Pasta with Tomatoes and Squash

1 yellow summer squash, sliced
1 zucchini, sliced
2 Tbsp olive, canola, or vegetable oil
1 pound pasta, cooked
8 ounces cherry tomatoes, halved
3 Tbsp fresh mint, optional
½ cup grated low-fat cheese, optional

1. Heat a large skillet over medium heat. Add oil, and sauté squash and zucchini until vegetables are a pale gold, about 8 minutes.
2. Add pasta, tomatoes, cheese, and mint (if using) to the skillet. Cook for about a minute. Toss and serve.

Makes: 6 servings
Nutrition Information:
CALORIES 330 (15% from fat); FAT 5g (sat 1g); CHOLESTEROL 0mg; SODIUM 10mg; CARBOHYDRATE 60g; FIBER 4g; PROTEIN 11g; CALCIUM 4%; IRON 15%

Strawberries with Minted Yogurt

½ cup non-fat plain yogurt
½ cup buttermilk
1 Tbsp sugar
1½ tsp chopped, fresh mint
1/8 tbsp vanilla extract
3 cups sliced, fresh strawberries

1. Whisk together yogurt, buttermilk, sugar, mint, and vanilla in a large bowl until smooth.
2. Spoon over strawberries and serve.

Makes: 4 servings
Nutrition Information:
CALORIES 90 (17% from fat); FAT 1.5g (sat 0.5g); CHOLESTEROL 5mg; SODIUM 55mg; CARBOHYDRATE 16g; FIBER 3g; PROTEIN 3g; CALCIUM 10%; IRON 4%