

# Tips To Making A Healthier Pasta Dish

Most kids love noodles. They come in lots of shapes and sizes! Pasta can also be a great way to add more fiber and vegetables to your family's meal.

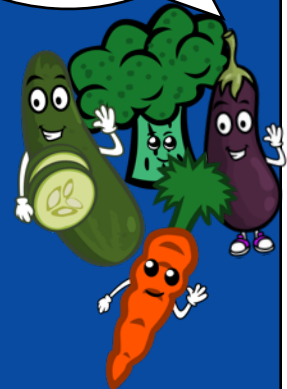
Here are some of Chef Solus favorite pasta tips:



The first step to a healthy pasta dish is to buy healthy pasta. Look for pasta that is made with natural ingredients and is high in fiber, 5 grams of fiber per serving.

We make pasta healthier and tasty!

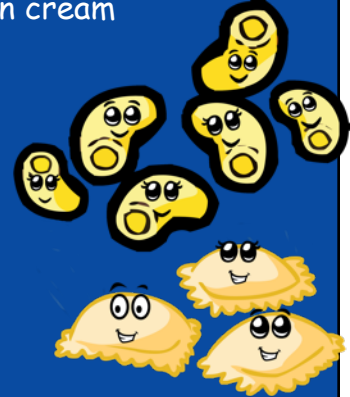
When making Bolognese or meat sauce, choose lean meats. Look for 93% fat free lean hamburger meat or consider trying lean ground turkey.



Add finely chopped carrots to marinara sauce. It adds more flavor and helps neutralize some of the acid from canned or jarred marinara sauce.

Steer clear of white pasta sauce as these sauces are heavy in cream and butter.

Pasta is great in salad. Mix some vegetables and small amount of olive oil and seasoning together with high fiber pasta for a refreshing pasta salad.



Lightly saute a mix of vegetables like zucchini, carrots, bell pepper and onions in a small amount of hot oil. You can mix this with any type of high fiber pasta and some shredded Parmesan cheese for a quick and healthy meal.

Making lasagna, choose low fat cheese and add finely chopped vegetables to your sauce.

