



Caprese Pasta Salad

This recipe makes 10 cups. 1 cup = 0 grams of protein using Simplified Method

A low protein and PKU friendly adaptation of the classic caprese salad

Ingredients

Pasta Salad

- 1 box (500g)** Aproten Fusilli, or low protein pasta of choice
- 10 ounces** grape tomatoes, quartered
- 6 pieces** Babybel plant-based cheese alternative, diced
- ¼ cup** fresh chopped basil
- Balsamic glaze, for drizzling

Dressing

- ½ cup** extra-virgin olive oil
- 2 TBSP** red wine vinegar
- 1 tsp** Italian seasoning
- 1 clove** garlic, minced
- salt and pepper to taste

Method

1. Cook the low protein pasta, according to instructions on the box.
2. While pasta is cooking, prepare the dressing by combining the oil, vinegar, Italian seasoning, and garlic. Season with salt and pepper and whisk until combined.
3. Place cooked, rinsed, and drained pasta in a large bowl. Pour dressing over the pasta and toss.
4. Add the tomatoes, cheese alternative, and basil to the pasta and mix well.
5. Drizzle with balsamic glaze and serve.



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Cucumber Sandwich Rolls

1 tortilla sandwich roll = 0.5g protein using Simplified Method

Can use a 0g protein tortilla alternative, like Cambrooke tortillas or make your own, to make this a 0g protein food.

A tasty and quick low protein, PKU friendly snack

Ingredients

Siete Cassava flour tortillas

Cucumbers

Dairy and protein free cream cheese

- **Suggestions:** Violife Just Like

Original cream cheese or Philadelphia
plant-based chive and onion

Special equipment: sandwich
picks or toothpicks

Method

1. Thinly slice the cucumber into rounds.
For a very thin slice, use a mandolin slicer.
2. Warm tortillas. Heat pan over medium-high heat, then warm tortilla for 10-15 seconds per side (per package instructions).
3. Spread cream cheese on top of a tortilla, then layer cucumber slices over the cream cheese.
4. Tightly roll the tortilla.
5. Cut the sandwich roll with a sharp serrated knife into 4-5 pieces. Secure each piece with a toothpick.



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Cinnamon Chips with Fruit Salsa

Salsa: 1 recipe makes 12 servings, 1 serving = $\frac{1}{4}$ cup salsa, 0g protein using Simplified Method
Siete Grain Free Cinnamon Churro Strips: 1oz (~16 chips) = 1g protein

A fresh and sweet PKU friendly summer treat



Ingredients

- 1 $\frac{3}{4}$ cup** fresh strawberries, sliced
- 1 cup** pears, fresh, cubed, and diced
- $\frac{1}{2}$ cup** orange juice
- 2 TBSP** lime juice

Method

1. Mix all salsa ingredients together in a bowl.
2. Cover and refrigerate for 30-60 minutes to allow flavors to blend.
3. Serve with cinnamon chips

