

Saffron Ribbons w/ Creamy Sauce

Serves 4 | Prep 10 minutes | Cooks in 15 minutes

- 1 8oz. package EDEN Saffron Ribbons
- 2 Tablespoons EDEN Extra Virgin Olive Oil
- 3 cloves garlic, pressed
- 1 medium red bell pepper, diced
- 1 cup vegetable broth
- 1/4 cup unbleached white flour
- 2 cups Unsweetened EDENSOY®
- 2 Tablespoons EDEN Mirin
- 1 teaspoon EDEN Sea Salt
- 1/8 teaspoon freshly ground black pepper
- 1 avocado, peeled, pitted and sliced into thin half-slices
- 2 Tablespoons fresh parsley, minced

Cook pasta as package directs.

Drain and set aside. To make the sauce, heat the oil in a medium skillet and sauté the garlic and peppers for 1 minute. Combine flour, vegetable broth and EDENSOY. Mix to dissolve the flour. Slowly add the EDENSOY mixture to the skillet, whisking constantly until the sauce thickens, about 5 to 7 minutes. Add the mirin, salt and pepper. Simmer 1 minute. Turn off heat, add avocado and gently toss in the pasta. Garnish with parsley and serve.

Per Serving 457 Calories, 19g Fat (37% calories from fat), 17g Protein, 58g Carbohydrate, 8g Fiber, 0mg Cholesterol, 542mg Sodium



Sweet & Sour Veggie Pasta Salad

Serves 8 | Prep 10 minutes | Cooks in 10 minutes

- 1 12oz. package EDEN Vegetable Spirals
- 1 15oz. can EDEN Kidney Beans, drained
- 1 15oz. can EDEN Garbanzo Beans, drained
- 1 15oz. can EDEN Black Beans, drained
- 1/2 cup green onion, finely chopped
- 1/4 cup red onion, finely minced
- 1 medium cucumber, chopped
- 1 medium red bell pepper, chopped
- Dressing**
- 1/3 cup EDEN Brown Rice Vinegar
- 1/4 cup EDEN Extra Virgin Olive Oil
- 2 Tablespoons EDEN Barley Malt Syrup or organic maple syrup
- 2 Tablespoons EDEN Shoyu Soy Sauce, or to taste
- 1 1/2 Tablespoons dried basil

Cook pasta as package directs, rinse, drain and combine with all salad vegetables. Mix dressing ingredients, pour over salad, toss and serve.

Per Serving 353 Calories, 8g Fat (21% calories from fat), 14g Protein, 57g Carbohydrate, 10g Fiber, 0mg Cholesterol, 372mg Sodium

Kamut Spirals w/ Miso Pesto

Serves 6 | Prep 10 minutes | Cooks in 10 minutes

- 1 8oz. package EDEN Kamut Spirals
- 1/2 cup pine nuts
- 2 Tablespoons EDEN Extra Virgin Olive Oil
- 4 cloves garlic, pressed
- 1/2 cup water
- 1 1/2 Tablespoons EDEN Shiro Miso
- 1/2 cup water
- 4 cups fresh basil, loosely packed, or half basil, half parsley

Cook pasta as package directs and drain. Toast nuts in a dry skillet until golden brown, being careful not to burn them. Grind nuts in a blender. Add olive oil, garlic, miso, water and blend until smooth. Chop basil fine, add to the blender and process. Pour pesto over hot pasta, mix and serve.

Per serving 338 Calories, 12g Fat (29% calories from fat), 16g Protein, 50g Carbohydrate, 8g Fiber, 0mg Cholesterol, 104mg Sodium



Spelt & Buckwheat Gemelli Salad

Serves 6 | Prep 10 minutes | Cooks in 10 minutes

- 1 12oz. package EDEN Spelt & Buckwheat Gemelli
- 1 cup black pitted olives, drained
- 1 14.5oz. can EDEN Diced Tomatoes, drained
- 1/2 cup red onion, minced
- 1/4 cup fresh parsley, minced
- Dressing**
- 1/4 cup EDEN Extra Virgin Olive Oil
- 1/4 cup EDEN Red Wine Vinegar
- 2 cloves garlic, minced
- 1 1/2 teaspoons fresh or 1/2 teaspoon dried oregano
- 1 1/2 teaspoons fresh or 1/2 teaspoon dried basil
- 2 teaspoons EDEN Shoyu Soy Sauce

Cook pasta as package directs, drain and place in a mixing bowl. Add olives, tomatoes, onion and parsley. Prepare the dressing by mixing all ingredients. Pour dressing over the pasta ingredients and mix thoroughly. Serve room temperature or chilled.

Per Serving 352 Calories, 14g Fat (36% calories from fat), 8g Protein, 49g Carbohydrate, 6g Fiber, 0mg Cholesterol, 328mg Sodium



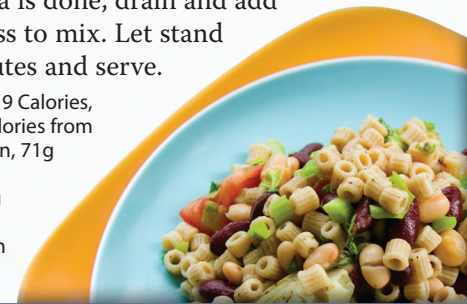
Kamut Ditalini & Bean Salad

Serves 6 | Prep 20 minutes | Cooks in 30 minutes

- 1 12oz. package EDEN Kamut Ditalini Pasta
- 1 15oz. can EDEN Great Northern Beans, drained
- 1 15oz. can EDEN Garbanzo Beans, drained
- 1 15oz. can EDEN Kidney Beans, drained
- 1 cup thinly sliced celery, with leaves
- 3 large plum tomatoes, chopped
- 1/2 cup chopped fresh basil or parsley
- 1 12oz. can artichoke hearts packed in water, drained and quartered
- 1 Tablespoon EDEN Brown Mustard
- 3/4 teaspoon EDEN Sea Salt
- 2 Tablespoons EDEN Extra Virgin Olive Oil
- 2 Tablespoons freshly squeezed lemon juice
- 1/4 teaspoon freshly ground black pepper

Cook pasta according to package directions. Combine remaining ingredients in a mixing bowl. When pasta is done, drain and add to bowl, toss to mix. Let stand 3 to 5 minutes and serve.

Per Serving 419 Calories, 7g Fat (14% calories from fat), 21g Protein, 71g Carbohydrate, 20g Fiber, 0mg Cholesterol, 335mg Sodium



Whole Grain Spaghetti w/ Mushroom Marinara

Serves 7 | Prep 15 minutes | Cooks in 45 minutes

- 2 Tablespoons EDEN Extra Virgin Olive Oil
- 1 medium onion, diced
- 1 .88oz package EDEN Maitake Mushrooms, soaked in warm water to cover for 10 minutes
- 1 medium red bell pepper, seeded and diced
- 1 medium carrot, diced
- 1 25oz. jar EDEN Spaghetti Sauce
- 1 14.5oz. can EDEN Diced Tomatoes, do not drain
- 1/2 teaspoon dried basil
- 2 teaspoons EDEN Shoyu Soy Sauce
- 1 14oz. package EDEN 100% Whole Grain Spaghetti

Heat the olive oil in a medium saucepan and sauté the onions for 1 to 2 minutes. Drain and coarsely chop the maitake. Add the maitake, red pepper and carrots and sauté for 5 minutes more. Add the spaghetti sauce, diced tomatoes and basil.

Cover and bring to a boil. Reduce the flame, simmer for about 15 minutes. Add shoyu, simmer another 5 minutes. While the sauce is cooking, cook pasta as package directs. Drain and ladle sauce over pasta. Serve.

Per serving 362 Calories, 8g Fat (19% calories from fat), 15g Protein, 12g Fiber, 58g Carbohydrate, 0mg Cholesterol, 360mg Sodium



Box Color Tells the Percentage of Whole Grain

Won Over Testimonials

Many people have shared their thoughts with us about EDEN whole grain pasta. The most commonly heard is, "We loved it!" Happily, their children and spouses very much liked it. We've heard, "Never have I rated a product so high, but EDEN pastas are outstanding," and "May cost a little more, but I had no idea it was so superior in nutrition, taste, and texture." Others said, "By far these taste much better than any other whole grain pasta I ever tried," and "I will be buying EDEN!"

Slow Food® ready in minutes

Fortunately, many people have not forgotten how important nourishing home cooked meals are, but modern lives do limit them. Having EDEN pasta in the pantry makes it easy to prepare delicious, wholesome meals in very little time. Add vegetables, a can of EDEN beans, EDEN spaghetti sauce or pizza-pasta sauce, a drizzle of EDEN olive oil and you have a wonderful meal.

With twenty-five flavors and shapes – nineteen of them smooth delicious whole grain – tasty options are endless, ready in minutes, and certain to deeply satisfy.

Cooking EDEN Pasta

Start by boiling plenty of pure water ~2 to 3 quarts for every half pound of pasta. Add a touch of EDEN Sea Salt and/or Olive Oil to the cooking water if desired. Add the pasta with a stir, return water to a rolling boil, and stir occasionally during cooking.

The most common mistake in cooking pasta is over-cooking. So, near the end of cooking, it should be checked about every 30 seconds. It should be slightly firm, yet cooked through.

Pasta Daily Since 1923

The Eden Organic Pasta Company (EOPC) has produced pasta daily since 1923. In the mid '70s Eden looked for more ways to offer organic whole grain. The Schmidt Noodle Company in Detroit, Michigan was found and asked if they would make whole grain spaghetti for us. After considerable experimentation, including learning how to make suitable flour, a stupendous 100% whole grain spaghetti was made, remarkably smooth and delicious.

In 1982 Eden purchased this pasta factory, and in 1989 it became North America's first third-party certified organic food processing facility. Through the years EOPC has continued the Schmidt's tradition of small batch crafting using its original Italian equipment such as artisan brass macaroni dies, noodle rollers, macaroni dryers, know-how, and the finest organic, grown in the U.S.A. grain.

Making it work are people who care: Cathy S., Jim, Josh, Odess, Cathy B., Robert, Rosanne, Steve, Tasha, and Cody. Learn about them, the history of Schmidt Noodle Company and EOPC, and get great free recipes at edenpasta.com



Artisan Expertise

Each step in making EDEN pasta is designed to create the finest texture and flavor. We begin with exceptional organic grain from growers we know and trust. All whole grain flour is milled on Eden's Michigan mill, while semolina and patent durum flour are prepared at a certified organic mill in North Dakota.

At EOPC the flour is kneaded with purified water developing a dough. For ribbons it is rolled out and folded over itself eight times, a traditional method called sheeting. The sheets are trimmed with stainless steel blades for width, and then cut to length. For macaroni pastas like spirals and spaghetti, dough is extruded through vintage brass dies and cut to length. After this shaping it is steam dried to reduce moisture evenly from the inside-out. Both ribbons and macaroni are finish dried on screens, while long uncut spaghetti is hung on racks to dry, then cut to length. The pastas move to a final drying room for sixteen to forty-eight hours, and are boxed after confirmation of optimum finish.

Gold, Blue, and Green

EDEN Pasta boxes are color-coded to the percentage of 100% whole grain they contain. The most nutritious are 100% Whole Grain EDEN Pastas♥ in **GOLD**. 60% Whole Grain Pastas♥ are a blend of whole grain durum flour and patent durum flour or semolina and are in **BLUE**. The lightest, non-whole grain EDEN Pastas made from Eden organic Durum Flour or Semolina and are in **GREEN**.

♥ Heart Healthy Whole Grain

A diet rich in whole grain and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.



For a free sample of **EDEN Organic Pasta** call 888.424.EDEN or email info@edenfoods.com



Organic Grains & Flavors

Buckwheat ~ *Fagopyrum esculentum* A hardy wild grass and revered food seed. The best source of the important flavonoid rutin.

Kamut ~ *Triticum turanicum* Ancient wheat of plump, golden kernels. A better wheat. High plain Montana grown.

Golden Amber Durum Wheat ~ *Triticum aestivum* The hardest wheat and it grows only in a few areas on this planet. Eden's is from Montana and North Dakota.

Quinoa ~ *Chenopodium quinoa* Grown on family plots at over 12,000+ feet in the Andes. Best amino acid profile of all grain.

Rye ~ *Secale cereale* Rich, robust and deeply strengthening. From the high plains of North and South Dakota.

Short Grain Brown Rice ~ *Oryza sativa* from northern California. A most potent rice variety. One of the most perfect foods for humanity.

Spelt ~ *Triticum spelta* aka dinkle or faro. An ancient, distant cousin of modern wheat, from Michigan and New York family farms.

Organic Vegetables, Herbs, and Spices ~ Carrot, beet, spinach, flax, parsley, basil, garlic, paprika, clove, saffron, annatto seed, red bell pepper, black pepper. These add flavor, color, and valuable phytonutrients.

- Reclosable, recycled and recyclable boxes
- Certified organic, © kosher and pareve
- No Salt, Oil, Eggs, or Additives

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