

Italian Pasta Salad

Ingredients:

8 ounces whole wheat pasta
 1 stalk broccoli
 1 carrot
 1/2 cup red bell pepper
 4 green onions
 1/2 cup fat-free Italian salad
 dressing

Equipment:

Cutting board
 Knife
 Large bowl
 Measuring cups
 Spatula

Number of Servings: 8
 Prep Time: 15 minutes
 Total Time: 45 minutes

Directions

1. Cook pasta according to package directions, set aside.
2. While pasta is cooking, hold broccoli by the stalk and turn upside down on a cutting board. Cut off the branches, turning the stalk to reach the next branch, until all the flowers are gone. Chop up the stalk into bite size pieces, and throw away the tough parts. Add to microwave safe dish.
3. Wash carrots. Use a grater to shred carrots into small pieces, add to dish.
4. Wash a red pepper and cut it in half lengthwise. Save half for other uses. Break off stem area and white membranes and throw away. Cut pepper into slices then dice. Add to dish.
5. Wash green onions and cut off the green stalks and the root end. Slice the white part into small circles. Add to dish.
6. Cover and place dish in microwave and cook for four minutes, until vegetables are tender.
7. Mix pasta, vegetables and dressing together and refrigerate for about 30 minutes before serving.

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Nutrition Facts

Serving Size: 1 cup	
Servings: 8	
Amount Per Serving	
Calories 135	Calories from Fat 9
%Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 237mg	10%
Potassium 379mg	11%
Total Carbohydrate 29g	10%
Dietary Fiber 5g	20%
Protein 7g	14%
Vitamin A 107%	Vitamin C 152%
Iron 11%	Calcium 6%

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

TIP: For a more hearty salad, add strips of cooked ham, a can of cooked red beans or sprinkle with grated cheese.

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