

# Kalyn's Kitchen Picks

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## Kalyn's Kitchen Picks: Garofalo Organic Whole Wheat Italian Spaghetti



Now that I'm committed to eating foods that are low on [the glycemic index](#), if I'm making pasta I'll often use low-carb/low-glycemic [Dreamfield's pasta](#), a product I've consistently recommended. I love Dreamfields, which tastes just like regular white flour pasta, but once in a while I find a recipe that specifically calls for whole wheat pasta. Over the last few years, I've tried a few brands of whole wheat pasta, and frankly, I haven't ever been impressed.

Then one day I spotted this Garofalo Organic Whole Wheat Spaghetti at Costco. I was a little unsure about buying 8 pounds of whole wheat spaghetti, even though it was a bargain (\$10.49 at my Costco.) After looking at the package a few times on different trips to Costco, I ended up being so intrigued by the idea of whole wheat spaghetti from Italy that I bought some.

I can emphatically say this has now become my go-to brand of whole wheat spaghetti for life. I loved the slightly nutty flavor when I used it to make [Whole Wheat Sesame Noodles with Spicy Peanut Sauce](#), and I've also used for [Spaghetti with Spicy Cherry Tomato Sauce](#). If you're one of those people who loves pasta tossed with a bit of butter or olive oil and parmesan, this spaghetti would be fabulous for that. It's official: I'm choosing Garofalo Organic Whole Wheat Spaghetti as one of [Kalyn's Kitchen Picks](#). If you live by Costco, go there right now and buy some. You'll be happy you did.

I haven't tried the white flour pastas made by Garofalo, but judging by how good this is, and by what other food bloggers have to say, I'm guessing they're also spectacularly good.