



Omega-3 Flax Pasta Salad

- 1 - 375 gram package whole wheat spaghetti
- 1 english cucumber, chopped
- 2 tomatoes, chopped
- 1 green pepper, chopped
- 1 red pepper, chopped
- 1 small red onion, chopped
- $\frac{1}{2}$ can sliced black olives
- $\frac{3}{4}$ - 250 ml bottle Zesty Italian Salad Dressing
- 1 tbsp. citrus and pepper seasoning
- $\frac{1}{4}$ tsp. cayenne pepper
- $\frac{1}{2}$ cup **Natunola® health's delight Shelled Flax Kernel**

Break spaghetti in half and cook as directed. Let cool.

Mix all vegetables and black olives into spaghetti and stir. Toss with salad dressing and then add citrus and pepper seasoning, cayenne pepper and Natunola® health's delight Shelled Flax Kernel.

Mix well and chill until ready to serve.

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