



Recipe: Lemon Pasta

Servings: 1

Serving Size: 1 recipe

Ingredients:

3/4 c. dry whole wheat pasta

1 c. roasted non-starchy vegetables (see recipe)

1/2 lemon for juicing

1/2 tbsp. olive oil

2 tbsp. parmesan cheese

Directions:

1. Cook pasta according to directions on box. When finished, drain and add to medium-sized mixing bowl.
2. Add roasted vegetables, juice from 1/2 lemon, olive oil, and parmesan cheese to bowl. Stir to mix evenly.
3. Put contents of bowl on a plate.
4. Top with 1/2 cup chickpeas or white beans, or 3/4 cup roasted chicken.

Nutrition for one serving (nutrition does not include beans or chicken):

Calories: 473 Total Fat: 24.9g Sat. Fat: 3.2 Sodium: 163mg

Carbohydrates: 58.4g Protein: 11g Fiber: 11g