



Super Salad



Make 8 servings

Ingredients:

- 1/2 Pound pasta, cooked al dente
- 2 Fuji apples, diced
- 2 Carrots, peeled and diced
- 2 Stalks celery, diced
- 1/4 Cup grated parmesan cheese (optional)
- Italian dressing
- 1 Head of green leaf lettuce.

Proviene de: **Dona Richwine, RD**

Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition

Preparation:

Cook pasta al dente. Do not rinse. Okay to toss warm with vegetables. Dice apples, carrots and celery. Toss with pasta and parmesan cheese. Add Italian dressing to coat salad. Serve in lettuce leaves.

Nutritional information per serving:

Calories 80, Fat 2gm, Saturated fat 0.5gm, Carbohydrates 14 gm, Fiber 2 gm, Sodium 135 mg.

Rev. 01/2010



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