

7 Gluten-Free Pastas That Actually Taste Amazing

[Nina Bahadur](#)

Good news: There are lots of great options.

Pasta has been a beloved weeknight dinner staple for all 28 years of my life, and that didn't change when I was diagnosed with non-celiac gluten sensitivity in 2015. While gluten-free breads and beers can be a bit trickier to source, there are tons of delicious and affordable gluten-free pastas out there.

"Gluten-free products aren't always known for being the most nutritious, but gluten-free did have a positive impact on the pasta category," says Rachel Begun, M.S., R.D.N., a culinary nutritionist and gluten-free lifestyle expert. "The use of whole grains and beans in gluten-free pastas changed what consumers come to expect from pasta." That means you can find plenty of gluten-free pasta alternatives that taste good—and often contain more protein and fiber than whole wheat options.

There are a couple of things to look out for when you're cooking gluten-free pasta. Some options have an unpleasant mushy texture, and others don't retain their shape and fall apart during cooking (think fusilli turning into sad worms, penne splitting apart). To avoid all that, make sure you cook using a rolling boil, and stir regularly to prevent the pieces from sticking together. I also find it helpful to use the cooking instruction time as a guideline rather than a rule, and I start tasting the pasta at least three minutes earlier than recommended to help prevent a mushy outcome.

Here are seven options that really do taste great, and hold up to all manners of sauces and storage.

All products featured on SELF are independently selected by our editors. If you buy something through our retail links, we may earn an affiliate commission.

Trader Joe's Organic Brown Rice & Quinoa Fusilli

This is one of the first gluten-free pastas I ever tried, and I keep it stocked in my pantry to this day. It contains just three ingredients, and is perfect for meal-prepping—it will hold up to being mixed with turkey meatballs and red sauce and stored in the fridge for a couple of days.



Tinkyada Organic Brown Rice Pasta Spaghetti

The nutty flavor of this pasta is amazing, and the texture really does taste



similar to the real thing. Rice pasta can take a longer time to cook, but this pasta is perfect for a dish that would taste better al-dente. I've found that Tinkyada pastas never fall apart or become mushy.



Le Veneziane Fettucce

This gluten-free corn pasta is a bestseller on Amazon, where it has almost entirely 5-star reviews. Fans say it cooks and tastes just like semolina pasta, with a nice “toothsome bite”—and it holds sauce really well, too.

Jovial Organic Brown Rice Farfalle Pasta

Sometimes you just need some bow tie pasta, and this Jovial option will satisfy that craving. It has a really lovely bouncy texture, and mixes well with all sorts of sauces.



Ancient Harvest

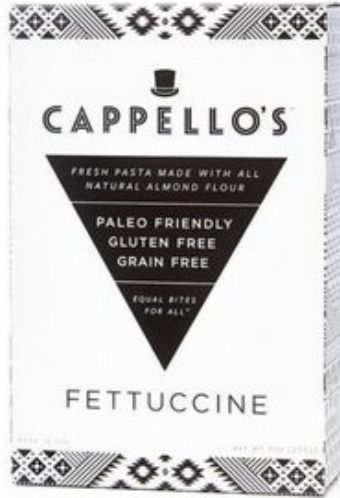
“My personal gluten-free pasta favorites are those varieties that combine quinoa and corn, such as products from Ancient Harvest,” says Tricia Thompson, M.S., R.D., of The Gluten-Free Dietitian.

- Begun is also a fan of Ancient Harvest. “In addition to the fiber and protein content of these pastas, I like their nutty flavor, texture, and the various shapes they come in, which makes for a variety of meal planning ideas,” she says.

Banza

Banza pasta—made of chickpea flour—is high in fiber and protein. The chickpea flavor is subtle, and the texture is similar to wheat pasta. The brand makes a ton of different pasta shapes, which is useful for subbing into specific recipes. Plus, their boxed mac and cheese is delicious.





Cappello's Fresh, Gluten-Free, Grain-Free Fettuccine

"Fresh pasta is a whole different experience than dried, in my opinion, and that's why I like this brand," Begun says. "However, due to its high cost, I save it for when I want a special treat." Begun says the high protein and fiber content makes for a totally satisfying meal. And according to online reviews, fresh Cappello pasta has a neutral, almost buttery taste that makes it a perfect vehicle for pesto, ragu, meatballs, and more.