

# Olive Rigatini Salad

- ¾ cup uncooked Aprrotein rigatini 1
- ⅓ cup sliced celery
- ¼ cup thinly sliced carrots
- 1 Tablespoon chopped black olives (2 large)
- 1 Tablespoon chopped green olives (3 small)
- ¼ cup Italian salad dressing

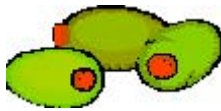
Cook, rinse, and drain Rigatini according to package directions. When Rigatini is cooled, in a small bowl, mix together Rigaini, celery, carrot, olives, and salad dressing. Chill.

Per recipe (2 cups): 38 mg phe  
Per ½ cup serving: 10 mg phe



## **Variations:**

1. Use Miracle Whip salad dressing instead of Italian for a creamier dressing (add 12 mg phe to recipe; 3 mg phe per serving)
2. Add thinly sliced onion for a little extra “zing”



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



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