

## Pasta with Artichokes, Beans and Spinach

### Ingredients:

- 5 oz angel hair pasta, whole wheat
- 1 scallion, sliced
- 1 tbsp extra virgin olive oil
- 2 cloves garlic, chopped
- 1 red bell pepper, seeded, halved and sliced
- ½ cup fava beans, fresh or frozen
- 2 ¾ cup fresh spinach, chopped
- 4 artichoke hearts, sliced
- 2 tbsp tomato paste
- ½ tsp raw cane sugar
- 1 tbsp marjoram
- ⅛ tsp salt
- ¼ tsp ground black pepper



### Nutrition Facts

Serving Size 1 cup (252g)  
Servings Per Container 2

**Amount Per Serving**

**Calories 520**    **Calories from Fat 90**

		% Daily Value*
<b>Total Fat</b>	10g	15%
Saturated Fat	1g	5%
Trans Fat	0g	
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	240mg	10%
<b>Total Carbohydrate</b>	90g	30%
Dietary Fiber	20g	80%
Sugars	10g	

**Protein 22g**

Vitamin A 70%    •    Vitamin C 150%

Calcium 15%    •    Iron 40%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

### Directions:

Boil the pasta until done; tender but not mushy, drain and rinse when done. Meanwhile, gently heat the oil in large saucepan. Add the onion, garlic and red bell pepper and gently fry for 2 minutes. Stir in beans, spinach and artichoke hearts. Add the tomato paste, sugar and marjoram, and a little water, if necessary. Cover and very gently simmer for 10 minutes. Season with the salt and pepper and serve with the cooked pasta.

# Chilled Japanese Cucumber Salad

**Ingredients:**

- 2 medium cucumbers
- ¼ cup rice vinegar
- 1 tsp sugar
- ¼ tsp salt
- ¼ tsp chili garlic sauce
- 2 tbsp sesame seeds, toasted
- 1 medium bell pepper, seeded and cut julienne style



<b>Nutrition Facts</b>			
Serving Size 5 oz			
Servings Per Container 4			
Amount Per Serving			
<b>Calories</b> 50	<b>Calories from Fat</b> 20		
% Daily Value*			
<b>Total Fat</b> 2.5g			<b>4%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 160mg			<b>7%</b>
<b>Total Carbohydrate</b> 6g			<b>2%</b>
Dietary Fiber 1g			<b>4%</b>
Sugars 3g			
<b>Protein</b> 2g			
Vitamin A 20%    •    Vitamin C 70%			
Calcium 2%        •    Iron 40%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9    •    Carbohydrate 4    •    Protein 4			

**Directions:**

Peel cucumbers to leave alternating green stripes. Slice cucumbers in half lengthwise: scrape the seeds out with a spoon. Using a food processor or sharp knife, cut into very thin slices. Place in double layer of paper towel and squeeze gently to remove any excess moisture. Combine vinegar, sugar, chili garlic sauce and salt in a medium bowl, stirring to dissolve. Add the cucumbers and sesames; toss well to combine. Top with bell pepper slices.

# Grilled Garlic Asparagus

## Ingredients:

- 1 lb asparagus spears
- 2 cloves garlic, minced
- Olive Oil cooking spray



<b>Nutrition Facts</b>	
Serving Size 1 cup (231g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories 50</b>	<b>Calories from Fat 5</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 5mg</b>	<b>0%</b>
<b>Total Carbohydrate 10g</b>	<b>3%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 4g	
<b>Protein 5g</b>	
Vitamin A 35%	• Vitamin C 25%
Calcium 6%	• Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Directions:

Wash and trim ends from asparagus. Place asparagus side by side not touching on a hot grill and spray with olive oil spray, roll and spray opposite side. Sprinkle minced garlic over asparagus, Grill on medium heat until charred, turn and grill on opposite side.