

Mary's Garden Farfalle Feast

Makes: 4 Servings

"I'm inspired by my sister, who can run as fast as the wind, and my brothers, who taught me basketball. I was also inspired by my coaches on Girls on The Run, who taught me to be the best I can be and much more," says Mary. "Last but not least, I was inspired by my parents. My mom, because she has taught me to be healthy, and because I run with my dad when we do 5Ks and he encourages me all through the race. I'm eating the Farfalle Feast and following MyPlate, so my bones, brain, and muscles will grow strong. I serve this pasta with with Kale Spinach Smoothies and Fruit Salad."

Ingredients

For the Farfalle Feast:

- 2 cups** plain farfalle noodles or veggie penne pasta
- 4 ears** corn
- 2 tablespoons** olive oil
- 1 cup** cubed extra-firm tofu
- 1/2 cup** chopped fresh green beans
- 1/2 cup** chopped Brussels sprouts
- 1/2 cup** chopped asparagus

For the Fruit Salad:

- 2** oranges, peeled
- 1** banana, sliced
- 1 cup** green or red seedless grapes
- 1 cup** mixed berries

For the Kale-Spinach Smoothies:

- 1 cup** fresh kale and spinach
- 2 cups** orange juice
- 1/2 cup** nonfat plain yogurt
- 1 cup** frozen blueberries
- 1** ripe peeled banana



Nutrition Information

Nutrients	Amount
Calories	667
Total Fat	14 g
Saturated Fat	2 g
Cholesterol	1 mg
Sodium	63 mg
Total Carbohydrate	120 g
Dietary Fiber	13 g
Total Sugars	45 g
Added Sugars included	N/A
Protein	24 g
Vitamin D	N/A

Directions

1. **In a pasta pot**, bring 2 cups of water to a boil over high heat. Stir in the pasta and cook for about 10 minutes, or until al dente. Meanwhile, fill another pot with water, add the corn, and bring to a boil over high heat. Drain and set aside.
 2. **In a large sauté pan**, heat the olive oil over medium heat. Add the tofu and cook for about 5 minutes. Add the green beans, Brussels sprouts, and asparagus. Cook for about 5 minutes, or until softened. Add the drained pasta and stir to combine.
 3. **Arrange the food on the plates** in a butterfly design, with the corn as the body. Arrange the fruit salad in the shapes of little butterflies, placing a red grape between two slices of orange.
 4. **In a blender**, combine all the smoothie ingredients and process until well combined
- 2015 Healthy Lunchtime Challenge