



Think you're
getting enough
vegies?
Cut it out.



ITALIAN PASTA SALAD

 10 minutes preparation + 10 minutes cooking

 **Provides 2 serves of vegies per person**
Serves 4 people

- 2½ cups pasta shapes (spiral or bows)
- 1 punnet cherry tomatoes, sliced in half
- 12 black olives, pitted and sliced
- 1 green capsicum, seeded and diced
- 6 button mushrooms, sliced
- ½ cup snow peas, strings removed and sliced
- 2 tablespoons chopped parsley
- 1 tablespoon lemon juice
- 185g can of tuna in spring water, drained
- ½ cup low-fat Italian salad dressing*
- Freshly ground or cracked black pepper, to taste

Cook pasta according to packet directions. Toss tomatoes, olives, capsicum, mushrooms, snow peas, parsley, lemon juice and tuna together. Mix through pasta. Pour the dressing over salad and add pepper to taste.

*Look for low-fat or fat-free dressings in the dressing section at the supermarket.

Variation

For best results use Italian parsley when available.

For more information visit:
www.gofor2and5.com.au



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