Be Well Mac salad (serves 6)

Ingredients

- ➤ Vegetable Pasta 1 pkg cooked according to package directions.
- Celery 2 stalks, diced
- ➤ Carrots 2 medium, diced
- ➤ Bell peppers (any color) 1 cup diced
- ➤ Red onion ¼ cup finely diced
- ➤ Ripe avocado 2
- ➤ Lime juice 1 tsp
- ➤ ¼ cup plain, nonfat greek yogurt
- ➤ Parsley fresh chopped, ¼ cup
- Fresh ground pepper

Directions

- 1. Prepare the pasta according to directions on the package. When cooked, drain, rinse and cool.
- 2. In a large bowl, mash the avocados; add the lime juice and yogurt. Mix to combine.
- 3. Add the cooled pasta, celery, carrots, peppers, onion and parsley. Mix to combine. Season with fresh ground pepper.
- 4. Options: Add chopped boiled egg whites, add raw broccoli or cauliflower, mix garlic powder with the avocado and yogurt before adding to the pasta & veggie mix

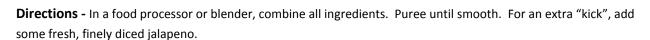
Nutritional Information per serving

Cal. 349.1; Tot. Fat 10.6 g; Chol. 0 mg; Sodium 40.3 mg; Potassium 496.8 mg; Carb 13.3 g; Prot 4 g.

Black bean hummus (serves 6)

Ingredients

- Black beans (low sodium), 1 can rinsed and drained
- ➤ Onion, ¼ chopped
- Garlic powder, 1 tsp
- ➤ Cumin, ¼ tsp
- Cayenne pepper, 14-1/2 tsp
- Chili powder, 2 tsp
- ➤ Lime juice, 2 tsp
- ➤ Olive oil, 2 Tbsp
- ➤ Water, 2 Tbsp



Nutritional Information per serving

Cal. 82.6; Tot. Fat 4.8 g; Chol. 0 mg; Sodium 89.3 mg; Potassium 195.2mg; Carb 9.4 g; Prot 2.6 g.



