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Tuesday

Reheat pork rolls and sauce.
Cook pasta.

Cost per Serving
\$4.38

Pork Rolls and Pasta

INGREDIENTS

1 pkg (500 g) Longo's Signature
Artisan Pasta

Chopped fresh parsley (optional)

Fresh grated Parmesan cheese (optional)

DIRECTIONS

BOIL pasta in large pot of boiling water and cook pasta for about 12 minutes or until al dente. Drain well and toss with pasta sauce and serve with pork rolls. Sprinkle with parsley and Parmesan if using.

PER SERVING (1/4 recipe): 720 calories;
48 g protein; 12 g fat; 106 g carbohydrate;
4 g fibre; 6 g sugars; 766 mg sodium.