

TEXAS – LEMON-DILL PASTA SALAD

Ingredients:

½ cup plain nonfat yogurt
½ cup + 2 tablespoons fresh lemon juice
⅓ cup finely chopped fresh dill
3 cups cooked macaroni shells
3 cups small broccoli florets, steamed until tender crisp
3 cups small cauliflower florets, steamed until tender-crisp

Directions

1. To prepare dressing in small bowl, combine yogurt, juice and dill, stir to mix well.
2. In large serving bowl, combine macaroni shells, broccoli and cauliflower. Pour yogurt mixture over macaroni mixture, toss gently until thoroughly mixed.
3. Refrigerate, cover at least 1 hour, until well chilled.

Each Serving Provides: 1 Bread, 2 Vegetables, 15 optional calories

Per serving: 127 Calories, 8 g Protein, 1 g Fat 27 Carbo-hydrates, 47mg Sodium, 1 mg Cholesterol, 4 g Dietary Fiber

Molly Boswell Anderson County Junior – Grains