

Pasta Del Fuego

Makes: 6 Servings

Serving size: 10.7oz noodles (1 Plated Portion)

Ingredients

2 ¼ pound	Rotini noodles
3 cups	Vegetable stock, low sodium
6oz	Red peppers, Fresh diced 1/2"
6oz	Green peppers, Fresh diced 1/2"
6oz	Red onions, Fresh, diced 1/2"
6ozs	Sliced black olives, drained
¼ cup + 2 tbsp	Thick & Chunky salsa, mild
	Vegetable oil spray

Directions

1. Prepare Rotini noodles according to directions on package.
2. Prepare vegetable stock according to direction in a pot, if not already purchased in liquid form.
3. Diced peppers and red onions.
4. Heat sauce pan until hot.
5. Spray sauce pan with vegetable spray.
6. Add 1oz red peppers, 1oz green peppers, 1oz olives and 1oz onions to hot pan. Cook for 2 minutes.
7. Add 6oz noodles, 4 fluid oz vegetable stock and 1 tbsp salsa to hot mixture in pan. Cook for 3 minutes more.

Exchanges per serving:

3 ½ Starch, 1 ½ vegetable, 1 Fat

Nutrients per Serving:

Calories: 339

Calories from fat: 44

Total Fat: 4.9g

Saturated fat: .7g

Cholesterol: 0mg

Sodium: 432mg

Total Carbohydrate: 62.8g

Dietary Fiber: 5.0g

Sugars: 5.6g

Protein: 11.1g

