



Delicious High Protein Pasta Recipes

Description

Need a quick dinner? Try high protein pasta recipes. Pasta is easy to make and you can add veggies and herbs to make it healthier. Some pasta dishes are low in protein, but you can boost it with cheese, lentils, or meat. Here are 9 high protein pasta recipes with at least 20 grams of protein each.

1. Baked Ziti Casserole: Made with lean ground turkey, spinach, and artichoke hearts.
2. Chicken And Broccoli Alfredo: Uses chicken breast and cashew-coconut milk Alfredo sauce.
3. Instant Pot Rotini With Chicken And Bell Peppers: Contains almost 50 grams of protein per serving.
4. Quicker Skillet Lasagna With Ground Turkey: Includes lean ground turkey, cottage cheese, and part-skim mozzarella.
5. Spaghetti With Roasted Tomatoes And Shrimp: Features large shrimp and roasted cherry tomatoes.

For more recipes and tips, check out the MyFitnessPal app. Enjoy healthy and protein-packed pasta dishes easily!

Vocabulary List:

1. **Casserole** /'kæs.ə.roʊl/ (noun): A type of dish that is baked in a deep dish.
2. **Alfredo** /æɪ'freɪ.doʊ/ (noun): A creamy pasta sauce typically made with butter cream and cheese.
3. **Protein** /'prəʊ.ti:n/ (noun): A macronutrient that is essential for building muscle and maintaining health.
4. **Spinach** /'spɪn.ɪtʃ/ (noun): A leafy green vegetable that is rich in iron and vitamins.
5. **Roasted** /'rəʊ.stɪd/ (adjective): Cooked using dry heat in an oven or over an open flame.
6. **Boost** /bu:st/ (verb): To increase or improve something.

Comprehension Questions

Multiple Choice

1. Which pasta dish is made with lean ground turkey, spinach, and artichoke hearts?

Option: Baked Ziti Casserole

Option: Chicken And Broccoli Alfredo

Option: Instant Pot Rotini With Chicken And Bell Peppers

Option: Spaghetti With Roasted Tomatoes And Shrimp



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2. What is included in the Quicker Skillet Lasagna With Ground Turkey to boost protein?
- Option: Lentils
 - Option: Cottage Cheese
 - Option: Cashew-Coconut Milk
 - Option: Roasted Tomatoes
3. Which pasta recipe contains large shrimp and roasted cherry tomatoes?
- Option: Baked Ziti Casserole
 - Option: Chicken And Broccoli Alfredo
 - Option: Instant Pot Rotini With Chicken And Bell Peppers
 - Option: Spaghetti With Roasted Tomatoes And Shrimp
4. Which ingredient is NOT mentioned to boost protein in pasta dishes?
- Option: Cheese
 - Option: Lentils
 - Option: Meat
 - Option: Broccoli
5. What kind of sauce is used in the Chicken And Broccoli Alfredo pasta dish?
- Option: Tomato Sauce
 - Option: Alfredo Sauce
 - Option: Pesto Sauce
 - Option: Marinara Sauce
6. Which pasta recipe provides almost 50 grams of protein per serving?
- Option: Baked Ziti Casserole
 - Option: Chicken And Broccoli Alfredo
 - Option: Instant Pot Rotini With Chicken And Bell Peppers
 - Option: Spaghetti With Roasted Tomatoes And Shrimp

True-False

7. Pasta is difficult to make.
8. All pasta dishes mentioned are high in protein.
9. Cheese can be added to pasta to boost protein content.



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10. The Baked Ziti Casserole includes artichoke hearts.
 11. Chicken And Broccoli Alfredo uses cashew-coconut milk Alfredo sauce.
 12. Instant Pot Rotini With Chicken And Bell Peppers provides a lower protein content compared to others.

Gap-Fill

13. One high protein pasta recipe with at least 20 grams of protein is the _____ Casserole.
14. Quicker Skillet Lasagna With Ground Turkey includes lean ground turkey, cottage cheese, and part-skim _____ for protein.
15. Spaghetti With Roasted Tomatoes And _____ features large shrimp for added protein.
16. To make pasta dishes healthier, one can add _____ and herbs.
17. Instant Pot Rotini With Chicken And Bell Peppers contains almost 50 grams of protein per serving, making it a _____ option.
18. To boost protein content in pasta, one can add cheese, lentils, or _____.

Answer

Multiple Choice: 1. Baked Ziti Casserole 2. Cottage Cheese 3. Spaghetti With Roasted Tomatoes And Shrimp 4. Broccoli 5. Alfredo Sauce 6. Instant Pot Rotini With Chicken And Bell Peppers

True-False: 7. False 8. False 9. True 10. True 11. True 12. False

Gap-Fill: 13. Baked Ziti 14. mozzarella 15. Shrimp 16. veggies 17. high-protein 18. meat

Vocabulary quizzes



Multiple Choice (Select the Correct answer for each question.)

1. Which medical condition is characterized by the degeneration of joint cartilage and the underlying bone?
Option: Osteoarthritis
Option: Inflammation
Option: Obesity
Option: Protein Intake
2. Which nutrient is essential for tissue repair and muscle building?
Option: Protein
Option: Cartilage
Option: Activity
Option: Harmful
3. What can trigger cravings and influence food intake?
Option: Cues
Option: Relieve
Option: Consumption
Option: Surrogacy
4. Which type of pasta sauce is typically creamy and rich?
Option: Casserole
Option: Alfredo
Option: Spinach
Option: Roasted
5. What can increasing protein intake do for muscle growth?
Option: Reducing
Option: Boost
Option: Terminated
Option: Unreliable
6. Which family-building method involves a woman carrying a child for another individual or couple?
Option: Experience
Option: Surrogacy
Option: Unexpected
Option: Agency
7. What serves as a cushion between bones to prevent them from rubbing together?
Option: Inflammation
Option: Protein Intake
Option: Cartilage



Option: Activity

8. What plays a key role in maintaining joint health and mobility?

Option: Harmful

Option: Reductions

Option: Activity

Option: Cravings

9. What do certain medications aim to do for individuals with chronic pain?

Option: Obese

Option: Protein

Option: Intake

Option: Relieve

10. What is a substance that provides nourishment essential for growth and the maintenance of life?

Option: Consumption

Option: Nutrient

Option: Cues

Option: Appealing

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ can contribute to joint pain and swelling in osteoarthritis.

12. What are commonly prescribed to help _____ symptoms of osteoarthritis?

13. Being _____ can increase the risk of developing osteoarthritis.

14. Excessive consumption of unhealthy foods can be _____ to joint health.

15. Monitoring food _____ is important for overall health.

16. Healthy food choices can still be delicious and _____ to the taste buds.

17. _____ stress on joints through proper exercise can help manage osteoarthritis.

18. _____ vegetables can be a nutritious addition to one's diet.

19. Eating protein-rich foods can help _____ muscle development.

20. The surrogacy agreement was unexpectedly _____ by the agency.



Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. The smooth shiny tissue known as ensures that bones move smoothly against each other.
22. Regular physical can help reduce the risk of osteoarthritis and improve joint function.
23. Athletes often increase their intake to support muscle repair and growth.
24. Water is an essential that plays a crucial role in various bodily functions.
25. The process of involves one woman carrying a child for another individual or couple.
26. Chronic joint can lead to tissue damage and further degeneration in osteoarthritis patients.
27. Increasing vitamin intake can the immune system's ability to fight off infections.
28. The facilitated the surrogacy process and matched the intended parents with a suitable surrogate.
29. Going through the surrogacy journey was an emotional and unique for both the intended parents and the surrogate.
30. A creamy pasta sauce like can be a decadent treat for pasta lovers.

Answer

Multiple Choice: 1. Osteoarthritis 2. Protein 3. Cues 4. Alfredo 5. Boost 6. Surrogacy 7. Cartilage 8. Activity 9. Relieve 10. Nutrient

Gap-Fill: 11. Inflammation 12. Medications 13. Obese 14. Harmful 15. Consumption 16. Appealing 17. Reducing 18. Roasted 19. Boost 20. Terminated

Matching sentence: 1. Cartilage 2. Activity 3. Protein 4. Nutrient 5. Surrogacy 6. Inflammation 7. Boost 8. Agency 9. Experience 10. Alfredo

CATEGORY

- 1. Health - LEVEL2

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