

Summer Pasta Salads

Enjoy a fresh salad full of nutrition on hot summer days!

Start with great tasting pasta

There are many different shapes of pasta that can be used to make summer salads.

Try penne, rotini, spaghetti or macaroni.

Try fun shapes such as wheels, bowtie, rings, fiori or shells.

Add nutrition with vegetables

Add vegetables that are in season.

Chop the most nutritious vegetables and add them to your salad:

- ♥ Broccoli
- ♥ Tomatoes
- ♥ Shredded carrots
- ♥ Cauliflower
- ♥ Green or Red bell peppers
- ♥ Spinach leaves

Add lean meats to your salad

Make your salad a one dish meal.

- ♥ Chicken breast cubes
- ♥ Chopped deli ham, turkey or roast beef
- ♥ Tuna, shrimp or imitation crab meat

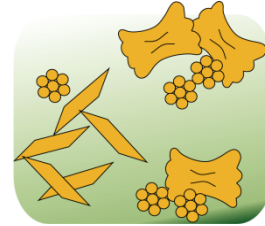
Toss your salad with a low fat salad dressing

Choose a salad dressing that is low in fat and calories for a healthy salad.

Ranch salad dressing – 2 tablespoon servings:

Regular	140 calories	130 fat calories
Light	80 calories	60 fat calories
Fat free	30 calories	0 fat calories

Light salad dressings have fewer calories and fat than regular salad dressings.



Chicken Penne Salad

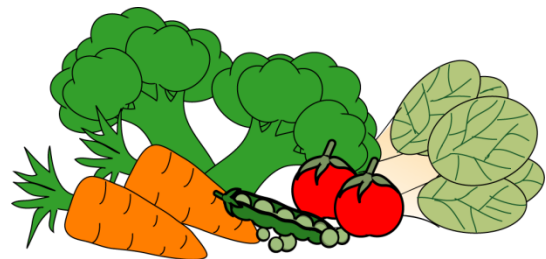
- 1 pound boneless, skinless chicken breast
- 3 cups uncooked penne noodles
- 1 cup chopped broccoli
- ¼ cup chopped red or green bell pepper
- ¾ cup light Ranch salad dressing
- 4 tablespoons Parmesan cheese

Cook chicken in boiling water until meat is no longer pink. Remove chicken breast from the water and chop into small pieces. Place chicken in the refrigerator.

Bring a large pot of salted water to a boil. Add pasta to water and cook until tender. Drain water off and rinse pasta. Place cooked penne noodles and chicken in a large bowl. Add broccoli, pepper, salad dressing and parmesan cheese. Stir together.

Cover salad and place in the refrigerator.

8 servings (1 cup serving) – 283 calories,
11.5 grams fat, 36% calories from fat
and 2.5 grams fiber in a serving.



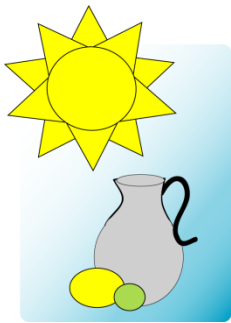
Beat the Heat

The hot days of summer are coming!

Beat the heat with healthy drinks!

Enjoy water!

- ♥ Enjoy cold water with ice.
 - ♥ Keep a pitcher of water in your refrigerator.
 - ♥ Try a squeeze of lemon or lime in your water.
 - ♥ Try sugar free ice drink mixes.
- There are a variety of flavors such as raspberry, strawberry and peach.
- ♥ Make a pitcher of unsweetened ice tea.
 - ♥ Drink bottled water if your water is unsafe to drink.
 - ♥ Buy unsweetened flavored waters!

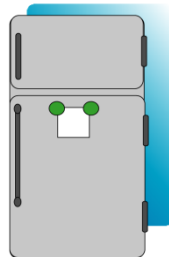


Limit soda
and other
sugary drinks!

Don't buy soda for your home.

Blend a cool summer drink!

- ♥ **Tropical Blend** – Blend together 1 banana, 1 cup pineapple juice, 1 cup strawberries and 4 cups ice cubes.
- ♥ **Royal Flush** – Blend together 2 cups blueberries, 2 cups apple juice and 4 cups ice cubes.
- ♥ **Raspberry Swirl** – Blend together 2 cups strawberries, 2 cups orange juice and 4 cups ice cubes.
- ♥ **Strawberry Tea** – Blend together 2 cups unsweetened ice tea with ½ cup strawberries.
- ♥ **Make your own Combo!** – Blend together your favorite juice, fresh fruit and ice cubes.



Presto Pasta Salad

3 cups uncooked tri color rotini noodles
1 cup chopped tomatoes
1 cup chopped fresh spinach
2 cups chopped ham
¼ cup shredded parmesan cheese
1 cup light Italian salad dressing

Bring a large pot of salted water to a boil. Add pasta to water and cook until tender. Drain water off and rinse pasta.

Combine cooked pasta, tomatoes, spinach, ham, parmesan cheese and salad dressing together in a large bowl. Toss together.

Cover and store salad in the refrigerator.

8 servings (1 cup serving)
– 170 calories,
6 grams fat,
31% calories from fat
and 2.8 grams fiber
in a serving.



Safe Summer Foods

- ♥ **Get home as soon as possible after grocery shopping.** Put foods in the refrigerator and freezer right away.
- ♥ **Keep your kitchen clean.** Wipe counters. Put away clutter in the kitchen.
- ♥ **Wash your hands before and after touching foods.** Use warm water and soap.
- ♥ **Put leftover foods in the refrigerator as soon as possible.** Do not eat foods that are left out of the refrigerator or cooler for more than 2 hours.

If the day is hot - 90° or higher - don't eat foods left out for 1 hour or more.