

Simple Corn Parmesan Pasta Gluten-Free

Prep Time: 5 minutes

Cook Time: 7 minutes

PANS/EQUIPMENT: 1 saucepan,

Number of Servings: 6-8, depending on ages

PREHEAT: burner for boiling water

6 oz. (half 12 oz. bag) organic corn pasta, Mrs. Leeper's **KKA***

3 quarts water

Bring water to boil in saucepan. Add dried pasta, bring to boil and cook for about 7 minutes. Drain water. Return to pan.

2 Tbsp. olive oil

2 Tbsp. Parmesan cheese, grated

1 tsp. parsley flakes

1/2 tsp. sea salt

Mix well into cooked pasta. Adjust flavoring to taste.

Dash paprika.

Sprinkle on top. Serve.

OPTIONS: Use in a casserole with meats and vegetables.

4+ God-made Food Colors: yellow, golden, green, red + option colors when making a casserole

4+ Food Groups: vegetables, EFAs, dairy, herbs + option groups when making a casserole

PERFORMANCE RATING: 4+/4+

Simple delicious alternative to wheat or rice based pasta. This product is a good choice for your family as the corn source is organic, thereby avoiding unhealthy artificial additives and genetically modified organism versions. It is especially nice for those who must eat Gluten-Free. The Kid Critics loved it. This shows that simple can be better. Using this in your favorite casserole is another application adding variety to your menus.

For a side dish, a 4/4 Performance Rating is strong. Of course, you can thank the added touch of parsley flakes and paprika. As we often remind you, a little goes a long way! Mix up your pasta selection with corn, whether you must eat gluten-free or not. Too much gluten from whole wheat is not good for anyone. Your kids will beg for more when you serve this one!

***KKA** means awarded the Kid Critics Approved Seal