

build a better PASTA SALAD

To keep asparagus from drying out in the fridge, wrap the stem ends in a damp paper towel.

Dig right in to a feel-great mix of heart-healthy spring veggies and satisfying cheese-filled pasta.

Recipe developed by **GENEVIEVE KO**

16g
of protein
per serving



peas

Get spring flavor and folate. If you can find them fresh in their pods, shuck and simmer separately until tender before tossing with the pasta.



sliced almonds

This supermarket shortcut provides protein, calcium and a satisfying crunch.



asparagus

The spears are rich in iron as well as vitamin A, which is key for glowing skin.



black pepper

A Korean study suggests that the chemical compound piperine in this seasoning might impede fat-cell formation.



upland cress

Just 1 cup delivers bright taste and almost all your recommended daily dose of bone-strengthening vitamin K.

Green Goddess Pasta Salad

Makes: 6 servings

- 12 oz. spinach-and-cheese mini ravioli or tortellini
- 1 lb. asparagus, trimmed and cut into 2-inch pieces
- 1 lb. frozen peas, thawed
- 3 Tbsp. sliced almonds
- 6 cups chopped upland cress, watercress or baby arugula
- 1 Tbsp. extra-virgin olive oil
- ½ tsp. coarse salt
- ½ tsp. freshly ground black pepper
- ¼ cup Parmesan cheese shavings

- 1** Cook pasta as package label directs; add asparagus and peas during last 2 minutes. Drain well and let cool slightly.
- 2** While pasta is cooking, place almonds in a small dry skillet over medium heat and cook, shaking pan often, until lightly toasted, 1 to 2 minutes. Transfer to a bowl to cool.
- 3** Place pasta and vegetables in a large bowl and toss in cress, oil, salt and pepper. Top with almonds and cheese.

SERVING SIZE: 1½ cups
300 Calories, 9g Fat (3g Sat.), 32mg Chol., 7g Fiber, 16g Pro., 41g Carb., 587mg Sod., 8g Sugar, 4mg Iron, 233mg Calcium