

# The GoodNEWS Dining Experience



## Featured Menu

### Main Course

*Think Spring Spaghetti  
Green Salad  
Whole Wheat Bread*

### Dessert

*Fresh Watermelon*

### Beverage

*Bottled Water*

## Think Spring Spaghetti Salad



### *Ingredients:*

12 ounces of whole wheat spaghetti	1 cup of diced yellow squash
1 Tablespoons olive oil	1/2 cup of green bell peppers
1/2 lb fresh asparagus spears, cut in 1" slices	12 Basil Leaves, chopped
2 Cloves garlic, crushed and finely chopped	1 Teaspoon lemon zest
1/2 teaspoon black pepper	9 Silvers of reggiano or parmesan cheese
1/2 cup part skim ricotta cheese cup halved	Red chili pepper flakes to taste (optional)
cherry tomatoes (may substitute sundried tomatoes)	Grilled Fajita chicken breast (optional)

### *Directions:*

1. Cook pasta according to directions.
2. While pasta is cooking, heat olive oil in large skillet. Add asparagus, garlic, green bell pepper, squash and black pepper. Saute 4 minutes
3. Add 1/4 cup water or vegetable stock and simmer until tender (about 4 more minutes).
4. Drain pasta, return to pot, and immediately stir in ricotta cheese until melted.
5. Add tomatoes and vegetable mixture to pasta. Gently toss.
6. Top with basil, lemon zest and cheese. Serve immediately.

Number of Servings: 6

Number Calories: 467 calories

Fat: 2g

If you add 3 oz chicken:

Number Calories: 577 calories

Fat: 6 g