



2013 FOOD AND NUTRITION CALENDAR
JULY RECIPE

TOMATO BASIL AND BEAN PASTA SALAD

GROCERY LIST

- Dry tricolor spiral pasta (need 1 pound)
- Vinegar
- Dijon mustard
- Fresh basil leaves (need 1 cup, chopped)
- 3 tomatoes
- Kidney beans
- Mozzarella or provolone cheese
- Walnuts

MAKE IT A MEAL

- Grilled chicken
- **Tomato Basil and Bean Pasta Salad**
- Fresh peach slices
- Low-fat milk

TIP

Keep food safety in mind — keep hot foods hot and cold foods cold.



- 1 pound tricolor spiral pasta
- 2 tablespoons vegetable oil
- ¼ cup vinegar
- 2 teaspoons Dijon mustard
- ¼ teaspoon pepper
- 1 cup fresh basil leaves, chopped
- 3 large tomatoes, coarsely chopped
- 1 cup cooked (or canned, drained, and rinsed) kidney beans (or try garbanzo beans or black beans)
- 1 cup mozzarella or provolone cheese, cubed or shredded (optional)
- ½ cup walnuts, chopped (optional)

1. Cook pasta according to package directions. Drain and cool.
2. In a small mixing bowl, whisk together vegetable oil, vinegar, Dijon-style mustard and pepper to make vinaigrette.
3. In a large mixing bowl, mix pasta, beans, basil and tomatoes. Pour

vinaigrette over top and toss together. Cover and chill at least 1 hour.

4. If desired, add cheese and nuts just before serving. Toss again to blend.

MAKES 12 SERVINGS

Serving Size: ½ cup

Cost Per Recipe: \$3.98

Cost Per Serving: \$.33

SOURCE: Adapted from USDA Recipe Finder

NUTRITION FACTS PER SERVING:

130 calories; 4 g fat; 0.5 g saturated fat; 0 g trans fat; 0 mg cholesterol; 95 mg sodium; 18 g carbohydrate; 2 g fiber; 3 g sugars; 5 g protein; 10% Daily Value of vitamin A; 8% Daily Value of vitamin C; 8% Daily Value of calcium; 6% Daily Value of iron

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