



FRESH TOMATO SAUCE WITH PASTA

- 300 g ($\frac{1}{3}$ of a 900 g pkg) spaghetti or linguine, uncooked
- 6 tomatoes, chopped
- $\frac{1}{2}$ cup Italian or Balsamic type salad dressing
- $\frac{1}{2}$ cup grated Parmesan cheese

- > Cook pasta as directed on package.
- > Meanwhile, combine remaining ingredients in a large bowl.
- > Drain pasta. Add to tomato mixture; toss to coat.
- > Season with salt & pepper to taste.

Makes 4 servings. $1\frac{1}{4}$ cups each.

CAL 470, FAT 16 g (SAT 4.0 g), CHOL 15 mg, SODIUM 720 mg, CARB 66 g, FIBRE 6 g, SUGARS 8 g, PROTEIN 16 g, VIT A 20%DV, VIT C 40%DV, CALCIUM 15%DV, IRON 25%DV

tip: To serve as a cold pasta salad, prepare as directed; cover and refrigerate several hours or overnight until chilled.

tip: To boost up this meal, try adding leftover cooked meat, canned fish or drained, rinsed canned beans.

August Recipes

did you know?

- > Portion control and variety are very important, especially for people with diabetes. Stick to a single portion of protein and grain products at meals with the majority of the meal being made up of vegetables. Half the plate should be for veggies, $\frac{1}{4}$ for grains or starch and $\frac{1}{4}$ for your meat or protein item.

MARINATED BEAN SALAD

- 1 can (19 oz/540 mL) red kidney beans, rinsed & drained
- 1 can (19 oz/540 mL) chickpeas, rinsed & drained
- 2 cups broccoli or cauliflower pieces
- $\frac{1}{2}$ onion, thinly sliced
- $\frac{1}{2}$ cup Italian or Balsamic type salad dressing

- > Combine all ingredients in a large bowl.
- > Cover and refrigerate for 2 hours to marinate.

Makes 4 servings, $1\frac{1}{2}$ cups each.

CAL 350, FAT 12 g (SAT 1.5 g), CHOL 5 mg, SODIUM 920 mg, CARB 49 g, FIBRE 13 g, SUGARS 10 g, PROTEIN 13 g, VIT A 5%DV, VIT C 60%DV, CALCIUM 5%DV, IRON 20%DV

tip: Try serving on shredded lettuce or cabbage for extra flavour, crunch and nutrition.

tip: Add in diced, canned ham for a nice smokey flavour and extra protein.

tip: This recipe stores well in the fridge for up to 3 days. The flavour actually gets better as it sits.

