



ALL MIXED UP BLEND
WITH SHRIMP AND PEAS

INGREDIENTS:

- 1 lb. all mixed up blend, cooked al dente (about 8 minutes), rinse in cold water and set aside
- 1 lb. shrimp, fresh or frozen
- 1 cup peas
- ½ cup mayonnaise
- 1tbs. Dijon mustard
- Bay seasoning to taste
- Salt and pepper to taste

Directions:

Steam shrimp over water that has been seasoned with bay seasoning. Put cooked pasta in a large bowl. Add mayonnaise, mustard, shrimp and peas. Toss together and season with salt and pepper and bay seasoning to taste. Serve cold.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Serv. Size 1/4 lbs (113g)	Total Fat 3g	4%	Total Carb. 79g
Serv. Per Cont. 3	Sat. Fat 0.5g	3%	Fiber 4g	18%
Calories 380	<i>Trans</i> Fat 0g		Sugars 0g	
Fat Cal. 25	Cholest. 0mg	0%	Protein 17g	
	Sodium 0mg	0%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 0%	• Vitamin C 0%	• Calcium 4%	• Iron 20%

INGREDIENTS: Organic Wheat, Durum, Natural Wheat Protein, Organic Spinach Powder, Organic Parsley Leaf, Organic Beet Powder, Organic Dill Weed

CONTAINS: Wheat

Flourcitypasta.com