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Pasta Roma

October Is National Pasta Month!

by [pastaromafig](#) | Oct 1, 2016 | [Blog](#)

In honor of National Pasta Month, we encourage you to celebrate by sharing the gift of pasta with friends and loved ones all October long! And as an added bonus, here are a few pasta tidbits to stimulate your guests' *'noodles'* during dinner:

- Though the introduction of pasta is widely attributed to Marco Polo in the 13th century, pasta's origins may be rooted even further back in time — as far back as 4th-century B.C.E.
- A popular ingredient in the Mediterranean Diet, whole grain pasta, is often used in aiding and promoting lifelong health among those who follow it strictly.
- America produces 2 million tons of pasta annually, spaghetti being arguably the most popular shape of them all.
- In addition to October being National Pasta Month, October 17th has been officially named National Pasta *DAY!*

One of pasta's best attributes is that it can be prepared in a number of ways. Different proteins, sauces, ingredients, and even the pasta shapes themselves can be interchangeable, depending on the recipe, and can be customized to satisfy even your family's most picky of eaters. Whether making a gluten-free variety or just adding Mexican spices, the *'pastabilities'* are endless, which means that when it comes to pasta, there's something for everybody!

#PastaRoma #linguine #holiday #food #foodie #celebration #Italian #cuisine #seafood

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Our Waffle Ice Cream Sundae is so irresistible, you may not be able to pass it up. See, look -- even the cream is 'whipped'!
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When it comes to kitchen24 Sliders, remember that the first rule of 'Slide Club' is, you do not talk about 'Slide Club'. (That's because it's hard to talk with a mouthful of sliders.) Any guesses as to what the second rule of 'Slide Club' is?

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Q: What would happen if your "After School Special" didn't come with Spicy Tomato Soup? A: Your Grilled Cheese would be *provo-lonely*. Enjoy this delicious duo 'after school', or any other time! (Photo courtesy of Doordash) [#kitchen24](#)

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