

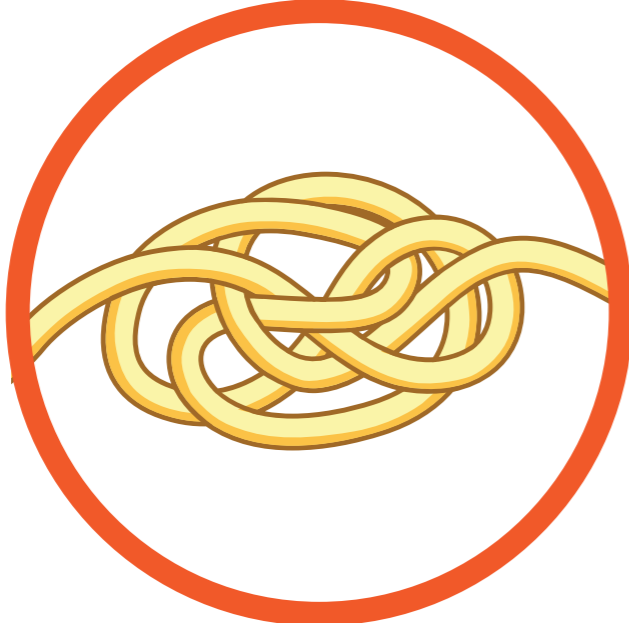


KNOW YOUR FOOD

Your guide to pasta shapes.

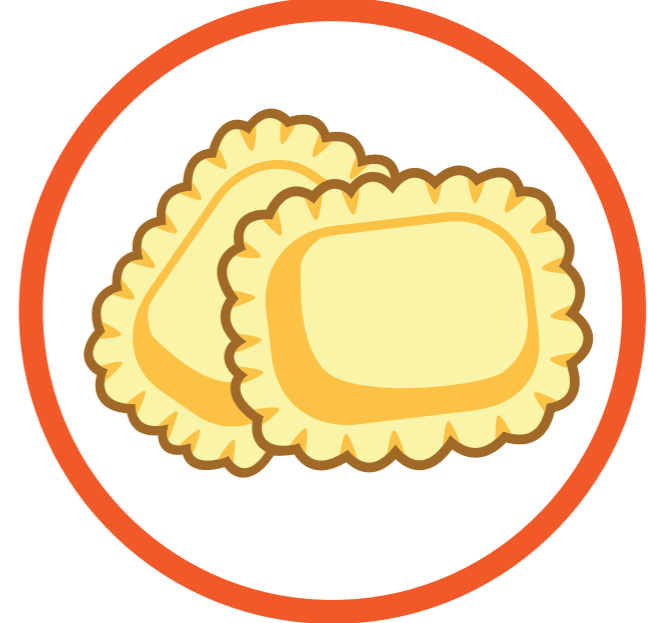
Pasta comes in all shapes and sizes. Here's a chart to help you know which shapes go best with which sauces.

"Spaghetti"



("A length of cord") America's favorite shape, Spaghetti is the perfect choice for nearly any sauce, or it can be used to make casseroles or stir-fry dishes. Go beyond tomato sauce and see what your favorite becomes.

"Ravioli"



Ravioli are square round pillows of pasta that have a filling consisting of ingredients such as cheese, meats, vegetables and seasonings. Ravioli can be served with a red sauce or it can be served with butter, oil, cream, seafood or pesto sauces.

"Fettucini"



This thick ribbon-like pasta is often paired with thick meat-based sauces or seafood sauces. One of the more popular pasta recipes is the rich fettuccine alfredo sauce.

"Penne"



("Quills" or "Feathers") Penne complement virtually every sauce, including seafood and pesto, and are exceptional when paired with a chunky sauce. Penne pair nicely with chunky meat, chunky vegetable, cream, or oil based sauces. Also, these shapes are great for baking dishes.

"Farfalle"



("Butterflies") Bow Ties brighten any meal with their interesting shape. Thick enough for a variety of sauces, including seafood or pesto, or a perfect addition to a number of salad or soup recipes.

"Rigatoni"



("Large Grooved") Rigatoni's ridges and holes are perfect with any sauce, from cream or cheese to the chunkiest meat sauces.

"Conchiglie"



Shells make a great addition to soups or as the base of a wonderful salad. For a fun twist on a time-honored tradition, try remaking your favorite Macaroni and Cheese using Shells. Large Shells are best when stuffed with your favorite mixtures of cheese, meat and vegetables.

"Elbow Macaroni"



A highly versatile shape that can be topped with any sauce, baked, or put in soups, salads and stir-fry dishes. Elbow Macaroni is traditionally used to make Macaroni and Cheese, but why not change it up and add in some seasonings, proteins, or veggies for a delightful dish.

"Rotini"



("Spirals" or "Twists") Rotini's twisted shape holds bits of meat, vegetables, cheese or seafood, so it works well with any sauce, including pesto, or you can use it to create fun salads, baked casseroles, or stir-fry meals.

"Ziti"



("Bridegrooms") A medium-sized, tubular pasta shape, Ziti is perfect for chunky sauces and meat dishes. It also makes wonderful salads, baked dishes and stir-fry meals.

Find more resources at the Wheat Foods Council Website, www.wheatfoods.org.

Source: National Pasta Association, Pastafits.org/pasta-dictionary. You can find more shapes and definitions at the Pasta Fits website.