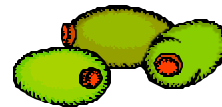


## Olive Rigatini Salad

$\frac{3}{4}$  cup uncooked Aprotein rigatini  
 $\frac{1}{3}$  cup sliced celery  
 $\frac{1}{4}$  cup thinly sliced carrots  
1 Tablespoon chopped black olives (2 large)  
1 Tablespoon chopped green olives (3 small)  
 $\frac{1}{4}$  cup Italian salad dressing

Cook, rinse, and drain Rigatini according to package directions. When Rigatini is cooled, in a small bowl, mix together Rigaini, celery, carrot, olives, and salad dressing. Chill.

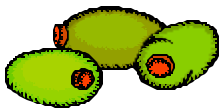
Per recipe (2 cups): 38 mg phe  
Per  $\frac{1}{2}$  cup serving: 10 mg phe



### **Variations:**

Use Miracle Whip salad dressing instead of Italian for a creamier dressing  
(add 12 mg phe to recipe; 3 mg phe per serving)

Add thinly sliced onion for a little extra “zing”



Recipe adapted from Schuett VE. Low Protein Cookery for PKU, 3<sup>rd</sup> edition.