

Summer Vegetable Pasta Salad

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- 1 cup cooked pasta
- 1 cup lightly steamed asparagus, cut into 1-inch pieces
- 1/2 cup carrots
- 1/2 cup green onions (or any other onion)
- 1 cup fresh spinach, washed and chopped
- 1 cup cherry tomatoes
- 1/4 cup vinaigrette dressing
- 2 tablespoons grated parmesan, cheddar, mozzarella or other cheese
- Salt and pepper



1. Combine the pasta, asparagus, carrots, green onions, spinach, tomatoes, vinaigrette and cheese.
2. Toss ingredients together to coat with the vinaigrette.

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Red Bean Soup

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- 1 can red kidney beans, drained and rinsed (can use black beans)
- 3 cups water
- 1 clove garlic, minced or chopped
- 1 14 ounce can diced tomatoes (drained) or 1 cup fresh diced tomatoes
- 1 yellow onion, diced
- 1 green pepper, sliced into strips
- 1 red pepper, sliced into strips
- 1 14 ounce can of tomato sauce
- 1 teaspoon pepper
- 1 teaspoon salt



1. Add all ingredients to a large pot over medium/high heat and bring to a boil. Reduce heat and simmer 20-25 minutes.

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