

Macaroni, Elbow, Dry

MyPlate Food Group: **Grain**



Product Description

- Macaroni is made from durum wheat semolina and water and is enriched with B Vitamins and iron.

Storage

- Store unopened packages of macaroni in a cool, clean, dry place.
- After opening, keep package tightly closed.

Uses and Tips

- Serve macaroni with a tomato or meat sauce.
- Use in recipes for soups, casseroles, salads or vegetables.

Nutrition Information

- ½ cup 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.

Resources

- www.nutrition.gov
- www.foodsafety.gov

Nutrition Facts

Serving size: ½ cup (70g) enriched macaroni, cooked

Amount Per Serving

Calories 111 **Calories from Fat** 5

-% Daily Value*

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

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

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

USDA Foods

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

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.

Recipe adapted from Commodity Supplemental Food Program Cookbook, <http://www.ncsfpa.org/nutrition/>

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 have it)

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.

Recipe adapted from Commodity Supplemental Food Program Cookbook, <http://www.ncsfpa.org/nutrition/>