



## Healthy Pasta Bar

A pasta bar is a simple way to feed a crowd! Use the ideas below to help you think outside the spaghetti box.

### 1. Pick a pasta...

*Any shape/form you like!*

- [Chickpea/Lentil](#)
- Gluten Free
- [Spaghetti Squash](#)
- Whole Wheat

### 2. Get saucy...

*Try making a homemade sauce.*

- [Healthy Alfredo](#)
- [Pesto](#)
- Marinara



### 3. Pump up the protein...

*Pre-cook your protein options.*

- Peeled shrimp
- Shredded rotisserie chicken
- Sliced Italian sausage
- [Turkey meatballs](#)
- [Vegetarian 'meat'balls](#)

### 4. Don't forget your veggies...

*Veggies can be raw or sautéed.*

- Artichoke hearts
- Arugula
- Broccoli
- Mushrooms
- Peppers
- Spinach
- Sun dried tomatoes
- Zucchini

### 5. Top it off...

*Add flavor and texture with toppings.*

- Fresh basil
- Grated parmesan
- Nutritional yeast
- Pine nuts
- Shredded mozzarella
- Sliced olives

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