



# RECIPE OF THE Month

## Vegetable Pasta Toss

A colorful vegetable dish designed to excite kids of all ages.

- 1 Start with 4 cups cooked tri-color spiral pasta.
- 2 Pick 2 to 3 cups of vegetables such as:

1 cup broccoli florets	¼ cup sliced green onions
½ cup snow peas	½ cup light Italian dressing
½ cup carrots, julienned	2 tbsp fresh lemon juice
½ cup red bell pepper, sliced thin	
- 3 Place 1 inch of water in a small saucepan; add broccoli and peas. Bring to a boil. Reduce heat; cover and simmer 2-3 minutes. Rinse in cold water and drain.
- 4 In a large bowl, combine broccoli and peas with pasta, carrots, bell pepper and onions.
- 5 Pour dressing and lemon juice over salad and toss to coat. Cover and refrigerate for at least 1 hour.

**MAKES 6 SERVINGS (about 1 cup each):**

**PER SERVING:** 206 calories | 6.5g protein | 3.7g total fat | 0g saturated fat | 0mg cholesterol  
36g carbs | 3.1g fiber | 167mg sodium