



RECIPE OF THE WEEK

SUPER SIMPLE SUMMER PASTA SALAD

1 Box Whole Wheat or Whole Grain Pasta (rotini, penne, or bowtie)

Fresh Carrots (matchstick or thin sliced)

Fresh Mushrooms (sliced)

Fresh Cherry Tomatoes (halved)

1 Package Canadian Bacon Pepperonis or Canadian bacon (diced)

1 Package Fat Free or 2% Shredded Cheddar Cheese

Green Onions (chopped)

1 bottle Fat Free Zesty Italian Dressing

Cook Pasta according to package directions. Drain and rinse pasta in cold water. Add to pasta the carrots, tomatoes, mushrooms, Canadian Bacon, cheese, green onions and dressing.

Mix well. Enjoy!

***** Add or omit any fresh vegetables as desired *****

FOOD FOR THOUGHT: IF YOU STILL LOOK GOOD AT THE END OF YOUR WORKOUT, YOU DIDN'T WORK HARD ENOUGH. – Anonymous