

- » 1 1/2 oz small rotini pasta, cooked according to directions, without salt or fat
- » 1/2 cup broccoli florets
- » 1/2 cup asparagus, cut into 1" lengths
- » 1/4 cup red bell pepper, chopped into 1" pieces
- » 1 green onion, white and green parts sliced
- » 3 tbsp red kidney beans, rinsed and drained
- » 1/2 medium tomato, sliced into wedges
- » 1/4 cup black pitted olives, sliced
- » 3 tbsp low-fat, low-calorie salad dressing

- » 1/4 cup (1 oz) crumbled feta cheese
- » 1/8 medium avocado, sliced
- » 1 red-leaf lettuce leaf

## Nutritional Content

Per Serving

Calories	506 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 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 1.