

Smoked Turkey Pasta Salad



INGREDIENTS (Serves 4 to 6)

- ½ pound penne pasta, uncooked
- ¼ pound deli-sliced smoked turkey, julienned
- 10 green beans, cut in half and steamed
- ¼ cup red bell pepper, diced
- ¼ cup yellow bell pepper, diced
- ¼ cup red onion, diced
- ½ cup grated parmesan cheese
- 1 cup Caesar salad dressing
- 1 tablespoon fresh parsley, minced
- 2 tablespoons pine nuts

PREPARATION

1. Cook pasta in salted boiling water until al dente. Rinse, drain and let cool.
2. In a large bowl, mix the smoked turkey, green beans, red and yellow bell peppers and red onion together with the cooled pasta.
3. Add the parmesan cheese and Caesar salad dressing and toss gently. Garnish with parsley and pine nuts.

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SHOPPING LIST

Produce

10 fresh green beans
1 red bell pepper
1 yellow bell pepper
1 red onion
Fresh parsley

Grocery

Penne pasta
Caesar salad dressing
Pine nuts

Dairy

Grated parmesan cheese

Meat/poultry/fish

Deli sliced turkey

SERVING SUGGESTION

Goes great with crusty breads and your favorite leafy green salad.

NUTRITIONAL INFORMATION

Per Serving: 407 calories, 23 g. fat, 19 mg. cholesterol, 33 g. carbohydrate, 2 g. dietary fiber, 13 g. protein, 568 mg. sodium

The nutritional values and information provided are approximations.

This Rush Hour Recipe courtesy of:

St. Peter Food Co-op • St. Peter, Minn.

