

## A PASTA SALAD THAT ROCKS

**P**asta can be part of most healthy diets in the right amounts. Pick whole grain pasta as a healthier choice. Although the recommended serving size for pasta is not any larger for whole grain, this kind of pasta will help you increase your daily fiber intake.

**The word “pasta”** is usually associated to Italian cuisine, but we have to say thanks to the Chinese for inventing noodles sometimes before 200 BCE.

Italian chefs however developed its many shapes starting from 1200 (McGee H. *On Food and Cooking*, 2004).

**Is pasta fattening?** It all depends on the amounts eaten and on the condiments used. It is important to remember that weight gain is not necessarily linked to a specific nutrient, but rather to the consumption of excess calories.



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**Pasta facts:** to retain its firmness, cook your pasta *al dente* (al-DEN-tay, meaning “to the tooth”). Limit the cooking time to what indicated on the package.

**Pasta nutrition:** 1/3 of a cup of cooked pasta provides 15 grams of carbohydrates (source: *Choose Your Foods: Exchange List for Diabetes*, American Diabetes Association, 2008)



### Preparation tips:

- ★ If you can, use whole grain pasta.
- ★ To prevent the pasta from sticking while cooking, add a little cooking oil to boiling water and stir from time to time.
- ★ You can replace the vegetables in this recipe with similar amounts of your favorite non starchy vegetables (raw, steamed or stir-fried).
- ★ This recipe works best if your pasta is cooked *al dente* (firm, but tender).

### SUMMER PASTA SALAD

#### Ingredients for 2 servings:

1.5 cups of cooked pasta (any shape, except for spaghetti)  
 1 cup steamed broccoli, florets cut in 2-3 pieces depending on the size  
 1/2 cup cherry tomatoes, halved  
 1 tablespoon of finely chopped shallot  
 1/2 cup of yellow and green bell peppers  
 3 tablespoons of pesto sauce  
 Black pepper to taste

**Directions:** cook and drain the pasta. Place in a large mixing bowl and stir in the pesto sauce.

Make sure all the vegetables of your choice are cut in small enough pieces. Mix in and stir. Add black pepper to taste.

This dish can be served warm or kept refrigerated for later use. If refrigerated, leave at room temperature for 30 minutes before serving.

**1 serv. = 45 g carbohydrates**

Suggestion: serve as side with grilled chicken or fish.