

Low Protein Pasta Salad

Makes 12 servings (large portions)

Ingredients:

1 package	lp-animal pasta, cooked and drained
2 tbsp	Canola oil
½ cup	Italian dressing
1	Medium green or red apple, diced
¼	Roasted red pepper, diced
¼	Roasted yellow pepper, diced
½	Lime



Preparation:

1. Prepare pasta per package directions, adding oil & salt to water.
2. Drain cooked pasta, place in bowl.
3. Mix in 2 tbsp canola oil and ½ cup Italian dressing to cooked pasta.
4. Dice apple and squeeze lime onto apple for flavor and to prevent browning.
5. Dice red and yellow peppers.
6. Add diced apple and peppers to pasta; Mix well and chill in refrigerator.

Nutritional Information

Serving size	Calories, kcal	Protein, g	Phenylalanine, mg
Per serving	243	0.325	7.925
Per recipe	2916	3.9	95.1

*Loprofin