

# Whole Grain Rotini



Food and Nutrition Service  
U.S. DEPARTMENT OF AGRICULTURE

Whole grain rotini is a spiral-shaped pasta that can be used in many ways.

## How To Use It

Boil whole grain rotini and use in hearty, flavorful pasta dishes, soups, casseroles, and salads.

## How To Store It

Store dry pasta in a cool, clean, dry place. Store cooked pasta in the refrigerator.

## Why Eat It?

Whole grains are an important source of fiber and when consumed as part of a healthy diet, may help reduce cholesterol levels and may lower your risk of chronic diseases.

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# Zesty Pasta Primavera Salad

Makes 10 servings



## Ingredients

- 2 cups whole grain rotini pasta, uncooked<sup>1</sup>
- 3 tablespoons vegetable oil
- 3 tablespoons lemon juice
- 2 ½ teaspoons Italian seasoning
- ⅛ teaspoon red pepper flakes
- 1 ½ cup cucumber, chopped
- ½ cup cherry tomatoes, halved
- ½ cup carrots, sliced
- ¼ cup red onion, minced
- 3 tablespoons parmesan cheese

<sup>1</sup>Other types of whole grain pasta may be used in place of the whole grain rotini.

Recipe adapted from  
Chickasaw Nation Nutrition Services, Get Fresh initiative.

## Directions

Wash hands with soap and water.

1. Cook pasta according to the package directions.
2. Drain and set aside.
3. In a large bowl, whisk oil, lemon juice, Italian seasoning, and red pepper flakes.
4. Add cooked pasta, cucumber, tomato, carrots, red onion, and parmesan cheese to the dressing.
5. Mix well and chill for 2 hours before serving.

