



FLOUR CITY PASTA

MARKET BLEND

Basil Rigatoni, Garlic Parsley Fusilli, Tomato Shells & Traditional Rigatoni

Market Blend Salad

Ingredients:

- 1lb. market blend pasta, cooked al dente (about 8 minutes), drain and rinse with cold water
- 1 lb. mesclun or any other spring greens
- 2 cups grape tomatoes, halved
- 1 cup gorgonzola , blue or feta cheese
- 5 Tbs. olive oil
- 5 Tbs. white wine or balsamic vinegar
- Salt and pepper to taste
- ½ cup pine nuts, toasted

Directions:

1. Break spring greens into irregular pieces.
2. In large salad bowl combine cooked pasta, spring greens, tomatoes and cheese.
3. Drizzle with oil and vinegar. Toss to coat. Season to taste.
4. Divide to 8 serving plates and sprinkle with pine nuts.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Total Fat 3g 4% Total Carb. 79g 26%			
Sat. Fat 0.5g 3% Fiber 5g 19%				
<i>Trans</i> Fat 0g Sugars 0g				
Cholest. 0mg 0% Protein 17g				
Sodium 0mg 0%				
Vitamin A 2% • Vitamin C 2% • Calcium 4% • Iron 20%				

Serv. Size 1/4 lbs (113g)
 Serv. Per Cont. 3
Calories 380
 Fat Cal. 25

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

INGREDIENTS: Organic Wheat, Durum, Natural Wheat Protein, Organic Tomato Powder, Organic Garlic Powder, Organic Parsley Leaf, Organic Black Pepper, Organic Basil Leaf, Organic Paprika Powder, Organic Spinach Powder

CONTAINS: Wheat

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