



**OQ75 ORGANIC CHICKPEA FUSILLI**

**Nutrition Facts**

Serving Size about 1/3 cup (55g)

**Amount Per Serving**

**Calories** 200 **Cals. From Fat** 30

**% Daily Value\*\***

<b>Total Fat</b>	3.5 g	4%
Saturated Fat	0 g	0%
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0%
<b>Sodium</b>	25 mg	1%
<b>Total Carbohydrate</b>	27 g	10%
Dietary Fiber	6 g	21%
Sugars	1 g	
<b>Protein</b>	12 g	

Vitamin A 0% Vitamin C 0%

Calcium 4% Iron 15%

\*\*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 chickpea flour.

**Handling And Storage**

Store in a dry, cool place.

**Points Of Interest**

Our Organic Chickpea Fusilli is a versatile, naturally gluten free alternative to traditional wheat-based pasta, with a subtly nutty flavor and tender texture. These legume-based noodles capture the power of plant protein using just one ingredient—organic chickpeas.

- 12g of protein per serving
- Mild, subtly nutty chickpea flavor
- Tender cooked texture
- Naturally gluten free

**Suggested Uses**

- Use in place of traditional wheat-based fusilli pasta
- Makes an excellent base for cold pasta salads
- Toss with cheese sauce for a protein-packed spin on mac and cheese

**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 pasta to prevent overcooking.

**Recipe**

Mediterranean Pasta Salad

- 1 package Organic Chickpea Fusilli
- 1 large tomato, seeded and chopped
- 1 small cucumber, seeded and chopped
- 1/2 (12-ounce) can artichoke hearts, quartered
- 1/4 cup Kalamata olives, halved
- 1 large lemon, zest and juice
- 2 tablespoons mayonnaise
- 1 tablespoon extra virgin olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon kosher salt
- 1 teaspoon fresh ground black pepper
- 1/2 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/2 teaspoon hot smoked paprika
- Fresh basil
- Crumbled feta cheese

Add pasta to a large pot of boiling water with a pinch of salt. Boil for 5 to 6 minutes for a chew that is supple enough for cold salad. Strain pasta and run under cold water to stop cooking. Set aside to drain in strainer. Use a large bowl to whisk together lemon zest, lemon juice, mayonnaise, oil, vinegar, and spices. Add pasta and vegetables and toss to combine thoroughly. Cover and leave in refrigerator overnight, then serve with fresh basil and crumbled feta cheese.

Serves 4

Our Organic Chickpea Fusilli has a pleasant chewy texture that pairs wonderfully with fresh vegetables and a light dressing. Be sure not to remove the pasta until it is completely done.