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## GREAT GRAINS PASTA SALAD

Servings: 12

1 box (about 16 ounces) whole wheat penne pasta, cooked and drained

1 cup cherry tomatoes, halved

1 cup fresh vegetables (such as broccoli, bell peppers, carrots, spinach)

4 low-fat string cheese sticks, sliced into 1/2-inch pieces

1/2 cup reduced-fat Italian dressing

Cook pasta according to instructions and let cool.

Add cherry tomatoes, vegetables and cheese stick chunks to pasta.

Pour Italian dressing over the top and mix.

Nutrition information per serving: 150 calories; 3 g total fat; 155 mg sodium; 25 g carbohydrates; 4 g dietary fiber; 6.5 g protein.



### Whole Grain Goodness

Choose whole grains. Whole grains keep you full and give you energy for the day. Look for the word “whole” with the name of the grain, such as whole wheat, as the first ingredient in the list of ingredients on food packages.

### Shop Smart to Save

Consider choosing store brands when shopping for food to help save money.



## ENSALADA DE PASTA DE GRANDES GRANOS

Porciones: 12

1 caja (aproximadamente 16 onzas) de pasta penne de trigo integral, cocida y escurrida

1 taza de tomates cereza, cortados a la mitad

1 taza de verduras frescas (como brócoli, pimientos, zanahorias, espinacas)

4 palitos de queso de cadena bajos en grasa, cortados en rebanadas de 1/2 pulgada

1/2 taza de aderezo italiano de grasa reducida

Cocine la pasta según las instrucciones y deje enfriar.

Agregue los tomates cereza, verduras y rebanadas de queso a la pasta.

Vierta el aderezo italiano sobre la parte superior y mezcle.

Información nutricional por porción: 150 calorías; 3 g grasa total; 155 mg sodio; 25 g carbohidratos; 4 g fibra dietética; 6.5 g proteína.

### Granos integrales y sus propiedades

Elija granos integrales. Los granos enteros lo mantienen lleno y le dan energía para el día. Busque la palabra "integral" con el nombre del grano, como el trigo integral, como el primer ingrediente en la lista de ingredientes en los paquetes de alimentos.

### Compre inteligentemente para ahorrar

No ignore las marcas sin nombre o de la tienda al comprar alimentos.

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The University of Tennessee Extension Department of Family and Consumer Sciences (UT Extension FCS) offers both the Tennessee Nutrition and Consumer Education Programs (TNCEP) and the Expanded Food and Nutrition Education Programs (EFNEP).

Through TNCEP, UT Extension FCS provides nutrition education and chronic disease prevention projects for persons eligible for the Supplemental Nutrition Assistance Program (SNAP). TNCEP is funded by the Department of Human Services (DHS) and the United States Department of Agriculture (USDA).

EFNEP is a peer-to-peer intensive direct education program which uses a hands on nutrition education approach to reach adults who are caregivers of young children as well as school-age youth at risk for food insecurity. EFNEP is funded by the United States Department of Agriculture (USDA) and by the Institute of Food and Agriculture (NIFA).