

You Deserve The Best . . . Pasta!



Who doesn't love pasta? And with our range of picks—from gourmet to gluten-free—you'll be guaranteed a plate brimming with the texture and flavor that'll please your palate!



If you want . . .

WHOLE-WHEAT GOODNESS:

Barilla Whole Grain

Unlike other types of whole-wheat pasta, this brand provides the fiber boost without being gritty, says home economist Patti Londre (WorthTheWhisk.com). "Even with seven grams of fiber, it's buttery-smooth and cooks up firm yet tender. And while 100% whole-wheat pasta tends to get goopy as it boils, this pasta's blend of durum wheat flour and oat fiber guarantees that it never gets soggy; it's a quality product."

▶ \$1.25 in supermarkets

BOLD FLAVOR AND STANDUP TEXTURE:

Garofalo Signature Pasta

"We Italians are crazy for texture," says Chef Odette Fada of New York's SD26 restaurant. "And this pasta holds its texture better than others. You can see the quality just by looking at it—it's not shiny, which is good; shiny pasta isn't porous enough to absorb sauce. Truth is, this pasta is so delicious, you can eat it without any sauce at all!"



▶ \$4.99 at PastaCheese.com

A GOURMET SAUCE COMPLEMENT:

Latini Pasta—Red Box Collection

For Giuliano Hazan, author of *Thirty Minute Pasta*, the gold standard for spaghetti starts with bronze: "Bronze dyes give this pasta a rough coating, making even olive-oil-based sauces on it seem creamy. Latini also dries its pasta at lower temperatures, so it's more supple."

▶ \$8 at PastaCheese.com



A HEALTHY, DIET-FRIENDLY HELPING:

Barilla Plus

Dietitian Diane Hendricks, R.D. (DishWithDiane.com), says this pasta is so full of nutrients that "plus" hardly does it justice. "It's made with lentils, oats, flax and more—healthy grains and legumes that keep your blood-sugar levels steady to help control cravings." And that's not all: "It has 200 mg. (15% of your RDA!) of heart-healthy omega-3s."

▶ \$2.19 in supermarkets



GLUTEN-FREE CONSISTENCY:

Tinkyada Rice Pasta

"This is by far the most reliable gluten-free pasta out there," promises Katherine Revell of GFCFMommy.blogspot.com. "It retains its shape and won't fall apart into a mushy mess! Some gluten-free pastas just do not hold up in hot water, but Tinkyada's stays nicely al dente." And the flavor? "It tastes like wheat. I can't detect anything different about it; it's just good!"

▶ \$3.39-\$3.69 at Whole Foods

