

Eat Smart • Move More

Vegetable Pasta Salad

Prep Time: 15 minutes

Total Time: 25 minutes



Ingredients

- 1 cup whole-wheat macaroni noodles, cooked
- 16 ounces frozen mixed vegetables
- 1 tomato, diced
- 1 cucumber, diced
- ½ onion, chopped
- ½ green pepper, diced
- ⅓ cup fat-free Italian salad dressing
- ½ teaspoon ground black pepper

Nutrition Facts

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

*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.

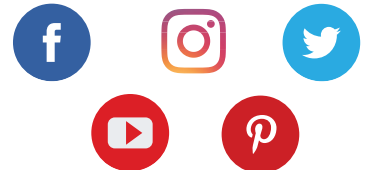
Directions

- Add cooked pasta noodles to a salad bowl.
- Cook frozen vegetables according to directions, drain, and add to bowl.
- Add remaining ingredients to bowl. Mix all ingredients together until coated.

Quick Tips

- ▶ May be served warm or cold.
- ▶ Add canned tuna, chickpeas, or leftover baked chicken for a more filling meal.
- ▶ Add black or green olives, fresh basil, or spinach for extra flavor!

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(Recipe adapted from Colorado State University of California at Davis, Eating Smart Being Active Recipes, as listed at: <https://whatscooking.fns.usda.gov>.)

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