

## Rotini, Whole-Grain

MyPlate Food Group: **Grain**



### Product Description

- Whole-grain rotini is made from U.S. No.1 whole durum wheat.

### Storage

- Store unopened packages of rotini in a cool, clean, dry place.

### Uses and Tips

- Whole-grain rotini may be topped with a tomato or meat sauce.
- Use cooked rotini in soups, casseroles, or salads.
- Combine with eggs, fish, poultry, vegetables, meat, or cheese.

### Nutrition Information

- ½ cup cooked whole-grain rotini counts as 1 ounce in the MyPlate.gov Grain Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.

### Resources

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.foodsafety.gov](http://www.foodsafety.gov)

## Nutrition Facts

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

### Amount Per Serving

**Calories** 90      **Calories from Fat** 0

### -% Daily Value\*

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

\*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

## Pasta Salad

**Makes about 6 servings**

### Ingredients

- 2 cups whole-grain 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.

*Recipe adapted from SNAP-ED Connection Recipe Finder*

## Mom's Mac and Cheese

**Makes about 8 servings**

### Ingredients

- 1 package (about 1 pound) whole-grain rotini, uncooked
- 1 ½ cups cheddar cheese, shredded
- 4 eggs
- 3 cups low-fat milk
- ½ teaspoon paprika
- 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 a 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.

*Recipe adapted from Food.com*