Ideal Protein Rotini Pasta Cooking Instructions & Recipe Suggestions

These Ideal Protein products are NON-restricted even though they are “pasta”.

**Cooking Instructions:**

In a small pot bring 2-3 cups water to a boil. Drop in rotini and stir occasionally. **Cooking times vary by flavor.**
- Regular Rotini - cook 8-10 minutes
- Tomato Basil Rotini - cook 4-6 minutes

They don’t have a lot of flavor (ok very little flavor) just cooked by themselves so below are some cooking instructions as well as some suggested serving ideas.

**Basic Pasta Salad:** - You can use either type of pasta, cooked and drained.

**Chopped raw veggies of choice** - use any combination from “select veggie list” - asparagus, broccolini, zucchini, red onion, green onion, jicama, bell peppers, chopped spinach, arugula, celery, cucumber, cabbage, cauliflower, mushrooms, radish, basil, etc.

2 tsp Olive Oil or Grape Seed Oil
dash Garlic Powder to taste
dash Onion Powder to taste
Sea Salt & Pepper to taste

There are a couple different tastes and seasonings depending on what you like using Walden Farms Salad Dressings.

**Option 1 for Southwest Style add to above recipe:**
- 2 TBSP WF Chipotle Ranch Dressing
- Paprika
- Cilantro
- Crushed Red Pepper (spicy)
- Southwest seasoning (recipe below)

**Option 2 for Italian Style add to above recipe:**
- 2 TBSP Walden Farms Italian or Ranch/Bacon Ranch Salad Dressing
- Italian Seasoning
- Chopped Basil

**Hot Pasta Options:**

For a hot pasta you can sauté any of the above veggies and add the seasonings dressing at the end and then toss in the pasta. Be creative you can use just about anything and season to taste.

You can also use the WF marinara, alfredo or garlic herb sauces. The alfredo sauce is a bit sweet but the salt should cut the sweetness or try a bit of fresh squeezed lemon.

Simple hot pasta - Cook and drain pasta, return to pot. Toss with 2 tsp Olive oil, 1/4c chopped fresh basil, cherry tomatoes (caution this is occasional veggie), crushed fresh garlic, Italian herbs, salt and pepper to taste. Heat on medium for a couple minutes.

**Southwest option:**

Cook and drain pasta and return to pot and toss with 2 tsp grape seed or olive oil, garlic powder, onion powder, dash or two of southwest seasonings. (see recipe below.)

**Southwest Seasoning Mix:** - Make a batch and store in a ziplock or spice shaker. This makes a bunch.

2 T chili powder, 2 T paprika, 1 T ground coriander, 1 T garlic powder, 1 tsp sea salt, 2 tsp ground cumin, 1 tsp cayenne pepper, 1 tsp crushed red pepper, 1 tsp black pepper, 1 tsp dried oregano.

**Italian Seasoning Mix:**

1 T dried basil, 1 T dried marjoram, 1 T dried oregano, 1 T dried rosemary, 1 T dried sage, 1 T dried thyme, 1 T dried dried flatleaf Italian parsley