

OQ74 ORGANIC ADZUKI BEAN SPAGHETTI



Nutrition Facts

Serving Size about 1/3 cup (55g)

Amount Per Serving

Calories 200 **Cals. From Fat** 25

% Daily Value**

Total Fat	3 g	4%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	23 g	8%
Dietary Fiber	12 g	43%
Sugars	7 g	
Protein	18 g	

Vitamin A 0% Vitamin C 15%

Calcium 8% Iron 35%

**Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	CALORIES	2000	2500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories Per Gram:

Fat 9 * Carbohydrate 4 * Protein 4

Points Of Interest

With its mild flavor and light, al dente texture, our Organic Adzuki Bean Spaghetti is a unique alternative to traditional wheat-based pasta. These legume-based noodles capture the power of plant protein using just two ingredients—organic adzuki beans and organic soybeans.

- 18g of protein per serving
- Light, mild flavor
- Cooks to a pleasant al dente texture
- Naturally gluten free

Suggested Uses

- Use in place of traditional wheat-based spaghetti noodles
- Serve with tomato sauce and meatballs for a classic main dish
- Toss with light, simple sauces and dressings

Basic Preparation

Add pasta to a large pot of boiling water with a pinch of salt and a splash of neutral cooking oil. Boil for 4-6 minutes and strain pasta from water. Use immediately or run cold water over noodles to prevent overcooking.

Recipe

Adzuki Bean Spaghetti with Tomato Concassé

- 1 package Organic Adzuki Bean Spaghetti
- 4 medium tomatoes, cores removed
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 1 sprig fresh oregano, leaves removed and chopped
- 1/2 teaspoon chile flakes
- 1 cup chicken or vegetable broth
- 1 tablespoon butter
- 1 teaspoon sea salt
- 1/2 teaspoon fresh ground black pepper
- Parmesan cheese
- Fresh basil

Bring 2 quarts of water to a boil with and add whole tomatoes. Remove after 1 to 2 minutes, when skins begin to slide off. Reserve water. Transfer tomatoes to a bowl of ice water. When cool, peel skins off tomatoes and cut in half. Discard seeds and chop tomatoes into small dice.

Place a medium skillet over low heat and add oil. Add garlic, herbs, and chile flakes, and cook for 3 to 4 minutes until garlic is translucent. Add chopped tomatoes to pan and turn heat up to medium-high. Cook until most liquid has cooked out. Add broth and cook until sauce is thickened, then stir in butter. Use pot of water, boiling, to cook spaghetti. Gently stir to separate noodles. Cook on high boil for 5 minutes, then transfer pasta to pan of tomato sauce. Stir and/or toss to coat and serve. Garnish with parmesan cheese and fresh basil.

Serves 2

This unique gluten-free spaghetti pairs perfectly with a fresh tomato sauce from the classic French technique of skinning, seeding, and dicing tomatoes. Keeping the sauce light and the ingredients minimal is the best way to showcase this light, tasty noodle.

Source of Nutritional Information

Ingredients

Organic soybean, Organic adzuki beans.
Contains Soy.

Handling And Storage

Store in a dry, cool place.