

Lanai Pasta Salad

1 can (20 oz) pineapple chunks
3 cups (cooked) Loprofin spiral pasta
(or other low protein pasta)
½ cup sugar or snow peas
1 cup sliced carrots
1 cup sliced cucumbers
¼ cup parsley or cilantro
½ cup Italian salad dressing

Drain pineapple; reserve ¼ cup juice

Combine pineapple, reserved juice and remaining ingredients in a large bowl; toss to coat. Makes twelve ½ cup servings.

Per ½ cup serving: 10 mg phe
Per recipe: 120 mg phe

