

# RECIPE

## JANUARY

### COLORFUL "CARRYOUT" LOMEIN



**Prep Time:** 15 minutes

**Cook Time:** 10 minutes

**Serves:** 6 people

## Ingredients

- 8 oz whole wheat spaghetti
- 2 cups bite-sized broccoli florets
- 1 red bell pepper chopped
- 1 yellow bell pepper chopped
- 1/2 red onion, diced
- 8 ounces of Italian dressing.

## Steps

- Cook noodles according to the package. Drain & set aside.
- In a large bowl, combine broccoli florets, red and yellow bell peppers, and onion in a large bowl. Stir in whole wheat spaghetti noodles.
- Add salad dressing and toss.
- Place in a serving bowl and cover with plastic wrap.
- Chill at least 2 hours before serving. Stir carefully and add more salad dressing as needed.