Strawberry Pasta Salad

Ingredients:

12 ounces rotini, pasta
1 pint strawberries
1 cup green grapes, seedless
16 ounces pineapple chunks in juice, sliced
1/4 cantaloupe, cubed
1/2 cup pine nuts
6 ounces peach yogurt

Equipment:

Saucepan
Cutting board
Knife
Salad bowl

Number of Servings: 4
Prep Time: 10 minutes
Total Time: 1 hour & 30 minutes

Directions

1. Cook pasta according to directions, drain. Rinse with cool water and allow to drain. When cool, place in salad bowl.

2. While pasta is cooking, wash strawberries, and throw away any that are overripe. Use a potato peeler or small sharp knife to cut out stems of strawberries, and cut into small pieces. Add to bowl.

3. Wash grapes and cut in half, add to bowl.

4. Wash outside of cantaloupe, and place on cutting board. Cut in half, along ridges, then cut into slices. Run knife along green rind to separate orange meat from rind, then slice meat into small chunks. Add to bowl.

5. Add pineapple with juice and pine nuts to bowl and chill for at least an hour.

6. Before serving, add peach yogurt.

Nutrition Facts

Serving Size: 1 1/2 cups
Servings: 8

Amount Per Serving

Calories 286 — Calories from Fat 54

	%Daily Value*
Total Fat 6g	9%
Saturated Fat 1g	5%
Cholesterol 3mg	1%
Sodium 15mg	1%
Potassium 327mg	9%
Total Carbohydrate 51g	17%
Dietary Fiber 3g	12%
Protein 9g	18%

Vitamin A	12%	Vitamin C	57%
Iron	17%	Calcium	3%

*Percent Daily Values are based on a 2,000 calorie diet.

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