

- » 6 oz small rotini pasta, cooked according to directions, without salt or fat
- » 2 cups broccoli florets
- » 2 cups asparagus, cut into 1" lengths
- » 1 cup red bell pepper, chopped into 1" pieces
- » 3 green onions, white and green parts sliced
- » 1/2 (15 1/4-oz) can red kidney beans, rinsed and drained
- » 2 medium tomatoes, sliced into wedges
- » 1 cup black pitted olives, sliced
- » 3/4 cup low-fat, low-calorie salad dressing
- » 1 cup (4 oz) crumbled feta cheese
- » 1/2 medium avocado, sliced
- » 4 red-leaf lettuce leaves

## Nutritional Content

Per Serving

Calories	505 cal	Cholesterol	25mg
Protein	17g	Sodium	1052mg
Carbohydrate	51g	Calories from Fat	43%
Fat	24g	Fiber	11g
Saturated Fat	6g		

Cook pasta and drain well. Let cool. Steam or lightly cook broccoli florets and asparagus until tender. Cool and set aside. In a large bowl add red bell pepper, green onions, red kidney beans, tomato wedges, cooked pasta, and olives. Add broccoli florets and asparagus. Toss with salad dressing and feta cheese. Serve on red-leaf lettuce and top with avocado slices. Serves 4.

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