



## Pasta Tricolor

**Yield: 4 Servings**

**Cost Per Serving: \$2.09**

### Ingredients:

- 1 medium zucchini
- 1 medium yellow squash
- 1 Tbsp extra virgin olive oil
- 8oz whole wheat penne pasta
- 1 large bell pepper (seeded and cut into strips)
- ½ cup pitted Kalamata or other Italian olives
- 1 lemon (zest and juice)
- 1oz grated parmesan cheese
- 4 sprigs of basil

Note: 1oz of parmesan cheese equals about ½ cup freshly grated or ¼ cup packaged grated cheese

### Directions:

1. Cut the zucchini and squash in half lengthwise. Use a teaspoon to scrape out the seeds out of each half. Cut crosswise into ½ inch thick crescents.
2. Cook the pasta according to package directions, adding the red pepper when 5 minutes remain to cook the pasta and adding zucchini and squash with 2 minutes remaining. Drain the pasta and vegetables and place in a large bowl.
3. Meanwhile, whisk the lemon juice and zest with the olive oil.
4. Add the lemon juice olive oil mixtures, olives, basil, and cheese and toss to combine. Season with salt and pepper if desired. Garnish each serving with a sprig of basil.

Recipe adapted from: The Ultimate Volumetrics Diet by Barbara Rolls RhD

\*Based on Walmart prices 05/22