



OQ77 ORGANIC RED LENTIL STROZZAPRETI

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 | 0 mg | 0% |
| Total Carbohydrate | 29 g | 11% |
| Dietary Fiber | 4 g | 14% |
| Sugars | 1 g | |
| Protein | 15 g | |

Vitamin A 0% Vitamin C 0%

Calcium 10% Iron 25%

**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 red lentil flour.

Handling And Storage

Store in a dry, cool place.

Points Of Interest

With its mild, subtle flavor and tender texture, our Organic Red Lentil Strozzapreti is a unique, naturally gluten free alternative to traditional wheat-based pasta. These legume-based noodles capture the power of plant protein using just one ingredient—organic red lentils.

- 15g of protein per serving
- Subtle lentil flavor
- Tender cooked texture
- Naturally gluten free

Suggested Uses

- Use in place of traditional wheat-based pasta
- Makes an excellent base for cold pasta salads
- Toss with your favorite sauce and serve as a hearty main dish

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

Recipe

Red Lentil Strozzapreti with Pancetta, Broccoli Rabe, and Walnut Pesto

- 1 package Organic Red Lentil Strozzapreti
- 3 tablespoon olive oil, divided
- 1/4 cup diced pancetta
- 1/4 cup toasted walnuts
- 1/2 cup spinach leaves
- 1/4 cup fresh basil leaves
- 2 tablespoons grated parmesan
- 1 clove garlic, minced
- 8 ounces broccoli rabe, cleaned, rinsed, and chopped
- 1/4 cup wine
- 1/2 teaspoon chile flakes
- 1/2 teaspoon fresh marjoram leaves
- 1/2 teaspoon sea salt
- 1/4 teaspoon ground black pepper

Add package of strozzapreti to a large pot of boiling water with a pinch of salt. Cook on full boil for 5 minutes then strain pasta and run under cold water for 30 seconds. Toss with 1 tablespoon olive oil and set aside to drain.

Place a large skillet over low heat and add pancetta to cook slowly.

Place walnuts, spinach, basil, and garlic in a food processor. Blend to a paste, then drizzle in remaining olive oil. Pulse in cheese and set aside.

Turn up heat on pancetta to medium high and add broccoli rabe. Cook for 1 minute, tossing once or twice, then add wine, chile flakes, and marjoram. Reduce wine to half and add 2 tablespoons pesto, stirring quickly to make a sauce. Remove pan from heat and toss in pasta. Season with salt and pepper and serve.

Serves 4

Strozzapreti is a uniquely shaped hand-rolled pasta. Its cinch-free structure allows this lentil pasta to scoop up sauce easily, and its size pairs well with vegetables or strips of chicken or shrimp.