



Nutrition Facts

Serving Size about 1/3 cup (55g)

Amount Per Serving

Calories	190	Cals. From Fat	15
% Daily Value**			
Total Fat	1.5 g		2%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	0 mg		0%
Total Carbohydrate	31 g		11%
Dietary Fiber	4 g		14%
Sugars	2 g		
Protein	11 g		

Vitamin A 0% Vitamin C 0%

Calcium 2% 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 green pea flour.

Handling And Storage

Store in a dry, cool place.

Points Of Interest

With its mild flavor and tender cooked texture, our Organic Green Pea Penne 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 green peas.

- 11g of protein per serving
- Mild green pea 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 4-6 minutes and strain pasta from water. Use immediately or run cold water over pasta to prevent overcooking.

Recipe

Green Pea Penne with Sausage Ragout

- 1 package Organic Green Pea Penne
- 2 tablespoons olive oil, divided
- 1 pound Italian sausage links, skins removed
- 1 cup chopped white mushrooms
- 1/2 yellow onion, minced
- 4 cloves garlic, minced
- 1 fresh thyme sprig, leaves removed
- 2 tablespoons tomato paste
- 1 cup white wine
- 1 cup canned diced tomatoes
- 1 cup chicken or beef broth
- 2 cups tomato purée
- 2 teaspoons sea salt
- 1 teaspoon ground black pepper
- 1/2 teaspoon crushed red chile flakes
- Fresh chopped parsley
- Freshly grated parmesan cheese

Add pasta to a large pot of boiling water with a pinch of salt. Boil for 4 minutes then strain and run under cold water to stop the cooking. Toss with 1 tablespoon of oil and set aside to drain.

Place a Dutch oven or other heavy-bottomed pot over medium heat and add oil and sausage. Use a wooden spoon to crush and crumble sausage as it cooks. When sausage begins to brown, add mushrooms. Allow mushrooms to cook until water has evaporated and some browning occurs.

Add onions and cook until translucent. Add garlic and cook for 1 minute more, then add tomato paste. Cook for 2 minutes then add wine.

Reduce wine until almost gone, then add canned tomatoes, broth, tomato purée, salt, pepper and chile flakes. Allow to simmer, covered, for 45 to 60 minutes. Sauce should be quite thick. Adjust seasoning if needed, then add cooked pasta to pot. Simmer until penne is tender but still a little chewy. Serve with parsley and parmesan cheese.

Serves 4

Green pea penne has a delicate flavor and light green color, and its classic penne shape is a great pair for a rugged, meaty sausage ragout loaded with mushrooms and onion. The subtle flavor of the pea pasta is not lost in this rich sauce with a touch of spicy chile and sweet wine. Replace the meat with veggies for a vegetarian version.



OQ76 ORGANIC GREEN PEA PENNE



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* Nutritional Information May Vary Due To Growing Conditions, Seed Stock, And Frequency Of Nutritional Testing