

NDSR 2010 Foods Report

Recipe Name: Mediterranean Pasta Primavera

Project Abbreviation: Simplicious

Recipe ID: PAST02 PaPri

Date of Entry: 01/17/2011

✓ 1. Mediterranean Pasta Primavera

4 servings made (serving = 1/4)

Components/Ingredients:

✓ 1.i1 macaroni noodles, whole wheat, cooked in salted water

1 CP, before cooking (2.54 CP)

Ingredient Variables:

1.i1v1 P: no fat added

✓ 1.i2 oil, olive

1 TB (3.00 TS)

✓ 1.i3 vegetables, garlic, fresh

2 clove (2.12 TS)

Ingredient Variables:

1.i3v1 P: no fat or salt added

✓ 1.i4 chicken, breast, skin removed before cooking

12 OZ, before cooking, edible portion (8.76 OZ)

Ingredient Variables:

1.i4v1 P: no fat or salt added

✓ 1.i5 mushrooms, raw

1 CP, sliced

✓ 1.i6 sweet potato, boiled

1 medium - 2" diameter x 5" (0.59 CP)

Ingredient Variables:

1.i6v1 P: no fat or salt added

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- ✓ 1.i7 artichoke, hearts, canned in water

10.54 OZ (1.78 CP)

- ✓ 1.i8 tomato, raw

2 roma (0.59 CP)

- ✓ 1.i9 beans, black, canned - drained, regular

.5 CP

Ingredient Variables:

1.i9v1 P: no fat or salt added

- ✓ 1.i10 spinach, raw

1 CP

- ✓ 1.i11 Mozzarella cheese, part skim milk

2 OZ

[End of Record]

*Legend: a = addition; i = component/ingredient; v = variable; ✓ = complete; ? = incomplete; M = missing food;
PN = priority note*