



The Be Fit Minute

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HOW TO BUILD A BETTER PASTA

<u>PASTA</u>	<u>PROTEIN</u>	<u>VEGETABLE</u>	<u>FLAVOR BOOST</u>		<u>SAUCE</u>
Whole wheat pasta	Chicken breast	Spinach	Fresh herbs	*Feta cheese*	Tomato sauce
Spaghetti or fettuccini	Chicken sausage	Arugula	Raisins	*Blue cheese*	Pesto
Lasagna noodles	Beans (e.g. black, white, kidney, chickpea)	Kale or swiss chard	Anchovies	*Parmesan*	Olive oil and lemon
Macaroni	Edamame	Beet greens	Artichokes	*Mozzarella*	Olive oil and garlic
Egg noodles	Egg (poached, fried, scrambled)	Brussels sprouts	Jalapeños	*Goat cheese*	Olive oil and balsamic
Couscous	Shrimp	Broccoli	Capers	*Ricotta*	Butter
Orzo	Fish	Cauliflower	Bread crumbs	*Nuts*	Butter and white wine
Vermicelli	Crab or crab stick (surimi)	Eggplant	Red pepper flakes	*Seeds*	Sesame oil and soy sauce plus garlic chili paste
Buckwheat soba noodle	Fresh or canned clams or mussels	Diced tomato	Lemon zest	Mushrooms	
Quinoa pasta	Lentils	Shredded cabbage	Sautéed onions	Roasted peppers	
Chickpea pasta	Sardines	Asparagus	Tomatoes	Green onions	
Brown rice pasta	Peas	Peppers	Sun-dried tomatoes		
		Squash			
		Carrots			
		Roasted vegetables			
Portion: ½ to 1 cup (tennis ball to fist)  	Portion: 3 to 4 ounces (tennis ball or cards)  	Portion: at least ½ to 1 cup (tennis ball to fist)  	Portion (*nuts, seeds, and cheese*): 1 to 2 tablespoons (poker chip to ping pong ball)  		Portion: 1 tablespoon oil or butter (poker chip) 

Balanced Pasta Examples

- ① Orecchiette + fried egg + peas + spinach + parmesan + butter
- ② Fettuccini + shrimp + roasted vegetables + fresh basil + red pepper flakes + tomato sauce
- ③ Whole wheat pasta + chickpeas + kale + Brussels sprouts + raisins + pine nuts + feta + olive oil + balsamic vinegar
- ④ Spaghetti + clams + arugula + parsley + lemon zest + red pepper flakes + butter + white wine
- ⑤ Soba noodles + edamame + broccoli + peppers + cashews + sesame oil + soy sauce + garlic chili paste