



ITALIAN FLAG MAFALDINE

Tomato, Plain & Garlic Parsley Flavored Mafaldine

COLD SALAD WITH CUCUMBERS & FETA

Ingredients:

- 1 lb. Italian Flag Mafaldine cooked al dente (about 8 minutes)
- 1cup salad dressing (Greek, Italian or Balsamic)
- 1 cucumber sliced and quartered
- 12 oz crumbly feta

Directions:

- Cook pasta al dente and cool with cold water rinse.
- Add cucumbers and salad dressing
- Serve with feta cheese sprinkled on top

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Serv. Size 1/4 lbs (113g)	Total Fat 3g	4%	Total Carb. 80g
Serv. Per Cont. 3	Sat. Fat 0.5g	3%	Fiber 5g	20%
Calories 380	<i>Trans</i> Fat 0g		Sugars 1g	
Fat Cal. 25	Cholest. 0mg	0%	Protein 16g	
	Sodium 10mg	0%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 10%	• Vitamin C 6%	• Calcium 4%	• Iron 25%

INGREDIENTS: Organic Wheat, Durum, Organic Tomato Powder, Organic Garlic Powder, Organic Parsley Leaf, Organic Paprika Powder, Natural Wheat Protein

CONTAINS: Wheat

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