



Spinach Pesto Pasta

8 ounces fettucine pasta
1 tablespoon olive oil
1 garlic glove, minced
3 cups fresh spinach, stems removed
1 cup fresh basil leaves, stems removed
½ cup chicken broth (low-fat low-sodium)
¼ cup grated parmesan cheese
1 15-ounce can of cannellini (white beans), rinsed and drained
1 cup chopped red pepper
1 teaspoon black pepper

1. Cook pasta as directed on package.
2. Add olive oil, garlic, spinach, basil, parmesan cheese, and chicken broth to blender and mix until leaves are blended.
3. Pour sauce over pasta.
4. Mix until pasta is well coated.
5. Add cannellini beans and red pepper.
6. Lightly toss and serve.

Makes: 4 servings



Nutritional Information:

CALORIES 360 (16% from fat); FAT 6g (sat 2g); IRON 25%; CHOLESTEROL 5mg; CALCIUM 15%; CARBOHYDRATE 62g; SODIUM 330mg; PROTEIN 16g; FIBER 8g

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Tossed Salad

- 1 small Romaine lettuce, washed
 - 1 tomato sliced into 8 wedges
 - 1 cup cut broccoli
 - 5 radishes, sliced
 - 1/4 cup chopped onion
1. In a large bowl toss together all ingredients.
 2. Add a small amount of your favorite low calorie salad dressing and serve immediately.

Makes: about 8 servings

*Variation: You can add practically any vegetable to a salad. If you don't have radishes, use carrots. No broccoli, try cauliflower.



Nutritional Information:

CALORIES 10 (0% from fat); FAT 0g (sat 0g); IRON 0%;
CHOLESTEROL 0mg; CALCIUM 0%; CARBOHYDRATE 2g;
SODIUM 0mg; PROTEIN 0g; FIBER 1g

Note: Nutrition Facts does not include salad dressing.

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