



Home Store: Profile by Sanford – Edmond, OK

Profile Exchange values: 1oz Lean Protein, 1 Fat, 1 Free Food, 1 Cup Veggies

Description: All the great flavors of pizza with none of the guilt!

Cook Time: 2-3 min

Number of Servings: 8

Serving Size: 1/3 cup

Ingredients:

- 1 Package of Profile Pasta
- 1/3 Cup Fat Free Italian Dressing
- 1 Green Bell Pepper
- 1 Red Bell Pepper



Edmond's Pizza Pasta

- 1 ½ Cups Cherry Tomatoes, Halved
- ½ Cup Diced Red Onion
- 2 oz Diced Turkey Pepperoni (or mini pepperonis)
- 4 oz Fresh Mozzarella
- 1 Can of sliced black olives
- ¼ Cup Fresh Basil

Directions:

1. Cook the Profile Pasta for 2 minutes and drain. Rinse under ice cold water to stop the cooking process. Chop up the noodles into ½ inch pieces.
2. Combine the chopped bell peppers, onion, tomato, black olives, turkey pepperoni, mozzarella, and Italian dressing with the Profile Pasta. Stir all the ingredients together and top with the fresh basil.