



Pasta Salad with Mixed Vegetables

Serves 8

You can use any type of pasta for this light spring salad, including shells, rotelle, fusilli or macaroni. For added variety, try spinach, tomato or carrot-flavored pasta.

12 ounces farfalle (bow tie) pasta
1 Tbsp olive oil
¼ cup low-sodium chicken broth
1 garlic clove, chopped
2 medium onions, chopped
1 can (28 ounces) unsalted diced tomatoes in juice
1 pound mushrooms, sliced
1 red bell pepper, sliced
1 green bell pepper, sliced
2 medium zucchini, shredded
½ tsp basil
½ tsp oregano
8 romaine lettuce leaves

Fill a large pot $\frac{3}{4}$ full with water and bring to a boil. Add the pasta and cook until al dente (tender), 10 to 12 minutes, or according to the package directions. Drain the pasta thoroughly. Place pasta in a large serving bowl. Add the olive oil and toss. Set aside.

In a large skillet, heat the chicken broth over medium heat. Add the garlic, onions and tomatoes. Sauté until the onions are transparent, about 5 minutes. Add the remaining vegetables and sauté until tender-crisp, about 5 minutes. Stir in the basil and oregano.

Add the vegetable mixture to the pasta. Toss to mix evenly. Cover and refrigerate until well chilled, about 1 hour.

Place lettuce leaves on individual plates. Top with the pasta salad and serve immediately.

Nutritional Analysis

Calories	226
Fat	3g
Saturated Fat	0.5g
Monounsaturated Fat	1.5g
Cholesterol	trace
Sodium	53mg
Carbohydrates	43g
Dietary Fiber	4g
Protein	9g
Potassium	392mg
Calcium	39mg

Diabetic Exchanges:

Starches	2
Nonstarchy vegetables	2
Fats	1