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## Whole Wheat/Whole Grain Penne Rigati

Item # 41308 31060



### Product Description:

Our Whole Wheat/Whole Grain Penne Rigati is made with 100% whole wheat durum flour that contains fiber, nutrients and whole grains for a healthy lifestyle.

**Case GTIN:** 10041308310603

**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 hot tap water over frozen pasta until thawed; drain. If using pasta in a 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 \$\$

**Date Last Refreshed:** 01/12/12

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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# Whole Wheat/Whole Grain Penne Rigati

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## INGREDIENTS:

WATER, WHOLE WHEAT DURUM FLOUR. CONTAINS: WHEAT

## Nutrition Facts

Serving Size 5 oz (140 g)  
Servings Per Container about 38

Amount Per Serving		
<b>Calories</b>	<b>220</b>	<b>Calories from Fat 15</b>
		<b>% Daily Value*</b>
<b>Total Fat</b>	1.5 g	<b>2 %</b>
Saturated Fat	0 g	<b>0 %</b>
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	<b>0 %</b>
<b>Sodium</b>	5 mg	<b>0 %</b>
<b>Total Carb.</b>	49 g	<b>16 %</b>
Dietary Fiber	7 g	<b>29 %</b>
Sugars	2 g	
<b>Protein</b>	8 g	

o Vitamin A 0 % o Vitamin C 0 % o Calcium 0 % o Iron 8 %

\* 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:

4.25 Bread/Grain Equivalents per Serving

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## Whole Wheat/Whole Grain Penne Rigati

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### Recipes

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Italian Sausage and Pasta Stew

Recipe Category: Entrees

Yields: 8

- 1 lb. Marzetti Frozen Pasta™ Whole Wheat/Whole Grain 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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## Whole Wheat/Whole Grain Penne Rigati

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### Recipes

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#### Veggie Pasta Salad

Recipe Category: Salads

Yields: 16-24 servings.

- 3 lb bag Marzetti Frozen Pasta™ Whole Wheat/Whole Grain 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
- ½ cup chopped green sweet pepper
- ½ 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 pasta, vegetables, cheese, olives, and meat. Drizzle Marzetti's Old Venice Italian Dressing over top and gently toss to coat.



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## **Whole Wheat/Whole Grain Penne Rigati**

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### **Recipes**

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Blackened Salmon With Asiago Penne

Recipe Category: Entrees

- 3 lb bag Marzetti Frozen Pasta™ Whole Wheat/Whole Grain Penne Rigati
- 1/4 cup butter
- 1 cup chopped onions
- 1 tablespoon minced garlic
- 1/4 cup flour
- • 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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## Whole Wheat/Whole Grain Penne Rigati

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### Recipes

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Penne with Fresh Mozzarella, Basil, and Tomato

Recipe Category: Salads

- 1 bag (3 lbs.) Marzetti Frozen Pasta™ Whole Wheat/Whole Grain 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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## **Whole Wheat/Whole Grain Penne Rigati**

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### **Recipes**

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Beer & Bratwurst Pasta

Recipe Category: Entrees

- 1-1/2 lbs. Marzetti Frozen Pasta™ Whole Wheat/Whole Grain 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.