

# Pasta

## Pasta Power

It's a known fact. Weight loss clients want pasta. And rather than putting the kibosh on this favorite food, did you know you can turn it into a teaching tool?

But first, let's review. The problem with pasta is twofold. 1. The average pasta is devoid of nutritional value. And 2. We tend to eat HUGE portions.

Enter Diet Right high protein pasta. Pre-portioned in convenient, boil-in-bags, it couldn't be easier. Just add one of our pasta sauces, Garlic & Herb, Tex Mex or Lemon & Herb. Our sauces are delicious and made with all natural ingredients. And because they are fortified, you know you are getting complete nutrition.

## Ingredients:

- Diet Right Protein Pasta
- 1 Pasta sauce packet
- 2 cups of any vegetables

## Directions:

1. Bring 4 cups of slightly salted water to a boil.
2. Drop pasta easy-cook pouch into water (leaving pasta in the pouch) and turn heat down to simmer.
3. Cook pasta for 9 minutes (for al dente) or up to 20 minutes (for soft texture).
4. While pasta is cooking, prepare 2 cups of your favorite veggies.
5. Remove pouch from water and let drain. Save 3 tablespoons of the boiling water to stir with the sauce packet.
6. Serve pasta topped with sauce and veggies

## Favorite Sauce & Vegetable Combos:

**Garlic & Herb:** Any wilted green like spinach or kale, chopped tomato, steamed broccoli, and chives.

**Tex Mex Sauce:** Chopped tomatoes and fresh cilantro.

**Lemon & Herb:** Steamed broccoli, low sodium chicken broth, asparagus, or green beans.

## Additional ways to use Sauces:

**Garlic & Herb:** Drizzle over eggplant disks.

**Tex Mex Sauce:** Drizzled over eggs or with your favorite fajita vegetables.

**Lemon & Herb:** Use as a dry rub on your chicken or any lean protein