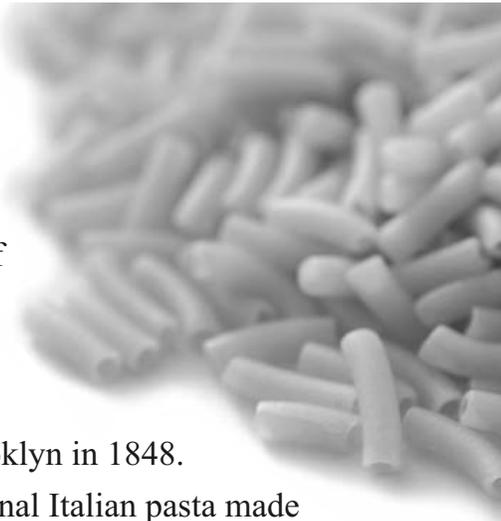


Explore Endless Pasta-bilities!

Pasta has been enjoyed by people for thousands of years. The Chinese were making a noodle-like food as early as 3000 B.C. Legend has it that Marco Polo introduced pasta to Italy following his exploration of the Far East in the 13th Century. English tourists brought pasta back from Italy and the colonists then brought pasta to America. The first industrial pasta factory was in Brooklyn in 1848.



When you think of pasta, traditional Italian pasta made from wheat is what usually comes to mind. These pastas often contain semolina, farina, durum flour or eggs. However, pastas can be made from a variety of flours made from non-wheat grains, roots, legumes, tubers, and even seaweed. Non-wheat pastas are an excellent alternative for people who cannot consume gluten. However, not all non-wheat pastas are entirely wheat free, so make sure to read the label.

Asian pastas may be made from mung bean flour or rice. These pastas are usually translucent in flat sheets or thin noodles to be used as wrappers for fillings or in stir fries.

Pastas may also be made from tubers such as cassava, white potatoes, or yams. Other non-wheat pastas may be made from red lentils, chickpeas, black beans, quinoa, or corn.

Pastas are low in sodium, low fat, and have a low glycemic index. Traditional pastas are enriched with B-vitamins and folic acid. Pastas made from beans will be higher in protein and fiber than traditional pastas. Dry pastas have a shelf life of many months, are inexpensive and easy to prepare. Pastas come in many shapes to which you can add a variety of fruits, vegetables, meats and sauces. Pastas can add interest to any meal because you can serve them as an appetizer, side dish, main meal, salad, or dessert.

Adapted from <http://www.berkeleywellness.com>; <https://pastafits.org>; and Consumers Reports magazine, May 2017.

Dining Centers & Days of Service Call for Lunch Reservations

LINN COUNTY

Albany Senior Center

Monday - Friday (541) 967-7647

Brownsville Christian Church

Tues. & Thurs. (541) 466-5015

Lebanon Senior Center

Monday - Friday (541) 451-1139

Mill City, First Presbyterian

Tues. & Thurs. (503) 897-2204

Sweet Home Community Center

Mon., Tues., Fri (541) 367-8843

BENTON COUNTY

Corvallis Senior Center

Monday - Friday (541) 753-1022

LINCOLN COUNTY

Lincoln City Community Center

Mon., Wed., Fri. (541) 994-7731

Newport Senior Center

Mon., Wed., Fri. (541) 574-0669

Siletz, Tribal Community Center

Mon. & Wed. (541) 270-7416

Toledo, Trinity United Methodist

Friday (541) 270-7416

Waldport, South County Sr. Center

Mon., Wed., Fri (541) 563-8796