



ASIAN PEANUT NOODLE SALAD

- 2 cups fresh, canned or thawed, frozen vegetables
- 2 cups cooked, cooled spaghetti
- 1/4 cup mayonnaise
- 1/4 cup peanut butter
- 2 Tbsp. soy sauce

- > Mix noodles and vegetables in a large bowl.
- > Mix mayonnaise, peanut butter and soy sauce until blended.
- > Pour dressing mixture over noodles and vegetables and mix until noodles are coated with dressing.

Makes 4 servings, 1 cup each.

CAL 240, FAT 19 g (SAT 3 g), CHOL 5 mg, SODIUM 650 mg, CARB 12 g, FIBRE 2 g, SUGARS 3 g, PROTEIN 6 g, VIT A 25%DV, VIT C 20%DV, CALCIUM 2%DV, IRON 8%DV

tip: This salad stores very well in the fridge for up to 3 days.

tip: This salad works with any kind of vegetable or pasta you have on hand.

tip: This salad can be made to serve two by cutting all the ingredients in half.

June Recipes

did you know?

- > All food grades are equally nutritious. You don't need to buy "Canada Choice" or "Canada Grade A" for recipe success, taste or nutrition.
- > Check the best before dates. Try to buy food items with the furthest away expiry date so they won't spoil before use.

BALLPARK PASTA

- 1 pkg. (225 g) macaroni and cheese
- 4 wieners, cut in half lengthwise and then sliced
- 1/4 cup milk
- 2 Tbsp. each: mustard and ketchup

- > Cook macaroni as directed on package, adding wieners during last 2 minutes of cooking time. Drain; return to pot.
- > Add in milk, mustard, ketchup and cheese powder. Stir until well mixed.

Makes 4 servings, 1 cup each.

CAL 330, FAT 11 g (SAT 4 g), CHOL 25 mg, SODIUM 960 mg, CARB 45 g, FIBRE 2 g, SUGARS 10 g, PROTEIN 12 g, VIT A 2%DV, VIT C 2%DV, CALCIUM 10%DV, IRON 20%DV

tip: Try adding your other favourite hot dog toppings like relish, chopped onions, tomatoes or hot peppers.

