



Cornell University  
Cooperative Extension

## Spinach Pesto Pasta

8 ounces fettucine pasta  
1 tablespoon olive oil  
1 garlic clove  
3 cups fresh spinach, stems removed  
1 cup fresh basil leaves, stems removed  
¼ cup grated parmesan cheese  
½ cup chicken broth (low-fat low-sodium)  
1 15-ounce can of cannellini (white beans), rinsed and drained  
1 cup chopped red pepper

1. Cook pasta as directed on package.
2. In a blender, combine olive oil, garlic, spinach, basil, parmesan cheese, and chicken broth until smooth.
3. Mix in blender until leaves are blended.
4. Pour sauce over pasta.
5. Mix until pasta is well coated.
6. Add cannellini beans and red pepper.
7. saLightly toss and serve.



Makes: 4 servings

### Nutrition Information:

CALORIES 260 (50 from fat); FAT 6g (sat 1.5g); CHOLESTEROL 5mg; SODIUM 380mg; CARBOHYDRATE 38g; FIBER 7g; PROTEIN 14g; CALCIUM 15%; IRON 15%



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## Tossed Green Salad

1 small head Romaine lettuce, washed and torn into pieces  
1 tomato sliced into 8 wedges  
1 cup broccoli, chopped  
5 radishes, sliced  
1/4 cup chopped onion

You can add practically any vegetable to a salad. If you don't have radishes, use carrots. No broccoli, try cauliflower.

1. In a large bowl toss together all ingredients.
2. Add a small amount of your favorite low calorie salad dressing and serve immediately.



Makes: 8 servings

### Nutrition Information:

CALORIES 20 (5 from fat); FAT 0g (sat 0g); CHOLESTEROL 0mg; SODIUM 10mg; CARBOHYDRATE 4g; FIBER 2g; PROTEIN 1g; CALCIUM 4%; IRON 6%