

Healthy Eating with Pasta – A Dream Come True

It's possible to enjoy great-tasting pasta without a twinge of guilt. Whether you're watching your carbs, concerned about blood sugar or just want to eat healthier, visit the pasta aisle.

Mediterranean Penne Salad is a delicious way to have your pasta while still being mindful of what you eat. Made with Dreamfields Pasta, you get the authentic old-world taste and al dente texture of traditional white pasta, but with twice the fiber and only five grams digestible carbohydrates. Plus, the unique high fiber, low digestible carb combination won't spike your blood sugar and keeps you feeling fuller longer.

The recipe brings together a combination of favorite Mediterranean ingredients – olives, feta cheese, capers and pine nuts – accented with a hummus, olive oil and lemon juice “dressing.” Penne rigate is a short, tubular pasta with quill-shaped ends (penne) and ridges (rigate). The hollow center and ridges of the pasta perfectly capture the hearty hummus dressing, enhancing every scrumptious bite.

For more recipes and information about healthy eating, visit www.DreamfieldsFoods.com

MEDITERRANEAN PENNE SALAD

Preparation Time: 25 minutes

Chill Time: 2 hours

8 ounces Dreamfields Penne Rigate (1/2 of package)

1 cup red and/or yellow cherry tomatoes, cut in half

2/3 cup hummus

1/2 cup chopped red onion

1/3 cup black and/or green pitted Greek olives, cut in half

1/4 cup crumbled feta cheese

1/4 cup chopped fresh basil

3 tablespoons fresh lemon juice

2 tablespoons olive oil

1 tablespoon capers, drained

1/2 teaspoon *each* salt and ground black pepper

2 tablespoons toasted pine nuts

1. Prepare pasta according to package directions. Rinse in cold water and drain well.
2. Gently toss remaining ingredients except pine nuts with pasta. Refrigerate, covered, to chill. Sprinkle with pine nuts.

Makes 4 servings.

Nutrition information: 440 calories; 14 g protein; 55 g total carbohydrates; 23 g digestible carbohydrates*; 22 g fat; 4 g saturated fat; 8 mg cholesterol; 1154 mg sodium; 9 g total dietary fiber.

*When using Dreamfields in this recipe the digestible carbohydrates are 23g per serving. For more information go to www.dreamfieldsfoods.com.