



FLOUR CITY PASTA

WHOLE WHEAT MAFALDINE

Serving Suggestion: with Fresh Tomatoes

Ingredients:

- 1lb mafaldine cooked el dente (about 8 minutes)
- 1/3 cup lime juice
- 4 Tbs. olive oil
- 1 tbs. grated lime zest
- 1 tsp. ground cumin
- 2 Lbs. Fresh tomatoes cut nto bite sized pieces1-
- 15 ounce can chickpeas, rinsed & drained
- ½ cup basil leaves, torn
- 1-1/2 cups fresh corn

Directions:

Combine lime juice, oil, lime zest & cumin in large bowl. Add tomatoes, chickpeas & basil. Toss to coat. Boil corn for 2 minutes, drain & toss with all the other ingredients. Serve warm.

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 1/4 lbs (113g)		Total Fat 2.5g	4%	Total Carb. 78g	26%
Serv. Per Cont. 3		Sat. Fat 0g	0%	Fiber 12g	48%
Calories 380		<i>Trans Fat</i> 0g		Sugars 0g	
Fat Cal. 20		Cholest. 0mg	0%	Protein 17g	
		Sodium 0mg	0%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 0%	• Vitamin C 0%	• Calcium 4%	• Iron 25%

INGREDIENTS: Organic Whole Wheat Flour, Organic Wheat, Durum, Natural Wheat Protein
CONTAINS: Wheat

Flourcitypasta.com
134 Turk Hill Park, Fairport, NY 14450