

Penne with Three Peppers

The Perfect Side Dish

(prep time: 17mins cooking time: 5mins)

INGREDIENTS

1. 10oz Penne (short tubular pasta), uncooked
 2. 1 large sweet red pepper, seeded and cut into 4 pieces
 3. 1 large sweet yellow pepper, seeded and cut into 4 pieces
 4. 1 large green pepper, seeded and cut into 4 pieces
 5. 1/3 cup fat-free balsamic vinaigrette
 6. 1/4 cup applesauce
 7. 1 (15oz) can Cannellini beans, drained
 8. 1/2 cup crumbled feta cheese
- Cooking spray
 - Fresh Basil Sprigs *(optional)*



INSTRUCTIONS

1. Cook pasta according to package directions, omitting salt and fat, drain.
2. Place pasta in large serving bowl. Set aside, and keep warm
3. Place pepper pieces on a baking sheet coated with cooking spray
4. Broil 3inches from heat (with electric oven door partially opened) 5 to 6 minutes or until tender, turning once. Cut peppers into 1inch pieces
5. Add peppers, vinaigrette, beans, and cheese to pasta, toss well.
6. Garnish with fresh basil sprigs

NUTRITION

<i>Servings</i>	8 x 1cup servings
<i>PER SERVING:</i>	
<i>Calories:</i>	211
<i>Fat:</i>	2.6g
<i>Sodium:</i>	329mg
<i>Carbohydrates:</i>	38.3g
<i>Fiber:</i>	3.2g
<i>Protein:</i>	7.8g
<i>Cholesterol:</i>	6mg

