



BOD BY TODD

Fitness Coaching

"Don't Be Average, Be Fit"

NUTRITION PER SERVING:

CALORIES	273
PROTEIN	10 G
CARBOHYDRATE	56 G
TOTAL FAT	2 G

PREP TIME:	15 MINUTES
COOK TIME:	15 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	2 C PASTA SALAD

- 2 C** DRY WHOLE-WHEAT ROTINI (SPIRAL) PASTA (8 OZ)
- 1 C** FRESH OR FROZEN SNOW PEAPODS, SLICED THINLY ON AN ANGLE (JULIENNED)
- ½ C** CUCUMBER, PEELED AND DICED
- ¼ C** CARROTS, PEELED AND DICED
- 1 CAN** (8 OZ) PINEAPPLE CHUNKS IN JUICE, DICED; SET ASIDE ¼ C JUICE
- ½ C** FAT-FREE PLAIN YOGURT
- 1 TBSP** FRESH CHIVES, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)
- 1 TBSP** FRESH PARSLEY, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)
- ¼ TSP** SALT
- ¼ TSP** GROUND BLACK PEPPER



WOW-Y MAUI PASTA SALAD

TRY THIS FLAVORFUL SIDE DISH WITH THE HAWAIIAN HULI HULI CHICKEN OR IT'S PERFECT FOR A SUMMER PARTY!

- 01** In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat. Add pasta, and cook until tender, about 8 minutes. Drain, cool, and set aside.
 - 02** In the meantime, place peapods in a microwavable dish, add enough water to keep moist, and microwave for 1–2 minutes, or until warm.
 - 03** Meanwhile, combine the remaining ingredients together in a separate bowl, and toss gently.
 - 04** Add cooked pasta and peapods, and toss gently to coat the pasta.
 - 05** Serve immediately, or refrigerate for later use.
- ✓ This is a great recipe for older children to make themselves. Younger children can help peel the cucumber and carrots.

