



Pasta, Macaroni, Enriched

MyPlate Food Group: **Grains**

USDA
Foods

Nutrition Information

- $\frac{1}{2}$ cup cooked enriched macaroni pasta counts as 1 ounce of grain in the ChooseMyPlate.gov Grains group. Enriched macaroni pasta is a refined grain.
- Grains are divided into 2 subgroups: Whole Grains and Refined Grains.
- Refined grains have been milled, a process that removes the bran and germ. This process also removes dietary fiber, iron, and many B vitamins.
- Most refined grains are enriched. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains.
- Whole grains contain the entire grain kernel — the bran, germ, and endosperm. Examples of whole grains include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice.
- For specific information about enriched macaroni pasta, please refer to the product's Nutrition Facts Panel or ingredient list.

Uses and Tips

- Enjoy enriched macaroni pasta in a variety of meals like pasta dishes, casseroles, soups, and salads.
- When cooking pasta, use 2 quarts of water for every $\frac{1}{2}$ pound of pasta.

Storing Foods at Home

- Store unopened packages of pasta in a cool, clean, dry place.
- After opening pasta, keep package tightly closed.
- Once prepared, store any leftover pasta in the refrigerator in a sealed container not made from metal.

MyPlate Facts

- Try to make at least $\frac{1}{2}$ of the grains you eat each day whole grains.
- Grains are important sources of many nutrients, including dietary fiber, B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).
- Dietary fiber from whole grains or other foods, may help reduce blood cholesterol levels and may lower risk of heart disease, obesity, and type 2 diabetes.
- Fiber is important for proper bowel function. It helps reduce constipation and promotes regularity. Fiber-containing foods such as whole grains help provide a feeling of fullness with fewer calories.

USDA Foods

Chili Mac

Makes 6 servings

Ingredients:

½ pound ground beef
 1 small onion, chopped
 ½ medium green bell pepper, chopped
 6 ounces elbow macaroni, cooked
 1 (8 ounce) can tomato sauce
 2 cups water
 1 teaspoon chili powder
 ½ teaspoon salt
 1 (15 ounce) can pinto beans
 ½ cup cheddar cheese

Directions: Wash hands with soap and water.

1. In large skillet, brown the meat.
2. Drain off any remaining fat.
3. Add the onions and green peppers to the meat.
4. Cook for 5 minutes on medium to low heat.
5. Add remaining ingredients, except cheese.
6. Cover and cook on low heat for 15 minutes, stirring occasionally.
7. Add cheese and heat until melted.

Recipe adapted from Texas A&M Extension

Quick Minestrone Soup

Makes 4 servings

Ingredients:

1 package (16 ounces) frozen mixed vegetables
 2 (14 ½ ounce) cans stewed tomatoes
 2 (14 ½ ounce) cans beef, chicken, or vegetable broth, reduced sodium
 1 (15 ½ ounce) can great northern beans , drained and rinsed*
 2 ounces macaroni pasta, uncooked
 1 teaspoon dry Italian seasoning
 Parmesan cheese (optional)

Directions: Wash hands with soap and water.

1. In a large saucepan, combine all ingredients and bring to a boil.
2. Reduce heat, cover, and allow to simmer for 6-8 minutes until pasta is thoroughly cooked and vegetables are tender.
3. Sprinkle with Parmesan cheese, if desired.

**Note: Dry beans may be used in place of canned beans. Beans should be cooked before adding them to the soup.*

Recipe adapted from K-State Research and Extension