

# Eat Smart • Move More

## Ensalada de Pasta y Vegetales

Tiempo de Preparación: 15 minutos

Tiempo Total: 25 minutos



### Ingredientes

- 1 taza de fideos macarrones integrales, cocinados
- 16 onzas de vegetales mixtos congelados
- 1 tomate, cortado en dados
- 1 pepino, cortado en dados
- ½ cebolla, picada
- ½ pimiento verde, cortado en dados
- 1/3 taza de aderezo italiano para ensaladas libre de grasa
- ½ cucharadita de pimienta negra molida

### Nutrition Facts

8 servings per container		
<b>Serving size</b>		<b>1 serving</b>
		<b>(146.51g)</b>
<b>Amount per serving</b>		
<b>Calories</b>		<b>100</b>
<b>% Daily Value*</b>		
<b>Total Fat</b>	0.5g	<b>1%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	135mg	<b>6%</b>
<b>Total Carbohydrate</b>	21g	<b>8%</b>
Dietary Fiber	4g	<b>14%</b>
Total Sugars	3g	
Includes g of Added Sugars		
<b>Protein</b>	4g	
Vitamin D	0mcg	<b>0%</b>
Calcium	33mg	<b>2%</b>
Iron	1mg	<b>6%</b>
Potassium	274mg	<b>6%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Consejos Rápidos

- ▶ Puede servirse tibia o fría.
- ▶ Agregar atún enlatado, garbanzos o sobras de pollo para una comida más abundante.
- ▶ ¡Agregar aceitunas negras o verdes, albahaca fresca o espinaca para un sabor extra!

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### Preparación

- Agregar la pasta cocinada a un bol para ensalada.
- Cocinar los vegetales congelados de acuerdo a las instrucciones del paquete, escurrir y agregar al bol.
- Agregar los ingredientes remanentes al bol. Mezclar todos los ingredientes hasta cubrirlos con el aderezo.

(Receta adaptada de Colorado State University of California at Davis, Eating Smart Being Active Recipes, publicada en: <https://whatscooking.fns.usda.gov>)

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