

# CHANGE UP your

# PASTA

THERE'S NOTHING MORE COMFORTING THAN A BIG BOWL OF NOODLES, AND THE MANY VEGGIE- AND ALTERNATIVE GRAIN-BASED BRANDS THAT ARE POPPING UP OFFER A HOST OF NUTRITIONAL BENEFITS. THE *PREVENTION* TEST KITCHEN TRIED MORE THAN 15 BOXES AND BAGS TO FIND OUR FAVORITES, AND WITH THESE FIVE SAUCE RECIPES, YOU CAN THROW YOUR OWN MIX-AND-MATCH PASTA PARTY.

PHOTOGRAPHS BY  
ARMANDO RAFAEL  
RECIPES BY KRISTINA KUREK

SAUTÉED BUTTERNUT  
SQUASH, KALE,  
AND PUMPKIN SEEDS  
With Green Lentil Penne  
recipe, p. 82

## USE PLENTY OF WATER

Be sure to cook it in a large pot too. Gluten-free pastas expand, and with less water, noodles are more likely to stick together.

FOOD STYLING: REBECCA JURKEVICH; PROP STYLING: PAIGE HICKS.

**OUR FAVORITE ALTERNATIVE PASTAS**

An extensive taste test turned up these five standouts, perfect for any of the sauces on these pages.



**Cybele's Free to Eat Superfood Orange Rotini**

Developed to be free of the top eight allergens, these veggie-packed spirals cook up to a perfect al dente texture.  
\$5, [cybelesfreetoeat.com](http://cybelesfreetoeat.com)



**Banza Chickpea Rigatoni**

With 23 g of protein per serving, this garbanzo-based option boosts any pasta dinner.  
\$3.50, [eatbanza.com](http://eatbanza.com)



**Tolerant Organic Green Lentil Penne**

A serving of this gluten-free one-ingredient pasta offers 44% of your daily fiber.  
\$4.50, [tolerantfoods.com](http://tolerantfoods.com)



**Green Giant Cauliflower Gnocchi Original**

Tasters loved the tender texture and mild cauliflower flavor of these pillowy gnocchi.  
\$4, [greengiant.com](http://greengiant.com)



**Andean Dream Quinoa Spaghetti**

You'd never know these noodles were gluten free—they cook up and taste like the real deal.  
\$5, [andeandream.com](http://andeandream.com)



**HOMEMADE TURKEY SAUSAGE, FENNEL, AND ARUGULA**  
With Chickpea Rigatoni

recipe, p. 82

**STIR WELL**

To keep noodles from sticking together, stir periodically throughout cooking.

**TEST FOR SUCCESS**

Start testing your noodles for doneness at the lower end of the cooking time range. Alternative pastas tend to overcook quickly, but tasting early can help you avoid a mushy mess.

**ROASTED WILD MUSHROOM AND BACON**

With Superfood

Orange Rotini

recipe, p. 83



**BRUSSELS SPROUTS,  
LEEKs, AND TOASTED**

**HAZELNUTS**

With Cauliflower

**Gnocchi**

recipe, p. 83

**RINSE**

Unless the recipe specifies otherwise, make sure to rinse after draining; it keeps gluten-free pastas from becoming too gummy.



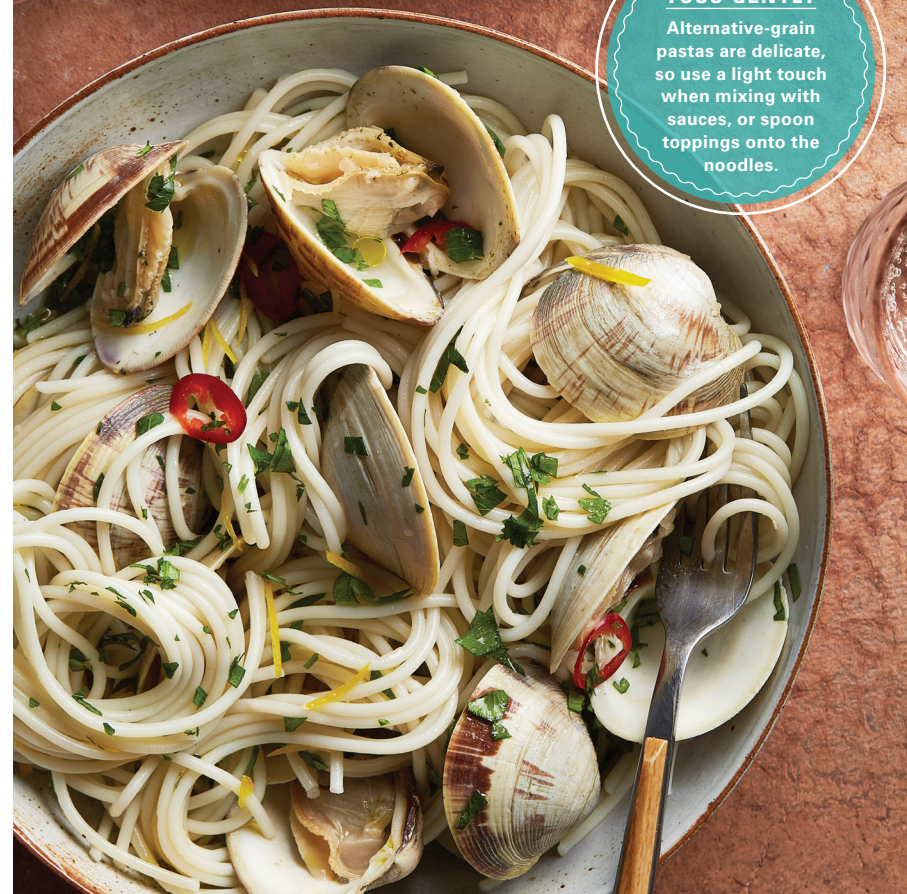
**CLAMS, CHILE,  
AND LEMON**

With Quinoa Spaghetti

recipe, p. 84

**TOSS GENTLY**

Alternative-grain pastas are delicate, so use a light touch when mixing with sauces, or spoon toppings onto the noodles.





### SAUTÉED BUTTERNUT SQUASH, KALE, AND PUMPKIN SEEDS

ACTIVE 40 MIN.  
TOTAL 40 MIN.  
SERVES 4

- 12 oz pasta (we used green lentil penne)
- 2 Tbsp olive oil, divided, plus more for serving
- 1½ lbs butternut squash, peeled and cut into ¾-in. pieces (4 cups)
- Kosher salt and pepper
- 2 cloves garlic, finely chopped
- 1 large bunch Tuscan kale, ribs removed and leaves cut into bite-size pieces
- ¾ tsp freshly grated nutmeg
- 3 Tbsp toasted pepitas
- ¼ cup grated Parmesan

1. Cook pasta per pkg. directions (reserve 1¼ cups cooking liquid before draining and rinsing).  
2. Meanwhile, heat 1 Tbsp oil in large skillet on medium-high. Add squash, season with ½ tsp salt, and cook, stirring often, until

golden brown and tender, adjusting heat if browning too quickly, 15 to 18 min. total. Transfer to plate.  
3. Reduce heat to medium; add remaining Tbsp oil, then garlic and kale, and season with ¼ tsp salt. Add ½ cup cooking liquid and cook, covered, 2 min. Uncover and cook, tossing, until just tender, 1 to 2 min. more.  
4. Toss with squash, nutmeg, and ½ tsp pepper, then toss with pasta, adding additional cooking liquid if pasta seems dry. Serve topped with pepitas, Parmesan, and drizzle of oil if desired.

**NUTRITION** (per serving):  
529 cal, 29 g pro, 83 g carb,  
17 g fiber, 4 g sugars  
(0 g added sugars), 12 g fat  
(2.5 g sat fat), 4 mg chol,  
521 mg sodium



### HOMEMADE TURKEY SAUSAGE, FENNEL, AND ARUGULA

ACTIVE 25 MIN.  
TOTAL 25 MIN.  
SERVES 4

- 1 lb lean ground turkey
- 2 tsp sweet paprika
- 4 cloves garlic, grated, divided
- 1 tsp red pepper flakes, divided
- Kosher salt and pepper
- 12 oz pasta (we used chickpea rigatoni)
- 3 Tbsp olive oil, divided
- 2 Tbsp fennel seeds, lightly crushed
- 1 large bulb fennel, cored and thinly sliced
- 2 tsp fresh lemon juice
- 4 cups loosely packed baby arugula
- ⅓ cup grated Pecorino Romano cheese

1. In bowl, combine turkey, paprika, half of garlic, ½ tsp red pepper, and ½ tsp salt until just fully mixed (can be made and refrigerated up to 1 day ahead).  
2. Cook pasta per pkg. directions, reserving 1 cup cooking liquid before draining and rinsing.  
3. Meanwhile, heat 2 Tbsp oil in large skillet on medium-high. Add fennel seeds to skillet and quickly add bite-size pieces of sausage mixture on top, gently pressing. Cook until golden brown, 5 to 6 min. Toss and cook just until cooked through, 1 to 2 min. more. Transfer to plate.  
4. Wipe out skillet and heat remaining Tbsp oil on medium. Add sliced fennel

and ¼ tsp salt and cook, stirring occasionally, until just tender, about 4 min. Stir in remaining garlic and cook 1 min. Stir in lemon juice, ½ cup reserved pasta cooking liquid, and remaining ½ tsp red pepper flakes.  
5. Gently fold pasta and arugula into fennel mixture, then half of sausage, adding more cooking liquid if pasta seems dry. Serve topped with remaining sausage and Pecorino Romano.

**NUTRITION** (per serving):  
644 cal, 47 g pro, 59 g carb,  
12 g fiber, 7 g sugars  
(0 g added sugars), 29 g fat  
(6 g sat fat), 97 mg chol,  
729 mg sodium



### ROASTED WILD MUSHROOM AND BACON

ACTIVE 30 MIN.  
TOTAL 40 MIN.  
SERVES 4

- 12 oz pasta (we used superfood orange rotini)
- 4 slices (4 oz) uncured bacon, cut in pieces
- 3 large shallots, thinly sliced (about 1 cup)

- 2 cloves garlic, grated
- 2 Tbsp fresh thyme leaves, chopped
- Kosher salt and pepper
- 2 lbs mixed mushrooms (such as shiitake, oyster, and hen-of-the-woods), trimmed and sliced
- 3 cups baby spinach
- ⅓ cup dry sherry
- ¾ cup flat-leaf parsley, roughly chopped

1. Heat oven to 425°F. Cook pasta per pkg. directions. Reserve ½ cup cooking liquid, then drain and rinse pasta; return to pot.  
2. Meanwhile, arrange bacon on large rimmed baking sheet and roast, stirring halfway through, until golden brown and crisp, 7 to 9 min.  
3. Sprinkle shallots, garlic, and thyme over bacon and toss to combine, then toss with 1½ tsp pepper. Add mushrooms to pan, season with ½ tsp salt, and stir until evenly mixed. Spread mixture in pan in even layer. Roast, stirring twice, until mushrooms are golden brown and tender, 20 to 25 min.  
4. Transfer mushroom mixture and spinach to pasta pot, then immediately add sherry to baking

sheet and scrape up any caramelized bits on pan. Add sherry (and bits) to pot and toss to combine, adding reserved cooking liquid if pasta seems dry, then toss with parsley.

**NUTRITION** (per serving):  
545 cal, 31 g pro, 80 g carb,  
12 g fiber, 9.5 g sugars  
(0.5 g added sugars), 13.5 g fat  
(4 g sat fat), 19 mg chol,  
546 mg sodium



### BRUSSELS SPROUTS, LEEKS, AND TOASTED HAZELNUTS

ACTIVE 35 MIN.  
TOTAL 35 MIN.  
SERVES 4

- 3 Tbsp olive oil, divided
- 1 large leek, white and light green part only, sliced into half-moons
- 1 clove garlic, finely chopped
- 1 lb Brussels sprouts, thinly sliced (use food processor if desired)
- Kosher salt and pepper
- 2 10-oz pkgs. gnocchi (we used frozen cauliflower gnocchi) or 12 oz favorite pasta
- ⅓ cup hazelnuts, toasted and chopped

### 1 **tsp grated lemon zest plus 1½ Tbsp juice**

1. Bring large pot of water to a boil.
2. Meanwhile, heat 1½ Tbsp oil in large nonstick skillet on medium-high. Add leek and cook, stirring often, until beginning to soften, 1 min.
3. Stir in garlic and Brussels sprouts, season with ½ tsp each salt and pepper, and cook, tossing, 1 min., then cook without stirring until beginning to brown, 1 to 2 min. more; transfer to plate (a bowl will make them steam and they could overcook).
4. Wipe out skillet. Carefully stir gnocchi into water and cook just until they float, about 2 min. Meanwhile, add remaining 1½ Tbsp oil to skillet and heat on medium-high. Drain gnocchi well, shaking off excess water, then add directly to hot pan and toss to coat with oil. Cook, gently separating gnocchi as necessary and flipping halfway through, until golden brown, 4 to 6 min.
5. Divide Brussels sprout mixture among plates and top with gnocchi. Sprinkle with hazelnuts,

lemon zest and juice, and additional black pepper if desired.

**NUTRITION** (per serving):  
463 cal, 14 g pro, 68 g carb,  
12 g fiber, 19 g sugars  
(0 g added sugars), 18 g fat  
(2 g sat fat), 0 mg chol,  
646 mg sodium



## **CLAMS, CHILE, AND LEMON**

ACTIVE 20 MIN.  
TOTAL 20 MIN.  
SERVES 4

- 4 Tbsp olive oil, divided
- 2 large shallots, finely chopped
- 4 large cloves garlic, finely chopped
- 1 8-oz bottle clam juice
- 3 wide strips lemon zest plus ½ cup lemon juice, divided
- 12 oz pasta (we used quinoa spaghetti)
- 3 dozen small littleneck clams, scrubbed
- 1 Fresno chile, seeded and sliced
- 1¼ cups flat-leaf parsley, chopped

1. Bring large pot of water to a boil.

2. Heat 2 Tbsp oil in Dutch oven on medium. Add shallots and garlic and cook, stirring, until fragrant but not browning, 1 to 2 min. Add clam juice and ¼ cup lemon juice and simmer until reduced by half, 3 to 4 min.
3. Meanwhile, cook pasta per pkg. directions, reserving 1 cup cooking liquid before draining (do not rinse).
4. When pasta is about halfway through cooking, add clams to reduced clam juice mixture and simmer, covered, shaking pan occasionally, until clams open, 3 to 4 min. Discard any clams that have not opened.
5. While clams are cooking, very thinly slice lemon zest strips.
6. Toss lemon zest with clams along with chile, remaining lemon juice, and half of parsley. Toss with pasta, adding some reserved pasta cooking liquid if pasta seems dry and seasoning with salt if desired. Serve drizzled with remaining 2 Tbsp oil and remaining parsley.

**NUTRITION** (per serving):  
602 cal, 31 g pro, 83 g carb,  
6 g fiber, 3 g sugars  
(0 g added sugars), 17 g fat  
(2 g sat fat), 59 mg chol,  
1,164 mg sodium