



Lemon Pesto Pasta Salad



Recipe Created by Reenie Brown

Profile Exchange values: 2 oz. very lean protein + 1 ½ cups vegetable + 1 fat + 1 free item + 1 starch

Number of Servings: 4

Serving Size: 1/4

Ingredients:

- 1 box Profile Pasta
- 2 ½ cups chopped broccoli slaw
- 1/4 cup finely chopped purple onion
- 2 cups snow pea pods chopped
- 2 teaspoons olive oil
- ¼ cup rice vinegar
- ½ fresh lemon



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- 2 teaspoon minced garlic
- 3 teaspoons basil (fresh or dried)
- 1 ½ oz. shredded parmesan cheese

Directions:

1. Place frozen Profile pasta in colander and rinse with warm water till thawed and separated then quickly change water to cold and rinse slightly.
2. Drain well & pat dry.
3. Place in bowl and break into smaller pieces.
4. Add onion, broccoli slaw, pea pods, garlic, olive oil, minced garlic, cheese, vinegar and basil.
5. Squeeze juice from the fresh lemon and then add zest from the ½ lemon.
6. Toss till coated. Chill in refrigerator till ready to serve.