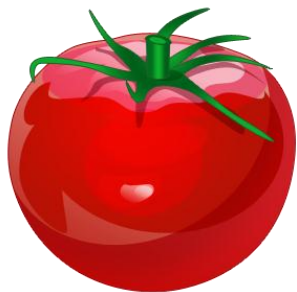




Pasta with Tomatoes and Squash

- 1 yellow summer squash, sliced
- 1 zucchini, sliced
- 2 Tbsp olive, canola, or vegetable oil
- 1 pound pasta, cooked
- 8 ounces cherry tomatoes, halved
- 3 Tbsp fresh mint, optional
- ½ cup grated low-fat cheese, optional

1. Heat a large skillet over medium heat. Add oil, and sauté squash and zucchini until vegetables are a pale gold, about 8 minutes.
2. Add pasta, tomatoes, cheese, and mint (if using) to the skillet. Cook for about a minute. Toss and serve.



Makes: 6 servings

Nutrition Information:

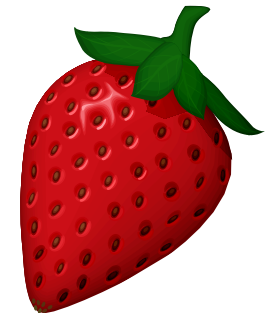
CALORIES 330 (15% from fat); FAT 5g (sat 1g); CHOLESTEROL 0mg; SODIUM 10mg; CARBOHYDRATE 60g; FIBER 4g; PROTEIN 11g; CALCIUM 4%; IRON 15%



Strawberries with Minted Yogurt

- ½ cup non-fat plain yogurt
- ½ cup buttermilk
- 1 Tbsp sugar
- 1½ tsp chopped, fresh mint
- 1/8 tsp vanilla extract
- 3 cups sliced, fresh strawberries

1. Whisk together yogurt, buttermilk, sugar, mint, and vanilla in a large bowl until smooth.
2. Spoon over strawberries and serve.



Makes: 4 servings

Nutrition Information:

CALORIES 90 (17% from fat); FAT 1.5g (sat 0.5g); CHOLESTEROL 5mg; SODIUM 55mg; CARBOHYDRATE 16g; FIBER 3g; PROTEIN 3g; CALCIUM 10%; IRON 4%