



Whole Wheat Pasta and Spaghetti Sauce



Spaghetti Sauce Salsa



Whole Wheat Rotini Salad



Whole Wheat Minestrone Soup



Cheeseburger Rotini



Spaghetti Sauce Buffalo Wings



Italian Sloppy Joes

Additional Menu Makers recipes can be found in the blog section at neighborsmn.org.



Whole Wheat Pasta and Spaghetti Sauce

Five Reasons You Should Eat Whole Wheat Products

- 1. Lasting Energy** - Whole wheat products contain **complex** carbohydrates and are absorbed at a slower pace than the **simple** carbohydrates of regular wheat products. Whole wheat products take longer to digest, give you lasting energy, and help with weight control.
- 2. Improved Digestive Health** - Whole wheat products contain **insoluble** fiber and help prevent constipation and other digestive problems such as diverticulitis. Regular wheat products contain **soluble** fiber and have as much as 60% less fiber than whole wheat products.
- 3. Muscle Recovery and Tissue Repair** - Whole wheat products have a higher amount of protein than regular wheat products. Proteins in your diet help repair cells and tissue, rebuild muscles, and strengthen hair, nails, and skin.
- 4. Improved Functional Capacity** - Whole wheat products contain more iron than regular wheat products. Iron is important for oxygen transportation to muscles. Iron also helps with immune function and neurotransmitters in the brain.
- 5. Stronger Bones and Immunity** - Whole wheat products contain generous amounts of phosphorus, manganese, magnesium, and selenium.
 - Phosphorus helps with energy production and reduces muscle soreness.
 - Manganese helps with hormone production, blood clotting, and building strong tissue.
 - Magnesium is essential for heart rhythm, strong bones, and blood sugar regulation.
 - Selenium is an antioxidant that boosts immunity and promotes thyroid function.

Whole Wheat Rotini Pasta Salad

You will need:

1 package whole wheat rotini	2 bell peppers (any color), diced	2 cucumbers, sliced
1 head broccoli, chopped into small pieces	$\frac{1}{2}$ red onion, finely chopped	1 small can olives, diced
$\frac{1}{3}$ cup shredded Parmesan cheese	1 bottle Italian dressing (Ken's Lite Northern Italian)	

Instructions:

- Prepare the vegetables and mix them together with the Parmesan cheese.
- Cook the pasta until al dente according to package instructions.
- Drain pasta and let cool for 10 minutes. Add to the vegetable and cheese mixture.
- Add $\frac{3}{4}$ bottle of Italian dressing and mix well. Chill for at least 6 - 8 hours before serving.
- Before serving, add the remaining $\frac{1}{4}$ bottle of dressing and top with more Parmesan cheese.

Spaghetti Sauce Salsa

You will need:

1 cup spaghetti sauce 2 tbsp. fresh lime juice $\frac{1}{2}$ cup cooked or canned corn kernels
2 tsp. chopped cilantro $\frac{1}{2}$ cup diced red onion $\frac{1}{2}$ tsp. hot sauce or to taste
 $\frac{1}{2}$ cup canned black beans, rinsed and drained

Instructions:

- Mix all ingredients together and refrigerate for 1 hour before serving.
- Serve with whole wheat chips or pita chips.

Spicy Spaghetti Sauce Buffalo Wings

You will need:

1 (15 oz.) can spaghetti sauce 2 cups hot sauce 15 - 20 chicken wings salt and pepper to taste

Instructions:

- Preheat oven to 425 degrees F.
- Rinse chicken wings and pat dry. Mix spaghetti sauce and hot sauce together.
- Add salt, pepper, and other seasonings as desired.
- Marinate wings and sauce mixture together for 5 - 10 minutes.
- Roast at 425 degrees F for 40 - 45 minutes or until well browned.

Whole Wheat Rotini Minestrone Soup

You will need:

1 (15 oz.) can spaghetti sauce 2-1/2 cups water 1-1/2 cups cooked whole wheat rotini
1 (10 - 12 oz.) bag frozen mixed vegetables or chopped fresh vegetables of choice
1 (15 oz.) can Great Northern Beans, rinsed and drained $\frac{1}{2}$ cup grated Parmesan cheese

Instructions:

- Add spaghetti sauce and water to a large sauce pan. Bring to a boil.
- Stir in cooked whole wheat rotini, frozen vegetables, canned beans, and grated cheese.
- Cook until vegetables are tender. Top with grated cheese if desired.

Italian Sloppy Joes

You will need:

1 (15 oz.) can spaghetti sauce 1 lb. ground Italian sausage or ground beef
 $\frac{3}{4}$ cup chopped green bell pepper 1 medium onion, diced 6 whole wheat hamburger buns or rolls

Instructions:

- Sauté onion and green pepper in a medium size skillet. Set aside.
- Cook ground meat in skillet until browned and completely cooked. Drain fat from meat.
- Add all ingredients together in skillet and simmer for 10 minutes before serving.
- Serve with hamburger buns or rolls of choice.

Cheeseburger Whole Wheat Rotini

You will need:

1 (15 oz.) can spaghetti sauce 1 cup dry whole wheat rotini 1 lb. lean ground beef
1 cup chopped onion 1 cup shredded cheese green onions (optional)

Instructions:

- Brown meat and onion over medium-high heat in a skillet; drain. Season with salt and pepper if desired.
- Add spaghetti sauce and 1 cup of water. Bring to a boil.
- Stir in rotini. Cover and simmer 8 - 10 minutes or until pasta is tender.
- Stir in cheese. Garnish with green onions, if desired.