



Product Description

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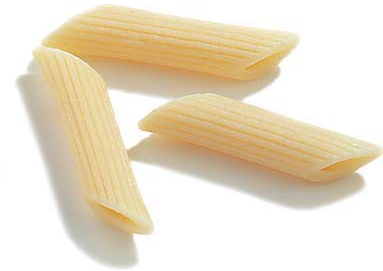
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Dreamfields Brand - Penne Rigati

Item # 41308 31010

Product Description:

Dreamfields Brand Penne Rigati is made with durum semolina flour and a unique blend of dietary fibers and proteins. It provides only 4 grams of digestible carbs per serving, 65% lower glycemic index and twice the fiber of regular pasta.



Case GTIN:	10041308310108
Pack:	4
Size:	3 lb
Shelf Life:	15 Months
Package Format:	Poly Bag
Servings Per Case:	About 38
Storage:	Keep Frozen
Product Preparation:	For best results, add frozen pasta to boiling water, stirring with fork to separate, for 10 to 30 seconds. Or run under hot tap water until thawed. Drain. If using in cold salad follow with cold water rinse. Or use frozen precooked pasta directly in a casserole recipe in place of other cooked pasta. Adjust bake time to allow for frozen pasta.

Operator Benefits:	Quick prep time (30-60 seconds) Quality with convenience - prep only what is needed and keep the rest frozen! Little or no wasted product Easy menu extensions Consistently al dente results every time Labor reduction - saves \$\$
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Date Last Refreshed: 08/11/11

The information shown here may vary from the information on product currently in distribution. Keep in mind that ingredients, formulas, and labeling regulations may change, so nutrition information may also change. For the most accurate information for a particular product, please refer to the nutrition and ingredient information on the product package.



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INGREDIENTS:

WATER, SEMOLINA WHEAT FLOUR (ENRICHED WITH IRON, NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID) FIBER BLEND (INULIN, GUAR GUM, XANTHAN GUM, CARRAGEENAN, PECTIN), SORBITOL, WHEAT GLUTEN, POTASSIUM CHLORIDE.
CONTAINS: WHEAT

Nutrition Facts

Serving Size 4.9 oz (140 g)
Servings Per Container about 38

Amount Per Serving		
Calories	150	Calories from Fat 0
% Daily Value*		
Total Fat	0 g	0 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	0 mg	0 %
Total Carb.	33 g	11 %
Dietary Fiber	3 g	13 %
Sugars	2 g	
Protein	5 g	

o Vitamin A 0 % o Vitamin C 0 % o Calcium 0 % o Iron 10 %

* 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	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrates 4 • Protein 4

Other Nutrition Information:
HEALTHY LOW CARB LIVING, 4 NET DIGESTIBLE CARBS PER SERVING
3.0 Bread/Grain Equivalents per Serving

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Dreamfields Brand - Penne Rigati

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Recipes

Italian Sausage and Pasta Stew

Recipe Category: Entrees

Yields: 8

- 1 lb. Marzetti Frozen Pasta™ Dreamfields Brand Penne Rigati
- 1 lb. bulk Italian sausage
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 1/2 cup chopped celery
- 2 cloves minced garlic
- 2 - 14.5 oz. cans Italian-style stewed tomatoes, undrained
- 2 - 14.5 oz. cans beef broth
- 1 cup sliced carrots
- 1/2 tsp. dried oregano
- 1 small zucchini, halved lengthwise and sliced
- shredded Parmesan cheese

Preparation: In a Dutch oven cook sausage, onion, green pepper, celery and garlic until meat is no longer pink and onions and green pepper are tender. Drain. Add tomatoes, beef broth, carrots, and oregano to sausage mixture. Bring to boiling; cook 20 minutes or until carrots are almost tender, stirring occasionally. Add zucchini and penne, cook 3 to 5 additional minutes or until zucchini is crisp tender and soup is heated through. Serve sprinkled with Parmesan cheese. Makes 8 servings.



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Dreamfields Brand - Penne Rigati

Item # 41308 31010

Recipes

Veggie Pasta Salad

Recipe Category: Salads

Yields: Makes 16-24 servings.

- 3 lb bag Marzetti Frozen Pasta™ Dreamfields Brand Penne Rigati
- 2 cups Marzetti® Olde Venice Italian Dressing
- 2 cups halved cherry tomatoes
- 1 medium yellow summer squash, quarter lengthwise, and then sliced
- 1 medium zucchini, quarter lengthwise, and then slice
- 1 cup broccoli florets
- 1 cup ½-inch cubes cheddar cheese
- 1 cup chopped green sweet pepper
- 1 cup sliced pitted ripe black olives
- 1/3 cup thinly sliced green onion
- 5 oz. pepperoni and/or salami (sliced into thin strips)

Preparation: In an extra large bowl, combine thawed Dreamfields pasta, vegetables, cheese, olives, and meat. Drizzle Marzetti Olde Venice Italian Dressing over top and gently toss to coat.



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Dreamfields Brand - Penne Rigati

Item # 41308 31010

Recipes

Blackened Salmon With Asiago Penne

Recipe Category: Entrees

- 3 lb bag Marzetti Frozen Pasta™ Dreamfields Brand Penne Rigati
- 1/4 cup butter
- 1 cup chopped onions
- 1 tablespoon minced garlic
- 1/4 cup flour
- 1/2 teaspoon black pepper
- 3 cups half-n-half, light cream or milk
- 3 cups chicken broth
- 2 cups shredded Asiago cheese (8 ounces)
- 2 lbs cooked, blackened salmon fillets
- 1 lb fresh asparagus cut into 1-inch pieces and steamed 2 minutes*

Preparation: In a Dutch oven, melt butter over medium heat. Add the onion and garlic. Cook 3 minutes or until onions are tender, stirring occasionally. Stir in flour and black pepper. Add half-n-half, light cream or milk and chicken broth all at once. Cook and stir several minutes, until thickened and bubbly. Cook and stir for 1 minute more; reduce heat. Stir in Asiago cheese until smooth. Gently break up cooked blackened salmon fillets into 2 inch pieces. Add salmon pieces, thawed Marzetti Frozen Precooked Penne, and the steamed asparagus pieces. Stir gently to combine. Heat through. Serve immediately or transfer to steam table pan and keep warm on steam table. *Place asparagus pieces and a small amount of water in saucepan or steamer. Bring to boiling. Cover; cook 2 minutes; drain.



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Recipes

Penne with Fresh Mozzarella, Basil, and Tomato

Recipe Category: Salads

- 1 bag (3 lbs.) Marzetti Frozen Pasta™ Dreamfields Brand Penne Rigati
- 1-1/2 cups Marzetti® Balsamic & Basil Vinaigrette Dressing
- 4 Roma tomatoes, coarsely chopped
- 1/4 cup Chopped fresh basil
- 1 lb. (16 oz.) Fresh mozzarella, chopped
- 1/2 tsp. Kosher salt

Preparation: Combine all ingredients in a large bowl; Stir well. Refrigerate until serving. Makes 16 cups.



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Dreamfields Brand - Penne Rigati

Item # 41308 31010

Recipes

Beer & Bratwurst Pasta

Recipe Category: Entrees

- 1-1/2 lbs. Marzetti Frozen Pasta™ Dreamfields Brand Penne Rigati
- 20 oz. Bratwurst patties
- 1 Medium onion, coarsely chopped
- 2 Garlic cloves, minced
- 1/2 cup Roasted red peppers, chopped
- 1 tsp. Salt
- 1 cup Beer
- 1-1/2 cups Shredded cheddar cheese, divided
- 1 Tbsp. Finely chopped fresh basil

Preparation: In a large skillet coated with nonstick spray, brown and crumble bratwurst over medium-high heat; drain. Return to pan. Add onion, garlic, peppers, salt and beer. Simmer 5 to 7 minutes or until onion is tender, stirring frequently. Stir in Marzetti™ Frozen Pasta Penne and cheese; simmer over medium-low heat 3 to 5 minutes or until heated through. Sprinkle with basil. Serve immediately.