

Pasta Tricolor

Makes 4 servings - 2 cups each

Ingredients:	Cost per ingredient:	Cost per recipe:	Cost per serving:
1 - medium zucchini	\$1.48 / lb	\$0.81	\$0.2025
1 - medium yellow squash	\$1.48 / lb	\$0.89	\$0.2225
1 TBSP - olive oil	\$3.94 / 17oz bottle	\$0.11	\$0.0275
8 ounces - whole-wheat fusilli or penne pasta	\$2.08 / 13.25 box	\$1.28	\$0.32
1 - large red bell pepper (seeded and cut into strips)	\$1.38 / pepper	\$1.38	\$0.345
½ cup pitter Kalamata or other Italian olive	\$2.98 / 6.35oz jar	\$2.11	\$0.5275
1 - lemon zest and juice	\$0.62 / lemon	\$0.62	\$0.155
1oz - grated parmesan cheese	\$2.36 / 8oz container	\$0.30	\$0.075
4 - sprigs of basil	\$1.98 / 0.5oz container	\$0.84	\$0.21
Salt and pepper (to taste)			
TOTAL: <small>*prices based on Walmart.com</small>	\$18.30	\$8.34	Approx. \$2.09

Directions:

1. Cut the zucchini and squash in half lengthwise. Use a teaspoon to scrape out the seeds out of each half. Cut crosswise into ½ inch thick crescents.
2. Cook the pasta according to package directions, adding the red pepper when 5 minutes remain to cook the pasta and adding zucchini and squash with 2 minutes remaining. Drain the pasta and vegetables and place in a large bowl.
3. Meanwhile, whisk the lemon juice and zest with the olive oil.
4. Add the lemon juice olive oil mixtures, olives, basil, and cheese and toss to combine. Season with salt and pepper if desired. Garnish each serving with a sprig of basil.

Note: 1 ounce of parmesan cheese equals about ½ cup freshly grated or ¼ cup packaged grated cheese

Calories: 310 - Calorie Density: 1.2 - Carbohydrates: 51gm - Fat: 8gm

Protein: 13gm - Fiber: 7gm

Recipe adapted from: *The Ultimate Volumetrics Diet by Barbara Rolls PhD*