

■ ■ in good taste

Healthy Pasta Options: How Do You MagNoodle?

By Aileen Magnotto

MagNoodles was created as a healthier pasta that not only tasted good, but appealed to my entire family. I began blending whole grains with semolina until I discovered a winning combination with a high nutritional content without compromising taste or texture. My husband and I, as store owners, knew that this product filled a niche because my kids did not enjoy any of the whole grain pastas on the market. MagNoodles are made from vegetables and organic grains harvested in the United States. Organic is important to me. I value clean foods, especially since my diagnosis of breast cancer in 2005. I love meeting people as I demo MagNoodles and have adopted their response after they taste MagNoodles, "Does not taste like cardboard," as my marketing phrase. With 35 grams of whole grains per serving, MagNoodles offers more than 2/3rds of your daily requirements for whole grains in a single 2 ounce serving, naturally. ▼

Info: www.magnoodles.com

Aileen Magnotto lives and works out of her home office in Hermitage with her husband Michael, and son Mike, who is graduating this spring from Hickory High School. Her oldest daughter, Elysse, lives in Boston, and her daughter Alexa is a senior musical theater student at Elon University.



MagNoodles with Greens and Shrimp

7 ounces of MagNoodles (½ box)
3 tablespoons of olive oil
3 cloves of garlic
16 ounces of baby spinach
2 cups of white wine
5-7 pieces of cooked shrimp

Sauté in 3 tablespoons of olive oil, the 3 cloves of fresh garlic, until soft. Add to the garlic, the fresh baby spinach (may substitute kale, cooking time will increase). Cook and stir until spinach is wilted – about 3 minutes. Add 2 cups of white wine, and simmer for about 3 minutes. Add 7 ounces of MagNoodles, cooked as directed and drained. Add 5 to 7 pieces of cooked shrimp - serve immediately. This recipe is versatile - you can cook raw shrimp with the garlic - or simply serve the MagNoodles without the shrimp simply with the greens and garlic!

FEBRUARY 2012