

## 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\*\*

|                           |       |     |
|---------------------------|-------|-----|
| <b>Total Fat</b>          | 1 g   | 1%  |
| Saturated Fat             | 0 g   | 0%  |
| Trans Fat                 | 0 g   |     |
| <b>Cholesterol</b>        | 0 mg  | 0%  |
| <b>Sodium</b>             | 40 mg | 2%  |
| <b>Total Carbohydrate</b> | 40 g  | 15% |
| Dietary Fiber             | 1 g   | 4%  |
| Sugars                    | 0 g   |     |
| <b>Protein</b>            | 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 & 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.