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