



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.
 - a. Phosphorus helps with energy production and reduces muscle soreness.
 - b. Manganese helps with hormone production, blood clotting, and building strong tissue.
 - c. Magnesium is essential for heart rhythm, strong bones, and blood sugar regulation.
 - d. 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.

