

## Simple Spelt Pasta

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**PREP TIME:** about 5 minutes

**COOK TIME:** about 7 minutes

**PAN:**Pot

**8 oz. spelt spaghetti**, Vita Spelt

Bring water to boil in pot. Reduced heat and gently cook until desired texture. Drain water out of pan.

**1/3 grated cheese of choice** (we used Parmesan)

**1 cup milk, 2% – or rice milk, plain**

**2 Tablespoons “butter” spread**, Earth Balance only

**1/2 teaspoon sea salt**

Gently stir into pasta.

**Parsley or oregano flakes, non-irradiated**

Sprinkly desired amount on top. Serve with fish or meat and a salad.

**OPTIONS:** Add chunks of meat of choice. Add peas. If you choose another cheese, make sure it is organic to avoid hormones and antibiotics. Spelt pasta comes in all shapes and there is also a whole grain which is darker. Do not be afraid to try this. We have – delicious!

**3 God-made Colors:** white, yellow, green

**4 Food Groups:** grains, dairy, EFAs (essential fatty acids), herbs

This pasta dish was a bit hit with the Kid Critics. Loved the mild nutty flavor not found in regular pasta.

They were especially interested to learn about the protein value of spelt. A little will keep tummies feeling full for awhile and it won't make you feel tired. Your family will love spelt pasta!