

LibbyMills

*Lifestyle Coach &
Registered Dietitian*

Pasta Salad Recipe

Makes 4 cups, 8 ½ cup servings

Ingredients:

- 2 cups Enriched Multigrain Pasta (Barilla brand), cooked
- ½ broccoli flowerets
- ½ red bell pepper
- ½ cup green bell pepper
- ½ cup cucumber
- ½ cup low-fat sharp cheddar cheese, shredded
- 1/3 cup Ken's Speak House Lite Caesar dressing

Directions:

Wash and dry vegetables. Peel cucumbers. Remove the seeds from the cucumbers and the peppers. Cut all of the vegetables into small pieces.

In a large bowl, combine all ingredients. Mix well and serve!

Time Saver Tip:

- All ingredients can be prepared the day before serving; however do not mix together in advance.
- Try using any 2-cup combination of your favorite vegetables.

Nutrition:

Serving: ½ cup

Calories: 79.63

Carbohydrate: 12g

Fiber: 2g

Protein: 5g

Cholesterol: 2mg

Total Fat: 1.7g

Monounsaturated Fat: 0.4g

Polyunsaturated Fat: 0.7g

Saturated Fat: 0.5g

Sodium: 124mg

Professional Living

PO Box 41829 • Philadelphia • Pennsylvania • 19101
Phone 215.546.1231 Fax 215.310.9611
libby@professional-living.com www.professional-living.com