

TURKEY AND KIWIFRUIT PASTA SALAD

From: Fruits and Veggies - More Matters. Centers for Disease Control and Prevention

<http://apps.nccd.cdc.gov/dnparecipe/recipe/recipesearch.aspx>

Ingredients

½ cup wine vinegar
2 ½ Tbsp olive oil
2 Tbsp. Dijon mustard
2 tsp. basil
1 clove garlic (large), minced
1 package (8 oz) spiral noodles
2 cups broccoli flowerets
2 cups sliced crookneck squash
4 kiwifruit
1 lb cooked turkey breast, sliced
1 cup red pepper strips
½ cup sliced green onions
1/3 cup grated parmesan cheese

Instructions

1. Combine vinegar, oil, mustard, basil, and garlic; mix well.
2. Cook noodles as package directs.
3. Add broccoli and squash to the last 30 seconds of cooking the noodles and drain.
4. Pour dressing over noodles, and allow to cool.
5. Peel and slice kiwifruit.
6. Toss turkey, red pepper, green onions and kiwifruit with pasta.
7. Sprinkle with parmesan cheese to serve.

Serves 8

Nutritional information per serving (8 servings)

Calories: 280
Calories from fat: 60
Total fat: 7g
Saturated fat: 2g
Trans fat: 0g
Cholesterol: 50mg
Sodium: 140mg
Total carbohydrate: 31g
Dietary fiber: 4g
Sugars: 4g
Protein: 24g
Vitamin A: 20%
Vitamin C: 130%
Calcium: 10%
Iron: 15%

Diabetic Exchange**

Fruit: 0
Vegetables: 2
Meat: 0
Milk: 0
Fat: 1
Carbs: 0
Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

Percent Daily Values are based on a 2,000 calorie diet.



Wellness Center