Pasta cuts across cultures, cuisine, age, and dietary boundaries like no other food. It is ideal paired with fresh herbs or canned beans, spicy peppers or mild cheeses. There are hundreds of pasta shapes made all over the world. Here’s a guide to help you create your own perfect pasta pairing.

### Long Pastas
Smooth string-style pastas work best with delicate sauces. Thicker strands offer greater surface area for sauce to cling to.

- Spaghetti
- Fettuccini
- Capellini
- Rice noodles

- *Tomato sauce*
- *Egg-based sauces like carbonara*
- *Cream*
- *Olive oil*
- *Peanut sauces*

### Short and Ribbed Pastas
Thick, textured sauces cling to the grooves, twists, and tubes of short pastas. Long pastas with thicker strands, such as ribbon-like tagliatelle or tube-like bucatini offer a greater surface area for sauce.

- Cascatelli
- Elbow
- Penne
- Rigatoni
- Trofie

- *Pesto*
- *Bolognese*
- *Bechamel (cream)*
- *Eggplant, zucchini and other vegetable-based sauces*
- *Cheese sauce*

### Tiny Pastas
Pea-sized “pastine” pasta shapes get lost in a typical pasta sauce. They are ideally suited for broth-based soups and light vegetable soups. Larger sized small pastas can also be used in pasta salad.

- Orzo
- Ditalini
- Acini di pepe
- Fideo

- *Broths*
- *Vegetable-based soups (pasta e fagioli)*
- *Pasta salads*
- *Egg-based broths*
Whole and Ancient Grain Pastas
With a hearty, nutty flavor, these pastas stand up well to robust vegetables, rich meats, and strong cheeses.

- Whole grain farfalle
- Farro spaghetti
- Whole wheat bigoli
- Kamut® rotini

Alternative Pastas
Most alternative and gluten-free pastas are mild in flavor so work best with light delicate sauces. Bean-based pasta provides more protein than traditional wheat-based pastas and pairs well with carbohydrate- or vegetable-based sauces like tomato or red pepper sauce.

- Tomato sauce
- Butternut squash
- Olive oil
- Butter- or broth-based sauces
- Fresh herbs

Filled Pastas
Stuffed or filled pastas are available both fresh and frozen and offer a wide array of interesting fillings from traditional cheese to earthy wild mushrooms to wild seafood. Pair with fresh herbs, delicate broths, mild cream sauces, and/or seasonal vegetables.

- Ravioli
- Tortellini
- Cappelletti
- Cannelloni

Cooking Tip
For best results, cook pasta “al dente” or “to the tooth,” which means cooked but not mushy or overdone. To achieve your own al dente pasta, reduce the cooking time on the package instructions by 1 to 2 minutes.