



Nutrition Facts

Serving Size about 1/3 cup (55g)

Amount Per Serving

Calories	190 <th>Cals. From Fat</th> <td>10<th>% Daily Value**</th><td></td></td>	Cals. From Fat	10 <th>% Daily Value**</th> <td></td>	% 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.