



FLOUR CITY PASTA

RASTA PASTA BLEND

SWEET POTATO SHELLS - RED PEPPER CRESTED RIGATE - LIME TUBES - CARROT
THYME RADIATORIES

BELL PEPPER SALAD

Ingredients:

1lb. Rasta Pasta Blend, cooked al dente (8-10 minutes) drained and cooled
1 red, 1 green, 1 yellow bell pepper, seeded and chopped
1 cucumber, chopped
½ cup shallots, peeled and finely chopped
½ cup olives (black or Kalamata)
2 Tbs. cup basil leaves, chopped
2 Tbs. Italian parsley leaves, chopped
10 ounces feta cheese or cubed mozzarella

Dressing:

¾ cup balsamic vinegar
¾ cup extra virgin olive oil
½ tsp dry mustard
2 tsp. honey
Pinch of rosemary and thyme. Salt and pepper to taste.

Directions: Combine ingredients. Add to cooled pasta. Pour dressing over. Serve at room temperature or chilled.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Total Fat 3g	4%	Total Carb. 77g	26%
Serv. Size 1/4 lbs (113g)	Sat. Fat 0g	0%	Fiber 4g	18%
Serv. Per Cont. 3	<i>Trans</i> Fat 0g		Sugars 0g	
Calories 380	Cholest. 0mg	0%	Protein 17g	
Fat Cal. 25	Sodium 5mg	0%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 10% • Vitamin C 2% • Calcium 4% • Iron 20%			

INGREDIENTS: Organic Wheat, Durum, Organic Sweet Potato Puree, Natural Wheat Protein, Organic Cayenne Powder, Organic Carrot Juice, Organic Lime Oil, Organic Thyme Powder, Organic Spinach Powder, Organic Paprika Powder, Organic Cinnamon Powder

CONTAINS: Wheat

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