

## Light Summer Pasta



Serves 6

### Ingredients:

- 250 g spaghetti, cooked, room temperature
- 500 g plum tomatoes, seeded, chopped
- $\frac{3}{4}$  cup cubed reduced-fat mozzarella cheese
- 3 tbsp finely chopped fresh basil leaves
- 2 tbsp finely chopped parsley
- Balsamic-lemon vinaigrette

### Procedure:

- Combine spaghetti, tomatoes, cheese, and herbs in salad bowl; pour the vinaigrette over and toss.

### Per serving:

- Calories: 200
- Protein: 9.8 gm
- Carbohydrates: 26.2 gm
- Fat: 7.6 gm

The fragrant aroma and flavor of fresh herbs give a summer accent to the ripe tomatoes in this dish.