



Spaghetti Salad

Recipe of the month: August

Grocery List

Dairy

- Fresh parmesan cheese (1/4 cup)

Vegetables

- Cucumber (1 cup, sliced)
- Red bell pepper (1/2 cup, chopped)
- Green bell pepper (1/2 cup, chopped)
- Red onion (1/3 cup, diced)
- Black olives (2/3 cup, sliced)

Fruits

- Cherry tomatoes (1 cup, halved)

Starches/grains/nuts

- Whole wheat spaghetti (1 pound, uncooked)

Spices/sauces

- Fat-free Italian dressing (1/2 cup)
- Fresh parsley (1/4 cup, chopped)

Recipe

Cooking time

- Prep time: 15 minutes
- Cook time: 10 minutes
- Total time: 25 minutes
- Serving size: 8 servings

Nutrition facts

- Calories: 461
- Fat: 15g
- Carbohydrates: 66g
- Protein: 13g
- Fiber: 4g
- Sodium: 816mg

Ingredients

- ¼ cup fresh parmesan cheese
- 1 cup cucumber, sliced
- ½ cup red bell peppers, chopped
- 1/3 cup red onion, diced
- 2/3 cup black olives. Sliced
- 1 cup cherry tomatoes, halved
- ¼ cup fresh parsley. Chopped
- ½ cup fat-free Italian dressing
- ½ cup green bell pepper, chopped
- 1-pound whole wheat spaghetti, uncooked

Instructions

1. Cook spaghetti according to package directions
2. Drain spaghetti and rinse under cold water
3. Place spaghetti in a large bowl and add cucumber, bell peppers, cherry tomatoes, red onion, and olives
4. Pour dressing over spaghetti and vegetables to coat
5. Sprinkle parmesan cheese and parsley over the top before serving

Bon Appetit!