

Pasta Primavera Salad

This delicious recipe can be made ahead of time.



Ingredients:

8 ounces penne pasta, dry
1 teaspoon olive oil or canola oil
1 teaspoon minced garlic
1/2 onion, chopped
1 cup sliced mushrooms
2 ripe tomatoes, cored & diced
1 cup broccoli florets
1/2 cup vegetable or chicken broth, low sodium
3 cups raw spinach, ready-to-serve
4 tablespoons flavored vinegar
Black pepper to taste
1 tablespoon chopped fresh basil
2 tablespoons grated Parmesan cheese

Directions:

1. Cook the pasta according to package directions. Drain in colander.
2. Meanwhile, heat a large non-stick skillet over medium-high heat.
3. Add the olive oil and saute the garlic and onion until golden, about 3 minutes.
4. Add the mushrooms and saute 2 minutes.
5. Add the broccoli and broth and bring to a boil.
6. Cook briefly then add the rest of the ingredients, including the pasta.
7. Serve immediately or chill for later use.

8. This salad looks nice if garnished with sliced fresh tomatoes and fresh cracked black pepper.

Chef's Notes:

This salad is kept low in calories by using a lot of vegetables and very little fat.

You can also use whole grain pasta.

Make sure the broth is low in sodium or "no salt added" or you will add a lot of sodium to your recipe.

The vegetables should be very crisp and not over cooked.

Servings:

Serves 4. Each serving: 1 1/2 cups.

Total Preparation & Cooking Time:

25 min. (5 Prep, 20 Cook)

Per Serving:

Calories: 259, Total Fat: 2g, Saturated Fat: 1.6g, Trans Fat: 0g, Cholesterol: 7mg, Sodium: 170mg, Carbohydrates: 50.4g, Dietary Fiber: 5.4g, Sugars: 5.2g, Protein: 13.2g

Diabetic Exchanges:

Bread & Starch: 1.0
Vegetable: 3.0