



Grape and Pasta Saute

1 cup low protein fusilli
½ cup onion, chopped (84 grams)
2 teaspoons olive oil
1 cup pea pods, fresh or frozen (84 grams)
1 cup bell peppers, red or yellow, cubed (140 grams)
1 cup mushrooms, sliced (70 grams)
½ teaspoon oregano, dried
2 cups grapes, seedless (200 grams)
garlic salt and pepper to taste

Saute onion in oil in non-stick skillet until tender. Add pea pods, peppers, mushrooms and oregano. Cook 2 to 3 minutes or until vegetables are crisp-tender. Stir in grapes and pasta. Add salt and pepper to taste and heat thoroughly. Serve.

Per recipe: 245 mg phe
Per ½ cup serving: 20 mg phe



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