

## OQ78 ORGANIC PURPLE YAM PENNE



## Nutrition Facts

Serving Size about 1/3 cup (55g)

Amount Per Serving			
Calories	190	Cals. From Fat 10	
% Daily Value**			
Total Fat	1 g	1%	
Saturated Fat	0 g	0%	
Trans Fat	0 g		
Cholesterol	0 mg	0%	
Sodium	40 mg	2%	
Total Carbohydrate	40 g	15%	
Dietary Fiber	1 g	4%	
Sugars	0 g		
Protein	4 g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	10%

\*\*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

## Source of Nutritional Information

## Ingredients

Organic rice, Organic purple yam powder, Organic tapioca powder.

## Handling And Storage

Store in a dry, cool place.

## Points Of Interest

Made with a unique blend of purple yams, black rice, and brown rice, our Organic Purple Yam Penne is a colorful, naturally gluten-free alternative to traditional wheat-based pasta.

- Mild, versatile flavor
- Tender cooked texture
- Naturally gluten free

## Suggested Uses

- Use in place of traditional wheat-based penne pasta
- Toss with a hearty, meaty ragout

## 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 6 to 8 minutes and strain pasta from water. Use immediately or run cold water over pasta to prevent overcooking.

## Recipe

Purple Yam Penne with Blue Cheese &amp; Roasted Carrots

- 1 large carrot, peeled and cut into 1" X 1/2" sticks (2 cups)
- 1 package Organic Purple Yam Penne
- 1/4 cup chicken or vegetable broth
- 1/4 cup heavy whipping cream
- 1/4 cup crumbled blue cheese
- 1/2 teaspoon chile flakes
- Salt and freshly ground black pepper
- Chopped fresh parsley

Toss carrots in a little oil and roast in a 400°F oven until golden brown and tender. Set aside. Add penne to a large pot of boiling water with a pinch of salt and cook for on full boil for 6 minutes. Strain pasta and run cold water over for 30 seconds, then set aside to drain.

Place a large skillet over medium heat and add broth and cream. Cook for about 3 minutes then add pasta, carrots, and chile flakes. Continue to cook sauce to a thickened consistency; about 2 minutes, then adjust seasoning with salt and black pepper. Add cheese, toss, and serve. Garnish with chopped fresh parsley.

Serves 4

Purple yam penne is an interesting visual component in recipes, and is especially delicious when cooked with sweet roasted carrots and creamy blue cheese sauce. This unique pasta cooks up quickly and keeps a chewy texture.