



Delicious High-Protein Pasta Recipes

Description

High Protein Pastas You Will Love | MyFitnessPal

When in need of a quick dinner, having high protein pasta recipes at your disposal is essential. Pasta is not only simple to prepare, but it also provides a perfect canvas for incorporating vegetables and flavorful herbs into your diet.

However, not all pasta recipes are high in protein. Some popular pasta dishes are relatively low in protein content as pasta primarily consists of carbohydrates. But fret not! There are numerous ways to enhance the protein content of your favorite pasta dishes.

9 High Protein Pasta Recipes

These high-protein pasta recipes elevate your meal with ingredients like cheese, lentils, meat, and more, ensuring each serving contains at least 20 grams of protein.

1. Baked Ziti Casserole

This protein-rich pasta recipe features lean ground turkey for protein, spinach for iron and vitamins, and artichoke hearts for fiber and potassium.

Estimated Nutrition Info (per serving): Calories: 286; Total Fat: 7g; Saturated Fat: 2g; Cholesterol: 57mg; Sodium: 400mg; Carbohydrate: 28g; Dietary Fiber: 7g; Sugar: 7g; Protein: 31g

2. Chicken And Broccoli Alfredo

This dish combines tender chicken breast for protein, broccoli for vitamins and fiber, and a dairy-free Alfredo sauce made with cashews and coconut milk for a creamy texture.

Estimated Nutrition Info (per serving): Calories: 365; Total Fat: 12g; Saturated Fat: 1g; Cholesterol: 0mg; Sodium: 314mg; Carbohydrate: 26g; Dietary Fiber: 7g; Sugar: 4g; Protein: 38g

... (continued)

Vocabulary List:

1. **Casserole** /'kæs.ə.rəʊl/ (noun): A dish baked slowly in an oven typically in a deep dish.
2. **Enhance** /ɪn'hæns/ (verb): To improve the quality or value of something.
3. **Incorporating** /ɪn'kɔːr.pə.reɪ.tɪŋ/ (verb): To include something as part of a whole.



4. **Nutrition** /nju:'trɪʃ.ən/ (noun): The process of providing or obtaining the food necessary for health and growth.
5. **Dairy-free** /'dɛr.i 'fri:/ (adjective): Not containing or made from milk or milk products.
6. **Estimated** /'estɪmeɪtɪd/ (adjective): Calculated roughly or approximately.

Comprehension Questions

Multiple Choice

1. What is a key benefit of using high-protein pasta recipes?
Option: Simple preparation
Option: Rich in carbohydrates
Option: Low in vitamins
Option: No flavor enhancement
2. Which ingredient in the Baked Ziti Casserole provides fiber and potassium?
Option: Lean ground turkey
Option: Spinach
Option: Artichoke hearts
Option: Cheese
3. What is the primary protein source in the Chicken And Broccoli Alfredo recipe?
Option: Beef
Option: Chicken breast
Option: Cashews
Option: Coconut milk
4. Which nutrient is not listed in the estimated nutrition info for Baked Ziti Casserole?
Option: Saturated Fat
Option: Sugar
Option: Protein
Option: Fiber
5. What is one way to enhance the protein content of pasta dishes mentioned in the text?
Option: Add more pasta
Option: Use low-fat ingredients
Option: Include cheese and lentils
Option: Skip vegetables



6. Which nutrient is lowest in the Chicken And Broccoli Alfredo recipe?

- Option: Total Fat
- Option: Saturated Fat
- Option: Carbohydrate
- Option: Protein

True-False

- 7. High-protein pasta recipes are typically low in protein content.
- 8. Chicken And Broccoli Alfredo contains dairy-free Alfredo sauce.
- 9. Spinach in the Baked Ziti Casserole provides vitamins and fiber.
- 10. All popular pasta dishes are naturally high in protein.
- 11. Cheese and lentils are mentioned as ingredients to enhance protein in pasta dishes.
- 12. The Baked Ziti Casserole has more grams of protein than grams of sugar per serving.

Gap-Fill

- 14. The high-protein pasta recipes aim to provide a minimum of _____ grams of protein per serving.
- 15. The Chicken And Broccoli Alfredo recipe contains _____ grams of carbohydrates per serving.
- 16. In the Baked Ziti Casserole, the protein content per serving is _____ grams.
- 17. The Baked Ziti Casserole has a higher content of _____ compared to sugar per serving.



18. The estimated nutrition info for Chicken And Broccoli Alfredo indicates _____
milligrams of sodium per serving.

Answer

Multiple Choice: 1. Simple preparation 2. Artichoke hearts 3. Chicken breast 4. Fiber 5. Include cheese and lentils 6. Cholesterol

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

Gap-Fill: 14. 20 15. 26 16. 31 17. Protein 18. 314

Vocabulary quizzes

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

1. What type of disease is caused by pathogens?

- Option: Non-communicable
- Option: Infectious
- Option: Genetic
- Option: Autoimmune

2. Which substance is commonly used for cleaning clothes?

- Option: Water
- Option: Detergent
- Option: Vinegar
- Option: Bleach

3. Which process involves the conversion of food into energy for the body?

- Option: Digestion
- Option: Circulation
- Option: Respiration
- Option: Metabolic

4. Which concept aims to meet the needs of the present without compromising future generations?

- Option: Luxury
- Option: Sustainable
- Option: Disposable
- Option: Excessive



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5. What term describes an amount that is more than necessary or normal?
Option: Moderate
Option: Adequate
Option: Deficient
Option: Excessive
6. Which food group includes beans lentils and chickpeas?
Option: Grains
Option: Fruits
Option: Vegetables
Option: Legumes
7. What term relates to the measurement of energy in food?
Option: Nutrient
Option: Caloric
Option: Protein
Option: Fiber
8. What term refers to substances that provide nourishment for the body?
Option: Caloric
Option: Fiber
Option: Protein
Option: Nutrient
9. What is the collective term for all the microorganisms living in a particular environment?
Option: Microorganism
Option: Pathogen
Option: Microbiome
Option: Reservoir
10. Which term relates to the biochemical processes within living organisms?
Option: Anabolic
Option: Metabolic
Option: Catabolic
Option: Synthesis

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

11. When handling chemicals it is essential to exercise _____ .
12. Individuals with allergies often have heightened _____ to certain substances.



13. The software allows for the _____ of user interfaces based on personal preferences.
14. The security of the system was _____ due to a vulnerability in the software.
15. When managing tasks _____ helps in focusing on what needs to be done first.
16. The repair costs were _____ to reach \$500 but they went over budget.
17. The new design will involve _____ feedback received from customers.
18. Regular exercise can help _____ overall fitness and well-being.
19. The company plans to reduce unnecessary _____ to improve profitability.
20. Athletes often follow a strict training _____ to maintain peak performance.

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

21. Infectious diseases are caused by harmful microorganisms like bacteria and viruses.
22. To kill germs and prevent infections it is important to clean and sanitize surfaces regularly.
23. People who are lactose intolerant often choose dairy-free alternatives for milk and cheese.
24. The weather forecasters are that the snowfall will reach record levels this winter.
25. Chemical reactions in the laboratory involve the of new compounds from various elements.
26. When working with sharp tools it is crucial to handle them with care and .
27. After the data breach the security of the network was and needed urgent attention.
28. Using renewable energy sources like solar and wind power is key to building a future.
29. The gut plays a vital role in digestion and overall health.
30. Regular physical activity is beneficial for cardiovascular health.

Answer

- Multiple Choice:** 1. Infectious 2. Detergent 3. Metabolic 4. Sustainable 5. Excessive 6. Legumes 7. Caloric 8. Nutrient



9. Microbiome 10. Metabolic

Gap-Fill: 11. caution 12. sensitivity 13. customization 14. compromised 15. prioritizing 16. estimated
17. incorporating 18. enhance 19. expenditure 20. regimen

Matching sentence: 1. Pathogens 2. Disinfect 3. Dairy-free 4. Estimating 5. Synthesis 6. Caution 7.
Compromised 8. Sustainable 9. Microbiome 10. Enhancing

CATEGORY

1. Health - LEVEL5

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