

ROTINI PASTA SALAD

INGREDIENTS

- 1 Ideal Protein Rotini Packet
- 2 Cups of Tomatoes
- 1 Minced Garlic Clove
- 1 to 2 tsp. of Fresh Basil
- 1 to 2 tsp. of Olive Oil
- 1/4 tsp of Sea Salt



PREPARATION

1. Cook the Ideal Protein Rotini for about 8 minutes.
2. Meanwhile, in a saute pan over medium heat, add olive oil and lightly saute your minced garlic.
3. Stir in tomatoes and cook.
4. Add fresh basil and sea salt.
5. Drain Rotini and put in a serving dish.
6. Toss in tomatoes. Add more fresh basil to taste. Enjoy!
7. Phase Approved: Phases 1-3

