

# 9 Weeks of Summer – Week 1

## Good-For-You Summer Salads



### Watermelon Salad

Sweet with a slightly salty touch from the feta. Fresh, delicious and perfect for a summer lunch or side dish!

#### Ingredients

- 3 tbsp olive oil
- 150 g cherry tomatoes in different colours
- 2 tbsp white wine vinegar
- 900 g watermelon, scooped with a melon ball
- 2 tbsp chopped mint
- 2 cups arugala
- 1/2 tsp kosher salt
- 120 g feta, crumbled

#### Instructions

1. Make the dressing by mixing the olive oil, vinegar, mint and season to taste if needed.
2. Slice the larger tomatoes in half (keep the smaller ones whole). Put the tomatoes and watermelon in a bowl. Pour over the dressing and leave to stand for at least 10 minutes so the fruit gets juicy.
3. Crumble the feta over top and serve.



#### Nutritional Information (per serving)

<b>Calories</b>	<b>131 cal</b>	<b>Monounsaturated Fat</b>	<b>5 g</b>
<b>Protein</b>	<b>3.3 g</b>	<b>Cholesterol</b>	<b>13 mg</b>
<b>Carbohydrate</b>	<b>12.4 g</b>	<b>Sodium</b>	<b>215 mg</b>
<b>Total Fat</b>	<b>8.4 g</b>	<b>Fibre</b>	<b>3 g</b>
<b>Saturated Fat</b>	<b>2.9 g</b>	<b>Makes 8 Servings</b>	

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### Fibre Punch Pasta Salad

Boost your vegetable and fibre intake with this healthy and delicious asparagus and mushroom pasta dish.

#### Ingredients

- 1 box (375g or 5 cups) whole wheat uncooked Rotini pasta
- 1 medium onion, diced
- 2 cups (500 mL) grape tomatoes cut into halves
- 2 cups (3 large) Portobello mushrooms
- 1/2 cup fresh basil, chopped
- 3 cups (1 bunch) asparagus, chopped
- 1/2 cup garbanzo beans (or white beans)
- 4 cloves garlic, crushed
- 6 tablespoons extra virgin olive oil
- 1 tablespoon ginger, minced
- 1 cup sliced almonds
- Parmesan Cheese



#### Instructions

1. Bring large pot of water to a boil and add Rotini. Follow package directions to cook.
2. Halve grape tomatoes and chop basil. Mix together in a small bowl, adding two tablespoons (25 mL) of extra virgin olive oil. Set aside.
3. Dice onion and chop mushrooms. Chop asparagus into 1 inch pieces (2.5 cm). Discard the coarse ends of asparagus stalks. Crush garlic and mince ginger.
4. In another saucepan sauté onions in extra virgin olive oil for 1-2 minutes. Add the mushrooms, asparagus and almonds. Sauté for about 6 minutes or until the asparagus is tender yet crisp. Add garlic and ginger to saucepan and sauté for another one to two minutes. Season to taste.
5. Once the pasta is cooked, drain and add it to the bowl containing grape tomatoes mixture along with the sautéed vegetables and almonds. Mix all ingredients together gently. Serve topped with Parmesan cheese.

#### Nutritional Information (per serving ~ 2 cups)

<b>Calories</b>	<b>486 cal</b>	<b>Monounsaturated Fat</b>	<b>15.1 mg</b>
<b>Protein</b>	<b>18 g</b>	<b>Cholesterol</b>	<b>0 mg</b>
<b>Carbohydrate</b>	<b>60 g</b>	<b>Sodium</b>	<b>271 mg</b>
<b>Total Fat</b>	<b>23 g</b>	<b>Fibre</b>	<b>11 g</b>
<b>Saturated Fat</b>	<b>2.7 g</b>	<b>Makes 6 Servings</b>	