

Fitness Aspects

For the Body & Mind

NUTRITION PER SERVING:

CALORIES	273
PROTEIN	10 G
CARBOHYDRATE	56 G
TOTAL FAT	2 G

PREP TIME:	15 MINUTES
COOK TIME:	15 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	2 C PASTA SALAD

2 C	DRY WHOLE-WHEAT ROTINI (SPIRAL) PASTA (8 OZ)
1 C	FRESH OR FROZEN SNOW PEAPODS, SLICED THINLY ON AN ANGLE (JULIENNED)
½ C	CUCUMBER, PEELED AND DICED
¼ C	CARROTS, PEELED AND DICED
1 CAN	(8 OZ) PINEAPPLE CHUNKS IN JUICE, DICED; SET ASIDE ¼ C JUICE
½ C	FAT-FREE PLAIN YOGURT
1 TBSP	FRESH CHIVES, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)
1 TBSP	FRESH PARSLEY, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)
¼ TSP	SALT
¼ TSP	GROUND BLACK PEPPER



WOW-Y MAUI PASTA SALAD

TRY THIS FLAVORFUL SIDE DISH WITH THE HAWAIIAN HULI HULI CHICKEN OR IT'S PERFECT FOR A SUMMER PARTY!

- 01 In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat. Add pasta, and cook until tender, about 8 minutes. Drain, cool, and set aside.
 - 02 In the meantime, place peapods in a microwavable dish, add enough water to keep moist, and microwave for 1–2 minutes, or until warm.
 - 03 Meanwhile, combine the remaining ingredients together in a separate bowl, and toss gently.
 - 04 Add cooked pasta and peapods, and toss gently to coat the pasta.
 - 05 Serve immediately, or refrigerate for later use.
- ✓ This is a great recipe for older children to make themselves. Younger children can help peel the cucumber and carrots.

