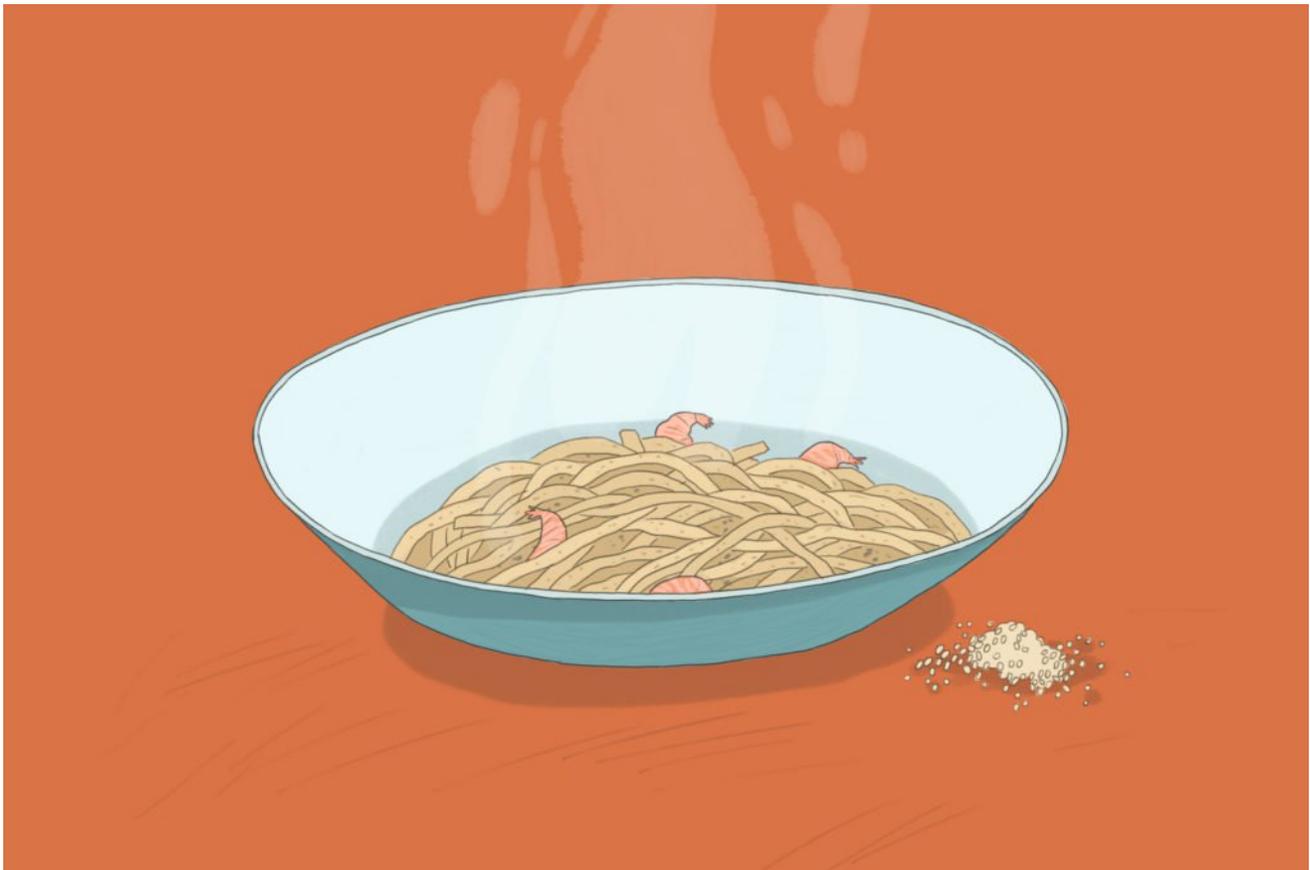


Cricket Pasta Has Arrived—and 11 Healthier Pastas to Try This Week

 rd.com/food/fun/healthiest-pasta/8

Lisa Marie Conklin

Quinoa



Yev Haidamaka / Rd.com

Like the chickpea, quinoa has proven to be a versatile ingredient in many foods—it's found in snack chips, baking mixes, bread, and even candy. "Although quinoa pasta is promoted as a higher protein option, it is actually not that dense a source of protein compared to many of the alternative options mentioned in this list," notes Landau. Quinoa pasta has a nutty flavor and is a good alternative to regular pasta—but Landau suggests watching the portion size. "Consume it as you would regular pasta, with a lean protein based sauce, and a side salad to boost up your total fiber intake and make a well-balanced meal." Try traditional Ancient Harvest quinoa or a red quinoa: Both varieties tastes the same but red quinoa seems to hold its shape better and makes a beautiful presentation.

Veggie



Yev Haidamaka / Rd.com

Food allergies can wreak havoc on your health, not to mention available food options. Inspired by her son's multiple food allergies, Cybele Pascal set out to make nutritious and yummy allergy-friendly food that her son could eat. [Cybele's Free to Eat Pasta](#) is made with veggies like kale, beets, pumpkin, spinach, broccoli, butternut squash, lentils, and tomatoes. Each veggie pasta variety boosts an abundance of nutrients as well as 23 to 25 grams of protein per serving. When looking for any veggie pasta, Landau recommends reading the label to see where the nutritional "boosts" are derived from. "Be mindful of the actual difference in nutritional value you obtain from pastas that are 'boosted' versus those that are made from the same base ingredients like legumes, for example. Often the amount of extra ingredients is quite low and doesn't reflect that dense a nutrient boost."

Konjac noodles



Yev Haidamaka / Rd.com

If you're watching your calories, you're going to want to stock your pantry with these varieties of Weight Watchers Skinny Pasta. "Made from the konjac root vegetable, they are predominantly water and prebiotic dietary fiber," says Landau. Including prebiotics in your diet is good for keeping stress in check and cultivating good gut health. "They offer little to no calories for a full portion, and can be used to boost satiety due to the high fiber content," says Landau. Weight Watchers Skinny Pasta includes varieties such as spaghetti, fettuccine, pasta rice, and even lasagna. Each serving is just ten calories and contains five grams of fiber.