

## Pasta Tricolor

Makes 4 servings, 2 cups each

### Ingredients:

- 1 medium zucchini
- 1 medium yellow squash
- 8 ounces whole-wheat fusilli or penne pasta
- 1 large red bell pepper seeded and cut into thin strips
- Juice and grated zest from 1 lemon
- 1 tablespoon olive oil
- ½ cup pitted Kalamata or other Italian or Greek olive, sliced (optional)
- 1 ounce grated parmesan cheese
- salt and freshly ground pepper
- 4 sprigs of basil

### 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

### Nutritional Information per serving:

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*