



Reenie's Citrus Pasta Salad

Profile Exchange values:

2 oz. very lean protein + 1½ cups vegetables + 1 fat + 1 free item + 1 starch

Number of Servings: 4

Ingredients:

- 1 box Profile Pasta
- 2 cups spinach torn
- ¼ cup finely chopped purple onion
- ½ English cucumber finely chopped
- 1 cup matchstick carrots chopped
- 4 tsp olive oil
- 2 tsp minced garlic
- 1/8 cup citrus vinegar
- 1/8 cup Poweraid zero orange
- Zest from ½ orange

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, red pepper, cucumber, spinach, carrots, garlic, olive oil, minced garlic, vinegar, Poweraid and zest from orange.
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.