COLORFUL “CARRYOUT” LOMEIN

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.

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.

Prep Time: 15 minutes
Cook Time: 10 minutes
Serves: 6 people