

# Playtime Pasta

Serves 8

## Ingredients

- 1 pound cooked whole-wheat pasta
- ½ pound low-fat fresh mozzarella
- 5 small tomatoes
- 1 green bell pepper
- 1 orange, yellow, or red bell pepper
- 1 15.5-ounce can cannellini beans, drained and rinsed
- ½ bunch fresh basil
- 2 lemons
- olive oil, to taste
- balsamic vinegar, to taste
- salt and pepper, to taste

## Directions

1. Place cooked pasta in a large mixing bowl.
2. Dice mozzarella, tomatoes, and bell peppers, and add them to the bowl of pasta.
3. Add beans to the bowl.
4. Remove basil leaves from stems. Tear leaves into small pieces and add to the bowl.
5. Juice lemons into bowl. Add olive oil and balsamic vinegar to pasta salad, a little at a time, to taste.
6. Add salt and pepper, to taste, stir well, and eat!

## Nutrition per serving

Calories: 427

Protein: 22 g

Carbohydrate: 67 g

Fat: 8 g

Fiber: 8 g

## Notes

- Above vegetables may be substituted with other favorites such as broccoli, peas, or zucchini.
- Use other favorite beans, such as garbanzo or kidney beans, instead or in addition to the cannellini beans.

