

Fall Pasta!



Ingredients:

1 Bag Of Wheat Spiral Tomato & Spinach Noodles.
2 Red Bell Pepper - Sliced
2 Yellow Bell Pepper - Sliced
1 Orange Bell Pepper - Sliced
1 Package Of Cherry Tomatoes - Sliced In Half
1 Jar Of Sliced Manzanilla Olives (Green Olive)
1 Bag Of Spinach
1/2 Cup Of Balsamic Dressing - Whole foods carry's this made with NO oil
1 Can/Jar Of Marinated Artichoke Hearts
1 Lemon
Salt & Pepper

Directions:

Step One:

In a pot, bring noodles to a boil and cook for for 9 to 11 minutes or until soft. Strain and then run cold water over noodles.

Step Two:

Then in a large pan, on medium heat, add the chopped bell peppers and spinach and cook them until spinach is wilted down. Remove from heat.

Step Three:

Next, finely chop artichokes and place in a small container and add lemon juice and pepper.

Step Four:

Finally add all ingredients together and stir until completely mixed up.