



**WIC...**

**Healthy Habits,  
Healthy Families**

## **Whole Wheat Pasta**

**Whole wheat pasta is a good source of fiber, B vitamins and a variety of minerals. Enjoy whole wheat pasta mixed with your favorite sauce or as a part of a pasta salad.**

### **Buying whole wheat pasta...**

- Select whole wheat pasta products that list “whole wheat flour” or “whole durum wheat flour” as the first ingredient.
- Choose from a variety of shapes and sizes.
- Check to see that it is within the “use-by” date.

### **Storing whole wheat pasta...**

- Store whole wheat pasta in an air tight container after opening.
- Keep uncooked pasta in the pantry for up to 6 months.
- Store cooked pasta for 3-5 days in the refrigerator.

### **Enjoying whole wheat pasta...**

- Fill a pot with 1 quart of water for every 1 cup of dried pasta and bring to boil.
- Add pasta to boiling water and cook for about 6 minutes or until pasta is tender but firm.
- Drain and rinse pasta with cold water.
- One cup of dried pasta makes 2 cups of cooked pasta.

**Eat more whole grains.  
Increase fiber.**



# Mac and Cheese

<http://www.cdph.ca.gov>

Makes  
**8**  
servings

This recipe uses four WIC foods: cauliflower, whole wheat pasta, milk and cheese.

## Ingredients...

- 1 head of cauliflower, cut into florets
- 1 pound of dry whole wheat macaroni pasta
- 2 tablespoons of butter or margarine
- ¼ cup flour
- 2½ cups low fat or skim milk
- 1 tablespoon Dijon mustard
- 2 cups sharp cheddar cheese, shredded
- Salt and pepper to taste

## Directions...

1. Bring a large pot of water to a boil. Add cauliflower and cook for about 3 minutes or until crisp and tender. Using a slotted spoon, transfer cauliflower to a large bowl.
2. In the same pot of boiling water, cook pasta according to package directions. Drain and add pasta to bowl with cauliflower.
3. In another large saucepan, melt butter or margarine over medium heat.
4. Whisk in flour and cook for 1 minute. Whisk in milk and cook until thickened, about 5 minutes. Whisk in mustard. Remove from heat.
5. Stir in cheese and season with salt and pepper.
6. Mix cheese sauce with cauliflower and pasta.

## Nutrition information...

Calories 413, Fat 14g, Carbohydrate 54g, Protein 18g, Fiber 7g

## Family Goals

- My family and I will try whole wheat penne in a pasta salad.
- My family and I will try whole wheat rotini in a soup.
- Other \_\_\_\_\_



North Carolina Department of Health and Human Services  
Division of Public Health • Nutrition Services Branch  
[www.ncdhhs.gov](http://www.ncdhhs.gov) • [www.nutritionnc.com](http://www.nutritionnc.com)

This institution is an equal opportunity provider.