

## Pasta With Raw Peppers and Garden Vegetables

2 cups red, yellow, or orange bell peppers (280 grams)  
1 1/4 cup tomatoes (200 grams)  
1 cup cucumber (288 grams)  
1/2 cup red onion (168 grams)  
2 teaspoons dried basil  
2 Tablespoons olive oil  
3 Tablespoons lemon juice  
1 teaspoon salt  
1/2 teaspoon black pepper  
1 package low protein rigatini



Core and halve the peppers. Scrape out and discard the seeds and white membranes. Cut the peppers into 1/2 inch squares and place them in a large bowl. Cut the tomatoes into 1/2 inch cubes and add them to the bowl with the peppers. Peel and cut the cucumber in half lengthwise. Use a small spoon to scoop out and discard the seeds. Cut the seeded cucumber into 1/2 inch cubes and add to the bowl. Peel and cut the onion into 1/4 inch cubes and add them to the bowl. Add the basil. Drizzle the oil and lemon juice over the ingredients in the bowl. Sprinkle with salt and pepper and mix gently.

Add cooked, hot pasta to the vegetables:

Cook and drain the pasta. Toss the hot pasta with the vegetables. Mix well until chopped vegetables are warmed through. Serve immediately.

Per recipe: 230 mg phe  
Per 1/2 cup serving: 12 mg phe

This recipe was adapted from *Pasta e Verdura, 140 Vegetable Sauces for Spaghetti, Fusilli, Rigatoni, and all Other Noodles*, by Jack Bishop



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