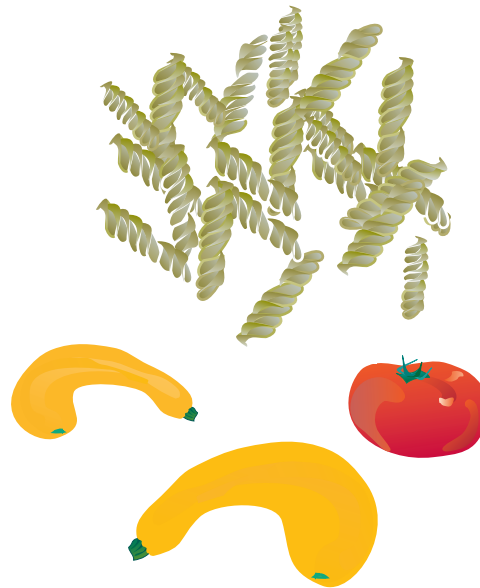


# Squash and Noodle Toss

## Ingredients:

- 2 cups yellow summer squash, cut in narrow lengthwise strips
- 2 cups noodles, cooked
- 1 large tomato, diced
- 1 tablespoon oil
- ground black pepper
- 1 teaspoon basil or parsley
- 1/2 cup lowfat cottage cheese



Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 50
% Daily Values*	
Total Fat	5g 8%
Saturated Fat	1g 4%
Cholesterol	30mg 10%
Sodium	110mg 5%
Total Carbohydrate	25g 8%
Dietary Fiber	4g 14%
Sugars	4g
Protein	9g
Vitamin A 10%	Vitamin C 30%
Calcium 6%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Preparation:

1. Steam squash until tender. Combine with remaining ingredients.
2. Toss gently.
3. Serve hot or cold.

Makes approximately four 1 1/2 cup servings