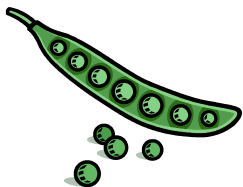




Pasta and Peas

- 1 pound of pasta (farfalle, rigatoni, penne)
- ¼ cup olive oil
- 3 green onions chopped
- 2 cups garden peas (about 2 pounds unshelled)
- 1 bunch fresh basil, chopped
- Salt and pepper to taste

1. Bring a large pot of water to a boil.
2. Add pasta and cook following the instructions on the box for your choice of pasta; drain but set aside 2/3 cup of pasta water.
3. While pasta is cooking heat the olive oil in a saucepan over medium heat.
4. Stir in the green onions, and season with salt. Cook until green onions are golden brown.
5. Mix in the peas with the pasta water and basil, and continue cooking until peas are tender.
6. Toss with cooked pasta to serve.
7. Top with grated parmesan cheese, if desired.



Makes: 8 servings

Nutrition Information:

CALORIES 310 (70 from fat); FAT 8g (sat 1g); CHOLESTEROL mg; SODIUM 0mg;
CARBOHYDRATE 48g; FIBER 4g; PROTEIN 10g; CALCIUM 2%; IRON 8%

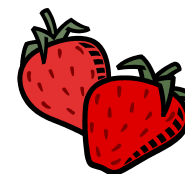


Strawberry Spinach Salad

- 10 oz baby spinach
- 1 quart strawberries, stems removed and sliced
- 1/4 cup sliced or slivered almonds, or pistachios, toasted in a 350 F oven for 5 to 10 minutes.

Dressing

- 1/4 cup white wine vinegar
- 1/4 cup sugar
- 1/2 tsp salt
- 1/2 cup oil (can use vegetable or mild-tasting olive oil)
- 2 tbsp diced onion
- 2 tbsp poppy seeds



1. Whisk all of the dressing ingredients together in a small bowl, or shake together in a jar. Dressing can be stored in the refrigerator.
2. In a salad bowl, toss spinach with dressing. (You will not need to use all of the dressing).
3. Add strawberries and nuts, toss, and serve.



Makes: 8 servings

Nutrition Information:

CALORIES 210 (150 from fat); FAT 17g (sat 1.5g); CHOLESTEROL 0mg; SODIUM 170mg; CARBOHYDRATE 15g; FIBER 3g; PROTEIN 3g; CALCIUM 10%; IRON 10%